



# LAKES

ON ELDRIDGE  
NORTH

Volume 6, Issue 5

May 2007

## A few fun things to do in May...

The weather is great, and you're looking for something to do outside. Here is a list of events and activities at little or no cost:

**The Houston Zoo** - There's always something new to see at the Zoo, and it doesn't break the bank to visit. Pack some snacks to save extra on refreshments.

**Bear Creek Park** - 16601 Clay Road, 281-496-2177. Nature trails, picnic spots, places to play, and a small zoo with ducks, birds, prairie dogs, bison, deer, goats and more make this 2,000 acre park a Houston favorite. FREE.

**Houston Arboretum and Nature Center** - Nature trails, bird watching, wildlife, ponds and beautiful native forests, flowers and shrubs at the border of Memorial Park. FREE.

**Armand Bayou Nature Center** - Hiking, exhibits, tours and more at this wildlife refuge protecting a natural bayou system.

**The 20th Annual Houston Art Car Parade** - Saturday, May 12, 2007. Allen Parkway at Eleanor Tinsley Park. Spectators line downtown's streets to view this parade, which showcases Houston's most outlandish folk art creations on wheels. The Fruit Mobile, a 1967 Ford station wagon, started the whole craze in 1986. Truly a sight to see, the parade is organized by the Orange Show Foundation.

**34th Annual Pasadena Strawberry Festival** - May 18 - 20, 2007  
Enjoy a spectacular carnival, the world's largest strawberry shortcake, strawberries, a barbecue cookoff, a children's pavilion, arts & crafts, and live entertainment at this annual festival.

**Miller Outdoor Theatre** - Miller Outdoor Theatre offers a diverse selection of professional entertainment, and it's all FREE!

**This month features:**

May 5 - Cinco de Mayo (Comite Patriotico Mexicano)

May 6 - Asian/Pacific American Heritage Festival (APAHA)

May 7-11 - Dr. Dulcamara's Magical Restorative Tonic (Houston Grand Opera)

May 11-13 - Don Quixote (Houston Ballet)

May 12 - Music and the Mirror (Asian American Dance Company)

May 18-19 - Hansel & Gretel (Houston Grand Opera)

May 24-27 - Dancin' in the Streets ... Motown & More Revue (Midtown Arts Center/BACE Productions)

Miller Outdoor Theatre is located at 100 Concert Drive in Hermann Park, just south of the Museum of Natural Science and the Houston Garden Center.

## LANDSCAPING

The definition of landscaping is: "to improve the appearance of a piece of ground by contouring and decorative planting." Most homeowners desire to have a pleasing and pleasant yard. We also want our yards to be unique—different from our neighbors.

By choosing from the hundreds of plants available, it is easy to make your home and garden appear the way you want it. Some yards are bright and colorful. Others utilize evergreen plants. Blooming plants usually require more attention than evergreen plants. Typically, non blooming plants need only occasional pruning. Native plants are more disease resistant and withstand local weather conditions better.

No matter which landscaping plan you choose, weeds will be a problem. A weed, according to the dictionary, is "a plant considered troublesome, useless or unattractive, especially one growing abundantly in cultivated ground."

*(Continued on page 4)*

*Don't want to wait  
for the mail?*  
**View the current issue  
of the Lakes on Eldridge  
North Community  
Newsletter on the 1st day  
of each month at  
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# Lakes on Eldridge North

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(give pole # of street which is out)	
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Please e-mail articles and/or photos to [articles@PEELinc.com](mailto:articles@PEELinc.com). Submissions must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

**For up-to-date announcements  
and information check our  
neighborhood website:  
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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. Submit at [www.PEELinc.com](http://www.PEELinc.com)

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Please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) for information on advertising.

## 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 our Sales Office at 888-687-6444 or e-mail [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following month's newsletter.

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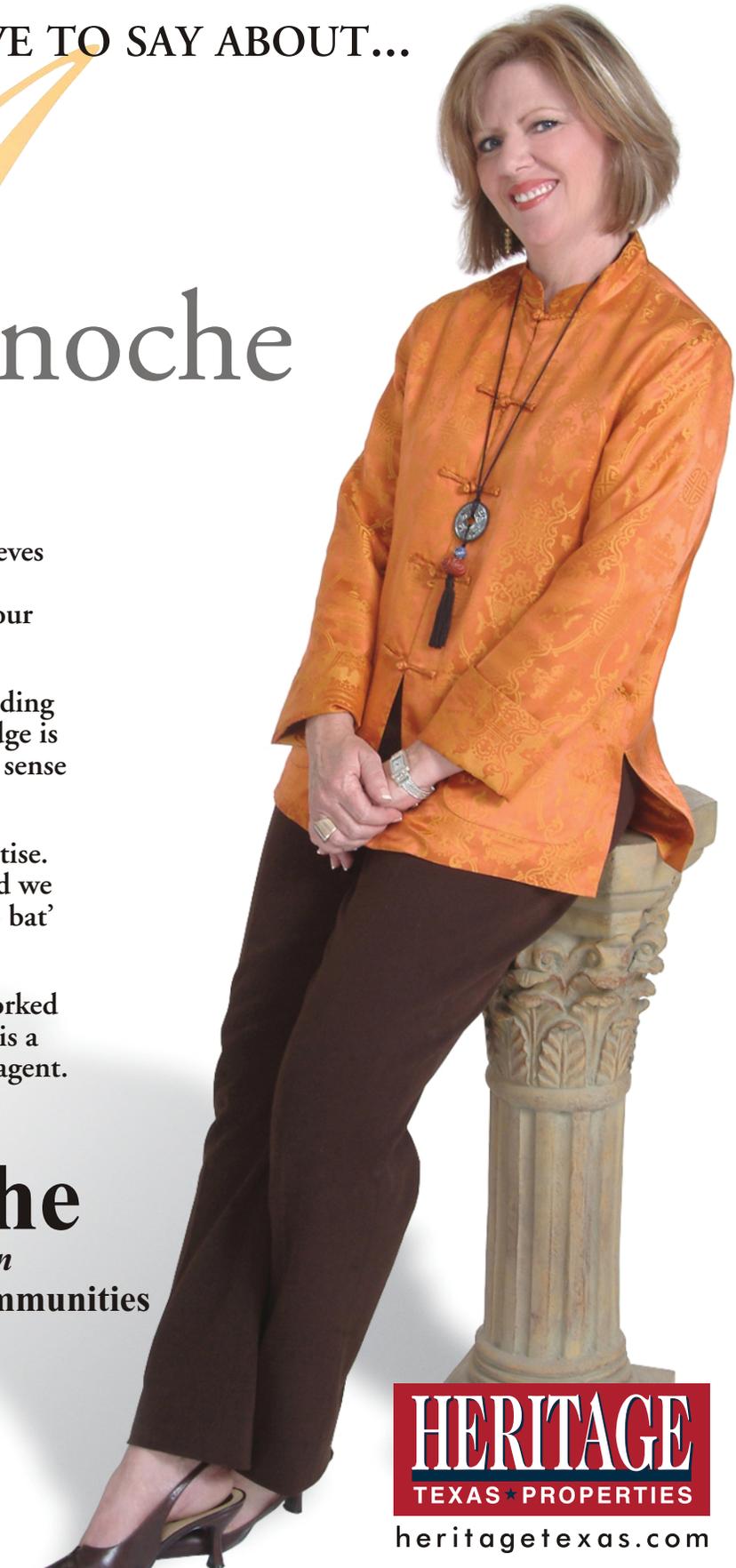
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# Lakes on Eldridge North

## Landscaping- (Continued from cover)

Weeds can grow anywhere—cracks in concrete, joints in the street, gutters on your house if dirt has accumulated, your lawn and their favorite place, your flowerbeds. When you add soil or mulch to your flowerbeds, you are probably adding weed seeds also.

There are three ways to eliminate weeds in your flowerbeds:

1. Eliminate flowerbeds and expand your lawn.
2. Pull weeds by hand.
3. Use a chemical weed killer.

Doing away with flowerbeds is not the best choice. Although a well-manicured lawn is pretty, flowers add a lot to the appearance of your yard. The best way to eliminate weeds is to pull or dig them up by the roots. You not only get rid of the weeds, but you also get some healthy exercise for free. Using a chemical weed killer requires care and caution. The manufacturer's instructions should be followed. A weed killer will also harm or kill desired plants.

If you see your plants being attacked by a disease or insect, immediate action is required to control the problem. Most plants cannot defend themselves, especially if stressed. Determine the cause and begin treatment. A plant nursery may be able to help you decide exactly what your problems are and offer solutions.

With a little money, time, work and luck, you may have a "Yard of the Month".

## Cypress Assistance Ministries

11202 Huffmeister

281-955-7684

[www.cypressassistanceministries.com](http://www.cypressassistanceministries.com)

Cypress Assistance Ministries delivers groceries and toiletries to several senior citizens in the Cypress area once a month. Through this program, many seniors are able to stretch their income to meet expenses each month. Items these seniors request, but CAM does not often have are Depends, Ensure and Glucerna. Donations of these items as well as shampoo and laundry soap would be greatly appreciated.

Angels' Attic Resale Shop is stocked with clean, gently used children's clothing for spring. Stop by and take advantage of these and other bargains. Proceeds from purchases at Angels' Attic benefit the ministry services and Food Pantry at CAM.

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, exists to provide a safe place for individuals or families to tell their story and be offered some measure of hope during difficult times. For a description of all our services and volunteer opportunities, please see our Web site, [www.cypressassistanceministries.com](http://www.cypressassistanceministries.com)

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

If you need further information, please give us a call at 281-955-7684 and ask for Kelly or Lisa.



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# Lakes on Eldridge North

## KINNEAR TO LEAD COACHING CLINIC

*Houston Dynamo Coach comes to Cy-Fair*

CYPRESS, TEXAS (April 16, 2007) – The Cy-Fair Youth Soccer Club, serving the youth soccer community of NW Harris County, is pleased to announce Head Coach Dominic Kinnear will hold a special coaching clinic on Wednesday, April 18th at Dyess Park from 6-7 PM. This event is held in conjunction with the club's partnership in the Houston Dynamo 'Student of the Game' program. The Houston Dynamo is the professional soccer club based in Houston, Texas that plays in Major League Soccer and are the current MLS Cup Champions, by virtue of their victory against the New England Revolution in MLS Cup 2006.

"For the coaches of the recreational clubs here in Cypress, this is a really fantastic opportunity to learn from the pros, the best in the MLS," said Lonnie Brauner, Director of Coaches for the volunteer run club and a volunteer coach himself. With several years of experience in professional soccer as well as his excellent success rate as a coach, Kinnear brings his key expertise to fields at Dyess Park and will cover the fundamental points of coaching in youth soccer.

### About Cy-Fair Youth Soccer

We are dedicated to player development; promoting youth soccer through encouraging a love of the game and teaching the skills necessary to play the game well. Instilling in our players a sense of fair play, teamwork and sportsmanship is our top priority. Serving Northwest Harris County we offer programs for all levels of experience. Starting with the small-sided game we offer fun, volunteer run competitive youth recreational programs and group play for Pre K up to Division III. (Ages 4 – 18). For information visit [www.cyfairsoccer.org](http://www.cyfairsoccer.org)

### About Dynamos Select Soccer

To provide more advanced training for players, in 1990 we implemented our Dynamos select program for competition at the Premier levels of Division I & II. (Ages 11 – 18) The long-term development of skill and character of the individual player is the foremost concern of the Dynamos Staff. Our professional training staff works with individual teams to focus on skills training, fitness and self-discipline. For information visit [www.dynamossoccer.com](http://www.dynamossoccer.com)

## Cy-Fair Recreational Soccer Fall Soccer Registration



### FALL EARLY BIRD REGISTRATION OPEN NOW!

Go to [www.cyfairsoccer.org](http://www.cyfairsoccer.org) for more information and to register today. This is where you want to play!

We are dedicated to player development; promoting youth soccer through encouraging a love of the game and teaching the skills necessary to play the game well. Instilling in our players a sense of fair play, teamwork and sportsmanship is our top priority.

Serving Northwest Harris County for over 26 years, we offer programs for all levels of experience. Starting with the small-sided game we offer fun, volunteer run competitive youth recreational programs and group play for Pre K up to Division III. (Ages 4 – 18).

If you are a returning player, new to the game or somewhere in between - we have a place for you!

QUESTIONS?

Please Call Cy-Fair Soccer @ 281-894-1742

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# Lakes on Eldridge North



*"Your insurance policy covers falling off the roof all right, but not hitting the ground."*

## Grub Worms- An Insect You Must Not Ignore!

*By Jerry Krabe- President*

Grub worms are larvae of a group of beetles called scarabs (Scarabaeidae). They are off white in color, C-shaped, wormish looking insects. They have a brown head and a dark colored tail. Grub worms range in size from ¼ to 2 inches.

Grubs can literally destroy your lawn causing thousands of dollars in damage. Grubs feed on the root systems of grasses as well as other plants thus destroying the root systems. Grubs thrive in moist soil. Damage may not be noticeable in a wet spring or fall when the turf is rapidly growing and the roots can recover quickly from the Grub worm attacks. But in drier summer months, root systems are easily compromised by the lack of water, thus increasing stress on the turf. This is when Grub worm damage is usually recognized.

Grubs also attract other pests as well. Birds, Armadillos, Raccoons, Moles, Opossums and even Skunks find Grubs very appetizing. The digging these pests do to reach the Grubs can create additional damage to the lawn.

Grub worms can be treated with insecticides. Organophosphates or Carbamates are two of the most common insecticides for treating the existence of Grubs. The downside to using this treatment is that the insecticides only last about two to three weeks. This provides an almost impossible window for you to effectively get rid of the Grubs. The best option is to apply a preventative Grub worm application before Grubs attack your lawn. This is typically a granular product that is applied to the lawn and watered in. The turf roots absorb the insecticide. When the Grub worms began eating the treated grass roots, they die. This will not have any negative impact on your lawn. With this method, timing is no longer an issue. You can look at it as insurance. Preventive maintenance is much cheaper than replacing all of your turf.

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713/937-4484

## Summer Camps at Cypress Christian School

Cypress Christian School will once again host summer camps for children and adults in the community.

**Camp Invention - June 4 - 8:** This is a week-long summer enrichment program in the fields of science, mathematics, history, and the arts for children entering grades 1 - 6.

**High Touch - High Tech Science Camp - June 11 - 15:** This is a one-week session that brings a child's imagination to life as he/she enjoys a variety of interactive, science-related activities. It will be an inspiring week of fun and learning!

**St. Thomas University Summer Reading Enrichment Program - June-August:** CCS will host this program again this summer. It is scheduled to run from June to early August and is available to children and adults.

### Sports Camps - June:

• **Basketball Camps** - The main purpose of the camps is to teach the fundamentals of dribbling, shooting, passing, and defense, while also developing self-confidence and a positive mental attitude.

CCS Basketball Camp 1, June 18 - 21, 9:00 a.m. to 12:00 p.m.

(Camp 1 is for students entering 2nd- 6th)

CCS Basketball Camp 2, June 25 - 28, 9:00 a.m. to 12:00 p.m.

(Camp 2 is for students entering 7th- 12th)

• **Sports Quest Soccer Camp** - June 25 - 29, 5:30 p.m. to 8:30 p.m.

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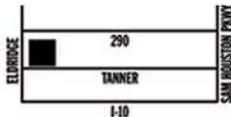
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# Lakes on Eldridge North

## Cy-Fair College, "Perspective"

### Teens driver's education available this summer

Summer driver's education courses for teens ages 15 to 17 are available at 4 p.m. and again at 6 p.m. Monday through Thursdays June 4 through June 28 and July 30 through Aug. 23. The in-classroom driver's education course covers road rules, road signs, and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. Call 832-482-1043 for information.

### Main Stage Performances Set

Don't miss the choral production of "Camelot" set May 10 – May 12. Then mark your calendars for two children's summer shows – "If You Take a Mouse to the Movies" set June 25 – July 7 and "Tite Rouge" set Aug. 6 – Aug. 18. For tickets and information on these performances, call 281-290-5201 or go online to [www.cy-faircollege.com/goto/cfcbboxoffice](http://www.cy-faircollege.com/goto/cfcbboxoffice).

### Learn Everything About A.L.L. May 15

The first annual business meeting of the Academy for Lifelong Learning at Cy-Fair College, an educational experience for adults, 50 years or better, will be held Tuesday, May 15 at 3 pm. in the Conference Center. Learn about the structure, operational procedures and committee work of A.L.L. with comments from A.L.L. members as well as Dr. Diane Troyer, college president, and Dean Cliff Jones. The meeting will include a question/answer period followed with a social hour and light refreshments. Applications for membership (only \$10 annually) and registration forms for classes for the summer session will be available. Call 281-290-5246 or go online to [www.cyfaircollege/goto/all](http://www.cyfaircollege/goto/all).

### Registration Under Way

Cy-Fair College is the place to be! Summer, continuing education and fall registration are under way at Cy-Fair College and at the Fairbanks Center. With courses designed to transfer to four-year institutions, two-year associate degrees and career programs developed to meet the needs of tomorrow, Cy-Fair College has

everything to meet your interests as well as academic and workforce needs. For the best selection on the courses and times that will fit your schedule, register now! Call 281-290-3200 or 832-782-5000 for information; go online to [www.cy-faircollege.com](http://www.cy-faircollege.com); or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

### Register and Pay Early For Free Tuition

Register and pay (or execute an installment payment plan) for fall credit courses before the close of business Thursday, Aug. 2 and automatically be entered to win free tuition, IPOD Shuffle or \$250 book voucher. The grand prize covers payment of tuition and fees up to \$1,000 for credit classes at the Barker Cypress and Fairbanks campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 8. Call 281-290-3200 or 832-782-5000 for information or go to [www.cy-faircollege.com](http://www.cy-faircollege.com).

### L.I.F.E. Programs in May

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) May programs include composting tips, happiness, basics of ghost hunting, color theory and bead making. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.

### Library Offers Summer Reading Program, Free Computer Classes and Book Clubs

The Harris County Public Library Cy-Fair College Branch's 2007 Summer Reading Program includes storytime, movies, crafts, a computer kids program, a picnic, performers and more. Registration begins May 29. The library also offers free computer workshops, including a family-friendly class. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs are available including mystery, women of the world, democracy, and sports page. There are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to <http://cfclibrary.nhmccd.edu> for information.

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# Lakes on Eldridge North

## Spring into Order

Submitted by Marcia Stanley

Did you know that the average American spends 55 minutes a day – 2 weeks a year looking for stuff they can't find? We only use 20% of our stuff 80% of the time, which leaves all that other stuff lying around. Americans spend \$154 billion on storage facilities, 1 in 11 households spend \$1000 a year to store all that extra stuff. It's no wonder that those piles begin to add up and take an emotional toll on our lives. We feel stressed and out of control because we are drowning in clutter and our homes are full of negative stagnant energy. We can't open our homes to friends and family because of shame and embarrassment. Our lives are full of acquisitions and overindulgence, how much is enough, it time to get organized and focus on what really matters in life.

If it all seems too overwhelming and you don't know where to begin, a professional organizer may be the answer. A professional organizer will evaluate the problem, offer solutions and design an organizational plan according to your individual or family needs. They will help get you started and leave you with all the tools and techniques necessary to understand and maintain order in your home. In the end, you will have more time to do the things you really love and enjoy life. Being organized is not about being perfect it is an investment in peace of mind and quality of life, invest in yourself.

### 5 Tips to Order

1. Make a home for everything, group like items and containerize yourself. When you use it put it back.
2. When you buy an item make sure an item goes out. Not only will you ensure you have a home for it but you will think twice about buying it.
3. We only wear 20% of our clothes 80% of the time. An easy way to find your 20% is to turn all the hangers in your closet backwards on the bar. After you wear the clothes hang them in the right direction, after 2 months you have your 20%. If you are not sure, put it in a box and label it 3 months into the future. When the time comes, if you haven't used it, toss or donate to charity. Don't open the box.
4. Get kids to clear out toys right before Birthdays and Christmas. This is a good time to share with those less fortunate.
5. When you begin the organizing process, you should have three words in mind, KEEP-TOSS-DONATE, handle it once. If you are not passionate about it get rid of it.



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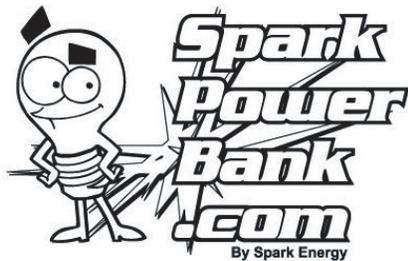
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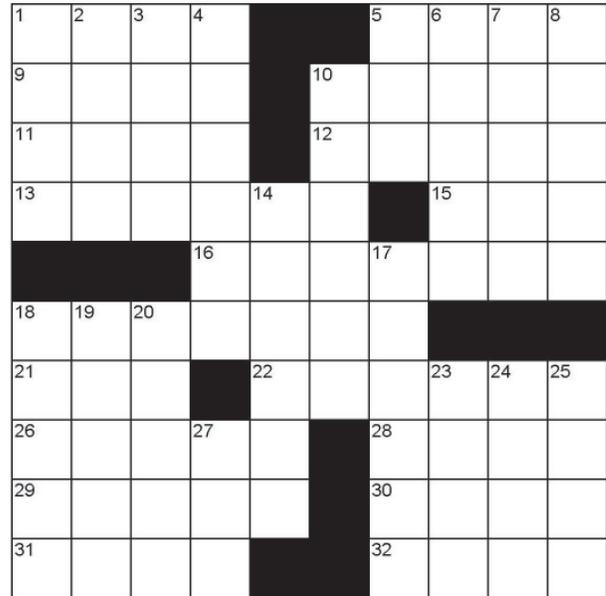
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## Teenage Jobseekers

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## Crossword Puzzle



### ACROSS

1. Foster
5. Cab
9. Walk back and forth
10. Small bunch of flowers
11. Lubricates
12. Licit
13. Injury
15. Before, poetically
16. Upset (2 wds.)
18. Defers
21. Also
22. Soak up
26. Appall
28. Opera solo
29. Egyptian flower
30. Shout
31. Canal
32. Hawked

### DOWN

1. Smirch
2. Set of 2
3. Ca. University
4. Job hunter's need
5. Imitate
6. Recommends
7. Jeweled headdress
8. Eyed
10. Allayed
14. Ladies
17. School writings
18. Dickens' "\_\_\_ of Two Cities" (2 wds.)
19. Beige
20. Raccoon-like animal
23. Dunking cookies
24. Small brook
25. Bare scalp
27. Regret

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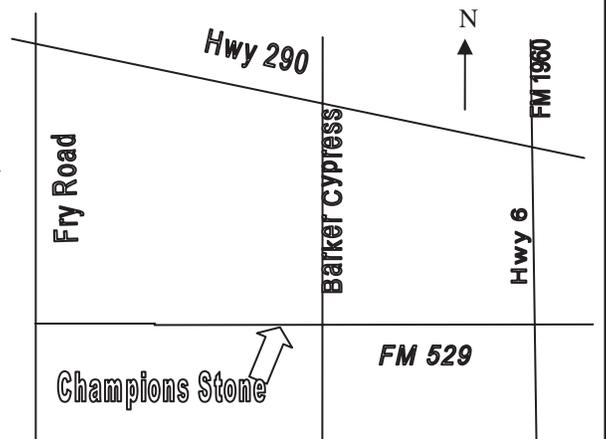
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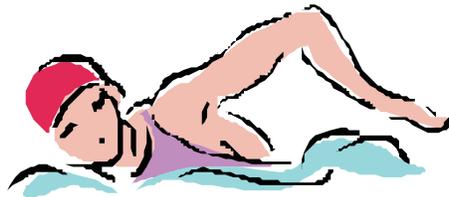
## Exercise for Your Bone Health

Submitted By Alica Harrison

Vital at every age for healthy bones, exercise is important for treating and preventing osteoporosis. Not only does exercise improve your bone health, it also increases muscle strength, coordination, and balance, and leads to better overall health.

### Why Exercise?

Like muscle, bone is living tissue that responds to exercise by becoming stronger. Young women and men who exercise regularly generally achieve greater peak bone mass (maximum bone density and strength) than those who do not. For most people, bone mass peaks during the third decade of life. After that time, we begin to lose bone. Women and men over the age of 20 can help prevent bone loss with regular exercise. Exercising allows us to maintain muscle strength, coordination, and balance, which in turn help to prevent falls and related fractures.



### The Best Bone Building Exercise

The best exercise for your bones is the weight-bearing kind, which forces you to work against gravity. Some examples of weight-bearing exercises include lifting weights, walking, hiking, jogging, climbing stairs, tennis, and dancing. Examples of exercise that are not weight bearing include swimming and biking. While these activities help build and maintain strong muscles and have excellent cardiovascular benefits, they are not the best way to exercise your bones.

### Exercise Tips

If you have health problems – such as heart trouble, high blood pressure, diabetes, or obesity – or if you are over the age of 40, check with your doctor before you begin a regular exercise program. According to the Surgeon General, the optimal goal is at least 30 minutes of physical activity on most days, preferably daily.

Listen to your body. When starting an exercise routine, you may have some muscle soreness and discomfort at the beginning, but this should not be painful and should not last more than 48 hours. If it does, you may be working too hard and need to ease up. STOP exercising if you have any chest pain or discomfort, and see your doctor before your next exercise session.

If you have osteoporosis, ask your doctor which activities are safe for you.

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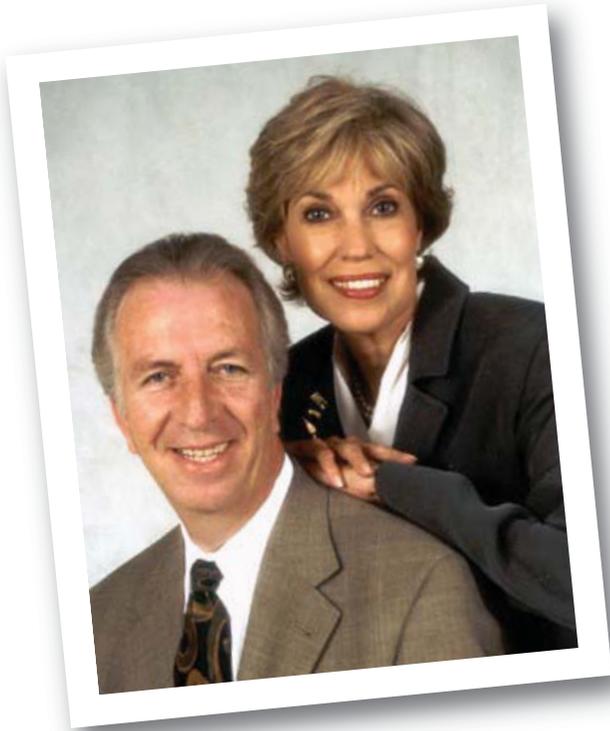


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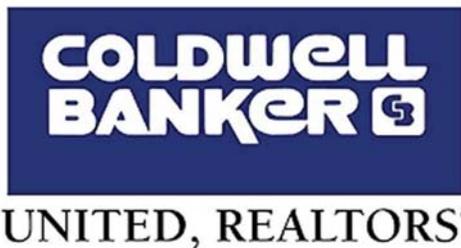
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# Lakes on Eldridge North

## Texas Events - May 2007

- 1-2—HOUSTON: Florescence This is a major flower show sponsored by the River Oaks Garden Club, the Garden Club of Houston and the Museum of Fine Arts, Houston. The Museum of Fine Arts, Houston, Beck Building. [www.riveroaksgardenclub.org](http://www.riveroaksgardenclub.org) 713/523-2483
- 1-6—CORPUS CHRISTI: Buc Days (Began Apr. 25.) [www.bucdays.com](http://www.bucdays.com) 361/882-3242
- 1-8—BROWNSVILLE: Senior II Art Show Richardson Art Gallery. 956/882-7097
- 1, 8, 15, 22, 29—EL CAMPO: Farmers Market Downtown Evans Park. 979/543-2713
- 2-4—BEAUMONT: Young Men's Business League Rodeo More than 300 top-ranked PRCA cowboys vie for prize money in bull riding, steer wrestling, tie-down roping, saddle bronc, bareback riding and team roping. Ford Arena. [www.ytbl.org](http://www.ytbl.org) 409/832-9991
- 3, 5, 11-12, 18-19—BEAUMONT: Don't Hug Me [www.beaumontcommunityplayers.com](http://www.beaumontcommunityplayers.com) 409/842-4664
- 3-31—NASSAU BAY: 2007 Mentor Show Exhibits works by area high school seniors, college students and their art instructors. Arts Alliance Center at Clear Lake, 2000 NASA Parkway. [www.taaccl.org](http://www.taaccl.org) 281/335-7777
- 4, 6, 8, 11-12—HOUSTON: Janacek's The Cunning Little Vixen Houston Grand Opera Premiere. Wortham Theater Center. 713/228-6737 or 800/626-7372
- 5—FULTON: May Day Dance around the maypole, play period games, enjoy old-fashioned pie-eating contests and create beautiful flower crafts. Includes live music, petting zoo and box-lunch auction. Compete in the costume contest. Hours are 10 a.m. to 4 p.m. Fulton Mansion State Historic Site. 361/729-0386
- 5—HOUSTON: Verdi's Aida Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372
- 5—LA PORTE: Hard Hat Tour Reservations required. Battleship Texas State Historic Site. 281/479-2431 ext. 234
- 5—ORANGE: Texas Cajun Heritage Festival Enjoy Cajun bands on stage all day, crafts, Cajun food, dancing, children's activities and more. City Boat Ramp & Recreation Area. [www.orangetexas.org](http://www.orangetexas.org) 409/883-1011
- 5—PORT ARANSAS: Texas Redfish Series Robert's Point Park. [www.redfishseries.com](http://www.redfishseries.com) 361/749-5429
- 5—VICTORIA: Noche en Mejico Victoria Community Center. [www.victoriachamber.org](http://www.victoriachamber.org) 361/573-5277
- 5-6—GALVESTON: Bernadette Peters The Grand 1894 Opera House, 2020 Postoffice St. [www.thegrand.com](http://www.thegrand.com) 800/821-1894
- 5-6—ROCKPORT: Sixth Annual Nautical Flea Market Rockport Harbor. 361/727-0125
- 5-6—SEABROOK: Keels & Wheels Concours d' Elegance & Auction Features classic automobiles and vintage wooden boats. Lakewood Yacht Club. [www.keels-wheels.com](http://www.keels-wheels.com) 713/521-0105
- 5-6—SOUTH PADRE ISLAND: SPI Windsurf Blowout Flats area. 956/761-3000
- 5, 12, 18, 26—LAKE JACKSON: Story Time Sea Center Texas. [www.tpwd.state.tx.us/spdest/visitorcenters/seacenter](http://www.tpwd.state.tx.us/spdest/visitorcenters/seacenter) 979/292-0100
- 5-31—BEAUMONT: Beaumont Art League 2007 National Juried Exhibition [www.beaumontartleague.org](http://www.beaumontartleague.org) 409/833-4179
- 6—BEAUMONT: Boys Haven Crawfish Festival Includes plenty of crawfish, car show, free kids games and local bands on two stages. [www.fordparktx.com](http://www.fordparktx.com) 409/866-2400
- 6—BEAUMONT: Lamar Chamber Winds Begins at 2 p.m. Art Museum of Southeast Texas. [www.lamar.edu](http://www.lamar.edu) 409/880-8144
- 6—BROWNSVILLE: Pedal to Padre Route is from Brownsville to South Padre Island. 956/541-9712
- 6—KEMAH: 39th Annual Blessing of the Fleet An officiating priest and minister bless shrimp boats and pleasure craft as they file past the Cadillac Authentic Mexican Restaurant. [www.kemah.net](http://www.kemah.net) 281/334-9880
- 6—PORT ISABEL: Port Isabel Antique & Flea Market Hours are 9 a.m. to 4 p.m. Port Isabel Community Center and Beulah Lee Park. [www.portisabel-texas.com/pi\\_fleamkt](http://www.portisabel-texas.com/pi_fleamkt) 956/943-1006 or 956/943-2262
- 6, 13—GALVESTON: Bird Walk Begins at 8:30 a.m. Galveston Island State Park. 409/737-1222
- 7—HOUSTON: Mozart & McNeely The Houston Chamber Orchestra and Michael Lowe, artistic director and conductor, present works by Mozart and Hollywood composer Joel McNeely. Begins at 7:30 p.m. Zilkha Hall, The Hobby Center for the Performing Arts. [www.uniquelyhouston.org](http://www.uniquelyhouston.org) 713/315-2525

(Continued on page 21)

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# Lakes on Eldridge North

## Texas Events- (Continued from page 20)

7-8—BEAUMONT: Stomp Begins at 7:30 p.m. Jefferson Theatre. [www.beaumont-tx-complex.com](http://www.beaumont-tx-complex.com) 409/838-3435 ext. 1

10-12—PORT ARANSAS: FLW Redfish Tournament Top five teams fish the last day. Robert's Point Park. [www.flwoutdoors.com](http://www.flwoutdoors.com) 270/252-1589

10-13—PORT NECHES: Riverfest "Thunder on the Neches" Includes boat races, live entertainment, arts & crafts, fishing tournament, carnival, fireworks, car show, talent show and more. Port Neches Park. [www.portnecheschamber.com](http://www.portnecheschamber.com) 409/722-9154

11—VICTORIA: Victoria Country Opry Hours are 7:30 to 10 p.m. Victoria Community Center Annex. 361/552-9347

11-12—GALVESTON: 11th Annual World Wild Game Championship & BBQ Cook-Off [www.yagaschildrensfund.org](http://www.yagaschildrensfund.org)

11-13—CRYSTAL BEACH: Texas Crab Festival Enjoy more than 60 food and craft booths, live music, crab dishes, carnival, Crab Legs Contest, Weiner Dog Races, crab cook-off and more. Gregory Park. [www.bolivarchamber.org](http://www.bolivarchamber.org) 409/684-5940 or 800/386-7863

11-13—HOUSTON: Highland Scottish Games & Celtic Festival Houston Farm & Ranch Club. [www.houstonhighlandgames.com](http://www.houstonhighlandgames.com) 713/871-0061

12—BEAUMONT: Texas Energy Museum's Bubble Day Various activity stations allow children to experiment with bubble sizes, walls, shapes and colors. Texas Energy Museum. [www.texasenergymuseum.org](http://www.texasenergymuseum.org) 409/833-5100

12—HOUSTON: Art Car Parade Showcases Houston's most outlandish folk art creations on wheels. 713/926-6368

12—VICTORIA: Maria Jette Performs Spanish Language Concert Leo J. Welder Center for the Performing Arts. [www.victoriabachfestival.org](http://www.victoriabachfestival.org) 361/570-5788

12-14—PORT ARANSAS: Songwriter's Showcase/Art Festival Art festival with arts & crafts booths is Saturday and Sunday. Local singers/songwriters perform during the Songwriters Showcase on Monday in the historic Tarpon Inn courtyard. 361/749-7334

18-20—PASADENA: Strawberry Festival Includes a barbecue cook-off, beauty pageant, mud volleyball, arts & crafts, four stages of entertainment, mutton busting, washer pitching contest, World's Largest Strawberry Shortcake and more. Pasadena Fairgrounds. [www.strawberryfest.org](http://www.strawberryfest.org) 281/991-9500

18-20, 25-27—BROWNSVILLE: The Tale of the Allergists Wife Presented by Camille Playhouse, 1 Dean Porter Park. [www.camilleplayers.cjb.net](http://www.camilleplayers.cjb.net) 956/542-8900

18, 25—PEARLAND: Summer Concert Series Southdown Park. [www.pearlandparks.com](http://www.pearlandparks.com) 281/652-1673

19—CLUTE: Brazosport Symphony Orchestra Concert 979/230-3156

19—HOUSTON: Birder Walk & Talk Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

19—LAKE JACKSON: Gordon the Grouper's Birthday Party Kids

(Continued on page 22)

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# Lakes on Eldridge North

## Texas Events- (Continued from page 21)

of all ages are invited to explore coastal mystery boxes and make a fish print. Hours are 10 a.m. to noon. Sea Center Texas. [www.tpwd.state.tx.us/spdest/visitorcenters/seacenter](http://www.tpwd.state.tx.us/spdest/visitorcenters/seacenter) 979/292-0100

19—PORT ARANSAS: Anglers on Wheels This fishing tournament is for the physically challenged and their families and friends. Woody's Sports Center. [www.doorinthewall.com](http://www.doorinthewall.com) 210/637-8316

19—PORT ARTHUR: Cajun Celebration Jefferson County Singles Club. 409/983-5118

19—VICTORIA: Victoria Market Day Hours are 9 a.m. to 4 p.m. DeLeon Plaza. [www.victoriatx.org](http://www.victoriatx.org) 361/485-3200

19-20—HOUSTON: Country Roots Music Festival Takes the audience back to the roots of "real" country, with juke box covers and original tunes. Traders Village. [www.tradersvillage.com](http://www.tradersvillage.com) 281/890-5500

19-20—PASADENA: Annual Bayou Boil Includes a crayfish boil, music, auctions and crafts demonstrations. Armand Bayou Nature Center. [www.abnc.org](http://www.abnc.org) 281/474-2551

20—LA PORTE: 17th Annual Monumental Bug Bash All makes and models of VWs are welcome. Begins at 9 a.m. San Jacinto Battleground State Historic Site. [www.bayareavwclub.com](http://www.bayareavwclub.com) 832/414-1460 or 281/479-2431

22-Jun. 3—HOUSTON: Spamalot Based on the comedy Monty Python and the Holy Grail. Hobby Center for the Performing Arts.

[www.tuts.com](http://www.tuts.com) 713/558-TUTS or 888/558-3882

24, 26-27—HOUSTON: Animal Magnetism Includes performances of Clear, Svadebka and Carnival of the Animals. Houston Ballet. Wortham Theater Center. [www.houstonballet.org](http://www.houstonballet.org) 713/227-2787

26—MATAGORDA: VFD/EMS Annual BBQ Fundraiser Hours are 11 a.m. to 2 p.m. Fireman's Hall. 979/863-7739

26—SOUTH PADRE ISLAND: Memorial Weekend Fireworks Laguna Madre. 956/761-3000

26-27—ROCKPORT: Festival of Wines Offers wine tasting, entertainment, cooking demonstrations and more. Texas Maritime Museum Grounds. 361/729-1271

26-27—SOUTH PADRE ISLAND: SPI Beach Volleyball Tournament Boomerang Billy's. 956/761-2420

26-28—PORT ARTHUR: S.A.L.T. Fishing Rodeo Fishing tournament includes inshore and offshore and a children's category. Pleasure Island. 409/718-8787

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**Kelly Peel, Sales Manager**  
**[kelly@PEELinc.com](mailto:kelly@PEELinc.com)**

## Nutrition In A Nutshell

### The Heart-Healthy Pecan

(NAPSA)-Pecans, loved for their sweet crunch and undeniable flavor, are coming out of their shells and gaining recognition as a healthy addition to a well-balanced diet. Once thought of as an indulgence, clinical research findings show that pecans can be enjoyed as a healthy snack year-round.



*Study: Eating pecans may help prevent heart disease.*

The medical journal Nutrition Research reports that eating about a handful of pecans each day, about 15 halves, may help prevent heart disease by inhibiting unwanted oxidation of blood lipids, which helps prevent hardening of the arteries. Other studies have shown pecans may help reduce cholesterol levels, prevent gallstones and help with weight control.

In addition to these positive health benefits, pecans are also packed with antioxidants and 19 vitamins and minerals. Plus, pecans are a natural, high-quality source of protein, with very few carbohydrates and no cholesterol. And while pecans do contain fat, it's unsaturated- or the "good fat"-which helps lower levels of cholesterol in the blood when substituted for saturated fats. In addition, pecans contain no trans fat.

For more information on the health benefits of pecans, recipes or where to find pecans, visit [www.ilovepecans.org](http://www.ilovepecans.org).

## Sudoku

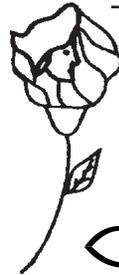
The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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

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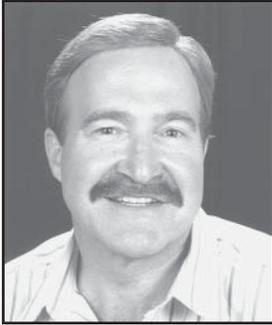
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