



LAKES

ON ELDRIDGE
NORTH

Volume 5, Issue 6

June 2006
Official Newsletter

LOEN Wine Club



Come swirl, sniff and sip with your neighbors! Attend the upcoming LOEN Wine Club monthly gathering. This is a great opportunity to meet new neighbors and taste some fabulous wines and food.

Contact Linda or Donnie Ozenne for more information at 713-466-3221

New HOA Board

New HOA Board appointed by developer to serve until the 2006 annual meeting to be held in September. At that time board of director elections will be held for 5 directors with staggered terms, up to 3 years.

Steve Woodall - President

Faheem Khwaja- Vice Pres

Victory Elgoharty - Treasurer

Don Byrnes- Secretary

Lisa Carpenter - Director

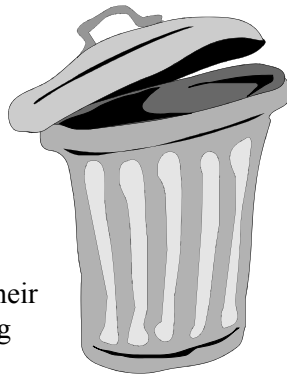
Reminder

A gentle reminder for all residents of LOEN to stop by the office and pick up a LOEN windshield sticker if you haven't already done so. This sticker identifies you as a resident to the front gate attendants saving their time and allowing quicker entrance. It also identifies you as a resident to other residents who may be using the un-manned West Little York entrance.

Trash

Trash cans can be placed out no earlier than night before trash pickup day (Mon and Thurs) and must be promptly removed by the evening of trash pick up days.

We have several residents leaving their cans at the curb too long and placing trash out days before service.



View the Lakes on Eldridge North
Community Newsletter
each month on-line at
[www. PEELinc.com](http://www.PEELinc.com)



Lakes on Eldridge North

IMPORTANT NUMBERS

VanMor Properties, Inc.281-493-0668
 Fax281-493-5654
 Kate Loeffler, Manager
 Kim Stewart, Administrative Assistant
 Gate Attendant 713-856-6127
 Harris Co. Sheriff - (non-emergency) 713-221-6000
 Cy-Fair Fire Department - (emergency)281-466-6161
 (non-emergency) ...281-550-6663
 Poison Control 1-800-764-7661
 Texas DPS 713-681-1761
 Waste Management 713-695-4055
 (trash collection Mondays & Thursdays)
 Aqua Services 713-983-3602
 (Service or emergencies 24 hrs) ... 713-983-3604
 Harris County Tax Office 713-224-1919
 Reliant Energy 713-207-7777
 (give pole # of street which is out)
 Entex (gas) 713-659-2111
 Time Warner Cable 713-462-9000
 Houston Chronicle 713-220-7211
 Metro Transit Info 713-635-4000
 Kirk Elementary 713-849-8250
 Truitt Middle School 281-856-1100
 Cy-Falls High School 281-856-1000
 Newsletter Publisher
 Peel, Inc. advertising@PEELinc.com, 512-989-8905
 Adver./Donna Sommer..dsommerPEELinc.com, 832-237-4684

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. Submit at www.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. Submit classified ads at www.PEELinc.com.
ADS: Deadline for submitting ads is the 10th of each month for publication in the following month's newsletter.
 Please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com for information on advertising.

Vanmor Properties, Inc. Contacts

Manager - Kate Loeffler
 Administrative Assistant - Kim Stewart
 1505 Highway 6 South, Suite 110
 Houston, Texas 77077
 Phone - 281-493-0668
 Facsimile - 281-493-5654

LOEN Board Of Directors

Steve Woodall President
 Faheem Khawaja Vice President
 Victor Elgohary Treasurer
 Don Byrnes Secretary
 Lisa Carpenter Director

Pool Hours

Catalina Shores Pool

Open weekends only in May

June - August 8th

Tuesday - Saturday 10 am - 8pm,
 Sunday Noon - 8pm
 (Lifeguards gone during the week days after public school starts)

Sonora Canyon Pool

Open weekends only in May

June - August 8th

Monday, Wednesday - Saturday 10am - 8pm
 Sunday Noon - 8 pm
until August 8th - then pool open week days 4-8pm and full time on sat and sun through Sept 24th.



Yorkshire Academy

Learning for a Lifetime



Complete Summer Program online!

Now accepting 2006/2007 Registrations!

Come visit and see why 20 students from your neighborhood choose to attend Yorkshire Academy!

State-of-the-Art Facility!

Elementary • Preschool • MDO

14120 Memorial (1 blk west of Kirkwood)

281-531-6088

Fully Accredited
www.yorkshire-academy.com

Est. 1984
email:yorkaca@swbell.net



Production Certificate

This certifies that as of April 15, 2006 **Ann Knoche** has been certified as a "Top Production REALTOR®" based upon the transaction records of the Houston Association of REALTORS® Multiple Listing Service. Top Production REALTORS® are those who aspire to the highest ethical standards and whose production ranks among the highest number of transactions or dollar volume of listing side transactions within HAR's 19,000 member brokers and agents.

Dated this 11 day of May, 2006

Bill Jones, Chairman, MLS Advisory Group
Houston Association of REALTORS®

Ann Knoche
*Creating Lasting Memories in
The Lakes on Eldridge Communities
for over nine years.*

281.582.3911

annpk@heritagetexas.com

14340 MEMORIAL DRIVE

HOUSTON, TX 77079

heritagetexas.com



LEADING REAL ESTATE COMPANIES of THE WORLD™



Lakes on Eldridge North

Rail could save commuters hundreds of dollars, advocate says

HOUSTON (April 28, 2006) – As gasoline prices escalate, so does the potential savings that a commuter rail system would provide those traveling to and from work, according to the chairman of a nonprofit group that is developing a commuter rail line that will run along the U.S. 90A corridor between the Texas Medical Center and Houston's southwest suburbs.

Dalton Smith, chairman of Southwest Commuter Rail Corp. of Texas, was the guest speaker at the April 27 meeting of the 290 Passenger Rail Coalition, an initiative launched by the Cy-Fair Houston Chamber of Commerce to advocate rail service from College Station to Houston.

Although cost savings is only one of a long list of benefits of commuter rail systems, it may be near the top of almost every commuter's list as gas prices hover near or above the \$3-per-gallon mark. According to Smith, the average commuter rail rider saves \$400 to \$1,500 annually in transportation costs – and those numbers are probably low because they do not take into effect the recent spike in gasoline prices, he said.

In addition to saving consumers money, riding the rail saves them time. Texas drivers spend an average of 50 hours a year in traffic delays, and many employees must leave early to ensure they aren't late for work, Smith said. Commuter rail along the 90A corridor will give Texas Medical Center employees the certainty of knowing exactly how many minutes it will take to get to work, he said.

Other potential benefits of commuter rail include reduction in air pollution and the economic development that is often fueled by such rail lines, he said.

Commuter rail lines in both the U.S. 290 and 90A corridors are part of METRO'S Solutions plan, but the commuter rail service could be decades away without advocacy groups such as the 290 PRC to build a consensus and help move plans forward.

The 90A line was thought to be 20 years away from being built, but could now be operational within four years, Smith said.

"The most important thing you can be doing is the gathering of absolute support for the project," he said. "I think getting the resolutions in support of commuter rail in the 290 corridor is important."

The 290 PRC has taken a number of steps in building a consensus, Cy-Fair Houston Chamber President Darcy Mingoia noted. Thus far, the 290 PRC has signed resolutions from City of Jersey Village, City of Navasota, Commissioners Court of Waller County, Copperfield Community Association, Cypress Creek Flood Control Coalition, Greater Houston Partnership, Waller Area Chamber of Commerce and Waller Economic Development Corporation.

Public-private partnerships are also vital, Smith said. 90A Commuter Rail Partners include Fluor Enterprises, Inc., which will provide Project Management and Construction Management services; Bombardier, which will provide passenger rail cars and be responsible for the control and signaling systems, and will support METRO in maintenance of this equipment; and Public Project Management LLC, which will provide financing expertise and project oversight.

METRO's light-rail system, as well as bus lines, provides important infrastructure to help make a commuter-rail system viable, Smith said.

"To have a viable commuter rail project, you need to have a very detailed and connecting system in and around the city, so that those coming in on commuter rail can get around to other locations," he said.

As an example, Smith noted, one of the planned station stops on the 90A line is Westbury, where a new METRO signature bus line will take passengers to the Galleria area.

As helpful as commuter rail would be in saving commuters time and money and reducing pollution, Smith underscored that it is not a moneymaking venture.

"The economics of building and operating a commuter rail system are well known: They do not make money," he said. Smith said he expects a shortfall of about \$10 million on the 90A line, some of which could be made up by METRO.

However, he added that it's possible that tax revenue generated by new development spurred by the rail line could offset all or part of the funding gap.

For more information about the 290 Passenger Rail Coalition, visit www.290prc.com or call the Cy-Fair Houston Chamber at 281-955-1100.



Buds & Blossoms, Inc.
Full Service Landscape Year Around
Since 1989
281-469-3378
14120 Cypress North Houston
in Cypress between Telge & Huffmeister
BudsandBlossoms1@aol.com

Financing Available with Approved Credit

GARDEN CENTER COUPON
Take \$3.00 off each flat of regularly priced annuals
WITH COUPON \$11.99
one coupon per customer/no limit
Reg. \$14.99 exp. 06/01/06

GARDEN CENTER COUPON
10% off your next garden center purchase
ROCK NOT INCLUDED
Must present coupon before order is rung
exp. 06/01/06

Landscape Design & Installation Sprinkler Systems License#5490 Sod Installation Drainage Flagstone Custom Rockwork

Should you find yourself expanding,
downsizing, or relocating anywhere in
the world, any time in the future...

We can help You.

*Simply pick up the phone and call us or email us
with your information -- It's as easy as that!*



ROYAL OAKS

Fine Properties

11689 Westheimer, Suite C
Houston, TX 77077

RoyalOaksFineProperties.com



CLAUDIA FATHIVAND

(832) 419-5426

www.claudiarealestate.com

Hablo Espanol

KAY HORSCH

(713) 703-8313

www.kayhorsch.com

LOE Resident & Realtor

Lakes on Eldridge North

Summer Health and Safety Advice

Summer is just around the corner and Houston is about to heat up. Let's stay safe as we enjoy the fun and activities of summer. There are several things that you can do to avoid the dangers of heat and heat stress.

- Wear cotton clothing that is lightweight, loose-fitting and light colored.
- On hot, humid days, avoid prolonged, strenuous outdoor activities.
- Eat a well balanced meal avoiding hot and heavy meals.
- Drink lots of fluids. Don't wait until you are thirsty. Avoid alcohol and drinks that contain caffeine and salt.
- Take cool showers
- Wear sun protection lotion

It is also very important that you know the signs of heat stress. If you or someone you know are experiencing any of these symptoms seek immediate medical help:

- | | |
|--------------------------|---------------------------|
| • Dizziness | • Diarrhea |
| • Rapid heartbeat | • Chest pain |
| • Nausea | • Overwhelming weakness |
| • Throbbing headache | • Problems with breathing |
| • Dry skin (no sweating) | • Cramps |

Finally, the most important thing to do in the summer is.....
HAVE FUN!!!

Bicycle Safety

I witnessed a near accident between a bicycle and a car recently. If you or your children ride a bicycle, now is the time to review bicycle safety. First, you should inspect the bicycle to make sure it is operating properly. Check the tires for wear and proper inflation. The chain and gears need to be lubricated and inspected. Make sure all nuts and bolts are tight. Next, make sure you have AND use one of those funky bicycle helmets; think safety first NOT looking cool! Parents, make sure your children wear their helmets when riding a bike. Parents must wear helmets if they want their children to wear theirs. This is not one of those "do as I say – not as I do" situations. When riding a bike on the street, stay to the RIGHT – ride with the traffic, not against it. Parents need to impress this on their children. All bike riders must obey traffic laws. Bikers must stop at stop signs and red lights and use signals for turns. It is important for bike riders to be vigilant and observant. In an accident with a car, the bike rider always loses. When I was in the third grade, I learned that lesson the hard way. I made a u-turn in the middle of the block without looking. That accident cost me 6 months in recovery time. Automobile drivers need to be extra diligent when close to children who are riding bikes. Children, because of their lack of experience, often taken unnecessary risk and do not demonstrate the best judgment. PLEASE DRIVE SLOWLY THROUGH THE NEIGHBORHOOD especially when you see adults or children on bicycles.



Digger Says...Ya'll quit dragg'n that hose!

South-West Sprinkler Company

Installation & Repair Drainage Specialist

Robbie Moore
Northwest Resident
for 25 Years
LI #7019

**NOW OFFERING
FREE UPGRADES**

281-861-6171

www.southwestsprinkler.com

Landscape design and services with

Trendsetter Landscape

We Install or repair more systems in the Northwest area than any other company!



BBB Gold Star Award 2002, '03, '04, '05



Sun Pro Glass Tinting

Residential & Commercial Tinting

Standard Film	Our Film
	

Protect Expensive Furnishings...
Keep Your Window Treatments Open

Lifetime warranties • Reduce A/C bills up to 30%!
Stop glare • "No Bubble" adhesive • Keeps your view
Transparent on the inside - Private on the outside
Lower room temps. up to 15 degrees
Great on low E & dual pane glass!

Call Bob Hanson For A FREE Estimate



281.242.0222

www.sunproglasstinting.com

Ask for Sun Pro's
High Performance
Smart Films

HÜPER OPTIK®

Mention this ad
and receive
\$50.00 OFF

Hurricane Season Preparedness -Part I

Submitted by Regina Wall

The following information was gathered from the National Hurricane Center website. Please take heed and use it's suggestions wisely so that all of our precious family, friends, pets and property will remain safe throughout this and other hurricane seasons to come.

One of the most important decisions you will have to make is "Should I Evacuate?"

If you are asked to evacuate, you should do so without delay. But unless you live in a coastal or low-lying area, an area that floods frequently, or in manufactured housing, it is unlikely that emergency managers will ask you to evacuate. That means that it is important for you and your family to HAVE A PLAN that makes you as safe as possible in your home.

Disaster prevention includes modifying your home to strengthen it against storms so that you can be as safe as possible. It also includes having the supplies on hand to weather the storm. The suggestions provided here are only guides. You should use common sense in your disaster prevention.

- **DEVELOP A FAMILY PLAN** - Your family's plan should be based on your vulnerability to the Hurricane Hazards. You should keep a written plan and share your plan with other friends or family.

- **CREATE A DISASTER SUPPLY KIT** - There are certain items you need to have regardless of where you ride out a hurricane. The disaster supply kit is a useful tool when you evacuate as well as making you

as safe as possible in your home.

- **SECURE YOUR HOME** - There are things that you can do to make your home more secure and able to withstand stronger storms.

- **ONLINE VULNERABILITY INFO** - There are web sites that can give you information about your communities vulnerability to specific hazards. These include hurricanes as well as other weather related hazards.

You should be able to answer the following questions before a hurricane threatens: (1)What are the Hurricane Hazards? (2)What does it mean to you? (3) What actions should you take to be prepared?

**TANNER LAKES
ANIMAL CLINIC**
In Your Neighborhood!



Kenneth Malinowski, D.V.M.

- Dental Grading at no charge! Dental Estimates!
- Ask about our Shelter Adoption Package at no charge!
- Come by anytime for a tour and meet Dr. Malinowski!

*Only The Best
For Your Best Friend*

- ✓ Ultrasound
- ✓ Telemedicine
- ✓ Blood Pressures
- ✓ Radiology (x-rays)
- ✓ Tonopen (glaucoma)
- ✓ Dental cleanings
- ✓ Blood Pressures

Office Hours
Mon, Wed, Fri 7am - 6pm
Tues, Thurs 7am - 7pm
Saturdays 8am - 1pm
713/937-4484

Selection ♦ Selection ♦ Selection



Patio 1

www.patio1.com

Galleria

5807 Richmond

713-977-4455

FM 1960

Katy

3105 FM 1960

20425 Katy Frwy.

281-893-9700

281-578-9100

SPECIAL OFFER

20% OFF

Present this coupon to receive 20% off (maximum \$100) any in-stock chaises, umbrellas, or double gliders. ☐

One coupon per family, excludes any other offer, redeemable at time of purchase ONLY (not applicable to previous sales). Expires July 31, 2006.

Lakes on Eldridge North

The Thrill of the Grill

It's time to turn up the heat on spring fun! Grilling provides a fantastic way for friends and family to gather around the picnic table and enjoy the tastes of spring/summer. It's also a delicious way to prepare light, healthy meals.

Grilling Vegetables:

Asparagus - Cut off woody ends - Grill 6-8 minutes, turning frequently.

Bell Peppers - Cut into quarters - Grill 6-8 minutes, turning occasionally.

Corn on the Cob - Pull back husks, remove silk and rinse with water. Pull husks back up to cover corn - Grill 20-22 minutes, turning occasionally.

Eggplant, Yellow Squash or Zucchini -Cut into 1/2 inch slices - Grill 6-8 minutes, turning occasionally.

Onions - Cut into 1/2 in slices - Grill 6-8 minutes, turning once.

Portobello Mushrooms - Trim stem ends - Grill 6-8 minutes, turning occasionally.

Russet Potatoes - Do not peel; cut into 1/2 inch slices - Grill 10-12 minutes, turning occasionally.

Successful Grilling

• Wait for flames to die down before starting to cook. Gas barbecues take 10 minutes to heat up; charcoal takes at least 25-30 minutes. Coals should be ash gray when ready.

• Foods will cook more evenly if there's a 3/4-inch space between pieces.

• Use the cooler, outer edges of the grilling surface to avoid overcooking foods that need gentle heat, such as vegetables or fruits.

• When using a barbecue fork, only pierce the fatty portion of meats. Piercing meat with a fork allows delicious juices to be released

and makes the meat less moist.

• Short on time? Give meats and dense vegetables, such as potatoes, a jump-start by cooking them first in the microwave (about halfway done); then, finish cooking them on the grill.

Grilling Lite

• Watching your weight or cholesterol? Remove the skin from chicken after it's grilled because the skin holds in the meat's natural moisture.

• Salsa makes a perfect fat-free topping for grilled fish, chicken and burgers. Use as an alternative to barbecue sauce or ketchup.

Marinades and Rubs

• Use a marinade to impart flavor and tenderize meat.

• Freshen-up marinades for fish by adding lemon or lime zest. However, only marinate 30 minutes before grilling to retain the texture and delicate flavor.

• Practice food safety by marinating foods in the refrigerator, not on the kitchen counter. Never re-use the marinade.

Be Safe

• Plan ahead: defrost meats, poultry and seafood safely. It is safest to thaw in the refrigerator; however, you can "force thaw" under cold running water or in the microwave, if necessary.

• Use one cutting board for meats and another for fruits and vegetables.

• Remember to clean hands, cutting boards and kitchen tools in hot, soapy water after touching raw meats or other raw foods.

• Never serve food from a plate that has previously held raw food.

• Check the doneness of food with a thermometer.

Classifieds

Looking for an experienced babysitter?

I have previously been a nanny, I have experience as a Teacher's Assistant, and I am also a Certified Nursing Assistant. I am looking to babysit on weekday nights and weekends while interning in Houston. Contact Erin at 507-351-3893 or at koer0401@stcloudstate.edu

- • • • •
- **Advertising Information**
- Please support the businesses that
- advertise in the Lakes on Eldridge
- North Newsletter. Their advertising
- dollars make it possible for all Lakes
- on Eldridge North residents to receive
- the monthly newsletter at no charge.
- No homeowners association funds are
- used to produce or mail the newsletters.
- If you would like to support the
- newsletter by advertising, please
- contact Peel, Inc. Sales Office at 512-
- 989-8905; advertising@PEELinc.com.
- The advertising deadline is the 10th of
- each month for the following month's
- newsletter.
- • • • •

Classified Ads

Business Classifieds are \$45.00. Please contact Donna Sommer, djsommer@aol.com, 832-237-4684.

the Pool Nanny
 Weekly & Vacation
 Swimming Pool
 Maintenance
 281-858-4868

Custom Outdoors

Decks
 Shade Arbors
 Texas Porches
 Patios
 Outdoor Kitchens
 Flagstone
 Waterfalls
 Swimming Pools

281-858-9696
 www.customoutdoors.com

Extensive Online Photo Album

Let Us Bring Your Outdoors To Life!



WELCOME

TO YOUR BRAND NEW UNITED STATES POST OFFICE CONTRACT UNIT
 WE OFFER SERVICES TO SUIT ALL YOUR NEEDS... AND THEN SOME!

**BRING THIS AD
 & GET A CUP OF
 FRESH ROASTED COFFEE & A BROWNIE**

HOURS OF OPERATION
6am-6pm
 MON-FRI
9am-3pm
 SAT

PHN#: (713) 849-5656
 5829 W. SAM HOUSTON PKWY. N. SUITE 901 . HOUSTON, TX 77041 . FAX#: (713) 849-5682

GREAT CUSTOMER SERVICE- NO WAITING IN LINE!



FRIENDLY ASSISTANCE!

- Drive Thru Service
- Custom Wrapping and Packaging
- Packing & Shipping Supplies
- Office Supplies
- Greeting Cards
- Fax and Notary Services
- Metering & Custom Mailing Services
- Corporate/ Credit Accounts Welcome
- Coming soon, Ink Cartridge Refills

AUTHORIZED CIRRO ENERGY AGENT SAVE 8-12% ON ELECTRICITY GO TO WWW.CIRROENERGYSTORE.COM/HOUSTON (OVER)

OPEN 6am CLOSE 6pm

Come in and Entice yourself!

ESPRESSO, CAPPUCCINO, LATTE, ESPRESSO MACCHIATO, AMERICANO, ANY FLAVOR YOU DESIRE!

We also feature Blended Drinks, Frappes, Iced Coffee, and 100% Fruit Smoothies

- *Early Morning Items includes fresh made Breakfast Tacos, Fresh Baked Daily: Kolachies, Muffins, Danish, Croissants, Cinnamon Rolls, & Cookies.
- *Lunch Items include Fresh Sandwiches, Soup and Salads prepared on site daily.
- *Daily Lunch Special \$3.99
- *Breakfast and/or Lunch meetings special requests made to order and delivered.
- *Custom and Special cakes made from scratch to order including weddings, birthdays, special occasions, holidays, & company celebrations. Icing decorations made to order including company logos.
- *For the Chocolate Lovers, we feature **SOUTHBEND CHOCOLATES!!!**

We have a **WIDE** selection of Delicious Cheesecakes, and a **VARIETY** of Gourmet Cakes & Pies
 ENJOY IT BY THE SLICE OR TAKE ONE FOR YOUR NEXT EVENT!!!!!!!

IN A HURRY? NO PROBLEM! TAKE ADVANTAGE OF OUR DRIVE-THRU SERVICE
So come by, take care of all your postal needs, and ENTICE YOURSELF!

See you at The Eagle!

**"REMEMBER, STRESSED IS DESSERTS SPELLED BACKWARDS"
 SO INDULGE YOURSELF!**



**IT'S NOT JUST COFFEE...
 WE FEATURE FRESH ROASTED KATZ COFFEE!
 AND
 "IT IS DELICIOUS!"**

CATERING IS ALSO AVAILABLE! phn#: (713) 849-9084 fax#: (713) 849-5682

5829 W. SAM HOUSTON PKWY SUITE 901
 HOUSTON, TX 77041
 MON-FRI 6am-6pm (OVER)

Lakes on Eldridge North

Competition Among Genetic Equals

Baylor College of Medicine

HOUSTON -- (May 16, 2006) - Competition between cells that have the same genetic makeup but different external attributes may not only result in stronger multi-cellular organisms but also bridge the gap between scientists who study development and those who study evolution.

In an essay that appears online today in the journal *Nature Reviews Genetics*, Dr. Gad Shaulsky, associate professor of molecular and human genetics at Baylor College of Medicine, and graduate student Anupama Khare argue that cells with the same genes compete.

"Twenty-six years ago, when I was an undergraduate, I started thinking about why cells become differentiated in a multicellular organism," said Shaulsky. "A friend of mine and I began to think about the possibility that there is competition between cells in our body."

Virtually all the cells in the human body are almost genetically identical, he said. Yet different cells take on different roles. Shaulsky and Khare studied the activities of various organisms in trying to understand how competition might benefit a multicellular organism.

"If you look at the life of unicellular organism, there is no question. They compete and the fittest survive," said Shaulsky. However, multicellular organisms represent a paradox because they are a collection of individual cells.

"Some of these individual cells give up the two most important tendencies in biology - survival and reproduction," he said. "In our body, most cells will not survive. They are being replaced constantly. Most will not reproduce."

Giving up these biological imperatives is a requirement of multicellularity because cells must execute different functions so not all of them can participate in reproduction.

"What defines a unit of evolutionary selection?" he asked. "Why should we think there is no competition among genetically identical cells in the body in which the best cells will give rise to the germ line (sperm and eggs) and the next best cells will give rise to the progenitor (or stem) cells that keep renewing themselves and give rise to the more differentiated tissues of the body? The least fit cells will be those that eventually die, such as red blood cells, skin or hair."

"From an evolutionary perspective, it made sense to us," he said. "Competition is one of the strongest forces in biology. It didn't make sense to us that these tendencies would be wiped upon transition from unicellular to multicellular organisms. They might be harnessed to serve other purposes, but they would still be there."

The notion is not strange to scientists who study how organisms develop, but it runs contrary to the thought of most evolutionary

(Continued on Page 11)

True Care Dental

Nhung Kim Nguyen, DDS, PA • James Thu Nguyen, DDS, PA

6370 N. Eldridge Parkway #B
(in the Kroger Shopping Center)

713-983-0099



Our Services Include:

- Family & Cosmetic Dentistry
- Tooth Whitening
- Tooth-Colored Fillings
- Latest Technology
- Emergency Dental Care
- Most Insurance Accepted
- Relaxing & Friendly Environment
- Committed To Excellence In Dentistry
- Evening Appointments, Sat. Appts. Available



Get Acquainted Special!

Reg. \$115

Includes:
Consultation,
complete exam,
and full mouth
x-rays.

(not applicable for
insurance patients)
Exp. 9/30/06

now
\$49

LOEN RESIDENTS

Emmett Rd.	N. Eldridge Pkwy	Our Office 6370 N Eldridge Pkwy Suite B <i>In the Kroger Shopping Center</i>
W. Little York Rd.		★
Tanner Rd.		
Clay Rd.		

PARS ORIENTAL RUG

• Buy • Sell • Trade • Wash • Repair

*Excellent Selections,
Quality & Unbeatable Price!*

SPECIALIZING IN

*Rug Cleaning,
Pet Odor & Stain Removal
Repair & Restoration*

*Refringing, binding, fixing holes,
restoration of water, smoke,
fire and moth damage.*

We do it right.



12440 Memorial Dr.
1/2 mile West of Gessner
713-722-8500

Spain Houston Turnpike	I-10	N ↑
	Benignus	★
	Memorial	Gessner

Mon-Sat
9:30am - 6pm

Hand Cleaning
Any rug 6' x 9' or larger
\$20⁰⁰ OFF

Hand Cleaning
Any rug up to 4' x 6'
\$35⁰⁰

Lakes on Eldridge North

Competition Among- (Continued from page 10)

biologists, he said. "Evolutionary biology says that competition happens to a point. The cost of competition is high and, from an evolutionary perspective, when organisms are genetically identical, they don't compete," he said. "We say, yes, they do compete and we give examples."

In the essay, Khare and Shaulsky find examples of competition in a variety of creatures - from the soil amoeba *Dictyostelium discoideum* that vacillates between unicellular and multicellular depending on external conditions to *Drosophila melanogaster* or fruit flies to mice and humans.

"What we are proposing is that evolution tinkered with what it had to work with," said Shaulsky. "It took the basic tendency of cells to compete and harnessed it to serve in developmental decision making processes. It was something that had to happen for multicellular organisms to work."

The work should bridge the gap between the two kinds of biologists, he said. "Developmental biologists should look at processes they are studying from the point of view of what is the evolutionary advantage of this competitive process. And evolutionary biologists could benefit from revisiting their notion that identical units don't compete."

Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

3		2			9		4	
	7	9			5	2		
								7
4	2						8	
	8		3		2	1		
				5				
	5				6	9		
			7		8			
9								3

© 2006, Feature Exchange

Solutions can be found on page 22

When was the last time someone got down on hands and knees and cleaned *your* bathroom floors?



100% Satisfaction Guarantee
Call us within 24 hours after your clean. If we didn't clean something to your satisfaction, we will reclean it - free of charge.

Call today for a FREE, no obligation estimate right over the phone.

832-593-7500

www.maids.com



The Maids®
Home Services

Nobody Outcleans The Maids.®

When we say "Nobody Outcleans The Maids"™ we mean it. When you hire us, we'll assign you a team that's bonded, insured, uniformed, fully trained, supplied with state-of-the-art equipment and ready to give you a healthier, more thorough clean than you've ever experienced before.

Some things we'll always do. Our 22-Step Healthy Touch® Deep Cleaning System

Kitchen

- Clean sink
- Clean appliance exteriors
- Clean inside microwave
- Clean range top
- Damp wipe cabinet doors
- Clean counters
- Hand wash floor
- Load dishwasher

Bathrooms

- Clean sinks, counters; change towels
- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

All Rooms

- Pick up and straighten
- Dust sills, ledges, wall hangings
- Remove cobwebs
- Dust/vacuum furniture
- Vacuum floors, carpets
- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

Windows

- Clean entry window & one set of patio door windows
- Clean window over kitchen sink

Lakes on Eldridge North

Teenage Jobseekers

The following young people are interested in making a little extra money. If you would like to be included, removed, or updated in the next issue, please submit at www.PEELinc.com. *All information must be received by the 10th of the month.*

Not Available On-Line

A message from MADD (Mothers Against Drunk Drivers)

I went to a party, and remembered what you said. You told me not to drink, Mum, so I had a sprite instead.

I felt proud of myself, the way you said I would, that I didn't drink and drive, though some friends said I should. I made a healthy choice, and your advice to me was right, the party finally ended, and the kids drove out of sight.

I got into my car, sure to get home in one piece, I never knew what was coming, Mum, something I expected least. Now I'm lying on the pavement, and I hear the policeman say, the kid that caused this wreck was drunk, Mum, his voice seems far away.

My own blood's all around me, as I try hard not to cry. I can hear the paramedic say, this girl is going to die. I'm sure the guy had no idea, while he was flying high, because he chose to drink and drive; now I would have to die.

So why do people do it, Mum, knowing that it ruins lives? And now the pain is cutting me, like a hundred stabbing knives.

Someone should have taught him, that it's wrong to drink and drive. Maybe if his parents had, I'd still be alive. My breath is getting shorter, Mum, I'm getting really scared. These are my final moments, and I'm so unprepared. I wish that you could hold me Mum, as I lie here and die. I wish that I could say, "I love you, Mum!" So I love you and good-bye.

Contact MADD to show your support for education and laws.
P.O. Box 541688
Dallas, TX 75354-1688
1-800-GET-MADD (1-800-438-6233)
<http://www.madd.org/>

**For up-to-date announcements
and information check our
neighborhood website:
WWW.LOENHOA.COM**



A recipe for relaxation, just add water.

- Custom Pools
- Pool Renovation
- Pool Repair & Service
- Pool Maintenance
- Landscaping
- Lighting
- Outdoor Kitchens
- Irrigation
- Licensed LI 8469/LI 8511
- Fully Insured



Family, Friends, and Your Backyard.



Call 713-869-SWIM (7946) for your custom 3-D design

ParagonPool.com

Time for an update from your Neighborhood Specialist!

*Numbers are important because big decisions
cannot be made on mere impressions!*

**Summary of Trends
in your area for the
last 5 months prior
to May 11,2006.**

*DOM=Days on Market

**this number reflects trends for all
homes, new and resale.

Feature	LOE			LOEN		
	#Sold	DOM*	\$/sqft	#Sold	DOM	\$/sqft
3 bedrooms	1	44	93.8	0	0	0
4 bedrooms	13	72	103.6	35	64	103.0
5+ bedrooms	5	46	111.26	7	182	115.8
1 story	2	76	96.8	11	43	108.0
2 story	17	63	106.0	31	99	104.1
Without Pool	11	67	94.4	38	87	104.6
With Pool	8	59	119.8	4	61	109.9
Built 1990-99	16	59	99.34	0	0	0
Built after2000	3	92	135.9	22	61	100.8
Never Lived In	0	0	0	20	109	109.9
1500-2000 sqft	0	0	0	0	0	0
2000-2500 sqft	1	44	93.8	0	0	0
2500-3000 sqft	4	44	90.6	7	30	100.6
3000-3500 sqft	6	79	91.8	16	74	102.2
3500-4000 sqft	2	25	79.7	8	57	97.3
4000-4500 sqft	1	36	103.1	7	68	105.0
4500+ sqft	5	87	145.4	4	303	140.6



Danielle Gebara

Direct: 832-788-6002

Off: 281-664-8300 Ext. 3153

dgebara@houston.rr.com



3 day walk,
60 miles,
In Training!

10/27-29

I think I can, I know I can!



Because every move matters!

Lakes on Eldridge North

Texas Events - June 2006

1-18—HOUSTON: Joseph Havel: A Decade of Sculpture 1996-2006 During this decade, Havel focused on transforming domestic fabric items into sculptures. The Caroline Wiess Law Building, Museum of Fine Arts, Houston. 713/639-7300

1-Jul. 2—HOUSTON: Contemporary Kiln-Glass: A Survey of Works from the Bullseye Collection, 1980 to the Present Experience spectacularly vibrant colored glass created for art and architecture through fusing, blowing, torch work and casting. Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848

1-Jul. 16—BEAUMONT: The Big Big Picture Show Artist Paul Manes' large-scale paintings and drawings are of subjects ranging from airplanes to collections of precariously-stacked empty bowls. Art Museum of Southeast Texas. www.amset.org 409/832-3432

1-Aug. 20—HOUSTON: Frank Stella 1958 Bringing these works together for the first time, the exhibition tracks the many changes of a young painter experimenting with the wide array of styles and formal possibilities available at a vital juncture in American art history. The Menil Collection. www.menil.org 713/525-9400

3-Jul. 9—GALVESTON: Gary Faye — Still Lifes Features color photographs. Galveston Arts Center. www.galvestonartscenter.org 409/763-2403

3-Jul. 9—GALVESTON: Sedrick Huckaby — Portraits & Quilts & Merrilee McCommas — Word Play Galveston Arts Center, 2127

Strand. www.galvestonartscenter.org 409/763-2403

4-Sep. 14—HOUSTON: The Architecture of Gee's Bend Quilts Exhibition examines in detail the basic structural patterns that appear to form the foundation of Gee's Bend quilt making. The Audrey Jones Beck Building, Museum of Fine Arts, Houston. 713/639-7300

8, 10-11, 16-18—HOUSTON: Don Quixote Ends the Houston Ballet season. The idealistic, eccentric Quixote goes on a quest in search of his ideal woman Dulcinea. Wortham Theater Center. www.houstonballet.org 713/227-2787

9-11—TEXAS CITY: Funfest Enjoy arts & crafts, food, entertainment, amusements, barbecue cook-off, Star Search, tennis tournament, fun run and more. Nessler Park. www.texaschamber.com 409/935-1408

10—ALVIN: Police & EMS Bike Patrol Challenge Watch police and EMS officers compete. Browse vendor booths. Hours are 8 a.m. to 4 p.m. National Oak Park. www.alvintexas.org 281/585-3359

10—CLUTE: Brazosport Art League Gallery Opening: Paint-In Show Center for the Arts & Sciences. 979/265-7971

10—CORPUS CHRISTI: C-101 C-Sculptures Enjoy sand sculpting, sand volleyball, live music and more. Padre Island. 361/289-0111

10—DACOSTA: Volunteer Fire Department Annual BBQ & Auction Sons of Hermann Hall. 361/575-2959

(Continued on Page 15)

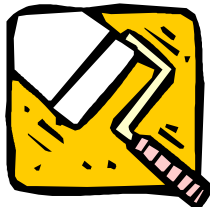
Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior
- 20 Years Experience
- Hardiplank Installation
- Wood Replacement
- Pressure Washing
- Sheetrock Repair & Texturing
- Cabinet Painting
- Door Refinishing & Replacement
- Wallpaper Removal
- Custom Staining
- Fence Replacement or Repair

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION

bashanspainting@earthlink.net

We Create Beautiful Smiles!



S.M. Shirazi, D.D.S.
Cosmetic & Family Dentistry

713-466-3700

5630 North Eldridge

- ★ 12+ years in practice
- ★ New patients welcome
- ★ Emergencies seen same day
- ★ Payment plans available
- ★ Most insurance accepted
- ★ Movies available during treatment

**New Patient
Special**

Exam, X-Ray, Cleaning

\$100

not applicable for insurance patients

**Bleaching
Special**

(Reg. \$375)

\$200

good thru 8/31/06

Lakes on Eldridge North

Texas Events- (Continued from page 14)

10—EAST BERNARD: 16th Annual Czech Kolache Klobase Festival Offers plenty of music, dancing and lively entertainment with bands and entertainers. Includes arts & crafts, plate lunch, hamburgers, raffle prizes, cake walk, kid games, plenty of kolaches for sale and family fun. 979/335-4827 or 979/335-7907

10—KATY: Kid's Day Includes hands-on activities, contests and entertainment. Bass Pro Shops at Katy Mills Mall. 281/644-2203

10—PASADENA: Owl Prowl Enjoy a moonlit walk through the woods while looking for owls and listening for fascinating night sounds. Hours are 8 to 10 p.m. Armand Bayou Nature Center. www.abnc.org 281/474-2551

10—PORT ARTHUR: Nighttime Alligator Count & Marsh Tour Take a ride in some awesome bottomlands alligator habitat and census the alligators. Hours are 8:30 to 10:30 p.m., weather permitting. Reservations required. Tony Houseman State Park and Wildlife Management Area. 409/866-4742

10-11—GALVESTON: Carolyn Ehman School of Dance The Grand 1894 Opera House, 2020 Postoffice St. www.thegrand.com 409/765-1894

10, 24—PASADENA: Guided Canoe Trips Meet at Bay Area Park for a leisurely morning of wildlife watching, wetland education, relaxation and fun. Travel is about 3 miles round trip. Reservations required. Armand Bayou Nature Center. www.abnc.org 281/474-2551

11—ALVIN: 13th Annual Tour de Braz Bike Ride Offers five historical and scenic rides from which to choose. Begins at 7 a.m. Alvin Community College, 3110 Mustang Road. www.alvintexas.org 281/585-3359

11—PORT ARTHUR: Alligator Spotlight Count Take a boat trip and census the alligators. Hours are 8:30 to 10:30 p.m., weather permitting. Reservations required. J.D. Murphree Wildlife Management Area. 409/736-2551 ext. 23 or ext. 25

11—SANTA FE: Bert Wills Blues Hours are 6:30 to 8:30 p.m. Haak Winery, 6310 Ave. T. www.haakwine.com 409/925-1401

11-17—VICTORIA: Victoria Bach Festival Leo J. Welder Center for the Performing Arts and other venues. E-mail: info@victoriabachfestival.org • www.victoriabachfestival.org 361/570-5788

11, 25—DALLAS: National Safety Month Operation Lifesaver Weekend Includes lecture and multimedia presentation. Age of Steam Railroad

12—FULTON: Music at the Mansion Begins at 7 p.m. Fulton Mansion State Historic Site. 361/729-0386

14—SAN BENITO: El Second Weensdee Enjoy an oral history series on conjunto music. Begins at 7 p.m. The Narciso Martinez Cultural Art Center. 956/361-0110

15-Aug. 3—NASSAU BAY: Summer '06 Open Juried Exhibition Features juried works by area artists in all media. The Arts Alliance

(Continued on Page 16)



YAHOO! Real Estate and
PRUDENTIAL GARY GREENE, REALTORS

Teaming Up To Sell Your Home!

Prudential Real Estate Affiliates has teamed up with Yahoo! Inc. to give visitors comprehensive and detailed information on your home when you list with **TANYA COLLINS** and Prudential Gary Greene, Realtors®.

**TANYA
COLLINS**

REALTOR®
Sales & Marketing Specialist

When visitors to Yahoo! Real Estate identify our market area as the one they're interested in, they can be directly connected to a customized website operated by us! This association makes your home available to more potential buyers than ever before! *Call or email me today for more details!*

Direct: 713-703-1156 • Home Office: 713-466-3259

Office: 281-890-4024 • collinst@garygreene.com

www.GaryGreene.com

The Right Move

©2005. An Independently owned and operated member of The Prudential Real Estate Affiliates, Inc. Prudential is a registered trademark of The Prudential Insurance Company of America. Used under license. Equal Housing Opportunity. If your property is currently listed by another broker, please disregard this offer. It is not our intention to solicit the offerings of other real estate brokers.

Extraordinary SERVICE. Extraordinary RESULTS.

Lakes on Eldridge North

Texas Events- (Continued from page 15)

Center at Clear Lake, 2000 NASA Parkway. www.taaccl.org 281/335-7777

16—BEAUMONT: Jefferson Theatre Presents a Juneteenth Celebration www.jeffersontheatre.org 409/835-5483

16—HARLINGEN: Golden Palms Dinner Theater Reservations required. Golden Palms Retirement & Health Center. www.goldenpalmsrgv.com 956/389-4014

16—VICTORIA: Country Opry Community Center Annex. 361/552-9347

16-17—INGLESIDE: Skinny Water Adult Fishing Tournament Includes amateur two-man team division; children's tournament; Calcutta; spot pot; and largest redfish, trout and flounder pots. Cove Park. www.inglesidetxchamber.org 888/899-2906

16-17—OYSTER CREEK: Creekfest Oyster Creek Municipal Park. 979/233-0243

16-17—PORT ARANSAS: Powderpuff Fishing Tournament Women only. Woody's Sport Center. 361/749-5252

16-18—BEAUMONT: Southeast Texas Wakeboarding Wakeboard Competition Riverfront Park. www.beaumontcvb.com 409/880-3749

16-18—GALVESTON: The Jubilee Banjo Band The Grand 1894 Opera House, 2020 Postoffice St. www.thegrand.com 409/765-1894

16-18—WHARTON: Juneteenth Celebration Riverfront Park.

979/532-1862 or 979/531-0916

17—BAY CITY: Market Day More than 100 vendors sell handmade crafts, homemade jellies and more. Courthouse Square. www.visitbaycity.org 800/806-8333

17—BEAUMONT: Juneteenth Blowout Celebration www.beaumontcvb.com 409/880-3749

17—CORPUS CHRISTI: Juneteenth Celebration Commemorates African-American freedom and emphasizes education and achievement. Includes guest speakers, musicians, dancers and food. Heritage Park. 361/883-0639

17—EDNA: Juneteenth Fun & Games Enjoy horseshoes, volleyball, sack races and more. Begins at 2 p.m. Lake Texana State Park. 361/782-5718

17—EL CAMPO: Ricebelt Antique Tractor Show & Pull Features antique tractors, antique engines, machinery and harvesting equipment. Includes demonstrations, first-time peddle tractor pull, craft show and more. E-mail: sherry_rrprint@sbcglobal.net 979/543-9498

17—HARLINGEN: Blues on the Hill Features blues music with several bands participating. Hours are 6 to 10 p.m. McKelvey Park, 1325 S. 77 Sunshine Strip. 956/216-5950

17—PORT ARTHUR: Garage Sale Bob Bower Civic Center. 409/985-8801

17—PORT NECHES: Trade Day on the Avenue 409/722-4023

(Continued on Page 17)

• Interior and Exterior Painting
• Decorative Faux Finishing
• Custom Textures and Patching
• Sheetrock Repair
• Stain Work

Painting in your area for over 30 years.

Insured and Guaranteed

Free Estimates

Friendly and Professional Office Staff

Residential Commercial Faux Finishes

Perfect Repaints
Quality-Reliability-Honesty
(281) 293-7975

• Deck Cleaning & Sealing
• Hardi-Plank & Wood Replacement
• Trim Carpentry & Door Installation
• Pressure Washing
• Visa and Mastercard Accepted

We give 10 %
to your church or charity of your choice!

Perfect_repaints@perfectrepaints.com
www.perfectrepaints.com

AMERICAN EXPRESS VISA MasterCard DISCOVER

YARDMASTERS, Inc.

"Where Beautiful Lawns Begin"

281-469-5158

Mulch - Flowers
Lawn Service - Clean Ups
Landscaping
Rock - Flagstone
Outdoor Lighting
Drainage Systems
Sprinkler Systems (LI 5455)

www.yardmastersinc.com

MasterCard VISA DISCOVER

15420 Telge Road • SERVING NW HOUSTON SINCE 1990
FINANCING AVAILABLE • INSURED FOR YOUR PROTECTION

IBIA ALCA TNSA ISBA

Lakes on Eldridge North

Texas Events- (Continued from page 16)

18—SANTA FE: Sweet Mama Cotton Hours are 6:30 to 8:30 p.m. Haak Winery, 6310 Ave. T. www.haakwine.com 409/925-1401
18-Sep. 10—HOUSTON: Courbet & the Modern Landscape Exhibition brings together about 50 landscape paintings by Gustave Courbet. The Audrey Jones Beck Building, Museum of Fine Arts, Houston. 713/639-7300
19—GALVESTON: Juneteenth Includes a ceremony and parade to commemorate the end of slavery in the south. 409/744-1491
19—PORT ARTHUR: Juneteenth Celebration Includes a pageant on Friday, lecture series on Saturday, gospelfest on Sunday and parade on Monday. Downtown Port Arthur. 409/982-8040 or 409/985-7768
23—GALVESTON: Dance Tree The Grand 1894 Opera House, 2020 Postoffice St. www.thegrand.com 409/765-1894
23-24—WHARTON: Freedom Fest Riverfront Park. 979/532-0927 or 979/532-0134
23-Jul. 1—WHARTON: The Wizard of Oz Presented by The Community Theatre of Wharton. 979/282-2970
24—BEAUMONT: Beaumont Enterprise Garage Sale Hours are 8:30 a.m. to 2 p.m. Beaumont Civic Center. www.beaumont-tx-complex.com 409/838-3435
24—KEMAH: Classic Car Show See automobiles from the 1920s through the 1970s. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880
24—SOUTH PADRE ISLAND: Moody Clinic Classic Bay Fishing

Tournament 956/542-8504

24-25—CORPUS CHRISTI: Seashore Marketplace Includes arts & crafts vendors from around Texas, specialty displays, live bands and more. On Padre Island. www.seashoremarketplace.com 361/779-6989

24-25—GALVESTON: Bonnie Sisco School of Dance The Grand 1894 Opera House, 2020 Postoffice St. www.thegrand.com 409/765-1894

25—SANTA FE: Prime Time Band Hours are 6:30 to 8:30 p.m. Haak Winery, 6310 Ave. T. www.haakwine.com 409/925-1401

30-Jul. 1—BEAUMONT: Kidmunity Presents Its 4th-7th Grade Production www.beaumontcommunityplayers.com 409/842-4664

30-Jul. 1—HUGHES SPRINGS: Hometown Fourth & BBQ Cook-Off Includes crafts, "no motor" parade, and a Lone Star Barbecue Society-

30-Aug. 5—GALVESTON: 1776 Musical follows John Adams, Benjamin Franklin, Richard Henry Lee and Thomas Jefferson as they attempt to convince the members of the Second Continental Congress to vote for independence. Island Etc. 409/762-3556

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



HANDYMAN SERVICES

HOME REPAIRS

MAINTENANCE AND CONSTRUCTION

PAINTING

PATIO COVERS

SIDING REPAIRS

WOOD TRIM REPAIRS

SHEETROCK REPAIR

FENCING

& MORE...

SERVING HOUSTON SINCE 1986

CORNERSTONE CARPENTER, INC.

FREE ESTIMATES

CALL TODAY

281.890.6474

Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

A Walk a Day

The popularity of walking as a fitness activity is growing by leaps and bounds. Low risk and easy to start, walking has proved its health benefits in numerous studies.

An eight-year study of 13,000 people found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.

A regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down

Get ready

A walking program is simple to start. All you need are comfortable clothes and shoes. Layer loose clothing, keeping in mind that exercise elevates the body's temperature. Shoes specifically designed for walking are best.

Every workout should begin with a brief warm-up and a few simple stretches. Walk around the house or in place for a few minutes to get the blood flowing to the muscles before you attempt to stretch them. Although walking primarily works the major muscles of the legs, don't forget to stretch your back, shoulders and arms. This will help to loosen up any tension you may be carrying and make your walk more enjoyable as well as more effective.

Get moving

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Keep in mind the following:



- **Walk short distances"**
Begin with a five-minute stroll and gradually increase your distance.
- **Forget about speed"**
Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.
- **Swing your arms naturally"**
Breathe deeply. If you can't catch your breath, slow down or avoid hills.
- **Be sure you can talk while walking"**
If you can't converse, you are walking too fast.

Get fit!

Walking is one fitness activity that allows you numerous options. Once you have reached a point where you can walk a few miles with relative ease, you can start to vary the intensity.

Walking hills, in addition to increasing your cardiovascular endurance, is a great way to tone the legs. Concentrate on lengthening your stride or increasing your speed. And don't forget to reward yourself after each workout with a few minutes of relaxing stretches to help prevent sore muscles.

Listening to lively music while you walk is also a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear.

Keep track of your progress. Many experts recommend that you walk a minimum of 20 minutes a day. But there are no hard and fast rules. Fit walking into your schedule whenever you can. That may mean two 10-minute walks each day, or even hour-long walks two to three times a week. The best schedule is one that keeps you walking and keeps you fit!



Peel, Inc.
Printing & Publishing

Publishing community newsletters since 1991

Donna Sommer

Sales Representative

832-237-4684

dsommer@PEELinc.com

512-989-8905

www.PEELinc.com



**Support your
neighborhood
newsletter.**

*Advertise your business
to your neighbors.*



Tim Ziifle

KNOWLEDGE, EXPERIENCE AND RESULTS!
N. Eldridge Specialist & Lakes On Eldridge Homeowner

- ◆ BROKER, REALTOR® WITH OVER 24 YEARS EXPERIENCE
- ◆ YOU WORK DIRECTLY WITH ME - NOT INEXPERIENCED ASSISTANTS
- ◆ CENTURY 21 "TOP PRODUCER" 2002, 2003, 2004, 2005
- ◆ CERTIFIED RESIDENTIAL SPECIALIST (HELD BY ONLY 4% OF REALTORS®) 
- ◆ CENDANT MOBILITY CERTIFIED RELOCATION SPECIALIST 
- ◆ CERTIFIED MEMBER INSTITUTE OF RESIDENTIAL MARKETING 
- ◆ ACCREDITED BUYER REPRESENTATIVE 
- ◆ RESIDENTIAL CONSTRUCTION CERTIFIED 
- ◆ CERTIFIED NEW HOME SPECIALIST 
- ◆ E-PRO CERTIFIED 

**NEED AN EXPERT, PROFESSIONAL ASSESSMENT
OF YOUR HOME'S CURRENT MARKET VALUE?**

**CALL ME FOR A COMPREHENSIVE
COMPARATIVE MARKET ANALYSIS, ANYTIME!**

Direct: (832) 457-1989

www.har.com/timziifle
www.realtor.com/houston/ziifle
E-mail: tcziifle@msn.com



THE MORTON GROUP
14525 FM 529, SUITE 200
HOUSTON, TEXAS 77095



Lakes on Eldridge North

Green Thumb Corner

Spring is here again and we've already had a few warm spells to promote vigorous growth, so it's time to get busy in the yard and garden to keep pace with nature. There are lots of colorful bedding plants in the nurseries and now is a good time for planting if you didn't take care of it last month. For best results, make sure the beds are raised and take the time to cultivate the soil and add lots of organic material. Keep the transplants well watered and give them a boost with a weak "starter solution" made by mixing a tablespoon of 12-24-12 in a gallon of water. Avoid heavy feeding until plants are well established.

Summer bulbs can be planned now – cannas, gladiolus, dahlia and caladium provide choices of color and height. Caladiums do well in shady areas, although the red varieties like some sunshine; for best results, wait until the soil temperature gets to 70 degrees. If you want instant color you can buy caladium plants rather than waiting a few weeks for the bulbs to produce results.

Regular readers probably get tired of the continual references to mulching, but it is important for all flowers, shrubs and trees. It helps retain moisture, stabilizes soil temperature, prevents caking or erosion of the soils, deters weeds and makes it easier to pull out those that do poke through, as well as enhancing the appearance. Smells good too! A 2" to 4" inch layer of coarse shredded pine bark mulch is ideal.

Azaleas may be pruned and the feeding period begins now that blooming is over. The recommended regimen is two or three light feedings every four to six weeks between now and the end of June using one of the special high acid formulas. Or you can use general purpose 12-24-12 and supplement with a soil acidifier such as copperas. The high-phosphorous 12-24-12 is also good for roses and hibiscus, both of which like a monthly feeding schedule. Other spring-flowering shrubs such as spirea (bridal wreath) may be pruned after blooming, and you can prune and repot the poinsettias.

Chrysanthemums tend to spread like crazy, and it's a good idea to divide and transplant in early May. The new shoots will produce more vigorous growth than the old central roots. Chrysanthemums are biologically programmed to bloom in October when we have equal hours of daylight and darkness, but in our southern climate we may also get a bonus flowering session in spring after a mild winter. Through out the summer, keep pinching back the tips for bushier growth and more blooms.

As the temperature starts climbing back into the 80's the chinch bugs are likely to be feeding on our carefully-tended grass again, and there isn't really any alternative to chemical treatment. Apply Diazinon granules to the lawn and beds every six to eight weeks. This also controls fire ants and takes care of fleas and ticks, and a good application around the foundation helps keep cockroaches out.

An herb patch is an attractive and aromatic feature in the garden, as well as being very useful – it's great to be able to cook or garnish with freshly picked parsley, basil or cilantro. Plants are available at the nurseries and basil and cilantro both grow very quickly from seed. Rosemary and oregano plants will survive for years in our climate, and mint is also a perennial.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

At no time will any source be allowed to use the Lakes on Eldridge North Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Lakes on Eldridge North Newsletter is exclusively for the private use of Lakes on Eldridge North residents only.

JARRAR & Company

Your Neighborhood Air Conditioning,
Heating and Plumbing Company
Since 1978



TMPL 11181
TALC A809C



 **MAYTAG**
Authorized Dealer

\$49⁹⁵ AC
CHECK-UP

Per-Unit
Expires 7/15/06
Cannot combine coupons

\$25 OFF

ANY PLUMBING SERVICE

Expires 7/15/06
Cannot combine coupons

Our Services Include Full Line of:
Plumbing ★ Air Conditioning ★ Heating
Refrigeration ★ Water Source Heat Pump

LICENSED
INSURED
BONDED

Reliable Pricing, No Surprises

832-467-4750

www.jarrarandcompany.com



Your Needs...
...as diverse as

The Bates Group



Juan Carlos



Rita Ramirez



Leon H. Johnson, Jr.



Reem Hashem



Marlon Boquin



Ron Linton



Cynthia Bates



Linda Linton

832.368.8111

cbates@cbunited.com

**COLDWELL
BANKER**

UNITED, REALTORS®

Lakes on Eldridge North

Sudoku Solution

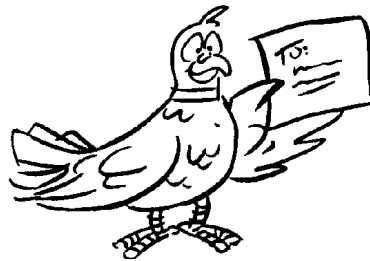
3	1	2	6	7	9	5	4	8
6	7	9	4	8	5	2	3	1
5	4	8	2	1	3	6	9	7
4	2	3	9	6	1	7	8	5
7	8	5	3	4	2	1	6	9
1	9	6	8	5	7	3	2	4
8	5	4	1	3	6	9	7	2
2	3	1	7	9	8	4	5	6
9	6	7	5	2	4	8	1	3

© 2006. Feature Exchange

Did You Know?



It was once customary to bake a cake with a bean in it on January 6th. Whoever got the slice with the bean was believed to have good luck all the rest of the year.



Homing pigeons carried messages for the ancient Egyptians and Persians more than 3,000 years ago.

St. Elizabeth Ann Seton Catholic School

*"Honoring St. Elizabeth Ann Seton's
Vision of American Catholic Education"*

- *Kindergarten through 8th Grade*
- *Preparation & Participation of Liturgical Celebration*
- *Computer Lab*
- *Science Lab*
- *Athletics and Extracurricular Activities*
- *Extended Day*
- *Social Service Projects*

Archdiocese of
Galveston - Houston

*Fully Accredited by
TCCED*

6646 Addicks-Satsuma Road
Houston, Texas 77084

281-463-1444

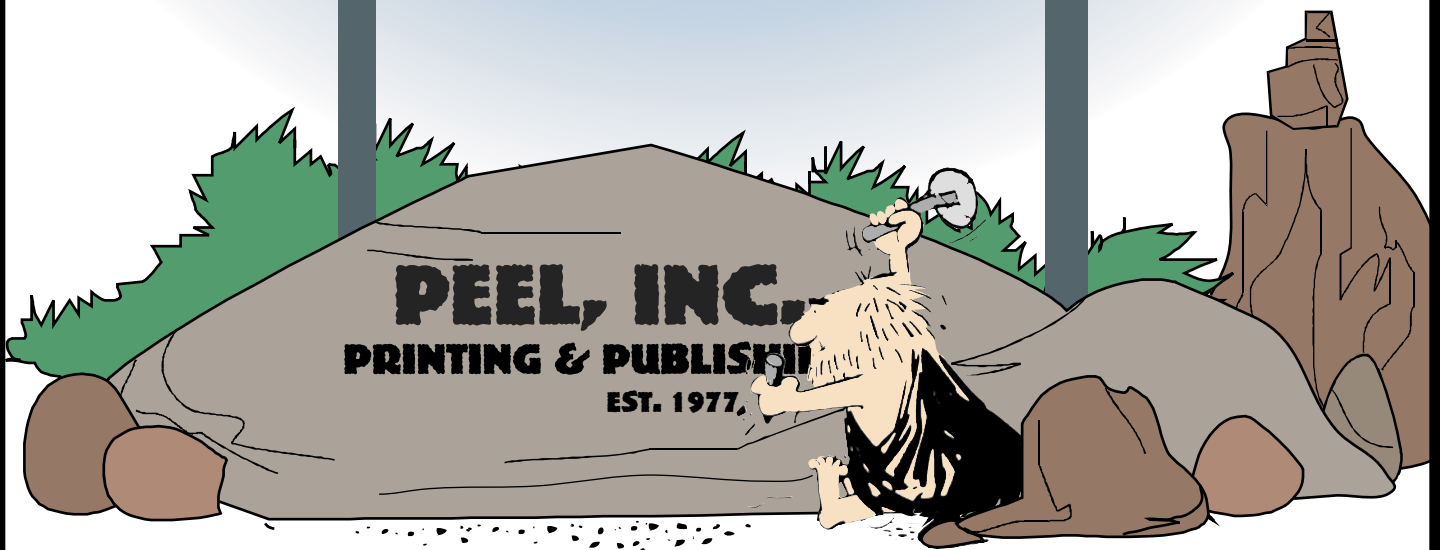
www.seasc.org

Accepting Applications

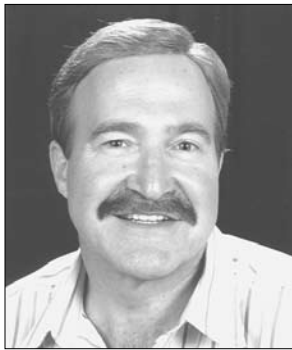




ADVERTISE HERE
512-989-8905
www.PEELinc.com



#1 In LAKES ON ELDRIDGE SALES
★ LAKES ON ELDRIDGE HOMEOWNER ★



STEVE HARDCASTLE



RE/MAX Westside Realtors

281-925-3047

www.stevehardcastle.com

- **RE/MAX Westside #1 TOP PRODUCER for 17 years ('89 – '05)**
- **Top Twenty Realtors in Houston-out of over 20,000 HAR members (Per Houston Business Journal)**
- **Top 1% of all Realtors in North America (1989-2005)**
- **Top Twenty RE/MAX agents in Houston Area (out of 1700 agents)**
- **Chairman's Club; Hall of Fame; Lifetime Achievement Award**
- **Certified Residential Specialist (held by only 4% of Realtors)**
- **Broker; Relocation Expert; 25 years of real estate experience**

Site for Neighborhood News & Photos

www.loenorthnews.com

Peel, Inc.

203 W. Main Street, Suite D
Pflugerville, Texas 78660

Presorted Standard
U.S. Postage
PAID
Littlefield, Texas 79339
Permit #59

☎ **Voice 512-989-8905**

💻 **www.PEELinc.com**