

Volume 13, Issue 7

July 2014



## ***THANK YOU For Another GREAT LOE Swim Team Season***

Another LOEST season is over and great fun was had by all! Congratulations are in order first and foremost to the swimmers who all did their very best at every meet, and then to their dedicated parents and coaches, who all worked hard to give the children a wonderful experience they will not forget!

It was another very competitive year made tougher by having to swim all meets away from our home pool, but our swimmers still did great against the competitors they faced.

Many thanks go to all volunteers who made it all possible and did it with great enthusiasm, and to all the residents of LOEN and VAL who very graciously hosted our practices and pep rallies this season.

Look here next month to find out how the team performed in the Divisionals and the Invitationals. But if you cannot wait, the latest information on the team and all its offerings is as always on our website at:

***[www.loedolphins.org](http://www.loedolphins.org)***

# Lakes on Eldridge North

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Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Ridge High School .....	281-807-8000
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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.*

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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  
10<sup>th</sup> of the month for the following month's issue.  
(Advertising deadline is the 8<sup>th</sup> of the month.)

## Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.

2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.

3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).

4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.

5. Pack all medications and supplements to avoid missed doses.

6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.

7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.

8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount that normal at least two hours before you leave.

9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.

10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.

11. Cover your car seats to keep them clean and free of hair shed on your trip.

12. Know your travel rules and restrictions, especially if you will travel on an airplane.



# Lakes on Eldridge North



## NORTHWEST FLYERS YOUTH TRACK CLUB SEASON STARTS SEPT 8TH

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Monday, September 8, 2014, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. The first practice will be held at the Cypress Creek YMCA on Thursday, September 11.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 27th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

Contact Coach Eric Wentworth at [emw185@gmail.com](mailto:emw185@gmail.com), 281-961-6603, or Coach Donnell Carter at [dcarter.nwflyers@yahoo.com](mailto:dcarter.nwflyers@yahoo.com), 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit [www.northwestflyers.org](http://www.northwestflyers.org) to get updates and learn more about the team.

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For More Information, Contact

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## THE MISUNDERSTOOD OPPOSSUM

by: TWRC Wildlife Center

Opossums are animals that most people don't think are cute and cuddly. They've got long rat-like tails, they creep around at night doing who knows what and they sure look mean. By learning a little about them, hopefully you'll see them in a different light.

The Virginia opossum is the only marsupial (carries babies in a pouch like a kangaroo) in the USA and Canada. They carry fewer diseases than dogs and cats and because of their low body temperature, the rabies virus in the breed is very rare. The last case of rabies in an opossum in Texas was in 1983. They have 50 teeth, more than any other mammal in North America. And, yes, they really do play dead when frightened in hopes that the predator will leave so they can escape.

Opossums usually have two litters per year and the gestation period is only 13 days. They can have up to 21 babies but usually only about half survive. They have only 13 teats so it's first come, first served. They are furless, blind and the size of a bean at birth. After birth, they crawl all by themselves into the mother's pouch. The babies immediately latch onto a nipple. It swells causing it to be firmly attached to the baby for up to 7 weeks. Once out of the pouch, they cling to their mother's fur for about three months.

How do they benefit us? They're scavengers and they eat all the creepy things we don't like including rats, mice, roaches, grubs and venomous snakes. They especially like carrion (dead animals).

I can't do anything about their looks but hopefully you now know how beneficial they are. Of all the animals TWRC Wildlife

Center admits every year, 37% of them are mammals and of those 37%, opossums make up 32% of the mammal admissions.

TWRC Wildlife Center is the oldest wildlife rehabilitation center in the Houston area and admits over 5,000 animals every year. Stop in, meet our staff and volunteers and find out more about what we do and how you can help. For more information please visit our website at [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org) or call 713-468-8972.



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# Lakes on Eldridge North

## Youth Art Contest - Enter by November 1

Kids 19 and younger may enter the “Get to Know” Texas State Parks Youth Arts Contest! There are five categories with rules and prizes, and you may enter as many as you wish by following three steps:

**Visit a state park for inspiration!**

**Create an original work of art:**  
writing, photography, video or music.

Get instructions to submit your work at  
**[www.KeepCyfairBeautiful.org](http://www.KeepCyfairBeautiful.org)**

***Last day to enter online or by mail is November 1st***

Prizes in the national “Get to Know” contest include digital cameras, underwater cameras, camcorders, art supplies, binoculars, fishing rods, writing supplies and more. Texas State Parks will award Junior Ranger daypacks, caps and water bottles!



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## TENNIS TIPS

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



CAPTION 1



CAPTION 2



CAPTION 3



CAPTION 4



CAPTION 5

## The Modern Game: The Forehand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now 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 in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. 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. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

**Step 1:** The Back Swing: When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has loaded his right hip to help him drive his weight forward. His grip is relaxed and his wrist is “laid back” to allow maximum

point of contact.

**Step 2:** 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 and accelerating the racket head around the outside of the ball. Christian started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

**Step 3:** The Follow Through: In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has “snapped” his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

**Step 4:** The Finish: Christian’s upper body acceleration forced his head of the racket to “wrap around” his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

**Step 5:** The Ready Position: Once Christian hits the ball, he must get ready to volley if the ball was not a “winner”. By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to “kill” the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Backhand Approach Shot”





*Wishing you and your family  
a safe and happy July 4th!*



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# Lakes on Eldridge North

## Fit and Fun: Health Tips for You and Your Children

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!
- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.
- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: [www.aahperd.com](http://www.aahperd.com).

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>





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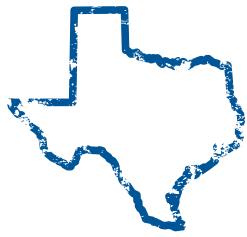
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# Lakes on Eldridge North



## CYPRESS TEXAS TEA PARTY

The next meetings of the Cypress Texas Tea Party will be on:

**Saturday, July 12, 2014 12:00 PM - 2:00 PM**

**Saturday, August 2, 2014 12:00 PM - 2:00 PM**

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

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be  
found at our website, [www.cypresstexasteaparty.org](http://www.cypresstexasteaparty.org), or email  
us at [cypresstexasteaparty@gmail.com](mailto:cypresstexasteaparty@gmail.com)



## Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May. Our next meeting will be on September 18, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Melinda Sims at [melinda@mazzaroth.net](mailto:melinda@mazzaroth.net).

We look forward to meeting you.



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*For more details please contact Gabriela at  
[gabmarbretto@hotmail.com](mailto:gabmarbretto@hotmail.com) (LOEN resident).*

# Lakes on Eldridge North

## “Learn How to Get Organized and Not Agonize”

### Keynote speaker shares tips at the July 24 CYFEN meeting

Houston, Texas (June 6, 2014) Come to the Cy-Fair Express Network (CYFEN) luncheon July 24 and be inspired to become more organized, efficient and effective at work and home.



This month's keynote speaker is Marla Regan, President of Organized Time. Regan is a certified Family Manager® coach, speaker, author and organizer. An active member of National Association of Professional Organizers and American Business Women's Association (ABWA), Regan has more than 20 years experience speaking to clients across the country. She specializes in

bringing order to chaos and helping people find solutions for everyday situations through various topics related to time management and organization.

All are welcome to join Regan at this month's CYFEN meeting,

which begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Monthly meetings are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd

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).

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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## Feed My Starving Children (FMSC)-Houston-Pack:

On August 1 & 2, 2014 at the Berry Center in Cypress, more than 5,000 volunteers from churches, businesses, & schools throughout the city of Houston will join together and pack 1.25 MILLION dry rice/protein "Manna Pack" meals with the "Feed My Starving Children" missions organization!! This is an opportunity for your family & friends, ages 5-95, to experience a mini-missions trip right here at home. Please visit The website to 1. Donate towards the HoustonCityPack event. Each volunteer will pack approximately \$50 worth of food. 2. Register you & your family to volunteer for a two hour packing shift. Please join us in this united effort to meet an immediate food need that will turn hunger into hope for children, in Jesus' name, all across the globe. \*Note-the Friday (8/1) night packing shift will be geared towards Junior High & High School students.

Websites with more information include:

<http://houstoncitypack.com/>

Facebook: <https://www.facebook.com/fmschouston>

Twitter: Follow @HoustonCityPack  
FMSC.org

*Sign up individually or in groups through the website.*

Please email Meghan Martin at [MeghanMarie918@gmail.com](mailto:MeghanMarie918@gmail.com) with further questions about getting your family, churches, businesses or groups involved with this event. Thanks!



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# Lakes on Eldridge North

## STALLION STAMPEDE

**DATE SET, DOWNSIZE FITNESS JOINS 2014 TEXAS STALLIONS FAMILY FUN RUN & FREE FITZONE!**

The Texas Stallions Track Club Cross Country team is proud to announce the return of the Stallions Stampede 2K/5K Fun Run 10K Relay and We Can! FitZone. The family friendly event will take place on October 18, 2014, at 8am, at Forest Oaks Park in Spring, Texas.

The Stallions Stampede and We Can! FitZone aims to promote healthy living in youth through family education, increased physical activity and reduced sedentary time. A USATF Sanctioned event the Stallions Stampede offers 3 races to get the community involved – A Family 2K, a USATF Certified 5K, and a 10K Relay. The We Can! FitZone is free community event offering youth and families fun and useful tools and information for healthful living.

“Stallions XC is excited to welcome Downsize Fitness as a Winner’s Circle Sponsor, their perfect complement to our efforts to raise awareness about childhood obesity”, said Head Cross Country Coach Lavoxkeia Carnes. “Downsize fitness is the world’s first gym for people with more than 50 pounds of weight to lose and offers kids free memberships when their parents join”, said Grover Daly, VP of Downsize Fitness. The Stallions Events Committee

is seeking healthy living businesses and professionals to provide health screenings, education, assessments and other services to our participants.

For more details, visit the event web site at [www.StallionsStampede.com](http://www.StallionsStampede.com) or contact Lavoxkeia Carnes, meet director, Texas Stallions Track Club at 832-415-0568 or by email at [txstallions@texasstallions.com](mailto:txstallions@texasstallions.com). Registration is underway for our 2014 Cross Country Running Program, visit [www.TexasStallions.org](http://www.TexasStallions.org) to join today!

Established as a 501(c)(3) nonprofit corporation, the Texas Stallions Track Club mission is to develop youth track and field athletes in the North Houston area through our guiding principles of Dedication, Determination, and Discipline.

Through the Stallions Stampede, Texas Stallions Relays, and the generous support of individuals, corporations, businesses and other organizations, the club is able to provide greater competition and exposure opportunities to its athletes through its growing cross country, indoor track and field and outdoor track and field programs, academic grants, and financial assistance to underprivileged youth. For more information, visit the Club online at [TexasStallions.org](http://TexasStallions.org).

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## 17th Annual Salute to the Stars Gala

It's almost time to applaud Cy-Fair's educators at the 17th Annual Salute to the Stars Gala. The black-tie, celebratory event to be held on October 16, 2014, at Cy-Fair ISD's Richard E. Berry Center will honor 86 Spotlight teachers, one from each of the district's campuses. Dinner, entertainment, live auction and a raffle will be featured as community and business leaders and elected and school officials give thanks to those who give so much to the students in the Cy-Fair district.

Each year in April, Cy-Fair ISD recognizes one teacher from each of its campuses who represents a unique balance of skill, art and heart in teaching students in his or her subject area or program. "Spotlight teachers and their guest as well as the principal and his or her guest occupy spots at the school's table," said Lauri Baker, event co-chair. "The remaining four seats are for those who sponsor the table. Table sponsorships start at \$1,250; however, there are other sponsor opportunities available as well."

Not only is the event a celebration of the district's top-notch teachers, but it's also a way to showcase the talent of students. "Students will perform a drum line performance, those who have won scholarships from the Cy-Fair Educational Foundation will serve as guest speakers and culinary arts students will serve dinner to guests," said Baker. "Involving our students in the event is a perfect way to remember why we are all here."

All proceeds raised at the event go to the Cy-Fair Educational Foundation which provides college scholarships for district students as well as staff development grants to CFISD. Last year the event raised over \$152,000 for staff development grants and student scholarships, bringing the grand total to over \$1.8 million raised since 1998.

This year's underwriter will be Cypress Fairbanks Medical Center Hospital. Also sponsoring in 2014 will be the Cy-Fair Federal Credit Union as the Red Carpet Premiere Sponsor, Bay- IBI Group Architects as the Superintendent Table Sponsor and Houston Methodist Willowbrook Hospital as the Teacher Appreciation Sponsor.

Baker, who has been involved with organizing the event for ten years, has worked in the school district for 30 years and also serves on the Cy-Fair Educational Foundation Board. "I love working with such a passionate group of dedicated people who put on this great event," she said. "It's really a fun night and people are excited to see each other but also so committed to raise money for the Foundation. The community relationship in our district and the compassion of the Cy-Fair Educational Foundation, that does so much for both students and teachers, is unique and rewarding to be a part of," she said.

For information about the annual Salute to the Stars gala, contact Marie Holmes at 281-807-3591, or e-mail [marie@thecfef.org](mailto:marie@thecfef.org).

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