

LAZYBROOK NEWS

MARCH 2014



Membership

Janell Bryans, Membership Chair membership@lazybrook.org (713) 426-0148

The community spirit of Lazybrook dates back to 1955, the beginning of our subdivision. The Lazybrook Civic Club has been instrumental in many projects that benefit our community:

- Tree planting and maintenance
- Enforcing deed restrictions
- National Night Out
- Citizens on Patrol
- Cleanup projects
- Newsletter
- Beautification
- And more!

Start this New Year by helping to continue with these projects for the neighborhood and enforcement of deed restrictions to protect your property values. For only \$25.00 annually, you will help to keep Lazybrook what it is today and to improve it for the future. You can bring the form below to the next Civic Club Meeting or mail it to the address.

Lazybrook Civic Club Membership Dues

Name _____
 Address _____
 Phone _____
 E-mail _____

I am enclosing:

- 25.00 Dues
 _____ Donation: Beautification
 _____ Donation: Security (Citizens on Patrol)

Total: \$ _____

You can also pay online with Credit Card or PayPal by visiting www.Lazybrook.org/Join



Make checks payable to: Lazybrook Civic Club PO Box 926181 Houston, TX 77292-6181

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Newsletter printed by



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for the Lazybrook Civic Club and the Friends and Neighbors of Lazybrook.

NEIGHBORHOOD DIRECTORY

EXECUTIVE BOARD MEMBERS

PRESIDENT

Marc Cogle
(713) 444-3351
president@lazybrook.org

VICE PRESIDENT

Vacant
vicepresident@lazybrook.org

TREASURER

Beth Goodner
treasurer@lazybrook.org

CORRESPONDING SECRETARY

Pat Koteras
correspondence@lazybrook.org

RECORDING SECRETARY

Judy Dyk
recording@lazybrook.org

COMMITTEE CHAIRS



MEMBERSHIP

Janell Bryans
(713) 426-0148
membership@lazybrook.org



SECURITY CHAIR

Matt Herring
(713) 823-0794
security@lazybrook.org

ARCHITECTURAL REVIEW/ DEED RESTRICTIONS

Vacant
Volunteer for this position!
architecturalreview@lazybrook.org



NEWSLETTER

Crystal Frommert
(832) 426-2191
newsletter@lazybrook.org



BEAUTIFICATION

Carolyn Lehnert
(713) 864-3596
beautification@lazybrook.org

RECYCLING

Vacant
Volunteer for this position!
recycling@lazybrook.org

YARD OF THE MONTH

Carmen Millet
yard@lazybrook.org

SUPER NEIGHBORHOOD

Chris Grizzaffi
superneighborhood@lazybrook.org

ADVERTISING/DONATIONS

Chere O'Neal
advertising@lazybrook.org

WEBMASTER

Greg Frommert
(832) 426-2191
webmaster@lazybrook.org

AROUND THE NEIGHBORHOOD

Kelly Schuler
(713) 802-0847
neighborhood@lazybrook.org

HOSPITALITY

Jo Crawford
(713) 864-0685
hospitality@lazybrook.org

GRAFFITI

Dorothy Richardson
(713) 861-0701
graffiti@lazybrook.org

MOSQUITO SPRAYING

Alison Moss
mosquitospraying@lazybrook.org

BLOCK CAPTAIN CHAIR

Eddie Yarbrough
(713) 869-1511
blockcaptain@lazybrook.org

IMPORTANT CONTACT NUMBERS

EMERGENCY: 911

HEIGHTS STORE FRONT

HPD DISPATCH

(713) 884-3131

Sgt. Chad Wall

(713) 803-1151

centralpatrol2district@cityofhouston.net

HPD CENTRAL STATION

(713) 247-4400

Visit us on the web at
<http://www.Lazybrook.org>
for up-to-the-date
news, events and more!



President's Letter

Marc Cogle, President (713) 444-3351 president@lazybrook.org

Firstly, I would like to thank the residents of Lazybrook for the vote of confidence in allowing me to assume the role of President of the Lazybrook Civic Club. Lazybrook has been home for my family for 5 years and we have become connected to the community and are excited to take our community support to another level. I would really like to see our Civic Club become a vital part of the neighborhood as it was in past years and am willing to do whatever necessary to support that happening.

Over the course of Lazybrook's history, the Civic Club has been integral to community activities. Since we moved to the neighborhood, some of our more significant accomplishments included:

- Completing a significant beautification and planting project in the medians running up and down TC Jester and 18th. Most of the younger trees and shrubs were planted during this project.
- Saving many of those same trees and shrubs during the drought a few years ago. The volunteer time of residents aided to keep the trees adequately mulched to provide more resistant and supplemental watering both worked to preserve our investment.
- Revitalizing our National Night Out program to include a neighborhood parade and block parties which have been some of our biggest turnout nights in years.
- Piloting a mosquito spraying program to help control our mosquito populations during the summer
- Coordinating with the City of Houston to ensure our bayous and watersheds are properly maintained
- Donating and contributing to the revitalization of surrounding parks

Looking forward to 2014, we want to continue building on these accomplishments. However, the truth is that have many challenges facing us and we need our residents to step forward more than ever. Last year was our lowest resident participation level on record at only 36%. We also have some critical leadership roles that help support our fundraising efforts that are vacant. Without resident support through membership and volunteering, the future of the Civic Club will be at risk. It is essential for us to preserve this organization to ensure that our neighborhood continues to be a vital, well maintained place with manicured medians, enforced deed restrictions, and a voice within our broader Houston community. Without a Civic Club, it will be difficult for any of those things to occur.

I want to start my term as President with a plea to each and every resident. If you haven't joined the Civic Club yet, please consider doing so. If you are a member, please consider increasing your commitment by volunteering to serve in a leadership role. If you have any ideas on other ways to support Lazybrook and make the neighborhood and the club a better place, please reach out to me via email at president@lazybrook.org and let's have a conversation. The Executive Committee has met and started planning how we can change things for the better. We are exploring ways to increase membership and reduce operating costs to begin balancing our budget. But we can only turn our course around with your support and ideas.

Thanks to Pat Koteris for gathering door prizes from the following merchants for the January Civic Club Meeting:

Bargain Food Mart - 18th
Demeris BarBQ - NW Freeway @ 18th
Flying Dragon Chinese & Vietnamese - 18th
Heights Mobil - 18th & Ella
Hughie's Tavern & Vietnamese Grill - 18th
YOL Art - 18th
Kojak's Fine Foods - 18th
Pizza Inn - 18th & Mangum
Queen Donuts - 18th
Tony's Mexican Restaurant - Ella
The Spaghetti Western #2 - W. TC Jester
Please patronize these generous businesses.

Security

Matt Herring, Security Chair (713) 823-0794 security@lazybrook.org

Citizens on Patrol Hours Logged

- December 2013- **40.25**
- January 2014- **45**

Crime in the Neighborhood

2/5- burglary- 1800 Tannehill, between 8:30am - 4:30pm, stole shotgun, laptop, rummaged thru drawers, broke in thru front door

2/26- burglary- 2400 Lazybrook, between 8:00am - 5:00pm, broke through a back window, stole 2 laptops, old I phone, hair appliances, police came and took finger prints

I encourage everyone to report any suspicious persons or vehicles immediately to HPD. If you are unsure about a person or situation please let a trained HPD officer assess the situation and take any action needed. Please call HPD to report all crimes and get a case number, this is how we are assigned manpower from HPD. **HPD Dispatch 713-884-3131**

Crime Statistics

The latest crime statistics are posted on the web at: <http://mycity.houstontx.gov/crime> or www.spotcrime.com

Citizens on Patrol

Citizens on Patrol successfully brings together communities and police for a common goal, to improve the quality of life for residents by preventing, reducing, or eliminating crime. You can really make a big difference in crime in our area by patrolling just a few hours a month. Patrolling is as easy as driving a car through the neighborhood with a cell phone and calling in any suspicious persons or activities. We will train you, the hours are flexible to fit any schedule, and you are reimbursed for the cost of gas. Please email security@lazybrook.org to let me know if you are interested.

Lazybrook Email Network

Lazybrook has an email network to keep neighbors up to date on important neighborhood info and security concerns. I encourage everyone to send me a detailed email if you have a crime to share with the neighborhood so hopefully we can work together to prevent further crime and help police catch the offenders. If you are not currently receiving the email you can join by emailing security@lazybrook.org or visiting <http://www.lazybrook.org/directory>

Get Published!



If you would like to contribute an article for the Lazybrook newsletter and web site please email newsletter@lazybrook.org.

Mosquito Spraying

Alison Moss mosquitospraying@lazybrook.org

In 2013 the Civic Club voted in favor to spray for mosquito's. The committee chose Cypress Creek Pest Control, a company that serves over 800 communities in the greater Houston area. Their vehicles are equipped with a ULV (Ultra Low Volume) fog generator designed and built by Cypress Creek Pest Control. Spraying began in June and concluded in early October. Spraying occurred once a week, typically on Thursday evenings. The spraying service is marketing as a mosquito control service, not elimination, which is important to keep in mind in managing expectations. For more information about the company and their mosquito spraying service, visit www.cycreekpestcontrol.com.

Voting to renew services with Cypress Creek Pest Control will take place at the March 27th Civic Club Meeting. As a reminder, voting is permitted for paid Civic Club members only.



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Timbergrove Manor Civic Club hosts
Jaycee Park Capital Improvement Project #F-000758
Super Neighborhood Council 14 speaker:

Lisa Johnson, Parks Program Manager
Tuesday, May 13, 2014 at 7:00 p.m.
Sinclair Elementary School's Cafeteria, 6410 Grovewood, 77008

Jaycee Park is entering into the next exciting phase of the renovation project that began in 2009. Come to this important meeting to hear Lisa Johnson present the preliminary plan and budget for the park's 2015 CIP allocation. Your input is important before a design is finalized.

Lisa Johnson is the Parks Program Manager for the City of Houston's General Services Department. Since earning a degree in Landscape Architecture from Texas A&M University in 1984, she has used her experience and knowledge in landscape architecture and design to successfully renovate several Houston Parks in our area and now Jaycee Park is the recipient of her expertise. Come to hear what she has to say and to ask questions.

All interested parties are invited to hear Lisa Johnson. TMCC regular meeting agenda and committee reports will follow the guest speaker.

Jaycee Park was accepted onto the City's Capital Improvement Project list in early 2011. The \$250,000 allocation will be available in 2015. Ms. Johnson will present a landscape architectural firm's assessment of the park and a budget, obtain community input and answer questions. After citizen input is compared with the independent assessment, a design will be finalized.

Submit questions before the meeting for the Q&A to:
Darlene Wayt, SNC-14 Committee Member, at dwayt@comcast.net
cc: Bill Morfey, SNC-14 President, at tsnccpresident@gmail.com

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\$ TBD

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1237 Lamonte
1235 Chamboard
1241 Kinley
1244 Chamboard
810 W 31st
1602 Glourie
1322 Candlelight
1345 Martin

COMING SOON



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1543 Cheshire
\$659,050

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Properties



Yard of the Month is Back

Carmen Millet, Yard of the Month, yard@lazybrook.org



By popular demand, the Lazybrook Civic Club has re-launched the "Yard of the Month" program! The purpose of the program is to recognize Lazybrook neighbors who demonstrate above-average efforts in maintaining their property and contributing to the overall appearance of our community.

The program will run from January through November. The annual neighborhood holiday decorating winners will take the place of a December "Yard of the Month" winner. Winners will receive a "Lazybrook Civic Club Yard of the Month" lawn sign that will be placed on their property for the duration of their award month.

The Lazybrook CC encourages all neighbors to join the efforts of these homeowners in keeping their yards and homes beautiful!

Yard of the Month Guidelines

- All current Lazybrook properties and homeowners are automatically eligible to win.
- Award winners are selected based on the recommended selection criteria listed below.
- The upkeep of the yard can reflect the efforts of the residents themselves or that of a professional landscaper or groundskeeper.
- Neighbors may only win Yard of the Month one time a year. At least 12 months must elapse between awards for the same yard.
- Winners may be disqualified if their property is in violation of any HOA covenants or city regulations at any time during the month in which they win "Yard of the Month".
- Neighbors may nominate their neighbors for this honor. You can nominate your neighbors by emailing the "Yard of the Month (yard@lazybrook.org)" or on the 'Contact Us' page at <http://www.lazybrook.org>
- A Yard of the Month sign will be placed in the winning yard.
- Should a homeowner decline to participate upon notification of winning, the second place house will become "Yard of the Month".
- While a neighbor's home is being recognized as a "Yard of the Month," they are expected to maintain their yard in the same manner that allowed them to win the honor.

Suggested Criteria to Win Yard of the Month

- Lawn: mowed, trimmed and weed free
- Edging: driveway, walks, curbs
- Shrubs, Bushes, and Trees: healthy, neatly pruned, in proportion/scale with home
- Pleasant appearance that makes the property an asset to the neighborhood (no unsightly debris, broken gutters, etc.)
- Color (green grass, colorful living plants, mulch, other landscape design material, etc...)
- Overall look of landscaping: inviting look of front entryway (hanging baskets, pots, cleanliness etc.) Originality/creativity (any special touches of the owner i.e., yard art, bird feeders, etc.)



January Yard of the Month: 2022 Lazybrook Drive



February Yard of the Month: 1707 Haverhill

Q & A: How Can I Turn Exercise Into a Permanent Habit?

Birgitt Haderlein, Health and Fitness Coach, tofityou@sbcglobal.net (713) 410-3376

How to make sweating it out second nature

Originally published by Annie Daly

The question: “I keep hearing that making exercise a habit is the best way to stick with it. But how do I actually do that?”

The expert: Greg Justice, an exercise physiologist and author of *Mind Your Own Fitness*

The answer: There isn't a magical way to do it, or a magical number of days it takes to do it—it really varies per person. In a 2009 study published in the *European Journal of Social Psychology*, for instance, researchers found that it can take anywhere from 18 to 254 days to make behaviors happen “automatically.”

That said, there are definitely ways to push the process along. Justice explains that it's best to refer to Charles Duhigg's theory, as outlined in his book *The Power of Habit*, which was released in January 2014. Duhigg's theory is called “the habit loop,” and its basic premise is that making something a habit is a three-step process.

First, you have to pick a cue, which is a trigger that reminds your brain to start thinking about the habit you want to develop (in this case, exercise). Then, you pick a reward, which will help motivate you. And finally, you actually do the routine you want to make a habit.

Now, how does “the habit loop” apply to exercise specifically? That's where Justice comes in. First, he recommends using the morning time as your cue.

“Interruptions are less likely to happen first thing in the morning, so use your alarm clock as your cue to wake up and hit the gym 3-5 times a week. Or make a regular a.m. running date with a friend, so she holds you accountable, or leave your gym shoes by the coffee machine so you'll see them right when you wake up,” he explains. Check out these 7 tips to become a morning workout person for a bit more help (<http://www.womenshealthmag.com/fitness/how-to-become-a-morning-workout-person>). Keep in mind, too, that just because you're developing a habit by working out in the morning doesn't mean you have to be a morning-worker-outer forever. Once you feel secure in the fact that exercising is a habit, then you can vary it up and sweat it out whenever. “But it's best to be consistent at first,” Justice says. This news may be easy enough for early birds to swallow,

but what if you're the type of person who has a profound relationship with your snooze button? Here, seven tips to learn how to tackle exercise first thing in the AM—so you can take advantage of a study like this, too.

1. Sleep in your gym gear
2. Wake up and smell the coffee
3. Stretch while sleepy-eyed
4. Set your alarm to blood-pumping beats
5. Make it habitual
6. Commit to a short workout
7. Drink up

Next, vary up your workout routine when you get out there. “You don't have to do the same thing at the gym when you go, or go running all the time, to make exercise a habit,” advises Justice. “It's better to do a variety of activities so it doesn't feel like work. That way, you won't get bored, and you'll enjoy it more, so you're more likely to stick with it,” he explains. Vary it up and try a morning yoga class or a morning cycling class—just make sure you're doing something.

And finally, treat yourself after your workout with your reward of choice. This doesn't mean reaching for a cupcake, though, or having a thousand extra helpings of pasta because “you deserve it.” Nope, it just means acknowledging that you accomplished a goal, and doing something that makes you happy—like listening to your favorite song, calling a friend, watching a funny YouTube video, whatever.

If you stick to this loop every week, you should eventually fall into a routine so that exercising feels like second nature. Feeling extra driven? Try to establish all of these habits this year—then you'll be set for life!

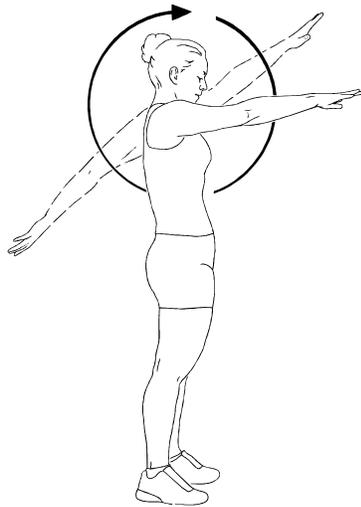
So now that you know how to turn exercise into a habit, here are 6 exercises to help the cause (*see next page*).

Are you ready to get the gift of happiness and health? If you are stuck and need some accountability, call me at 713-410-3376 to coach you in the direction you want to explore. You can also check out my website at www.tofityou.com Give the gift of health. Gift certificates available.

In Health, Birgitt Haderlein

WARM-UP - 7 Arm Circle: Linear

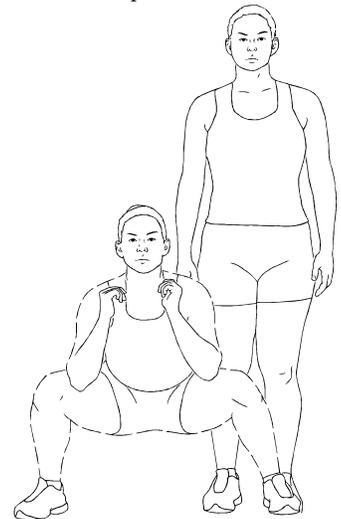
Arms in front.
Circle arms together
then alternating: forward
and backward.



Do 1-2 sets 10-1 reps.
Do reps both ways
for one set.

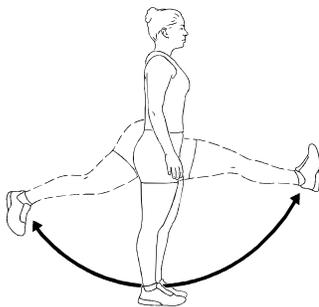
WARM-UP - 8 Sideways Walk With Squat

Start in athletic stance. Side
step to **right** and drop hips.
Head and chest up, shin
vertical. Lunge foot
pointing forward.
Lift from hips and
back foot to standing
position. Repeat in walking
motion in same direction.



Do 1-2 sets 10-1 reps.
Do reps both ways
for one set.

WARM-UP - 17 Leg Swing: Forward

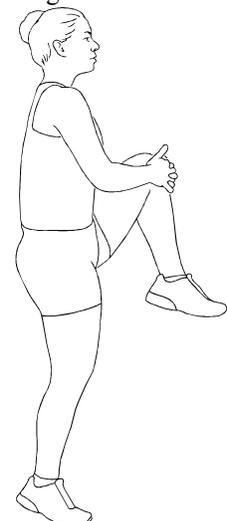


Stand erect arm perpendicular to wall for support. Fully
swing one leg forward and backward. Keep leg straight,
ankle dorsiflexed.

Do 1-2 sets 10-1 reps. Repeat reps with other leg
to perform one set.

WARM-UP - 23 Knee Tuck: Walking

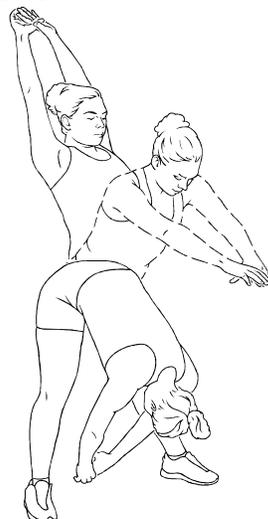
Stand on balls of feet.
Head and chest up.
Lift one knee up.
Clasp leg, pull to
chest. Toe up, foot
parallel to floor. **Step
forward with raised
leg and repeat exercise
with other leg. Continue
in same direction.**



Left then right
is one rep.
Do 1-2 sets
10-1 reps.

WARM-UP - 1 Forward / Backward

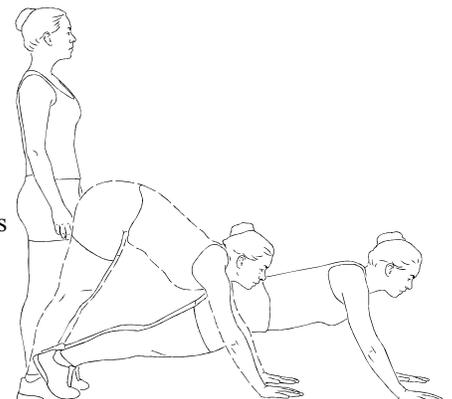
Spread legs wider than
shoulders. Stretch hands
overhead, slight back arch.
Reach between legs as far
as possible. Return. Keep
movement constant: 2
count down 2 count up.
Do not static hold at
top or bottom.



Do 1-2 sets 10-1 reps.

WARM-UP - 11 Arms Walk Out and Back

Stand erect. Bend
at waist and touch
floor. Walk hands
out to push up
position. Head
up, back and legs
straight. Walk hands
backward to start
position.



Do 1-2 sets
10-1 reps.

Beautification

Carolyn Lehnert (713) 864-3596 beautification@lazybrook.org

Thanks to whomever emptied leaf bags and raked mulch on T.C. Jester last month. With the Civic Club budget concerns, we need more volunteers. I have been hiring most work done on the esplanades, but we have to cut expenses.

I am wondering if could get volunteers to "adopt" some of the esplanades. A resident would agree to keep a watch on needs for pruning, raking, and fertilizing the trees. This would not include any mowing or watering. If you could help with this please let me know. The esplanades all have numbers on the curb at each end.

I recently contacted the city trash department about when we could put out tree limbs, etc. on heavy trash day. The 311 operator said they could go out every month. I received an e-mail from Kimberly Carrier of Solid Waste Department stating "The Solid Waste department asks that you only put out trees during the odd months but will collect during the even months." Many of my neighbors put it out in February and it was collected.

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Around the Neighborhood

Kelly Schuler (713) 802-0847 neighborhood@lazybrook.org

16-year old Joelle Ortega on Millwood Drive is interested in babysitting fellow Laybrookers. References available. (713) 724-6281.

Have Announcements to share with your neighbors?
Please email neighborhood@lazybrook.org



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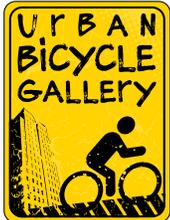
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Look What Sharon



1818 Sea Queen

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1826 Mill Creek



1811 Watercrest



1806 Haverhill Dr.



*Let me show you what it
takes
To sell in today's market....*

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kw
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MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please note: = Heavy Tree Waste 						1
2	3	4 Houston Livestock Show and Rodeo Begins	5	6 	7	8
9 Daylight Savings Time Begins	10	11	12	13  	14	15
16	17 St. Patrick's Day HISD Spring Break	18 HISD Spring Break	19  Heavy Tree Waste HISD Spring Break	20  HISD Spring Break	21 HISD Spring Break	22
23 30	24 31	25 Civic Club Meeting 7pm	26	27  	28	29

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please note: = Heavy Trash - Junk 	= Tree Trash also OK 	1 April Fool's Day	2	3 	4	5
6	7	8	9	10  	11	12
13	14	15	16  North & South	17 	18	19
20	21	22 Earth Day	23	24  	25	26
27	28	29	30			

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please note: = Heavy Tree Waste 				1 	2	3
4	5 Cinco de Mayo	6	7	8  	9	10
11 Mother's Day	12	13 Jaycee Park Capital Improvement Project Meeting	14	15 	16	17 Armed Forces Day
18	19	20	21  Heavy Tree Waste	22  	23	24
25	26 Memorial Day	27 Civic Club Meeting 7pm	28	29 	30	31