

Cypress Christian *Holds Texas History Fair*



Cypress Christian School recently held its third annual Texas History Fair. Fifty seventh graders displayed projects (including research papers and exhibits) ranging from the A&M Bonfire Tragedy to the Water Rights along the Rio Grande. Student topics were chosen from the National History Day selections. The subjects all dealt with debate and diplomacy in Texas history.

Mr. Bobby Gentry, CCS Texas History Teacher, secured judges for the CCS fair from the Cy-Fair ISD social studies administrative team. We're very thankful for these skilled educators' help with the history fair.

Adam Thompson and Alyssa Ramsey tied for first place, Samantha Longridge and Kallie Rhea tied for second place, Daniel Overton won third place, and Elizabeth Gwyn and Jordon Coates were awarded honorable mention by the judges. The first place winners will have the opportunity to move to the regional National History Day competition.

Cy-Fair ISD & Volunteers In Public Schools (VIPS):

"iVolunteer"

"iVolunteer"! Do you? Or a better question would be "Do you want to volunteer?" And if the answer is "yes" or even "maybe", here's the perfect group for you. VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

If you are interested in being involved at Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

February 2010 Upcoming Events

- **February 4 - Multicultural Meeting – 9:30 a.m. to 12:00 p.m., Berry Center.** Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.
- **February 8 - Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center.** Open to all CFISD school staff,

(Continued on Page 2)

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
Comcast Cable.....	713-341-1000
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.

LOEN Board Of Directors

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Jill Richardson.....	Vice President
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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.)

Cy-Fair ISD & VIPS - (Continued from Cover Page)

volunteers, and parents. Learn how to present a TEKS based science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.

- **February 8 - PIE Student Mentor Training – 6 p.m. to 8 p.m., Berry Center.** Training for individuals committed to serve as a role model and friend to CFISD students. District approved mentors meet with students weekly during school hours on school campuses. Along with this two hour training, an application and criminal background check are required.
- **February 10 - VIPS General Meeting – 9:30 a.m. to 12 p.m., Berry Center.** Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn through networking!
- **February 17 - VIPS TAG Team Meeting – 9:30 a.m. to 12 p.m., Berry Center.** Training for individuals who are interested in working directly with students to help them reach their full academic potential.
- **February 22 - Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center.**

Register for training by emailing the PIE office at vipsrsvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Adults only please.

VIPS Tag Team Volunteer Orientation Scheduled

Cypress-Fairbanks ISD needs caring members of the community to join the State Award Winning VIPS TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in science and math on selected elementary school campuses. The VIPS TAG Team was recently named a Crystal Award Winner by the Texas Association of Partners in Education because of its contributions to the students in Cy-Fair ISD.

You do not need to be a parent or family member of a student to become a volunteer team member. You can become a global volunteer – a caring resident of the community who wants to help children reach their full academic potential. No previous specialized knowledge or training is necessary; all training and materials will be provided by the campus helping teachers. We do ask that team members be willing to volunteer on a consistent, weekly schedule so that the students receive the utmost benefit.

An informal orientation meeting will be held on February 17, 2011, from 9:30-11:30, at the Richard E. Berry Educational Support Center, 8877 Barker Cypress Road. This meeting is a great opportunity to gather with district administrators, current TAG Team members and fellow volunteers to learn more about the program. In order to keep up with increasing demand for tutors, we need your help! For more information, please contact Yvonne Bukowski (ybukowski@yahoo.com or 281-304-0185) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).



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The Year in Real Estate • Lakes on Eldridge

Price Range	Avg. on Sales Under \$500,000		Avg. on Sales Over \$500,000	
	2009	2010	2009	2010
Year	2009	2010	2009	2010
Number of Sales	34	34	8	11
List Price	\$336,510	\$321,297	\$665,837	\$681,354
*Sales Price	\$322,543	\$311,055	\$632,314	\$645,627
Lot Size	10,557	9,239	12,563	13,257
Square Footage	3,256	3,222	4,899	4,835
Price Per Sq.Ft.	\$99.06	\$96.54	\$129.07	\$133.53
Days on market	59	58	111	98
SP/LP Ratio	96%	97%	95%	95%

* Adjusted Sales Price is calculated after Sellers Contribution to Closing Costs or Repairs by sellers.

ATTENTION! ATTENTION! ATTENTION!

H.R. 4853: Real Estate Provisions in the 2010 Tax Relief Bill

Below are a few of the provisions that might be of interest to you:

- Retention of Bush-era tax brackets through the 2011 and 2012 tax years.
- Retention of the capital gains tax rate of 15 percent for assets sold or disposed of during 2011 and 2012.
- Reduction of payroll taxes: during 2011 self-employed will have a 10.4% rate.
- Extension of numerous energy efficiency credits through December 31, 2011, for homeowners who make *specified* energy-related improvements.

For more details on the provisions see the full summary on realtor.org.



Lakes on Eldridge North

CYPRESS RANCH ATHLETIC BOOSTER CLUB PRESENTS

The 3rd Annual Golf Tournament Fundraiser

LONGWOOD GOLF CLUB

Saturday April 16, 2011

Registration 11:30 a.m.

Shotgun Start 1:30 p.m.

Get your entry form at:

www.cypressranchmustangs.com

- o \$500 per foursome*
- o Closest-to-pin prizes
- o Putting contest
- o Dinner (after tournament)
- o Hole-in-one prizes
- o Beat the coach contest
- o Silent auction

* If a foursome enters before March 16, 2011, each player from that foursome will be entered in a Special Prize Drawing!!

If you or your company would like to be a hole sponsor, or if you need further information, please contact

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Just a reminder

If you bought a home
(as your primary residence)
in 2010, don't forget to file your
Homestead Exemption
by the end of April 2011
to get your tax benefit.

Happy Valentines Day!



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Lakes on Eldridge North



WRAP 2011 Planning Is Underway!

WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. This year WRAP will be held at ITZ on May 27, 2011, as an overnight lock-in party, it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

WRAP still has openings for event chairs and co-chairs! Earn mega bucks by serving as a chair or co-chair!

Have you filled out your Parent Information Form yet? We need this to get you on our e-mail list!

Visit www.cywoodswrap.org and be an active parent!

MEETINGS: FIRST THURSDAY OF EACH MONTH AT 7:00 P.M. IN THE CY-WOODS COMMONS.

Attention All Senior Parents! Class of 2011

**START OFF THE NEW YEAR RIGHT!!!
CATCH UP YOUR SENIOR ON THEIR WRAP BUCKS**

All you have to do to participate is Contribute \$20.11
For EVERY Donation of \$20.11 made by February 3, 2011

Your Senior will receive 5,000 wrap bucks!

Checks can be given to the WRAP Treasurer at our monthly WRAP meetings or mailed to:

**WRAP, Inc
P.O. Box 800
Cypress, TX 77429**

Designated Senior name: _____
_____ who will get WRAP bucks for your donation.
Donation Amount: _____ Date: _____

Electricity is **ON SALE** at StarTex Power!



Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at www.StarTexPower.com

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PLEASE USE "**NEIGHBORHOOD NEWSLETTER**" as your referral!



PUCT #10089



Mr. Cy-Woods *International Man of Mystery* February 10 – 7:00 p.m.

**SENIOR MEN -- Do you have what it takes?
Talent...charm...ability to wear a tuxedo???**

Then you need to sign up for Mr. Cy-Woods, a fun senior event to be held February 10th at 7:00 p.m. Contestants will be judged in the following categories: talent, swimwear, and formal wear. The winner will receive a free tux rental for prom and other great prizes. All participants will receive WRAP bucks and a Mr. Cy-Woods T-shirt.

**Senior Women: you can participate too –
sign up to be an escort!**

Volunteers are also needed!

For more information, contact:

Heidi Wheeler (heidicw@sbcglobal.net)

Shawna Dukes (shawna.dukes@sbcglobal.net)

Attention NW Harris County Tri Delta Alumnae



Mark your calendars to join your Tri Delta sisters for our social gathering “Chicks, Chocolates, and Crescent Moons” Tuesday, February 8th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Christina at 281 -855-6893 or Karen at trideltanews@yahoo.com

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while raising money for
the Class of 2011*

*Friday, February 4th
7:30 - 11:30 p.m.*

\$30.00

*Northwest Forest
Conference Center
12715 Felge Road
Cypress, Texas 77429*

Tickets will be sold at
the VIPS window at CyWoods.
No tickets will be sold
at the event so don't delay.

W.R.A.P.
Wildcats Right After Prom, Inc.
All proceeds benefit class of 2011
for a safe after prom party

Visit www.cywoodswrap.org or contact
Committee Chair, Karen Myers at boigaltex@yahoo.com

All donations and purchases for this event are tax deductible 501c(3) organization

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the Lakes on
Eldridge North
Newsletter directly
to your inbox.*

*Visit PEELinc.com
for details.*

ADVERTISING INFORMATION

Please support the businesses that advertise in the Lakes on Eldridge North Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge North residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 512-263-9181; advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

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and
6PM to 8PM

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Mon - Fri 7am - 6pm
Saturdays 8am - 1pm
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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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Top Listing Agent in LOEN 2008 and 2009

Lakes on Eldridge North

Lone Star College-CyFair Perspective

People's Law School Comes to LSC-CyFair

Get to know your rights with the "People's Lawyer" Richard Alderman and other University of Houston law school professors at a free People's Law School event at Lone Star College-CyFair, set from 7 p.m. to 9 p.m. Feb. 15 in the Conference Center at 9191 Barker Cypress. The University of Houston Law Center - Center for Consumer Law presents this free event, which LSC-CyFair Branch Library and LSC-CyFair Branch Friends of the Library sponsors. Seating is limited and registration is required for this evening. Go to www.peopleslawyer.net starting Feb. 7 and choose two of the three sessions: consumer law, family law, or credit and debt collection.

Look What's on Stage and in the Gallery

On stage, enjoy Neil Simon's comedy for the entire family "Brighton Beach Memoirs" Feb. 24 - March 6. In the Bosque Gallery, visit Susan Spjut's "Hidden Epidemic" exhibition on display until Feb. 10 and then Windy Wagner's "Recent Works" exhibition Feb. 22 - March 10. A reception with Wagner will be Feb. 24. For event information, go to LoneStar.edu.

Free Cinema WOW! at the Library Movies and Discussions Set

LSC-CyFair professors will host six films immediately followed by an engaging discussion on Feb. 8 and Feb. 22 in honor of Black

History Month; March 8 and March 22 in honor of Women's History Month and April 5 in honor of Earth Day (which is April 22.) The series ends April 19 with a film that chronicles the impact of divorce. All films are shown at 6:30 p.m. in room 131 of the library and light refreshments will be served. For information, call 832.482.1045 or go to LoneStar.edu.

Experience "College with a View" in Sri Lanka, China or Italy

Want to earn college course credit while being immersed in another culture? Apply now for Lone Star College-CyFair's 2011 a May mini-semester study abroad program in Sri Lanka or summer study abroad programs in China or Italy. Join Shawn Miller (281.290.5206) for Principles of Accounting II at the American National College in Colombo, Sri Lanka. Join Carolyn Ho (281.290.3980) and Robert O'Brien (281.290.3257) for Beginning Chinese I and World History I at Zhejiang University in Hangzhou, China. Join Rob Coyle (832.782.5114) and Buck Buchanan (281.290.3919) for Western Civilization I and World Geography at the Vesuvian International Institute in Castellammare di Stabia, Italy. The deadline for applying to Sri Lanka, China and Italy is March 1. For information, go to LoneStar.edu/study-abroad.

(Continued on Page 13)



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Lakes on Eldridge North

Lone Star College - (Continued from Page 12)

L.I.F.E. Lessons in February

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in February include "Are you a Good Bird or a Bad Bird?" Feb. 2; "Cupcake Magic with Fondant" Feb. 9; "Refine the Artist in You" Feb. 16 and "Hail to the (Forgotten) Chief" Feb. 23. Call the library at 281.290.3214 for L.I.F.E. program information or go online to LoneStar.edu.

CE Offers Scout Badges as well as Nonprofit, Business and Professional Courses

Youth can earn Scout merit badges through May and adults can learn more about nonprofits or get a professional competitive edge in the work force through Continuing Education at Lone Star College-CyFair. Try a new nonprofit course such as Nonprofit Marketing and Public Relations Feb. 21 through March 2 or Management Fundamentals for Nonprofits March 28 through April 6. Check out business and professional courses to develop, advance and enhance skills for career success, such as QuickBooks I and II, Office Accounting I and II, Professionalism in the Work Place, Conversational Spanish and Vietnamese, Creating Winning Presentations and more. View the spring schedule at LoneStar.edu/continuing-ed or call 281.290.3460 for information.

American Business Women's Association

Cy-Fair Express Network (CYFEN)

EVENT: Cy-Fair Express Network Monthly Networking Luncheon

WHEN: February 24, 2011

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. Bring plenty of business cards for networking. Please make reservations online by February 18 @ www.cyfen.org or call Darlene Hajduk @ 713-939-9730.

Vendors are now invited to register for the 2011 Cy-Fair Women's Expo on April 28, 2011. Details @ www.cyfen.org.

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Whether you are training for a marathon or just getting into shape, keeping a regular running schedule is important. But doctors at Baylor College of Medicine (www.bcm.edu) say if you miss a workout, all is not lost. In fact, it can be beneficial.

“Rest days are important for runners to prevent injury as well as increase muscle strength,” said Dr. Jane Corboy, associate professor of family and community medicine at BCM and certified sports medicine physician (<http://www.baylorclinic.com/find-a-doctor/details/index.cfm?id=231>). “They allow the muscles to replenish glycogen (the energy source used during exercise) as well as allow the muscles to repair minor ‘wear and tear’ injuries.”

Running every day, even while sore, does not weaken the muscles or joints, but it may not allow them to recover enough to adapt to training as well, said Corboy.

Soreness is caused by microscopic tears to the muscle. It is part of adapting to a new activity and plays a role in eventually strengthening and conditioning the muscles, said Corboy.

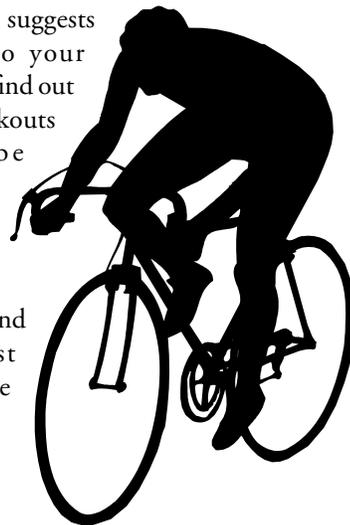
She adds that doing another hard workout during the peak soreness, usually 24 to 48 hours after the workout that caused it, may result in increasing the inflammation and prolonging the pain. This could prevent gaining as much benefit out of the hard workout as you would if you did it when the muscles had recovered somewhat.

Doing a lighter workout or run may help with soreness but if the muscle is especially stiff, it may be better to do an alternative activity such as swimming or cycling, or take a day off from working out to allow recovery.

Corboy also suggests including strength training, particularly of core muscles, in order

to avoid injury and improve performance. Having weak core muscles makes the wear and tear of a long run become more and more magnified as the leg muscles fatigue. If the core is “wobbly” so are the hips, knees and ankles, she said.

Corboy suggests talking to your doctor to find out what workouts would be best to add to your running schedule and when rest times are needed.



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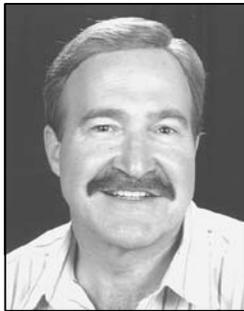
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