



LAKES

ON ELDRIDGE

Volume 3, Issue 10
October 2004

www.lakesoneldridge.net

Santa Clause is Coming!!!



Santa Claus arrives in different ways in different lands. In Lakes on Eldridge, Santa's sleigh comes in the form of a fire truck. Mark your calendars for December 10 when the Cy-Fair Volunteer Fire Department will be brining Santa to the neighborhood at 6pm. This will be a fun time for the kids to visit Santa, while Lakes on Eldridge helps the less fortunate by donating new toys and nonperishable food items. Look for more details in the following newsletter!!

I am looking for some volunteers to help with pictures and other planning. This would be a great opportunity for that high schooler looking to do some volunteer work to put on their resume. If you are interested in helping out, please contact Michelle at 832-731-0943 or mperez51@houston.rr.com.



Harris County MUD 341 Minutes

Please find an excerpt from the HARRIS COUNTY MUNICIPAL UTILITY DISTRICT NO. 341 Minutes of Meeting of Board of Directors August 9, 2004 (*the following information was taken from page 5 of the minutes and we thought the LOE residents might be interested*)

ANNEXATION REQUEST RECEIVED FROM STOREGUARD INVESTMENTS, LLC.

The Board next considered the status of the annexation request received from Storeguard Investments, L.L.C. ("Storeguard") for an approximate 9.6 acre tract of land along Tanner Road into the District's boundaries. In connection therewith, Mr. Cohen advised the Board that he met with representatives of the Lakes on Eldridge Homeowner's Association ("HOA") to discuss the imposition of certain restrictions by the HOA on the proposed development pursuant to the terms of an annexation agreement with Storeguard. Mr. Cohen then advised the Board that he spoke with a representative of Storeguard who advised him that the cost of pursuing the proposed annexation appears to be too high for Storeguard to pursue, and in light of the foregoing, advised that Storeguard will not be moving forward with the proposed annexation. Mr. Cohen advised that he will keep the Board apprised of any new developments regarding the matter.

L.O.E. Wine Tasting

Oktoberfest is traditionally a celebration of German beer, but did you know that at the same time in Germany the wine regions also have their festivals? Join us to celebrate Oktoberfest with an evening tasting German wines. Our fall wine tasting will be on Saturday, October 23rd at 7:30 P.M. in the club house. Please bring a bottle of German or German-style wine and a hors d'ouvres. We have small plastic glasses, but if you prefer a real wine glass, please bring your own. R.S.V.P. to loesocial@hotmail.com



Lakes on Eldridge

IMPORTANT NUMBERS

AMI	713-932-1122
Gate Attendant	713-937-8825
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 Source	713-983-3602
(Service or emergencies 24hrs)	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
Time Warner Cable	713-462-9000
Houston Chronicle	713-220-7211
Metro Transit Info	713-635-4000
Kirk Elementary	713-849-8250
Truitt Middle School	281-856-1100
Cy-Falls High School	281-856-1000
Cy-Ridge High School	281-807-8000
Newsletter Publisher	
Peel, Inc.	806-385-6444
Adver. Donna Sommer	djsommer@aol.com, 832-237-4684

LOE Board Of Directors

To contact a member of the Board of Directors, call Alex Taylor with AMI at 713-932-1122. Leave the number where you can be reached. Mr. Taylor will then forward your message to one of the following board members:

Bob Trimble	President
Nikki Favero	Vice President
Jim Wortsman	Secretary
Michelle Perez	Treasurer
Jamie Powers	At Large

Airport Noise

LOE is now in the flight pattern for both Intercontinental and Hobby Airports, which means air traffic has significantly increased. If you are concerned over the noise make a call to one or all of the numbers below. It is the number of calls and the people taking time to make them that make the most effective appeal for change for this situation.

- Houston Airport Noise Complaints Hotline: 281 233-3900
- Air Traffic Approach Number: 281 230-8441
- FAA Hotline: 1-800-255-1111

Classified Ads

Business Classifieds are \$45.00. Please contact Donna Sommer, djsommer@aol.com, 832-237-4684.

LOE Merry Stitchers

Do you like to knit, crochet, embroidery, crewel, counted cross stitch or perhaps you prefer tatting, quilting or needle point? Maybe hooking rugs is your thing? If you enjoy any type of stitching / sewing (or just need to do some hemming or alterations) and would like to join a like-minded group who meet to sew, share ideas and socialize, then come along to our "LOE Merry Stitchers".

It isn't about what kind of stitching you like to do. It's about getting together and sharing the passion for sewing and this opportunity is open to anyone who wants to make friends with others and join in the fun of saying "I made it myself!"

So, if you are interested in starting this group, please call Catherine Spelling at (713) 896-1652 or 713-628-7083 or email catherinespelling@msn.com. Once you have contacted Catherine, times and dates will be set aside to meet at the clubhouse to socialize and work on the needle work of your choice. And don't worry; this group has no fees or obligations for attendance. We just want to get together and have some fun.

We look forward to hearing from you.

*If you would like to submit an article or any information for the Lakes On Eldridge Newsletter, you may do so by sending the information in **Word Format, Courier New, size 10**, to mperez51@houston.rr.com. This information should include your name. All information should be received **no later than the 12th of the month** and is subject to editorial approval as well as space limitations.*

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Ann Knoche is

Getting the Word Out on...

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ON ELDRIDGE

FAMILY EVENTS

In October

If you are looking for a great place to take the kids to enjoy some fall family fun, look no further than...

6th Annual Halloween Boo-Bash

Sunday, October 24th • 1:00-4:00 p.m.
Trader's Village • 7979 N. Eldridge Rd.
281-890-5500

Noah's Ark Carnival

Friday October 29th • 6:00-8:00 p.m.
Tallowood Baptist Church • 555 Tallowood
713-468-8241

Church Bazaar

Sunday, October 10th • 11:00 a.m.-7:00 p.m.
St. John Vianney Catholic Church
625 Nottingham Oaks Trail • 281-497-1500
BBQ dinner, Arts & Crafts Booths,
Silent Auction, Games, Children's Rides

Fall Carnival

Saturday, October 30th • 6:00-8:30 p.m.
Bear Creek United Methodist Church
16000 Rippling Water • 281-463-2330
Food, Games, Prizes & Costume Parade

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281.582.3911

annpk@heritagetexas.com



www.heritagetexas.com

Ann Knoche



Lakes on Eldridge

Book Club

At our August meeting, neighbor and published author, Linda Barrett, provided us with great insight on what it takes to become an author. October will be a discussion about the forgotten side of the founding of our country – the women behind the men. Mark your calendar now to join us for some stimulating reading and discussion.

Members have decided to start meeting in a member's home each month. We will still get together the 4th Thursday of each month at 7:30 P.M. Call or e-mail Celeste Fritz, 713-896-6942, cfritztx@houston.rr.com for the location and directions. Discussion is usually led by the person who nominated the selection for the month.



Abigail Adams or Dolley Madison, and rescues more obscure women from the footnotes of academic dissertations. If you don't have time to read the entire book, pick a few of the biographies and we'll share the discussion.

November 18th (a week earlier because of Thanksgiving) – The Sins of the Wolf by Anne Perry Private investigator William Monk's trusted accomplice, Nurse Hester Latterly, is on trial for her life. She stands accused of murdering a wealthy patient, and Monk must race to Scotland to find the truth before she swings. One again, Anne Perry delivers a taut, enthralling blend of courtroom thriller and complex, compelling whodunit.

October 28th – Founding Mothers: The Women Who Raised our Nation by Linda Cokie Roberts. While the "fathers" were off founding the country, what were the women doing? This will be the story of some of those women, as learned through their seldom seen letters and diaries, and the letters from the men to them. *Founding Mothers* is essentially a series of entertaining mini-biographies and engaging vignettes. Roberts fleshes out familiar textbook figures like

"Perry's superb historical crime stories have garnered rave reviews and critical acclaim. . . . Perry's rich prose and splendidly authentic renderings of the dress, manners, dialogue, and customs of mid-nineteenth century London, combined with a mesmerizing courtroom drama, a plot that's filled with surprising twists and unexpected suspense, and the unlikely but appealing team of Monk and Latterly make this one her best yet." Emily Melton, BookList



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Lakes on Eldridge



Need To Post A Sign??

Every now and then you need to get information to the community in a quick manner.

You type up your sign and tape it to the gates. It usually rolls or folds back because it is not very secure. Then when you are done, more than likely, there is tape residue left on the gate. Not a very pretty sight.

So here is a somewhat better solution. There will be black magnetic clips, and small poster board donated at the guardhouse. Type up your sign as usual, drop by the guardhouse, tape your sign to the poster board, and pick up 4 clips for each sign that needs to be posted. Use the clips at each corner of your sign and magnetically adhere to the gates. It's less messy, looks prettier and gives us a uniform style of posting information. When you are finished, please return all clips to the guardhouse.

If you need help typing up a sign, you can contact Michelle at 832-731-0943. If you would like to donate some clips or poster board, drop off at the guardhouse. (clips should be the black magnetic kind)

Also, get your information to the Webmaster to post your information on our website. See article about website for information.

Visit 'Lakes on Eldridge' Website and 'Be Informed!'

WEBSITE FEATURES...

1. Read Your Community news and the approved minutes of the Board Meetings
2. Be Informed of Upcoming Events in your community
3. View or download your Governing Documents
4. View Alerts
5. Utilize the Classifieds to buy, sell or exchange items
6. Download important forms from the Links section

Before you register, please obtain your password from your webmaster by calling 713-984-7252.

GETTING STARTED

1. Visit www.lakesoneldridge.net (Please bookmark this page for your future visits)
2. You can register (by clicking on 'Member Section'). While registering, you will be asked the community password. Type in the community password you obtain from your webmaster.
3. After completing the registration process, you may browse the website.

If you require any assistance with the community website, please contact your webmaster 713-984-7252.

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Lakes on Eldridge

LOE Coffee Club

The coffee club was started in March and has had a great mix of ladies. This is an opportunity to get together for coffee, conversation, friendship and hopes of increasing community togetherness. We meet every 4th Friday of the month. If you have not attended yet, please attend the last morning for the year on October 22nd, 9:30 at the Clubhouse. (We will not meet in November or December due to the holidays; will meet again January 28.)

We look forward to welcoming you. If you want more information, please contact Michelle at 832-731-0943 or mperez51@houston.rr.com

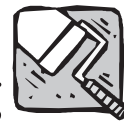


The Basenji, a kind of dog found in Africa, cannot bark.

“Most Likely to...Fail?”

Can Children pass at school and fail in life? Happens all the time. They also fail/fail. But they have LOTS of help! Divorce, Neglect and/or Abuse are their home surroundings. If you have a beating heart, you have the tool to make a difference in their life at a cost of as little as 30 minutes per week. Become a School Mentor! Call Jan Needham at 281-807-8604 or Ray Ramer at 281-376-4740. E-mail Addresses are jan.needham@CFISD.net and reramer@cs.com.

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Have You Been To The Library?

I was looking for things to do with my children and found the schedule for the Katherine Tyra Library, which is very close, right here on Clay road. (16719 Clay Road Houston, TX 77084 (281) 550-0885)

Check out the list of activities:

Preschool Storytime:

Tuesdays at 10:15 AM
Wednesdays at 2 PM

Toddler Storytime:

Wednesdays at 10:15 AM, 10:45 AM and 11:15 AM

Infant Storytime:

Tuesdays at 11:15 AM

Bedtime Storytime:

3rd Wednesday of the Month at 7 PM

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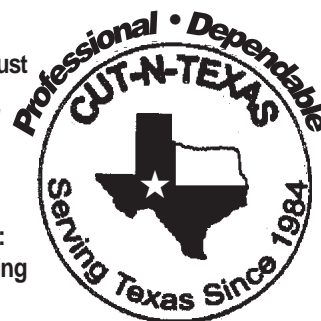
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Lakes on Eldridge

EGGSHELL GHOST

1. Wash out and let dry over night, eggshells from 3-4 eggs
2. On a piece of poster board, draw a simple ghost outline about an 8½" by 11" size
3. Cut out the ghost and punch a hole at the top
4. Draw and color two eyes (and mouth if wanted)
5. Put the eggshells in a ziplock baggie and have the kids roll a canned good can back and forth over the eggs until they are crushed into an even texture
6. Spread glue over the ghost in sections and let your little one sprinkle the crushed egg all over the glue. Sprinkle until finished and let your ghost dry.
7. Tie a piece of yarn through the punched hole to hang for decoration.

Some of the eggshells do fall off, so you may need to find a suitable location for hanging your ghosts.

Happy Fall!

Missy Guion

Creepy Crawly Gelatin

- 1 ½ cups boiling water
- 1 pkg (8-serving size) JELL-O
- Orange flavor gelatin
- 1 ½ cups cold water
- Gummy worms



Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in cold water. Pour into 9-inch pie plate which has been sprayed with no stick cooking spray.

Refrigerate about 1 ½ hours or until thickened. Push gummy worms into gelatin. Refrigerate 2 hours or until firm. Unmold. Garnish with additional gummy worms, if desired.

Note: To unmold, dip pie plate in warm water for about 15 seconds. Gently pull gelatin from edge with moist fingers. Place moistened serving plate on top of pie plate. Invert pie plate and serving plate; holding plates together, shake slightly to loosen.

Enjoy!



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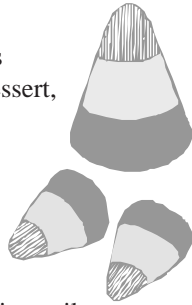


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Candy Corn Popcorn Balls

- ¼ cup (1/2 stick) butter
- 1 package (10 ½ oz) miniature Marshmallows
- 1 package (4-serving size) JELL-O Gelatin dessert, any flavor
- 12 cups popped popcorn
- 1 cup candy corn



Microwave butter and marshmallows in large microwavable bowl on HIGH 1 ½ to 2 minutes or until marshmallows are puffed. Stir in gelatin until well mixed.

Pour marshmallow mixture over popcorn and candy corn in large bowl. Mix lightly until well coated. Shape into 15 balls or other shapes with greased or wet hands. Wrap each ball in plastic wrap and tie with raffia or ribbon if desired.

Advertising Information

Please support the businesses that advertise in the Lakes on Eldridge Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales representative, Donna Sommer @ 832-237-4684 or at dsommer@peelinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.



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Lakes on Eldridge

HALLOWEEN SAFETY TIPS

Careful thought and planning may go into a child's Halloween costume, but the excitement of the night can cause children to forget to be careful on the streets.

Both children and adults need to give real attention to safety on this annual day of make-believe. And with a little extra thought and planning, we can make sure that all children have fun and safe outings on Halloween.

MOTORISTS

The National Safety Council urges motorists to be especially alert on Halloween and offers the following driving tips:

- Watch for children darting out from between parked cars.
- Watch for children walking on roadways, medians and curbs.
- Enter and exit driveways and alleys carefully.
- If you are driving children, be sure they exit on the curb side, away from traffic.
- Do not wear your mask while driving.
- At twilight or later in the evening, watch for children in dark clothing.

BEFORE THEY GO OUT

Before children start out on their "trick or treat" rounds, parents should make sure that:

- An adult will be supervising the outing for children under age 12.
- Children travel only in familiar areas and along an established route.
- Children know to stop only at houses or apartment buildings that are well-lit and never to enter a stranger's home.
- Each child has change for a phone call in case they have a problem.
- A return time has been established.
- Youngsters understand not to eat any treat until you have inspected it.
- Plan and discuss the route trick-or-treaters intend to follow. Know the names of older children's companions.
- Review all appropriate trick-or-treat safety precautions, including pedestrian/traffic safety rules with the children.

COSTUME DESIGN

- Only fire-retardant materials should be used for costumes.
- Costumes should be loose, so warm clothes can be worn underneath.
- Costumes should not be so long that they are a tripping hazard. (Falls are the leading cause of unintentional injuries on Halloween.)
- Outfits should be made with light-colored materials. Strips of

reflective tape should be used to make children even more visible.

- For youngsters under the age of 12, attach their names, addresses and telephone numbers (including their area code) to their clothes where it will be easily visible.

FACE DESIGN

- Masks can obstruct a child's vision. Facial make-up is safer and more colorful.
- When buying special Halloween makeup, check for packages containing ingredients that are labeled "Made with U.S. Approved Color Additives," "Laboratory Tested," "Meets Federal Standards for Cosmetics," or "Non-Toxic." Follow manufacturer's instruction for application.
- If masks are worn, they should have nose and mouth openings and large eye holes.

ACCESSORIES

- Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.
- Bags or sacks carried by youngsters should be light-colored or trimmed with retro-reflective tape if trick-or-treaters are allowed out after dark.
- Carrying flashlights will help children see better and be seen more clearly.

ON THE WAY

Children should understand and follow these rules:

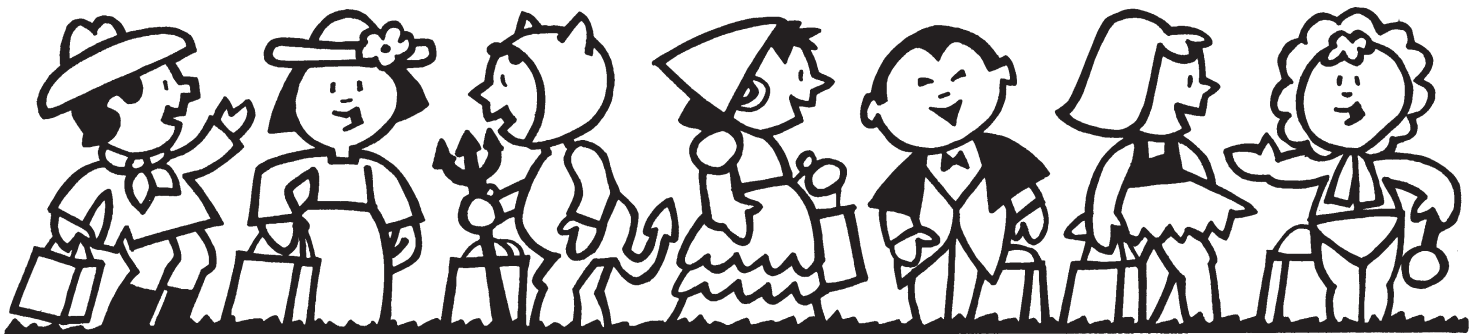
- Do not enter homes or apartments without adult supervision.
- Walk from house to house. Do not run. Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards.
- Walk on sidewalks, not in the street.
- Walk on the left side of the road, facing traffic, if there are no sidewalks.

TREATS

To ensure a safe and enjoyable trick-or-treat outing for children, parents are urged to:

- Give children an early meal before going out.
- Insist that treats be brought home for inspection before anything is eaten.
- Wash fruit, and slice it into small pieces.
- Report to the police anything that appears suspicious about treats.
- When in doubt, throw it out.

Safety tips courtesy of the National Safety Council.





TIM ZIIFLE

Broker Associate, ABR, MIRM, 
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Before You Get Lasik, Know The Basics

Baylor College of Medicine

Considering LASIK surgery? Well-informed patients are more satisfied with results, say experts at Baylor College of Medicine (BCM) in Houston.

"When patients understand the benefits and risks, they have realistic expectations about the procedure's outcome," says Dr. Douglas Koch, professor of ophthalmology at BCM. "Having expectations that are realistic for a particular case is most important to a patient's ultimate satisfaction."

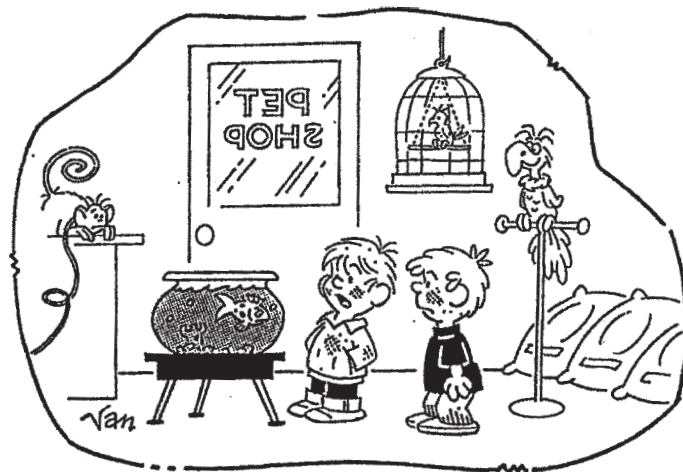
LASIK, an acronym for laser in situ keratomileusis, uses a laser to reshape the cornea, and can be an effective treatment of farsightedness, nearsightedness, and astigmatism. However, prior to receiving LASIK, Koch encourages patients to develop a trusting relationship with their surgeon.

"The decision regarding a surgeon is a very personal one, and ultimately, patients need to decide for themselves how comfortable they are with any answers they receive from their surgeons," he said.

Koch encourages patients to ask doctors the following questions when considering LASIK surgery:

- How many LASIK procedures have you performed?
- What are the outcomes you are achieving?
- Who shall I contact with questions regarding healing?
- Do you provide a list of patients I can contact?

"When a patient leaves a doctor's office, he or she should have a better understanding of the status of their vision, how it is likely to change over time, and their options for managing their vision correction."



Poor Guy. His life is just one long bath.

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Go Batty With Spooky Halloween Cookies

They're creepy and they're kooky, mysterious and spooky...they're cookies! Halloween adds some spook to your kitchen with fun Easy-Bake Oven recipes.

For at-home Halloween parties, or as a special treat for families to make and enjoy together, easy-to-prepare cookies-decorated to look like bats, spider webs and candy corn-can be a fun and delicious way to celebrate the spirit of the holiday.

Creepy Cookies and Brownies

Ingredients:

- 1 package of Easy-Bake Sugar Cookie and Chocolate Cookie Mixes
- 1 package of Easy-Bake Chocolate Brownie and Blonde Brownie Mixes
- 1 canister white frosting
- 1 canister chocolate frosting
- Blue, red and green food coloring
- White gel frosting
- Orange, yellow and white crystal sugar



Directions:

1. Bake and cool Easy-Bake cookies and brownies by following the instructions on the package.
2. Cut the cookies and brownies into Halloween shapes.
3. Frost desserts based on the theme: Black frosting for bats is made using 5 drops blue food coloring, 1½ tsp. red food coloring and 1½ tsp. green food coloring. Candy corn design is made from yellow, orange and white sugar crystals.



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Lakes on Eldridge

Savor The Season With Autumn Colors

Simple collections of fresh flowers can prolong the glowing light of autumn days indoors. Simmering reds, sultry oranges, claret purples-they are bountiful in the vast assortment of flowers available in fall.

Natural elements can bring botanical details to your design while simplifying the process of arranging. Crisscross branches of fall leaves and create a structure to hold stems of tall, showy blossoms. Place gravel or small pebbles in glass vases to secure stems and enhance the natural look.

This year, don't let autumn steal away before you've given it a proper greeting. This simple decorative arrangement can be used as a housewarming gift or to complement your own decor.

For more ideas about how to use flowers in your home, visit www.flowerpossibilities.com.



Autumn rides in on the coattails of summer, then slips away while our heads are turned.

Harvest Colors

- 1 8-inch ceramic bowl
 - 3 oranges and/or miniature pumpkins (white or orange)
 - 8 stems white freesia
 - 5 stems orange miniature spray roses
 - 4 stems yellow stock
 - 5 stems hypericum berries
 - 1 large stem green hydrangeas
 - 3 wood picks
 - 2 to 3 bricks floral foam
 - Floral preservative
 - Knife
 - Floral clippers
1. Soak the floral foam in water that has been treated with floral preservative for at least 30 minutes.
 2. Cut the foam to fit the interior of the container. With the knife, shape the foam so it is domed-the center should be higher than the sides.
 3. Insert one wood pick (or cut shish kabob skewers into 3-inch lengths) into each orange or miniature pumpkin. Insert them into the floral foam, scattering them evenly.
 4. Begin inserting flowers around each orange or pumpkin. All flowers are cut short to approximately 4 to 5 inches in length. Think of the arrangement in pieces, each piece is built around each orange or pumpkin.
- Note: Cut the leggy tops off the stock and just use their meaty full blossoms. Use sprigs cut from the one hydrangea blossom throughout the arrangement.

Now's The Time To "Clean Out Your Computer"



(NAPSA)-Kids are going back to school and families have finished their last vacation of the summer. The air becomes a little bit cooler and chores you'd never tackle on a lazy summer day become projects you're happy to check off the to-do list. Even though the days get shorter, don't "fall back" into old habits, create new ones-stay on top of things and do things better.

That's why Imation has declared fall the season to "Clean Out Your Computer." What better time to take a new look at your computer and see how you can make it run better, last longer and protect valuable files? If you knew all summer that you should have updated that virus scanner, run those maintenance tools and backed up your digital photos, this is the time to do it. Fortunately, Imation, a leader in removable data storage media products, like CDs, DVDs and USB flash drives, is here to help you backup and store your digital files.

"With the increasing value and size of digital files on our personal PCs-from financial information and digital photos to family videos-computer maintenance is as important as home maintenance, and is often more easily neglected," says Bob Barr, marketing director, Imation Corp. "Regular backup of your computer's hard drive content onto removable data storage media, such as CD-Rs, CD-RWs, DVD-Rs or DVD-RWs, will make your computer run faster and smoother, and your PC will last longer. Most importantly, it will protect your valuable files in case of a disaster."

We've all heard horror stories about losing important digital files due to human error, viruses or natural disasters. To help save time, money and heartache, Imation offers the following backup tips:

- Create a backup plan. Regularly backup onto CD-R or DVD-R anything that is of value or business critical; difficult or impossible to re-create or replace; or that changes often, such as documents, photos, address books, e-mails, financial information and favorites bookmarked on your Web site browser. Mark your calendar to remind you to regularly backup your hard drive.
- Name and organize your files. Specifically label your files and include the date that the last edits were made. Make a detailed list of the files saved on your CD or DVD and label the discs accordingly.
- Protect your backups. Store CDs and DVDs in a cool, dry place, away from your computer and away from the dust, heat and moisture that can harm your files.



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Lakes on Eldridge

Sports Medicine Briefs

October 2004

Baylor College of Medicine

Risk Of Concussions In Contact Sports Is Low

If your teenagers are itching to join the soccer team, sign them up — the benefits outweigh the risks.

“With contact sports, there is always a chance for injury, including concussions,” said Dr. Albert C. Hergenroeder, a professor of pediatrics at Baylor College of Medicine in Houston. “This risk should not be a reason to keep adolescents out of any contact sport including football, soccer or baseball, unless they have had several concussions associated with loss of consciousness or persistent symptoms.”

A concussion is a traumatically induced alteration of mental status, not necessarily associated with loss of consciousness. Symptoms can include headache, dizziness, nausea, fatigue and memory problems.

A mild concussion is characterized by confusion only, without amnesia, and loss of consciousness. If amnesia occurs, or if the confusion lasts more than 15 minutes, it is considered a moderate concussion. If any loss of consciousness occurs, even for a few seconds, the concussion is severe, says Hergenroeder, also a sports medicine specialist at Texas Children’s Hospital.

Sports Physicals Important Preseason Activity

Just because a student athlete appears to be healthy doesn’t mean they shouldn’t have a thorough physical before the season starts.

“Some of the things we see a lot of, even in children, are high blood pressure which can severely stress the heart, which can lead to a sudden death,” said Dr. Kaare Kolstad, assistant professor in the department of orthopedic surgery at Baylor College of Medicine in Houston.

A physical is especially important for those athletes who have a family history of heart disease or other life-threatening illness, especially anybody with a family member who has died at a very early age. They definitely have a higher potential of having a catastrophic event, even as a high school student, said Kolstad.

Having a physical early gives physicians time to treat any problems before the season begins.

(Continued on page 17)



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Sports Medicine Briefs - (Continued from Page 16)

Stationary Bike Alternative To High Impact Workout

You can burn a lot of calories by doing aerobics, running, or walking. But how hard do you have to ride a stationary bike to get the same results?

"You vary the resistance and the speed and this allows you to burn calories. Some of the fancier models have heart monitors so you can monitor your pulse so you can see how hard you're working from a cardiovascular standpoint," said Dr. James Bocell, assistant professor in the department of orthopedic surgery at Baylor College of Medicine in Houston.

Aerobics, walking and running can burn calories, but they can also be tough on the joints. A stationary bike might be easier, especially for someone with arthritis in the knee.

With arthritis, if you put a lot of load across the knee, sometimes you'll get pain, sometimes you'll get swelling and you can decrease that by decreasing the load, and that's easy to do with a stationary bike, said Bocell.

The position of the seat is also important for people with knee problems. If you want to straighten the knee, move the seat back as far as you can. If you have trouble bending the knee, move it as close as you can.

Teenage Jobseekers

The following young people are interested in making a little extra money. If you would like to be included, removed, or updated in the next issue, please contact Michelle Perez, mperez51@houston.rr.com. All information must be received by the 10th of the month.

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Courtney, 13	•	713-937-0288(LOE)
Craig, 14	•	713-937-0288(LOE)
Sage, 16	•	713-896-4933(LOE)
George, 16	•	713-467-0932(LOE)
Delania, 13	•	713-849-2812(LOE)
Gabby, 16***	•	713-849-4596(LOE)
Chelsea, 19	•	SUMMER ONLY 713-983-7252(LOE)
Chinyere, 14	•	713-856-9495(LOE)
Jessica, 14	•	713-849-3692(LOE)
Katie, 16	•	713-896-7941(LOEN)
Patrick, 14	•	713-937-0727(LOE)
Ryan, 14	•	713-896-794(LOEN)
Kelechi, 13	•	713-856-9495(LOE)
Benny, 12	•	713-476-3750(LOE)
Jared, 17	•	832-467-9336(LOE)
Ryan, 17	•	832-243-9893(LOEN)
Katherine, 15**	•	832-243-9893(LOEN)
Jessica, 13	•	713-937-1383(LOEN)
Erica, 12	•	713-937-1383(LOEN)
Brianna, 10	•	713-937-1383(LOEN)
Katie, 17	•	713-983-7717(LOE)
Thomas, 11	•	713-856-7372(LOEN)
Steven, 14	•	713-856-5666(LOEN)
James, 16	•	713-466-8298(LOEN)
Courtney, 12	•	713-493-0288(LOEN)
Tom, 13	•	713-466-6878(LOEN)
Elisse, 16	•	713-896-9495(LOEN)
Leslie, 11**	•	832-467-4842(LOEN)
Erika, 12**	•	713-856-7192 (LOE)
Greta, 19	•	713-896-4170 (LOEN)
Billy, 19	•	713-896-9495 (LOEN)

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** Red Cross Babysitting Program

***Fluent in Spanish

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Katherine, 15 ** 832-243-9893 (LOEN)

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Is Your Child At Risk For Heart Disease?

Baylor College of Medicine

Could your 10-year-old be one of the 8 to 9 million overweight children in the United States at risk for adult heart disease?

Pediatricians at Baylor College of Medicine (BCM) in Houston say that overweight kids are more likely to be overweight adults with risk factors associated with heart disease.

"Over half of kids who are overweight, or at risk for being overweight, will have an identifiable risk factor for adult heart disease, including hypertension, or high blood pressure, hypercholesterolemia, lower high density lipoproteins (HDL), higher low density lipoproteins (LDL), and/or type 2 diabetes," says Dr. Louis Bezold, assistant professor of pediatric cardiology at BCM.

Obesity causes the heart to work harder to pump blood throughout the body. Risk factors from being obese or overweight can lead to adult heart disease such as atherosclerosis, or hardening of the arteries and ischemia or insufficient blood flow to the heart, which causes heart attacks.

"The bottom line is that kids in elementary school and all the way through high school are not getting enough physical activity," says Bezold, also director of preventive cardiology at Texas Children's Hospital. "The benefits of exercise are twofold. It keeps weight down and also may improve lipid profiles, including increasing HDL or good cholesterol."

Parents can help their kids lower cholesterol by establishing healthy eating habits and implementing regular physical activity early, says Bezold.

Weight loss is difficult to maintain. Some studies would suggest that many kids who lose weight will eventually gain the weight back, so it is most important to keep children from becoming overweight.

At least 15 percent of kids from the ages of 6 to 19 are classified as overweight, meaning they have a Body Mass Index (BMI) in the 95th percentile or above. BMI is a measure of body fat based on height and weight. Another 15 percent in their age range are at risk for obesity, meaning they are in the 85th percentile or above.

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Business Classifieds are \$45.00. Please contact Donna Sommer, dsommer@peelinc.com, 832-237-4684.



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