



LAKES

ON ELDRIDGE
NORTH

Volume 11, Issue 5

May 2012

CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Club kicked off the first of the Kiwanis Houston Kids Triathlons on MAY 5 at the Langham Creek YMCA. More than 100 boys and girls ages 7 through 12 participated. Parents and friends cheered as the participants completed the events and winner were awarded trophies. All participants received T-shirts and certificates.

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities, such as the Triathlon. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair Schools; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373 or George Crawl at 832-467-1998.

GIRL SCOUTS EXPLORING CAREERS

Submitted by Melinda Riso

Girl Scout Brownie and Juniors from Birkes Elementary visit the dental office of Dr. Kathleen Black DDS. They had the opportunity to learn, first hand, the education requirements for the career path of a dentist. They also learned about the steps she took to becoming a business owner. Exploring careers and visiting professionals in the community are one of the activities required to earn the Career badge. Calling all Leaders and Co Leaders to join us at our next Service Unit Meeting May 8th at 7:00 at Lowery Cafeteria. Leaders - Early Bird registration for your troop members is available online through www.gssjc.org. Also, the troop financial reports are due to the service unit treasurer this month.



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Houston Chronicle 713-220-7211
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PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Email personal classifieds to loen@PEELinc.com.

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The Rotary Club of Cypress-Fairbanks Hosts Mothers' Day Brisket Sale to Benefit Cypress Assistance Ministries New Mothers' Fund

The Rotary Club of Cypress-Fairbanks is hosting a Mothers' Day Brisket Sale on Saturday, May 12, 2012 to benefit Cypress Assistance Ministries' New Mothers' Fund. For a \$50.00 donation, participants will receive a fully cooked brisket (approximately 7 lbs) prepared, seasoned, and smoked by the cooks at Carl's Bar-B-Que, including a pint of their delicious barbeque sauce.

Cypress Assistance Ministries' New Mothers' Fund is designated to provide special needs funding to help new mothers with basic needs including pre-natal vitamins, layette supplies, cribs and mattresses, over-the-counter infant medicine, infant car seats and critical medical assistance.

"We are proud to partner with Carl's Bar-B-Que to support such a worthy community initiative" said Rotary Project Director, Ray Young. "The community can order briskets for themselves or designate a local charitable organization such as Boys & Girls Country, Cypress Assistance Ministries, or the Northwest Houston Salvation Army as a recipient."

Briskets must be pre-ordered by Monday, May 7th and may be picked up at Carl's Bar-B-Que from 10:00 am until noon on Saturday, May 12th. For those unable to pick their brisket up at that time, arrangements can be made to pick up at a more convenient time. Order forms are available by contacting Ray Young at dry@waterengineers.com or 713-582-7564.

ABOUT THE ROTARY CLUB OF CYPRESS-FAIRBANKS

Chartered in 1970, the Rotary Club of Cypress-Fairbanks consists of business leaders and professionals active in community and international service. Over more than 40 years, the club has raised over \$600,000 to support local and international organizations. Meetings are held every Monday at noon at Carl's Barbeque on Highway 290 and Telge Road, in Northwest Houston. For more information about the Rotary Club of Cypress-Fairbanks and its programs, call 281-955-5400



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Lakes on Eldridge North

Celebrate Cinco de Mayo AT SPRING FESTIVAL

On Saturday, May 5th, Boys and Girls Country of Houston will host their annual Spring Festival on their campus in Hockley, Texas. Located 35 miles northwest of downtown Houston, Spring Festival is a great way for families to spend the day.

Spring Festival promises to be a huge celebration for community and family with a lively Cinco de Mayo theme. Admission and parking are free, and children's all-day event passes are only \$15 each. Booths will include a number of inflatable rides like King of the Mountain, Shark Slide, and Water Balls; a Slime Machine booth where you can slime your favorite person, and crafting booths for the little ones. There will be three stages with a variety of live entertainment, including Spanish musicians, Gospel singers, and solo artists.

"All of the proceeds of Spring Festival go directly to helping us provide a Home for our children," said George O'Neal, Director of Spring Festival and Community Relations. "This is going to be our largest and most exciting Spring Festival ever with many new additions that add fun and excitement."

For 41 years, Boys and Girls Country has provided a Home for children from families in crisis. They raise 88 children at their main campus and provide support to 55 young adults in their College and Career program. Boys and Girls Country is not a United Way member agency and does not rely on federal or state funding.

DATE

Saturday, May 5, 10 a.m. – 5 p.m.

TIMES

Live Auction: 1:15 p.m.

Silent Auction: 10 a.m. to 3 p.m.

Lunch: Served 11 a.m. - 3 p.m.

Barbecue, Chicken Burrito, or Hamburger/Hot Dog (Adult Plate: \$8.00, Kid's Plate: \$6.00)

ACTIVITIES

All-Day Kids' Activity Passes: \$15.00 (individual activity tickets also available starting at \$0.25 each.)

LOCATION

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Crimson Cadette Drill Team DANCE CLINIC

Submitted by Michele Goodson

The Cy-woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email goodsonms@comcast.net or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

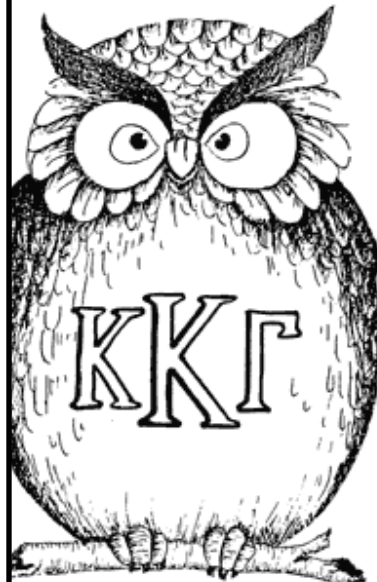
WHEN

Cypress Woods High School 16925 Spring Cypress Rd.

WHERE

August 8th – 10th, 8:30am - 11:30am

Kappa Kappa Gamma Alums of Houston NW



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*on the evening of
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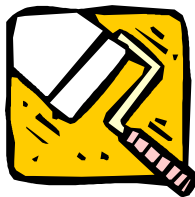
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Cy Fair Republican Women May Meeting

Submitted by Stephanie Peters



Senator Dan Patrick has been called to Austin on our meeting day. Senator Glenn Hegar will be speaking. Please see new notice below

The Cy-Fair Republican Women's monthly meeting will be held at 10:30am on Tuesday, May 8 at Carraba's Italian Grill in Copperfield. This month's presentation will feature Senator Glenn Hegar of Texas Senate District 18. His presentation will include information on current issues that affect the Houston and Cy-Fair areas. May is also our annual membership drive month! Dues are pro-rated for the year and are less than \$20!

Please join us for an informative meeting! You can join us for lunch for \$15, or just come and listen, have coffee or tea for \$3. Visit the Cy-Fair Republican Women's website at www.cfrw.net to RSVP and reserve your seat

today. The Cy-Fair Republican Women meet every second Tuesday of the month at Carraba's Copperfield. Social begins at 10:30am, speaker and meeting begin at 11:00am. For more information and to RSVP to meetings, visit our website at www.cfrw.net

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TOURNAMENT

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Financial Focus The 5 Biggest Threats to Your Retirement Nest Egg

Submitted by Rich Keith

It's tough for financial planners to get clients motivated enough to make the sacrifices and investment decisions that are necessary to ensure a comfortable retirement. In fact, according to a recent ING Retirement Research Institute study, 71% of Americans – regardless of age – still lack a formal investment plan to help them reach their retirement goals. But what about those clients who have done everything right? They've been working with a financial planner, contributing to their 401(k)s, maybe have a pension in the offing, are saving money at a decent clip and are following the sound investment advice offered by the professionals but, according to Fidelity Investments, there's still a good chance they might not have enough put aside to live out their golden years in style. Fidelity Investments has described five of the biggest threats to even the most well-prepared investor's retirement plan.

1. Failing to prepare for spiraling health care costs. With longer life spans, medical costs that are rising faster than general inflation, declining retiree medical coverage by private employers, and possible funding shortfalls ahead for Medicare and Medicaid, managing health care costs can be a critical challenge for retirees. According to Fidelity's annual Retiree Health Care Costs Estimate, a 65-year-old couple retiring in 2011 will need more than \$235,000 to cover health care costs during their retirement. And that is just using life expectancy data – many people will live longer and have higher costs. Since Fidelity started the annual estimate in 2002, estimated costs have increased by 6% a year. That cost doesn't include possible long term care (LTC) expenses. About 70% of those over age 65 will require some type of LTC services – either at home, or else, in adult day care, an assisted living facility, or a traditional nursing home. The average private-pay cost of a nursing home is about \$70,000 per year and exceeds \$100,000 in some states. Assisted living facilities average \$34,000 per



year. Hourly home care agency rates average \$46 for a Medicare-certified home health aide and \$19 for a licensed non-Medicare-certified home health aide.

2. Underestimating how long you will live. As medical advances continue, it's quite likely that today's healthy 65-year-olds will live well into their 80s or even 90s. This means there's a real possibility that you may need 30 or more years of retirement income. An American man who's reached age 65 in good health has a 50% chance of living 20 more years to age 85, and a 25% chance of living to 92. For a 65-year-old woman, those odds rise to a 50% chance of living to age 88 and a one in four chance of living to 94. The odds that at least one member of a 65-year-old couple will live to 92 are 50% and there's a 25% chance at least one of them will reach age 97. Without some thoughtful planning, you could easily outlive your savings and have to rely solely on Social Security for your income. Chances are, like many people, you don't have a company pension to rely on – only 30% of Americans today have one. And with the average Social Security benefit of just over \$1,000 a month, it likely won't cover all your needs.

3. Being caught unawares by inflation. Inflation can eat away at the purchasing power of your money over time. This affects your retirement income by increasing the future costs of goods and services, thereby reducing the purchasing power of your income. Even a relatively low inflation rate can have a significant impact on a retiree's purchasing power. For example, \$50,000

today would be worth only \$30,477 in 25 years, even with a relatively low 2% inflation. Some retirement income sources, such as Social Security, can help you keep pace with inflation automatically through annual cost-of-living adjustments. But most others don't.

4. Failing to position investments for growth. A too-conservative investment strategy can be just as dangerous as a too-aggressive one. It exposes your portfolio to the erosive effects of inflation and limits the long-term upside potential that diversified investments can offer. On the other hand, being too aggressive can mean undue risk in down or volatile markets. What can help: a strategy that seeks to keep the growth potential for your investments without too much risk. Consider creating a diversified portfolio according to your risk tolerance, overall financial situation, and investment time horizon. Doing so may help you seek the growth you need in a way that lets you sleep at night. But remember that diversification/asset allocation does not ensure a profit or guarantee against a loss.

5. Withdrawing too much from savings. Drawing down your savings too rapidly can also put your retirement plan at risk. This risk can be magnified further if a sustained market downturn—similar to the one in 2007-09—occurs early in retirement. Retirees should consider using conservative withdrawal rates, particularly for any assets needed for essential expenses. Fortunately, you have control over how much you withdraw and can adjust it based on circumstances. Consider keeping your withdrawals as conservative as you can. Later on, if your expenses drop or your investment portfolio grows, you may be able to raise that rate. For financial peace of mind, work with your financial coach to make sure your family is taken care of. Source: adapted from an article in Financial Planning magazine citing Fidelity Investments research.

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A Focus on Physical Activity - Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

Any physical activity is better than no physical activity

- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
- Most health benefits occur with at least 150 minutes a week*
- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make

sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.



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Recipe of the Month - Potato Cake Stacked Salmon

By The Four Points Foodie

This recipe has it all; delicious salmon, watercress, tangy aioli all stacked onto a crisp potato pancake. My problem with this recipe is that I didn't make enough (or rather we ate it all).

INGREDIENTS

- Salmon filet
- juice of 1 lime
- cedar plank
- 4 potatoes
- 1 egg
- 1/4 C flour
- Lawry's Season Salt
- 2 T olive oil
- 2 bunches watercress
- 4 T mayonnaise
- 1 1/2 T capers
- 1 T Durkee Sauce
- juice of 1 lemon
- salt and pepper
- zest of 1 lemon

DIRECTIONS

Preheat your grill and soak the cedar plank for about 30 minutes in water. Squeeze lime juice over salmon filet and season with salt and pepper. Place on cedar plank and grill until done and flaky. Peel potatoes and parboil whole for about 10 minutes, starting with potatoes covered with room temperature water and heat from there. Immerse in cold water. Remove from water, dry and let cool. Meanwhile, in a small bowl mash capers with a spoon. Then add mayonnaise, Durkee Sauce (or a brown mustard with a hint of horseradish), lemon juice and Lawry's Season Salt.

Once the potatoes are cool enough to touch, grate with a box grater into a medium bowl. Add a bit of Lawry's Season Salt. In a small bowl combine egg and flour and whisk well and add to potatoes. In a large fry pan, heat the olive oil over medium high heat. Make 4 large potato patties and place in hot oil. Leave it alone for 4-5 minutes until it crisps then flip to the other side and cook an additional 5 minutes. Drain on paper towels.

To assemble, start with a potato cake, then a handful of watercress, then a piece of cedar plank salmon, topped with the aioli sauce. Garnish with zest of lemon and serve.

Enjoy!



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18 Benefits of Playing a Musical Instrument

Submitted by Rich Keith

Jeremy Spicer, Vandegrift High School Director of Bands, is dedicated to teaching music. He says, "Music is a part of everyone's life in some form. The study of music and all of the arts is critical to the complete education of society...it allows humans the tools to stir feelings and create emotion." This article will provide you with 18 benefits of playing an instrument and will hopefully give you a better sense of appreciation and pride for music.

1. Increases the capacity of your memory. Research has shown that both listening to music and playing a musical instrument stimulate your brain and can increase your memory: Preschoolers who had weekly keyboard lessons improved their spatial-temporal skills 34 percent more than the other children. Not only that, but researchers said that the effect lasted long-term. If you learn how to play an instrument, the parts of your brain that control motor skills (ex: using your hands, running, swimming, balancing, etc.), hearing, storing audio information, and memory actually grow and become more active.

2. Refines your time management and organizational skills. Learning how to play an instrument requires you to really learn how to be organized and to manage your time wisely. A good musician knows that the quality of practice time is more valuable than the quantity.

3. Boosts your team skills. Team skills are a very important aspect of being successful in life. Playing an instrument requires you to work with others to make music. In band and orchestra settings you must learn how to cooperate with the people around you.

4. Teaches you perseverance. Learning to play an instrument takes time and effort, which really teaches you patience and perseverance.

5. Enhances your coordination. The art of playing an instrument requires a lot of hand-eye coordination. By reading musical notes on a page, your brain subconsciously must convert that note into specific motor patterns while also adding breathing and rhythm to the mix.

6. Better your mathematical ability. Reading music requires counting notes and rhythms and can help your math skills. Studies have shown that students who play instruments or study the arts are often better in math and achieve higher grades in school than students who don't.

7. Improves your reading and comprehension skills. Research shows that children exposed to a multi-year program of music tuition involving training in increasingly complex rhythmic, tonal, and practical skills display superior cognitive performance in reading skills compared with their non-musically trained peers.

8. Increases your responsibility. Playing an instrument comes with its responsibilities. Students must maintain their instrument and must remember music events (like rehearsals and performances) and making time to practice.

9. Exposes you to cultural history. Students learn a variety of music types such as classical traditions, folk music, medieval, and other genres. Music itself is history.

10. Sharpens your concentration. Playing music by yourself requires you to concentrate on things like pitch, rhythm, tempo, note duration, and quality of sound. Playing music in a group involves even more concentration.

11. Fosters your self-expression and relieves stress. It's your instrument, so you can play whatever you want on it! The more advanced you become on an instrument, the greater you'll be able to play what you want and how you want.

12. Creates a sense of achievement. Overcoming musical challenges that you thought you'd never quite master can give you a great sense of pride about yourself.

13. Promotes your social skills. Playing an instrument can be a great way to enhance your social skills. Some of the best people join bands and orchestras, and many times the lifelong friends you make here become like family.

14. Boosts your listening skills. Although it's pretty obvious, playing an instrument requires you to listen very carefully to things. Examples

are learning how to hear when you're playing a wrong note in order to correct yourself, tuning your instrument, and playing with ensemble group.

15. Teaches you discipline. Practicing often and working on the hard parts of music and not just the easy and fun stuff requires discipline.

16. Elevates your performance skills and reduces stage fright. One of the goals of practicing so much on your instrument is so that you can perform for others. The more you get up in front of people and perform, the more you'll reduce any stage fright.

17. Enhances your respiratory system (wind instruments only). If you have a good music director/tutor, you should hear them tell you quite often to "use more air!" Breathing exercises are highly recommended for musicians, and they can really strengthen your respiratory system.

18. Promotes happiness in your life and those around you. Playing a musical instrument can be very fun and exciting. Not only is it fun to play music that you enjoy, but it feels wonderful to hear an audience applaud you for giving a great performance.

Mr Spicer adds, "I cannot imagine my life, or society, without music...it has defined me in nearly every way possible." Adapted from an article by Michael Matthews. For the full article and sources visit <http://www.effectivemusicteaching.com/articles/directors/18-benefits-of-playing-a-musical-instrument/>



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Top Ten Tips for Improving Bad Breath

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath with these top ten tips.

Call it by its fancy name, "halitosis," and it won't smell any sweeter. Bad breath is frequently a sign that you're not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

Brush your choppers twice each day. Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

Reach between your teeth. Flossing daily helps you remove food particles from between your teeth, where your toothbrush just can't reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.

Pick up an electric toothbrush. Along with floss, an electric toothbrush removes plaque better than a manual toothbrush.

Treat your tongue right. Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

Tap your inner teenager and chew gum. The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to "dry mouth," a condition sometimes caused by medication, let us know; we can help address the problem.

Don't fall for the myth of mouthwash. Most mouthwashes merely mask the smell of bad breath and don't do anything to solve the underlying problem.

Hydrate, hydrate, hydrate. Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating.

Turn off the tobacco. Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health problems, from periodontal disease to cancer.

Take note of what you take in. Certain diets, foods and medications can affect your breath. If your problem doesn't appear to be oral, make a list of the foods you eat and medications you take. Review it with your dentist or your family doctor to assess the source of the problem.

Call in the experts. It's important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn't possible at home, as well as check for and treat early signs of problems such as cavities or periodontal disease.

In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately.

Submitted by Dr. Flury



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