



LAKES

ON ELDRIDGE
NORTH

Volume 9, Issue 5

May 2010

Congratulations & Good Luck!



Yorkshire Academy sent six students to the PSIA State Competition on May 1st at Texas Christian University in Ft. Worth. The students will be competed in Art Memory, Creative Writing, Poetry, and Spelling.

Students pictured from left to right: Paul Limmsuwannorot, Madeline Luther, Navi Chawla, Lauren Dubner, Duncan Rowe, and Chloe Matta.

Lakes on Eldridge North

IMPORTANT NUMBERS

Gate Attendant.....	713-856-6127
Harris Co. Sheriff - (non-emergency)	713-221-6000
Cy-Fair Fire Department - (emergency).....	281-466-6161
(non-emergency).....	281-550-6663
Poison Control.....	1-800-764-7661
Texas DPS.....	713-681-1761
Waste Management.....	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Services	713-983-3602
(Service or emergencies 24 hrs) ...	713-983-3604
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
(give pole # of street which is out)	
Entex (gas)	713-659-2111
Time Warner Cable.....	713-462-9000
Houston Chronicle	713-220-7211
Metro Transit Info.....	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Ridge High School	281-807-8000
Newsletter Publisher	
Peel, Inc.	advertising@PEELinc.com, 888-687-6444

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Email Articles to loen@PEELinc.com.

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Email personal classifieds to loen@PEELinc.com.

ADVERTISING: Deadline for submitting ads is the 8th of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com *for information on advertising.*

Lakes on Eldridge North's Stork Report

Congratulations!
Let us help celebrate...
email info on the arrival
of your little one to
loen@peelinc.com.

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John Kane	Treasurer
Peter Smart.....	Secretary
Jim Flanary	Director

Article Submissions

Please e-mail articles and/or photos to loen@peelinc.com.

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

For up-to-date announcements
and information check our
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Ann

Lakes on Eldridge North
1st Quarter Neighborhood Update...

Price Range	Under 400K	400K to 600K	600K Plus
Number of Sales	4	6	1
Avg. List Price	\$363,600	\$477,566	\$689,000
Avg. Sales Price	\$349,002	\$458,300	\$667,000
Avg. Sq. Footage	3,278	3,683	5,457
Avg. Price per Sq.Ft.	\$106.47	\$124.44	\$122.23
Days on Market	44	99	259
SP/LP Ratio	97%	96%	97%

* Adjusted sales price after seller contributions to closing costs or repairs
 Values are based on averages from all sales, per MLS

ANN KNOCHE
 Realtor® Associate

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Lakes on Eldridge North

HOUSTON PREMIUM OUTLETS® BEGINS CONSTRUCTION FOR EXPANSION

Upscale Outlet Center to Expand to 145 Stores

Just over two years after its successful opening, Houston Premium Outlets® has started construction on a major expansion. The center's Phase II expansion will bring the total number of stores at the center to 145 designer and name-brand outlet stores, adding 114,000 square feet of gross leasable area (GLA) bringing the center to 541,000 square feet. New stores will be open in time for the Holiday 2010 shopping season. More than 25 new stores will be added including Saks Fifth Avenue Off 5th which will become the center's largest store, A/X Armani Exchange, Esprit, J.Crew, Joe's Jeans, Lacoste, Talbots and many others to be announced at a later date. Houston Premium Outlets is part of the Premium Outlets portfolio of outlet centers owned by Simon Property Group.

With 120 stores, Houston Premium Outlets offers savvy shoppers upscale outlet shopping, with an impressive collection of brands including Adidas, Ann Taylor, BCBG Max Azria, Brooks Brothers, Burberry, Calphalon Kitchen Outlet, Coach, Cole Haan, Elie Tahari, Juicy Couture, Kate Spade, Kenneth Cole, Le Creuset, Michael Kors, Nike, Tag Heuer, Tommy Hilfinger, True Religion and more. With everyday savings of 25 to 65 percent, this outdoor center has quickly become a shopping destination for fashion and value-conscious shoppers.

Houston Premium Outlets offers discerning shoppers an impressive variety of merchandise including designer apparel for women, men and children, shoes, fashion accessories, high quality leather goods, housewares, gifts and more. The single level outdoor village has a southwest architectural and creates a pleasant, upscale atmosphere for shoppers. While pedestrian courtyards are outdoors, there is sufficient coverage to provide all-weather shopping comfort. Individual outlet stores are reminiscent of boutiques found in the finest shopping districts of the world.



“We are pleased to be expanding Houston Premium Outlets not only to fulfill merchant demand for space, but also to satisfy shoppers’ desire to have an even greater selection of brands at impressive savings,” said Michele Rothstein, Senior Vice President - Marketing for Premium Outlets, the outlet division of Simon Property Group. In addition to the more than 500 jobs being created during construction, this expansion will add over 250 new retail jobs to the community. “We are thrilled that our center is providing not only great outlet shopping but is also supporting the community by creating new jobs and assisting in the overall economic growth for the area. The expansion of the center will enable us to enhance these benefits.”

The center has a centrally located food court, and offers a wide range of customer services including an Information Center

providing area and merchant information, stroller and wheelchair rentals, gift cards and ATMs. The center offers special benefits to tours and groups. An online VIP Shopper Club offers members added savings with no fee to join. Members can enter the online VIP Lounge and download exclusive savings offers from merchants, coupon book vouchers – worth hundreds of dollars of additional savings, find shopping tips and more.

Houston Premium Outlets is conveniently located off of U.S. Highway 290 between Mason Road and Fairfield Place in Cypress, TX. Information about Houston Premium Outlets is available online at www.premiumoutlets.com/houston.



13102 SHERMONS POND

Lakes on Eldridge

Sensational updated custom home on corner lot with lakeviews - within walking distance to beach club, pool/tennis courts. Double mahogany leaded glass front doors open into 2 story tiled foyer and formal dining. Formal living has hardwoods, moldings and remote gas log fireplace. Plantation shutters throughout, recent exterior and interior paint, radiant barrier, new high-end appliances plus so much more. Gourmet island kitchen is great for entertaining! Professional landscaping/lighting, planters and courtyard with Italian fountain.



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For more information contact

KAY HORSCH

*Top Producer and
Lakes on Eldridge Resident*

713.703.8313

kay@kayhorsch.com
heritagetexas.com



Lakes on Eldridge North

2010 Spring Recruiting Drive

The Cy-Fair Volunteer Fire Department will host a series of recruiting open houses at three of our fire stations this month to educate and inform those interested in joining one of the largest volunteer fire departments in the nation.

The volunteer fire service was started in this country by Ben Franklin. For more than 250 years the volunteer fire service has continued this tradition of "neighbors helping neighbors". But over the past two decades the number of volunteer firefighters nationally has decreased by around 8%. The Cy-Fair Volunteer Fire Department has almost 400 volunteers today. The Cy-Fair VFD provides community based fire, EMS, and rescue services for 156 sq miles of Northwest Harris County using 12 fire stations. We provide all the necessary training and equipment needed. We have members from all walks of life including doctors, lawyers, bankers, realtors, career



firefighters, teachers, mechanics, welders, nurses, and stay at home parents. The only requirements are to have your high school diploma or GED, be 18 yrs old, and pass a drug and background check. The volunteers of the Cy-Fair Volunteer Fire Department save the tax payers of our area over \$28 million each year.

For anyone interested in volunteering there are a number of reasons to join:

- The satisfaction of helping others in your community especially when they are in need
- To gain experience and education in a wide variety of topics including - firefighting, emergency medical services, hazardous materials, fire codes, sprinkler systems and alarm systems
- Meet and work with others in your community, gain a sense of camaraderie with others by working together
Whatever your age or physical abilities there is something you can do at your local fire house to help out! While firefighters are needed, there are many other jobs where you could help:
- Drivers and pump operators are essential to all emergency operations (you can't get there without a driver!)
- Support personnel at the scene to move hoses, get equipment, etc.

(Continued on Page 7)

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Lakes on Eldridge North

2010 Recruiting Drive - (Continued from Page 6)

- EMS personnel are needed for both first responders and ambulances
 - Fire prevention teachers, people to help with truck maintenance and fire station maintenance are also needed.
 - IT personnel to assist with our computers, network, website, and printers
 - Help with fundraising and other fire company functions
- Please attend one of our open houses and find out how you can help out at your local fire station. If you cannot make one of the dates please call us at 281-550-6663 to speak with a Public Information Officer.

Recruiting Open House Dates and Locations:

- Sun May 23 at 6 pm Station 2 11210 Tower Oaks Blvd, Houston TX 77065 (near Jones Rd and FM 1960)
- Mon May 24 at 7 pm Station 5 16035 Aspenglen North, Houston TX 77084 (Off Hwy 6 just north of Clay Rd)
- Wed May 26 at 7 pm Station 10 11310 Steeplecrest, Houston TX 77065 (near West Rd and Jones RD)

American Business Women's Association Cy-Fair Express Network (CYFEN)

Event: Cy-Fair Express Network Monthly Networking Luncheon
 When: May 27, 2010
 Time: 11:30 am – 1:00 pm
 Where: Houston National Golf Club
 16500 Houston National Blvd
 Houston, TX. 77095

Networking and Business Luncheon

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Lots of fun, networking, and giveaways. Bring plenty of business cards. Please make reservations by May 21 to Anya Lucas @ (713)459-2331 or anya@lucascare.com. More information @ www.cyfen.org.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

<i>love</i>	<i>learn</i>	<i>lead</i>
		
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 <p>The Branch School Established in 1977</p>		

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Lakes on Eldridge North



The Cooper Foundation

*A Non-Profit Organization
for grieving families*

The Cooper Foundation is looking for volunteer facilitators to assist with peer support groups for grieving children and teens. No special skills are required, all training is provided. The volunteer time commitment is three hours, every other week, during the school year.

The next training sessions will be held on April 20th and May 4th, from 6:00pm - 9:00pm. You must attend both sessions. For more information, please e-mail Jaime@thecooperfoundation.org, or visit our web-site at www.Thecooperfoundation.org.

Oil & Gas Networking

If you work in any aspect of the Oil & Gas Industry and would like to network and meet your Cypress neighbors in your field, please come say Hi!

We will meet the 1st Monday of each month at IHOP on Hwy 290 (Next to CVS on Fry Road) between 5:30 am and 8:00 am.

Come by have a cup of coffee and get the latest events and happenings in the Industry. If you have any questions please feel free to email me at Kevin.Kays@sbcglobal.net

The Daughters of the American Revolution

Elisha Roberts Chapter, NSDAR meets every third Thursday at Meson 1910 Mexican Restaurant on Mason Rd. The Daughters of the American Revolution is open to any woman 18 years or older who can prove direct lineage to an ancestor who fought in the American Revolution or provided patriot service. Our new chapter is looking for members. If you are interested in joining, please stop by and say hello...meetings start at 7 pm. If you have any questions, please feel free to contact me: Laura Neal at lizardsareicky@sbcglobal.net or 281-256-3545.



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Annual 12th Russian Children's Folk Festival 2010

Happy Families has been sponsoring orphaned children to participate in our Russian Children's Folk Festival since 1981! We plan to bring 15-20 children ages 6-12 from orphanages in the Kaliningrad region with their chaperones to Houston, TX in June 2010. The children will be staying with host families for 2 weeks.

School age children are one of the most deprived groups of Russian orphans. They have few chances for a bright future in Russia. The festival gives them a unique opportunity to see a different world outside of their orphanages.

These annual events have found much attention from the media, including coverage on ABC's Good Morning America and New York Times and many more. See details at www.happyfamilies.org.

What are the requirements to bring a child? Happy Families needs to raise about \$2,000 to bring each participant. This covers airfare, transportation in Russia, passports, visas, medical insurance, translation and coordination. We are asking for your support and participation in this project. Please contact us for additional information on how you can help.

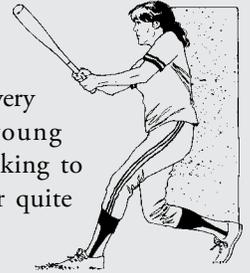
Sincerely,

Svetlana Startz
 Director, Russian Children's Festival
Svetlana@happyfamilies.org
 281-871-8008

Trinh Le, Ph.D.
 Parent Volunteer
trinhtole@hotmail.com
 281-304-4361

Cy-Fair Storm

The 2002 Cy-Fair Storm is looking for 2 - 3 solid players to complete our roster. We practice 3 times a week at Dyess Park and will play 1 to 2 tournaments a month. We are a very competitive, young team that is looking to stay together for quite some time.



Cy-Fair Girls Athletic Association
 A.D. Dyess Park
 16822 Kitzman Road
 Cypress, Texas

Contact: CFSTORM2002@yahoo.com



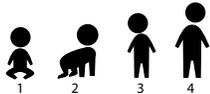
COLIN'S HOPE

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FACTS YOU NEED TO KNOW ABOUT DROWNING

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

DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW



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.

Real Estate Market Report

Lakes on Eldridge North Specialist

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FORBES MAGAZINE Oct 08

	ACTIVE	PENDING	SOLD Last 6 Mos
# of Listings	28	2	25
Price Range:	\$329,000 \$1,150,000	\$356,000 \$359,000	\$301,000 \$735,000
Average Price	\$501,028	\$357,500	\$458,456
Avg Price/sq.ft.	\$125.45	\$105.87	\$119.55
Avg DOM	65	75	93
High Price/sq.ft.			\$153.22
Low Price/sq.ft.			\$100.76



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Can the Weather Affect My Child's Asthma?

Weather and Asthma

The effect of weather on asthma symptoms isn't fully understood, but clearly there is a link. Numerous studies have shown a variety of connections, such as increases in asthma-related emergency department visits when certain weather conditions are present. Some people find that their asthma symptoms get worse at specific times of year. For others, a severe storm or sudden weather change may trigger an attack.

Exposure to cold, dry air is a common asthma trigger and can quickly cause severe symptoms. People with exercise-induced asthma who participate in winter sports are especially susceptible. Dry, windy weather can stir up pollen and mold in the air, leading to problems for some people.

Hot, humid air also can trigger asthma symptoms, and wet weather encourages the growth of mold spores, another asthma trigger. In certain areas, heat and sunlight combine with pollutants to create ground-level ozone, which is also an asthma trigger.

Studies have shown that thunderstorms can trigger asthma attacks. One study showed that during thunderstorms, the daily number of emergency department visits for asthma increased by 15%. The study concluded that the problem was caused by the number of fungal spores in the air, which almost doubled. It wasn't rain, but the wind, that caused this increase. Changes in barometric pressure may also be an asthma trigger.

Avoiding Allergy Triggers

If you suspect weather is playing a role in your child's asthma, keep a diary of asthma symptoms and possible triggers and talk to your child's doctor. Once you know what kind of weather triggers asthma symptoms, you can take steps to protect your child:

- Watch the forecast for pollen and mold counts as well as other conditions (extreme cold or heat) that might affect your child's asthma.

- Limit your child's outdoor activities on peak trigger days.
- Make sure your child wears a scarf over his or her mouth and nose outside during very cold weather.
- Keep windows closed at night to keep pollens and molds out. If it's hot, use air conditioning, which cleans, cools, and dries the air.
- Keep your child indoors early in the morning (before 10 AM) when pollen is at its highest levels.
- Your child shouldn't mow the lawn or rake leaves, and should be kept away from freshly cut grass and leaf piles.
- Dry clothes in the dryer (hanging clothes or sheets to dry can allow mold or pollen to collect on them).
- Make sure your child always has rescue medication on hand.

Your child's written asthma action plan should list weather triggers and ways to manage them, including any seasonal increases in medication. A child whose asthma seems to be allergy-related may also need to see an allergist for medication or allergy shots.

Reviewed by: Elana Pearl Ben-Joseph, MD

Date reviewed: June 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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Lakes on Eldridge North

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- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- The government works for me. I do not answer to them, they answer to me.

If you agree with any or all of the statements above then come to **The Glenn Beck 9/12 Project Organizational** meeting for Cypress on the second Thursday of each month.

IHOP Restaurant on Hwy 290 @ Rosehill

Get involved.

For more information, please call 281-373-9337.



We the People of Cypress/Waller 9/12 Project Group

NEXT MEETING:

Second Thursday of each month

Location: IHOP Restaurant on Hwy 290 @ Rosehill
For more information, please call Kerry LaLonde at 281-373-9337.

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.




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CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Kids Triathlon will be held MAY 22 at the Langham Creek YMCA. Kids ages 7 through 12 are invited to participate. Children compete in age groups for the events of swimming, biking, and running. Girls compete against girls and boys compete against boys. Every participant will receive a finisher's medal; a t-shirt, and other items. Awards will be given to the top three boys and top three girls in each age group. You may register online for \$25 or at the race for \$30. For links to on-line registration and entry forms, visit www.kiwanishouston.sunrise.org. Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities, such as the Triathlon. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair Schools; supports the Cerebral Palsy SIRE group, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

Membership 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 programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Cowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP.

Cy-Fair Republican Women

Cy-Fair Republican Women is a fun, informative and friendly club that would love to see YOU at our next meeting. We meet at 10:30 a.m., the second Tuesday of every month at Carraba's Italian Grill on Hwy. 6 near Longenbaugh. Texas State Representative Patricia Harless will be speaking on the 2010 Census and redistricting at our April 13th meeting. Don't miss this opportunity to meet this dynamic woman and hear about these important issues. Republican activist and Comedian Eric Golub will be speaking to the group at our May 11th meeting. Come hear his unique perspective our world today – you are sure to be entertained and educated at the same time. For more information, please see our website at CFRW.net or call Mary Moss at 281-550-9415 to RSVP.

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- RE/MAX Peak Performer
- Ranked one of top real estate offices in Houston by HBJ (RE/MAX Professional Group)



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FINANCIAL FOCUS

By Matt Smith

In the investment world, there aren't many certainties, but here's one of them: prices will always go up and down. As an individual investor, you can't do anything about this volatility. But the way you respond to it could make a big difference in your long-term investment success.

Many investors think they can "beat" volatility by trying to time the market — in other words, by buying when prices are low and selling when prices are high. In theory, this is an excellent strategy, but in reality, it's pretty much impossible to follow — because no one can really predict, with any accuracy, market highs and lows.

So instead of attempting to time the market, you're much better off by following a time-tested strategy known as systematic investing.

To systematically invest, you simply put the same amount of money into the same investments at regular intervals. To illustrate, you could put \$100, \$500, \$1000 or more into Investment X on the first of every month. To make it even easier on yourself, you could automatically transfer those dollars from your bank account directly into the investment you've chosen.

In all likelihood, your contribution will buy a different amount of shares of Investment X each month. For example, if Investment X sells for \$100 per share in January, a \$500 investment will buy five shares. In February, if the price has fallen to \$50 per share, your \$500 will buy 10 shares.

In other words, when you systematically invest, you'll automatically buy more shares when the price is low and fewer shares when the price is higher — and that's a great way to cope with market volatility. But systematic investing also offers some other advantages, including the following:

- **Efficient share building** — The more shares you own of an investment, the bigger your cumulative gains whenever the price of that investment rises. Consequently, increasing your shares should be a prime objective — and systematic investing is one way of building your share ownership.

- **Investment discipline** — Most people realize the value of investing for their retirement and other long-term goals, but they often put it off each month and find other things to do with the money — and by then, there's often nothing left to invest. But by setting up a bank authorization to invest systematically each month, you'll "pay yourself first."

- **Lower cost of investing** — Through systematic investing, your cost per share likely will be lower than if you made sporadic lump sum investments. And by lowering the cost of investing, you will, in effect have the potential to boost your returns.

While systematic investing is typically a good way to fight the effects of volatility, it can't guarantee a profit or prevent a loss in declining markets. And keep in mind that you need to have the financial wherewithal to keep investing through up and down markets.

But if you have that ability, consider putting systematic investing to work for you. It may not be glitzy or glamorous, but it may work for you.

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Cypress-Fairbanks I.S.D.

2010

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Important Dates

Aug. 12-13	New Staff Orientation
Aug. 16-20	Professional Days
Aug. 23	1st Day of School
Sept. 6	Student Holiday
Oct. 11	Professional Day / Elem. Parent Conferences
Nov. 24-26	Student Holidays
Dec. 20, 21	Inclement Weather Days/ Student/Staff Holidays
Dec. 22-31	Student Holidays
Jan. 3-4	Professional Days
Jan. 17	Student/Staff Holiday
Feb. 21	Professional Day / Inclement Weather Day
March 14-18	Student/Staff Holidays
April 22	Student/Staff Holiday
May 30	Student/Staff Holiday
June 1	Last Day of School
June 2	Professional Day / Inclement Weather Day

2011

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ELEMENTARY SCHOOLS

1st 9 Weeks: Aug. 23-Oct. 22
 2nd 9 Weeks: Oct. 25-Jan. 14
 3rd 9 Weeks: Jan. 18-March 25
 4th 9 Weeks: March 28-June 1

SECONDARY SCHOOLS

1st Semester

1st 6 Weeks: Aug. 23-Sept. 29
 2nd 6 Weeks: Sept. 30-Nov. 5
 3rd 6 Weeks: Nov. 8-Dec. 17

2nd Semester

4th 6 Weeks: Jan. 5-Feb. 18
 5th 6 Weeks: Feb. 22-April 15
 6th 6 Weeks: April 18-June 1

LEGEND

-  STUDENT/STAFF HOLIDAY
-  PROFESSIONAL DAY (Student Holiday)
-  FIRST & LAST DAY OF SCHOOL
-  PARENT CONFERENCES/
HOLIDAY FOR ALL STUDENTS/
PROFESSIONAL DAY
-  INCLEMENT WEATHER DAY

HOME TRENDS IN LOEN & LOE

2009 / 2010		LAKES ON ELDRIDGE NORTH			LAKES ON ELDRIDGE		
QUARTER	# of Homes Listed	# of Homes Sold	Absorption Rate	# of Homes Listed	# of Homes Sold	Absorption Rate	
Quarter 1	35	17	48.5%	23	4	17.3%	
Quarter 2	27	21	77.7%	27	16	59.2%	
Quarter 3	14	10	71.4%	20	9	45.0%	
Quarter 4	20	6	30.0%	13	6	46.0%	
Total	96	54	Avg: 56.9%	83	35	42.1%	

Absorption rate = sold/listed x 100

Thank You!

Special Thanks
to all who participated
in the food drive for
February & March.



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Are you home yet?

Lakes on Eldridge North



May Texas Events

- 15—HOUSTON:** Birding Walk & Talk Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800 ext. 222
- 15—HOUSTON:** Houston Masterworks Chorus World-class orchestra and singers present The Brahms Requiem at 7:30 p.m. Morris Cultural Arts Center Houston Baptist University. www.houstonmasterworks.org 713/529-8900
- 15—NEEDVILLE:** Junior Angler Education Workshop Learn the basics of fishing through hands-on instruction. Brazos Bend State Park. 979/553-5124
- 15—PORT ARTHUR:** Cajun Celebration Includes bands and dancing. Jefferson County Singles Club. 409/983-5118
- 15—VICTORIA:** Market Day Special Events Area — Riverside Park. www.victoriatx.org 361/485-3200
- 15-16—HOUSTON:** Houston Scottish Highland Games & Celtic Festival This event helps foster an interest in the culture and heritage of Scotland and preserve Scottish and Celtic traditions. Farm & Ranch Club. www.houstonhighlandgames.com 713/871-0061
- 15-16—ORANGE:** Texas Cajun Heritage Festival & Speckled Trout USA Fishing Tournament Features live Cajun bands, Cajun foods, Cajun arts & crafts, dancing, carnival and trout tournament. 1000 Simmons Drive. www.orangetexas.org 409/883-1011
- 15-16—PORT ARANSAS:** Anglers on Wheels This fishing tournament is for families and friends of physically challenged individuals. Woody's Sport Center. www.ditwtexas.org 210/254-2310
- 15-17—PORT ARANSAS:** Songwriters Showcase/Art Festival Arts & crafts booths are scheduled for Saturday and Sunday. Local singers/songwriters perform on Monday evening. Tarpon Inn Courtyard. www.thetarponinn.com 361/749-7334
- 16—HOUSTON:** Annual GTO Car Show Features more than 75 muscle cars on display and competition. Cars of all sorts show up — from GTOs and Corvettes, to Malibus, Firebirds and classics from the 1920s. Traders Village. www.tradersvillage.com 281/890-5500
- 16—LA PORTE:** 20th Annual Monumental Bug Bash All makes and models of VWs are welcome. San Jacinto State Park. www.bayareavwclub.com 832/205-2300
- 16—NEEDVILLE:** Sunday Morning Birding Hikes Begins at 8 a.m. Brazos Bend State Park. 979/553-5124
- 21-Jun. 20—HOUSTON:** Mrs. Mannerly Alley Theatre. 713/228-9341
- 21-Jul. 3—VICTORIA:** Exhibit: Maurice Robert's Photography Traffic Report Nave Museum. www.victorialregionalmuseum.com 361/575-8227
- 22—LAKE JACKSON:** Brazosport Symphony Orchestra Concert Begins at 7:30 p.m. The Clarion. www.clarion.brazosport.edu 979/230-3658
- 22-23—HOUSTON:** Ninth Annual Country Roots Music Festival Takes the audience back to the roots of "real" country, with two afternoons of juke box covers and original tunes reminiscent of the honky tonk days. Traders Village. www.tradersvillage.com 281/890-5500
- 22-23—ROCKPORT:** Festival of Wines Texas Maritime Museum. www.texasmaritimemuseum.org 361/729-1271
- 23—CORPUS CHRISTI:** Cathedral's Silver Anniversary Gala Concert Features members of the Cathedral Music Ministry and the Cathedral Festival Orchestra. Begins at 6 p.m. Corpus Christi Cathedral. 361/888-7444

(Continued on Page 20)

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Lakes on Eldridge North



May Texas Events - (Continued from Page 19)

- 25—SAN BENITO:** San Benito High School Conjunto Band Concerts Enjoy the traditional sounds of Conjunto music by San Benito's young musicians at 6:30 p.m. W.H. Heavin Amphitheater. 956/361-3804 ext. 302
- 27, 29-30—HOUSTON:** Pecos Houston Ballet. Wortham Theater Center. www.houstonballet.org 713/523-6300
- 29—SOUTH PADRE ISLAND:** Memorial Weekend Fireworks Begins at 9:15 p.m. Between Marlin & Red Snapper Street on Laguna Madre Bay. 956/761-6433
- 29-30—CORPUS CHRISTI:** Art in the Gardens Includes art & craft items by local artisans for sale. Hours are 9 a.m. to 5 p.m. South Texas Botanical Gardens and Nature Center. www.stxbot.org 361/852-2100
- 29-30—PORT ARTHUR:** S.A.L.T. Fishing Rodeo Enjoy a fishing tournament — inshore and offshore — with a children's category. Pleasure Island. 409/963-0433

- 29-30—SOUTH PADRE ISLAND:** SPI Beach Volleyball Tournament Boomerang Billy's at Surf Motel. 956/761-3005

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

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The Cy-Fair ISD and the Cy-Fair Houston Chamber of Commerce are pleased to announce that H-E-B Cypress Market has received the B.E.S.T. Business recognition for their ongoing relationship with the school district. H-E-B was spotlighted at the February 16th Cy-Fair Houston Chamber of Commerce General Membership Luncheon for their dedication to supporting the educational goals of students and staff of the district.

They are actively involved as a participant in campus and district events such as Bus Buddies, Junior Achievement, the CFISD Livestock Show and Sale and serving on district advisory boards and campus and district committees.

ARE YOU AN

Aggie Mom?

Northwest Harris County Aggie Moms is an organization that supports our Aggie students through scholarships and donations to the many campus organizations that enrich and enhance their experience at Texas A&M University. We also support each other as we share the joys and trials of parenting our Aggies through this important time in their lives.

Whether you are sending your first Aggie off to College Station or your last, we invite you to join us this year and be a part of this special group of women! Plan to attend one of the informal mixers held in neighborhoods across the Northwest Harris County area this summer. Our annual Howdy Party will be on Tuesday, August 10th at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road.

Please check our website at www.nwhcaggie moms.org for a list of dates and locations or contact Vickie Hamley at 713-466-4494 for more information. We look forward to meeting all our Aggie Moms!



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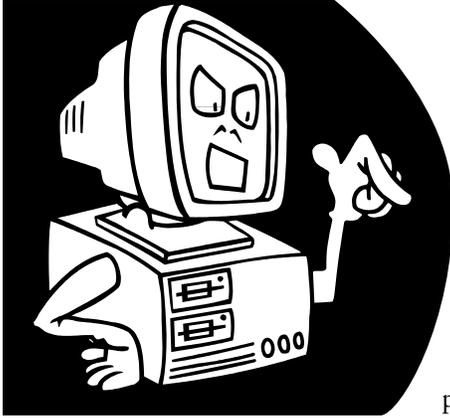
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4. Lubricate/inspect motor bearings for wear
5. Inspect indoor coil if accessible
6. Flush/treat condensate drain with anti-algae tablets
7. Inspect condenser coil for efficiency
8. Monitor operating pressures of refrigerant
9. Inspect safety devices for proper operation
10. Inspect disconnect box for proper rating and installation
11. Tighten all electrical connections
12. Test/inspect contactors for burned, pitted contacts
13. Inspect electrical for exposed wiring
14. Test and inspect capacitors
15. Inspect condenser fan blade
16. Water wash condenser coil and remove debris
17. Inspect service valves for proper operation and for leaks
18. Measure temperature difference between supply/return
19. Inspect blower wheel for balance and dust
20. Monitor compressor for proper amperage, volt draw and wiring connections



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YEAH YEAH, BACKUP BACKUP,

Nag Nag!

OK, my clients are used to hearing it, “backup backup backup.” I can say it often but it’s never too often. Let me put it another way, how much pain are you willing to endure? The hard drive in your computer WILL fail someday. So WHEN it does, how are you going to feel? School’s almost out for the summer. How will you feel when that final paper or report disappears right before you’re ready to submit it to the teacher or professor?

Maybe you’re a young family, and you have thousands of digital photos and videos recording everything your babies have done their first few years. Their first haircut, first birthday, first Christmas, the first time they walk, their FIRST WORDS! All in a pristine, digital format that is very easy to duplicate, yet all GONE, possibly never to be seen by anyone again.

You use something like Quicken or Microsoft Money and keep your banking records on your computer, or you own your own business and ALL your financial records are stored on your hard drive. It’s almost tax time and the information can’t be retrieved. You now have to spend days or weeks recreating your records as best you can (this happened to a client of mine.) The “computer ate my homework” won’t fly with the IRS.

So I’ll ask you again, how much pain are you willing to endure? You do have a few options to backing up your valuable data. One way is to do it yourself (I’ll go into more detail later.) Another way to preserve your memories is to pay someone else to do it. Yet a third way is probably the most common way, intentional or not – prayer. No plan, no system, just the hope that nothing goes wrong with their computer. Since I’m not aware of a Patron Saint of the PC,

I’ll concentrate on the first two methods – you’re on your own for the third option.

Want to do it yourself? Purchase an inexpensive external hard drive and plug it into your computer’s USB port. You can pick up a 500GB (that’s gigabyte) external hard drive at Best Buy for around \$80, and maybe a terabyte drive (that’s 1,000 gigabytes) for \$100. If you like to shop around online you can probably find something even cheaper. Just about anything you buy will include backup software. If you don’t like it, you can try downloading my favorite, SyncBack. Go to 2BrightSparks.com, click on “Downloads” and choose their freeware. Download SyncBack in whatever language you like and go at it.

Of course, if you’re not inclined for any reason to do it yourself, you can always pay someone to do the above for you. Also, you can keep the “upfront” cost to a minimum by going with an online solution. Two advantages are you don’t have to spend very much up front, and the other is that even in the event of burglary, fire, etc. you can buy a new computer and download all your backed up files. The two most well known services are Mozy and Carbonite, they cost about the same (\$55 a year.) Mac users also have me.com as an option (though it is a little more expensive.)

Now, not all hope is lost if your hard drive should fail. There are services available that will take your hard drive, have employees in “bunny suits” take it into a “clean room” (much cleaner than an operating room), disassemble it, remove the platters (the parts with the information) and rebuild it with matching parts in an attempt to extract the data. IF they are successful, plan on spending approximately \$2,000 to get the data back. It that’s a lot of money to you, then look at doing it yourself or hire an expert to do it for you. It’s not hard at all to do – but you need to do it. If you don’t, you’re going to remember how you were “nagged” and didn’t do anything when you could have, and there will be a geek waiting for your phone call.

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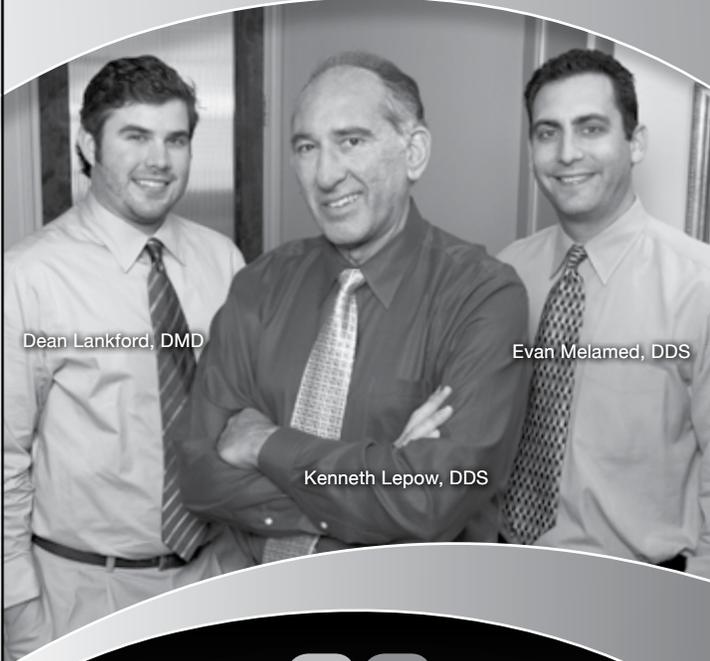
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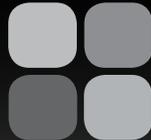
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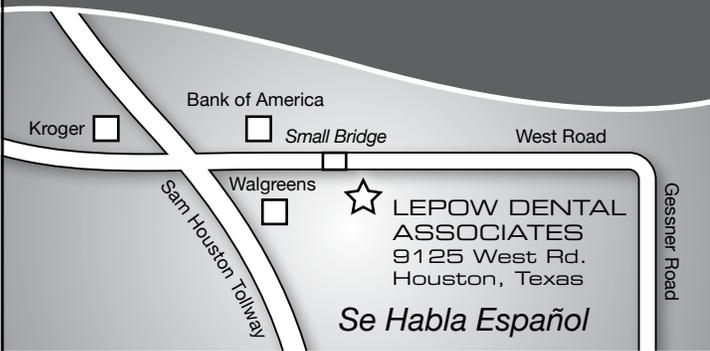
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Sudoku

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

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

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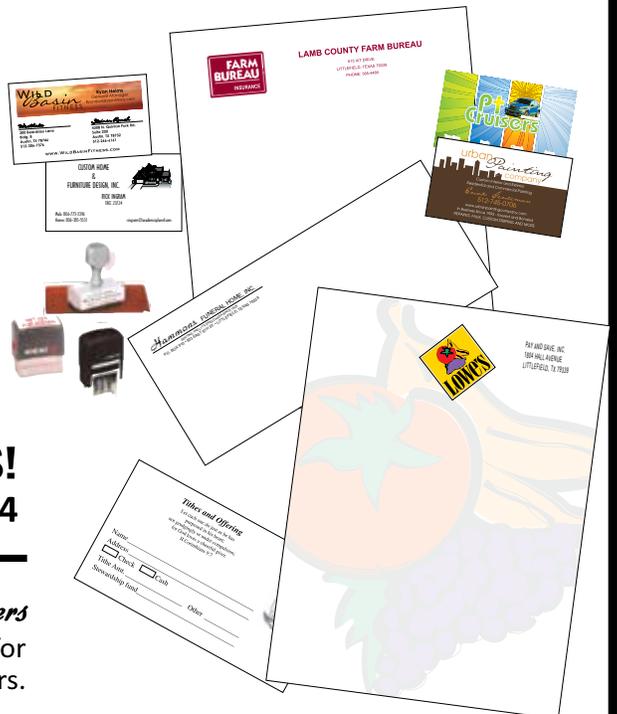
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Protect eyes, prevent long-term damage to sight

Taking precautionary measures to protect your eyes during the spring and summer can help prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

“Ultraviolet light has certainly been linked to the development of macular degeneration, cataracts and other vision-loss problems,” said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM and deputy executive of the Eye Care Line at the Michael E. DeBakey Veterans Affairs Medical Center.

Baze offered tips you can practice to help protect your eyes from sun damage.

- When picking sunglasses, the bigger the better. “The more they wrap around and shield your eyes and the skin around the eyes, the more full protection you have,” she said.
- Pick sunglasses that provide 99 to 100 percent UV protection. They do not need to be expensive to offer this.
- Use sunblock around the eyes.
- A broad-brimmed hat can add extra protection.

If you already have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority on sunshiny days, she said.

“Practicing these measures can ensure for healthy fun in the sun,” Baze said.

Psoriasis is more than skin deep

Psoriasis is more than just a skin disorder that might need treatment, say doctors at Baylor College of Medicine in Houston.

“Psoriasis is an autoimmune disease,” said Dr. Sylvia Hsu, professor of dermatology at BCM.

“In about 10 percent of cases the disorder will affect the joints, a condition known as psoriatic arthritis.”

Hsu said the first symptom of psoriasis is usually an itchy rash, caused by an overproduction of skin cells. It most commonly affects the scalp, elbows and knees. The rash can heal and come back throughout a person’s life.

Joint problems usually don’t appear at the same time as skin problems, and in most cases they aren’t severe, Hsu said. Many people may find they are stiff in the morning or become achy as the day goes on.

Treatment for the two symptoms can be given separately by a dermatologist or a rheumatologist. A form of treatment known as biologic therapy can be used to treat both. It can be given through injection and works by targeting the specific immune pathways that cause inflammation on the skin and in the joints.

“There is no cure for psoriasis but as doctors begin to better understand the cause of the disorder, therapies are becoming more effective and longer lasting,” said Hsu.

Sling device helps prostate cancer patients manage incontinence

Men who have undergone prostate cancer surgery have a new option for managing incontinence - a common side effect and significant quality-of-life issue some men face after surgery, said a urologist from Baylor College of Medicine.

“Many men may become distressed and embarrassed when dealing with incontinence, or the loss of their bladder control, said Dr. Mohit Khera, an assistant professor in the Scott Department of Urology at BCM.

A new sling device can help men manage their bladder function and control after surgery. In prostate cancer surgery patients, the urethral muscles are weakened by the removal of the prostate gland and subsequent injury to the surrounding urethral muscle.

To fit patients with the sling, doctors make a small incision under the scrotum. “The sling serves as a hammock for the urethra,” said Khera. “It is made of polypropylene mesh and does not require any additional hardware or artificial materials. It’s very natural.”

Patients go home the day of surgery. They will have a catheter for one to two days and should be back to full activity in four weeks, Khera said.

Alternate treatments are more invasive and may be less tolerable to some patients, Khera said.

“We are making significant advances in improvement of quality of life following prostate cancer surgery,” said Khera.

Traditional colonoscopy recommended over virtual method

The option for a “virtual” colonoscopy is now available but doctors at Baylor College of Medicine recommend sticking to traditional methods when screening for colon cancer.

A virtual colonoscopy is a CT scan image of the colon and does not require the use of an endoscope - a thin, flexible device that is inserted into the colon.

“While a virtual colonoscopy may sound less invasive than traditional methods, it isn’t always as accurate,” said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. “A scan is more likely to miss small precancerous growths, and catching those polyps early is the key to preventing progression to colon cancer.”

Studies have shown that polyps smaller than 6 mm are frequently missed by CT scanning, Qureshi said. For someone who is at high risk for colon cancer, missing a polyp can be deadly. Almost all instances of colon cancer begin as polyps, which are easily detected and removed during a colonoscopy.

(Continued on Page 27)

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Many times a virtual colonoscopy must be followed by the traditional method, he added, and both procedures require the same preparation, which includes laxatives, diet restrictions and in some cases certain medications must be stopped.

Colon cancer screening should take place every 10 years starting at age 50.

If colon cancer runs in a family, testing should begin earlier and be performed more often.

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- Kids Stuff -

Section for Kids with news, puzzles, games and more!

Why Exercise Is Cool

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.

So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing,

biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics
- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD
Date reviewed: February 2009

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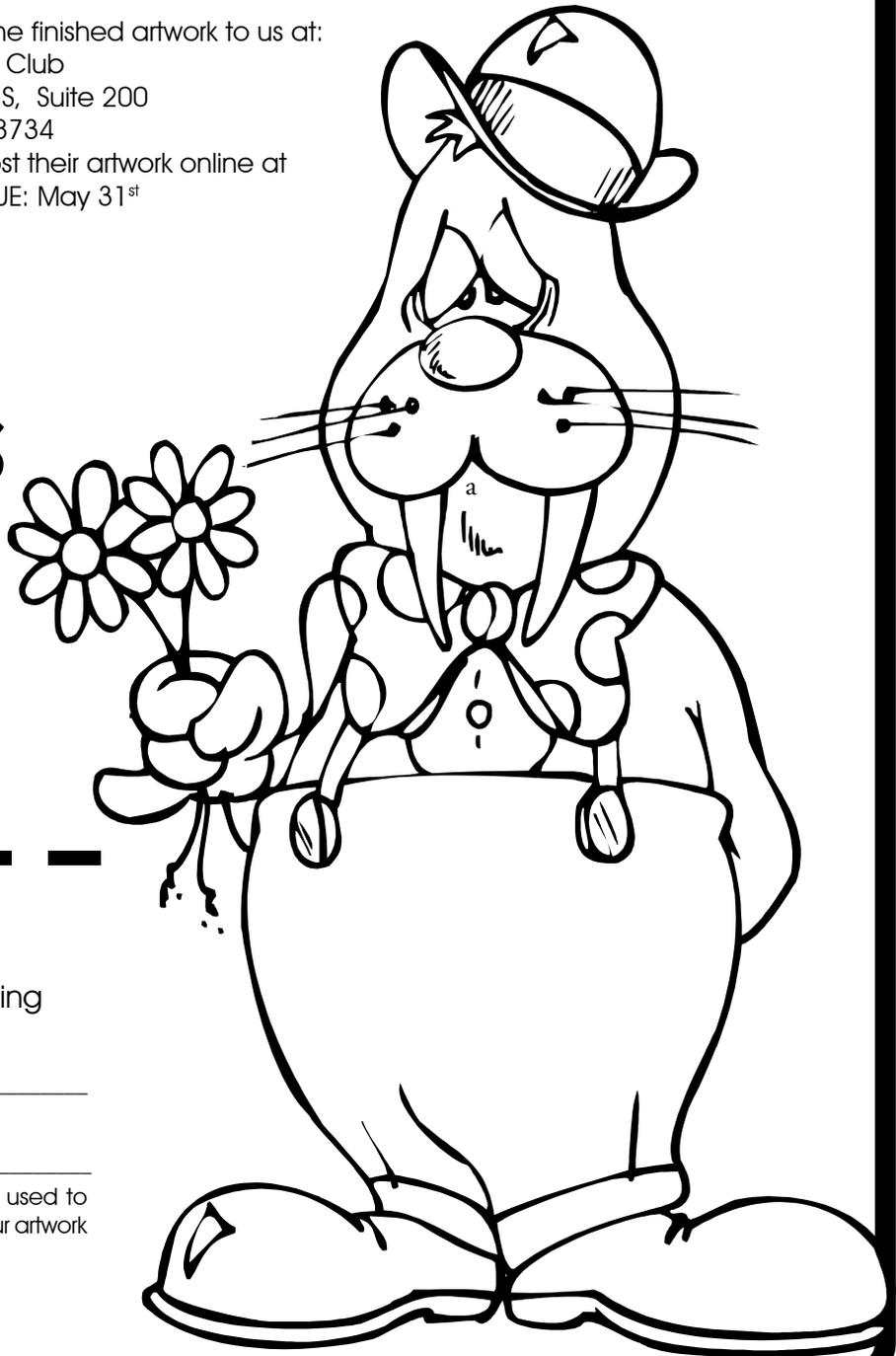
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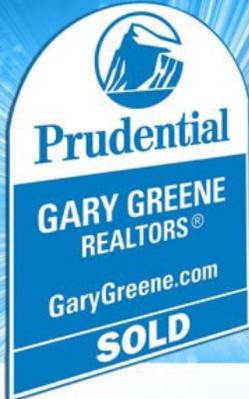
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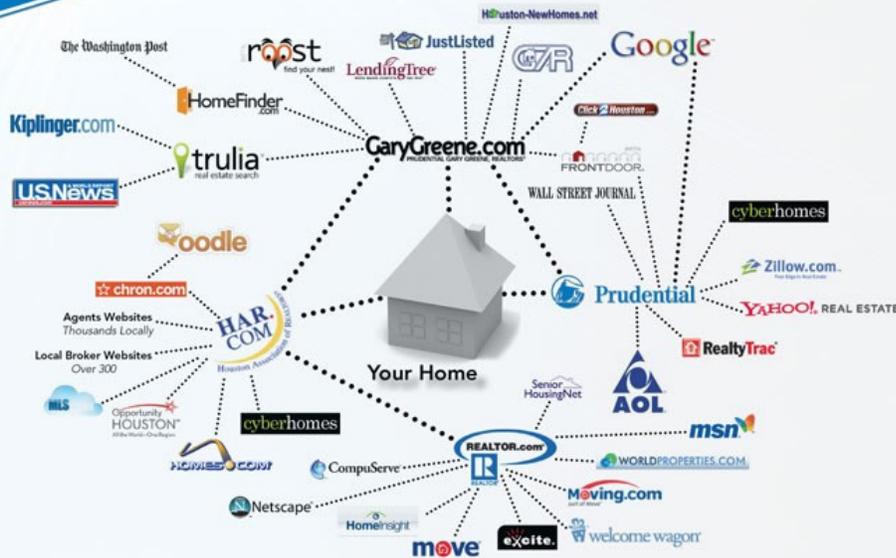
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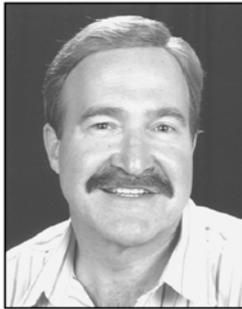


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