



Volume 13, Issue 9

September 2014

CyChristian Students Travel to Spain

Twenty-three CCS Spanish students along with their Spanish teachers, Kelly Galbreath and Elvira Hall, and three chaperones embarked on a ten-day sightseeing and mission trip to Spain with Joshua Expeditions. Mrs. Galbreath said, "This trip gave the students the opportunity to experience the culture they have been studying, use the language (without the help of their teachers), meet new people, and serve others."

Their first two days were spent in Salamanca where the group helped a local church by cleaning up the lot next-door to the church to make a soccer field and basketball court for the local kids to use. Mrs. Galbreath wrote, "After finishing the work on the fields and we were just out of sight, a young boy and his father or older brother, who had been watching us during the afternoon, immediately came onto the field and began playing. A lot that only a few hours earlier needed clean-up of trash, dog waste, rocks, and weeds was already being used by the community." The remaining days of their trip included visiting Madrid and Barcelona exploring the country and culture and speaking a lot of Spanish!



Shown in photo: Ashley Anderson, Kate Blevins, Hannah Braun, Jolie Carr, Elliott Cloninger, Claire Courreges, Jacob Cyr, Colton Everitt, Nolan Galbreath, Chris Geyer, Samantha Longridge, Emily Mahan, Venessa Moreira, Daniel Overton, Karylina Parodi, Breanna Poncho, Vincent Salaro, MaKayla Stowell, Adam Thompson, Sabrina Tovar, Elizabeth Usry, Zach Usry, Gabby Vasekto TAPPS 4A for the 2014-2015 school year. The Warriors are ready to compete on the next level in athletics, fine arts, and academics and look forward to new faces and a new look. The Warriors are ready to GO BIG in 4A competition.

CYPRESS CHRISTIAN SCHOOL HOSTS WOW WEEK

CyChristian is excited to announce the WOW (Week of the Warriors) event scheduled for September 25 - October 3, 2014. Beginning September 25, CCS friends and families will enjoy participating in fun events including an online auction, a Fine Arts musical entitled "Bye Bye Birdie," annual homecoming week activities and football game, entertainment, and barbeque cook-off. Everyone is invited to join the fun. For more information, please visit the school website at CypressChristian.org or call 281.469.8829.

CYCHRISTIAN MOVES TO TAPPS 4A

The Warriors at Cypress Christian School had an incredible journey in their last year of TAPPS 3A competitions and now move to TAPPS 4A for the 2014-2015 school year. The Warriors are ready to compete on the next level in athletics, fine arts, and academics and look forward to new faces and a new look. The Warriors are ready to GO BIG in 4A competition.

Lakes on Eldridge North

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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.

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.)

“Proposed Addicks-Tanner Trails Will Connect LOEN to Houston Bike and Hike Trails”

Did you know that over 50 miles of west Houston hike and bike trails are almost within reach of LOEN residents? The Harris County Parks Department is considering a connection between Tanner Road and the top of Addicks Dam for their 2015 budget. A complementary project is in development to provide access along Tanner Road to the new connector. With these in place, a biker or hiker will be able to reach Terry Hershey Park and the Energy Corridor without being on road. How can you help? Later this year, demonstration of public support will be critical to getting the project in the 2015 budget. If you would use these trails, please contact Bryan Dotson at bryan.dotson@live.com (281-961-6116) to register your support.



The advertisement features a graduate in a blue cap and gown holding books, and a young child in a white graduation cap. Text includes: 'Come grow with us!', 'St. Elizabeth Ann Seton Catholic School', 'Now Registering 2014-2015 School year', and 'EXCELLENT CURRICULUM • ATHLETICS COMPUTER & SCIENCE LABS BEFORE & AFTER SCHOOL PROGRAMS'. Contact information: '6646 Addicks Satsuma Rd. Houston, TX 77084 281-463-1444 www.seascs.org'. A quote reads: '“Living, loving, and learning in Christ and the Church.”'.

Network Texas Ready to Party With a Purpose

Family Fun Event to Benefit Shield Bearer Counseling Centers

If you are looking for a great night out as a family with live music, fun family games and a chance to win prizes, check out this year's Party With Purpose event. "We are planning to have a great time raising money for a great cause", says David Bamberg, Network Texas Co-Founder.

The 2014 Party With Purpose event is scheduled September 4th from 6:00 PM - 9:30 PM at historic Tin Hall (14800 Tin Hall Rd., Cypress, TX 77410). Tickets are on sale for \$20 each online at www.ShieldBearer.org/Party and include heavy hors d'oeuvres, live entertainment provided by Cool Freddie E & The Crew, door prizes, raffle and live auctions, family photo booth and lots of games for cowboys and cowgirls of all ages. A cash bar will be provided by Tin Hall.

The purpose of the event is to support the services to women rescued from human trafficking, victims of horrendous crimes, military personnel/veterans and their families and those who are turned away from other providers. "We rely heavily on the

donations of individuals, businesses and churches in order to continue to provide quality counseling services," said Paula Burns, Event Chair. "I'm looking forward to everyone having fun while making a difference for their neighbors and community."

Paula Burns shared that the event is only possible with the support of key sponsors, including, "Halford Busby Construction Consultants as our Trail Boss Sponsor, Insurance One of The Woodlands as our Chuck Wagon Sponsor, and Burke Carpet Cleaning Services as our Watering Hole Sponsor." There is still time to join in the western themed fun and become a sponsor or provide an auction item or door prize. Interested parties can find all the details at www.ShieldBearer.org/Party.

Shield Bearer, a Cy Fair born 501c3 charitable nonprofit since 2005, served over 12,800 people last year with professional counseling services in their four Northwest and West Houston offices. Learn more about Shield Bearer at www.ShieldBearer.org or call 281-894-7222.



Market Update

LAKES ON ELDRIDGE & LAKES ON ELDRIDGE NORTH

2014	# HOMES SOLD	AVERAGE PRICE	AVERAGE DAYS ON MARKET
1st Quarter:	18	\$456,315	26
2nd Quarter:	28	\$523,200	22
July	8	\$611,293	11

Source: Houston Association of Realtors® Multiple Listing System 1/1 - 7/31 of 2014

If you are thinking about selling, leasing or relocating in the near future, please contact me for a complimentary market analysis.



For More Information, Contact

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INJURY PREVENTION IN YOUNG ATHLETES

*By Brett Neilson and Mike McTague
Doctors of Physical Therapy
Orthopedic Certified Specialists*

As another fall sports season approaches, a major goal of the coaches, trainers, and parents is keeping the athletes healthy and contributing to their respective sports. However, injury is inevitable and part of the game. Pediatric athletes present with a variety of injuries, the most common being the overuse type like Osgood-Schlatter disease and stress fractures. These injuries occur due to excessive stress placed on bone, muscle and tendon tissue that are constantly growing and not always at the same rate. Risk factors for these injuries include asymmetry in joint flexibility/mobility and muscle strength, impaired balance, training and recovery errors, and previous injury. There is potential for many overuse injuries to be prevented by knowing and following a few simple principles.

Pre-participation physical exams can be helpful for identifying many of the risk factors mentioned previously. It is recommended that these exams should include at minimum an assessment of joint mobility and flexibility and muscle strength and flexibility, as well as a thorough review of the past medical history to determine if the student is even appropriate for athletics. Recently, functional screening tools have been developed to reveal asymmetries and imbalances during basic movement patterns that are the foundation for many of the movements required during sport.

Training and conditioning play a major role in injury prevention as well. The term “cultural deconditioning” has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game and computer use. So when the offseason ends and it’s time to get out

and enjoy the 105 degree Texas heat, the body is not ready to stand up to the stresses suddenly placed on the body. A way to combat this is to promote an active, healthy lifestyle by putting down

the Xbox controller and spending more time outside, taking part in offseason conditioning camps, or participating in local fitness classes.

A guideline known as the “10% rule” has also been developed to allow student athletes to transition back into sports activities. The idea is that the amount of training time, distance, repetitions, or load should not be increased by greater than 10% per week. For example, if a student is running 10 miles per week, they should not run more than 11 miles in the following week.

Knowing the signs and symptoms of overuse injuries is paramount. They are all too often written off as “growing pains” and are allowed to increase in severity, resulting in extensive time away from sport during the recovery process. Common signs and symptoms include pain that is persistent in nature, takes

longer than usual to resolve, visible swelling, tenderness that can be localized to one area, and/or require interruption of normal athletic activities.

Finally, having an open-line of communication between the coaches, trainers, other health care professionals, parents, and athletes is imperative in injury prevention. Lack of or inconsistencies in the transfer of information between any of these parties can result in delayed access to proper prevention or treatment techniques and keep the athlete from performing at the highest possible level.



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COMMUNITY HEALTH FAIR


Presented by the St. Elizabeth Ann Seton Parish Nursing Ministry. The Health Fair will be held on Saturday, October 25, 2014 at 10 A. M. until 2 P. M. at 6646 Addicks Satsuma Road, Houston, TX. Free services provided include: blood sugar testing, blood cholesterol testing, counseling from certified health care providers. Also, there is a "Teddy Bear Hospital" for children which includes adopting a bear or other stuffed animal for free. Also, educational and fun children's booth are available.

Cy-Fair Emergency & Imaging Center Triathlon at Fairfield

Sunday, October 26, 2014 @ 7:30 AM

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For more information regarding the adult and kids' triathlons, please visit: www.FairfieldTriathlon.com

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Lakes on Eldridge North

A Focus on Backpack Safety Tips for Your family

By: Concentra Urgent Care

WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

WEAR THE BACKPACK OVER THE STRONGEST MID-BACK MUSCLES

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints.

Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft

tissues of the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.



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The "Take Care of Texas" Guide to Yard Care Managing Common Texas Yard Pests

Gardening and yard care can give you satisfying results and beautiful landscapes. However, yard pests can be discouraging, even for the most committed gardener. Here are some quick tips to avoid pests:

Irrigate efficiently; water infrequently but thoroughly, generally 1 inch once a week in the morning.

Use native and adapted plants, which are better suited to the local environment and are more resistant to pests.

Mow properly taking off no more than 1/3 of the grass blade with each mowing.

Choose natural or organic fertilizers, avoid overusing fertilizers, and encourage natural predators such as worms, ladybugs, certain beetles, mites, and birds.

Monitor for pests often to catch infestations early and determine if control is needed. Natural predators may make treatment unnecessary.

Remember to always comply with your water system's water-use restrictions and visit www.KeepCyFairBeautiful.org to access free "Take Care of Texas" publications!



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Lakes on Eldridge North

5th Annual Running for Greater Things

Saturday November 8, 2014

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

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

REGISTRATION OPENS AUGUST 9TH!

Our Goal

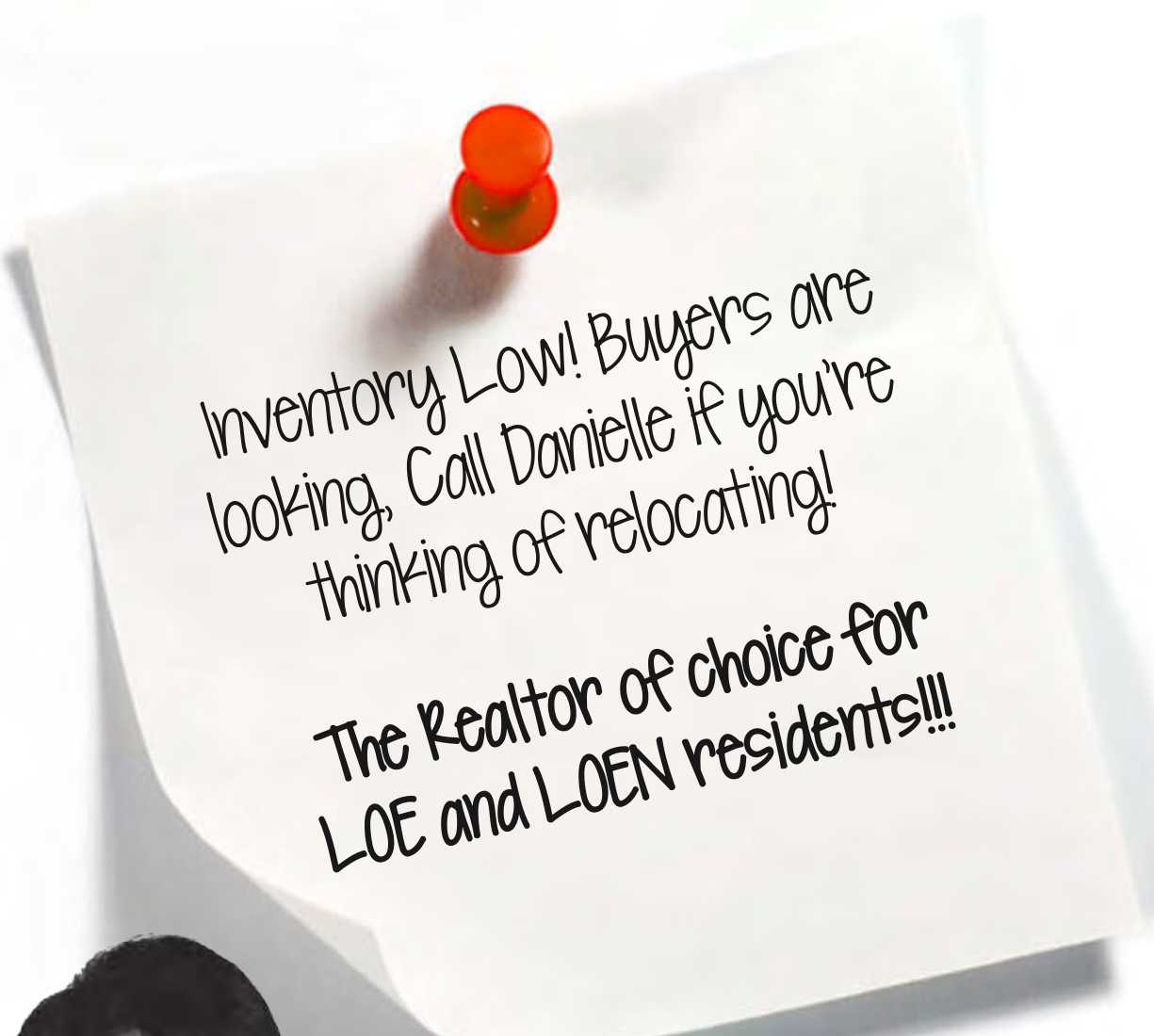
The goal of this event is to raise money for the HOPE Project in Kigali, Rwanda. The HOPE Project is led by Ten Talents International, and stands for Housing, Opportunity, Purpose, and Education. Orphaned boys and girls in Kigali, Rwanda are in need of a safe home where they can have the opportunity 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.



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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. Our next meeting will be on September 18, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Melinda Sims at melinda@mazzaroth.net.

We look forward to meeting you.



GINGERBREAD VILLAGE HOLIDAY MARKET

St. Elizabeth Ann Seton Catholic Church Ladies Auxiliary is hosting their annual holiday market on October 25, 2014. It will be held from 9 A. M. to 4 P. M. at 6646 Addicks Satsuma Road, near Highway 6 and FM 529. The admission is free! Shop our selection of seasonal decor, homemade crafts, beautiful art, gourmet food and many other unique offerings. Have lunch at our huge concession stand with BBQ sandwiches, spuds, chicken salad, hot dogs, homemade baked goods, etc.! All proceeds go to various charities and scholarships. For more information, visit seascatholic.org and email mon.delgado@sbcglobal.com. See you there!

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Lakes on Eldridge North

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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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



The Modern Game: the swinging forehand approach shot or volley

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 Swinging Forehand Approach Shot or Volley.” This shot is used when an opponent hits a soft shot that is floating high on the service line area. The player will take advantage and will hit the ball on the fly with a huge swing, 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, Ryker Heller, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Ryker is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Ryker sees the opportunity, he makes a quick turn of his upper body and takes the racket high and

back. The head of the racket is now at shoulder height, his shoulders are turned, the right hand gripping the racket and arm in front. His weight is on the front foot as his momentum carries his forward to attack the ball. His 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. Ryker started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His left shoulder is almost opening and his weight has is moving through the shot.

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

Step 4: The Finish: Ryker’s upper body acceleration forced the head of the racket to “wrap around” his left shoulder, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley. His right foot should naturally move forward due to his momentum and racket speed. From his looks, he apparently hit a very deep volley for a winner.

Look in the next Newsletter for: “The Modern Game: The Swinging Backhand Volley”

“Cy-Fair Growing Business for a Growing Community”

CHAMBER PRESIDENT SHARES INSIGHTS ON GROWTH OF CY-FAIR AREA AT MONTHLY CYFEN MEETING

Attend the Cy-Fair Express Network (CYFEN) luncheon September 25 and discover more about what is happening in the Cy-Fair area and the Cy-Fair Houston Chamber of Commerce.

This month's keynote speaker is Leslie Martone, president of the Cy-Fair Houston Chamber of Commerce.

At the chamber she and her dedicated staff work diligently with community leaders and the chamber Board of Directors on issues affecting businesses in Cy-Fair.

Martone is active with the Cy-Fair Educational Foundation and also serves on the Governing Board at Cypress Fairbanks Medical Center and Reach Unlimited Board.

Martone has lived in the Cy-Fair area since 1985, graduated from Cy-Fair High School and attended Texas A&M University, earning a Bachelor of Science degree in Recreation, Parks, and Tourism in 1998.

All are welcome to learn more about the chamber at this month's CYFEN meeting, which begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Monthly meetings are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd.

Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

CYFEN is part of the national organization of American Business Women's Association, for more information go to www.CYFEN.org.

ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition.

ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.



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Cypress Symphony

Join the Cypress Symphony on September 20th for a night of beautiful, passionate music!

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Barber Canzonetta for Oboe

Alecia Lawyer, soloist

Vivaldi Concerto in D

Dr. Kirsten Yon, violin

Joanna Becker, violin

Patrick Moore, violin

Bartok Romanian Folk Dances



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Lakes on Eldridge North

Kids' Running Team's Cross Country Season Starts September 8th

The Northwest Flyers Track Club Youth Cross Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Monday, September 8, 2014, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. The first practice will be held at the Cypress Creek YMCA on Thursday, September 11.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 27th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

Contact Coach Donnell Carter at dcarter.nwflyers@yahoo.com or 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit www.northwestflyers.org to get updates and learn more about the team.



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