

Volume 4, Issue 9 September 2005 Official Newsletter www.lakesoneldridge.net

#### **Resident Mixer**

September 16 6:30-8:30 LOE Clubhouse

All residents are invited to the clubhouse on Friday, September 16<sup>th</sup> from 6:30-8:30 to meet and greet their neighbors. The LOE board is hosting drinks and hors d'oeuvres. So pop in for a good time to visit and make new friends.

### August Yard of the Month

Have you noticed how hard your neighbor works to keep their lawn beautiful? Then nominate them for the Yard of the Month. Each month, an anonymous committee chooses a property that was first nominated by their neighbor as Yard of the Month to honor property owners who have made a special effort to enhance their properties. Yard of the Month is chosen on the merits of its landscaping. This month, 20 nominations were sent in and 3 yards were chosen for yard of the month.

The whole idea is to say thank you to those residents working hard to make their property and the Lakes on Eldridge community more attractive. Each winner gets to display a YOM sign for the month.

### Congratulations to our August 2005 Yard of the Month Winners!!!

- 5428 Morning Breeze
- 5103 Mariner's Harbor
- 12111 Medina Bend Lane

If you would like to nominate your neighbor for Yard of the Month call Michelle at: 832-731-0943 or email at mperez51@houston. rr.com

#### Annual

### **LOE Homeowner Meeting**

The annual homeowners' meeting is coming in September (to be held at Kirk Elementary). Please look for the signs on the gates for the date. The importance of homeowner attendance is crucial to our success as an organization. Be reminded though that issues and/or personnel are put to a vote at every meeting, and it's vitally important that those in the neighborhood make their voices heard and their presence felt. The board does a lot of work "behind the scenes" to keep the association running smoothly, and many homeowners call board members throughout the year requesting assistance and information. The board is always ready to help wherever possible, and in return, we ask that homeowners invest two hours per year to help out the board and attend the annual meeting for the benefit of your neighborhood.



Monday, September 5th

View the Lakes on Eldridge Community Newsletter each month on-line at www.PEELinc.com

#### **IMPORTANT NUMBERS**

AMI	713-932-1122	
Gate Attendant	713-937-8825	
Sheriff - (non-emergency)		
Cy-Fair Fire Department - (emergency)		
(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		
Houston Chronicle	713-220-7211	
Metro Transit Info	713-635-4000	
Kirk Elementary	713-849-8250	
Truitt Middle School		
Cy-Falls High School	281-856-1000	
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### **Board Notes July 2005**

The board of directors of Lakes on Eldridge Community Association met on July 19, 2005. The following is a summary of what was discussed.

The Board reviewed the financial statements for the month ended June 30, 2005. The Association had cash balances of \$285,072 in the Operating Fund and \$129,002 in the Replacement Fund. For the six months ended June 30, 2005 the Association had Total Income of \$477,946, Total Expenses of \$450,986 and an Operating Surplus in the amount of \$26,960. The financial statements were accepted.

The board approved the installation of carpet in the clubhouse.

The managing agent reported there were 223 active service requests and that 190 had been closed during the month of June 2005.

The annual homeowners' meeting is temporarily set for September 21, waiting availability of Kirk Elementary. Two board members terms are expiring. One board member wished to stand for reelection and the other is undecided.

Board meetings are generally held on the third Tuesday of the month at 6:30pm at the Beach Club. It is recommended that homeowners who wish to attend confirm the dates with AMI since they change occasionally. In addition, homeowners are welcome to bring business before the Board but are required to inform AMI of their intension to do so in order to be placed on the agenda.

#### **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:

Nikki Favero	President
Bronson Clay	Vice President
Lindsay Buchanan	
Bob Adams	Treasurer
Michelle Perez	At Large

### **Visit the Association Website:**

www.lakesoneldridge.net

#### **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

#### Looking for

#### Website Volunteer

LOE is looking for a volunteer to check and make sure the LOE website is updated. This person would coordinate with AMI intranet person to upload minutes, surveys, news, forms, calendars, and events. If you have time to check on the website and add your ideas for community worthy information, please contact Michelle at mperez51@houston.rr.com.

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### RELOCATING? MOVING UP? SCALING DOWN?

# LAKES ON ELDRIDGE

1ST & 2ND QUARTER REAL ESTATE UPDATE

Homes Sold	46
Average Bedrooms	4
Average Lot Size	10,410
Average Square Footage	3443
Average List Price	\$334,573
Average Sales Price	\$323,483
List to Sales Price Ratio	0.97
Average Price Per Sq. Ft.	\$93.95
Average Days on Market	100



### **LOE Book Club**

Book-aholics – join us the 4th Thursday of each month at 7:30 P.M. for the L.O.E. Book Club. We try to read a wide variety of material, so if this month's selection doesn't appeal to you, maybe next month's will. Do join us when we tackle a book on which you have comments or opinions. We will again be meeting in various members' homes, so call or e-mail Celeste Fritz, 713-896-6942, <a href="mailto:cfritztx@houston.rr.com">cfritztx@houston.rr.com</a> for additional information.

September 22<sup>nd</sup> - <u>SARAH</u> by Marek Halter Thought-provoking and engrossing, <u>SARAH</u> brings us into the mind of an elusive biblical figure, a woman shrouded in mystery and shadowed by myth; Halter renders her human, complex and fascinating, flawed and ultimately real. The book's unique blend of biblical mysticism and feminist overtones drew comparisons to Anita Diamant's THE RED TENT. But Halter's novel stands

alone in its spellbinding depiction of the lives of the women of The



Old Testament, and specifically, that of Sarah, the wife of Abraham and the mother of the Israelite nation.

October 27<sup>th</sup> – <u>Pride and Prejudice</u> by Jane Austen. Many consider this rich social commentary to be Jane Austen's finest novel. It is certainly among her more famous ones. Austen sets her entertaining study of manners and misconceptions against the backdrop of a class-conscious society in 18th-century England.

Spirited, intelligent Elizabeth Bennet is alternately enchanted and affronted by Mr. Darcy. She is quick to suspend her usual, more rational judgment when it comes to him. She also is quick to believe the worst gossip about this haughty, opinionated man, who soon manages to alienate Elizabeth and her family. But is the condescending air that Mr. Darcy wars an indication of his real character? Or has Elizabeth's pride gotten in the way of her chance for true romance?





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### <u>Lakes on Eldridge</u>

### **Motherwise Group to Begin New Study**

The Motherwise group will kick off a study program of Dr. Kevin Leman's video seminar, entitled "Making Children Mind Without Losing Yours", with a dessert social on Monday, September 12, 2005, beginning at 7:30 p.m., at the home of Elizabeth Tobin, located at 12206 Summerland Ridge Lane (LOE-Indigo Falls). Motherwise is a non-denominational group and all are welcome and invited to attend.

Dr. Leman is an internationally-known family psychologist, author, and speaker. As a contributor to CNN's American Morning with Paula Zahn, the "relationship doctor" has also made appearances on Oprah, The View, Live with Regis and Kelly, and Today. Dr. Leman has also served as a consulting family psychologist for Good Morning America. Dr. Leman received his Bachelors degree in psychology from the University of Arizona where he also completed his Masters and Doctorate degrees.

Dr. Leman resides in Tucson, Arizona with his wife, Sande, and their five children ranging in age from 31 to 11. His personal experiences as a parent provide a practical approach to parenting. In each of his works, Dr. Leman set forth the tools to enable us to better understand ourselves and lead a happier life.

The Motherwise group meets every other Monday in neighborhood homes from 7:30 p.m. to 9:30 p.m. The evening begins with social time and light refreshments, followed by a segment of the video seminar,

followed by small group prayer time, and concludes with social time. The Motherwise meetings are a great way to meet other mothers in our neighborhoods and gain some spiritual enrichment.

The Motherwise group will hold seven meetings this fall on the following dates: September 12<sup>th</sup> (dessert social), September 26<sup>th</sup>, October 10th, October 24th, November 7<sup>th</sup>, November 21<sup>st</sup>, and December 5<sup>th</sup>. Complete schedules will be available at the dessert social or by calling one of the leaders listed below.

In January 2006, Motherwise will resume its meetings and begin Dr. Leman's video seminar entitled ""Making the Most of Marriage". The group will hold seven meetings on the following dates: January 30<sup>th</sup> (home of Kathy Prusak, 12910 Watermist Lane LOE-Crescent Banks), February 13th, February 27th, March 13th, March 27th, April 10<sup>th</sup> and April 24th.

In addition to the monthly meetings, the Motherwise group participates in a Thanksgiving service project by filling food bags for the Bear Creek Assistance Ministries. The group also has a cookie exchange and luncheon in early December.

The leaders of the Motherwise group are Kathy Prusak (713-937-7707) and Elizabeth Tobin (832-467-1369). Please feel free to contact us for further information about Motherwise. Hope to see you at the dessert social!



#### The Foundry Church's **Craft Show and Tea Room**

A Shopper's Heaven on Earth! The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Craft Classic on Saturday, October 15, 2005, 9 a.m. to 4 p.m. You'll find terrific values on a wide array of goods, including handcrafted items, fall & Christmas specialties, gourmet baked goods, children's toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you're hungry, be sure to stop by our Texas Tea Room, open 10:30 a.m. to 2:30 p.m., and enjoy salads, desserts, and coffees. Admission to the craft show is FREE; purchase tearoom tickets at the show for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-1/2 blocks north of Hwy 290. For more information, call 713-937-9388 or see www.foundrychurch.org.

#### Article Submissions

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 <u>mperez51@houston.rr.com</u>. This information should include your name. All information should be received no later than the 12<sup>th</sup> of the month and is subject to editorial approval as well as space limitations.

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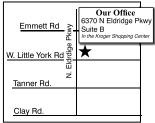
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# How to Write a Family Mission Statement

by Christine Louise Hohlbaum

Setting goals can give our lives meaning. In fact, without a plan our lives seem to have no direction, and we often get frustrated. Imagine taking a trip without a road map. You would most likely get lost. Knowing where you are going and how to get there almost guarantees your success.

A road map is important for a second reason. It helps communicate to others your intentions. It not only guides you, but also your friends and family. A road map is an effective communication tool as well. Stephen R. Covey, author of The 7 Habits of Highly Effective Families, encourages his readers to make a family mission statement. Similar to the actions of a CEO, parents are advised to set down their goals and define the meaning of their families from the start. I purchased his book while pregnant with my first child. At the time, I did not understand the importance of a family mission statement. That is, not until the other day.

Taking a single piece of paper, I asked my husband and children what they thought a family means. When thinking about this exercise, I envisioned my husband and me sitting at the breakfast table, writing down all the ideas and watching our children jump around the table and not listen as they customarily do when we are trying to teach them a lesson. I imagined getting frustrated, raising my voice, and eventually giving up on the whole thing altogether. While I realized that was not the attitude to have, I felt anxious about how to convey the significance of the exercise. What happened next surprised us both.

It was astounding to watch my two- and four-year-old grasp the importance of our question. Instead of acting silly, my four-year-old daughter, Sophia, unfurled a list of things which blew my husband and me out of the water. Here were her answers:

Love, sharing, politeness, togetherness, no fighting, no biting, no pushing, listening, compassion, loving others, waiting for others, kissing, hugging, helping, kindness, brushing your teeth, and sharing.

I added quiet time, no whining, communication, cleaning up, patience, giving, and fairness.

My two-year-old son added fun. My husband inserted learning. We wrote down the words, first in big letters, then smaller ones as the page filled up. Sophia colored in the words, and the sign now hangs on the wall in our breakfast nook where we spend a lot of time.

The lesson my children taught me is it is not hard to write a family mission statement at all. You need a piece of paper, some crayons or colored pencils, and one question: "What does 'family' mean to you?" Then sit back, listen, and write it down. It is as simple as that.

Christine Louise Hohlbaum, American author of Diary of a Mother: Parenting Stories and Other Stuff, has been published in hundreds of publications. When she isn't writing, leading toddler playgroups or wiping up messes, she prefers to frolic in the Bavarian countryside near Munich where she lives with her husband and two children. Visit her Web site: <a href="http://www.DiaryofaMother.com">http://www.DiaryofaMother.com</a>.

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# Service Minded Students at Cypress Community Christian School

From Vacation Bible School - just down the street from the school - to the inner city of Chicago, to a small village in South Africa, students from Cypress Community Christian School made wise use of their summer vacation by serving in their local community, their country and the world.

Several CCCS high school students who attend Cypress Bible Church ministered to younger students during a week long Vacation Bible School session held over the summer break. One of the lessons entitled, "From Me to We" encouraged the children to take their focus off of themselves and think about the needs of others. Among those who did just that by serving at VBS were Caroline Carthey, Elizabeth Crawford, Angie Frost, Sarah Crawford, Peyton Lambert, Josh Neuneker, and Jeremiah Neuneker.

Other CCCS students traveled to Chicago for a nation-wide conference on "how reach out to others in the community." While in the windy city, they used their new-found knowledge to participate in service projects in the inner city. These students plan to take action - right here in "Rocket Town, USA" – Houston, TX – to reach out whenever possible.

Senior Sarah Mathewes traveled a bit farther to serve others. She

joined a group from her church, Houston First Church of God, on a mission trip to the Sekgopo Village in South Africa. While there, she and others offered their services by helping with the construction of a new community center and by teaching in the classrooms. The best part of the trip according to Sarah was meeting the child she will sponsor over the next 10-15 years. Sarah said, "It was awesome to spend time with the people in the village and with my new friend, Precious. I highly recommend that if you sponsor a child in another nation, that you consider traveling to meet him/her. It will change your life forever."

The Administration and faculty of Cypress Community Christian School encourage students "to take their place in the world as servants of Jesus Christ" as stated in the school mission statement. As a result, many CCCS students regularly take time out of their busy schedules to help others in need – whether it is local or far away – and each of them testify that their lives were changed as a result of helping someone else.

Plans are underway for students to participate in projects with the Habitat for Humanity organization, Star of Hope Mission, Ainsley Court, Carenet Pregnancy Center and many other organizations that need assistance to accomplish their goals of helping others in need.



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### LOE Stitchers



The stitchers regularly meet at the clubhouse on Thursdays from 9:30am-12:00 pm. This group consists of beginners to veterans, so if you want to learn or maybe share what you know, come join us. We also welcome residents that want to just meet neighbors, enjoy fun conversation and have coffee, juice and light refreshments.

For more information, contact LOE Stitchers organizer, Catherine Spellings, at 713-896-1652, 713-628-7083 or <u>catherinespellings@msn.com</u>.

Meeting dates: September 1, 8, 15, 22, 29

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#### **Eat Your Breakfast!!**

"Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that?

Well, imagine you're a car. After a long night of <u>sleeping</u>, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

#### What Should You Eat?

Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all the time. They're high in calories, sugar, and fat. They also don't contain the <u>nutrients</u> a kid really needs. And if you have a doughnut for breakfast, you won't feel full for long.

Just like with other meals, try to eat a variety of foods, including:

- grains (breads and cereals)
- protein (meats, beans, and nuts)
- fruits and vegetables
- · milk, cheese, and yogurt

Here are some breakfast ideas. First, the traditional ones:

- eggs
- French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- · cold cereal and milk
- hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)
- · whole-grain toast, bagel, or English muffin with cheese
- · yogurt with fruit or nuts
- fruit smoothie, such as a strawberry smoothie

And now some weird (but yummy) ones:

- banana dog (peanut butter, a banana, and raisins in a long wholegrain bun)
- breakfast taco (shredded cheese on a tortilla, folded in half and microwaved; top with salsa)
- country cottage cheese (apple butter mixed with cottage cheese)
- fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- sandwich grilled cheese, peanut butter and jelly, or another favorite
- leftovers (they're not just for dinner anymore!)

#### **Skipping Breakfast**

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people maintain a healthy <u>weight</u>. In fact, someone who skips breakfast tends to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before:

- · single servings of whole-grain, low-sugar cereal
- yogurt
- · fresh fruit
- whole-grain muffin
- trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal

#### **Need More Convincing?**

Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight.

On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

Updated and reviewed by: Mary L. Gavin, MD

Date reviewed: August 2004

Originally reviewed by: Steven Dowshen, MD, and Heidi Kecskemethy,

RD, CSP

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"Real" facts about our neighborhoods:

In the last 12 months prior to August 12, 2005 the percentage of listed homes that sold on the first attempt:

Lakes on Eldridge: 59% Lakes on Eldridge North: 66% Twin Lakes: 44%

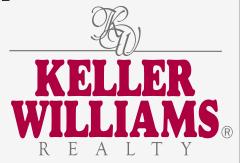


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### Texas Events - September

1—KEMAH: Rock the Dock Concert Series Kemah Boardwalk. www. kemahboardwalk.com 281/334-9880

**1-4—HOUSTON:** Curviture & Texas Masters Series: Harlan Butt Curviture features a form so versatile that it can transform a birch chair into a buoyant spring. The Texas Masters Series looks at works of artists who established Texas as a focal point for museum-quality craft. Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848

**1-4—HOUSTON:** *Cy Twombly: Fifty Years of Works on Paper* Features more than 80 works on paper by one of the most important American artists living today. The Menil Collection. www.menil.org 713/525-9400

1-5—CLEAR LAKE AREA: *That's So Weird* Visitors will encounter the bizarre, the creepy and the freaky in this new experience developed by Space Center Houston. 1601 NASA Road 1. www.spacecenter.org 281/244-2100

1-18—HOUSTON: *Invention Convention* Allows children to explore how to use creativity and imagination to not only solve problems but also identify challenges that already exist. The Children's Museum of Houston, 1500 Binz. www.cmhouston.org 713/522-1138

1-18—HOUSTON: *Pack Your Bags* ... Animated exhibit lets kids travel to different homes, visit new places and take imaginary trips to places of their dreams. The Children's Museum of Houston. www.cmhouston.org 713/522-1138

**1-25—HOUSTON:** *Bill Traylor, William Edmondson & the Modernist Impulse* Exhibition includes about 50 drawings and paintings by Traylor and 25 sculptures by Edmondson. The Menil Collection. www.menil.org 713/525-9400

**3-4—KEMAH: Zydeco Festival** Enjoy Cajun food and entertainment. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

**10-11—HOUSTON: Cactus & Succulent Show** Houston Arboretum & Nature Center. 713/827-8545

**10-11—HOUSTON: Camera Show** Shop and swap cameras and photographic equipment, new and used. Marriott Hotel, Hobby Airport. 713/868-9606

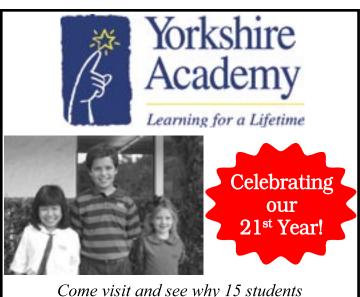
**10-11—HOUSTON: Sixth Annual Country Roots Music Festival** Features down-home Texas, bluegrass and gospel music by many of Texas' most popular bands. Includes bushel baskets full of mouth-watering, country-style foods. Shop for country crafts. Traders Village, 7979 N. Eldridge Road. www. tradersvillage.com 281/890-5500

**15—HOUSTON:** La Noche del Grito Celebrates Mexican heritage, music and dance. Miller Outdoor Theatre, Hermann Park. 713/284-8350

**15-18—HOUSTON: 53rd Theta Charity Antiques Show** Dealers bring a collection of antiques, antiquities and fine art. George R. Brown Convention Center. www.thetaantiquesshow.com 713/622-3560 or 713/722-8410

17—HOUSTON: Fiestas Patrias One of the largest and most colorful community-sponsored parades in the Southwest celebrates Mexico's independence. Celebration culminates with the crowning of Miss Fiestas Patrias. 713/926-2636

17-18—HOUSTON: 10th Annual Metro Go-Texan Regional Cook-Off About 75 teams will compete with brisket, ribs, chicken, gumbo and (Continued on Page 13)



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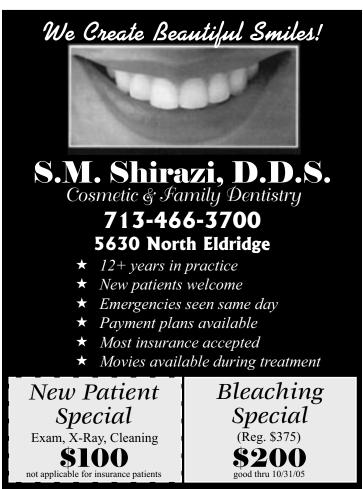
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Texas Events - (Continued from Page 12)

showmanship. Includes a cake auction. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500

**17-18—HOUSTON: Sixth Annual Houston Hot Sauce Festival** Hours are 11 a.m. to 6 p.m. Saturday and noon to 5 p.m. Sunday. Houston Farm and Ranch Club. www.houstonhotsauce.com 281/558-3518

**18—HOUSTON: Doll Show** Marriott Hotel, 9100 Gulf Freeway. 713/723-1762

**22, 24-25, 30-Oct. 2—HOUSTON:** *Mentors & Prodigy* (Fall Repertory Program) Houston Ballet performs. Wortham Theater Center. www. houstonballet.org 713/227-2787

**23-24—HOUSTON: Houston Dance Coalition & Dance Source Houston** Evening of contemporary dance at Miller Outdoor Theatre, Hermann Park. 713/284-8350

**24—HOUSTON: Fairfield Fall Garage Sale** Benefits the Fairfield community and helps collect funds for children's programs. Traders Village. www.tradersvillage.com 281/890-5500

**30-Oct. 1—HOUSTON: Houston Grand Taiko Festival** Enjoy traditional and contemporary Taiko drumming and classical Japanese dance at Miller Outdoor Theatre, Hermann Park. 713/284-8350

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#### Winter Green-Fall Master Gardener Plant Sale

Yes, in Houston green plants during winter months are not only possible, but easy and fun. The temperatures are cooler and fewer insects are around to eat your hard work. Many plants prefer the cooler winter temperatures, including wildflowers, herbs, vegetables, bulbs and many perennials.

Fall is the best time to plant to ensure spectacular spring shows of wildflowers and many bulbs that do much better than the traditional daffodils and other spring bulbs that require special care. Several native and adapted crinums provide spectacular shows with minimal care.

Many vegetables require the cool winter weather, among these are the crucifers (broccoli, cabbage, mustard, kale, collard and radishes), beets, chard, lettuce, spinach. Garlic and onions thrive in the cool weather and make great borders around perennial beds.

Have trouble growing herbs? Fall and winter is a great time to grow arugula, parsley, dill and many of the thymes.

Perennials, those plants that come back every year, do very well when planted during the cool fall. Many native and adapted plants survive not only the winters in Houston, but once established also make it through the periodic droughts and floods that characterize Houston summers.

Healthy soil is the first step to a healthy garden. The Master Gardener Fall Plant Sale/Symposium offers expert advice to help build a healthy garden, ways to maintain the health of the garden, suggestions for suitable plants, vegetables and herbs.

The Master Gardener Fall Plant Sale and Symposium on Saturday September 24 begins at 8 am with Carol Brouwer, PhD, County Extension Agent-Horticulture, Harris County, presenting an overview of the plants available at the sale. All attending the sale are invited to attend this overview in the Extension auditorium. The gates for the plant sale open at 9 am and close at 2 pm-five great hours to shop.

The Symposium begins at 10 am. A fee of \$15 is required to attend the full day program with lunch and an information packet included. Preregistration is recommended. Registration at the door is \$10 for all day, \$5 for half day, but lunch is not included.

The speakers and topics scheduled for the Symposium are: John Jacobs, PhD associate Professor and Environmental Quality Specialist Texas Cooperative Extension-"Building Healthy Soils"; Skip Richter, County Extension Agent-Horticulture, Travis County-"Earthkind Gardening Products and Techniques"; Bill Adams, County Extension Agent-Horticulture, Emeritus-"Fall Vegetable Gardening"; and Michael Bettler, Co-Owner, Lucia's Garden-"Fall Herb Gardening".

The Master Gardener Fall Plant Sale and Symposium on Saturday, September 24 at the Harris County Cooperative Extension 3033 Bear Creek Drive not only provides the plants, but also the experts on how to care for them. Don't miss this opportunity to increase your knowledge and obtain great plants. For more information, call 281-855-5600.

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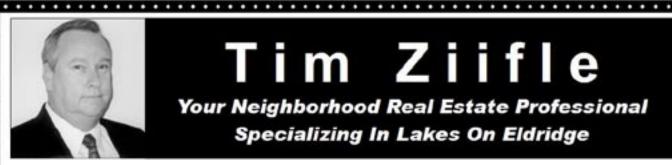
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#### BACK TO SCHOOL

#### Be prepared for dental emergencies!

Accidents do happen, so it is important to be as prepared as you possibly can when the unexpected happens to your children at school or on the playground during a "friendly" sporting event. Be sure you know what number to call if the dental office is closed! Here are some guidelines to help your child during a dental emergency.

#### If a tooth is knocked out:

Immediately attempt to find the tooth.

If you find the tooth, do not try to force the tooth back in the socket! Rinse it in warm water and place inside the mouth between the cheek and gum, or carefully replace the tooth. Do not rub the tooth to clean it.

If you can't place the tooth in the mouth, wrap it in a clean, moist cloth or place in a cup of milk or water. If the gum is bleeding, hold a clean cloth on the injured gum.

Contact your dentist for an emergency appointment. The sooner you receive treatment the better, preferably within the first 30 minutes.

Tooth-saver boxes, designed to hold and protect a knocked-out tooth, are available from pharmacies, such as Valu-Rite, for approximately \$11. The manufacturer of this product estimates 90% of teeth survive up to 24 hours.

#### If a tooth has been pushed out of position:

- Very gently push the tooth into its normal position.
- Do not try to force the tooth back in the socket!

- If the tooth is loose, carefully hold with a moist cloth.
- Use a cold compress to reduce swelling.
- Call your dentist as soon as possible and ask for an emergency appointment.

#### If the tooth is broken/cracked:

- Very gently push the tooth into its normal position.
- Do not try to force the tooth back in the socket!
- If the tooth is loose, carefully hold with a moist cloth.
- Use a cold compress to reduce swelling.
- Call your dentist as soon as possible and ask for an emergency appointment.

#### If the cheeks, lips or tongue have been cut:

Clean the area right away with water. If the wound is bleeding, put a clean cloth on the affected area and apply pressure. Call your doctor for advice on treatment. You may need to go to the emergency room for stitches.

#### If you suspect the jaw is fractured:

Secure the jaw by tying something like a tie or belt under the chin to the top of the head.

Gently hold a cold compress or ice pack against the injury.

Go to the emergency room immediately!

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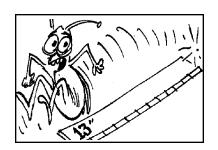


#### **American Heart Association 5K Walk**

The 2005 American Heart Association's Northwest Harris County Heart Walk, a 5K walk, will take place at Cy-Fair College, 9191 Barker Cypress beginning at 7:30 am on Saturday, October 29. Refreshments and entertainment will be provided at the conclusion of the walk.

Since 1924 the American Heart Association has helped protect people of all ages and ethnicities from the ravages of heart disease and stroke. These diseases, the Nation's Number One (1) and Number Three (3) killers, claim more than 949,000 American lives a year. The association invested more than \$364.3 million in fiscal year 2003-04 for research, professional and public education, and advocacy so people across America can live stronger, longer lives. No registration fees are required but walkers are encouraged to solicit donations for their efforts. Sponsors are also needed.

Contact Carly Person of the American Heart Association at 713.610.5071 for additional information.



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#### Teenage Jobseekers

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Jessica, 17•	
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Dyon 15 <sup>+</sup>	712 906 7041(LOEN)
Ryan, 15 <sup>+</sup> •••	
Kelechi, 13•	
Benny, 12•	
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Katherine, 15**••	832-243-9893(LOEN)
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Erica, 12•	713-937-1383(LOEN)
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Steven, 14•	713-856-5666(LOEN)
James, 16•	
Courtney, 12•	
Tom, 14•	
Elisse, 16•	
Leslie, 11**•	
E::1 12**	712 956 7102 (LOEN)
Erika, 12**••	
Greta, 19•• Christmas & Summer On	ly /13-896-41 /0 (LOEN)
Kate, 13•	
Joe, 18	
Rachel, 13**•	
Samantha, 16•	
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### 2005 Alzheimer's Association's Tomball Memory Walk

The 2005 Alzheimer's Association's Tomball Memory Walk, also a 5K walk, will take place at the Texas Sports Medicine Center on SH 249 beginning at 8:30 am on Saturday, October 8. Food and entertainment will be provided at the conclusion of the walk. Since 1989, Memory Walk has raised more than \$175 million for programs and services for individuals with Alzheimer's, their families, and caregivers.

Registration fees are \$25 for adults, \$10 for children and young people under the age of 18 and \$5 for dogs. Additional information is available by calling the Houston and Southeast Texas Chapter of the Alzheimer's Association at 713.266.6400 or 800.272.3900.

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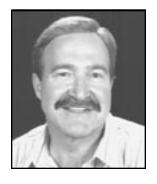
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