



LAKES

ON ELDRIDGE
NORTH

Volume 7, Issue 7

July 2008

Kirk Elementary Wins Name That Book Contest!



Although summer is in full swing, back in May, a team of students from Kirk Elementary School won the Name That Book district contest held at the Berry Center.

In the 25-team district competition, Kirk accumulated the most points after seven rounds. The students faced a series of questions from Superintendent Dr. David Anthony that gave clues about different books, and were asked to “name that book.”

The mission of the Name That Book Program is to foster life-long reading by all third-, fourth- and fifth-grade students. The students are provided with a list of books and are encouraged to read as many

as possible, and the program culminates with a series of contests to celebrate the students’ knowledge of the books.

Kirk’s team was coached by media specialist Linda Reynolds. Fourth-grade team members were Pooja Agrawal, Timothy Angeles, Tiffany Pham Nguyen, Kevin Sheard, Michelle Truong, Jamie Won and Julianna White.

Kirk Elementary School students display their first-place trophy from the Name That Book contest while being congratulated by Superintendent Dr. David Anthony. The students, pictured from left to right, are Pooja Agrawal, Jamie Won, Tiffany Pham Nguyen, Kevin Sheard, Timothy Angeles, Julianna White and Michelle Truong.

We are so proud of our Kirk Mighty Tigers!!



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for the mail?*
**View the current issue
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Newsletter on the
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TOP 10

THINGS TO DO THIS SUMMER...

<http://houston.citysearch.com>

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Lakes on Eldridge North

Students at Cypress Christian School Serving our Soldiers

“Want to send your support to a soldier in harm’s way, but have no idea of what to send, who to send it to, or how to send it?”



In the fall of the 2007-2008 school year, Mrs. Carolyn Morgan, fifth grade teacher at Cypress Christian School, asked this same question when planning a class service project. Mrs. Morgan desired for her class to communicate with a soldier and bless him/her in whatever way possible. She logged on to AnySoldier.com to find volunteer soldier “contacts” on the “Where to Send” page. All the soldiers on this web site are military men and women stationed in areas that are in harm’s way. She searched through the names and selected Major Christopher Lindner (shown at left).

Mrs. Morgan sent a few packages of goodies and supplies along with letters from her students to the address for Major Lindner. Upon receiving the packages, Major Lindner thanked Mrs. Morgan and her students via email and handwritten thank you cards. Mrs. Morgan began regularly corresponding with Major Lindner to determine his specific needs and requests. CCS students and parents jumped at the opportunity to continue blessing their “special” soldier. The back of Mrs. Morgan’s classroom was piled with donations which filled nineteen boxes – all to be shipped to Iraq. Donations included study materials, snack items, toiletries, white socks

(which soldiers go through quickly), cards, letters and more. Major Lindner received so much that he was able to share the gifts with “his” soldiers serving alongside him in Iraq. He was even able to use some of the items in the Christmas stockings for his troops.

The fifth graders made it a priority to not only bless their special soldier with material items but to bless him through prayer. Major Lindner emailed specific prayer requests for his situation, his troops and his family back home in Colorado. In response to notes and cards sent by the students, Major Lindner wrote Mrs. Morgan saying, “I’m in awe of the love and grace that your children obviously have for God’s people. They are truly an inspiration to me, that’s for sure.” (Shown at right are some of the fifth graders who were involved in this service project. On the last day of school they posed for a picture while holding photos, cards and letters from Major Lindner.)

Some may call this a coincidence but Mrs. Morgan gives all the credit to God for directing her to this godly man who needed encouragement while serving his country in a foreign land. Major Lindner said in an email to Mrs. Morgan, “I don’t know if I speak for everyone, but there are many types of people who provide immense value for our country and we are just a small piece. So many people

get overlooked regarding their contribution and value to our future. I do miss my family so much, but I know that God has a plan for me and I have to trust that He will take care of the things I cannot. It’s tough wanting to be there for my children and wife to provide that something that only a father can provide. However, I’ve had to realize that God can do that even better than I.” What an example of faith this godly man was to our students!

Special Surprise: When the students who participated in this service project return to school in the fall, they have a special surprise awaiting them. Major Lindner sent the classes an American flag which was accompanied by a Certificate of Appreciation which states that the flag was flown at the Camp Remembrance II Theatre Internment Facility, Baghdad, Iraq, on February 22, 2008 in honor of Cypress Christian School.

We “salute” the men and women serving in the military and say “thank you” for sacrificial service!

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes on Eldridge North residents, limit 30 words, please e-mail articles@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-989-8905 or advertising@PEELinc.com.



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Lakes on Eldridge North

Kirk Mighty Tigers Raise Money for Leukemia & Lymphoma Society

Back in the spring, the Kirk Elementary School Student Council held a penny drive to raise money for the Leukemia and Lymphoma Society (LLS), raising a total of \$3,237.82.

The penny drive ran from March 26-April 11, during which each Kirk teacher collected coins from his/her students. Student Council representatives collected money from each class twice a week.

Sarah Brown, Kirk third-grade teacher and student council liaison, sent out a PowerPoint update after each counting session. She said that students exceeded the school goal at each update.

“The best part was that the students seemed to genuinely understand the reason for the penny drive, that it was not

to win the prize at the end, but rather to help other kids who are in need of medical help,” Brown said. “It is such a great feeling to know that our school is making a difference in the lives of others. It is what our Student Council is all about—making our classrooms, school and community a better place.”

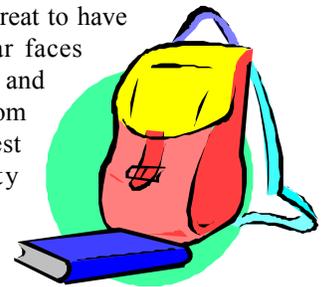
According to Brown, the top-raising classroom won a pasta party from Olive Garden, while the top-raising grade level earned a popcorn party from the PTO. The entire school was awarded a \$300 Wal-Mart gift card for its fund-raising efforts.

Once again, our Kirk Mighty Tigers roar!!

Calling all Kirk Kindergarten Fall 2008 Students

If you have a child entering Kinder this fall or know of someone who does, we will be hosting summer activities each month during the summer so these new students can get to know each other and play before that big first day of school. The first date is Saturday, June 28 at the LOEN kids pool at 10:00 am. Additional dates are July 19th and August 16th. Any questions or to be put on the email list, contact Linda Jordan at ljordan1219@comcast.net.

It will be great to have some familiar faces on the buses and in the classroom for our newest Kirk Mighty Tigers!



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- 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

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Attention All Swimmers! Swim Year-round with the Texas Terrapins

Texas Terrapins Swim Team is Northwest Houston's new year-round competitive swim team offering instruction and competition to swimmers of all ages and abilities.

Texas Terrapins Swim Team practices week-days at the Fairfield Athletic Club's outdoor heated pool, located near Highway 290 and Mason Road in Cypress, Texas.

Texas Terrapins Swim Team offers several program options for swim team participation, along with a growing "Learn to Swim" Program.

Texas Terrapins Swim Team -- just our team name indicates that we're different! We have a team mascot -- the terrapin (think turtle) and our team colors are royal blue and neon green. And although we're serious about our swimming, we keep in mind that it's still about having fun! We offer flexible practice schedules for busy families and an ability to take time off during the year to participate in other activities/sports. We recognize a child's accomplishments both IN and out of the water. And we support an individual's goal, while encouraging overall team achievement.

So take a moment to visit our new website, filled with information on this exciting new team! Watch for Registration information in August.
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Lakes on Eldridge North

Autism Support Group:

Next meeting July 24th at the LOEN Clubhouse

The Autism Support Group meets the 4th Thursday of odd months. Our next meeting will take place on Thursday, July 24th at 7:00 PM at the Lakes on Eldridge North Clubhouse.

If you have a child with autism in your life, we hope you'll join us at our next meeting on July 24th. This is a wonderful opportunity to meet parents of children on the autism spectrum, become informed, and share resources. The topic of our next meeting will be announced via e-mail. Sorry, we cannot provide childcare at this time.

To be put on our e-mail list or for more information, e-mail Kathleen at tas_@hotmail.com or call (713) 856-9968.

Come See Kirk Elementary!

The staff at Kirk Elementary would like to extend an invitation to parents who are considering moving to the area, or who currently live in the area and have school age children, to come and see all that our school has to offer. We welcome your interest in Kirk and look forward to visiting with you. Please call 713-849-8250 to schedule your tour with one of our administrative team members.

Our Kirk Mighty Tigers are making their mark!



(Wildcats Right After Prom)

Cy-Woods High School's project prom group of parents is busy raising funds for their first post prom celebration in May 2009. With about 930 seniors, WRAP has set a fundraising goal of \$100,000. Kicking off fundraising is the "Pave A Path To Woods" program. By purchasing a brick engraved with a senior student's name, a lasting memory of this first graduating class will be left at the school and project prom will earn funds at the same time. Bricks are \$100 each and the deadline to purchase is October 1st. Parents, relatives, friends and businesses can participate by buying a brick for their deserving senior. To purchase a brick, contact Cindy Theut c.theut@sbcglobal.net.

Parents can join WRAP by coming to the monthly meetings held on the second Tuesday of the month in the Cy-Woods High School Commons at 7pm or check out our website at cywoodswrap.org Start earning WRAP bucks now--\$10,000 WRAP bucks for a brick and \$5000 for attending a meeting! See you there!

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Lakes on Eldridge North



The Tri-County Quilt Guild

Meets the 1st Tuesday of the month, 7-9pm

Meeting Place: Fairfield Baptist Church, 27240 Highway 290 just off Muescke Rd, Cypress, TX 77433-4907

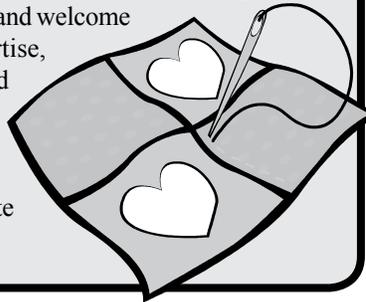
website: www.tricountyquiltguild.org

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We are a very friendly group and welcome quilters of all levels of expertise, from the Just Love Quilts and never sewn to the experienced and published. Visitors welcome!

Please check out our website for more information.



Cy-Woods Crimson Cadettes Third Annual Dance Clinic

The Cy-Woods Crimson Cadette Drill Team will be hosting their third annual dance clinic August 13th through the 15th from 8:30 to 11:30 a.m. each day. The registration fee is \$55 for the first child in the family, and \$40 for each additional child in the same family. Sessions will include dance technique, specially choreographed routines for each age group, a performance dance shirt, drinks and snacks each day, and a picture of each participant. Showoffs will be held August 15 at 11:30 a.m. For more information contact margaretquillin@hotmail.com ***Come Dance With Us!***

“Adventures in Mothering” at The MET

Submitted by Jennifer Everage

Mothers of Preschoolers need a little encouragement... and a whole lot of fun! METMOPS is registering throughout the summer for the fall semester of MOPS. We are exploring “Adventures in Mothering”. Join us this fall (September – December) on Friday mornings from 9:15 -11:45 a.m. at the Metropolitan Baptist Church. METMOPS meetings include awesome speakers, creative crafts, encouraging discussion time, food and door prizes. Childcare is provided with registration. Register now at metmops.org.



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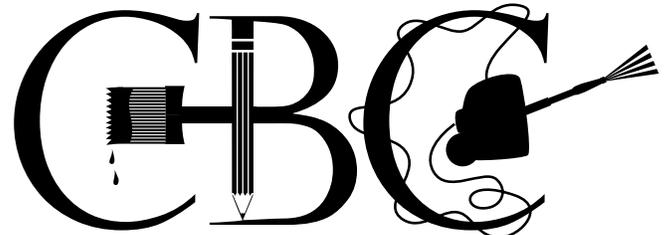
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Cypress Cares

Founded by a former US Army Reserves officer in Cole's Crossing, Cypress Cares is a group of community volunteers, dedicated to providing community support for the troops who protect our freedoms, through care packages and letters of encouragement from those of us who are proud to be Americans.

The group relies 100% on volunteers, donated items and financial contributions. All financial contributions are used for postage and related expenses. All packages are shipped in U.S. Post Office Flat Rate Priority Boxes especially designed for APO/FPO recipients. A donation of \$10 will help pay to ship one box.

It is our duty as citizens of this free country to show our appreciation not only to our veterans, but also to those troops who are currently serving to preserve and protect the freedom we hold so dear. As we have learned since the founding of our country on

July 4, 1776, Freedom Isn't Free!

Most everyone knows of someone who is currently or has been deployed to the desert in the years since 9-11 occurred. No matter your opinion about our political leadership or the war effort itself, our troops need and deserve your support and encouragement. Please consider helping us to show our troops that we support their sacrifices.

Cypress Cares is NOT a 501(c)(3) organization and therefore can not offer anyone a receipt for tax deduction purposes. We simply ask for groups, individuals and businesses to donate from their hearts.

We will strive to find ways to involve our community and to spread the word about our efforts. Any suggestions about how we can better serve our troops, please feel free to contact us. We may be reached at cypress_cares@yahoo.com.

Please visit our website at www.cypress-cares.org for more information.

Cypress Assistance

Ministries

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CAM School Supply Drive

With the start of school just around the corner, CAM's school supply drive is in full swing. In August, we will be handing out school supplies to hundreds of children whose families are served through CAM. Your donations of school supplies are greatly appreciated. For a current list of needed school supplies go to our web site: www.cypressassistance.org.

For the summer, the Food Pantry is needing kid-friendly foods.

Cypress Assistance Ministries provides an array of services to needy families in the Cypress and Northwest Houston area. For a description of all our services, please see our web site, www.cypressassistance.org.



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Lakes on Eldridge North

Lone Star College-CyFair "Perspective"

Summer Fun in the Gallery and on Stage

The Bosque Gallery presents a University of Houston MFA Exhibition (July 15 - July 31) and a photo exhibition titled "IN-SITU: In the Place. - Italy Summer Study Abroad 2008" (Aug. 12 - Aug. 28). Go to CyFair.LoneStar.edu/bosquegallery for hours and artists reception. Don't miss this year's children's shows "Thaddeus and Tila" continuing through July 25 and "Go, Dog. Go!" Aug. 4 through Aug. 15. Then bring the family for Elton John and Tim Rice's "Aida" July 17 through July 27. The contemporary musical version of a classic tale of love and devotion tells the tale of the forbidden love between an Egyptian soldier and an enslaved Nubian princess. For tickets and information call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

Free New Student Orientation and Family Orientations!

Incoming new students and their family members will receive campus tours and learn about academic and student life. Choose among full-day and half day programs that also include My Records training, advising presentation and class registration, or mini orientation programs that include student panel, student activities information and a question and answer session. Programs are available in July and August. Register at CyFair.LoneStar.edu/orientation.

Family Story Time and Reading Programs Available

Families that read together, can succeed together to earn certificates, gift cards and other incentives as participants in the LSC-CyFair Library's Summer Reading Program. Be part of the Texas Reading Club Jubilee: 1958-2008! and help Texas celebrate 50 years of reading through numerous child, teen and adult programs. The Kids Corner also hosts the return of a weekly Family Story Time. Go to CyFair.LoneStar.edu/library for information.

L.I.F.E. Lessons in July

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In July, the programs include a book discussion on "Founding Brothers: The Revolutionary Generation" July 2; French pastry lesson July 9; a talk on the JFK assassination July 16; accenting your garden with color July 23 and cool, light summer meal ideas July 30. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.



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Spring Festival Raises \$510,000 for Boys and Girls Country

The Boys and Girls Country Spring Festival, held on May 3, broke all records for this event, netting over \$510,000. It was a day packed with entertainment, all types of booths for children of all ages, auctions, crafts, and barbecue, hot dogs, and hamburgers. Over 3,200 people attended the festival, including 500 hard working volunteers.

Boys and Girls Country is a residential Home for children, ages five to college age. The Home provides a loving, caring, safe environment in which children from families in crisis can grow into successful adults. Says Shirley Wright, Executive Director, of Boys and Girls Country, "this event not only raised much needed funds to support our work with children, but it was also a wonderful opportunity for our neighbors in northwest Houston to learn how the Home is changing the lives of children".

The event was planned by members of the Spring Festival Committee and co-chaired by Karen Rosales and Frank Todaro. In addition, members of the Northwest Committee provided support in planning, marketing, volunteering at the event, securing booth sponsorships and auction items, and in selling drawing tickets.

Major underwriters for Spring Festival included Schulte Building Systems, HTK Consultants, Inc.,

Premiere & Co., American Association of Drilling Engineers, KPMG LLP, and Marathon Oil Corporation.

Additional supporters included Sim-Tex, L.P., Hercules Offshore, Mirand Card Services, Bob and Helen Howard, El Paso Corporation, The Galloway Family, and Rodney and NaDean Eads.

For further information, please call George O'Neal at 281.351.4976, ext. 225.



Recipe FOR THE SUMMER



Popscicles

- 1 - 3 oz. package jello
- 1 package Kool-Aid
- 1 cup sugar
- 2 cups boiling water
- 2 cups cold water

Dissolve jello, sugar and Kool-Aid in boiling water. Add cold water. Pour into molds and freeze.

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How To Travel Light and Be A "Happy Traveler"

Submitted by Marina Byrum

Your carry-on bag could be the solution to some of the summer travel season's likely woes — including checked baggage fees on American Airlines and possibly other carriers — but it also has the potential to cause headaches. You don't want to find a rumpled mess when you arrive at your destination or spend your vacation shivering or sweating because you weren't ready for the weather.

It is possible to pack fashionable clothes in an efficient way. Some tips from the pros:

CHOOSE A GOOD BAG

Some travel experts recommend a standard rectangular-shaped bag with wheels for business trips because clothes are less likely to become wrinkled. For recreational travel, however, soft-sided duffel bags are better.

One way to pack play clothes to fit into space more economically is to roll them and stuff them into a bag like cigarettes into a cigarette box. But if you're using the rectangular-shaped bag, it's good to use Zip-lock plastic baggies, which come in 1 and 2-Quart sizes, as well as 1 gallon and 2 gallon sizes. Simply lay your garment or garments inside the bag, then as you zip it shut, squeeze as much air as possible out of the bag. Voila! Your bag/garment is flat as a pancake and takes up practically no space. And best of all, clothes do not tend to wrinkle using this method - unless they are fabrics that are prone to wrinkle anyway.

It's a good idea to separate undergarments and socks into one zip-top plastic bag, tech gear such as cords and batteries into another, and toiletries all in yet another. (Any liquid needs to be stored in a see-through bag.)

Since you may be asked to open carry-on bags during a security check at the airport, things will go much more smoothly if items are organized. Otherwise, everything can spill out, which can be both inconvenient and embarrassing.

Carry-on bags tend to be treated more gently than checked bags so there is an opportunity to choose more of a fashion-

forward bag than basic black. Plus, using a bright colored bag, or one with graphic print, will make it easy to find your bag in the overcrowded overhead bins.

Also, be mindful of your airline's size limit for carry-on bags. American's, for example, is 45 linear inches (height plus length plus width).

WHAT TO PACK

To minimize the number of garments you have to pack and unpack, choose a neutral color palette — maybe blue and tan, maybe black and white — and then stick with it for the trip. By limiting the number of colors and patterns, everything matches and there's no need for that extra sweater to go with the lime green skirt. To keep your wardrobe from being too boring, pack colorful scarves or cute belts, which take up very little room in a bag.

Jersey fabrics, as well as washable silks and athletic fabrics, usually pack flat and travel well, according to Susan Foster, author of a book entitled "Smart Packing" (See website at <http://www.smartpacking.com/>). She recently became sold on The Limited's new travel suit, made in a polyester-wool-and-Lycra blend, because it has a slimmer, more modern cut than most travel-specific clothes. Check Travel Smith and Magellan's for travel-friendly wardrobes also. (Both have online shopping sites available.)

The layered look is always works well, with enough T-shirts, camisoles or shells for each day, but only one sweater and light, water-resistant jacket to go on top.

Toiletries tend to take up a lot of room and liquid products are also subject to the 3-ounce security rule, so it might be a good time to move toward dry products, such as a stick deodorant and mineral cover-up makeup. It's also a good idea to pack shampoo with a built-in conditioner and moisturizer with SPF.

Some business travelers are forgoing the toiletry

hassle altogether, ordering travel-size products (see <http://www.minimus.biz>) to be waiting for them at their hotel.

WHAT TO LEAVE HOME

A different outfit for every day is the worst strategy because you might need different shoes, a different handbag and different accessories for each one.

Instead, switch out only the pieces that other people notice. Change the tops, scarves, etc., but who'll notice which black pants I'm wearing today?

Jeans might be the basis for many vacationers' wardrobes, but they really aren't practical, because they're too bulky, can't effectively be washed in the sink and take too long to dry.

Too many shoes are the downfall of many packers. Women shouldn't travel with more than three pairs, says Foster, and men, simply because their shoes have a larger profile in the suitcase, shouldn't have more than two.

For most trips, I try to get by with a comfortable pair of walking shoes and a pair of dressier shoes for dinner.

So why not become a "happy traveler", by cutting down on the bulk and weight of your luggage and making it your goal to cut back on baggage charges and hassles by being a smart packer?



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Meet Austin

DOB March 2001

Austin is a playful and loving boy who enjoys playing in the water. He also loves Sesame Street books and his favorite character is the Cookie Monster. Austin is diagnosed with Autism and is learning how to communicate through sign language. He is also working on potty training. Austin is in special education and in kindergarten. His teacher reports that she enjoys having him in her class and that he has made a lot of progress. Austin is legally free for adoption and would do well with parents who can make an unconditional commitment to him.

For more information please contact:

Vanessa Coppola, MSSW

Adoption Coalition of Texas/Wendy's Wonderful Kids Recruiter
vcoppola@adoptioncoalitiontx.org

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Prevent Osteoporosis Now

Today is the day to begin preventing osteoporosis, an age-related disorder in which bones become gradually thinner, more porous and less able to support the body.

This condition affects both men and women, but women usually suffer more severely because bone loss accelerates rapidly after menopause. By the time a woman reaches the age of 70, she may have lost as much as 30 percent of her bone density.

Prevention is the Key

The following lifestyle-related factors may lead to the development of osteoporosis:

- lack of exercise
- calcium and vitamin D deficiency
- prolonged use of drugs, alcohol, caffeine, high-phosphate soft drinks
- smoking

The good news is that osteoporosis may be prevented by a combination of exercise and good nutrition.

Get Plenty of Exercise

Weightbearing exercises can help prevent bone loss and may encourage bone growth. Specific exercises to twist, bend, stretch and compress bones are needed to strengthen the common sites at risk: the upper arm at the shoulder, the forearm at the wrist, the thigh bone at the hip, and the spine. This process is known as “bone loading.”

Before beginning any exercise program, always consult your physician. If you're given the go-ahead, start slowly and build

| Keeping Bones Healthy at Every Age | | | | |
|------------------------------------|------------------|--------------------|--|---|
| | Calcium (mg/day) | Vitamin D (IU/day) | Physical Activity | Bone Density Testing |
| Infants | | | | |
| 0—6 months | 210 | 200 | Interactive play | As clinically indicated in high-risk patients. |
| 6—12 months | 270 | | | |
| Children and Adolescents | | | | |
| 1—3 years | 500 | 200 | Moderate to vigorous activity at least 60 minutes per day. Emphasizes weight-bearing activity. | As clinically indicated in high-risk patients. |
| 4—8 years | 800 | | | |
| 9—18 years | 1300 | | | |
| Adults | | | | |
| 18—50 years | 1000 | 200 | Moderate activity at least 30 minutes per day, on most, preferably all, days of the week. | As clinically indicated in high-risk patients. |
| 51—70 years | 1200 | 400 | Emphasize weight-bearing activity. Fall prevention programs, modified for the frail elderly and spine fracture patients. | Bone density testing by DXA in all women over age 65; consider in women under 65 with risk factor. No consensus on men. |
| >70 years | 1200 | 600 | | |

Source: Adapted from U.S. Department of Health and Human Services. *Bone Health and Osteoporosis: A Report of the Surgeon General*. Rockville, Md.: U.S. Department of Health and Human Services, Office of the Surgeon General, 2004.

up over time. An ideal program should include bonespecific, aerobic weightbearing exercise three days per week. Weightbearing exercise includes such activities as walking and crosscountry skiing.

Include a variety of exercises that will stimulate as many different bones as possible. Add upper-body muscle strength and endurance training two days per week.

Stick with your program and work up to at least 20 to 30 minutes of physical activity a day, on most, preferably all, days of the week. Also, think about ways to increase your daily activity, such as taking the stairs or gardening.

Eat for Stronger Bones

You can bolster your bone strength by eating a high-calcium, high-fiber, low-fat diet.

Did you know that two-thirds of your bone is composed of calcium? The accompanying chart lists the recommended dietary allowances (in milligrams per day) for calcium and vitamin D for various individuals.

You need vitamin D to help metabolize calcium. The best source of vitamin D is the sun, but fortified milk products offer the same benefit without the risk of skin damage.

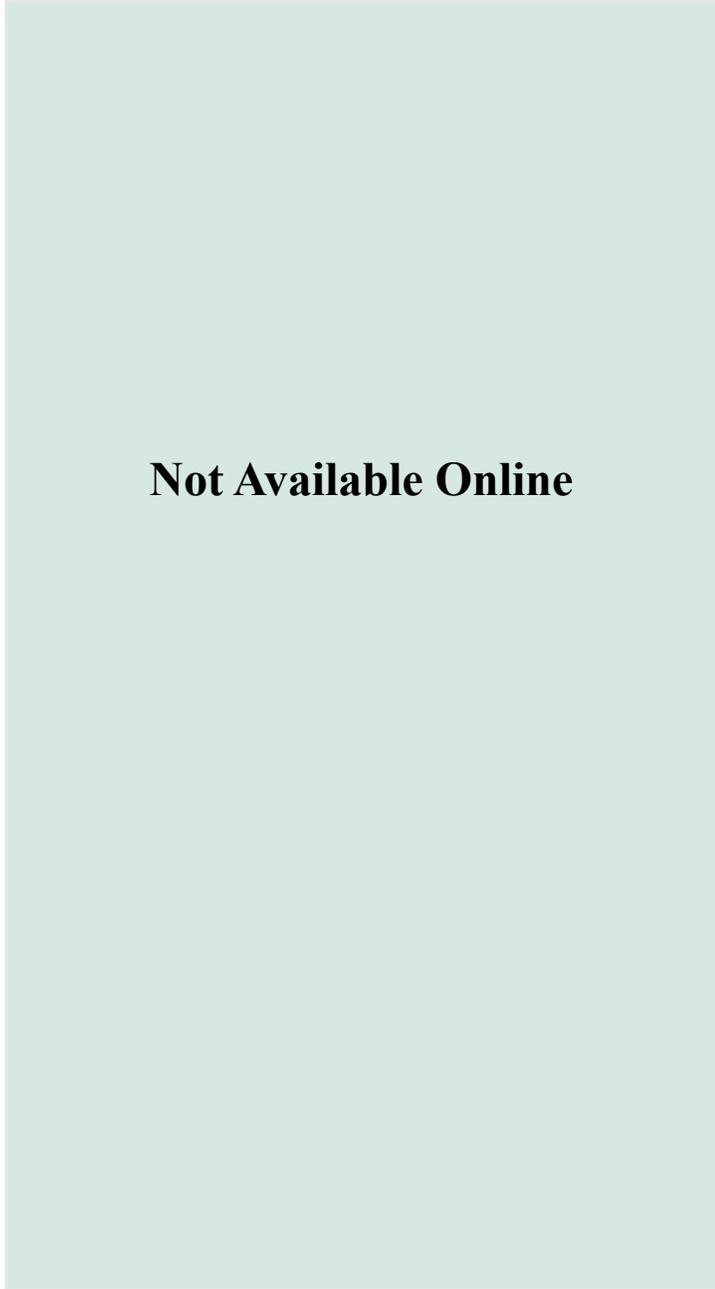
You can also get a good dose of calcium from the following sources:

- nuts, seeds, beans and peas
- fish with bones
- green vegetables

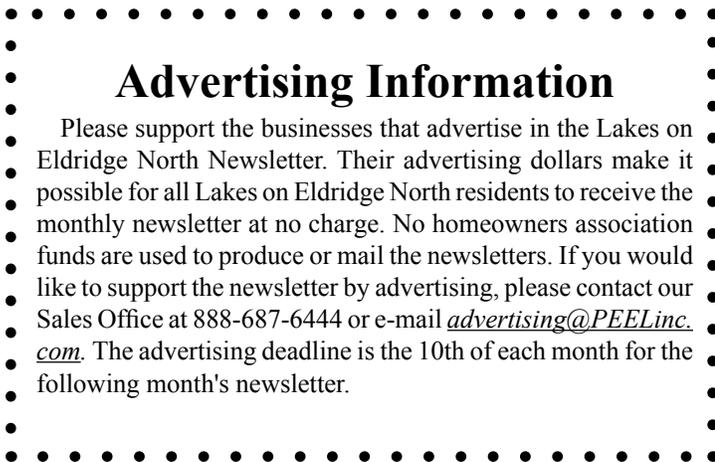
Bones to Last a Lifetime

Bone-loading exercise and a balanced diet are important components for preventing osteoporosis. By taking care of your bones now, they will stay strong enough to carry you safely through a lifetime of health and activity





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NATIONAL NIGHT OUT TEXAS 2008

RE: National Night Out 2008

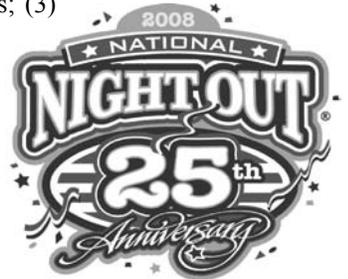
America's Night Out Against Crime October 7, 2008

The Texas "25th Annual National Night Out" (NNO), a unique crime prevention event sponsored by the National Association of Town Watch (NATW) has been scheduled for Tuesday, October 7, 2008. This is the 24th year Harris County residents have participated in the National Night Out. Sheriff Tommy Thomas along with all community leaders and the entire Harris County Sheriff's Office invite all communities to be a part of this event.

For the first time in history, we are testing the October date in the State of Texas (only) instead of the August date. If the test is successful, next year communities nationwide will have their choice of one of the two dates. Last year 35.4 million people participated in the NNO activities.

NATIONAL NIGHT OUT is designed to (1) Heighten crime and drug prevention awareness; (2) Generate support for all anticrime programs; (3) Strengthen neighborhood spirit and police – community relations; (4) Send a message to criminals that neighborhoods are fighting back.

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Submitted by Ron Kerwin

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If your lawn turf is getting sparse under your trees, you might take a look at the following as a possible solution. Dead or damaged limbs in your trees are very visible right now. Remove them for a healthier and better looking tree. Raising the tree canopy will allow more sunlight to reach the lawn turf underneath. Raising the canopy means you simply remove the lower limbs from the tree trunk base upward to a point. This height varies with tree variety and it is basically up to your desires. After working on the canopy, you can work at thinning



the tree. This involves removing the small diameter growths from each branch starting at the bottom limbs and working upward. Depending on the overall tree size you can remove these small growths out about 1/3 of the limb length from the main trunk. Removing all this will allow more light to get through to your soil. It also allows for an increase in air circulation through the tree, which is also a benefit to the tree. Another option would be to construct a bed and plant ground cover (Asian Jasmine or English Ivy) as examples of shade loving plants.

This is a good month to remove rose bush branches that are sickly or dead. A light pruning now will increase your fall flower production. Get a good thick layer of mulch down in all your beds to help your flowers and shrubs survive the heat we all know is coming. It is easy to figure your needs. Most mulch comes in 2 cubic foot bags. Take the length of your bed times it width, multiply by .17 (2 inch depth of mulch), or by .25 (3 inch depth of mulch), and divide by 2 cubic feet per bag. The result is how many bags you need to buy. Your shrubs bases take up some space so you can subtract one or two bags and still get by fine. Example- your bed is 5 feet by 25 feet. $5 \times 25 \times .17 / 2 = 10.6$ bags, buy 10 and you'll be just fine.

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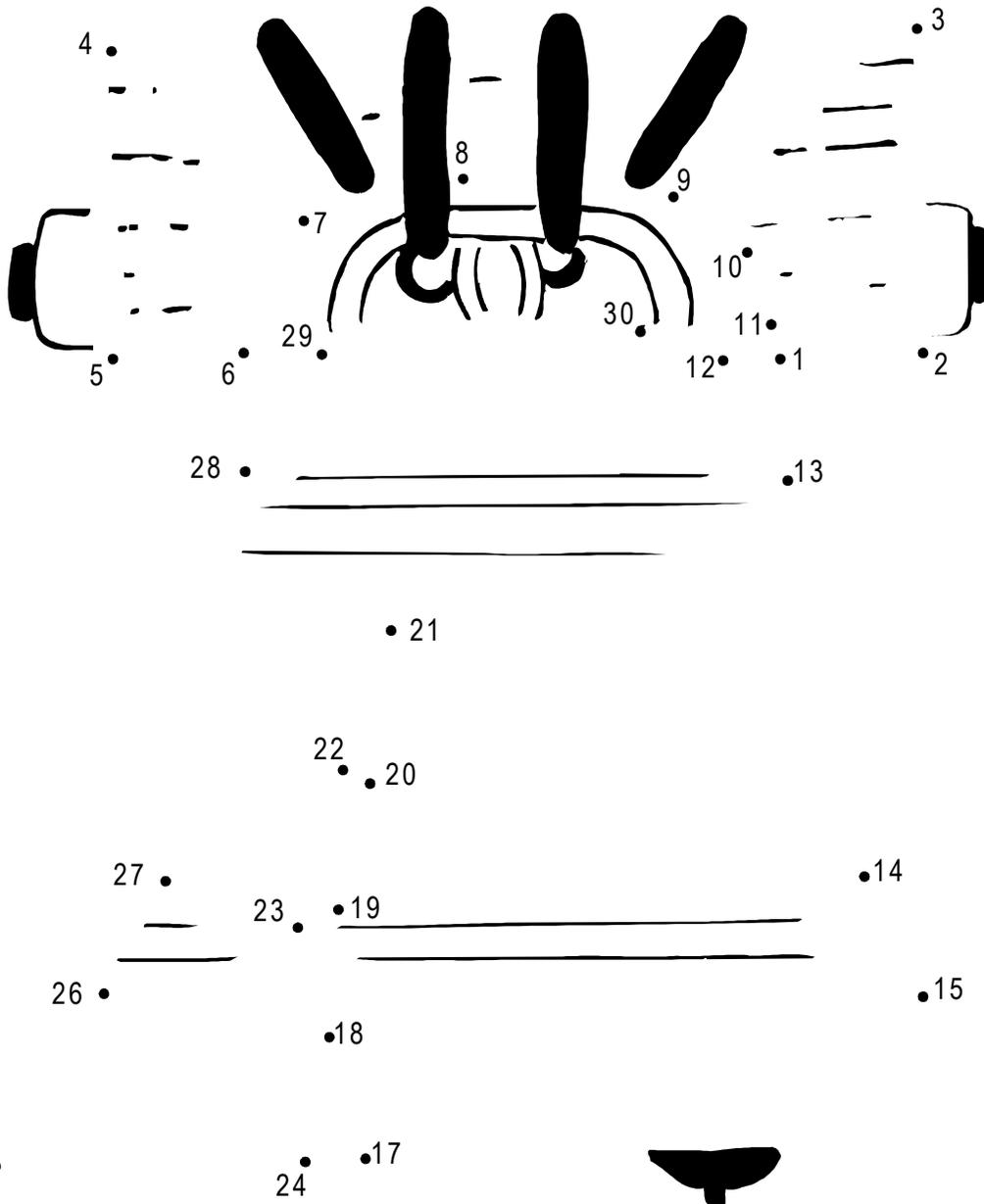


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Kids Corner

Dot-To-Dot

Connect the dots to find the hidden image.



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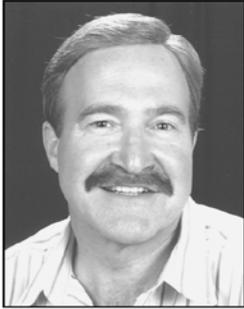
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