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Volume 8, Issue 8

August 2009

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Texas DPS..... 713-681-1761
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(trash collection Mondays & Thursdays)
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(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)
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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
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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Submit at www.PEELinc.com

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Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com for information on advertising.

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Please e-mail articles and/or photos to 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.)

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Lakes on Eldridge North

NOT A PRETTY PICTURE *Wildlife Suffering from Prohibited Fishing*



Even though fishing is not allowed in Lakes on Eldridge due to regulations of the MUD, we have seen a rise in the number of people fishing in our lakes. Some of these people are residents; others have been inappropriately gaining access for the purpose of fishing and are thereby trespassing. Stricter procedures at the front gate will be enforced, in part to combat this issue. In any event, these fishers have been leaving behind lures, filament, and lead weights that have been dangerous to the waterfowl, in some instances causing death, as can be seen from these pictures. Past problems have included: a male swan protecting its babies getting hooked through the tongue; a swan being hooked in the neck from a homemade "trot line"; just last month, a lure hooked through the mother swan's back, dragging her baby who had become entangled in the filament frantically back and forth; and finally, one of our docile Peking ducks choked

to death by filament. Furthermore, it has been reported that some fishers inhumanely throw fish they do not wish to keep in the street or on the lake bank to die.

The waterfowl are a valuable asset to our community, and we are sure all residents would like to see them remain here, so let's respect our wildlife and do our part in protecting them. Please obey all signs and do not fish on the lakes. In addition, please obtain a license plate number of anyone you see fishing in our lakes and forward to Alex Taylor with AMI at ataylor@amitx.com. A letter will be sent to residents and the license plate of all non-residents caught fishing here will be provided to the guardhouse so that entry can be refused to these vehicles. Thank you to everyone who has been supportive in making sure that our waterfowl are not endangered by careless people.

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Pet Corner

More HELP for PETS ...

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

Regards,

RB Cox

alert@CypressLostPetAlert.com

www.CypressLostPetAlert.com

Recycle your Crocs

Learning Express is proud to announce our participation in the SolesUnited program. Started by Crocs, SolesUnited is the first of its kind footwear recycling program. Here's how it works:

1. Wear your Crocs shoes until the tread becomes worn or they reach their end-of-life.
2. Donate your worn-out Crocs at a participating retail location.
3. Once worn-out Crocs are received, they are sorted, ground up and made into new SolesUnited recycled shoes.
4. SolesUnited shipping partners work with organizations that assure the shoes will be delivered to those who need them.

To date, Crocs has donated more than 1 million pairs of shoes. Its goal is to donate 2 million pairs of recycled shoes in 2008. You can read more about the program at www.solesunited.com. Croc on!



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"A Whole new Approach to Back Pain that leaves the problems with traditional treatments behind."

Have you ever bent over and had to freeze, afraid to straighten back up? Do you have to worry about the pain that comes from picking up your children, cleaning the house, or even just taking those first 2 or 3 steps in the morning? Have you been through the "cycle" of traditional back pain treatments (medication, physical therapy and steroid injections) only to end up in the same pain as when you started? Have you received the news that surgery is your last remaining option? Are you frustrated, feeling like there must be something else, something that carries less risk than surgery? If this story sounds familiar, then we have good news for you!

Latest FDA Approved Solution is Drug-Free and Non-Surgical

If you have serious back pain, we have a serious new alternative treatment option that carries a higher success rate than traditional treatments alone. This treatment is called Intervertebral Disc Decompression (IDD therapy). Good candidates for this procedure are people who may suffer from:

- Lower Back Pain
- Herniated Discs
- Neck Pain
- Degenerative disc disease
- Facet Syndrome
- Sciatic Leg Pain
- Bulging Discs
- Failed Back Surgery

Pain Free in 4-6 weeks

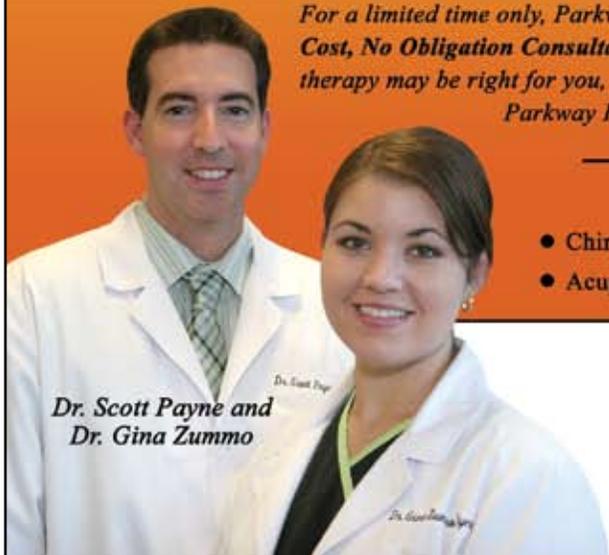
If you know what it's like to have serious back pain, this type of relief may seem miraculous. Our clinical experience tells us that relief is possible even for those patients that have failed with medication, physical therapy, injections and/or surgery.

How Does IDD Therapy Work?

To understand why this therapy succeeds where others fail, you first must understand why your back is not capable of healing on it's own. Muscles, bones and internal organs get a fresh supply of blood, oxygen and nutrients with each beat of the heart. However, spinal discs have no blood supply of their own and absorb what they need very slowly. If the discs have been compressed by injury, the effects of age or a sedentary lifestyle, they will remain compressed and will not have the ability to absorb the nutrition required for healing.

This revolutionary technology allows us to provide patients with computer monitored expansion of the discs through a slow and painless separation of the spinal vertebrae. This expansion improves the absorption of blood and nutrients which improves the healing response and patients may experience healing in their back, naturally.

For a limited time only, Parkway Family Chiropractic is offering a No Cost, No Obligation Consultation for IDD therapy. If you think IDD therapy may be right for you, or would like more information, call Parkway Family Chiropractic today!



*Dr. Scott Payne and
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A Sensible Plan for College Funding

Submitted by Rich Keith

As a parent, you may feel a moral obligation to fund your children's education, but you don't want to sacrifice your current lifestyle or rob your future retirement in order to fund education costs. Well, to make funding both their education and your retirement a non-issue, you must consider how to:

- Maximize your cash flow so that you can invest funds in education and retirement accounts. This includes both reducing debt and lowering expenses.
- Utilize the numerous education tax incentives provided by the IRS to reduce taxes and produce so-called "tax scholarships" for your family.
- Qualify for merit and need-based financial aid offered by colleges

If you can maximize the benefits produced by the above strategies, you may not have to compromise your education and retirement goals. Historically, we see that college costs have risen at 2 to 3 times the inflation rate of the Consumer Price Index. And college really costs you more than you think because it is paid with after-tax dollars. Depending on which tax bracket you are in, the amount you must earn to pay for college is a good deal more because you must first pay the IRS...before you pay the college.

How old will you be when your last child graduates from college? Assume that you are 45 years old and you plan to retire in 20 years and that a public college costs \$60,000 for 4 years. You take the money out of your retirement savings today. The money you give to a public college for four years will cost your retirement fund about \$280,000 at an 8% return. Elite colleges cost more, but there is a hidden benefit which we will get to later. And remember, these numbers are for just one child's college education.

Clearly this presents a funding dilemma shared by parents everywhere: how to fund college and retirement? Experts agree there are two methods to make this work:

The first method is by using your money through: (A) paying out of your current income, (B) paying with withdrawals from your savings accounts, or (C) borrowing. Most people use some combination of all three. The second method is to use money from others. This comes in the following forms: (A) financial aid, (B) by using special education tax strategies, (C) gifts from relatives, or (D) your child's resources (his/her income and assets). We will explore this topic in future columns, how to make a sensible, methodical plan for funding college expenses.



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Lakes on Eldridge North

Lone Star College- CyFair “Perspective”

IT'S NOT TOO LATE TO REGISTER FOR FALL

Registration continues through Aug. 22 for fall semester. Register for online, weekend, evening or distance learning courses by phone, 281-290-3200 or 832-782-5000; online to LoneStar.edu/cyfair; or in person at one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway. Week day classes begin Aug. 24 with weekend classes beginning Aug. 28-30.

BECOME A CERTIFIED LICENSED MASSAGE THERAPIST OR PERSONAL TRAINER

Interested in helping people lead healthy and stress-free lifestyles? Let Lone Star College-CyFair jump start your career in massage therapy and personal training. In the Massage Therapy program, which only costs \$1827 plus books and supplies, students learn business practices and professional standards as well as health and hygiene in massage and more. Scholarships are also available. The Personal Trainer program covers aspects of one-on-one training including marketing, program development and design, legal aspects, documentation, training methodologies and business considerations. Students who also take Exercise Science and CPR courses will be ready to take the National Academy for Sports Medicine certification exam.

Financial aid is available for this workforce program. Registration is under way for fall classes, which start Aug. 24. For information call 281-290-3930 or go to LoneStar.edu.

“CONFLUENCE, STUDY ABROAD 2009” IN THE BOSQUE GALLERY

Check out this showcase of student installations and photography taken during this summer’s study abroad trips to Italy and China. The exhibition will be on display Aug. 4 through Aug. 27 in the Bosque Gallery with a closing reception at 4:30 p.m. Aug. 27. Go to LoneStar.edu/bosquegallery for gallery hours and information.

FREE NEW STUDENT ORIENTATIONS SET

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair’s free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, continue each Wednesday through August 19. For information, go to LoneStar.edu/orientation.

L.I.F.E. LESSONS IN AUGUST

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star

(Continued on Page 11)



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Lakes on Eldridge North

Lone Star College- (Cont. from Page 10)

College-CyFair Branch Library (Room 131.) Programs in August include: unveiling the Chip Hosek Collection of American Art Aug. 5, preventing arthritis Aug. 12, the science and art of perfume making Aug. 19 and new application on Google Aug. 26. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

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Recipe of the Month

Orange Julius

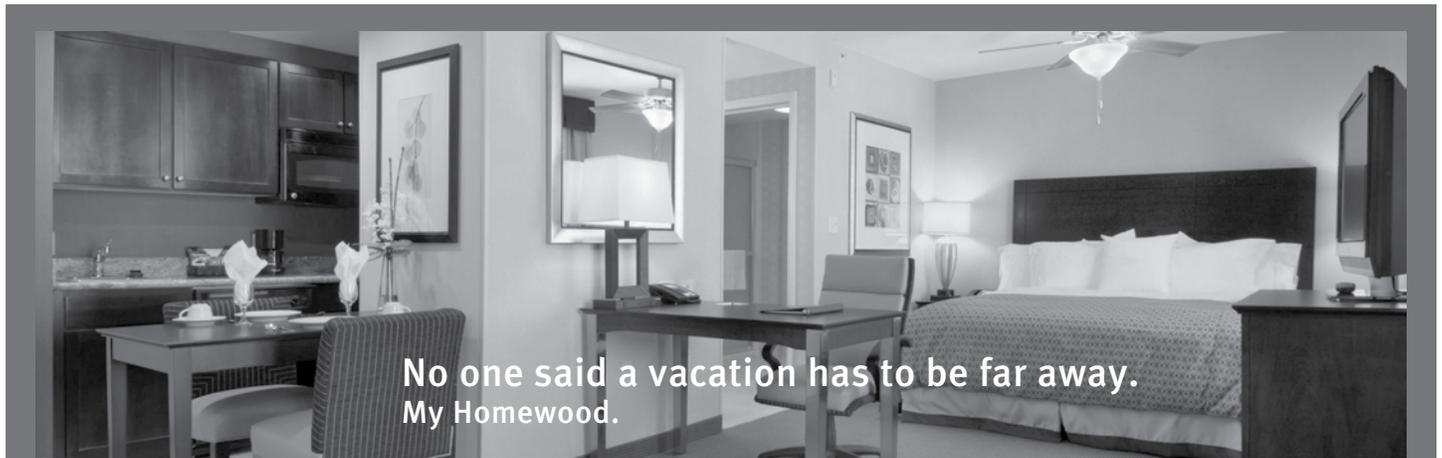
Ingredients

- 1 6 oz. Can Concentrated Orange Juice
- 1 Cup milk
- 1 Cup Water
- 1/2 Cup sugar

Directions

Put in blender container, fill container to top with ice. Process.

If you would like to submit YOUR recipe email it to articles@peelinc.com.



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New Club Charter Granted to Cypress Ranch Key Club



Picture of Bob Presnell, Cy-Fair Kiwanis Club President, and Aliah Kelly, Cypress Ranch Key Club President

Cypress, Texas – July 2, 2009 – A new Key Club has been chartered by Kiwanis International at one of Cy-Fair's newest high schools, Cypress Ranch. The new school club of 238 members has been meeting since the school's opening in August 2008 and made formal application for a charter in January 2009. The official Club Charter was presented to Key Club President Aliah Kelly at the club's first annual banquet held on May 21. The charter presentation was made by Bob Presnell, President of the Cy-Fair Kiwanis Club, and Peggy Presnell, who serves as Kiwanis Sponsor for the new Key Club.

Members attending the banquet were presented with membership items including their membership cards and pins. New officers for the 2009-10 school year were installed by Madhumita Govindu, a Cy-Fair High School student who serves as Lt. Governor of Division 3N of Key Club. Miss Govindu oversees the Katy and CFISD Key Clubs for the Texas-Oklahoma District of Key Club.

For more information, please contact:

Bri Holcombe, Publicity Chairman - sbvbchick@hotmail.com
Justin Bradley, Publicity Chairman - Thebradley5@comcast.net
Jennifer Hydes, Faculty Advisor - Jennifer.hydes@cfisd.net
Cypress Ranch Key Club

IT'S THAT TIME OF THE YEAR AGAIN!

*Students Can Win
Thousands of Dollars
in Scholarships and
Savings Bonds!*

Commander William "Bill" Shaffer of the Veterans of Foreign Wars (VFW) Post 2427 and its Ladies Auxiliary announces the kick-off of the years "Voice of Democracy and Patriot's Pen Essay Competition." These competitions are designed to give local students the opportunity to earn Scholarships and savings bonds toward their education. Students from public, private, and parochial schools are encouraged to participate, as well as students in home study programs. Students begin competing at the local Post level, Post winners advance to the District level, District winners then compete in the State competition. The State winners compete for more than 2.5 million in scholarships and savings bonds.

The Voice of Democracy contest is open to Students in grades 9 – 12 who are enrolled in a public, private or parochial high school, and those in a home study program in the United States, its territories and possessions; or in an overseas U.S. Military/civilian dependent school. Foreign exchange students, students age 20 or over and previous Voice of Democracy first place winners are ineligible. The theme for the year is, "Does American Still Have Heroes?"

The Patriot's Pen Contest is opened to 6th, 7th, and 8th grade students enrolled in public, private or parochial schools in the US, its territories or its possessions. Home-schooled students are also eligible. Dependents of U.S. of military or civilian personnel in overseas schools can participate too. Foreign exchange students and former winners that placed in the National finals are excluded from the contest. The theme for this year is, "When Is The Right Time To Honor Our Military Heroes?"

The deadline for this contest is November 1, 2009. For more information please contact V.F.W. Post 2427, 14408 Alice Road, Tomball, Texas (281) 351-2427 or go online at www.vfw.org.

Lakes on Eldridge North

290 Cypress Business Networking Group

The Cypress Business Networking Group meets every Thursday morning at 7:30 am at Cypress Station Grill on Spring Cypress and Hempstead Highway behind Target. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. Job seekers are welcome to attend also.

If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at 290Cypress.com.



Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.

CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Club meets three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch and programs with guest speakers on subjects of concern to the community and individuals. We invite you to a complimentary lunch, fellowship with our members, an informative program, and an opportunity to learn more about our organization. Reservations are not required. The Club will meet on August 4, 11, and 18th.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373; George Crowl at 832-467-1998; or Robert Presnell at 281-304-7127.

CHILDREN: PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, focuses its services, programs and activities on this theme.



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FACTS YOU NEED TO KNOW ABOUT DROWNING

DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not scream, splash, or struggle. They silently slip beneath the water, even with adults & lifeguards present.



★ FOR THE TROOPS ★

As 2009 is now underway, Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road.

Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

August 17, 2:00

October 3, 10:00

Halloween Treats for Troops

November 14, 10:00

Christmas Trees and Decorations

December 28, 1:00

Christmas Break Service Project for

Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, www.cypress-cares.org to view the troop responses, as well as more current information about upcoming events, donation ideas and more.

Our troops need and deserve our support; get involved today!



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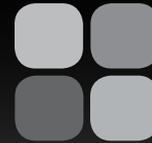
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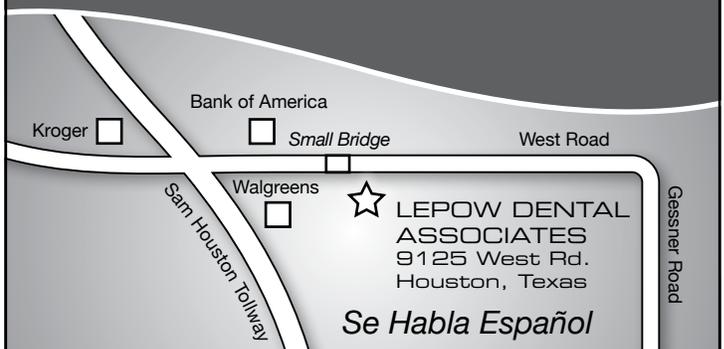
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Is Your Home an Internet Broadcaster? *(It might be and you don't even know it)*

Submitted by Laurie Scott

Laptop computers have made computing mobile and very convenient. Wireless routers in our homes have made it possible to use our computers anywhere in the home, and not just where the connection comes into your home.

If you have a wireless router at home, then you are using one of three possible levels of security, 1) none, 2) poor and 3) what you SHOULD be using. "None" is real simple, open the box, plug in the router, connect to the Internet. With this connection, ANYONE within range, meaning your neighbors, passersby and that annoying teen-age kid down the who likes to hang around your house in the evening can use your wireless network to access the internet or worse, access your computers at home. Also, any illegal activity over the Internet is going to be traced back to your home, not to the person or computer that may have done it.

I often tell the story of the time I moved to Austin from Sacramento 4 1/2 years ago over the Thanksgiving holiday. I stayed overnight with a friend in Flagstaff, Arizona at her parents' home. Lots of relatives were there and they all smoked (and smoked a lot). Even though it was 35 degrees outside, I went and sat in my car for an hour just to breath fresh air. While in my car I powered up my laptop and discovered a completely unsecured network within range. I connected to it and took the opportunity to check my email and do some web surfing. Then the good Samaritan in me decided to do them a favor. I figured they hadn't changed the default password on their router, and sure enough I was right. I logged onto their router and took a screen shot of it. Since they were also using the default name for their computer network, I changed mine to match and could see that they had a computer turned on with one of their hard drives shared (no, I didn't peek at it.) I also saw that they had an Epson printer connected to it, so I downloaded the printer driver and installed it on my laptop, opened Microsoft Word and pasted the screen shot of their router into it. I also included instructions on how to keep prying eyes out of their network, thanked them that I was able to check my email, and then I PRINTED the document out on their printer. Keep in mind I have no idea which house I had connected to. I imagine if they were home that they were a little shocked to have their printer start all by itself and print a note from a complete stranger. Lucky for them I wasn't someone who wanted to copy their files,

plant a virus or lock them out of their own network.

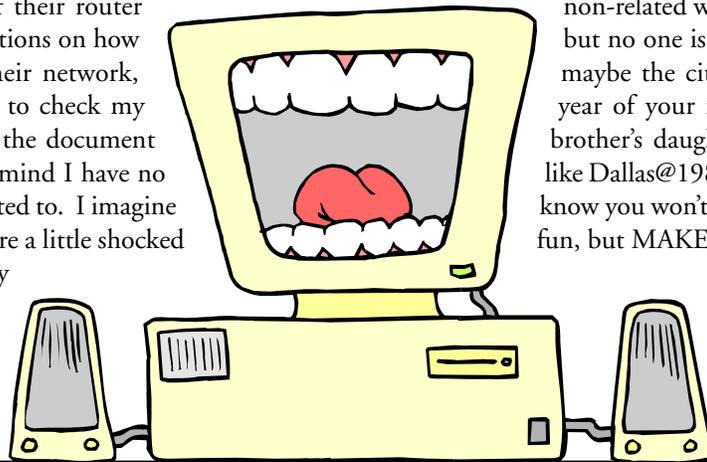
The two levels of security that are usually displayed with a padlock symbol are WEP and WPA. WEP falls into the "poor" category of security. WEP will keep honest people out of your network, and will prevent someone from accidentally getting connected to your network, but WEP was "cracked" several years ago, and nowadays it only takes a laptop and 60 seconds to break into a network secured with WEP.

What you should be using is WPA (or WPA2) to provides a connection that (with a good password) can't be cracked in a comfortable lifetime. Log into your router (usually at <http://192.168.0.1> or <http://192.168.1.1>), go to the wireless security settings and set it for WPA. Then change your laptops and other wireless devices to match.

There are many different routers on the market, but there are a few standard rules to follow: Changing the security settings on your router should always be done with the computer attached to the router via a network cable - don't change it over a wireless connection. If you make a mistake, you won't be able to get back in to fix it. In the wireless security settings on your router, you will see WEP and SHOULD see WPA as options. If you don't see WPA as an option, your router is probably several years old. Go to the manufacturer's support page on their web site and look for updated "firmware" to download. Download the firmware and update the router per the instructions provided by the manufacturer. If the latest firmware doesn't provide WPA encryption, then it's time for a trip to Best Buy or Fry's for a new router. ANY new router will provide WPA encryption. Next use a strong password. A strong password should be at least 12 characters long, feel free to make it a lot longer - the longer the better. Be sure to use upper and lower case letters, use numbers AND use special characters like # * (\ } [@ ! &. Write it down and put it in a safe place. If it helps, use 2 or 3

non-related words or numbers that you know but no one is likely to guess. Something like maybe the city you got married in with the year of your first car and the name of your brother's daughter. It might look something like Dallas@1989!Samantha#. Even people you know you won't guess this. Be creative and have fun, but MAKE IT STRONG!

Next month I'll talk about keeping your information secure when you're online both at home and away.



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Lakes on Eldridge North

The Science of Grocery Shopping

Submitted by Kelly Bruneman, Certified Nutrition Specialist

The grocery store can be a scary place! All those aisles filled with grocery goodness! What is healthy and what isn't? How do you know where to start and what to buy? Follow these simple rules to ensure that you get the most out of your grocery shopping experience:

• STAY TO THE OUTSIDE

- Most everything you need is on the perimeter of the store. Your produce, meats, and dairy cases are all on the outside. The aisles are where the boxed and processed foods reside.

• ORGANIC...IS IT WORTH IT?

- Not all things are necessary to buy organic. The following produce list is often referred to as the "Dirty Dozen" because they contain the highest levels of pesticides.
 - THE DIRTY DOZEN: Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes (Imported), Spinach, Lettuce, Potatoes.
 - THE LEAST CONTAMINATED: Onions, Avocado, Sweet Corn (Frozen), Pineapples, Mango, Asparagus, Sweet Peas (Frozen), Kiwi Fruit, Bananas, Cabbage, Broccoli, Papaya.

- Beef, Poultry, and Dairy are also worth the organic price because they are produced without growth hormones and antibiotics.
- Currently the USDA has not developed organic certification standards for seafood.
- REMEMBER: buying organic foods that aren't good for you doesn't make them healthy!!

• BUY FROZEN

- Frozen fruits and vegetables are often flash frozen locking in nutrients better than canned foods.
- Frozen fish and chicken is also flash frozen at the source locking in nutrients and making them convenient alternatives to store in your freezer.

• DON'T BE AN IMPULSE BUYER

- Make a list according to how your grocery store is laid out and STICK TO IT! If ice cream isn't on your list, don't go down the ice cream aisle.
- Don't go to the grocery store when you are tired, hungry or irritable. This almost always leads to impulse buys.

(Continued on Page 19)



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www.maids.com



Lakes on Eldridge North

The Science of Grocery Shopping- (Continued from Page 18)

- If possible, don't take the kids! Grocery stores target impulse buyers and almost all kids are impulse buyers!
- Don't get distracted at the checkout line. As you are waiting to check out grocery stores stock the racks with tempting candy bars and sodas. Don't be fooled! If you think you might give in bring in water with you and pop a piece of sugar free gum! Or flip through the latest gossip magazine until it is your turn to pay.
- If you don't buy the junk food, you won't have it in the house!

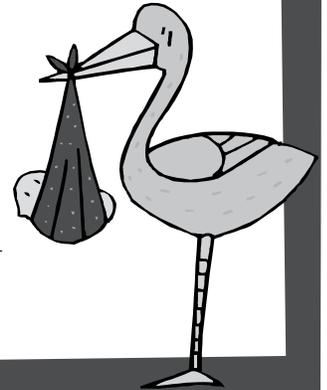
• CHECK OUT THE LABEL

- THE FDA requires that all ingredients be listed in descending order of predominance by weight. Try to pick foods that have a short ingredient list that don't have many artificial ingredients.
- Look for foods that have ingredients that you can pronounce
- Choose foods that are "real". Examples are 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.

Finally, just take a deep breath and go for it! You are in control and remember if you don't buy it; it won't find its way into your house!

Stork Report in Lakes on Eldridge North

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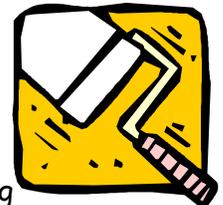
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Movie Review

By Kiko Martinez - San Antonio-based film critic/writer
www.CineSnob.net

Harry Potter and the Half-Blood Prince

Daniel Radcliffe and Michael Gambon star in "Harry Potter and the Half-Blood Prince," the sixth installment of the series.



Starring: Daniel Radcliffe, Jim Broadbent, Emma Watson
Directed by: David Yates ("Harry Potter and the Order of the Phoenix")

Written by: Steve Kloves ("Harry Potter and the Goblet of Fire")

The popular boy wizard continues down the mysterious road of sorcery and wonderment that has entertained fans for the last eight years in the sixth installment of the J.K. Rowling's fantasy franchise, "Harry Potter and the Half-Blood Prince." Who would have guessed that Harry's most formidable adversary in the new film would be puberty?

Yes, Harry (Daniel Radcliffe) has developed into a young man, and just in time. In "Half-Blood Prince," there's far more to fear than acne breakouts and raging hormones. The Dark Arts flourish as Harry and best friends Ron (Rupert Grint) and Hermione (Emma Watson) continue on their quest to stop the evil Lord Voldemort (seen in this film only as a gothic-looking young student).

The story begins with Albus Dumbledore (Michael Gambon) interfering into Harry's life outside of Hogwarts as he flirts with a café waitress and sets up an impromptu date. Harry, who now knows he is "the chosen one," doesn't have time to enjoy the Muggle world as much as he would like. Dumbledore whisks him off to visit retired professor Horace Slughorn (Jim Broadbent) so they can try to persuade him to return to Hogwarts. There's something Slughorn is suppressing in his memory that can help Harry understand how to defeat Voldemort.

Along with Slughorn's secrets, Harry must contend with a trio of smoky Death Eaters, who are terrorizing both the Muggle and Wizard worlds, Draco Malfoy (Tom Felton), who is coming into his own and doing so by following orders of the Dark Lord himself, and, of course, the romantic high jinks that seems contagious throughout the entire school.

While romance continues to blossom occasionally between Harry and Ginny Weasley (Bonnie Wright), Ron and Hermione's ambiguous relationship halts for a moment when another girl (Jessie Cave) begins to show interest in Ron. There's no need for too many doses of love potion in the high school-like melodrama that plays out in the halls of Hogwarts. With all the heartbreak, jealousy, infatuation, and pitter-patter of youthful hearts, it's really a treat to see there's actual blood pumping through these characters as the story continues to unfold.

Directed by David Yates, who was also behind "Order of the Phoenix," "Half-Blood Prince" is the most dialogue-heavy of the entire series. Yates and his screenwriting team slow down the pace considerably to uncover more of the emotional elements of everyone involved. However, there are still highly entertaining scenes comprised of impressive special effects and sprightly editing (you can't have a "Harry Potter" movie without a weather-beaten game of Quidditch). "Half-Blood Prince" is also the funniest of the bunch.

While actual magic might be a secondary thought in Rowling's text, "Half-Blood Prince" is a notable addition to the narrative as a whole. It all leads up nicely to the final installment, "Harry Potter and the Deathly Hollows," which will be released in two parts in 2010 and 2011 respectively.



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Price Range:	315,000 109,900	308,500 1,099,000	288,000 975,000
Average Price	\$497,253	\$703,750	\$418,313
Avg price / sq.ft.	\$120.75	\$169.54	\$116.50
Avg DOM	60	44	41
Low Price / sq.ft.			\$80.50
Hight Price / sq.ft.			\$186.00



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The “Four Awareness” Points When Playing Tennis

Submitted by Fernando M. Velasco

In past issues, I have written about how to choose proper tennis equipment and efficient ways to practice. This issue offers advice on how to tackle the “critical points” in your matches.

In every match, you will find critical points that can determine whether a player wins or losses. At these critical points, I suggest reviewing what I call the “four awareness” points:

FIRST AWARENESS: SELF

Every player possesses certain shots that they feel more comfortable hitting on a critical point. For example, it could be a forehand topspin, or a slice one. When choosing which shot to hit on a critical point, decisively utilize the shot that comes more naturally without changing your mind. That is when mistakes are made.

SECOND AWARENESS: OPPONENT

When the players decide on a shot at a critical point, they need to consider their opponent’s strengths and weaknesses. During the match, they should notice the shots the opponent has less success with than others. On a critical point, players should use the shot they feel more comfortable with but also they will aim towards their opponent’s weaknesses.

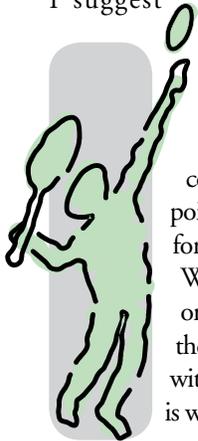
THIRD AWARENESS: COURT

Once you decide on your most consistent shot, consider the opponent’s weakness, you also need to take into account the court conditions. Factors such as the sun, wind, and surface will make a difference on the shot executed. When in doubt, you should either choose a shot toward an opening on the court, or directly at your opponent’s feet; open spaces or shoe laces.

FOURTH AWARENESS: SCORE

When you decide on your shot, the placement and being aware of the court challenges, a good player should also remember the score in hand. Players will be aggressive when the score is in their favor, and be more conservative when tied, or behind. For example, when a player is serving at 40-15, the serve should be a powerful and assertive. In contrast, if the score is 15-40, the player should serve the first serve with some power, but with more placement.

Over time, these four awareness points will become both automatic and reactionary as players become more experienced in playing and competing. After the shot has been properly executed, they will sometimes give themselves a pat on the back for doing the right thing at the right time, and remind themselves that they followed the “four awareness” points.



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Texas Events - August

- 1—BAYTOWN:** Grape Stomp @ Yepez Vineyard Hours are noon to 5 p.m. Yepez Vineyard, 12739 F.M. 2354. www.yepezvineyard.com 281/573-4139 or 281/804-3401
- 1—KEMAH:** Salsa on the Boardwalk Enjoy great food and the exotic sounds of salsa and Latin jazz. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880
- 1—ORANGE:** OCARC Fishing Tournament (Began Jul. 31.) 409/886-1363
- 1-2—SOUTH PADRE ISLAND:** 70th Texas International Fishing Tournament Offers fun for all anglers of all ages. (Began Jul. 29.) www.tift.org 956/943-8438
- 1-2, 7-9—BAYTOWN:** Disney's Beauty & the Beast Lee College Performing Arts Center, 200 Lee Drive. www.baytown.littletheater.org 281/424-7617
- 1, 8, 15, 22, 29—CORPUS CHRISTI:** Live Music Bay Cruise Captain Clark's Flagship. E-mail: CaptClarksFlagship@worldnet.att.net 361/884-8306
- 2—PALACIOS:** Shrimporee 361/972-2664
- 2—SANTA FE:** Czech Festival Music provided by the Accordion Cowboy. Begins at 1 p.m. Haak Winery, 6310 Ave. T. www.haakwine.com 409/925-1401
- 2—VICTORIA:** Our Lady of Sorrows Jamaica Community Center. 361/575-2293
- 5, 12—ORANGE:** Wild Wednesdays at Shangri La Offers a series of classes presented by Shangri La's summer scholars to educate the public about the natural world. Topics include invasive plants, spiders, snakes and Shangri la History. Shangri La Botanical Gardens. www.shangrila.gardens.org 409/670-9113
- 6-9—PORT ARANSAS:** Texas Legends Billfish Tournament Boats may leave from any Texas port. Activities include the captain's party, memorial dinner and awards brunch. www.txlegends.com 281/474-4000
- 7—TOMBALL:** Tomball Night Includes bands, vendor booths, lighted parades and fireworks. www.tomballchamber.org 281/351-7222
- 7-9—BEAUMONT:** Beaumont Cruise & Hot Summer Nites Shine up the rims, polish the windows and have a blast in Southeast Texas. www.firemuseumoftexas.org 409/769-7599
- 7-9—SOUTH PADRE ISLAND:** 28th Annual Ladies Kingfish Tournament More than 250 women are expected to compete in this boat tournament. Includes bay and offshore divisions. www.spichamber.com 956/761-4412
- 7-9, 14-16, 21-23—WHARTON:** My Fair Lady Henry Higgins falls in love with Eliza Doolittle in this triumphant show about a cranky linguistics professor's efforts to turn a Cockney flower girl into something like a lady. The Plaza Theatre. www.whartonplazatheatre.org 979/282-2970
- 7, 14—ROSENBERG:** Hot Summer Concerts Performers include Karaoke Night on Aug. 7 and Mofo Party Band closing the series on Aug. 14. Begins at 7 p.m. Third Street Park. 832/595-3525
- 8—CORPUS CHRISTI:** Howl at the Full Moon Cruise Get a spectacular view of the full moon over Corpus Christi Bay. Peoples Street T-Head. www.HarborFerry.net 361/438-2667
- 8—HOUSTON:** Ottmar Liebert & Luna Negra Features Latin/adult contemporary/world music. House of Blues. www.hob.com/venues/clubvenues/houston 888/402-5837
- 8—PALACIOS:** Family Fishing Tournament 361/972-2615
- 8—PALACIOS:** Market Day 361/972-2615
- 12—SAN BENITO:** El Second Weensdee Enjoy an oral history series on conjunto music. Begins at 7 p.m. The Narciso Martinez Cultural Art Center, 225 E. Stenger St. www.cityofsanbenito.com 956/399-0110
- 14—HOUSTON:** Bats on the Bayou Observe the emergence of approximately 250,000 bats from Waugh Street Bridge. The 90-minute guided tour is guaranteed to be both mesmerizing and informative. Meet at Allen's Landing. www.buffalobayou.org 713/752-0314 ext. 4
- 14-16—HOUSTON:** Bayou City Inspirational Film Festival Showcases positive, educational and inspirational film and video projects from around the world. Includes seminars, workshops, networking events, film screenings, youth spotlights and much more. www.bciff.com 281/204-7219
- 14-16—ROSENBERG:** 35th Annual Festival of Glass & Antique Show & Sale Preview is 2 to 7 p.m. Friday. Hours are 10 a.m. to 5 p.m. Saturday and 11 a.m. to 4 p.m. Sunday. Fort Bend County Fairgrounds. www.houstonglassclub.org 281/342-4876 or 713/729-4267

(Continued on Page 26)



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Texas Events - (Continued from Page 24)

15—SAN BENITO: Market Day & Farmer's Market Enjoy live music and arts & crafts at this open-air bazaar. Hours are 9 a.m. to 3 p.m. Plaza de San Benito. www.cityofsanbenito.com 956/361-3804 ext. 304

15-16—PORT NECHES: Trade Day on the Avenue Includes antiques, collectibles, decor, entertainment, food and music. Port Neches Avenue. 409/722-4023

20-Oct. 8—NASSAU BAY: Flotsam & Jetsam Artists respond to Hurricane Ike in this open juried show. The Arts Alliance Center at Clear Lake. www.taaccl.org 281/335-7777

21—HOUSTON: A Tribute to the Big Band Era Features original works by Conrad Johnson Youth Orchestra, Young Adult Orchestra and the Conrad Johnson Jazz Heritage Orchestra. Miller Outdoor Theatre. www.milleroutdoortheatre.com 281/373-3386

22—BEAUMONT: Downtown Jazz Fest The streets of historic downtown will be filled with the soulful sounds of Lou Ann Barton, Dean James, Jimmy Simmons, Billy McCormic, Dwayne Hildreth Band, The Greyhounds, Marion Meadows, Jack Edery and many others. www.beaumont-tx-complex.com 409/838-3435 ext. 1

22—HOUSTON: Keeping the Music Alive Concert event pays tribute to popular recording artists Marvin Gaye and Donnie

Hathaway. Miller Outdoor Theatre. www.milleroutdoortheatre.com 281/373-3386

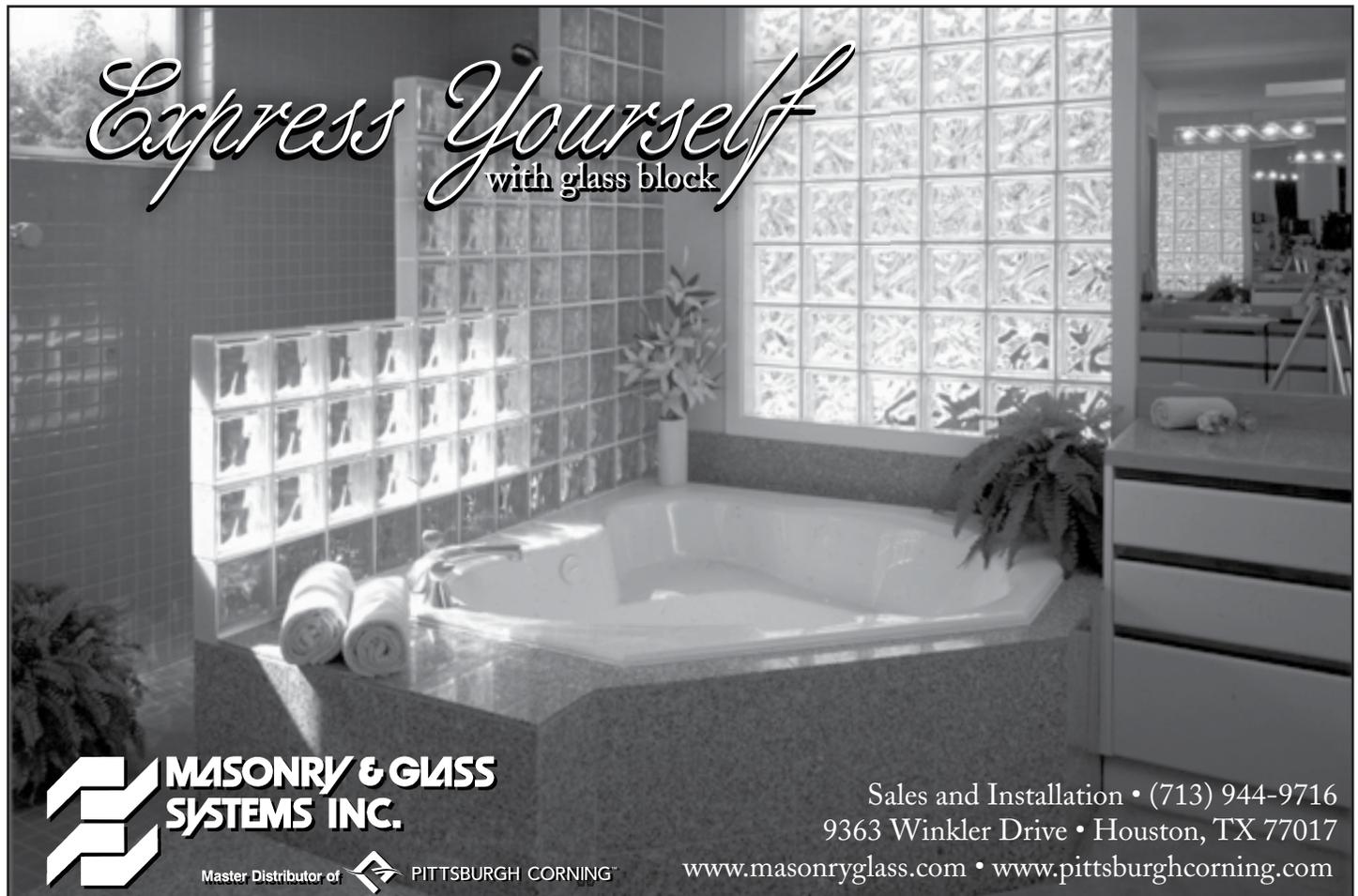
22—SOUTH PADRE ISLAND: USA Surf 'n' Turf Adventure Race Puts two-person teams through a multi-sport challenge including biking, running and some water paddling. Mystery events are also included. www.unlimitedsportsadventures.com 956/350-4247

23—SANTA FE: Greek Festival Begins at 1 p.m. Haak Winery, 6310 Ave T. www.haakwine.com 409/925-1401

24-Oct. 25—PORT ARTHUR: Rauschenberg Tribute Exhibition The competition is open to artists who are 18 years or older and whose work is inspired by and/or reflective of Robert Rauschenberg. Museum of the . www.museumofthegulfcoast.org 409/982-7000

28-29—HOUSTON: The Marriage of Figaro by Mozart Sung by the Houston Ebony Opera. Miller Outdoor Theatre. www.milleroutdoortheatre.com 281/373-3386

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Meet Johnathan

DOB: 10/1997

Johnathan is an affectionate child who loves to give and receive hugs. He loves trains, building with Legos and cardboard boxes. He also enjoys going on outings and watching cartoons, especially Scooby-Doo. His favorite food is pizza.



He has been diagnosed with an Autistic Spectrum Disorder which requires therapy. He is not able to communicate as easily as other children his age, which can be very frustrating for him. He has made tremendous progress in foster care and has a strong desire to please the adults around him. Johnathan requires a high level of supervision due to his activity level and his social skills. Johnathan's foster mom describes him as a "lovable child" and a "good kid."

For more information about adoption in general or Johnathan, please contact the Adoption Coalition of Texas at info@adopttexas.org.

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It's Criminal!

The Associate by John Grisham

I am a positive person and I feel bad about putting negativity out there, especially in a book review. I must say, however, that *The Associate* by John Grisham was a terrible book. I hadn't read anything by Grisham since *The Firm* and *The Pelican Brief* while in high school. At the time, they seemed like somewhat smart novels. I came across *The Associate* at Half Price Books and thought "why not?" Boy, has time changed the author—and not for the better. My mom put it best, "he has a formula to his books." Meaning, he doesn't put much thought into the books other than to get them on the bookshelves as quickly as possible. Do lawyers even read these books or find them even mildly entertaining?

In the book, a hotshot law student has two great job offers and a bright future, but a blackmailing expert team has found a skeleton in his closet and exploits it to the fullest in order to obtain highly confidential information. Only in the last 50 or so pages does the law student finally realize that he should just come clean and face the issue. Wouldn't a Yale law student know how to resolve the situation without having to work with the blackmailers? I have absolutely no law background, but I saw no evidence to even convict him!

Character development was poor and the book was loaded with cliché after cliché and stereotypes (i.e. the hot law student who dressed really great and showed off her perfect body to the enjoyment of her male colleagues). The ending was horrifically lazy and unfinished.

Looking at the bright side, I hope this review saved you a worthless read.

Feel free to comment on this review or your thoughts on the book or suggest a book for me to review on my blog at <http://www.brittsbuzz.blogspot.com>.

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Sudoku

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

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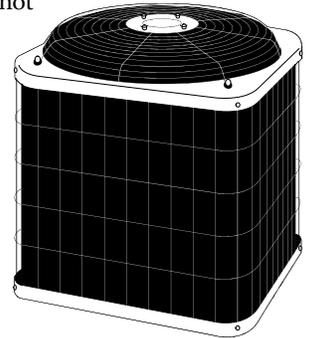
Submitted by Robert Lee

Over the previous six months there has been more discussion on Air Conditioning efficiency and home efficiency than any other time in recent years! Since manufacturers, local utilities and the Federal Government are offering rebates people have a better understanding of SEER and EER (efficiency ratings) of air conditioners. Overall this is a good thing, but it only addresses half of the problem!

The air distribution system (air ducts) are the other half of the equation and have nothing to do with the published SEER or EER ratings! The only way to know if your system is even close to running at capacity is to test it after it is installed so that the entire system, including the ductwork, is tested.

Have you spent good money on a new system but still have hot spots, cold spots or uncomfortable rooms; or maybe you haven't seen your energy bills reduced? Are you thinking about taking advantage of the Federal Rebate by purchasing new high efficient equipment? If your answer is yes to any of these questions then please think about the whole system! Efficient new equipment on old, inefficient ducts is a recipe for discomfort, or worse, failure!

Call to have a certified professional test your entire system today; stop throwing money away every month and have a more comfortable, and efficient, home.



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Travel Tips

Submitted by Marina Byrum

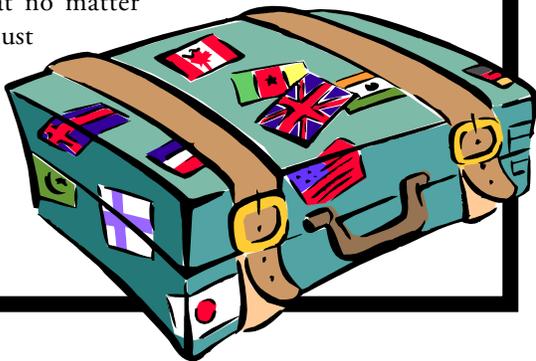
If you plan to travel this year, you should be able to take advantage of the many bargains that are available. With the stock market wavering and the economy slowing, most cruise lines, tour operators and hoteliers are feeling the pinch as travelers cut back on vacation spending.

The good news is that this is a great time to travel, as prices for almost everything are being slashed by as much as 75% off normal pricing. Many seven-night cruises are available for about \$1,000.00 per couple, based on an inside cabin (no window or porthole). Hotels are cutting their rates also; with some offering 4th and 5th nights free; or discounts as high as 60% off the normal rack rates.

Whereas cruise lines have always offered discounts to those who book six months or more ahead; now they are discounting even more. Carnival Cruise Lines, for example, now offers an Early Saver Fare that offers about a 45% discount; with the caveat that your deposit is non-refundable. They also offer an optional insurance policy that would recover your deposit if you need to cancel for any covered reason; i.e., accident, illness or death in the immediate family.

Planning a vacation has never been easier; and it's doubtful we will ever see it cheaper. That is, unless the economy continues to slide. As we enter the month of July, there is still plenty of availability for the rest of the summer; something that has not been true in summers past.

So take advantage of the deep discounts if you can; and remember that no matter where you go, just take care to enjoy the journey. Have a fun, safe summer.



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WORK OUT CHRONIC FATIGUE

Chronic fatigue is more than just feeling tired all the time. For those who suffer from this mysterious syndrome, it can be a constant battle simply to get out of bed in the morning. Symptoms of chronic fatigue syndrome (CFS) include unexplained fatigue lasting 30 days or more; flu-like symptoms such as a sore throat, generalized muscle pains, head-aches and swollen lymph nodes; difficult concentrating and sensitivity to bright light. CFS was dubbed the yuppie flu in the '80s and, despite the fact that it has been recognized as a legitimate, often debilitating illness, it is still met with scorn and disbelief.

There is no cure for CFS. For some people, it simply goes away, while others are debilitated by it for many years. Because the cause is largely unexplainable, treatment for CFS focuses primarily on relieving symptoms.

LOW BLOOD PRESSURE CAN BRING YOU DOWN

One of the latest theories proposed to explain CFS is that individuals who suffer from this condition also may have extremely low blood pressure. Researchers at Johns Hopkins University found that 22 of 23 CFS patients also had a disorder called neurally mediated hypotension (NMH). People with NMH get dizzy from standing up too quickly or from standing for extended periods of time, signaling that not enough blood is reaching the brain. When treated for NMH for six months (either with medication or by increasing salt and fluid intake), nine of the 22 CFS patients said that all or nearly all of their CFS

symptoms had disappeared; another seven said that their symptoms had improved.

A NOVEL APPROACH

But what about those who have normal blood pressure, but still fight persistent fatigue? Here's an interesting proposition: Is it possible to treat chronic fatigue with exercise?



Some researchers think so. A recent review of existing research on CFS explored the possibility of using physical activity programs to treat this puzzling condition. The findings are intriguing, if not conclusive.

Many people with CFS claim that they are too tired to exercise. Measurements of strength, exercise capacity and muscle function, however, suggest that CFS patients are not much weaker than the controls (people without CFS) they are compared to in research studies. This suggests that their capacity to exercise is greater than they may perceive. But telling someone who feels unable to get out of bed to exercise is probably an exercise in futility.

EXERCISE FOR ENERGY

Still, physicians such as Dr. Neil Gordon, author of *Chronic Fatigue: Your Complete Exercise Guide*, view exercise as a form of medication and an integral part of rehabilitation from CFS. Exercise programs for people with CFS are not much different than any other comprehensive exercise program: Cardiovascular, strengthening and range-of-motion training should all be addressed. The primary difference is the pace and degree of progression: CFS patients need time to build their strength and adapt to the increased demands of exercise. And, as with any other physical condition, CFS patients should consult with their physicians before beginning an exercise program.

EXERCISE YOUR OPTIONS

People with CFS feel limited by their condition to enjoy the benefits of an active life. But as anyone who exercises will tell you, expending energy brings about increased energy in return. The same may hold true for individuals who are plagued by the unexplained tiredness of CFS.



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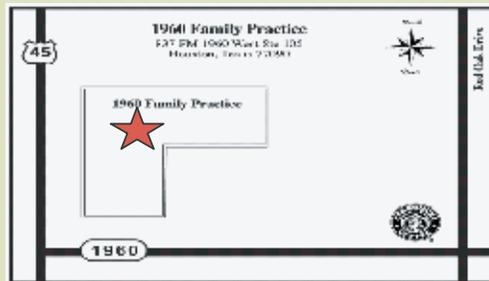
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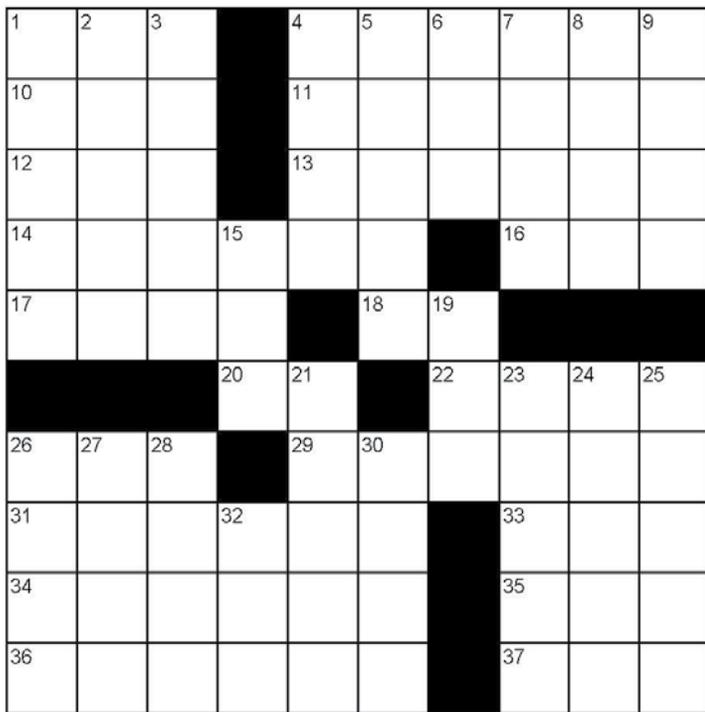
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Crossword Puzzle



ACROSS

1. Belong
4. Elevator alternative
10. Fire remains
11. Short guy, hairy feet
12. Manipulate
13. Indoor
14. Coaxing
16. Condensation
17. Adolescent
18. South Carolina (abbr.)
20. New Jersey (abbr.)
22. Hornet
26. Rock
29. Loves
31. Demonstrate
33. Government agency
34. Subordinate
35. Cause of sickness
36. Elapse (2 wds.)
37. Surface to air missile

DOWN

1. Finds _ -
2. Make available
3. Not here
4. Tibia
5. Fire iron
6. Abdominal muscles (abbr.)
7. As previously cited
8. Cycle
9. Soup
15. Hotel
19. Cash with order (abr.)
21. Rachel's husband
23. Regions
24. Reddish brown
25. Sacred song
26. Pearls
27. Vile
28. Brief
30. Refuse to believe
32. Pinch

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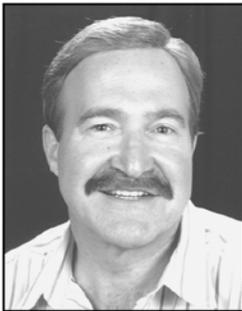


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