



LAKES

ON ELDRIDGE

NORTH

Volume 5, Issue 2

February 2006
Official Newsletter


LOEN Ladies Club

We invite all women of Lakes on Eldridge North to join the LOEN Ladies Club. We are currently 85+ 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:

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

Please contact Anne Glendinning with any questions 832-667-7298 or aglendinning@houston.rr.com



Bridge

The newly-formed LOEN Evening Bridge Club met for the first time on Friday night, January 6th for a lively evening of play. There were 3 tables, and a fun time was had by all. The club is still a fledgling group and we welcome all players, so if you would like to join us, please contact Babs Clingo at 713-983-7345 or clinkle@sbcglobal.net

We will be meeting the first Friday of each month from 7 to 10 pm.

Children's Play Groups

Some of the Moms of LOEN have formed playgroups and regularly get together to support each other and let our children get to know each other through fun group activities. We would love to get know other parents in LOEN and their children. If you are interested in joining us, please email Joy Baker at joy_a_baker@yahoo.com. Below are some of the activities we have planned for the month of February:

Thursday, Feb 2 - Toddler and 3+ Playgroup at the Park, 3:00 pm

Friday, Feb 3 - Music Time for Busy Hands and Feet, 11:00 am

Thursday, Feb 9 - Toddler and Infant Valentine Craft, 10:30am

Monday, Feb 13 - 3+ Playgroup, 3:30pm

Friday, Feb 17 - All age playgroup's field trip

Joy Baker: Playgroup Coordinator & 0 – 18 months playgroup leader, joy_a_baker@yahoo.com

Jana Sloan: Baby playgroup leader (0 – 18 months), thesloans@houston.rr.com

Julie Kerr: 19 months to 2 years playgroup leader, juliekerr@sbcglobal.net

Char Herman: 3 to 5 year-old playgroup leader, scherman@flash.net



(Continued on Page 2)

Lakes on Eldridge North

IMPORTANT NUMBERS

VanMor Properties, Inc.	281-493-0668
Fax	281-493-5654
Kate Loeffler, Manager	
Kim Stewart, Administrative Assistant	
Gate Attendant	713-856-6127
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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)	
Aqua Services	713-983-3602
(Service or emergencies 24 hrs)	713-983-3604
Harris County Tax Office	713-224-1919
Reliant Energy	713-207-7777
(give pole # of street light which is out)	
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Time Warner Cable	713-462-9000
Houston Chronicle	713-220-7211
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Kirk Elementary	713-849-8250
Truitt Middle School	281-856-1100
Cy-Falls High School	281-856-1000
Newsletter Publisher	
Peel, Inc.	advertising@PEELinc.com, 512-989-8905
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 or advertising@PEELinc.com for information on advertising.

Vanmor Properties, Inc. Contacts

Manager - Kate Loeffler
Administrative Assistant - Kim Stewart
1505 Highway 6 South, Suite 110; Houston, Texas 77077
Phone - 281-493-0668 • Facsimile - 281-493-5654

LOEN Ladies Club - (Continued from Page 1)

Bunko

Meeting 02/07/06 7pm-9 pm. Hostess: Joy Baker -12027 Arroyo Verde Ln. RSVP to joy_a_baker@yahoo.com or 281-701-8511.

Please Contact Julie Kerr: juliekerr@sbcglobal.net with any questions.



LOEN Couples' Dinner Club

Join your neighbors and friends for an evening out.

If you are interested in joining the group, call or email us:

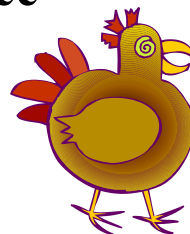
Darla Kitchen - 832-243-9871 djkitchen@hotmail.com

Reagan Vickich - 713-896-8133 reaganvickich@hotmail.com

Becky Vogel -713-856-6130 kvogel2263@aol.com

Chickless Hens Coffee

We will be headed to the Museum District 02/02/06 to view the Princess Diana Exhibit, "Diana A Celebration" at the Museum of Natural Science. Meet at the Recreation Center Club House at 9am. The cost for the exhibit is \$17.50. Please RSVP to Jamie Cornelius-cornelius_JB@yahoo.com



Ladies Club General Meeting

February 28th, 7 PM, Recreation Center Club House.

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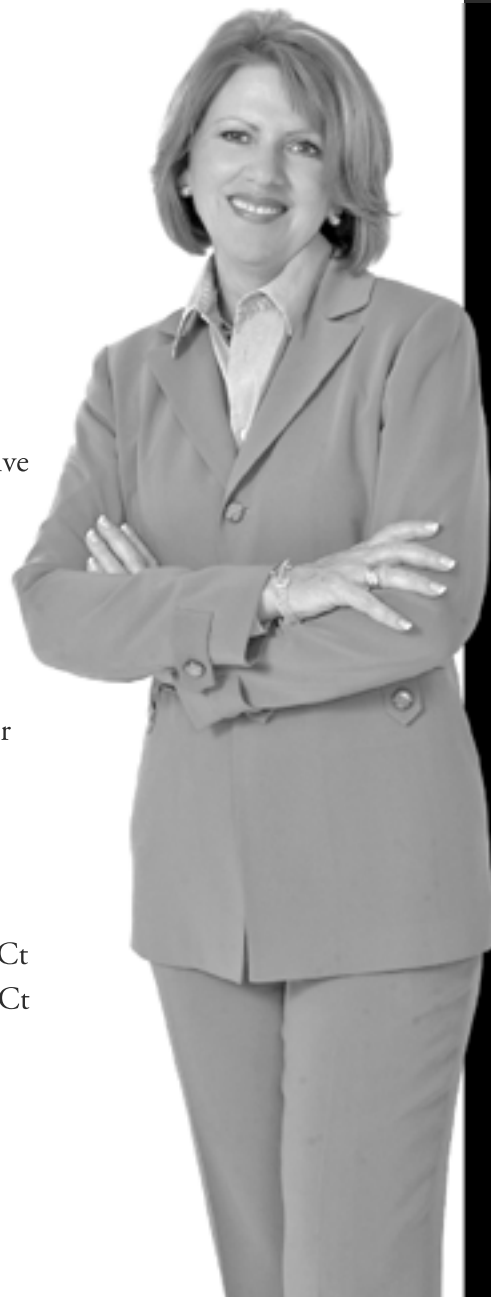
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Thyme Out for Gardening: Herbs, Part IV



This month, we're concluding our series on herbs. Listed below is information that I hope you will find helpful about each of the final 10 herbs on our "top 20" list. Please use the information and suggestions we've been discussing merely as a starting point for your own herbal gardening and culinary experiences. Let your taste buds be your guide – the best way to select a culinary herb is to sample a leaf. Different cultivars of oregano, for example, will each have a different flavor. Select the plants that you like best, give them a good home in your garden, and create new recipes to your heart's content!

Mexican Mint Marigold: Also known as "Texas Tarragon" because of its similar taste to the very difficult to grow tarragon, Mexican mint marigold will make a delightful addition to your garden. This is a useful, hardy plant that grows 2 to 3 feet in height, with narrow green leaves and golden fall flowers that are very attractive to small butterflies. Plant it in a sunny raised bed for best growth. In our area it remains evergreen during milder winters and spreads out readily in the garden. If you need to keep it confined, then trim it and pull up seedlings regularly, or grow it in a container. The leaves can be used in potpourri and tea, but are at their best in poultry and fish dishes and green salads. Mexican mint marigold is absolutely delicious in chicken salad. If you want to use it in hot dishes, add it in the last few minutes of cooking for the best flavor.

Mints: Mints are arguably our best-known culinary herbs, used since ancient times by people throughout the world to flavor everything from salads to mouthwash. Mints are divided roughly into two groups based on the scent of their essential oils: the peppermints and the spearmints. Within each group are many cultivars that can vary in taste, fragrance strength, growth habit, and color. All mints generally have the same cultural preferences: sun to bright shade; moist, well drained soil rich in organic matter; and frequent trimming. Mints are notoriously aggressive in the garden; they expand by modified stems called stolons that can spread on top of the soil or up to 8 inches below the soil. Planting mints in containers is the best way to keep them under control, although many gardeners plant mints in

their flower beds and surround the plants with barriers in an attempt to keep them in one area. Other gardeners just let them fill the beds and enjoy the fragrance when they step on them or mow the mint that has moved into the lawn. Mint plants will become dormant in the winter in colder climates. During our winters, however, mint growth slows down but some leaves usually remain on the plant – enough for a garnish or maybe a cup of tea. As with many herbs, mints should be trimmed to prevent blooms and maintain peak flavor. Mint blossoms are attractive to bees and butterflies so you might consider allowing one or two plants to bloom while you harvest leaves from the others. Fresh or dried, mints add a nice flavor to a variety of dishes. Use mint with fruit and in hot and iced beverages, in brownies, in salads, and with vegetables.

Oregano: The oreganos are another large group of herbs with a wide range of tastes and growth habits. Some are evergreen in our area while others will not tolerate a hard freeze. Oregano prefers a sunny, well-drained location and can be grown in the garden where it becomes a "culinary groundcover." There are even some varieties of oregano that are grown strictly for their landscape use because they either taste too bitter or have no taste at all. Oregano also grows well in containers. Whether you plant oregano in the garden or in a container, keep it trimmed and harvest the leaves frequently. Most often associated with Italian dishes, oregano is versatile in the kitchen. It can be used fresh or dried in salad dressings, marinades, in sauces, soups, and stews, and with vegetables. The most popular varieties for cooking are Spanish oregano (*Origanum vulgare*) and Greek oregano (*Origanum vulgare* var. *prismaticum*). Spanish oregano tolerates all of our winter growing conditions, while Greek oregano might not survive a hard freeze. Greek oregano grows quickly, so if you lose it to a freeze, plant it again in late February and you'll have lots of leaves to harvest in no time.

Parsley: Just about everyone knows the curly parsley that restaurants have used as a garnish for decades. But it's more than just a garnish. Parsley also comes in a flat leaf variety, commonly known as Italian parsley, that is preferred by cooks. Hamburg parsley is a third variety of parsley and is usually used as a root vegetable. Parsley is nutritious and should be used generously in a variety of dishes. Herbal butters,

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Thyme Out for Gardening - (Continued from Page 4)

soups, stews, eggs, and potatoes taste better with the addition of chopped flat leaf parsley. Flat leaf parsley is also easier to grow in our area than the curly. It's a biennial, although it acts more like an annual in our warm climate. Parsley is usually planted in the fall in our area, although spring planted parsley will usually grow well as long as it receives some protection from the hot afternoon sun. Parsley is happiest in well drained soil with a lot of organic matter, although I haven't noticed the parsley in our yard being too picky about soil conditions. Parsley also grows well in a container, which gives you the flexibility to move it into an appropriate light situation. As the temperature heats up, parsley will try to bloom and go to seed. To keep your harvest going a little longer, cut off the bloom spikes as they emerge. Eventually the plant will flower and if you leave it in place as the seeds ripen and dry, new plants should emerge from the seeds the next season. If you grow parsley, you will eventually see green and black striped caterpillars munching on your plants – they are the larvae of the black swallowtail butterfly. I try to have extra plants so that there is enough parsley for the caterpillars and me.

Rosemary: I know I said I wouldn't show favoritism, but I'm just not happy unless I have rosemary in my garden. I love everything about rosemary: the piney scent, the shape, the blossoms, and the flavor. Rosemary is an evergreen, shrubby herb with both upright and prostrate forms, and is hardy to about 20 degrees. There are some cultivars, including 'Arp' and 'Hill Hardy,' that can handle

temperatures to 9 degrees. Other named cultivars will vary in height, bloom color, and scent and flavor intensity. Rosemary prefers sunny areas, although it will tolerate partial shade conditions. Plants must have good drainage, but they do not like to dry out to the point of wilting. Rosemary plants can suffer "sudden death syndrome" (seriously!) even if growing conditions appear to be perfect in your garden. Horticulturists suspect the problem is caused by bacteria in the soil and if it happens, start a new plant in a different area of your garden. If rosemary sudden death syndrome affects your container plant, start a new plant with fresh soil in a new container, or thoroughly disinfect and rinse the old container. Use rosemary sparingly in recipes – a little goes a long way. Here's a handy tip I learned from San Antonio herb expert Margie Christopher – rosemary makes an excellent B.B.Q. basting brush. Gather several stems of rosemary and tie them together at the base with some cotton twine or raffia and use the bundle to brush basting sauce on whatever you're grilling. When you're finished, simply toss the bundle in the fire – there's nothing to wash and you'll have a rosemary scented smoke.

Sage: Although culinary sage, *Salvia officinalis*, has many uses as a seasoning, it is perhaps best known for its use with pork, poultry, and cornbread dressing. The most well known cultivars are 'Biergarten (grey-green),' 'Aurea (golden),' 'Purpurascens (purple),' and 'Tricolor.' Although they vary in color and size, these cultivars are all good to use in your recipes. And if you can't get them to grow in your garden,

(Continued on Page 7)



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Thyme Out for Gardening - (Continued from Page 6)

at least you'll know what to look for in the little fresh packs at the grocery store! Although culinary sages have wonderful flavors and fragrances, they are, quite honestly, very difficult to grow here. While many members of the sage and salvia family group are outstanding perennial performers in our Gulf Coast landscapes, the culinary sages prefer a drier climate and often die with the onset of our summer heat, humidity, and rainfall. Crown rot and die back are common problems. If you want to try and grow culinary sage, think of your plants as spring or fall annuals and you may not be disappointed. Seedlings are available in local nurseries and should be planted in the driest location you have in your yard that will accommodate a 2 or 3-foot tall plant. You can also plant your sage in containers. I've even known some gardeners who plant and mulch their culinary sages with pea gravel in an attempt to create drier conditions. Wherever you plant your sage, just be careful with the watering – you don't want it to be too moist, yet you also don't want it to be so dry that it wilts. If you do grow enough sage to harvest, the leaves can be used fresh or dried. Because the leaves have a very high essential oil content, dried leaves can become rancid and do not have a long shelf life. Store your dried sage in the refrigerator or freezer for maximum freshness and replace it after about 6 months.

Salad Burnet: With the flavor of cucumbers, this interesting herb tastes great in salads and makes an attractive border plant in full sun locations in your landscape. The almost fern-like, dark green foliage

emerges from a central crown and forms a low evergreen mound that might reach 18 inches tall and wide. It has small reddish flowers that some gardeners describe as "strange." Salad burnet also works well in containers. The leaves are their most tender and flavorful in the cooler weather of fall and spring; hot weather makes them somewhat tough. Harvest leaves from the center of the plant as you need them and use them fresh for salads, soups (in the last few minutes before serving), and flavored vinegars and butters. I have always enjoyed growing this plant and the only drawbacks are that it is not as long-lived as some other perennials (you may have to replace it every few years, or after an extremely hot summer) and it is sometimes eaten by pill bugs.

Sambac Jasmine: Whether you enjoy jasmine tea, or want a tough-as-nails, wonderfully fragrant plant, Sambac jasmine is a joy to have in the garden. It's especially nice near the patio where you can enjoy its scent all summer long. Although this plant is known as a tender perennial in colder climates, it is usually evergreen in our area. If it does receive frost damage, it quickly recovers. The plant has continuous bloom cycles of small fragrant white flowers that only last a day. Sambac jasmine can reach 6 feet in height with a very loose, almost vine-like growth habit. The branches can either be supported on a trellis or pinched back regularly to maintain bushiness. Sambac jasmine does well in full to part sun conditions and tolerates most soil situations except for boggy, poorly drained

(Continued on Page 8)



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Thyme Out for Gardening - (Continued from Page 7)

areas. It is an excellent plant for a large container although it will probably need watering every day or two during the summer and regular fertilization. To flavor beverages, harvest the blossoms while they are in full bloom and either dry them or use them fresh. Make herbal tea by steeping 1 teaspoon of dried blossoms or 2 teaspoons of fresh in 1 cup of not-quite boiling water for 3 or 4 minutes. Adjust amounts and steeping time to your taste. Blossoms can also be used to flavor commercial teas or coffee. If you plan to use this plant for culinary purposes, make sure you are buying *Jasminum sambac* – its two most commonly available varieties are ‘Maid of Orleans’ and ‘Grand Duke of Tuscany’. Other landscape plants with similar common names such as Carolina jessamine, Asiatic jasmine, and Confederate Jasmine are not true jasmines and can be toxic.

Scented Geranium: If you’ve ever seen the “Citronella Plant” touted by some sources as a mosquito repellent, then you’re familiar with one of the scented geraniums. Often referred to by their genus name, *Pelargonium*, to distinguish them from their showier geranium relatives, the various species of scented geraniums are a diverse and pleasingly fragrant group. Some plants have large leaves, while others have tiny leaves. Some have rose or citrus scents (like the citronella plant), while others smell more like apple, mint chocolate, or nutmeg. Most scented geraniums bloom once a year and have attractive, yet subtle flowers. They prefer to grow in well-drained soils in full sun to part shade. Scented geraniums love the heat, and only tolerate temperatures down to the 30’s. Most gardeners grow them in containers, so that they can be brought in during a freeze without too much trouble. Scented geraniums often get a little woody and leggy, pinching them back will help keep them looking fuller. After a few years, the plants can start looking very spindly – some gardeners make new plants from cuttings at this point to maintain attractive plants. Spring and fall are the best times to root new cuttings. Although their ability to repel mosquitoes is questionable, the leaves of scented geraniums are used frequently in potpourri and flower arrangements; some scented geraniums are used to flavor tea, sugar, jellies, and even pound cake.

Thyme: The thymes are another very diverse herbal group, with different cultivars having different uses in the kitchen and/or the landscape. These perennials are also among the most ancient and well known of all the herbs. Thymes come in either upright small

shrubby varieties, or flat creeping varieties that can be 2 to 6 inches tall. All thymes prefer warm, sunny locations in well-drained soil and the flat creeping thymes make nice groundcovers. In cooler climates, thyme is also attractive between flagstones and in rock gardens, but in our climate the heat coming off of the stone in the summer can be a little too intense. Most thyme varieties are evergreen in our area and they grow well in containers. Thymes should be lightly trimmed on a regular basis to prevent the stems from getting too woody and brittle. Trimming to prevent blooms isn’t really necessary with thymes – I haven’t noticed that they lose much flavor when flowering and the plants are very attractive when covered with the tiny blossoms. The best culinary thymes are French and English (various cultivars of *Thymus vulgaris*), lemon (my favorite, various cultivars of *Thymus citriodorus*), and winter thyme (varieties are members of *Thymus hyemalis*). Culinary thymes have small leaves packed with flavor – whether you’re using them fresh or dried, a little goes a long way. Depending on your recipe, you can use entire thyme sprigs, or you can remove the leaves from the stem by rubbing them gently between your fingers. Use your thyme to season meats, fish, vegetables, sauces, marinades, vinegars, and butters.

February Gardening Notes: Our last average frost date is usually around the middle of February, which makes this month a great time to work on just about all of your spring gardening activities. Put new perennials such as salvias and lantanas and ornamental grasses in the landscape and cut back the old ones to just a few inches above the ground. Divide and re-plant fall blooming perennials where necessary. Remove the dead tops of ginger and cannas. Plant roses and prune the repeat bloomers. Wait until after the bloom period to prune spring blooming roses, vines and shrubs like azaleas and spirea. Prune evergreen shrubs if you have a reason to do so, such as clearing out dead or crossing branches, or to maintain height. Continue feeding and deadheading your winter annuals - you should get another month or two’s worth of blooms before the temperature gets too hot. Keep the weeds pulled in your flower beds and keep them cut in your lawn so that they won’t flower and spread their seeds.

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

Texas Events - February

1—CORPUS CHRISTI: The Coats A capella vocal quartet performs at Selena Auditorium. 361/980-1949

1-28—WEST COLUMBIA: Black History Month Exhibit Columbia Historical Museum, 247 E. Brazos Ave. 979/345-6125

3-4—HOUSTON: Ballet Hispanico Night Club This is a sensual, three-dance piece portraying the evolving role of Hispanics in the Americas. Begins at 8 p.m. Show not recommended for children younger than age 14. Wortham Center's Cullen Theater. www.spahouston.org 713/227-4SPA

3-5—LOS FRESNOS: Professional Rodeo Cowboy Association Get ready for some tough competition (a bunch of NFR finalists per year), as well as some great animals. Los Fresnos Fair Grounds. www.lfrodeo.com 956/233-4456

3-Apr. 23—HOUSTON: Eva Hesse Drawing The exhibition features about 100 of the artist's finished drawings, as well as examples of her early drawings, major examples of Hesse's "reliefs" of 1965 and a group of sculptural works, and several "test pieces." The Menil Collection. www.menil.org 713/525-9400

4—ALVIN: Alvin ISD Education Foundation Mustang Bayou Turbo Turtle Race 281/331-2586 or 281/388-1130

4—EDNA: Celebrate Birds Day Begins at 10 a.m. with a bird-watching hike on the trails. At 1 p.m., see the All About Birds Presentation. At 2:30 p.m. learn more at the Build a Bird Feeder or Bird House presentations. Lake Texana State Park. E-mail: cindy.mclemore@tpwd.state.tx.us 361/782-5718

4—HOUSTON: Donizetti's Don Pasquale Houston Grand Opera performs. Wortham Theater Center. 713/228-6737 or 800/626-7372

4—ROCKPORT: Bountiful Bowl Pottery Fair Features 30 clay artists from Texas and nearby states. Rockport Fulton High School Commons area. 361/729-5352

4—VICTORIA: Outdoor Expo Victoria Community Center. 361/572-9604
4, 11, 18, 25—HARLINGEN: Top Notch Country Band Hours are 7 to 10 p.m. Tropic Winds RV Park. 956/423-4020

5—BEAUMONT: The Will Rogers Follies This is a dazzling spectacle about America's first international multimedia sensation whose wit and homespun wisdom still ring true today. Begins at 3 p.m. Julie Rogers Theatre. www.beaumont-tx-complex.com 409/838-3435

5, 8, 11—HOUSTON: Puccini's Manon Lescaut Houston Grand Opera performs. Wortham Theater Center. 713/228-6737 or 800/626-7372

6-7—ORANGE: Cirque Rain Lutchter Theater. www.lutchter.org 409/745-5535 or 800/828-5535

6-8, 17-19—SOUTH PADRE ISLAND: Market Days Shop collectibles, arts & crafts, jewelry and unusual items. South Padre Island Convention Center. 956/761-6746

7—VICTORIA: Instrument Society of America Annual Exhibit Victoria Community Center. 361/987-7297

8-26—HOUSTON: Searching for Eden: The Diaries of Adam & Eve The world's first lovers meet in paradise at the dawn of time and embark on an epic, exuberant battle of the sexes. One fall from grace and several thousand years later, the middle-aged couple returns to present-day Eden attempting to recapture their primal passion. www.stagestheatre.com 713/527-0123

10—BEAUMONT: The Golden Dragon Chinese Acrobats Presents
(Continued on Page 11)



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Lakes on Eldridge North

Texas Events - (Continued from page 10)

spellbinding, award-winning acrobatics, traditional dance, spectacular costumes, and ancient and contemporary theatrical techniques. Jefferson Theatre. www.jeffersontheatre.org 409/835-5483

10-11, 17-19, 24-25—BAYTOWN: The Importance of Being Earnest Baytown Little Theater. E-mail: ellenbradj@aol.com 281/424-7617

10-12—BEAUMONT: United Cheer National Cheer & Dance Competition Ford Arena. www.fordparktx.com 409/951-5400

11—VICTORIA: Black History Parade & Festival Parade begins at 10 a.m. at Patti Welder School on North Street then proceeds to the Victoria Community Center. The festival follows. 361/576-5650

11—VICTORIA: Lippazaner Stallions Victoria Community Center Arena. 407/366-0366

11—WEST COLUMBIA: Brazoria County Bluegrass Concert Begins at 7 p.m. American Legion Hall, 213 N. 14th St. www.westcolumbia.org 979/265-4757

11-12—KATY: Katy Antique & Collectible Show Katy ISD Merrell Center. E-mail: info@cwgs.com • www.cwgs.com 877/840-3829

11-12—LA PORTE: Remember the Maine Pays tribute to Americans who fought in the Spanish American War and to the first U.S. Navy ship named Texas, which played a crucial role in the American Naval victory in Cuba. Memorial service is held on the bow of the ship at 3 p.m. Saturday and noon Sunday. Battleship Texas State Historic Site. 281/479-2431

13-14—HOUSTON: Valentine's Day Lectures Explore the wild world of animal mating and dating and learn about the zoo's renowned breeding programs to save endangered species. Houston Zoo. www.houstonzoo.org 713/533-6500

17—VICTORIA: Country Opry Hours are 7:30 to 10 p.m. Victoria

Community Center Annex. 361/552-9347

17-19—HOUSTON: Alvin Ailey American Dance Theater Begins at 8 p.m. Friday and Saturday and 2 p.m. Sunday. Jones Hall. www.spahouston.org 713/227-4SPA

17-19—PORT NECHES: Trade Days on the Avenue 409/722-4023

17-28—GALVESTON: Mardi Gras! Galveston Strand Historic District. www.mardigrasgalveston.com 888/425-4753

18—PORT ARANSAS: Rotary Club Shrimp Boil Proceeds benefit local youth activities and scholarships. Port Aransas Civic Center. 361/749-6222

18—VICTORIA: Livestock Show Parade 361/573-3707

18-May 7—CLEAR LAKE AREA: Robots & Us Meet the lifelike, intelligent machines known as robots — passionately created to maintain and extend human capabilities. Why do people embrace and fear them? The answer lies at the curious intersection where humans meet machines. Space Center Houston, 1601 NASA Road. www.spacecenter.org 281/244-2100

22-Mar. 12—HOUSTON: An Infinite Ache Taking its title from a Pablo Neruda poem, this play chronicles a love that spans 60 years. www.stagestheatre.com 713/527-0123

23-26—PORT ARTHUR: 14th Annual Mardi Gras Weekend/Floral Fantasy Enjoy a traditional Mardi Gras celebration with six parades, carnival and fireworks. Features Texas music, zydeco, Cajun, oldies, national and regional acts. Includes children's activities, street entertainment, rock wall, bull riding and more. Downtown, 617 Proctor St. E-mail: laura@portarthur.com • www.portarthur.com/mardigras 409/721-8717

23-27—VICTORIA: Livestock Show Auction is Feb. 27. Victoria Community Center Dome, Grounds, Annex and Arena. 361/573-3707

(Continued on Page 12)



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Texas Events - (Continued from page 11)

23, 25-26—HOUSTON: Swan Lake Houston Ballet Artistic Director Stanton Welch creates a spectacular new version of this ballet. Wortham Theater Center. www.houstonballet.org 713/227-2787

24—CORPUS CHRISTI: The Hughes Brothers Branson vocal quintet performs at Selena Auditorium. 361/980-1949

24-26—PORT ARANSAS: Celebration of Whooping Cranes & Other Birds Includes birding bus and boat tours, renowned speakers, exhibits, trade show, seminars, demonstrations, concessions and more. Civic Center and Marine Science Institute. E-mail: info@portaransas.org • www.portaransas.org 800/452-6278

24-May 21—CORPUS CHRISTI: Sacred Landscapes: Collins/Woodson/Dixon Exhibit of works by these Texas-based artists addresses humankind's relationship with place and the spiritual, psychological nature of landscape. South Texas Institute for the Arts. www.stia.com 361/825-3500

25—BEAUMONT: Gentlemen Prefer Blondes This zany musical, set in the Roaring '20s, follows the mad-cap adventures of two chorus girls who board a ship bound for Paris looking for rich husbands. Julie Rogers Theatre. www.beaumont-tx-complex.com 409/838-3435

25—BEAUMONT: Symphony of Southeast Texas Performance by the Orchestra Begins at 7:30 p.m. Julie Rogers Theatre. www.sost.org 409/892-2257

25—CRYSTAL BEACH: Mardi Gras Parade & Party Enjoy the festive floats, catch tons of colorful Mardi Gras beads and trinkets, and then follow the parade down Highway 87 to Gregory Park where revelers will enjoy an afternoon of frolic, food and music in the great Mardi Gras tradition. Parade begins about 11:30 a.m. www.lighthousekrewe.com 800/386-7863

25—HOUSTON: Teddy Bear Repair Clinic Bring your child and teddy bear to the Memorial Hermann Children's Hospital Teddy Bear Repair Clinic. Houston Zoo. www.houstonzoo.org 713/533-6500

25—LAKE JACKSON: Nature Day See live animals exhibits. Hear tips on enjoying nature in your backyard or at your favorite outdoor getaways. Youth planning to fish will need to bring rod, reel, tackle and bait. No artificial lures. Barbless hooks only. Nature scavenger hunt is from 10 a.m. to noon. Sea Center Texas. 979/929-0100

25-26—KEMAH: Mardi Gras Kemah Celebrate Mardi Gras all weekend with beads and zydeco music. Kemah Boardwalk. www.kemahboardwalk.com

26—PASADENA: Philharmonic Society Symphony Concert 713/941-3332

28—PORT ARTHUR: Fat Tuesday Mardi Gras Party Bob Bowers Civic Center. 409/722-4233

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.




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Puppy Training 101

House training problems can be divided into many different types.

The first step to correcting a house breaking problem is identifying what problem your dog has. When housebreaking a dog, scent marking is treated different than wetting when the dog gets excited, however potty training is beneficial for all types of house training problems.

House training can involve several different types of house breaking problems. One type is the dog and puppy that has never been taught to eliminate anywhere, and just happens to sometimes go inside. This type of dog only needs what I call potty training. With potty training you simply teach the dog to eliminate in the potty area and encourage it not to go anywhere else.

But if you have a puppy or dog that eliminates inside, and won't go outside often the problem is the dog was unintentionally taught to eliminate inside. This type of dog can be put outside for long periods of time, yet it will wait until lit comes in to eliminate where the owner cannot see it going. Generally this problem is caused, or made more excessive by taking the dog over to its accident (or on purpose) and punishing the dog (too long in time) after the mess was made. This kind of potty problem requires quite a bit of structure in the dog's life and a lot of discipline for the owner. A dog with this kind of problem needs to be taught to trust the owner and not to fear them. After the owner gets the dog's trust, the dog needs to learn to eliminate on command.

Boy Scout BBQ:

Venturing Crew 288 of the Boy Scouts of America will be holding a BBQ fundraiser from Friday April 28 5:00 p.m. to Saturday April 29 5:00 p.m. in the parking lot of the Gander Mountain Store at 290 and Hwy. 6.

Pre-orders are now being taken until April 25th at www.geocities.com/crew288/fundraisers.

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- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

All Rooms

- Pick up and straighten
- Dust sills, ledges, wall hangings
- Remove cobwebs
- Dust/vacuum furniture
- Vacuum floors, carpets
- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

Windows

- Clean entry window & one set of patio door windows
- Clean window over kitchen sink

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Kindred Hospital Houston Northwest Offers Free Support Groups And Diabetes Classes To The Community

Free Better Breathers Support Group meets the 4th Wednesday of each month at 10:30 am – 11:30 am in the hospital cafeteria. Better Breathers is a support group for individuals who suffer from chronic lung disease.

Free Diabetes Support Group meets the 1st Tuesday of each month from 6:30 pm – 7:30 pm in the hospital cafeteria led by Sylvia Kircher, RN, CDE, CPT.

Free Diabetes Teaching Classes

These 3 classes will be given on the following Saturdays: Jan. 14, Feb. 11, March 11, April 8, May 6, June 3, July 15, August 12, September 9.

These classes will be repeated on a monthly basis, which allows you to take classes when it is convenient for you. All classes led by Sylvia Kircher, RN, CDE, CPT

8:30 am – 10:30 am Introduction to Insulin Pumps

10:30 am – 12:30 pm Basics of Carb Counting

1:30 pm – 3:30 pm Getting the most out of your insulin pump

For more information or to RSVP please contact Tere Kelly @281-517-1008. Kindred Hospital Houston Northwest is located at 11297 Fallbrook Dr.

Let Us Entertain You!

On Saturday, March 25, Cypress Community Christian School will host a night of fun, fellowship, great food and fun-filled entertainment for the adults in the family. Don't miss this opportunity to enjoy a night out with your spouse or friends to enjoy a wonderful buffet dinner with a scrumptious dessert, bid on creative silent and live auction items and enjoy the delightful entertainment planned for the evening! This Spring Benefit will be held at Wyndhaven Terrace on 12716 Cutten Road on Saturday, March 25 at 6:00 p.m. The cost is \$20 per person if reservations are made by March 17. Seating is limited so please contact Carol Crawford at 281-664-0211 or ccrawford@cccs-hou.org to reserve seats for this fun night.

For a sneak peak at the auction items available, please visit the school web site at www.cccs-hou.org. Cypress Community Christian School is a non-profit organization and serves K-12 students and their families.

LOEN Iranian families looking to connect socially, please contact Roshan at 713 856-7901 or roshan@realtyexecutives.com

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Eat Well to Stay Motivated and Energized

Do you have trouble exercising at noon or after work even though you're truly committed to exercise and it's the only time you have to work out?

Do you feel so exhausted that you just can't face the gym?

Your diet - rather than simple sloth - may be the problem.

If you tend to skip meals in an attempt to save calories, you may be robbing yourself of important fuel for your workout. While skipping meals may temporarily make your stomach feel flatter, doing so can also leave you feeling tired, irritable and unfocused.

Then you'll be tempted to forego your noontime workout, or go home, eat and stretch out on the couch in front of the TV after work.

If, however, you follow some simple, sensible dietary practices throughout your day, you'll get that workout done. And rather than feeling lightheaded and exhausted afterward, you'll be energized and refreshed.

Stay with feel-good foods

One key to staying motivated to exercise is to keep the amount of sugar in your blood - and thus, your energy level - stable. You can best do that by eating a series of small meals throughout the day - as many as five or six - that are composed of complex carbohydrates such as whole grain breads, beans and other vegetables, whole grain crackers and fruit. If you plan ahead and make time for grocery shopping, you can easily pack some simple meals and snacks to take to work with you.

Eating complex carbohydrates helps keep your blood sugar stable because they are digested and absorbed slowly into the blood and don't require your pancreas to produce much insulin.

Refined carbohydrates, such as potato chips, doughnuts and cookies, are absorbed very quickly and trigger the pancreas to produce large amounts of insulin. So, while they may give you an initial boost, your energy will drop off quickly, and your mood will follow.

The amount of sugar in your blood is also related to the amount of serotonin in your brain. Serotonin is an important chemical called a neurotransmitter that helps to regulate mood.

If your level of serotonin is where it should be, you'll have a sense of well-being and confidence - and feel ready to tackle the treadmill. Should it drop, you may feel tired and depressed.

If you often experience a craving for carbs, this may be your brain's way of telling you it needs

You'll keep your motivation to exercise if you:

- Have a glass of juice to boost your energy before a morning workout.
- Eat a breakfast that includes whole grains and fruit or fruit juice.
- Eat small, frequent small meals and snacks during the day to maintain your blood sugar.
- Make sure to have a light, healthy snack an hour before your noon or after-work workout.
- Stay hydrated, keeping a water bottle at your desk at work.
- Limit - or eliminate - the amount of caffeine in your diet.

more serotonin.

Cut the caffeine

What about caffeine? Good question. Many athletes rely on caffeine for the initial kick it can provide.

Remember, though, that caffeine can also affect the amount of insulin, and thus, sugar, in your blood. Further, it can cause dehydration, which can also sap your energy.

While drinking a caffeinated beverage may help get you to the gym, within an hour you may feel tired and too lightheaded to complete your workout, or to do it well.

If you plan to engage in running or other highly vigorous activity, remember that some forms of caffeine, coffee in particular, can lead to mild gastrointestinal distress, as can some bulky foods.

So, you'd be wise to limit the amount of coffee, tea and soda that you drink for a number of reasons.

Suppose you're an early bird, and your best time to work out is in the morning before you go to work. For quick energy, drink some juice upon rising and avoid coffee.

Once you've completed your workout, have a more solid breakfast of whole-wheat cereal or toast and fruit to fuel your concentration for the morning's work. If you work out and eat too lightly, chances are you'll get "the drowsies" by 2 p.m., if not sooner.

Keep in mind that finding the right combination of food and drink to energize your workout - whatever time of day you choose - may take some experimenting. It all depends upon your individual tastes and your metabolism. With a little patience, an open mind and a little creativity, you'll determine which foods suit you best.

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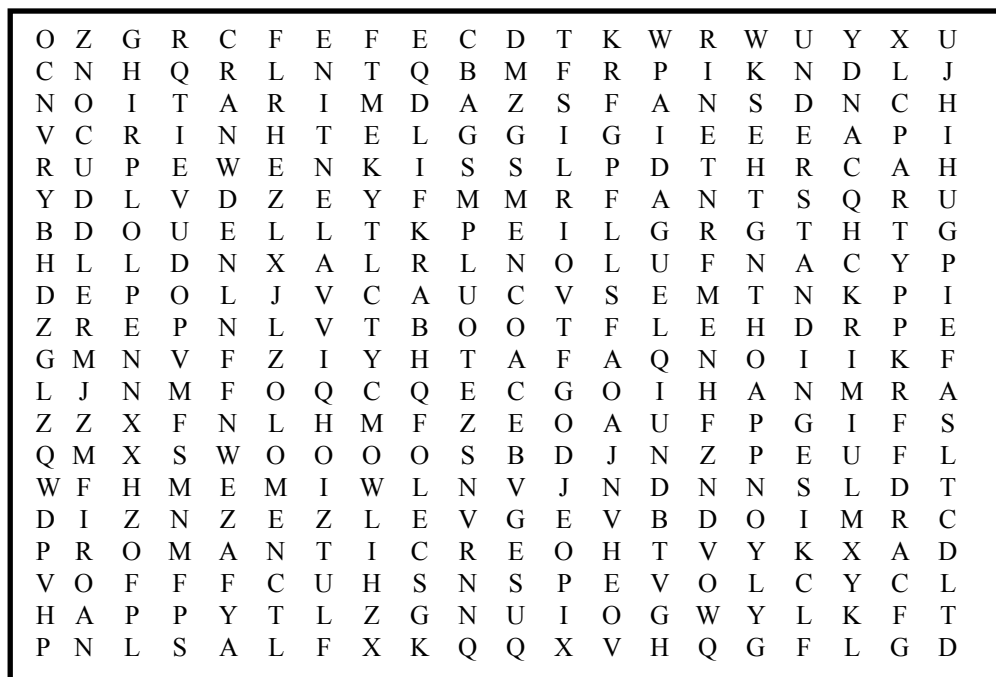
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Birdfeeding Tips

Feeder Location

Location, Location, Location! there are a few key points to consider when deciding where to put your feeder. It's not as simple as hanging it from the nearest tree: You want bird preferences. You also want to think of possible hazards to the birds, such as window collisions, prowling cats, and thieving squirrels.

Locate feeders at different levels. Sparrows, juncos, and towhees usually feed on the ground, while finches and cardinals feed in shrubs, and chickadees, titmice, and woodpeckers feed in trees. To avoid crowding and attract the greatest variety of species, provide table-like feeders for ground feeding birds, hopper or tube feeders for shrub and treetop feeders, and suet feeders well off the ground for woodpeckers, nuthatches, and chickadees.

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