

Volume 13, Issue 3

March 2014

## **LOCAL ORGANIZERS OF THE** **DONT MESS WITH TEXAS TRASHOFF** **SEEK COMMUNITY VOLUNTEERS**



NW Houston/Cy-Fair,  
 April 5, 2014 - Tired of  
 looking at the growing  
 piles of litter in public  
 areas in our communities?  
 We can do something  
 about it! Calling all  
 Texans to turn out on  
 April 5th and join in

the statewide initiative to remove litter and debris from our parks and roadways. Participants receive trash bags, volunteer giveaways, promotional items, and more to assist in facilitating our cleanup efforts.

Don't mess with Texas is a Texas Department of Transportation initiative that began in 1985 to keep trash off Texas Highways. The Trash-Off, which is a partnership between the DOT and Keep Texas Beautiful, is organized locally by Anna Harrison, Amanda Mims and Judy Bodnar, Realtors on the Bodnar Team at the Better Homes and Gardens/Gary Greene Real Estate office on Barker Cypress Road.

The Bodnar Team encourages participation and says, "We are proud to carry out this community service and carry on with the Don't mess with Texas tradition because the presence of litter in a community takes a toll on quality of life, property values and housing prices."

Since litter begets litter, people are inclined to add to existing piles. Turn out to help bag it up and see what a difference a day can make!

For more information or to volunteer please email Amanda at [atvolunteer2014tx@outlook.com](mailto:atvolunteer2014tx@outlook.com)



# Lakes on Eldridge North

## IMPORTANT NUMBERS

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Harris County Tax Office .....	713-224-1919
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(give pole # of street which is out)	
Entex (gas) .....	713-659-2111
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Houston Chronicle .....	713-220-7211
Metro Transit Info.....	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Ridge High School .....	281-807-8000
Newsletter Publisher	
Peel, Inc. ....	advertising@PEELinc.com, 888-687-6444

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Email Articles to [loen@PEELinc.com](mailto:loen@PEELinc.com).

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Email personal classifieds to [loen@PEELinc.com](mailto:loen@PEELinc.com).

ADVERTISING: Deadline for submitting ads is the 8<sup>th</sup> of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) *for information on advertising.*

## LOEN Board Of Directors

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## Article Submissions

Please e-mail articles and/or photos to [loen@peelinc.com](mailto:loen@peelinc.com).

Submissions must be received by the  
10th of the month for the following month's issue.  
(Advertising deadline is the 8th of the month.)

## Bible Study

Lakes on Eldridge/Lakes On Eldridge North Bible study continues to meet every Tuesday at 9:30 AM at the Lakes On Eldridge North Activity center. Linda Dillow's Calm My Anxious Heart study guide continues to take us on our journey to contentment through trusting God with the why's, what if's, and if only's in our lives. This twelve week study shows us how to respond to our circumstances (good and bad) and relationships with family, friends, and even those who are not so friendly. Come join us on our journey to loving relationships and peaceful lives.

The Bible is our spiritual food, but we also serve coffee and breakfast snacks. We lift our voices in praise songs and in prayers for one another. Study guides are available at the meeting. We hope to see you there.





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# Lakes on Eldridge North

## FAIRFIELD ATHLETIC CLUB SPRING VENDOR MARKET

(Benefiting the Keith Elementary Track)

Saturday April 5, 2014  
10am to 4pm  
Fairfield Athletic Club ( inside )  
16055 Mason Road  
Cypress, Texas 77433

Vendor space available contact Lisa at  
[lisa@truetexasmusic.com](mailto:lisa@truetexasmusic.com)

## Adoptable Dogs of the Month

### GWINN & ROWDY

Today I have a special concern. As a resident of Lakes on Eldridge, I have been involved in Pet Safety, helping lost, found, and dumped dogs. I also volunteer for and support rescues outside our neighborhood, as these groups have been helping us. One of these groups is in desperate need to find a home for Gwinn & Rowdy, two of their dogs. This is their story:

GWINN & ROWDY ARE RETRIEVER/CHOW MIXES AND HAVE BEEN IN A KENNEL FOR OVER 7 YEARS!

They are brother and sister. They went into a kennel in Oct. 2006 and have never left! They must be adopted together into a home preferably with no other animals, in the Houston or surrounding area. They are very sweet. Considering all that they have been through, it will take a little time for everyone to get use to each other. They can be visited at their boarding facility any time as they are grateful for any attention.

They take treats very gently and are very bonded to each other. Although the kennel staff loves them, they need that "special" person to step up and give them a loving home of their own, that they both deserve! They are both fully vetted and up-to-date on all their vaccinations.

Contact Marlene Marino at (281) 932-5533 [marlene@forgottenpetadvocates.com](mailto:marlene@forgottenpetadvocates.com), or Anke Arnold at (713) 856-6795, if you would like all of their information or to meet them at the kennel.

To find more pictures of Gwinn and Rowdy go to The Forgotten Pet Advocates Facebook page: <http://on.fb.me/1iah12m>, or visit Gwinn & Rowdy's Facebook page: <https://www.facebook.com/AdoptGwinnRowdy>



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# The David Flory Team Presents

# 4 TIPS TO LASSO BUYERS



## Spruce Up

First impressions set the tone. Freshen up curb appeal by landscaping, adding flowers, mulching, cleaning gutters, and power washing.



## Organize

Less is more. Clear out winter clothing from closets and go through kitchen cabinets removing expired foods. Buyers love storage!



## Do Maintenance

A maintained home is more valuable. Service HVAC, water heaters, pools and non functional appliances.



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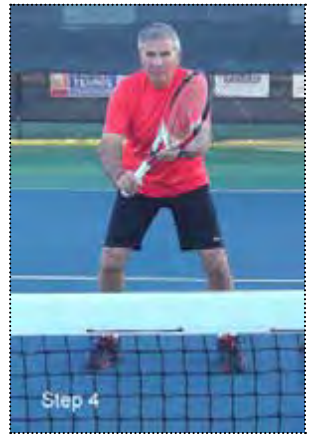
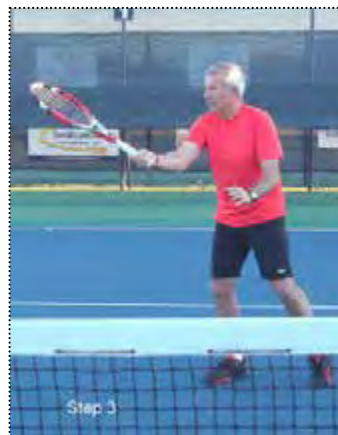
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## TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



## How To Execute The Forehand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob and the one-handed backhand lob.

In this issue, I will offer instructions on how to execute the Forehand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, it will likely be off balance and will be forced to make an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

**Step 1:** The Back Swing: When Fernando detects the ball landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is up front to keep the proper body balance.

**Step 2:** The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand is still in front and his weight is shifting toward his left foot.

**Step 3:** The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening to the net and his eyes are following the path of the ball.

**Step 4:** The Ready Position: Once Fernando finishes the stroke, his goal is to follow the path of the drop shot. If he created a good drop shot and sees his opponent running with the head of the racket down, Fernando will move closer to the net or anticipate the angle shot. More likely it will be an easy sitter for a put away volley.

*Look in the next Newsletter for: How to execute “The Backhand Drop Shot”*



## FORMER CYPRESS RANCH CLASS OF 2012 GRADUATE - GRADUATES UNITED STATES MARINE CORPS BOOT CAMP

PVT Cody Henson Jones, 19, of Cypress graduated from United States Marine Corps boot camp at Marine Corps Recruit Depot San Diego on 10 January 2014. Pvt. Jones successfully completed 13 weeks of intensive basic training at MCRD San Diego as one of 480 recruits in Training Platoon 2147. While in recruit training Pvt. Jones accomplished/achieved the following: Honor Platoon. Following ten days home on leave he will report to Camp Pendleton for one month at Military Combat Training then Military Occupation Specialty school.



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**Sunday**

**23**

**12:30**

**March**

Tomball Memorial Athletic Booster Club will host its second annual Golf & Gaming Tournament at Gleannloch Pines on Sunday, March 23, 2014. Early check-in will begin at 11:00am with a 12:30pm shotgun start. Don't play golf but still want to support our athletes and have a little fun at the same time? No problem. We have plenty of opportunities for you to participate.

**Information & details: [www.tomballmemorialabc.com](http://www.tomballmemorialabc.com) or [tmabcinfo@gmail.com](mailto:tmabcinfo@gmail.com)**

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## Olympic Fever Can Encourage Physical Activity In Children

According to an expert at Baylor College of Medicine, the Olympics are a great opportunity for children to learn about physical activity and goal setting.

According to Dr. Jorge Gomez, associate professor of pediatrics in the division of adolescent and sports medicine at Baylor, Olympic competitions will encourage children to do something fun and active.

"Research has shown that the strongest predictor of children remaining physically active into adulthood is having experiences of being active with their parents," said Gomez.

He offers the following tips for parents when watching the Olympic Games with their children:

- Point out that the athletes are participating because it's fun for them.
- Emphasize athletes are where they are after years of hard work.
- Discuss what it means to be a team player and to have good sportsmanship.
- Focus on the fact that the athletes are fit because they take care of themselves by eating well and exercising.
- While encouraging children to explore new activities, keep safety in mind.



## FOLLOW UP ON YOUR HEART HEALTH


Eating healthy and exercising are well known tips to keep your heart healthy, but doctors at Baylor College of Medicine say don't forget about the follow-ups.

"Many times people will see a doctor and receive a diagnosis of high cholesterol or blood pressure, for example, but they won't follow up with another appointment," said Dr. Joseph Coselli, professor of surgery at Baylor. "These secondary doctor visits are needed to monitor progression of risk factors and to help find the most effective treatment options."

Coselli recommends asking your doctor some important questions:

- What is a healthy weight for me?
- What does a balanced diet consist of?
- How do I quit smoking?
- What exercises should I add to my daily routine?
- What health screenings should I have?
- When should I follow up with my next appointment?

"You have to be responsible for your health and make important changes to keep your heart healthy," Coselli said.



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# Lakes on Eldridge North

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- Passover Seders
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If you claim your homestead, you may be entitled to a **TAX REDUCTION**. To qualify your residential property must have been **OWNER OCCUPIED** on January 1.

To verify your current homestead exemption(s), go to [www.HCAD.org](http://www.HCAD.org), select "Record Search" in the top tab, then "Real Property Search" in the drop down menu, select how you want to search [Property Address or Owner Name] enter info requested, click on account number, and your tax exemption(s) will be posted.

If you need Homestead Exemption forms, we will be happy to send them to you. Please email us at [ngardner@garygreene.com](mailto:ngardner@garygreene.com).

*If you have considered moving, please contact  
us for an update on current market values.  
2014 may be your year to make a move.*

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# Lakes on Eldridge North

A large photograph of a field of bluebonnets in bloom. Overlaid on the left is the text "BLUEBONNET festival" in a mix of bold sans-serif and script fonts. On the right, a blue arrow-shaped box contains text about the Chappell Hill Historical Society's 50th Anniversary celebration.

**BLUEBONNET**  
*festival*

The Chappell Hill Historical Society celebrates their 50th Anniversary this year. What a year is planned with the State Official Bluebonnet Festival to be held on Saturday, April 12, from 9 a.m. til 6 p.m. and Sunday, April 13, from 9 a.m. til 5 p.m. This is one of Texas best festivals with over 450 arts & crafts booths, children court, great Texas food, and some of the best live entertainment in this part of Texas.

Come visit the great town of Chappell Hill for the Bluebonnet Festival. Admission is free, parking usually is \$5 and experience a great day in the country. Located on U.S. 290 East, between Houston and Austin. Come out and enjoy Chappell Hill Historical Society anniversary and be a part of the CHHS Bluebonnet Festival.

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## Cypress Texas Tea Party

The Cypress Texas Tea Party meets every three weeks  
on Saturday

Noon until 2:00 PM at:  
Spring Creek BBQ  
25831 Northwest Freeway  
Cypress, Texas 77429

**MARCH MEETINGS:**  
*Saturday, March 8, 2014 12:00 PM - 2:00 PM*  
*Saturday, March 29, 2014 12:00 PM - 2:00 PM*  
(Note NEW time)

A schedule of other meetings and confirmed  
speakers can be found at our website, [www.cypresstexasteaparty.org](http://www.cypresstexasteaparty.org)

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## Lakes on Eldridge North

# Successful Business Training

*Keynote speaker shares tips at the March 27, 2014 CYFEN meeting*

Come to the Cy-Fair Express Network (CYFEN) luncheon March 27 and get tips on being successful in your business.

The keynote speaker is Chuck Douglas with Proaction International. Chuck is a graduate of the Georgia State University in Atlanta (don't hold that against him), and has delivered more than 5,000 presentations and training programs throughout the world, including extensive tours with Tony Robbins, Bob Proctor, Les Brown, Mark Victor Hanson and Brian Tracy.

Chuck will share some ideas designed to "Create Immediate & Lasting Results" for your personal and professional effectiveness.

All are welcome to attend the monthly meetings of CYFEN, which are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd. This month's meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program.

Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

For information on CYFEN, which is part of the American

Business Women's Association, go to [www.CYFEN.org](http://www.CYFEN.org).

### **SAVE THE DATE**

*April 24, 2014*

### **CYFEN EXPRESS ANNUAL WOMEN'S EXPO**

Bring a friend to this event showcasing and supporting more than 75 Cy-Fair area businesses. For information, contact [expovendor@cyfen.org](mailto:expovendor@cyfen.org)

### **ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)**

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition.

### **ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION**

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.



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