



LAKES

ON ELDRIDGE

NORTH

Volume 4, Issue 10

October 2005
Official Newsletter

LOEN Ladies Club

We invite all women of Lakes on Eldridge North to join the LOEN Ladies Club. We are currently 79 members strong and growing. We would love to see new members join, get involved and bring together the community.

Check us out on the web!: www.loenladiesclub.com


Our latest events include:

Bunco

Meeting 10/11/05 7pm-9 pm at the home of Reagan Vickich. Please RSVP to reaganvickich@yahoo.com

(Continued on Page 2)

Angels on LOEN



Angels on LOEN is a community service group within the LOEN Ladies Club. We are on call to provide short term assistance to our neighbors in need. You can call and ask for help or nominate someone you know. Do you have a newborn and would like some meals provided? Has a death or illness in the family forced you to leave town suddenly and you need help getting the paper, walking the dog, watering the plants? Could you use a meal when you return? If you're laid up and could use some help with carpool or picking up groceries, we would love to help. REMINDER: When nominating someone for Angels assistance, please provide their full name, street address and phone number so we can contact them promptly. Thank you! We'll take it from there! Contact angel coordinator Jeanne Markham at 713-291-9676.



Book Club

Will meet 10/10/05 and discuss the book- The Secret Life of Bees by Sue Kidd. Hostess- Pat Dach, 6014 Ballina Canyon Ln. Please contact Anne Glendinning with any questions 832-667-7298 aglendinning@houston.rr.com

Come to the Great Kirk Pumpkin Patch!!!

It's back! The annual Kirk Pumpkin Patch will be open for 3 days only at Pecan's Restaurant on Tanner Road. October 19, 20 and 21st you can load up the kids and bring your camera to take great fall pictures amongst the pumpkins.

While there, purchase pumpkins to help support this great neighborhood elementary school. Pumpkins are just \$5.00 each. Thanks to the generous donation of the pumpkins by Pecan's Grill, all money raised will go to the Kirk PTO which provides additional educational tools, playground equipment and so much more for the children and staff of the Kirk Tigers!

Come out with the kids and play between 4-8pm Wednesday, Thursday and Friday, October 19-21st. Don't miss one of the most fun events of the fall season!!



Lakes on Eldridge North

IMPORTANT NUMBERS

VanMor Properties, Inc.	281-493-0668
Fax	281-493-5654
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Dorinda Obst (Dori), Administrative Assistant	
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Cy-Fair Fire Department - (emergency)	281-466-6161
(non-emergency)	281-550-6663
Poison Control	1-800-764-7661
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(trash collection Mondays & Thursdays)	
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Harris County Tax Office	713-224-1919
Reliant Energy	713-207-7777
(give pole # of street light which is out)	
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Kirk Elementary	713-849-8250
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Cy-Falls High School	281-856-1000
Newsletter Publisher	
Peel, Inc.	advertising@PEELinc.com, 512-989-8905
Adver./Donna Sommer	dsommer@PEELinc.com, 832-237-4684

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month.. Submissions are subject to space limitations and editorial approval. Submit at www.peelinc.com.

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Submit classified ads at www.peelinc.com.

ADS: Deadline for submitting ads is the 10th of each month for publication in the following month's newsletter.

Please contact Peel, Inc. Sales Office at 512-989-8905, advertising@PEELinc.com or Donna Sommer at 832-237-4684, dsommer@PEELinc.com for information on advertising.

Vanmor Properties, Inc. Contacts

Manager - Kate Loeffler

Administrative Assistant - Dorinda Obst (Dori)

1505 Highway 6 South, Suite 110; Houston, Texas 77077

Phone - 281-493-0668 • Facsimile - 281-493-5654

LOEN Ladies Club - (Continued from Page 1)

LOEN Couples Dinner Club

Join your neighbors and friends for an evening out. The LOEN Dinner Club Group goes out to different restaurants around Houston on the 3rd Saturday night of each month. It is a great way to try some of Houston's wonderful restaurants and meet some very nice people.

If you are interested in joining the group, call or email us.
Darla Kitchen - 832-243-9871 djkitchen@hotmail.com
Reagan Vickich - 713-896-8133 reaganvickich@hotmail.com
Becky Vogel - 713-856-6130 kvogel2263@aol.com



October Location: Karl's At The Riverbend - 5011 FM 723 on 10/15/05.

RSVP to Becky 713-856-6130 by 10/10/05.

Lunch Bunch

Piatto Ristorante

11693 Westheimer @ Royal Oaks Blvd (behind PF Chang's)

Wednesday, October 5th at 11:45 AM.

RSVP to kvogel2263@aol.com.

(Continued on Page 4)

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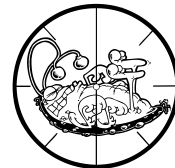
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In October

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7th Annual Halloween Boo-Bash

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7979 N. Eldridge Rd. • 281-890-5500

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Church Bazaar

Sunday, October 9th • 11:00 a.m.-7:00 p.m. • St. John Vianney Catholic Church

625 Nottingham Oaks Trail • 281-497-1500

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Ann Knoche



Lakes on Eldridge North

LOEN Ladies Club - (Continued from Page 2)

Chickless Hens Coffee

Are you "chickless"? Is your nest empty, or "nearly" empty? Never had any chicks? If so, you are invited to attend the very first LOEN Ladies Club "Chickless Hens" coffee!

October 4, 10 AM
6347 Concho Bay Drive
At the nest of Jamie Cornelius



Don't be "cooped" up a minute longer! Join us for food and fun, and help us plan an outing or two!

Halloween Pumpkin Parade

Mark your calendar for the LOEN Halloween Pumpkin Parade! Let's show off our little "pumpkins" in the All Kids Costume Parade to be held Sunday, October 30th at 4pm at the Recreation Center.

In addition to our parade of children in costume, there will be a costume contest with ribbons for winners in select categories, crafts for kids and a cookie decorating station. Trick or Treating will still be on the traditional Halloween night, but come enjoy a preview of the cute, the scary and the creative little ones that may haunt your doorstep on Monday!



CORRECTION

The "Designer's Challenge" for the Recreation Center Clubhouse has been cancelled. The article was pulled by the editor after the September issue had gone to press. We apologize for any inconvenience that may have been caused by the misinformation.

-The Publisher

Ladies Club General Meeting

October 25th 7-9 PM

PLEASE NOTE: We are meeting at LOEN Recreation Center.

(Continued on Page 5)

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LOEN Ladies Club - (Continued from Page 4)

Children's Play Groups

Hello Moms of LOEN Playgroups. I just wanted to let all of you know that we will be transitioning the LOEN Playgroup Leaders in the month of September. It has been 7 1/2 months since we formed the LOEN Playgroups. It was so awesome that these wonderful women Joy Baker, Roxann Beutnagel and Jenny Baldwin stepped up and decided to volunteer their time to organize our moms and children by age. They have helped find volunteers to host various activities, planned our monthly schedules and attended just about everything. It has been such an inspiration to see these moms create and nurture the friendships of these women and children in such a caring manner. I really feel that their ambition to see the moms and the kids of the neighborhood connect, has truly paid off.

With that being said, I am also happy to announce the new LOEN Playgroup Leaders for October 2005 through February 2006.

We wish you all the best in your new positions.

Julie Kerr

Playgroup Coordinator



Joy Baker: Playgroup Coordinator Joy_a_Baker@yahoo.com

Char Herman: 3 years through 5 years old scherman@flash.net

Whitney Wright- Steif: 19 months through 2 years wright_steif@hotmail.com

- Mondays- Memorial City Play Castle 10am

- Wednesdays- Houston Zoo – 10am

- Fridays- Pump it Up- Fallbrook Location – 9:30am

Shea Fraley: 0 through 18months sheam@swbell.net

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Lakes on Eldridge North

Thyme Out for Gardening: Herbs, Part I

I know you've heard it before but it bears repeating - October is one of the best months for putting plants in your garden here on the Gulf Coast Prairie. Why? Because the weather is cooling off, yet it's still warm enough to allow the roots of perennial plants to grow a little bit and settle into the surrounding soil before "winter" arrives. Except for protecting some of our more tender tropical plants, winter temperatures aren't a major concern for Gulf Coast gardeners - our goal is to have plants well established so they can survive the heat and humidity of our summers. October is also the right time to plant annuals that prefer cooler temperatures.

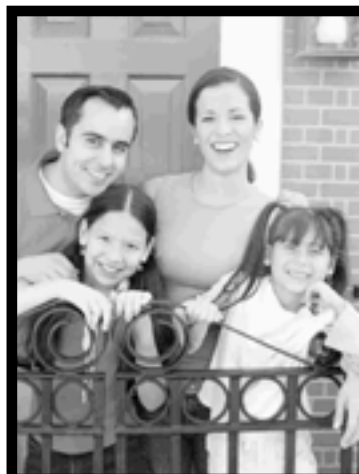
This brings me to this month's subject - if you don't have one already, October is the perfect month to plant an herb garden! And before you think an herb garden sounds intimidating and/or too formal, let me reassure you that it's not. If you have the space and want to put in carefully arranged plantings dedicated solely to herbs, with flagstone pathway dividers, sundials and mosaic gazing balls, then by all means go for it. You can also put some herbs in containers on a sunny patio or fill an empty spot in your landscape with some herbs and viola, you've got yourself an herb garden! Herbs are extremely versatile and can be used as specimen plants or border plants in flower beds, as groundcover, and as a fragrant edging between stepping stones. But before we get ahead of ourselves, let's start at the beginning: What is an herb, and why would you want to

grow one?

A herbaceous or woody plant is commonly considered to be an herb if its leaves, bark, stems, roots, flowers, or seeds are valued for their flavor, fragrance, medicinal qualities, or cosmetic properties. That's a pretty broad definition and it encompasses a lot of plants from fruits and vegetables to spices, roses, traditional medicinal plants, and even some cacti. Some experts will separate "spices" from "herbs" and botanists have more scientifically correct definitions, but the technicalities aren't necessary for our enjoyment and appreciation of the plants. There are probably as many reasons to grow herbs as there are gardeners. Herbs are useful, attractive, and they connect us to one another and our ancient ancestors. All cultures throughout history have used herbs in many ways including cooking, healing, making and dyeing fabric, decorating, and even sending hidden messages through the meanings ascribed to certain plants.

Herbs especially appeal to our senses of smell and taste and that is why the rest of our discussion will focus on the culinary herbs. As Gertrude Jekyll, a leading garden designer at the turn of the 20th century, wrote, "When I pick or crush in my hand a twig of Bay, or brush against a bush of Rosemary, or tread upon a tuft of Thyme...I feel that here is all that is best and purest and most refined, and nearest to poetry in the range of faculty of the sense of smell." Herb

(Continued on Page 7)



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Thyme Out for Gardening - (Continued from Page 6)

gardens give you the opportunity to wander outside with a pair of kitchen scissors and become creative with your cooking. A "snip of this and a bit of that" can make a marinade more interesting, flavor your iced tea, and decorate a fruit platter.

Many of the culinary herbs have flowers that will attract birds and butterflies to your yard. And if you have edible herbs in your yard, you don't have worry as much about your children or pets putting plant parts in their mouths. And for a bonus benefit, herbs can also make your pets smell better. Our Augie plunges into the rosemary bush in the back yard while chasing lizards - his fur usually has a fresh piney scent!

Most herbs are fairly very easy to grow on the Gulf Coast as long as you provide the proper growing conditions: full sun and raised, well-drained beds. Many of the well-known culinary herbs such as rosemary, thyme, and oregano are originally from Mediterranean areas, and while they prefer sunny, rocky, drier climates, they've adapted well to our environment. Some herbs, like tarragon, simply cannot handle our heat and humidity. There are others, like the culinary sages and lavenders that might do well for a year or two and then succumb to disease. You'll be able to enjoy these herbs in your garden, but you'll probably have to replace them more frequently. Mints can generally tolerate more shade and more water than many of the other herbs but they can be very aggressive in a flower bed. For that reason, many gardeners put their mints in containers, create separate "mint only" flower beds, or devise ways to contain the roots and stems within a given area in a larger bed.

Most herbs tolerate our mild winters very well; some, like oregano, parsley, bay, thyme, and rosemary stay green, while others like Mexican mint marigold and culinary ginger will die back with the first cold snap and come back out in the spring. Scented geraniums need protection from freezing temperatures. One of our rare hard freezes might kill some of the more tender perennial herbs like lemon verbena, lemon grass, and pineapple sage, but replacement plants fill in quickly. Herbs do not need a lot of fertilization. For herbs in a planting bed, a good organic bed preparation and seasonal applications of compost or slow release organic fertilizer will be sufficient.

Herbs that will be grown in containers should be planted in a soil-less potting medium mixed with a little compost. I have always found that herbs will eventually need fairly large containers to maintain them at their best. Start with a pot that is proportional for the herb's size, and transplant to the next size up whenever necessary. Make sure all of your containers have sufficient drainage holes. Herbs in containers lose nutrients more quickly than plants in the ground because the nutrients leach out of the containers with frequent watering. Your container herbs will benefit from monthly applications of compost tea or liquid seaweed/fish emulsion products.

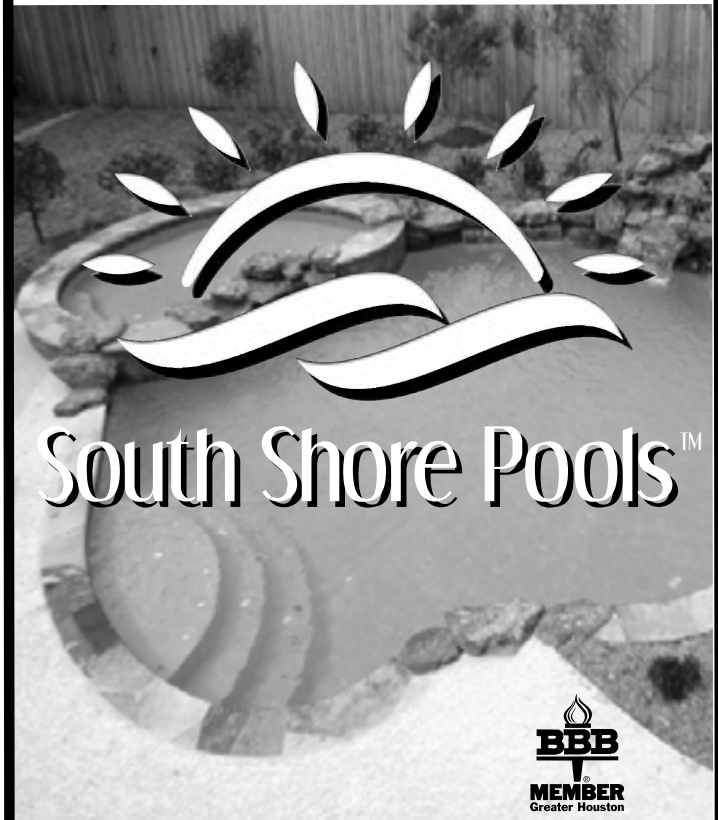
Herbs can develop insect infestations, but they're not usually a big problem. I've seen aphids, scale, mealy bugs, spider mites, and caterpillars on my culinary herbs through the years, but the pests are easily handled by washing them off with the hose, or using other non-toxic controls such as a soybean oil spray. Because you'll be using these herbs in your cooking, it's important to avoid using any pesticide treatments that could be harmful to you or the environment.

(Continued on Page 8)

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Lakes on Eldridge North

Thyme Out for Gardening - (Continued from Page 7)

If you're ready to try growing some herbs or adding more to what you may already have, consider planting some of the herbs listed below. These are among my favorite culinary herbs and have grown well for me in our current garden: basil (for summer planting), bay, chives, cilantro, dill, lemon balm and lime balm, Mexican mint marigold, mints, oregano, parsley, rosemary, sambac jasmine, scented geranium, and thyme. All of these herbs should be readily available in 4-inch to 1 gallon sized pots, ready for transplanting, at local fall plant sales and specialty garden centers like Buchanan's, Joshua's, Teas Nursery, and Wabash Antiques and Feed Store. Next month we'll discuss specific herbs in more detail and talk about ways to use what you're growing.

October Gardening Notes: This is an easy section to write this month because as I said earlier, October is a great time to handle just about all of the items on your gardening to-do list. Weed your flower beds and add mulch to maintain a 2-1/2 to 3 inch layer. Fertilize your lawn with a slow release formula – I prefer organic products like Earth Essentials, Green Sense, MicroLife, or Gardenville Soil Food, to name a few. If you didn't treat your yard for fire ants last month, there's still time. Try one of the newer baits with Spinosad for an effective and more environmentally friendly ant treatment. Always follow the package directions!

In addition to herbs, plant other perennials such as antique roses, salvias, daylilies, iris, and bulbs. Continue planting fall leafy

vegetables as we discussed last month, and be adventurous with some of the interesting lettuce varieties and attractive Swiss chards. Sow some wildflower seeds in a sunny bed and rake them into the soil very lightly. Bluebonnets, winecups, and Gaillardia will form green rosettes of foliage for the winter and bloom in the spring. Wait until at least the end of the month to start planting trees, shrubs, cool season annual flowers like pansies, snapdragons, dianthus, and sweet allysum, and cool season annual herbs like cilantro, and dill.

About the only gardening chores you shouldn't do this month are deadheading flowers and pruning. Pruning and deadheading often stimulate plants to put out more growth from lateral buds. This new growth is very tender and can be damaged by cold temperatures that wouldn't bother older, established growth. If a stem or branch is damaged or broken, then it's okay to prune that one branch or stem – just don't get carried away! If you have any cold sensitive plants in containers that you plan to bring inside for the winter, now is the time to start conditioning them to lower light conditions. Move them gradually into the shade and cut back on watering so that they'll be ready to come inside before our first cold snap.

Until next month, happy gardening!

By Lisa M. Rawl, TMG & TMN; lmrjkk@earthlink.net; All rights reserved.

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Lakes on Eldridge North

MotherWise News

The MotherWise bible study group had a fun evening of fellowship at its Dessert Social held on September 12, 2005. Approximately fifteen women attended who live in the Lakes on Eldridge, Lakes on Eldridge North, and Eldridge Park neighborhoods. To kick off its fall bible study, the group viewed the introductory segment of Dr. Kevin Leman's video seminar entitled "Making Children Mind Without Losing Yours". Everyone enjoyed visiting and getting acquainted. The evening concluded with a drawing for a basket of fall themed items.

MotherWise is a nondenominational group and all are welcome and invited to attend any of the meetings. The October Motherwise meetings will be held on Monday, October 10th at the home of Kathy Prusak, 12910 Watermist Lane (LOE-Crescent Banks) and Monday, October 24th at the home of Donna Beisel, 12215 Calico Falls Lane (LOEN-Sierra Brook). It's not too late to join this great group! For further information about MotherWise, please call Kathy Prusak at 713-937-7707 or Elizabeth Tobin at 832-467-1369.

The Parents of Westview School Vendor Fair!!

Come shop at The Parents of Westview Vendor Fair being held in conjunction with The Westview School's annual Book Fair! You'll enjoy browsing for home décor, beauty products, unique crafts, gifts galore and more! It's all to have fun while supporting one of the best schools in the country creating options and opportunities for children with Autism.

It's happening Thursday, October 6th from 9am – 2pm and 6-9pm at the Westview School Auditorium, 1830 Kersten (off of Hammerly, west of Beltway 8).

Come shop day or evening! For more information contact Donna Beisel @dbeisel@houston.rr.com

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Lakes on Eldridge North
Community Newsletter each month
on-line at
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Lakes on Eldridge North

Honey for Your Sweet Tooth

Everyone likes a sweet treat now and then, but too much sugar can be a bad thing, particularly for your teeth. However, there is a natural alternative that might actually be good for your teeth: honey.

Thinking of honey as helpful for teeth may seem strange, especially since the bacteria in dental plaque, which cause tooth decay, need sugars to survive and multiply. But, according to researchers at the University of Waikato in New Zealand, honey may stop the growth of bacteria found dental plaque and reduce the amount of acid that it produces. Since this acid is what causes cavities, honey may be able to combat tooth decay. So how does it work?

A potent antimicrobial agent:

Honey is well-known for its anti-microbial qualities. In fact, it has been used in traditional medicine as a dressing for wounds, burns, and skin ulcers. The medical community is now rediscovering the therapeutic value of honey.

Honey's anti-microbial power comes from an enzyme that produces hydrogen peroxide, a common antiseptic agent. Unlike most antiseptics that use hydrogen peroxide, however, honey is gentler on tissue and contains anti-inflammatory agents that reduce swelling and pain. It even helps cells repair themselves.

Of course, it's important to take things in moderation. While a little honey may be beneficial, too much may still cause damage to your teeth.

Types of honey:

The color and taste of honey depends on what kind of nectar the bees used to make it. The lighter honeys have better aroma and taste, but the darker honeys have a greater nutritional value. The darker the honey, the more minerals it contains, including potassium, magnesium, phosphor, and iron.

The anti-microbial capabilities of the honey also depend on what nectar it comes from. If you want to use honey for topical wounds, you can buy medicinal honey just for that purpose. You probably won't want to eat it, however. Specially made medicinal honey is not meant to be used as food.

Cooking with honey:

Honey is sweeter than sugar, so you can use less honey in a recipe than you would sugar. Ideally, you should start with a recipe that calls for honey. However, you can substitute honey for sugar; use half the

amount that is called for in the recipe. For example, if the recipe calls for 1 cup of sugar, use half a cup of honey.

You may also need to make a few other adjustments when you bake with honey: (1) Reduce any liquid called for by 1/4 cup for each cup of honey used; (2) Add 1/2 teaspoon baking soda for each cup of honey used; and (3) Reduce the oven temperature by 250F to prevent over-browning.

Storing honey:

It's best to store honey at room temperature, in a pantry or out of direct sunlight on the kitchen counter. Refrigerating honey increases the crystallization process, in which honey becomes solid. If this happens, the honey is still usable. Simply place the jar in a warm water and stir until it liquefies again. Alternatively, place the honey jar in a microwave-safe dish, remove the lid, and microwave it slowly, stirring frequently, until the crystals dissolve. Be careful not to boil or scorch the honey.

Note to Parents:

Don't feed honey to your infant. Honey may contain spores of the bacterium *Clostridium botulinum*. While adults and children over 1 year of age are routinely exposed to this bacterium, it can cause serious illness in babies. For more information, please contact Dr. M. Nguyen.

For up-to-date announcements and information
check our neighborhood website:
WWW.LOENHOA.COM

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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%



Danielle Gebara

Cell: 832-788-6002

Off: 281-664-8300

Fax: 832-243-9937

8399 FM 1960 West Ste. 310

Houston, TX 77070

dgebara@houston.rr.com



Lakes on Eldridge North

Hearts and Hands Holiday Market 2005

Shop 'til you drop at the 19th annual Hearts and Hands Holiday Market, October 25-26, 2005, presented by the United Methodist Women of Memorial Drive United Methodist Church. With over 70 artisans and merchants offering a wonderful array of merchandise including holiday and year 'round decorative accessories, jewelry, clothing, handbags, toys, baby items, pewter, glassware, pottery, stationery, gourmet foods, and garden art, you're sure to find something for everyone on your gift list! For even more great items, don't miss the Silent Auction and UMW Market.

If all of the shopping makes you hungry, you'll be able to purchase a tasty boxed lunch by Tres Market along with homemade baked goods, jams, and jellies. Frozen entrees to go will be available so that you can have quick meals on hand throughout the holidays.

Admission to Hearts and Hands is free and proceeds benefit local and global missions. Hearts and Hands will be open on Tuesday, October 25, from 9 a.m. to 7 p.m. and on Wednesday, October 26, from 9 a.m. to 4 p.m. Memorial Drive United Methodist Church is located at 12955 Memorial Drive between the Sam Houston Tollway and Wilcrest. Additional parking on both days can be found at The Connection Center, 13194 Memorial Drive, with shuttle service available on Tuesday, October 25, from 9:00 a.m. to 4 p.m. For more information, please call 713-468-8356.

Monthly Scrapbooking Workshops

Meet every 2nd Friday of the month
from 7:00pm -Midnight

Contact Rosie Nunez (713)983-6068

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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 submit at www.peelinc.com. All information must be received by the 10th of the month.

	Babysitting	Pet/Plant Sitter	Lawn Care	Car Washing	Window Washing	Power Washing Driveways	Website Design/PC Assist.
Michelle, 18	•						713-937-0727(LOE)
Eileen, 16	•						713-937-0727(LOE)
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, 17	•						713-849-3692(LOE)
Katie, 17*▼+	•	•					713-896-7941(LOEN)
Patrick, 14	•	•					713-937-0727(LOE)
Ryan, 15+	•	•					713-896-7941(LOEN)
Kelechi, 13	•	•					713-856-9495(LOE)
Benny, 12	•						713-476-3750(LOE)
Jared, 17	•						832-467-9336(LOE)
Katherine, 15**	•	•					832-243-9893(LOEN)
Jessica, 16**+	•						713-937-1383(LOEN)
Erica, 14	•						713-937-1383(LOEN)
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, 14	•	•					713-466-6878(LOE)
Elisse, 17	•	•					713-896-9495(LOEN)
Leslie, 11**	•						832-467-4842(LOEN)
Erika, 12**	•	•					713-856-7192 (LOE)
Greta, 19	•	•			Christmas & Summer Only		713-896-4170 (LOEN)
Kate, 13	•	•					713-466-6878 (LOE)
Joe, 18	•	•					832-876-4191 (LOE)
Rachel, 13**	•						713-896-0065 (LOEN)
Samantha, 16	•						713-983-9706 (LOEN)
Max, 16	•	•					713-896-7941 (LOEN)
Madelin, 19	•	•			Summer & Holidays Only		832-230-5997 (LOEN)

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** Red Cross Babysitting Program

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+ CPR (Red Cross WSI certified)

Beginner Swim Instructor	
Katie, age 17*▼(Lifeguard Certified)	713-896-7941 (LOEN)
Piano Lessons	
Idil, age 15	713-896-1833 (LOE)
Guitar Lessons	
Katherine, 15 **	832-243-9893 (LOEN)
Swim Lessons	
Nicole, 16+ (Lifeguard Certified)	713-503-9931 (LOE)
Golf Caddy Certified	
Ryan, 15+	713-896-7941 (LOEN)

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 tea room tickets at the show for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-½ blocks north of Hwy 290. For more information, call 713-937-9388 or see www.foundrychurch.org.

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Teens, Fitness and You

With all the pressures today's teenagers have to deal with, it's no wonder so many are in trouble.

Statistics show that teen suicide and teen pregnancy are on the rise, as is the firearm-homicide rate for teens. Smoking among teens is in vogue, and two-thirds of eighth-graders report that they have tried alcohol. And only about 38 percent of them get enough exercise - which means the other 62 percent are setting themselves up for a sedentary life and all the problems that come with it.

Now's the time to change these statistics. Research has shown that kids who play sports, or who are physically active, are less likely to have these problems. But getting kids to exercise is no easy task unless you're willing to spend time with them and learn to speak their language.

Quality time, quality talk

It's impossible to have good relationships with teenagers if you don't spend time with them. Don't expect teens to automatically think you're cool and trustworthy - you'll have to prove it.

Accept them for who they are and show them that you are genuinely concerned about them. Look past the way they dress or wear their hair, and learn to understand their language so you can relate to what they have to say.

A person who is a good listener has a good chance of developing relationships with teens, since most of them would rather talk than listen. Whatever it takes, learn to listen to teenagers, and offer your words of wisdom only when necessary. It's the only way to figure them out.

They're listening - What do you say?

The number-one thing you can do to help teens get active is to be a good role model. Live the life that you advocate; show them



that being active can be fun, and they will follow your example. Let them know that being physically active does not necessarily mean going to exercise classes or playing sports, although these are two great options.

Hiking and camping, body surfing and playing Frisbee or paddleball are activities the whole family can enjoy. And, since they're having so much fun, teens will hardly realize that what they're doing is actually good for them.

Teenagers can participate in just about any fitness activity, whether it be weight training, mountain biking or martial arts. Many gyms are lowering their age requirements and offering family memberships and discounts to reach the younger market. Organized sports also are an excellent means of improving socialization and developing discipline and teamwork skills.

Competing with the negative

It's not easy to get your message of good health and fitness across when you're competing with the lure of television and video games. That's why it's so important to appeal to a teenager's sense of fun and need for social interaction.

Whenever possible, include others, such as their friends, in your fitness activities. Encouraging a teenager (or an adult, for that matter) to become more active can be discouraging, particularly when they seem to be tuning you out.

At some point, that encouragement may become counter-productive. Instead, continue to serve as a role model for an active lifestyle and perhaps they will one day follow your lead.

The most important thing you can do for today's youth is to help them value their lives. Being healthy and fit will put them in touch with their bodies, increase their self-esteem and help them to establish a desire to set personal goals.

Bottom line, however, is that in order to get anyone to exercise, teenager or not, it has to be fun. Teenagers aren't likely to do something just because they're told it's good for them. But with your support and encouragement, you can help put them on the path to better health that lasts a lifetime.

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Lakes on Eldridge North

Texas Events - October

1—HOUSTON: Susan G. Komen Breast Cancer Foundation Race for the Cure Includes a competitive 5-K run, non-competitive 5-K run, 5-K walk, Kids K/Family Walk and more. Downtown. 713/867-3233

1—KEMAH: American Heart Association Walk Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

1-31—KEMAH: Boo on the Boardwalk Spooky weekend fun includes pumpkin decorating, great pumpkin weight-guessing contest, hayrides, magic shows, spooky musical entertainment and more. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

1-Jan. 8—CLEAR LAKE AREA: Speed Presents a hyper-fast look into the physics and mathematics that impact speed. Space Center Houston. www.spacecenter.org 281/244-2100

6-8—HOUSTON: Festival Chicano Miller Outdoor Theatre, Hermann Park. 713/284-8350

6-9—HOUSTON: Greek Festival Enjoy authentic Greek food, wine, dancing and artifacts. Grounds of the Annunciation Greek Orthodox Cathedral. www.greekfestival.org 713/526-5377

8-9—HOUSTON: 21st Annual Wings Over Houston Airshow Includes the Canadian Forces Snowbirds Jet Demonstration Team, F-19F Super Hornet, AH-64 Apache Attack Helicopter, A-10 Thunderbolt II, World War II air power re-enactment of "Tora! Tora! Tora!" and static displays. Gates open at 8 a.m. Ellington Field. www.wingsoverhouston.com

713/266-4492 8-9—HOUSTON: 27th Houston Festa Italiana Features live entertainment, children's area, bocce ball, grape stomp, pasta-eating contest, Italian car show, Italian heritage area and delicious homemade food. Houston Farm and Ranch Club. www.houstonitalianfestival.com 713/524-4222

8-9—HOUSTON: Bayou City Art Festival This annual juried fine art event boasts 300 acclaimed artists from throughout Texas and the world. Hours are 10 a.m. to 6 p.m. In front of Houston's City Hall, around Hermann Square and Sam Houston Park downtown. www.bayoucityartfestival.com 713/521-0133

8-9—KATY: 25th Annual Rice Harvest Festival Celebrate with arts & crafts, food, carnival, photo contest, rice cooking contest and continuous live entertainment. Historic Downtown Katy. www.katychamber.com 281/828-1100

8-Nov. 13—GALVESTON: Alain Clement — War Stories Features large scale photograms by this Galveston-based artist. Galveston Arts Center. www.galvestonartscenter.org 409/763-2403

9—HOUSTON: Fifth Annual Art Car Show See more than 40 vehicles of all sorts painted, pasted and carved into artistic masterpieces on wheels. Begins at 10 a.m. Traders Village. www.tradersvillage.com 281/890-5500

14—HOUSTON: Dia de la Hispanidad Festival Miller Outdoor Theatre,

(Continued on Page 17)

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Texas Events - (Continued from Page 16)

Hermann Park. 713/284-8350

15—GALVESTON: Canadian Brass Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

15—HOUSTON: All-British Motor Vehicle Expo www.houstonmgcarclub.org 281/346-2417

15—HOUSTON: Ninth Annual Museum District Day Fifteen museums participate. www.houstonmuseumdistrict.org 713/529-9802

20—FRIENDSWOOD: "Swing into Fall" Golf Tournament Timber Creek Golf Club. E-mail: fwdchmbr@swbell.net • www.friendswood-chamber.com 281/482-3329

22-23—CLEAR LAKE AREA: Gulf Coast International Dragon Boat Regatta Teams from the Central United States compete for the Central Region Championship title. Includes diverse Asian entertainment, arts & crafts, cuisine and a kids zone. Clear Lake Park. www.texasdragonboat.com 713/225-0514

22-23—HOUSTON: Asian-American Festival Enjoy Asian music, dancing and demonstrations of other Asian arts. Includes cultural exhibits and children's activities. Miller Outdoor Theatre, Hermann Park. 713/861-8270 or 713/284-8350

22, 25, 28, 30—HOUSTON: Fall Repertory: Mussorgsky's Boris Godunov Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372

27-30—HOUSTON: International Quilt Festival More than 900 quilts, original cloth dolls, wearable and related textile arts are displayed. Includes expert demonstrations and mini-classes. George R. Brown

Convention Center. www.quilts.com 713/781-6864

28-Jan. 22—HOUSTON: Robert Gober: The Meat Wagon The Menil Collection. www.menil.org 713/525-9400

29—GALVESTON: A Cabaret Evening with Brian Stokes Mitchell Begins at 8 p.m. The Grand 1894 Opera House, 2020 Postoffice St. www.thegrand.com 800/821-1894 Gulf Coast

29—GALVESTON: Halloween Ghost Stories & Hayride Listen to ghost stories around a spooky campfire then climb aboard the hayride for a drive through the bay side of the park, stopping at the haunted Nature Center for treats. Galveston Island State Park. 409/737-1222

29—HOUSTON: Mozart's The Marriage of Figaro Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372

29-30—HOUSTON: MECA Day of the Dead Festival Includes traditional celebrations and arts & crafts. www.meca-houston.org 713/802-9370

30—HOUSTON: Seventh Annual Halloween Boo Bash for Kidz Presents continuous live musical entertainment and activities from 1 to 4 p.m. Trick-or-treating is from 2:30 to 3:30 p.m. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500

31—FREEPORT: Halloween Festival Hours are 6 to 8 p.m. Freeport Recreation Center. 979/233-6061 Gulf Coast

31—LAKE JACKSON: Halloween Trick or Treat Brazos Mall. 979/297-8001 Gulf Coast

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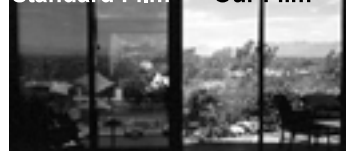


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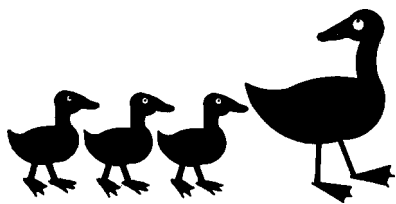
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Lakes on Eldridge North



Please Beware of the Ducks

Please be careful when driving around the neighborhood to be sure to avoid running over our feathered residents of the LOEN lakes. One duck was recently run over by the front gate of the neighborhood causing distress for both the ducks and children of LOEN. Many people enjoy watching and feeding the ducks so please use caution around the lake areas. Thank you.

Cy-Fair College Joins Katrina Relief Effort

Both Cy-Fair College's Barker Cypress campus at 9191 Barker Cypress at West and the Fairbanks Center at 14955 Northwest Freeway at Beltway 8 are serving as donation sites with collection boxes located near building entrances. The following items will be accepted to help Katrina hurricane evacuees: Towels, Blankets, Pillows and Sheets, Toiletry Items, Toilet Paper, Infant Formula, Diapers and Wipes, Nonperishable Food Items, Bottled Water, Reading Material and Children's Toys. For information on other Cy-Fair College relief efforts contact Heather.e.baker@nhmccd.edu.

Mark Your Calendars for Cy-Fest

Cy-Fair College will host a free community day for all ages in the Cy-Fair Community from 10 a.m. to 2 p.m. Saturday, Oct. 15. Cy-Fest, the college's gift to the community, will feature food vendors, a variety of performances, the Houston Zoomobile, children's games, crafts and storytime, a video gaming contest, a model boat parade, moonwalks, a fire truck and more. For information go online to www.cy-faircollege.com/goto/cyfest.

Check Out the Musical Talent and More

Cy-Fair College's Music Department will host an International Music Festival at 3 p.m. Oct. 15 followed with a 5 p.m. reception. The festival draws solo artists from around the world and features professional musicians or graduates of college as well as high school students. The Cy-Fair College String Orchestra will perform an historical music journey titled "To the Present and Back" at 7:30 p.m. Oct. 17 with a 9 p.m. reception set afterward. In the gallery, the Encaustic Exhibit continues through Oct. 25. The comedy "What I Did Last Summer" continues through Oct. 16 in the Black Box Theatre. For information, call 281-290-5273.



Locks for Love

Two third graders at Kirk Elementary who are LOEN residents have made generous donations recently. Lauren Thoman and Natalie Nevlud have both cut off ten inches of their beautiful long hair in order to donate it to people undergoing radiation treatment. Their donated hair can be used to make wigs for people who lose their hair during cancer treatment. What a wonderful sacrifice these girls made to help others.

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Lakes on Eldridge North

Check Out L.I.F.E. at Cy-Fair College

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) Among the upcoming programs are learning to garnish and present meals like pros, customizing gifts using eBay, getting info on benefits of community gardens and gift wrapping tips. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at www.cy-faircollege.com/library.

Fall C.A.L.L. Courses for Senior Adults

The Cy-Fair College Academy for Lifelong Learning provides opportunities for adults 50 and better to enjoy intellectual and social enrichment. Annual membership is \$10. Among the upcoming C.A.L.L. courses are basic drawing, a Forbidden Gardens tour, a long-term care session, a government close up talk with Corbin Van Arsdale, fitness for seniors and a Chinese history discussion. A book club and a walking club are also available. Call 281-290-5273 for course information or to sign up now.

Admissions and Financial Aid Sessions Set

Cy-Fair College will hold two high school student and parent information sessions in the College Center Conference Center rooms 152 and 153. A general admissions information session set at 7 p.m. and a general financial aid information session set at 8 p.m. will be presented in English Oct. 12 and again in Spanish Oct. 13. Sessions will be repeated Nov. 9 and Nov. 10. Call 281-290-3200 for details.

Escape to the Movies for Free

Cy-College's Fall Film Series continues in October with "Lonely are the Brave" Oct. 4, "Monsoon Wedding" Oct. 8, "Truly, Madly, Deeply" Oct. 10, "The Adventures of Baron Munchausen" Oct. 12, "Hands on a Hard Body" Oct. 18, "Brazil" Oct. 20, "Brown Sugar" Oct. 25 and "SlamNation" Oct. 27 and "The Shining" Oct. 31. A professor or student organization at the college hosts each film and a discussion afterward. The film series, presented at no charge to students and the community, is offered as a free Continuing Education class called Film Appreciation. Registration is available at all the film events. The Cy-Fair College Fall Film Series is part of Windows On the World, an effort to promote cultural activities on campus. For information, call 281-290-3257, e-mail robert.obrien@nhmccd.edu or visit http://faculty.nhmccd.edu/robobrien/Film_Series.html.

Advertising Information

Please support the businesses that advertise in the LOEN Newsletter. Their advertising dollars make it possible for all LOEN 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 LOEN Community Newsletter by advertising, please contact our Sales Office at 512-989-8905, advertising@PEELinc.com or sales representative, Donna Sommer at 832-237-4684, dsommer@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.



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