

Volume 13, Issue 5

May 2014

COME CHEER THE LOE DOLPHINS SWIM TEAM!

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The new swim season is finally here and our enthusiastic swimmers from the nearby neighborhoods are excited to be back in action and are looking forward to their first meet! We are very excited to announce our 2014 swim team coaches: Elizabeth Allen, Amanda Chow, Madison Taylor and Audrey Vinall.

We really appreciate the Lakes on Eldridge North and Villages of Lake Pointe communities allowing us to use their facilities for practices this season!

> Below is the season's calendar for easy reference. For the latest information, go to our website www.loedolphins.org and click on "Meets and Events". All of our meets this year will be AWAY!

MEET SCHEDULE FOR 2014

May 10	AWAY Winchester Time Trials
May 17	AWAY Cypress Mill
May 24	AWAY Copperfield
May 31	AWAY Bridgeland
June 7	AWAY Lakewood Forest
June 14	AWAY Woodland Waves
June 21	Divisional Meet (Location TBD)

Check the website www.loedolphins.org for important dates, and also for everything and anything about the LOEST DOLPHINS! Our website also offers a "contact" link that you can use to send questions and comments about LOEST.

IMPORTANT NUMBERS

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Cy-Fair Fire Department - (emergency)			
(non-emergency)281-550-6663			
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Texas DPS713-681-1761			
Waste Management			
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Aqua Services			
(Service or emergencies 24 hrs) 713-983-3604			
Harris County Tax Office			
Reliant Energy 713-207-7777			
(give pole # of street which is out)			
Entex (gas)			
Comcast Cable			
Houston Chronicle			
Metro Transit Info			
Kirk Elementary 713-849-8250			
Truitt Middle School			
Cy-Ridge High School			
Newsletter Publisher			
Peel, Incadvertising@PEELinc.com, 888-687-6444			

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Email Articles to *loen@PEELinc.com*.

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*.

ADVERTISING: Deadline for submitting ads is the 8th 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 *for information on advertising.*

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Article Submissions

Please e-mail articles and/or photos to <u>loen@peelinc.com</u>. Submissions must be received by the 10th of the month for the following month's issue. (Advertising deadline is the 8th of the month.)

Adoptable Dog of the Month

PETEY

This is Petey. He was rescued from neglect and abuse after spending years confined in a narrow crate outside in a front yard, without shade or enough food and water. Petey is a mix with many positive traits of several breeds; a true Heinz 57. He's in need for a foster/foster to adopt. He's been doing so good and is starting to learn some manners and social skills. He's learning what toys are and what it's like to be able to run. He was neutered recently and had his eyelids corrected so they wouldn't hurt him anymore. He loves and I repeat LOVES affection and human contact. That's quite astounding considering he's never had any his whole 7-9 years of life. He's currently being treated for heartworm and is handling it very well.

If you or anyone you know would consider letting him into your heart and home, please call Kayla Crane at (281) 979-6000 or Anke Arnold at (713) 856-6795. He would do best in a calm environment with no small children or other doggies. He really is a sweet boy and would make such an awesome companion.



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LOE BOOK CLUB

We have had great discussions at all of our meetings so far this year. Our book selections have turned out to be very interesting reads. Consider joining us on the 4th Monday of each month at 7:30 P.M. We take turns hosting the meeting and sometimes change the date or book, so please contact celeste.fritz@gmail.com to get the details for each meeting.

May 19 – *Americanah* by Chimamanda Ngozi Adichie. One of *The New York Timess* Ten Best Books of the Year and an NBCC Award Finalist. An NPR "Great Reads" Book, a *Chicago Tribune* Best Book, a *Washington Post* Notable Book, a *Seattle Times* Best Book, an *Entertainment Weekly* Top Fiction Book, a *Newsday* Top 10 Book, and a Goodreads Best of the Year pick. A powerful, tender story of race and identity by Chimamanda Ngozi Adichie, the award-winning author of *Half of a Yellow Sun*.

June 23 – *Me Before You* by Jojo Moyes. They had nothing in common until love gave them everything to lose ... Louisa Clark is an ordinary girl living an exceedingly ordinary life—steady boyfriend, close family—who has barely been farther afield than their tiny village. She takes a badly needed job working for ex-Master of the

Universe Will Traynor, who is wheelchair bound after an accident. Will has always lived a huge life—big deals, extreme sports, worldwide travel—and now he's pretty sure he cannot live the way he is.

July 28 – *The Boy on the Wooden Box* by Leon Leyson. Even in the darkest of times—especially in the darkest of times—there is room for strength and bravery. A remarkable memoir from Leon Leyson, one of the youngest children to survive the Holocaust on Oskar Schindler's list.

August 25 – *Inferno* by Dan Brown. Harvard professor of symbology Robert Langdon awakens in an Italian hospital, disoriented and with no recollection of the past thirty-six hours, including the origin of the macabre object hidden in his belongings. With a relentless female assassin trailing them through Florence, he and his resourceful doctor, Sienna Brooks, are forced to flee. Embarking on a harrowing journey, they must unravel a series of codes, which are the work of a brilliant scientist whose obsession with the end of the world is matched only by his passion for one of the most influential masterpieces ever written, Dante Alighieri's *The Inferno*.

5 REASONS TO SELL NOW!

Many sellers are still hesitant about putting their house up for sale. Where are prices headed? Where are interest rates headed? Can buyers qualify for a mortgage? These are all valid questions. However, there are several reasons to sell your home sooner rather than later.

I. THE MOST SERIOUS BUYERS ARE OUT NOW

Most people realize that the housing market is hottest from April through June.

2. THERE IS LESS COMPETITION NOW

Current inventory is low. The choices buyers have are expected to increase over the next few months.

3. THE PROCESS WILL BE QUICKER

As the market heats up, banks will be inundated with loan inquiries causing closing timelines to lengthen. Selling now will make the process quicker and simpler.

4. THERE WILL NEVER BE A BETTER TIME TO MOVE-UP

Prices are projected to appreciate by over 19% from now to 2018. If you are moving to a higher priced home, it will wind-up costing you more in raw dollars (both in down payment and mortgage payment) if you wait.

5. IT'S TIME TO MOVE ON WITH YOUR LIFE

Look at the reason you decided to sell in the first place and decide whether it is worth waiting.



For More Information, Contact KAY HORSCH Realtor & Lakes on Eldridge Resident

> 713.703.8313 kay@kayhorsch.com heritagetexas.com





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TIMELY PS for May Gardeners

Due to the vast and diverse geography of our great state, Texas is home to nearly 5,000 native plant species! Often people envision "native plants" with Mesquites and Cacti but many of our basic landscape plants are native to Texas. Native plants tolerate the Texas summer heat better than most, require less water, less mowing, provide habitats for birds, butterflies and other wildlife, protect the soil and save on fertilizers and insecticides.

Texas Mountain Laurels or Desert Willows are native trees that will add colorful blooms to your landscape. For addition blooms and a Texas Sage with the purple summer flowers or a Red Yucca with its red spike-like blooms to the landscape.

Don't forget the reliable perennials for providing Texas tough color! Blackfoot Daisy, Gaura, Coneflower and many of your Salvias are native to Texas and will provide color year after year once they are established. Perennials are often those plants that can be divided, shared and passed on from generation to generation. You can also use perennials in a "cutting garden". Select varieties that will bloom at different times of the year so something will always be in bloom.

Don't forget Mom this month! Color in May comes from more than a bouquet of blossoms for Mom on Mother's Day! Plan ahead and give that special lady a naturally-inspired bouquet that changes with the seasons. Add an Encore[®] Azalea for beautiful blooms from Spring through Fall. This collection tolerates more sun and is more cold tolerant than the average Azalea. Bloom-a-Thon[®] and ReBloom[®] Azaleas also give the additional blooming seasons but require more shade. Another flowering winner is the Knock Out[®] Rose, from single to double blooms, this family provides continuous flowers until the first freeze.



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Break Free from Weight Loss Plateaus

Submitted by Marissa Balch

1.) WRITE GOALS – Hand write goals down on a piece of paper that you want to work toward either on a weekly or monthly basis. The key here is to write REALISTIC & MEASURABLE ones. They can be action related ("I'm going to do 30 min of cardio Monday, Wednesday and Friday mornings") or weight loss specific ("I'm going to lose 3 pounds in 4 weeks"), or even lifestyle related ("I will be in bed by 9:30 PM on the nights before my boot camp training). Pick however many goals per week or month that you can reasonable attain. Just make sure to write it down and make it official by leaving your goal list out in the open for you to see on a daily basis. For each goal you achieve, treat yourself to a non-food reward. For example: a new dress, a long bubble bath, a pedicure, etc. You deserve it! After your reward, set new goals for the next week or the next month. It will become fun to invest in your health!

2.) ACCOUNT FOR EVERYTHING – If you have hit a plateau in your weight loss and you are continuing to exercise normally, it may be time to start a food log in a spiral notebook

or by using food logging apps like MyFitnessPal or MyNetDiary that will help you keep track of your caloric intake. The point is, sometimes we are overeating without even realizing where those extra calories are coming from. Every bite counts – even small ones. So, if you find yourself nibbling on a bag of chips while watching TV or stealing a bit of your kid's ice cream, it is time to crunch numbers and account for those calories. For one week, write literally every single thing down that you eat or drink. At the end of the week, you will be able to spot any unhealthy eating patterns/weak moments or times of day and adjust accordingly.

3) CLOSE THE KITCHEN – Don't even give yourself a chance to bust your great eating habits from the day by coming home to binge at night. Snacking in the evening is the toughest time to resist because that's when we have the least resolve. Fight off the munchies by eliminating the option completely. Following dinner, immediately clean up your kitchen, turn out the lights, and brush and floss your teeth. This will help you to close out the day's eating.

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A FOCUS ON PHYSICAL ACTIVITY Pathway to Improved Health

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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:

- 1. 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 and muscle-strengthening are beneficial
 3. 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

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.





STEP 1

STEP 2

STEP 3

STEP 4

The Modern Game: The Top Spin Forehand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are starting to play tennis or who want to get back into the game.

From this newsletter on, I will be offering suggestions on how to play the "modern" game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more "weapons" on the court.

In this issue, I will offer instructions on how to execute the Top Spin Forehand. This shot is used when a player is now hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a "top spin" so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Danny Rodriguez, Director of the Pre-Advanced Tennis Program at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the service line as an "approach shot" to the net.

Step 1: The Ready Position: When Danny prepares to hit

a forehand top spin, he will change his grip toward the "semiwestern" or "full western grip" (The palm of the hand is flat on the handle). His knees are slightly flexed and his eyes are focused on the oncoming ball.

Step 2: The Back Swing: Danny is now ready to perform the shot. The head of the racket is now above is head, his shoulders are turned, the left hand is in front to help him keep the center of gravity in front, and he has loaded his weight to the back foot. His grip is relaxed and his wrist is "laid back" to allow maximum point of contact.

Step 3: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle. Danny started the swing high and "looped" it to allow the head of the racket ti drop down. He will be brushing the ball as he makes contact with it. His left shoulder is almost opening and his weight has now been shifted toward the front.

Step 4: The Follow Through: Notice Danny's finish above his left ear and his elbow pointing toward his target. He has now shifted his weight on his right foot and is ready to shuffle back to his home base.

Look in the next Newsletter for: "The Modern Game: The Backhand Top Spin"

DANIELLE GEBARA

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How To Find and Select An Attorney Submitted by Patricia L. Brown NO LEGAL ADVICE INTENDED.

Finding the right professional service provider, whether a doctor, dentist, lawyer, veterinarian, etc. can be challenging. Whether you relocated to a new area, or just finally have need for one of these services, there seems to be some discomfort, perhaps a premature buyers remorse, e.g. "What happens if I make a mistake"? The consequences of selecting the wrong professional to solve your particular problem are surely more troublesome that picking the wrong dry cleaner or restaurant. Furthermore, it can be difficult to assess the technical competence of professional service providers. If your dry cleaned suit is dirty, or the restaurant food is bad, you know it right away. If you get inappropriate legal advice, the implications may not emerge for months or years. The challenge of finding the right attorney can be compounded by the circumstances surrounding your need for an attorney. Such circumstances, whether it be a divorce, child support or custody, abuse, bankruptcy, etc. can cause anxiety and stress, which effect our decision-making capability. Attorneys must attend an accredited law school and pass the bar exam in the states in which they wish to practice. Given this common base level of training, how does one make a selection?

Ask family, friends, and colleagues for recommendations. Keep in mind law firms can range from one attorney to hundreds, and firms can handle a wide variety of legal disciplines and clients, none of which may be relevant to your particular need and circumstance. Be sure the recommendations you follow are in the same area as your need.

Seek at least 10-15 years direct experience in the specific area of your need.. The experience should also be regional in nature, in our case, central Texas, and particularly in the county in which you reside. Texas law is administered by Texas judges in your county of residence. Each judge and court has its own local idiosyncrasies and your chances of a favorable outcome are significantly enhanced if your attorney is intimately familiar with these idiosyncrasies, knows the judges, and is known by the judges. You do not want a rookie, at any price, gaining experience at your expense, in a matter which might affect the rest of your life.

Select an attorney who is located reasonably close to your residence. There are several reasons for this. First, as stated in #2, your attorney will be familiar with local judges, courts, and practices. Secondly, your attorney should be accessible to insure accurate communications in such vital manners. Having to drive an hour each way in heavy traffic to see your lawyer wastes times, causes unnecessary stress, and reduces communication.

Check local attorneys websites, read the attorneys biography (and his staff's), and look at their videos. Do you think you will feel comfortable with this person? Do they seem to have empathy for their clients? Then make your selection. If you are not comfortable after the first visit, leave, and go to your second choice.



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Nobody knows our community like a neighbor!





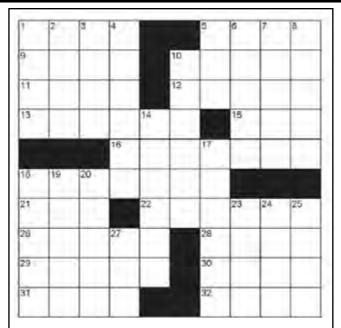
As your neighbors, who better to tell the story of our community and your home? **Put our real estate expertise to work for you ...** your profit is our priority!





bashanspainting@earthlink.net

CROSSWORD PUZZLE



DOWN

3. Beers

6. Join

7 Snitch

4. Quaggy

1. Water film

2. Sit for a picture

5. McDonald's "Big

8. Stems of letters

10. Make gloomy

14. Opulently

17. Boiled

20. Trite 23. Naughty or _

18. Supports 19. Sleep disorder

ACROSS

- 1. Canned meat brand
- 5. Tussle
- 9. Soda
- 10. Author of "The Inferno"
- 11. Drug doer
- 12. Colder
- 13. Mr.s
- 15. Thai
- 16. Herself opposite
- 18. Kitten (2 wds.) 21. Government agency
- 22. Laughing dogs
- 26. Revoke

- 30. Economics abrv.
- 31. Sold at a discount

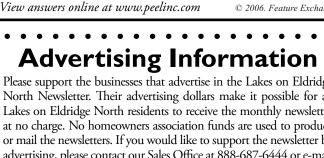


- - 28. Guile 29. Beefy
 - 32. Official document
- 25. Deliver by post 27. Southwestern Indian

(what Santa checks)

24. Lotion ingredient

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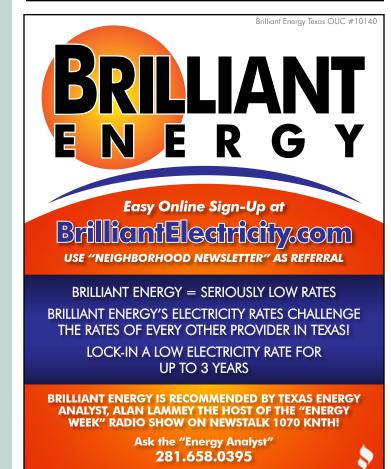
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