



LAKES

ON ELDRIDGE NORTH

www.loenhwa.com

News for the Residents of
Lakes on Eldridge North

Volume 13, Issue 1

January 2014

A FOCUS ON RESOLUTIONS

RESOLVE TO BE A BETTER YOU

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike

- A focus on fresh fruits, vegetables, and whole grains

- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk

- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts

- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils

- Staying away from foods high in sodium and added sugars

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)

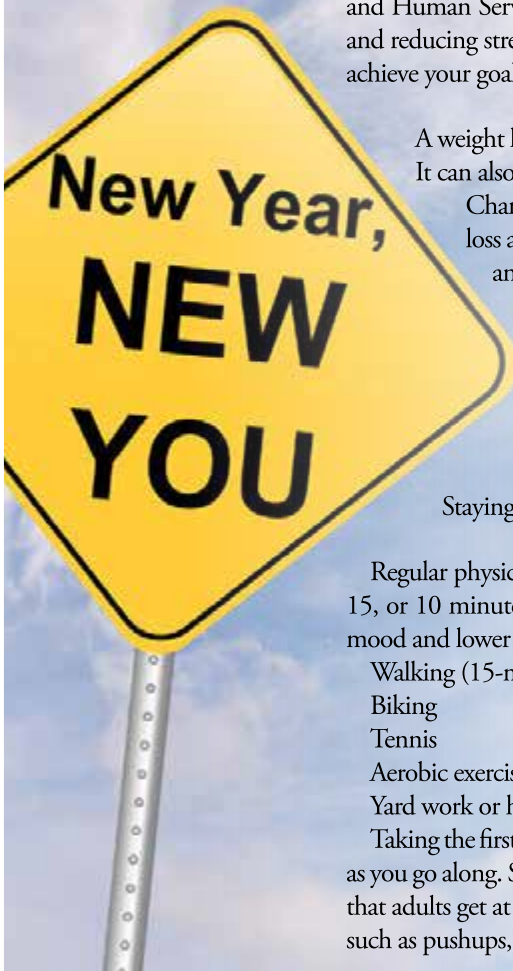
- Biking

- Tennis

- Aerobic exercise classes (step aerobics, kickboxing, dancing)

- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



Lakes on Eldridge North

IMPORTANT NUMBERS

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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.*

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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.)

Head Coach of the Texas A&M Men's Golf Team to speak at NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

Join us for the Northwest Harris County Aggie Mom's Club January meeting on Tuesday, January 14, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Our speaker will be J.T. Higgins, Head Coach of the Texas A&M Men's Golf Team. Husbands and sons are welcome! Coach Higgins has taken Texas A&M to the pinnacle of the collegiate game in his 12 seasons at the helm of the Aggie men's golf team. A three-time Central Region Coach of the Year honoree, Higgins has guided A&M to back-to-back top-5 final rankings in 2009-11, an unprecedented 11 consecutive NCAA Regionals and six straight trips to the NCAA Championships, highlighted by the program's first national title in 2009. Under Higgins leadership Texas A&M stands alone as the only program nationally to have posted top-15 finishes at the NCAA Championship each of the last six seasons. Making their debut in the extremely competitive Southeastern Conference in 2013, the Aggies remained a fixture in the national rankings throughout the season en route to finishing fourth at the SEC Championship while garnering their school –record 11th consecutive trip to an NCAA Regional. Refreshments will be available at 6:45-husbands and sons are welcome!

SCHOLARSHIP APPLICATION DEADLINE APPROACHING

The Northwest Harris County Aggie Mom's Club raises money throughout the year to fund scholarships to students from our area. Last year, we awarded 15 scholarships to Aggie students from our local community and donated over \$34,000 to a variety of Texas A&M student organizations. Eligible students should download the scholarship application form at www.nwhcaggie moms.org. Deadline to apply is February 4, 2014.

SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggie moms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.



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Lakes on Eldridge North

Good Neighbors Can Be Great For Stress Levels

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

Socializing: With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

Pooled Resources: I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

Security: Knowing the people around you can bring a sense of security. If you need something--whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home--it's nice to know you can depend on those around you and they can depend on you.

Home Pride: Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood.

Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

Get Out More: If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

Smile: It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

Talk To Your Elders: The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.



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Your Neighborhood Report

Year	# Sold	Lowest \$	Highest \$	Average \$	Avg. Days on Market
2013	65	\$325,000	\$1,380,000	\$536,275	24
2012	77	\$290,250	\$1,050,000	\$497,767	29

*Based on HAR.com through December 1, 2013



Contact us to determine your house value in 2014

THE DAVID FLORY TEAM

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Lakes on Eldridge North

2013 ALL DISTRICT FOOTBALL TEAM

DISTRICT 17

1ST TEAM OFFENSE

CENTER

#50 - Austin Keith | 5'11" | 240lbs | 12th Grade | Cy Fair

OFFENSIVE LINE

#73 - Vincent Dale | 6'4" | 290lbs | 12th Grade | Cy Fair

#77 - Morgan Magnus | 6'3" | 300lbs | 12th Grade | Cy Fair

#77 - Elijah Rodriguez | 6'6" | 280lbs | 12th Grade | Cypress Creek

#65 - Brady Vinson | 6'3" | 235lbs | 12th Grade | Cy Ranch

#58 - Willie Wright | 6'3" | 275lbs | 12th Grade | Cy Ridge

TIGHT END

#85 - Luis Lopez | 6'3" | 235lbs | 12th Grade | Cy Fair

WIDE RECEIVER

#2 - Darius Crawley | 6'0" | 190lbs | 12th Grade | Cy Ridge

#4 - Dominique Harris | 5'7" | 160lbs | 12th Grade | Langham Creek

#2 - Bryce Johnson | 6'0" | 175lbs | 12th Grade | Cy Ranch

#1 - Kevin Lovings | 5'10" | 166lbs | Cy Springs

#1 - Mason Roberts | 5'8" | 175lbs | 12th Grade | Cy Woods

#16 - Kemah Siverand | 6'2" | 185lbs | 11th Grade | Cy Ridge

RUNNING BACK

#6 - Terrell Aldridge | 6'0" | 190lbs | 12th Grade | Cypress Creek

#20 - Dillon Birden | 5'11" | 180lbs | 12th Grade | Cy Fair

#21 - Charlie Booker | 5'8" | 175lbs | 11th Grade | Cy Ranch

QUARTERBACK

#10 - Kyle Cutbirth | 6'0" | 165lbs | 12th Grade | Langham Creek

#9 - Nick Hooper | 6'0" | 185lbs | 11th Grade | Cy Woods

#1 - Deshun Qualls | 5'11" | 155lbs | 10th Grade | Jersey Village

2ND TEAM OFFENSE

CENTER

#76 - Tito Rueda | 6'3" | 270lbs | 12th Grade | Cy Ridge

OFFENSIVE LINE

#76 - Chris Abo-shear | 6'3" | 320lbs | 12th Grade | Jersey Village

#70 - Shawn Andrew | 6'3" | 290lbs | 12th Grade | Cypress Creek

#53 - Hunter Gonzalez | 5'8" | 240lbs | 11th Grade | Cy Fair

#76 - Zach Kinninger | 6'5" | 275lbs | 11th Grade | Cy Ranch

#64 - Trevor Rogas | 6'1" | 220lbs | 11th Grade | Cy Woods

TIGHT END

#81 - Jackson Solbeck | 6'3" | 225lbs | 11th Grade | Cy Ranch

WIDE RECEIVER

#15 - Zach Duncan | 5'9" | 170lbs | 11th Grade | Cy Woods

#6 - Bryce Elkin | 6'4" | 200lbs | 12th Grade | Langham Creek

#11 - Michael Ewing | 5'8" | 155lbs | 12th Grade | Cy Springs

#2 - Bryce Langan | 5'7" | 150lbs | 12th Grade | Langham Creek

#11 - Jorren Pollard | 5'11" | 175lbs | 10th Grade | Cy Falls

#17 - Jalen Richardson | 6'1" | 180lbs | 12th Grade | Jersey Village

RUNNING BACK

#22 - Kalen Lavine | 5'8" | 185lbs | 12th Grade | Cy Ranch

#33 - Chris Robinson | 5'9" | 190lbs | 12th Grade | Cy Ridge

#24 - Sam Stewart | 5'9" | 195lbs | 12th Grade | Cy Woods

QUARTERBACK

#4 - Troy Brown | 5'11" | 185lbs | 12th Grade | Cy Springs

#14 - Cole Martin | 6'2" | 195lbs | 12th Grade | Cy Ranch

COACH OF THE YEAR

Coach Ed Pustejovsky - Cy Fair High School

OFFENSIVE MVP

#10 - Kyle Cutbirth | 6'0" | 165lbs | 12th Grade | Langham Creek

DEFENSIVE MVP

#52 - Dexter Collins | 6'0" | 290lbs | 12th Grade | Langham Creek

OFFENSIVE NEWCOMER

#1 - Deshun Qualls | 5'11" | 155lbs | 10th Grade | Jersey Village

DEFENSIVE NEWCOMER

#25 - Micah Pryor | 5'10" | 170lbs | 10th Grade | Langham Creek

2013 ALL DISTRICT FOOTBALL TEAM

DISTRICT 17

1ST TEAM DEFENSE

DEFENSIVE LINE

- #40 - Jabriel Alexander | 6'2" | 230lbs | 12th grade | Jersey Village
- #55 - Alton Brown | 6'0" | 260lbs | 12th Grade | Jersey Village
- #52 - Dexter Collins | 6'0" | 290lbs | 12th Grade | Langham Creek
- #90 - Ross Donelly | 6'2" | 305lbs | 11th Grade | Cy Fair
- #99 - Justyn Johnson | 6'1" | 270lbs | 11th Grade | Cy Woods
- #48 - Jordan Molden | 6'2" | 245lbs | 12th Grade | Cy Ridge
- #40 - Brady Wright | 6'3" | 230lbs | 12th Grade | Cy Fair

LINEBACKER

- #42 - Otaro Alaka | 6'2" | 205lbs | 12th Grade | Cy Falls
- #31 - Jacoby Brooks | 6'0" | 215lbs | 11th Grade | Cypress Creek
- #44 - Brandon Brown | 5'11" | 230lbs | 12th Grade | Cypress Creek
- #36 - Nico Costanzo | 6'2" | 215lbs | 12th Grade | Langham Creek
- #23 Nick Csatlos | 6'0" | 200lbs | 12th Grade | Cy Woods
- #41 - James Kohlschmidt | 5'11" | 195lbs | 11th Grade | Cy Fair
- #35 - Austin Scheaffer | 5'10" | 175lbs | 12th Grade | Cy Fair

DEFENSIVE BACK

- #3 - Michael Austin | 5'9" | 165lbs | 12th Grade | Cy Ridge
- #22 - Keith Batista | 5'11" | 175lbs | 11th Grade | Langham Creek
- #5 - David Dudley | 6'0" | 180lbs | 12th Grade | Cy Fair
- #5 Henry Hite | 6'0" | 160lbs | 12th Grade | Cypress Creek
- #5 - Jacob Hobbs | 5'9" | 165lbs | 12th Grade | Langham Creek
- #4 - Stevie Polly | 5'9" | 160lbs | 12th Grade | Cy Woods
- #2 - Christian Taylor | 6'2" | 180lbs | 11th Grade | Jersey Village

2ND TEAM DEFENSE

DEFENSIVE LINE

- #59 - Tyler Breggs | 6'1" | 190lbs | 12th Grade | Cy Lakes
- #40 - Brandon Frazier | 5'11" | 185lbs | 12th Grade | Cy Ridge
- #49 - Michael Omirin | 6'1" | 210lbs | 12th Grade | Cy Fair
- #29 - Safar Sheriff | 6'0" | 240lbs | 12th Grade | Cypress Creek
- #48 - Ross Tuzin | 5'11" | 240lbs | 12th Grade | Cy Fair
- #42 - Malik Warner | 6'1" | 225lbs | 12th Grade | Langham Creek

LINEBACKER

- #52 - Jarious Boone | 5'11" | 210lbs | 12th Grade | Jersey Village
- #20 - Josh Head | 5'10" | 215lbs | 11th Grade | Cypress Creek
- #33 - Michael Hoehner | 5'10" | 185lbs | 10th Grade | Langham Creek
- #43 - Taylor Holms | 6'2" | 210lbs | 12th Grade | Cy Woods
- #45 - Collin Marcum | 6'0" | 185lbs | 12th Grade | Jersey Village
- #15 - Bryce Saracene | 5'7" | 180lbs | 11th Grade | Cy Ranch
- #21 - Yiovani Williams | 5'10" | 200lbs | 12th Grade | Cy Springs

DEFENSIVE BACK

- #6 - Lakent Alexis | 5'10" | 165lbs | 11th Grade | Jersey Village
- #18 - Maxx Chrest | 5'10" | 160lbs | 11th Grade | Cy Fair
- #10 - Drake Moore | 5'9" | 180lbs | 12th Grade | Cy Lakes
- #25 - Micah Pryor | 5'10" | 170lbs | 10th Grade | Langham Creek
- #10 - Brandon Richmond | 5'11" | 180lbs | 11th Grade | Cy Fair
- #5 - Jimmy Washington | 6'2" | 185lbs | 12th Grade | Cy Springs

1ST TEAM KICKER

- #11 - Chase McLaughlin | 6'1" | 170lbs | 12th Grade | Cy Woods
- #16 - Joel Scarbrough | 5'10" | 170lbs | 11th Grade | Langham Creek

2ND TEAM KICKER

- #31 - Omar Portillo | 5'5" | 190lbs | 11th Grade | Cy Ridge

1ST TEAM PUNTER

- #16 - Joel Scarbrough | 5'10" | 170lbs | 11th Grade | Langham Creek

2ND TEAM PUNTER

- #84 - Mitch Fly | 5'9" | 150lbs | 11th Grade | Jersey Village

1ST TEAM RET SPECIALIST

- #4 - Dominique Harris | 5'7" | 160lbs | 12th Grade | Langham Creek

2ND TEAM RET SPECIALIST

- #6 - Terrell Aldridge | 6'0" | 190lbs | 12th Grade | Cypress Creek

Lakes on Eldridge North



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Salute to Our Heroes

FEBRUARY 8, 2014

The Cy-Fair Educational Foundation (CFEF) event “Salute to Our Heroes” is scheduled for Saturday, Feb. 8, 2014, at 6:30 p.m. at the Omni Hotel Westside Houston (13210 Katy Freeway).

“Salute to Our Heroes” honors the brave men and women who have served to preserve our freedom and liberty. Proceeds from this event will go to an endowment enabling graduating students from Cypress-Fairbanks ISD to attend college.

This year our guest speaker is Martha McSally who was the first female combat pilot in US history. Following tradition, the event will also have the Missing Man Table & Honors Ceremony.

The event will be underwritten by Station & Ayers Insurance Planning Services, L.L.C. and the Cypress Fairbanks Medical Center Hospital will be the Major General Sponsor.

For more information regarding sponsorships and donations, please visit the CFEF website at www.thecfef.org or call 281-807-3591.

SALUTE TO OUR HEROES

SATURDAY, FEBRUARY 8, 2014 @ 6:30 P.M.
OMNI HOTEL WESTSIDE HOUSTON



Martha McSally is a decorated military leader and pioneer. She is the first female fighter pilot to fly in combat, and first to command a fighter squadron in combat in United States history. She was awarded a Bronze Star and multiple Air Medals for her combat leadership and performance.

GUEST SPEAKER:
Martha McSally

Salute to Our Heroes will honor the brave men and women who have served to preserve our freedom and liberty.

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Individual Tickets \$75 • Veterans Tickets \$50

Contact Marie Holmes at 281-807-3591 or
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Fundraising activities and private donations finance Cy-Fair Educational Foundation. The Foundation is a 501c3 organization and all contributions are tax deductible as allowed by law.



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Lakes on Eldridge North



Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on January 16, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306. We look forward to meeting you.

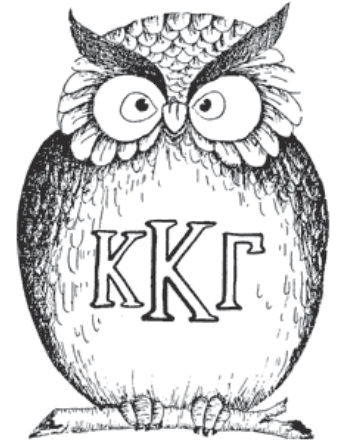
KAPPA KAPPA GAMMA ALUMS OF HOUSTON NW

Come join your sisters this Month on

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For more information on this or future events & membership please contact Natalie Bunton at gmat02@gmail.com or 832-717-3294.



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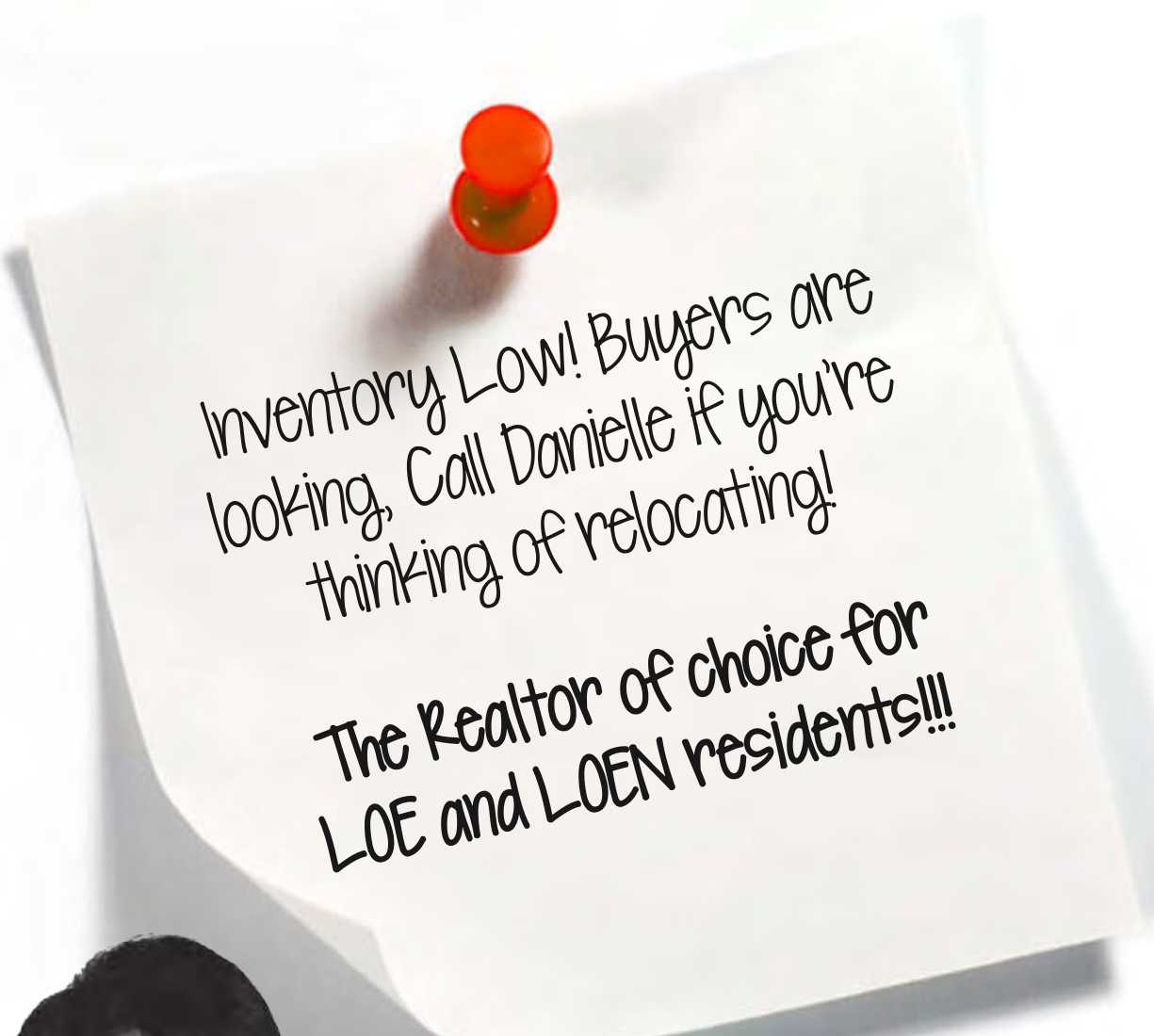


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Lakes on Eldridge North

CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! Start the new year by giving in service to others by joining with the Cy-Fair Kiwanis Club. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens worldwide. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.



Businesses of the community are encouraged to support a representative for membership in Kiwanis. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on January 7, 14, and 21 at the Hearthstone Country Club at 12:15

p.m. We invite you to be our guest for lunch and fellowship and for informative programs. For more

information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

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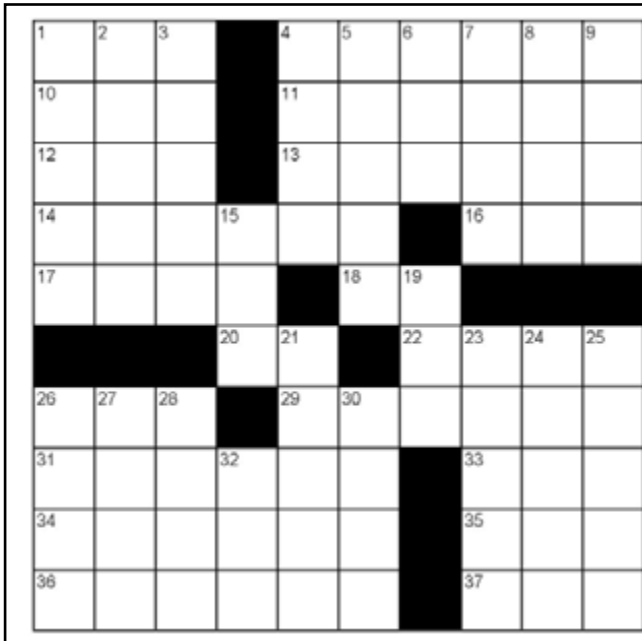
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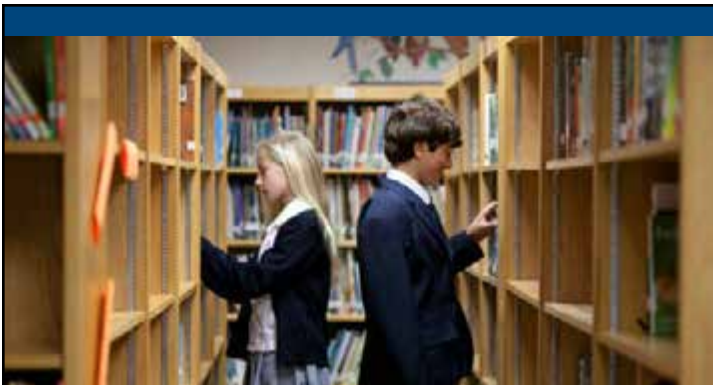
1. What's owed
4. Beats it!
10. Hotel
11. Flower child
12. Certified public accountant
13. White fur
14. Breath mint
16. Rescue
17. Opposed
18. Scottish "one"
20. Acidity
22. Corn syrup brand
26. Insane
29. Angry
31. Relating to horses
33. Kimono sash
34. National capital
35. Reverend (abbr.)
36. Bath powder
37. East northeast

DOWN

1. Formal statement
2. Remove pins from
3. Playact
4. Popular stadium
5. Approximate date
6. Revolutions per minute
7. Capital of Western Samoa
8. Short
9. Origination
15. Lean
19. Stretch to make do
21. Large eastern religion
23. Before
24. Hot sandwich
25. ___ Oyl (Popeye's girlfriend)
26. Soften cheese
27. Greenish blue
28. Twofold
30. Stack of paper
32. Business abbr.

View answers online at www.peelinc.com

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Lakes on Eldridge North

"Cypress Serenades"

Cypress Symphony Presents Second Concert of their Inaugural Season

The Cypress Symphony invites you to celebrate our historical inaugural season at our second concert in January! Join us as we explore some of the earliest orchestral writing by the lighthearted CPE Bach and journey through history to the romantic and passionate Mendelssohn and Tchaikovsky. We are pleased to welcome our talented guest conductor Mark Dupere, as he leads the Cypress Symphony through a musical odyssey! We look forward to seeing you on this magical evening!

Saturday January 18th, 2014

7pm at the Centrum

Mark Dupere, guest conductor

PROGRAM:

C.P.E Bach Symphony for Strings in B-flat
Mendelssohn String Symphony No. 7 in D minor
Tchaikovsky Serenade for Strings Op. 48
*Tickets can be purchased at cypresssymphony.org
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