



LAKES
ON ELDRIDGE
NORTH

Volume 11, Issue 6

June 2012

TENNIS TIPS

Q: I HAVE TAKEN SOME BEGINNER LESSONS AND I AM READY TO START PRACTICING. WHAT IS THE BEST WAY?

A: Starting to play tennis, is like learning to swim or riding a bike. You need to start slowly and gain confidence over time. I suggest acquiring some used tennis balls from a club (we have plenty at our club), and start hitting them back and forth from the service line to service line. New balls are much too lively and if you only use three balls, you will end up spending more time chasing them than hitting them.

Q: WHAT ABOUT PLAYING WITH MY CHILDREN?

A: If your child is between ages 4-11 and has taken some tennis lessons in an organized program, more than likely they were accustomed to playing with softer "QuickStart" balls and transitional rackets. Children need to learn to execute the stroke properly without thinking about the court and the net. I usually begin with children of these ages, stroking a ball against a fence or windscreen. Later on once they learn to make contact with the ball, I bring them close to the net onto the actual tennis court, and I have them hit the balls being fed.

Q: IF I AM THE FEEDER OF THE BALLS, WHERE SHOULD I STAND?

A: Most tennis coaches now, spend a great deal of teaching standing next to the players feeding them balls from both behind and from the side, next to the player. This way, the player hitting the ball, learns to adjust to the ball without having to do a great deal of running. When I see a player becoming more confident with making contact with the ball and clearing the net, I will begin feeding the balls to them from the other side of the net. The player should start hitting the balls from the



service line, and move further towards the baseline as he succeeds hitting the balls with more control.

Q: WHEN IS TIME TO RALLY BACK AND FORTH?

A: Once the player is adept to hit both forehands and backhands with consistency, when the ball is being fed from the opposite side near the service line, I then will move back to the baseline and start to rally back and forth. I normally let the student start the rally, making sure that he is executing

the stroke properly. Also, safety calls for the basket or extra balls to be clear his path on his side of the court.

Q: HOW SHOULD I PRACTICE THE SERVE?

A: One of the most difficult shots of tennis to master is the serve. Also, it is the easiest one to practice, because a player can practice it alone. I suggest using many tennis balls and begin by first serving from the service line and proceed to move back toward the base line until success is achieved with getting the ball in the proper service box. If practicing with a partner, one can be serving, while the other practices returning serve.

Q: HOW ABOUT PLAYING POINTS?

A: If players are familiar with the traditional scoring system, I suggest playing regular games. For practice purpose, I encourage my students to play using the table tennis scoring system. Serve five balls, and then allow the opponent to serve five. Change sides every 10 points. This way, a player learns to play the point, rather than the game. First to achieve 21 points wins.

Make sure you wear light clothes, drink lots of fluid and have a great time learning and practicing the "game of a lifetime!"

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

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2012 Open Regattas at Seabrook Sailing Club

The Seabrook Sailing Club is hosting two major regattas this summer on Galveston Bay, open to all interested sailors. Whether it's challenging one design racing or family fun, Seabrook Sailing Club's summer regatta schedule has it all. We are looking forward to having local and out-of-town sailors join us for competition and fun on the bay.

Summer Solstice Regatta: Seabrook Sailing Club's annual Summer Solstice Regatta will be held on June 23 and 24, 2012. This year we will be kicking off the regatta on Friday night with fireworks and a keg! We encourage everybody to leave work early and bring a picnic. This regatta is open to all small sailboats and beginner racers are welcome. Lasers, 470's, Sunfish,



Optimists on the downwind run at the Endless Summer Regatta

windsurfers, Vanguard 15's, and catamarans are regular classes at this fun event. This regatta is on the Texas Laser District 15 Circuit schedule, drawing Lasers from around the state. There will be one design starts for all classes with at least three boats. A Portsmouth handicap fleet will be formed for boats that do not make up a one design fleet. Official Notice of Race and Sailing Instructions will be posted on the SSC website nearer the time of the event.

Endless Summer Regatta:

Each year, youth sailors from all over Texas and surrounding states participate in the Endless Summer Regatta at the Seabrook Sailing Club. The Endless Summer Regatta is the best attended event on

(Continued on Page 6)



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Register NOW for FSA Soccer!

It is time once again to register your soccer superstar for FSA Soccer. The Fairfield Sports Association offers a fantastic environment for your budding soccer player to develop their skills and grow their passion for the beautiful game. We offer soccer divisions for boys and girls ages 4 – 12. Our younger divisions (U5 and U6) play 3 v 3 soccer on small fields with no goal players. We gradually increase the size of the field and the number of players as the kids get older. Starting at age 7, players participate in an evaluation and are selected by their respective teams. This soccer season, FSA soccer players will wear the XARA MLS City Series 2 uniform. The uniforms look GREAT, and the kids will really love them! Registration costs cover a complete uniform kit including game jersey, shorts, and socks. Registration for the U5 and U6 divisions is \$115. Registration for the U7 and older division is \$130. There are no additional FSA fees, fundraisers, or sponsorships players or teams are responsible for during the season.

All practices and games are played in Fairfield. Players in the U5, U6, and U7 divisions are all awarded participation trophies at the end of the season. In the older divisions, trophies are awarded for the divisional champions and runners-up. Additionally, the older divisions participate in a season ending tournament. Tournament time is very exciting with many games played “under the lights” at night on the grounds of the Fairfield Athletic Center. FSA Soccer is also thrilled to announce we are conducting our first ever Kick-off Summer Soccer Camp! This camp is for boys and girls ages 6-10. The camp is scheduled for June 11th thru 14th from 9:00am until 11:00am. Professional trainers from the Challenge Soccer Club and the Texans Soccer Club will be working with FSA Soccer providing the training for the camp. The cost of the camp is only \$50. The camp will be held in Fairfield at our Robert’s Fields facility near our Central Park Splash Pad.

To register for either the camp or an exciting season of FSA soccer, visit the Fairfield Sports website at www.fairfieldsports.net. From the menu button, click the SOCCER link. Once at the Soccer page, click the MORE menu button and then click the REGISTRATION link.

IMPORTANT FSA SOCCER DATES

FSA Kick-off Summer Soccer Camp registration..... Open Now – June 9th
 FSA Kick-off Summer Soccer Camp June 11th – June 14th
 FSA Soccer registration May 28th – July 20th
 Player evaluations (ages 7 and older) July 23rd – July 25th
 Practices begin Week of July 30th
 Games begin Weekend of August 25th

*Please direct any questions about the FSA Soccer program to Scott Baehren,
 Commissioner – FSA Soccer at soccer@fairfield-sports.net*

2012 Open Regattas... (Continued from Page 5)

the Texas Youth Circuit after Texas Race Week, with approximately 200 sailors, coaches, parents, and organizers coming to Seabrook and Galveston Bay. The youth sailors participate in 6 different fleets; the beginner sailors in the Optimist Green fleet, the experienced Optimist sailors in the Red/White/Blue fleet, Laser 4.7, and Laser Radial. Parents enjoy the view of the sailing course and Kemah from the clubhouse deck, while their kids put their skills to the test. Sailing is a great sport for kids that fosters self-confidence, independence, and responsibility. As skippers, they are in control of their own destiny; they make their own decisions, which have a direct result on their finish position, well-being, and boat condition. But most importantly, it’s fun! The 2012 regatta will take place September 22-23, 2012. Official Notice of Race and Sailing Instructions will be posted on the SSC website nearer the time of the event.

The Seabrook Sailing Club has been providing safe, organized, and challenging sailing for local sailors and guests since 1934. If you’ve been thinking about learning to sail, getting back on the water, or competing in our organized club races, check out what the Seabrook Sailing Club has to offer. For more information about SSC, contact James McTurk at sscmembership@yahoo.com, or visit www.seabrooksailingclub.org.

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6 Worth-the-Price Fix-Ups*

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1. Cleaning & decluttering. Remove any personal items, unclutter countertops, organize closets and shelves, and make home sparkling clean.

— \$290 COST | \$1,990 RETURN

2. Brightening. Clean all windows inside & out, replace old curtains, update lighting fixtures, and remove anything that blocks light from the window.

— \$375 COST | \$1,550 RETURN

3. Smart Staging. Rearrange furniture, bring in new accessories and furnishings to enhance rooms, incorporate artwork, and play soft music in the background.

— \$550 COST | \$2,194 RETURN

4. Landscaping enhancements. Add bark mulch, bushes, and flowers in front & back yards and make sure current plants are well cared for and manicured.

— \$540 COST | \$1,932 RETURN

5. Repairing electrical or plumbing. Fix leaks under sinks, remove any mildew stains, and ensure all plumbing is in good working order. Update the home's electrical with new wiring for modern appliances, fix any lights or outlets that don't work, and replace old plug points with new safety fixtures.

— \$535 COST | \$1,505 RETURN

5. Replacing or shampooing dirty carpets. Steam-clean carpets, replace any worn carpets and repair any floor creaks.

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Tish Otten, President, Northwest Harris County Aggie Mothers' Club



If your son or daughter has morphed into an Aggie and you need to ask SOMEBODY, what's next, the Northwest Harris County Aggie Mothers' Club is SOMEBODY with answers. Aggieland, including Galveston and College Station, has over 850 organizations to help students and families get going from day one, but only one is just for MOMS and it's Aggie Moms' Club.

Texas A&M has over 119 Aggie Moms' clubs with over 7,000 members. We're here to answer the questions your kid doesn't yet know how to ask; how to see a doctor between classes; how to get home at 11:30 when the car won't start; how to get tutoring; how to reach graduation. We're inviting you to an Aggie Moms' Club social mixer in your neighborhood. Get your answers from Moms who have been where you are now. RSVP by emailing me the date you can attend. I will send you the address and time. You can reach me at clubpres2012@gmail.com or go to our website page at www.nwhcaggiemoms.org.

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6/18	Mon	Susan Bozarth	Cole Creek Manor
6/20	Wed	Tina Mundt	Ponderosa
6/24	Sun	Sharin Scott	Cypress Creek Estates
6/26	Tue	Linda Saxby	Lakes of Fairhaven
6/30	Sat	Lisa Ostrander	Lakewood 14
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7/19	Thu	Mary Miller	Longwood
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Health Briefs - June 2012

TRAMPOLINES PUT KIDS AT RISK FOR SERIOUS INJURIES

“About 100,000 children between 5 and 10 years old are injured annually on trampolines,” said Dr. William Phillips, professor of orthopedics and pediatrics at Baylor College of Medicine and chief of pediatric orthopedics and scoliosis at Texas Children’s Hospital. “Younger children and teens are also at risk.”

Common causes of injury on trampolines can be from colliding with another person, landing improperly, falling or jumping off the trampoline and falling on the trampoline springs or frame. Younger children are at greater risk for fractures, while older children often suffer sprains and strains.

“Kids don’t have to fall off a trampoline to get hurt, so using a net around a trampoline does not mean they are safe,” explains Phillips. “I’ve seen many children break bones landing on the trampoline itself.”

LOSE WEIGHT TO SLEEP BETTER

Expanding waistlines are causing many Americans to lose sleep. Chronic obstructive sleep apnea, not visions of doughnuts, is keeping us awake. Obesity in the upper body, especially in the neck, can narrow the airways leading to the lungs, resulting in heavy snoring, pauses in breathing and frequent interruptions of sleep. “Most of our overweight patients say they snore excessively and don’t sleep well,” said Dr. Peter Jones, an associate professor of medicine at Baylor College of Medicine and medical director of weight management at Methodist Wellness Services at Methodist Healthcare Systems.

Patients in Methodist’s weight management programs need to lose 50 or more pounds. After losing weight, many report that their sleep improves. “Losing weight can be an important part of treatment for patients who have sleep apnea,” said Dr. Max Hirshkowitz, associate professor of psychiatry and director of the Baylor Sleep Disorders Center at the Houston Veterans Affairs Medical Center. “Even a 10 percent weight loss can reduce the number of times most patients stop breathing during the night.”

THERAPY IS ‘NO SWEAT’ FOR EXCESSIVE PERSPIRERS

A little-known procedure at Baylor College of Medicine provides an alternative antiperspirant for those who sweat uncontrollably. Iontophoresis involves passing a mild electrical current through tap water to shut off the sweat glands temporarily. The hands and feet are soaked in a basin of water for 40 minutes in the comfort of the patient’s home.

“The technology has been around since the 1950s, but it never gained widespread fame, in part because most doctors don’t know it is an option,” said Dr. Ramsey Markus, an assistant professor of dermatology at BCM. “It is a very safe and effective way to decrease sweating, especially in the hands and feet.” Markus said he prefers iontophoresis for his patients with sweating in the hands and feet because it is less expensive and less painful than Botox injections, and it can be done regularly as needed in the home. Most patients only require the therapy twice a month to keep the sweat glands from producing excessive sweat.

Food packages often come with the caution, “Warning: may contain peanuts,” and for good reason. It’s estimated that more than 1 million Americans suffer from peanut allergies and their reaction if exposed can be life-threatening.

Other common food allergies are to cow’s milk, tree nuts, fish and shell fish, egg and even some fruits and veggies, said Dr. Celine Hanson, professor of pediatrics at Baylor College of Medicine in Houston and chief of the allergy/immunology clinic at Texas Children’s Hospital. Symptoms of food allergies can range from mild to severe and can affect various parts of the body, including the digestive system, the respiratory system and the skin.

Hanson offers several ways that patients can manage their food allergies. The best tactic is to avoid foods that cause allergies altogether, Hanson said. But in addition, medications such as antihistamines and corticosteroids are available to help manage symptoms. Patients who suffer severe reactions, should keep a device such as an EpiPenR on hand so that they can administer an epinephrine shot. Allergy sufferers should wear a medical bracelet or necklace with information about their allergy, and schools, caregivers and even the parents of children’s friends should be notified of food allergies.

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Cypress Village Station Proves to be Perfect Venue for First Annual Wine Fair Cy-Fair

CHAMBER PLANS FOR LARGER NUMBERS FOR NEXT YEARS' EVENT



A sold out crowd of over 1,400 guests enjoyed a casual sip and stroll at the first annual Wine Fair Cy-Fair on Saturday, April 28. The event was hosted by the Cy-Fair Houston Chamber of Commerce in partnership with Food & Vine Time Productions and was held at Cypress Village Station, a mixed-use development off Hwy. 290 and Skinner Road, which proved to be the perfect venue for this upscale event.

For the general admission cost of \$25 guests sampled a variety of wines and food from some of Cy-Fair's finest restaurants. They were also invited to partake in several craft beer samplings at The Backyard Grill's Beer Garden; VIP Premium ticket holders started 30 minutes earlier and received a higher caliber of wines and tasty treats from restaurant newcomer, Claudia's Fresh Mex, as well as, access to all of the general admission wines and foods.

PARTICIPATING RESTAURANTS INCLUDED

The Backyard Grill—Carino's Italian—Claudia's Fresh Mex—Don Julios Mexican Restaurant—d'Vine Wine Bar & Bistro —El Rey Cuban and Mexican Cuisine —HEB Cypress Market—Merche —Northwest Forest Hotel & Conference Center—Texas Road House—Zaxby's—1252 Tapas Bar

Greeted with goody bags, bottled waters and a baguette from H-E-B Cypress Market visitors enjoyed the cooler evening breezes as they made their way through the outside courtyard at Cypress Village Station. Sippers were serenaded by the 'fresh' sounds of the Robert Hartye Band from the Aruba Tourism stage and they also got a sneak peek at several new Volkswagen cars courtesy of Momentum Volkswagen of Jersey Village. Greystar Cypress Village showcased their apartment property to prospective tenants who are seeking the amenities of a mixed use living property located at the development.

Several of the wines that were sampled at the event were available for bid at the Cy-Fair Educational Foundation's silent auction tent. In typical Cy-Fair fashion, generous guests bid on the elaborate wine filled baskets to benefit the foundation's scholarship program.

SPONSORS INCLUDED

Aruba Tourism—Backyard Grill—Bridgeland—Caldwell Companies—Community Impact Newspaper—Cypress Preventive Imaging—Greystar Cypress Village Apartments—HEB Cypress Market—Republic National Distributing Company—Texas Emergency Care Center of Cypress—To the 9's Boutique—

Plans are in the works to return to the same location next year and the Chamber is already planning for a larger crowd; adding more restaurants and more wine stations. They are encouraging restaurants and sponsors to sign up early for next year to benefit from the marketing exposure all year long. Call Casey Cargle with the Cy-Fair Houston Chamber of Commerce for more details 281-373-1390 or email casey@cyfairchamber.com .



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Thursday, July 19 th	Thursday, November 15 th
Thursday, August 16 th	Thursday, December 20 th

For more information and to register,
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Survivors Offering Support at Methodist Willowbrook Hospital

Many women with breast cancer have found caring support and information from sharing experiences with fellow survivors. Breast cancer patients need to find others who have had a similar experience, and our support group helps to fill this unique need to meet and talk with other survivors. The group is led by a trained facilitator who uses the curriculum "Navigating Life's Road Map After Breast Cancer" from the organization, *Reconstruction of a Survivor*.

Some of the session topics include:

- It's okay to cry
- Joy is around the corner
- What are you afraid of: The Fear Factor
- 2-1=I'm still a 10!
- I will forgive
- How can I function when I feel overwhelmed?

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Methodist
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Willowbrook

Comedy Magician Harry Maurer

HERE IS SOMETHING FUN TO DO AS A FAMILY THIS FATHER'S DAY WEEKEND!

Houston Family Arts Center (www.houstonfac.com) is a lovely family-focused theater here in our area that puts out great theater and has a phenomenal children's academy, as well. It is hosting a series of shows on Father's Day Weekend. The website (<http://goo.gl/4fK03>) gives you complimentary magic tricks as part of the show promotion. Fun for the family!

Las Vegas and Atlantic City Comedy Magician Harry Maurer will be performing at the Houston Family Arts Center presenting clean and fun shows filled with comedy, drama, danger, spectacle, surprise, puzzlement and wonder to benefit the HFAC Actor's Academy!

SHOWTIMES ARE

Friday, June 15th 8:00pm

Saturday, June 16th 6:00pm & 8:30pm

Sunday, June 17th 2:00pm & 7:00pm

.....
*Tickets for the kids are \$15 & adults are \$25.
It would make a cool Father's Day outing/gift!
Register: <http://goo.gl/4fK03>*



CYPRESS-TOMBALL DEMOCRATS June 20th Meeting

The Cypress-Tomball Democrats will hold their next monthly meeting on Wednesday, June 20th, at a new location: Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

June's guest speaker will be Lydia D. Avila, with the Texas Sierra Club. Ms. Avila will discuss the Sierra Club's efforts to inform communities of the EPA's recently announced carbon (or greenhouse gas) protections.

All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at cytomdems@yahoo.com.

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Lakes on Eldridge North

SUDOKU

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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

Fairbanks Library Friends Host "Books, Etc., Sale"

The Friends of the Fairbanks Public Library are having a book sale on Saturday, June 16, from 10 am-3 pm. In addition to hardback and paperback books, for adults and children, they are also selling VHS tapes, DVDs, and other items. Many of the books are in pristine condition. They would make excellent gifts for yourself or for someone else. At \$3 or less, they are also terrific bargains. All proceeds benefit the Fairbanks Library and help provide funding for library programs and materials. Anyone wanting to donate items that are in good condition can drop them off any time the library is open. Donations to the Friends of the Library can be reported as charitable contributions. The library's hours are Monday 1 pm-9 pm, Tuesday – Thursday 10 am-6 pm, Friday 1 pm-6 pm, and Saturday 10 am-5 pm. The library is located at 7122 N. Gessner, near the intersection of N. Gessner and W. Little York. For directions, please call the library at (713) 466-4438.

*Friends of the Fairbanks Public Library
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Lakes on Eldridge North

Recipe of the Month

Ready-to-Go Chili (5-6 servings)

- 1 lb. lean ground beef
- 1 medium onion, chopped
- 2 cans(15 ozs ea.) pinto beans, undrained
- 1 can(28 ozs) diced tomatoes, undrained
- 1 can(15 ozs) tomato sauce
- 1 can(4 ozs) chopped green chilis, undrained
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon black pepper

1. In a large soup pot, brown the ground beef and onion over medium-high heat for 5 to 7 minutes.

2. Add the remaining ingredients, reduce the heat to medium-low, and cook for 1 hour, or until the chili has thickened, stirring occasionally.

Note: Add a little hot pepper sauce or cayenne pepper if you like a spicier chili. Serve in bowls topped with all the classic chili fixin's like shredded cheese, sour cream, chopped onion, or sliced jalapeno peppers.

Enjoy



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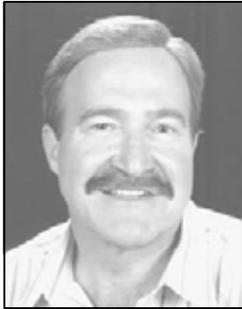
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