



Volume 15, Issue 2

February 2016

ACUPUNCTURE

Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most non-emergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

What is acupuncture?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

What to expect?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of Chinese manipulative therapy, consisting of massage, acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

What about herbal medicine?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Traditionally,

this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

What conditions can be treated?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight. Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. Please refer to the Classical Ads of this newsletter for our detailed information or visit www.amarantnacupuncture.com.

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)



Lakes on Eldridge North

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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.

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

LAS VEGAS NIGHT!!

The Knights of Columbus Council #8096 is hosting their 29th Charity Las Vegas Night Fundraiser at St. Elizabeth Ann Seton Catholic Church on February 13, 2016. An evening of casino style gaming played with fun money is planned for guests to become eligible to win prizes donated by our generous sponsors for this event. Time is 6:30 P. M., tickets are \$20 per person and include snacks and drinks. Tickets may be purchased in advance or at the door. All proceeds are used to benefit local Knights of Columbus charities. For more information, please contact Tom at 918-606-4260 (tdescioli@aol.com) or Scott at 713-898-3560. All proceeds will be used to benefit local K of C charities.

More more information, contact Tom at 9180633-3806 (tdescioli@aol.com) or Scott at 713-898-3560.

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“Learning to WIN with ABWA: The Ins and Outs of Working in WIN”

Luncheon Details

Thursday, February 25, 2016

Networking 11a.m.; Luncheon begins at 11:30 a.m.
Sterling Country Club, 16500 Houston National Blvd.,
Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the door

At the February 25 Cy-Fair Express Network Luncheon, attendees will learn about working in and through WIN (Women’s Instructional Network). They will learn more about how to update member profiles, upload items to WIN, and also learn about other scholarship opportunities. Members are encouraged to bring their laptops and/or tablets, and hotspot connection to actively participate in the presentation.

This month’s CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

About Cy-Fair Express Network (CYFEN)

Now over 50 members strong, 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. CYFEN is part of the national organization of American Business Women’s Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women’s Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women’s education, workplace skills and career development training. For more information, visit, www.abwa.org.



Northwest Harris County Aggie Mom’s Club

Please join us for the Northwest Harris County Aggie Mom’s Club monthly meeting on Tuesday, February 9, 2016 beginning with the social at 6:30 PM where light snacks and drinks are served, followed by the meeting at 7:00. Meetings are held at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Our guest speaker will be Porter S. Garner III, President, Association of Former Students. We will also hear from several student run organizations who wish to present their organizations in hopes we will help fund their activities.

SAVE THE DATE!

Don’t miss the Annual China Luncheon and Style Show on Saturday, February 20, 2016 from 10:30 a.m. to 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. Get your ticket(s) at the meetings or visit our website. For more information contact Tami Denault at tamidenault@sbcglobal.net.

The Northwest Harris County Aggie Mom’s Club meets August thru May on the second Tuesday of every month at 6:30 pm at 7100 High Life Drive. Refreshments are served at 6:30 with meeting beginning at 7:00. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Patty Rabel, Club President at rabelpp@aol.com.

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Finding Connection

Do you remember your last first date? I know, for many of you that seems like it was eons ago! Take a minute and try to recall what went through your mind.

For most of us, there were thoughts of, "What if he doesn't think I'm pretty?" Or, "Will he think I'm smart enough? ...Funny? What if he thinks I'm boring?" Take your pick, and fill in the description. Male or female, old or young, we've all worried about these things at some point.

Every self-help book tells you that you need to love yourself before you can make a connection with another person. But how? How do you learn to find that connection within yourself so that you can learn to find connections with others?

For me, it was when I began working with horses. I learned a few simple, but profound, facts about horses. Horses don't judge, and are not impressed by a pretty face. They don't care about the car you drive, what your job is, or how much money you make. There are no concerns about race, sexuality, or religion. All a horse wants to know is, "Can I trust you to keep me safe?" and, "What's in it for me?"

These amazing creatures are incredibly similar to humans in that

they instinctively crave the connection formed with other beings. Through my journey into the world of Natural Horsemanship, I learned that horses are deeply intuitive creatures who can read you just by reading your body language and intent.

Working with these creatures teaches you so much about yourself.

For instance, working with a creature that weighs over 1000 lbs. makes you feel strong and confident. When a horse chooses to interact with you, you feel honored and special. When a horse offers you his trust, you feel love. And, if you mess up or make a mistake? Well, horses are the consummate teachers of forgiveness. They don't hold grudges or cast blame. They just move on. Really, there's a lesson in life everyone should learn.

Learning to love yourself is imperative to finding and establishing connections with others. Learning how to love yourself is a journey in itself. Begin your journey this month, and enjoy the ride.

Tara Chatterson works at Five Horses, LLC in Waller, Texas. To find out more about how horses can help you and your relationships, check out the natural horsemanship program, as well as the equine-assisted learning workshops provided here: www.fivehorses.com



A quick REMINDER to file your HOMESTEAD EXEMPTION if you bought a home in 2015 and claim the property as your primary residence. This will entitle you to a property tax reduction. Filing deadline with the Harris County Appraisal District is April 30.

Feel free to call me if you need the form or any other additional information.



Wishing You A Happy and Prosperous New Year!



For More Information, Contact

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DAR

The wonderful ladies of the Elisha Roberts Chapter, NSDAR (National Society, Daughters of the American Revolution), would like to extend an invitation to local females (18 and older) to attend our next meeting. We meet the third Thursday of each month, Sept-May at the Richard and Meg Weekley Community Center, 8440 Greenhouse Rd, Cypress, TX 77433. We are friendly, family oriented, and diverse in ages, and promote patriotism, education, and historic preservation. Membership is based on the requirement that you can prove direct lineal descent from someone who fought in the American Revolution or provided any type of aid, but it is not required up front to attend meetings if you're interested, as we will help you research your ancestry!

For more information, please contact the chapter Regent, Melinda Sims at melinda@mazzaroth.net.

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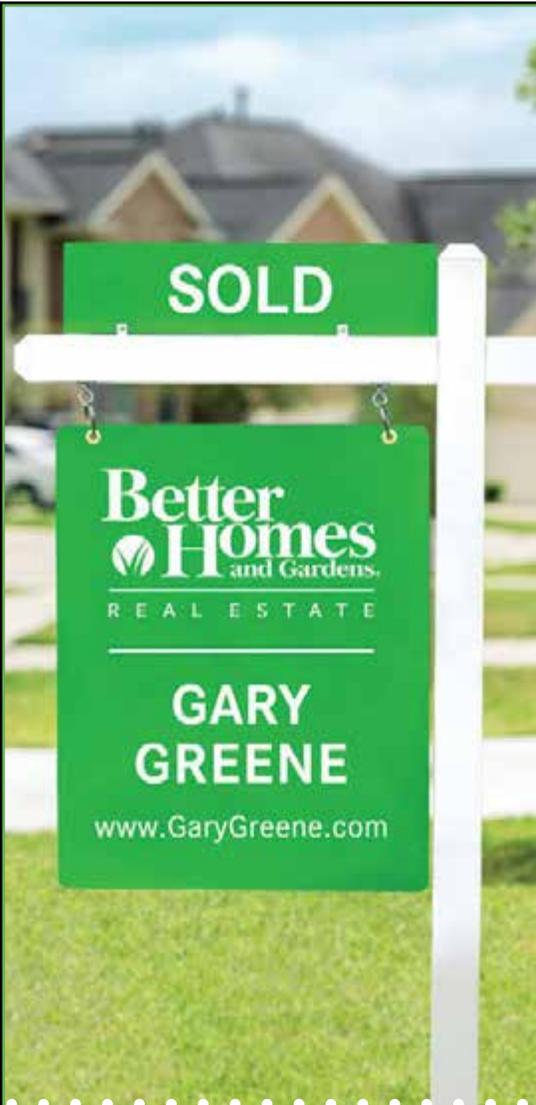
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THE PLAIDS RETURN FROM THE AFTERLIFE TO PERFORM AT THE HOUSTON FAMILY ARTS CENTER

Stuart Ross's Off-Broadway Musical "Forever Plaid" is being resurrected on the HFAC Garza Main Stage

Stuart Ross's, "Forever Plaid", is one of the most internationally popular Off-Broadway musicals to hit the stage, and it's coming to the Houston Family Arts Center. This nostalgic, 50's revue opens on the Garza Main Stage January 29, 2016 – February 21, 2016.

"What is amazing about this show," says director Eric Domuret "is how it makes me feel. So many memories, successes, and life experiences have come from this show. This show and its legacy preserves so perfectly the heart of the generation of the 1950s that had big dreams and felt their decency and hard work was enough to get them there. What better way to preserve it than experiencing it, and making it take hold in the here and now in the hearts of a new generation. What makes this production unique is how much it is like the original production from the early 90s. The original Plaids have handed down their direction, traditions, and intricacies that cannot be discovered outside of this legacy. This is what is being brought to HFAC."

Frankie, Jinx, Sparky, and Smudge are The Plaids. One the way to their first big gig, their cherry red '54 Mercury collided with a school bus, and The Plaids were killed instantly. Now, they've come back to Earth for one final performance. Don't miss this charmingly fun show as The Plaids' sing some of the greatest hits of the 1950's including: "Three Coins in the Fountain," "Chain Gang," and "Heart and Soul" to name just a few!

The guardian angels of The Plaids' are Eric Domuret (director/choreographer), Jesse Lozano (music director), Michael Montgomery (producer), Mary Balest (costume design), Amelia Templeton (scenic design), Ron Putterman (lighting design), David Dean (sound design), Alex Brokmeyer (stage manager), and Mitch Lawyer (bassist).

The posthumous harmonic quartet includes: Eduardo Tercero (Frankie), Daniel Rosales (Jinx), Brian Chambers (Sparky), and Taylor Fisher (Smudge). Fisher has appeared in several HFAC shows recently as The Baker in "Into the Woods," John Adams in "1776,"

and Javert in "Les Miserable." Tercero, Rosales, and Chambers are all newcomers to the Garza Mainstage. Eduardo Tercero is known in the Houston opera community for his vocal work with the Houston Chamber Choir, Houston Symphony, and Ars Lyrica. Daniel Rosales is a recent musical theatre graduate from Sam Houston State University and has been seen at Stages Repertory Theatre and the former Masquerade Theatre. Brian Chambers is a director and teacher for the Cypress Academy of Performing Arts.

Performances of "Forever Plaid" are Friday and Saturday evenings at 7:30 p.m., with Sunday matinees at 3 p.m., January 29th – February 21st on the HFAC Garza Main Stage. Tickets are on sale now and may be purchased online at www.houstonfac.com, or by phone at (281) 587-6100. Special pricing is available for groups of 10 or more.

Performance Location:

Houston Family Arts Center Garza Main Stage
10760 Grant Road, Houston, TX 77070

(Located in NW Houston, easily accessible from SH 249 and SH 290)

Performances:

Friday, February 12th at 7:30 p.m.
Saturday, February 13th at 7:30 p.m.
Sunday, February 14th at 3:00 p.m.
Friday, February 5th at 7:30 p.m.
Friday, February 19th at 7:30 p.m.
Saturday, February 6th at 7:30 p.m.
Saturday, February 20th at 7:30 p.m.
Sunday, February 7th at 3:00 p.m.
Sunday, February 21st at 3:00 p.m.

Ticket Prices:

Adults: \$26
Seniors (65+): \$22
Students (3-18): \$15

About Houston Family Arts Center

Houston Family Arts Center (HFAC), founded in 2005, is a not-for-profit performing arts and educational organization, with a passion for entertaining, enlightening and engaging audiences in Texas. Recent winner in seven categories for the Broadway World Houston Awards, HFAC has also been named Houston's "Best Gem of a Theater" by the Houston Press and "Best Arts and Entertainment" by the "Best of the Northwest" Readers' Choice awards. HFAC is a proud winner of the prestigious national American Association of Community Theatre Twink Lynch Organizational Award. HFAC produces a broad mix of classics, comedies, dramas, musicals and new works.

Through its award-winning Actors Academy, HFAC offers acting and singing classes, and provides performance opportunities for all ages. To purchase tickets, sign up for auditions or classes, or for more information, please visit www.houstonfac.com or call HFAC at (281) 587-6100.



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