



LAKES

ON ELDRIDGE
NORTH

Volume 11, Issue 4

April 2012

Zeta Tau Alpha Cypress CASINO NIGHT & SILENT AUCTION

The Zeta Tau Alpha Cypress, Texas Alumnae Chapter meets often to foster friendship, encourage service to the community and to support breast cancer awareness and education by raising funds for the ZTA Foundation. We invite any interested Zetas to reconnect with the Fraternity by joining our group! For more information on our group and registration please visit our website at www.cypresszta.com.

SAVE THE DATE

Sat., October 6, 2012 – Pink Tie Affair Casino & Silent Auction.

The ladies of the Zeta Tau Alpha Cypress Alumnae chapter have started plans for their Second Annual Pink Tie Affair to be held on October 6, 2012 at the Sterling Country Club at Houston National! The first annual Casino and Silent Auction night held last October was a great success raising \$7,000 to benefit breast cancer awareness. Be sure to mark your calendars for October 6, 2012 to join the fun and to help support a great cause, Breast Cancer awareness and education! For more details on the event and clips of last year, please contact Natalie Taylor at daisemail@comcast.net or visit our website at www.cypresszta.com. We look forward to seeing you there!

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HAPPY EASTER!

Lakes on Eldridge North

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(trash collection Mondays & Thursdays)	
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(Service or emergencies 24 hrs) ...	713-983-3604
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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
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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.*

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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 WOODS KEY CLUB

When you normally hear clapping or cheering coming from proud parents, it is usually found at an outdoor sporting event, such as basketball, football, and soccer, or during an awards ceremony. Yet, when I heard these sounds, they weren't at an outdoor sporting event but at the annual cup stacking tournament at Goodson Middle School.

At this event, I judged children from the ages as young as five to thirteen, watching large amounts of talent and precision in their abilities to stack cups at great speeds. My day began walking into the preliminary rounds of the competition. I was judging the seven-year old participants, for whom this might have been their first year participating. They were tasked with completing the 3-3-3, which was an event where they stacked up pyramids of 3 cups and then took them down. After the 3-3-3 they would complete the 3-6-3 which followed the same guidelines as the 3-3-3. After the 3-6-3, would be the Cycle, which is perhaps the most difficult because it involved stacking up the cups the same as the 3-6-3 then after taking the cups down, the cups would be divided into two towers of 6 cups each. They would then stack both towers into pyramids after which they take the pyramids down and then combine the cups into one tower and then build up into one grand pyramid before finishing in the 3-6-3 stance. Also with the singles divisions were the doubles divisions where two competitors would work as one stacker using only one hand depending where they stood to stack the Cycle.

When the preliminaries were completed, next were the team relays where a majority of teams worked against each other and the clock to advance into the next round. The teams completed the 3-6-3. With the 3-6-3 team relays the first person would start the clock and each contestant on the team would stack the 3-6-3, after the last person has stacked, he or she would stop the clock and the judges would compare scores and times to determine the winner.

Finally were the finals where the top 5 in each division would participate in head to head times. During this time, cameras would be set up to record the contestants stacking but there are two reasons for these cameras: one is to record the contestants in case they surpass and set new records, and another is to check whether or not they made a mistake and the time is not recorded as by this time, a majority of the competitors move too fast for the judges to properly observe.

During these events I witnessed many competitors moving at varying paces. The little kids would move at a speed many might describe as a snail's pace while the older competitors might be moving as fast as a fighter jet. But no matter what speed the little kids were moving at, the whole goal was neither their ability nor speed at stacking, but for them to have fun. Witnessing the number of smiles and laughter from the kids, as well as cheering from excited parents, I can tell without a doubt that this goal was accomplished in soaring numbers.

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YOUR NEIGHBOR'S NEED YOUR HELP!

Fifty years ago in the Cypress area, if you walked outside and saw your neighbor's house on fire there was no 911 to call, no fire station just around the corner and no fire fighters nearby trained to save lives and property. There was your neighbor and you. Along with anyone else who would stop to help, you would pass water buckets to each other, turn on the garden hose and hope to keep the fire at bay for the 20 minutes it took Houston, Fairbanks or Jersey Village fire departments to get an engine to your home. In 20 minutes, a home and a life built in it can be totally destroyed.

Responding to the need of their community, in 1961 the Cypress-Fairbanks Volunteer Fire Department was formed. The firefighters-to-be who signed up were mechanics, firefighters from other services, police, shop assistants, nurses, lawyers and other ordinary people from homes and businesses in Cypress-Fairbanks. Fire department phones were placed in businesses and homes throughout the region, and extensions run to homes to cover any calls received at night. Fire 'stations' were volunteers' homes, volunteers willing to be woken at

any time of night with a cry for help. While the volunteer fire fighters responded, their wives would call the other volunteers – there were no pagers or cell phones in 1961.

Today, the Cy-Fair Volunteer Fire Department has gone through many transitions. They have a state-of-the-art communications system. They have equipment that is the envy of many paid departments. And the word Volunteer does not mean Amateur – Cy-Fair has a no-cost training program for members that earns state qualifications in fire-fighting, EMS and Emergency Communications. But one thing has not changed – neighbors helping neighbors. No matter how good the training, the equipment or the operations, the Department needs neighbors to volunteer. They need YOU to volunteer.

No matter what your day job is, no matter how busy or old you are. Man, woman, college student, the Department needs you to help us help your neighbor.

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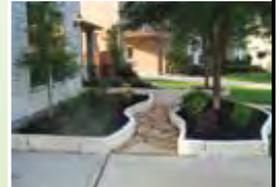
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Lakes on Eldridge North

Fit & Fun: Health Tips for You & Your Children

By: *Concentra Urgent Care*

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families. Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen. The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

BELOW ARE SOME IDEAS FOR GETTING OFF THE COUCH & HAVING SOME FUN WHILE GETTING FIT:

- **Take an active vacation:** It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can

plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- **Visit a local park:** It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!
- **Hold a block party:** Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- **Go for a hike:** Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

THE GOAL: BE INSTRUMENTAL IN ENCOURAGING CHILDREN TO DEVELOP THE GOOD HABIT OF MOVING THROUGH SPACE, NURTURING THEIR PHYSICAL POWER, & GETTING FIT.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyouth/physicalactivity/>

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Wanted: Teen Night Volunteers

- Do you need community service hours for your school or for other programs?
- Would you like to socialise more with the community and interact with people around you?
- Do you enjoy planning parties and just having a good time?

If you answered yes to any one of those, the Lakes on Eldridge North Teen Night Association or the Tribe may be perfect for you.

- Service/Volunteer hours
- Fun
- Meet people
- Plan parties
- Voice opinions

There are open positions, joining is easy, it doesn't require much of your time and we take your schedule into consideration when planning events.

For more information, Contact President Keegan Cassin
@ keegancassin@comcast.net

Must be 13 – 18!



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Cy-Fair Volunteer Fire Department

SPRING RECRUITING OPEN HOUSE

The Cy-Fair VFD will be having a Spring Recruiting Open House at all 12 of our neighborhood fire stations on Saturday April 21st from 9am to 12. Those interested in joining or learning more about the Cy-Fair VFD can stop by and visit their local fire station and speak to actual volunteer firefighters about the needs and requirements to join. For more information on joining or to find your closest fire station please visit us at www.cyfairbravest.org or call 281-550-6663. The Cy-Fair Volunteer Fire Department is one of the largest volunteer fire departments in the Nation. We cover 156 sq. miles in Northwest Harris County from 12 Fire Stations and have over 350 volunteers.

THE 14TH ANNUAL CYPRESS SPRINGS CRAFT SHOW

SATURDAY, APRIL 21, 2012: 9:00AM-5:00PM

SUNDAY, APRIL 22, 2012: 10:00AM-4:00PM

The show is held at CFISD Exhibit Center located at

11206 Telge Road, Cypress, TX 77429

1/4 mile north of Hwy 290

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For information on renting a booth, please contact Penny Hecox at 832-392-3488 or email cyspringsffa@yahoo.com. All proceeds benefit the FFA Students at Cypress Springs High School



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Lakes on Eldridge North

Houston Repertoire Ballet Presents the Classic Cinderella

RESERVE YOUR DATE TO THE BALL NOW ON APRIL 28 & 29

WHO

Houston Repertoire Ballet (HRB), featuring guest artist David Armendariz as the prince, while Claire White and Amaris Sharratt will alternate the role of Cinderella.

WHAT

The pre-professional ballet company in Northwest Houston proudly presents the Tomball premiere of its full-length production of Cinderella in three acts. Award-winning choreographer Victoria Vittum brings the classic fairy tale to life with her interpretation of this “happily ever after” ballet set to the timeless score of Sergei Prokofiev.

WHEN & WHERE

Saturday, April 28 at 4pm & Sunday,
April 29 at 2pm

Tomball High School Auditorium

30330 Quinn Road

Tomball, Texas 77375

TICKETS

Reserved Seating: \$15/\$18. For ticket information, call 281-940-HRB1 (4721) or visit www.hrbdance.org.

OUTREACH

The dancers of HRB perform excerpts from each production and make costumed appearances at various nursing homes, group events and at Arts & Education performances. Also, HRB will perform for the Tomball ISD fourth grade students, fulfilling the arts component of their curriculum. To schedule an outreach event for your organization, call 281-940-HRB1 (4721).

WHAT ELSE

Cinderella's original choreography is the creation of Victoria Vittum, with Barbara Le Gault doing much of the coaching and rehearsing. HRB's beautiful sets transform the stage back into a time where dreams really did come true. The exquisite costumes, designed by an amazing group of volunteers and partnered with Twin Cities Ballet in Monroe, LA, bring the dancers into Cinderella's world of magic and fantasy in this professionally staged production.

SYNOPSIS

The magical tale of a beautiful, kind young woman who rises from scrubbing floors to marrying a prince comes to life in Cinderella, a full-length ballet presented by HRB. From the wicked stepsisters' hilarious antics to the lovely pas de deux performed by Cinderella and the Prince, the performance is sure to capture the hearts of all. The ballet opens with the sisters fighting over fabric with Cinderella left to pick up the mess. The wicked stepmother orders Cinderella's father to purchase gowns for the sisters (Skinny and Dumpy) leaving Cinderella home alone. The fairy godmother conjures up fairies representing the four seasons to help Cinderella get dressed for the ball where she and the Prince fall in love. After elves stop time and Cinderella loses one of the glass slippers, the Prince travels the world to find her. Once they are reunited, they marry in an enchanted forest amid waltzing dancers.

ABOUT HRB

The Houston Repertoire Ballet (HRB) is a non-profit 501(c)(3), founded by Victoria Vittum and Gilbert Rome, both nationally acclaimed teachers and choreographers who served as its co-artistic directors. Today, Ms. Vittum oversees training and programming with an equal eye to serving the needs of the community. Although Mr. Rome is now retired, he maintains his interest and affiliation with HRB, performing as Drosselmeyer in *The Nutcracker* and as a guest teacher.

Since 1994, HRB has contributed to the cultural fabric of Harris and Montgomery Counties by providing excellent dance training to the area's young ballet stars and dance educators of tomorrow, while also presenting two high-quality productions annually at affordable prices. *The Nutcracker* and its Spring Program, this year *Cinderella*, introduce area children and their families to the world of classical and contemporary ballet. Today, HRB is considered to be the premiere pre-professional ballet company in the Houston region, and is recognized for sharing its gifts with the community and beyond.

The program attracts and develops some of the finest young dancers in the greater Houston area, with many of the dancers advancing to professional ballet companies throughout the country. HRB graduates can be seen with New York City Ballet, American Ballet Theatre, Miami City Ballet, Pacific Northwest Ballet, Atlanta Ballet, Pittsburgh Ballet Theatre and other prestigious companies. HRB has three graduating seniors this year and each will continue with dance at the university level. For more information, please visit: www.hrbdance.org.

MISSION

HRB's mission is dedicated to providing the finest classical ballet instruction, education and performance experience to local gifted students, and to preparing them for a professional career in the world of dance. HRB also is committed to serving the suburban Houston region with high-quality theatre productions that educate, engage and entertain residents of all ages and perpetuate their appreciation of dance as an art form.

Major funding for Houston Repertoire Ballet provided by Houston Endowment, Inc and ConocoPhillips. *Cinderella* is funded in part by a grant from the Texas Commission on the Arts through the Houston Arts Alliance.



Lakes on Eldridge North

Auto Talk – Ask a Medic

Recently my mechanic said my catalytic converter is defective and has to be replaced. What is a catalytic converter and how does it become defective?

A catalytic converter is a device that converts three harmful compounds (hydrocarbons, carbon monoxide and nitrogen oxides) in car exhaust into harmless compounds. Carbon monoxide is a poison for any air-breathing animal. Nitrogen oxides lead to smog and acid rain, and hydrocarbons produce smog.

A catalytic converter becomes defective when too much raw fuel enters the exhaust system—causing the metals inside to start imploding. When this happens, severe black exhaust fumes (smells like raw fuel) and/or “bogging down” can happen and causes back pressure on the engine. Your check engine light will illuminate on your vehicle’s dashboard when this occurs.

WHAT CAN I DO TO PREVENT CATALYTIC CONVERTER FAILURE? TWO SIMPLE THINGS:

- Make sure your vehicle is tuned up on time; every time. Why? Once the spark plugs become worn, they will not burn fuel optimally—this causes raw fuel to enter and/or collect in the vehicle’s exhaust system.
- Service your cooling system every two years or 30,000 miles (contrary to the manufacturer’s suggestion of five years or 100,000 miles. With wear and tear, your vehicle’s cooling system thermostat may be sticking “open,” causing continuous flow of coolant—never allowing the engine to reach its full operating temperature the majority of the time. The driver will never see this issue on the gauge. It’s a minute problem that will cause severe issues to the catalytic converter later down the road. If the vehicle continuously stays cool, the computer wants to dump more fuel in the engine than what is really needed. This again allows raw fuel to enter the exhaust thereby causing catalytic converter failure.

Tommy Bludworth is an ASE certified technician with more than 15 years experience. Advice and recommendations given are for your convenience. You should see a qualified, professional when having any automotive repairs made on your vehicle.

RECIPE OF THE MONTH

Carrots au Gratin

Ingredients

- 2 lbs. carrot, sliced
- 1/8 tsp. pepper
- ½ Cup chopped onions
- 1½ C milk
- ¼ Cup oleo, divided
- 4 oz. processed
- 3 T. flour
- American cheese, cubed
- ½ tsp. salt
- 1 T. dried parsley

Cook carrots until tender crisp. Drain. In saucepan saute onions in 3 T butter. Stir in flour, salt, & pepper. Gradually add milk and bring to boil. Cook for 1 minute or until thickened. Stir in cheese until melted. Add carrots and parsley. Pour in greased 2 quart baking dish. Melt remaining butter and pour over carrots. Bake at 350° 20-25 minutes or until bubbly. (8-10 servings)

Enjoy!



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2 Story	40	61	\$106.97	55	81	\$110.67
Without Pool	24	47	\$105.06	43	86	\$106.49
With Pool	23	64	\$111.23	29	66	\$122.27
Built 1990-1999	42	54	\$106.33	3	78	\$113.69
Built After 2000	5	62	\$122.80	69	78	\$112.81
Never Lived In	0	0	-	0	0	-
1500-2000 sq. ft.	0	0	-	0	0	-
2000-2500 sq. ft.	1	26	\$111.22	0	0	-
2500-3000 sq. ft.	14	48	\$104.85	9	47	\$116.65
3000-3500 sq. ft.	16	52	\$106.17	24	81	\$112.81
3500-4000 sq. ft.	6	60	\$111.03	22	85	\$109.84
4000-4500 sq. ft.	10	43	\$115.11	12	79	\$114.80
4500+ sq. ft.	4	113	\$111.29	5	84	\$114.69
Waterfont	1	8	\$115.00	1	165	\$153.57
Waterview	2	24	\$123.50	1	68	\$118.44
Cul-de-sac	25	60	\$106.55	25	73	\$115.65
Other	19	54	\$108.10	45	79	\$110.26

All information obtained from HAR mls data.



*Wishing you and yours
a prosperous 2012!*

DANIELLE GEBARA

Resident of Lakes on Eldridge North

832-788-6002

danielle@dgebbara.com

Proud to be involved!



Lakes on Eldridge North

CY-FAIR KIWANIS CLUB

It's Triathlon time! The Cy-Fair Kiwanis Club kicks off the first of the Kiwanis Houston Kids Triathlons on MAY 5, 8 a.m., at the Langham Creek YMCA. Boys and girls with birth years from 2000 through 2005 are invited to participate. Participants are divided into groups based on sex and age for each race. Every participant will receive a finisher's medal and t-shirt. For details and registration, go to www.greaterhoustonkiwanis.org. Entry fee for online preregistration is \$25; Race day registration is \$30. This is a USA Triathlon Sanctioned Event and annual youth memberships are available. It promises to be a fun morning for kids and parents.

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 and three Builders Clubs in the Cy-Fair Schools. In addition, we support Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; provide assistance to Cypress Assistance Ministries, Bear Creek Ministries, the Houston Food Bank; and other nonprofit organizations.

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 at 281-463-0373 or George Crowl at 832-467-1998.

KAPPA KAPPA GAMMA ALUMS OF HOUSTON NORTHWEST



*Come join your sisters this Month
for our Couples Night Out*

**ON THE EVENING
OF THURSDAY, APRIL 19TH**

*For more information on this or future
events & membership please contact
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Lakes on Eldridge North

Annual American Cancer Society Relay For Life Cy-Fair

We are contacting you to inform you of an upcoming free event that will take place in your neighborhood.

The members of the American Cancer Society Relay For Life of Cy-Fair planning committee are proud to announce that we will be hosting our Annual American Cancer Society Relay For Life Cy-Fair. The event will begin the evening of APRIL 13th and last until the morning of APRIL 14th held at CY-FALLS High School, 9811 Huffmeister Road, Houston TX 77095.

The Relay is a 12-hour, overnight, continuous walk to help raise money to further the American Cancer Society's mission of eliminating cancer by helping people stay well, helping people get well, by



finding cures, and by fighting back.

The event will include a live band, disc jockey, carnival type games, food, contests, silent auction, etc. GREAT FAMILY FUN with all profits going to the American Cancer Society.

Relay activities kick off at 7pm with the opening ceremony. We extend a heartfelt invitation to you and your family to participate in the American Cancer Society Relay For Life of Cy-Fair. If you have any questions or would like to be involved in the fight against cancer, please contact:

Catherine Kovar at 713-826-2841 or
Karen DePaul at 713-471-1265

Sincerely,
The Relay For Life of Cy Fair Committee



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This is a fundraising event for cypress ranch project prom. A place that offers students and their dates a safe, fun, alcohol and drug free place to celebrate after prom. All proceeds go directly to MANE event 2012, the parent sponsored volunteer group. MANE stands for Mustangs at Nights End.



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Early Packing List: When to Get Travel Vaccinations

PLANNING AHEAD IS THE KEY TO SAFE, HEALTHY GLOBE-TROTTING

Submitted by Laura Guerrero, M.D., medical director for The Austin Diagnostic Clinic's Travel Clinic

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't

had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended, and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon

jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."

THE RIGHT VACCINE AT THE RIGHT TIME

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your

(Continued on Page 17)

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In 2011, Texas led the nation in the number of drownings and near drownings of children. Drowning still remains the #1 cause of unintentional injury-related death for children under 5 and the #2 cause for children 1-14.

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Early Packing List - (Continued from Page 16)

age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero.

Recommended vaccinations will also depend on where you are traveling. The CDC lists vaccine information about specific destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

“We will update your shot record so we know what vaccines you should be receiving,” says Dr. Guerrero. “And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure.” As far as required vaccinations go, international health regulations currently only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

“Even if you do not get your travel vaccines in time, it’s always a

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Tips for a Diet that Promotes Healthy Teeth

Of course we all know that a healthy diet is good for our bodies, but did you know that what you eat affects your teeth as well? Here is a list of simple ways you can improve your oral health by paying close attention to your diet. Brushing and flossing are vital to keeping your teeth healthy, but what you eat and drink in between your daily cleaning rituals also plays an important role in your oral health.

Plaque – an invisible, sticky layer of bacteria – regularly coats your teeth. When the starches and sugars present in many foods come into contact with this bacteria, acid is produced. This acid breaks down the enamel that protects the outside of your teeth, and over time can cause tooth decay. If you choose your foods wisely, you can decrease the amount of acid that attacks your teeth. Here are some diet tips for keeping your teeth healthy:

Limit foods and drinks that are high in sugar, like cookies, candies and sodas – remember even unsweetened fruit juices are high in sugar. **Read packaging labels** to find out how much sugar is included, and make educated choices in the products you purchase. **Limit dried fruits**, which are sticky and cling to the teeth – instead, eat fresh fruit, especially apples, which serve as natural tooth cleaners.

Avoid snacks between meals – but if you must snack, replace sugary treats with crackers, cheese, yogurt, nuts, and celery or carrot sticks, which produce less acid. If you do drink sugary liquids (soda, sports drinks, juices), **avoid sipping slowly** over a long period of time as this extends the period that acid attacks your teeth.

If you're a regular coffee or tea drinker, **reduce or eliminate added sugar**. If your children snack at school, be sure they have **access to healthy snacks** (veggies, fresh fruits, cheese) instead of packaged foods that are high in sugar. If you occasionally treat yourself to a sugary snack, **brush your teeth afterwards** to reduce the acid effect – if you aren't near a toothbrush, **rinse with water or chew a piece of sugarless gum** to stimulate saliva, which helps clean your teeth.

Your diet also affects your overall health, which helps determine how well your body can fight off infection. If you aren't getting certain nutrients, the tissues in your mouth may not be as resistant, leaving you more prone to periodontal (gum) disease.

If you have any questions about your diet and its effect on your oral health, let us know. We'll be happy to guide you toward healthier eating habits.

Submitted by Dr. Flury

NW Flyers Track Club

The Northwest Flyers Track Club will host two free open house / registration sessions for all middle and high school athletes and their parents interested in joining for the 2012 season. The events will be held on Thursday, April 5, and Friday, April 20, from 7:00 – 8:30 PM at Cypress Creek High School, 9815 Grant Rd., Houston.

The Northwest Flyers is a youth (ages 6-18) track organization, affiliated with USA Track & Field. The club provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who currently compete on their middle school or high school track teams.

The club was founded 25 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. Last year, the Northwest Flyers sent 62 young athletes to compete at U.S. Junior Olympics National Championships in Wichita, Kansas and Myrtle Beach, South Carolina. Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442, or linette.roach@sbcglobal.net.

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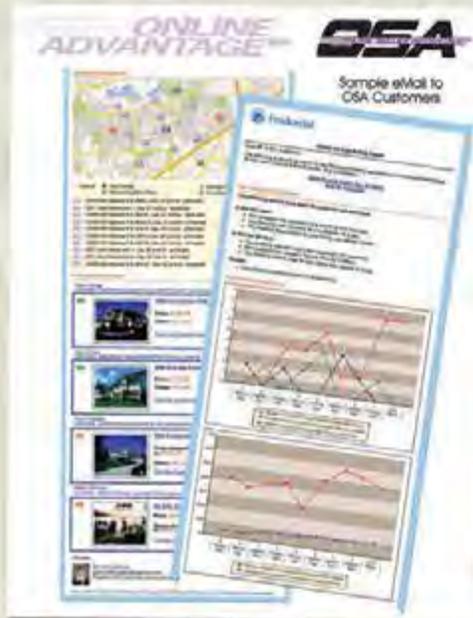


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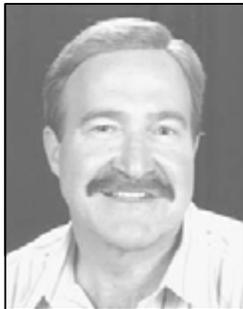
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