



Volume 13, Issue 8

August 2014

# LOE Wildlife Spotlight The American Green Tree Frog

*By Nick Kjellqvist, 8th Grade, St. Elizabeth Ann Seton Catholic School*

Have you noticed those small green frogs that like to hang around the damp corners of your backyard? These frogs are known as American Green Tree Frogs or *Hyla cinerea*. I recently did a science fair project on these frogs and learned a lot about them. Here are a few interesting facts I discovered:

- **YOUR BACKYARD FROG:** The American green tree frog, *Hyla cinerea*, is a species of frog commonly found in the United States east coast and southern states. They are most often found in wet environments such as ponds, lakes, marshes and streams...or a backyard pool! This frog has adapted well to urban environments, so it is not uncommon to find them in your garden.

- **WHAT THEY LOOK LIKE:** *Hyla cinerea* is primarily green in color, with a pale white or yellowish stripe extending from its jaw to its groin area.

- **WHAT THEY EAT:** They are insectivores, eating insects such as mosquitoes, flies and crickets.

- **RAIN FROGS:** Green tree frogs are sometimes called “rain frogs.” Some people think that they are good indicators of rainy weather because they call loudest during damp weather.

- **LOOK BUT DON'T TOUCH:** It is not good for frogs to be handled by humans. Frogs absorb practically everything through their skin. Some salts and oils from our hands can hurt frogs.



# Lakes on Eldridge North

## IMPORTANT NUMBERS

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(give pole # of street which is out)	
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Houston Chronicle .....	713-220-7211
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Truitt Middle School.....	281-856-1100
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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Email Articles to [loen@PEELinc.com](mailto:loen@PEELinc.com).

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Email personal classifieds to [loen@PEELinc.com](mailto:loen@PEELinc.com).

ADVERTISING: Deadline for submitting ads is the 8<sup>th</sup> 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](mailto:advertising@PEELinc.com) for information on advertising.

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## Article Submissions

Please e-mail articles and/or photos to [loen@peelinc.com](mailto:loen@peelinc.com).

Submissions must be received by the

10<sup>th</sup> of the month for the following month's issue.

(Advertising deadline is the 8<sup>th</sup> of the month.)



**Start and Finish at Fairfield Baptist Church**

**27240 U.S. 290 Cypress, TX 77433**

**8:10am – START 1K Run/Walk 8:30am – START 10K**

**Run 8:45am – START 5K Run/Walk**

**Registration opens August 9th!**

### Our Goal

The goal of this event is to raise money for the HOPE Project in Kigali, Rwanda. The HOPE Project is led by Ten Talents International, and stands for Housing, Opportunity, Purpose, and Education. Orphaned boys and girls in Kigali, Rwanda are in need of a safe home where they can have the opportunity to go to school, receive medical care, and have basic needs met. Property has already been purchased and work has begun to build a girls' home and boys' home to give these children a safe place to live and learn. This project will be completed in three phases and this year we are supporting Phase 1.

**One Community, One Purpose**

We invite area churches and orphan/adoption ministries to join with us as we share with our community opportunities to get involved with caring for the orphan. Join us race day as a runner, volunteer, and/or share your Orphan Care ministry booth on campus. For more info please visit: [runningforgreaterthings.com](http://runningforgreaterthings.com)



# Lakes on Eldridge North

## NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB nwhcaggiemoms.org

The Northwest Harris County Aggie Mom's Club wants to extend a big "Howdy" to all Moms of freshman Aggies and current Aggie students.

Please join us for our HOWDY PARTY on Tuesday, August 12, 2013 at 7 p.m. at the Houston Distributing Center, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. This fun-filled Aggie evening is a great way to meet other Aggie Moms, find out about upcoming events and Aggieland trips, buy care packages for your student and win door prizes! Enjoy light refreshments while you shop for our one-of-kind Tradition beads. Or look through our Boutique for unique hand-crafted Aggie treasures!

Aggie Moms as an organization, encourages parents to become familiar with A&M during their student's freshman year. Aggie Moms has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience through graduation. All meetings are open to the public, prospective students, current students and Aggie families are always welcome!

Refreshments are available at 6:45! 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.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Connie Pritchard, Club President at [clubpres2012@gmail.com](mailto:clubpres2012@gmail.com).



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I'd be happy to meet with you in person to discuss the market conditions and the value of your property. I look forward to hearing from you!



For More Information, Contact

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## A Focus on Heat Emergencies

Healthy tips to stay cool in extremely hot weather



Heat emergencies fall into three categories of increasing severity:

### HEAT CRAMPS, HEAT EXHAUSTION, AND HEATSTROKE

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

#### SIGNS AND SYMPTOMS:

##### Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen

##### Heat Exhaustion

- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

##### Heat Stroke

- No sweating
- Dry, hot, red skin

- Confusion and loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

#### CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

#### WHAT TO DO IN HEAT EMERGENCIES...

##### First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

##### DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
  - DO NOT give the person salt tablets.
  - DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
  - DO NOT use alcohol rubs on the person's skin.

*(Continued on Page 6)*

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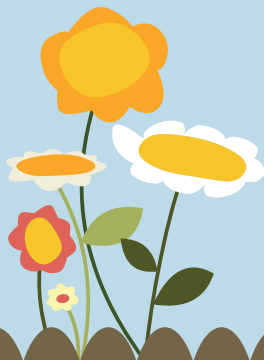
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# Lakes on Eldridge North

(Continued from Page 4)

- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

## PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
  - Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
  - Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
  - Be careful of hot cars in the summer. Allow the car to cool off before getting in.
  - Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: [www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)



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# Lakes on Eldridge North

## ANNUAL FORE CY-FAIR GOLF TOURNAMENT AT BLACKHORSE GOLF CLUB

Cypress, Texas (June 30, 2014) – The FORE Cy-Fair Golf Tournament will be held at Blackhorse Golf Club on Monday, September 8, with an 11:00 a.m. shotgun start.

The tournament kicks off with registration at 9:30 a.m. and a putting contest at 10:00 a.m. The awards, dinner and raffle will follow at 4:00 p.m.

“This tournament provides a dynamic networking opportunity for those who do business or want to do business in the Cy-Fair community,” Leslie Martone, President of the Cy-Fair Chamber of Commerce said. “It’s also one of our biggest fundraising events of the year!”

Texas Emergency Care Center of Cypress is back for its fourth year as the event underwriter. Bay-IBI Group Architects is the tournament’s first CFISD sponsor. The \$7,500 sponsorship includes the opportunity to play with Cypress Fairbanks Independent School District Superintendent, Dr. Mark Henry and other top administrators.

The True Texan sponsorship is still available. With this sponsorship, businesses/ individuals have the opportunity to play

with Larry Dierker, former Astros pitcher, broadcaster and manager. The \$5,000 sponsorship will receive 2 team entries, a tournament trophy and logo recognition in all promotional material.

Other sponsors at the time of printing include: Hyundai, Kroger, Silver Eagle Distributors, Community Impact Newspaper, Caldwell Companies, Cypress Creek Mirror Newspaper and Houston Methodist Willowbrook Hospital.

Sponsorship and marketing opportunities range from \$500 to \$5,000. In addition, the public is invited to purchase a \$25 awards dinner and \$10 raffle tickets. You need not be present to win the raffle.

A portion of the proceeds from the tournament, dinner and auction benefit the Adam Skinner Memorial Scholarship Fund of the Cy-Fair Educational Foundation. A scholarship has been established in his memory and the Chamber has contributed more than \$86,000 to date to the endowment.

For more information about the tournament, visit [cyfairchamber.com](http://cyfairchamber.com). To become a sponsor, purchase raffle tickets or RSVP for a dinner reservation, call Sara Cantrell at 281-373-1390.

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## FIFTH ANNUAL CYPRESS HOOPS INVITATIONAL



The Cy-Fair Educational Foundation is gearing up for their highly anticipated Cypress Hoops Invitational Tournament to be held for the fifth year December 11 through 13, 2014. Twenty-four high school varsity level teams, including those from Cy-Fair ISD and outside the district, will compete over the three-day event at various high schools with the championship games held at the Berry Center. This year's tournament is underwritten by North Cypress Medical Center Hospital.

"Teams from the Dallas area and the San Antonio area will be traveling to Houston for the event," said Teresa Hull, event co-chair. "This is so exciting because it means that word has gotten out about the high level of organization and quality of our tournament. This will help us continue to build state recognition and gives us great potential to grow," she said.

New this year will be family fun activities including face painting, balloon animals and much more. Northwest Dodge will once again be sponsoring a chance to win a car during the championship game on December 13, 2014 at the Berry Center.

The tournament was started by community member Eric Burg and modeled after an extremely successful tournament held in Pasadena. Burg, who played basketball in Cy-Fair ISD, wanted a way to showcase the talent and facilities in Cy-Fair ISD and the tournament grew from there.

In a nail bitter championship game between Galena Park North Shore and Plano West last year, North Shore pulled ahead and won the tournament. "These games are so fun to watch," said Teresa. "We are hoping to attract many spectators to cheer for the kids since ticket prices are so reasonable (just \$2.00 for students and \$3.00 for adults or a family fun pass for \$8). We want a lot seats in the seats!" she said.

Last year the tournament raised \$18,750.02. All proceeds raised through entry fees, t-shirt sales, game tickets and sponsorships will be used for innovative staff development programs for district teachers and instructional leaders and for scholarships for deserving high school seniors. For more information about ways to participate, contact Marie Holmes at 281-807-3591 or marie@thecfef.org.



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# Lakes on Eldridge North

## CYPRESS-TOMBALL DEMOCRATS HOST SAM HOUSTON AT AUGUST MEETING

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, August 19th, 2014. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

The club is honored to have Sam Houston, the Democratic candidate for Texas Attorney General, as the guest speaker for August.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings are open to all, and always feature great fellowship and informative guest speakers. For more information, visit the website at [www.cytomdems.com](http://www.cytomdems.com); contact Glenn Etienne at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com); or "Like" the club on Facebook.



## Back-to-School Festival & Family Fun Day Saturday, August 23rd

The first annual "Back-to-School Festival" and Family Fun Day will be held on Saturday, August 23rd, from 4 p.m. to 7 p.m. at Clark Henry Park, 7600 Equador St., Jersey Village. This is a free community event and rally for area families in support of the promise of public school education. Activities include: Free hot dogs and lemonade for the first 400 people; free school supplies/backpacks/t-shirts while supplies last; free pool passes for the first 50 kids; games; and public speaker appearances. Families should bring their own lawn chairs.

The event is sponsored by Cy-Fair Area Democrats, Katy Area Democrats, Cypress-Tomball Democrats, Spring Democrats, Spring Branch Democrats, Senate District 7 Democrats & the American Federation of Teachers. For further information, contact Dee Coleman at [dcoleman18014@sbcglobal.net](mailto:dcoleman18014@sbcglobal.net).



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# Lakes on Eldridge North

## ST. MARY'S FALL GIFT MARKET



On Friday, September 26 and Saturday, September 27 from 9 a.m. to 4 p.m., St. Mary's Episcopal Church is hosting its annual Fall Gift Market. This is the ideal event to kick off your holiday shopping and decorating! The convenient location at the corner of Louetta Road and N. Eldridge Parkway makes it easy to shop the selection of unique jewelry, home decor, creative toys, flower arrangements, handcrafted gifts, collectibles, pottery, candles and trendy clothing for ladies and children. The Fall Gift Market also features The Tea Room offering the famous taco soup, sandwiches, desserts and homemade baked goods, plus the Silent Auction benefiting church-affiliated projects and outreach. For more information, please visit [stmaryscypress.org](http://stmaryscypress.org), or call Jennifer (281-655-8774) or Michelle (832-559-8726.)




## Women's Softball

Womens slow pitch softball starting in September in the Fairfield Subdivision. Inquiry at [mwsinai@aol.com](mailto:mwsinai@aol.com) or call Michelle at 281-686-9004.



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## Northwest Houston BPW

"I'll Start on Monday." If you have made this excuse, find out how to change that mindset. Professional business women are invited to join the Northwest Houston BPW monthly luncheon on Thursday, July 17 @ Northgate Country Club, 17110 Northgate Forest Dr, Hou 77068 to hear this Dallas speaker, coach, and author. In her groundbreaking book, she delves into the mindset behind excuses and procrastination. Mardi brings her contagious enthusiasm and expertise to her coaching, training, speaking, and writing. She empowers people to recognize their full potential and to achieve life-changing results by taking action. Register for luncheon by Tuesday, July 15 at:

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# TENNIS TIPS

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## The Modern Game: The Backhand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Backhand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Kaylen Combs, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Kaylen is coached by the Director of the Tennis Academy, Darin Pleasant, who is showing her the proper point of contact on step 2. Kaylen plays with her left hand.

**Step 1:** The Back Swing: When Kaylen sees the opportunity, she makes a quick turn of her upper body and takes the racket high and back. The head of the racket is now at shoulder height, her shoulders are turned, the right hand gripping the racket and her left hand relaxed. Her weight is on the front foot as her momentum carries her forward to attack the ball. Her right wrist

is “laid back” to allow maximum point of contact.

**Step 2:** The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Kaylyn started the swing high and “looped” it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her left shoulder is almost opening and her weight has is moving through the shot.

**Step 3:** The Follow Through: In order to get maximum control and power, Kaylen is keeping her right arm extended through the shot. She has “snapped” her right wrist and has the head of the racket facing down. Her weight is going forward.

**Step 4:** The Finish: Kaylen’s upper body acceleration forced the head of the racket to “wrap around” her left ear, thus creating the most power and topspin on the ball. Her legs are already in position to move forward the net for a volley. Her right foot should naturally move forward due to her momentum and racket speed. From her looks, she apparently hit a very wide cross court approach shot for a defensive return.

**Step 5:** The Volley Winner: Once Kaylen hit, she moved to the net for a “winner”. By the smile on her face, her backhand approach shot was successful and she won the point with a backhand volley.

Look in the next Newsletter for: “*The Modern Game: The Swinging Forehand Approach Shot*” Court Time at no additional cost and being able to reserve court time seven days in advance

# Lakes on Eldridge North

## 17th Annual Salute to the Stars Gala

It's almost time to applaud Cy-Fair's educators at the 17th Annual Salute to the Stars Gala. The black-tie, celebratory event to be held on October 16, 2014, at Cy-Fair ISD's Richard E. Berry Center will honor 86 Spotlight teachers, one from each of the district's campuses. Dinner, entertainment, live auction and a raffle will be featured as community and business leaders and elected and school officials give thanks to those who give so much to the students in the Cy-Fair district.

Each year in April, Cy-Fair ISD recognizes one teacher from each of its campuses who represents a unique balance of skill, art and heart in teaching students in his or her subject area or program. "Spotlight teachers and their guest as well as the principal and his or her guest occupy spots at the school's table," said Lauri Baker, event co-chair. "The remaining four seats are for those who sponsor the table. Table sponsorships start at \$1,250; however, there are other sponsor opportunities available as well."

Not only is the event a celebration of the district's top-notch teachers, but it's also a way to showcase the talent of students. "Students will perform a drum line performance, those who have won scholarships from the Cy-Fair Educational Foundation will serve as guest speakers and culinary arts students will serve dinner to guests," said Baker. "Involving our students in the event is a perfect way to remember why we are all here."

All proceeds raised at the event go to the Cy-Fair Educational Foundation which provides college scholarships for district students as well as staff development grants to CFISD. Last year the event raised over \$152,000 for staff development grants and student scholarships, bringing the grand total to over \$1.8 million raised since 1998.

This year's underwriter will be Cypress Fairbanks Medical Center Hospital. Also sponsoring in 2014 will be the Cy-Fair

Federal Credit Union as the Red Carpet Premiere Sponsor, Bay- IBI Group Architects as the Superintendent Table Sponsor and Houston Methodist Willowbrook Hospital as the Teacher Appreciation Sponsor.

Baker, who has been involved with organizing the event for ten years, has worked in the school district for 30 years and also serves on the Cy-Fair Educational Foundation Board. "I love working with such a passionate group of dedicated people who put on this great event," she said. "It's really a fun night and people are excited to see each other but also so committed to raise money for the Foundation. The community relationship in our district and the compassion of the Cy-Fair Educational Foundation, that does so much for both students and teachers, is unique and rewarding to be a part of," she said.

For information about the annual Salute to the Stars gala, contact Marie Holmes at 281-807-3591, or e-mail [marie@thecfef.org](mailto:marie@thecfef.org).



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