



LAKES

ON ELDRIDGE

Volume 5, Issue 10
October 2006

Official Newsletter
www.lakesoneldridge.net

ANNUAL LOE HOMEOWNER MEETING

Mark your calendars for the LOE annual homeowners' meeting at Kirk Elementary on Wednesday, November 8th at 7:00 p.m. There will be a number of important issues to discuss such as our 2007 annual budget, the reserve study, recycling, the installation of a flagpole inside the Eldridge entrance and associated cost, moving the Ginger Ponds gate at a cost of \$30,000 to \$40,000 and other important issues for our community. We will also be giving away two Home Depo gift certificates at the meeting.

As a homeowner Association, we are required to establish a quorum to conduct official HOA business. If you're unable to attend the meeting in person, please return your completed proxy form by mail to AMI, no later than Friday, 3rd of November. HOA proxy forms will be mailed sometime in October.

Your input is valuable and important. Please don't miss the opportunity to share your suggestions. Remember, it's resident involvement that makes a community great!

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



1ST ANNUAL ADULT-ONLY HALLOWEEN PARTY

The Lakes on Eldridge Social Committee cordially invites you to the 1st annual Adult-Only Halloween party on Saturday, October 28th. There will be decorations, food, drinks, music, and prizes for the Most Original, Most Scary, Most Funny, Best Couple, and Best Overall Costume. The fun begins at 8 pm in the clubhouse, so dig those costumes out of your attic (though not required) and join your neighbors for a night of fun, eating, and dancing. Feel free to bring a ghoulishly delicious dish to pass. If you would like to volunteer to help set-up decorations on Sat. morning, help clean-up, have any decorations you would like to donate, or have any other questions, please contact Angela Hammond at 713-856-8657 or e-mail loesocial@hotmail.com. Hope to see you there!

LOE's first "Halloween Happening" for kids

Inviting all cheerleaders, clowns, ghosts, vampires and super heroes to the LOE clubhouse Halloween night from 5:30-7:30 for safe trick or treating and lots of fun. The clubhouse will be decorated to match the occasion. The "Happenings" will include candy, fun, coloring, games and more for all kids. Costumes are encouraged and parents must accompany their children. You can drop by for a short "spell" or hang out the whole time if you dare. So, stop by for safe family fun Tuesday, October 31 from 5:30-7:30.

To volunteer or for more information contact Michelle at mperez51@houston.rr.com.

Lakes on Eldridge

IMPORTANT NUMBERS

AMI.....	713-932-1122
Gate Attendant	713-937-8825
Sheriff - (non-emergency).....	713-221-6000
Cy-Fair Fire Department - (emergency)	281-466-6161
(non-emergency)	281-550-6663
Poison Control	1-800-764-7661
Texas DPS	713-681-1761
Waste Management.....	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Source.....	713-983-3602
(Service or emergencies 24hrs).....	713-983-3604
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
(give pole # of street which is out)	
Entex (gas)	713-659-2111
Time Warner Cable	713-462-9000
Houston Chronicle	713-220-7211
Metro Transit Info	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Falls High School.....	281-856-1000
Cy-Ridge High School.....	281-807-8000
Newsletter Publisher	
Peel, Inc.....	advertising@PEELinc.com, 888-687-6444

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.....	Secretary
Bob Adams.....	Treasurer
Deborah Dunaway	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.

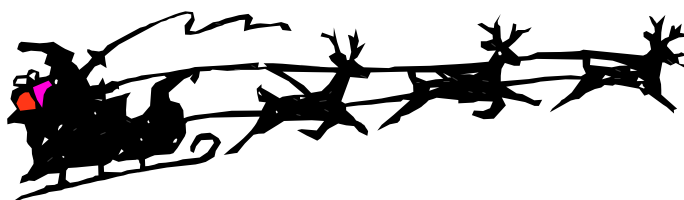
- Houston Airport Noise Complaints Hotline: 281 233-3900
- Air Traffic Approach Number: 281 230-8441
- FAA Hotline: 1-800-255-1111

For Information Only.

Santa Claus is coming!!!

Santa Claus arrives in different ways in different lands. In Lakes on Eldridge, Santa's sleigh comes in the form of a fire truck. That's right; Santa is coming back this year. And we are going to have even more fun for all the family to enjoy. Look for next month's newsletter for the exact date, sometime in the first 2 weeks of December. This will be a fun time for the kids to visit Santa, while Lakes on Eldridge helps the less fortunate by donating new toys and nonperishable food items. Look for more details in the following newsletter!!

We can always use volunteers to help with pictures and other planning. This would be a great opportunity for that high schooler looking to do some volunteer work to put on their resume. If you are interested in helping out, please contact Deborah at dsd1951@mac.com



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LAKEs

ON ELDRIDGE

OCTOBER FUN EVENTS

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

The 21st Wings Over Houston Airshow

October 21-22

It features precision flying and aerobatics
www.wingsoverhouston.com

8th Annual Halloween Boo-Bash

October 21-22, 28-29

Houston's largest Halloween celebration.
It takes place at the Houston Zoo
www.houstonzoo.com

International Quilt Festival

October 27-30

Quilt Festival antique and contemporary
quilts at the George R. Brown
Convention Center
www.quilts.com

Texian Market Days

October 28-29

The George Ranch Historical Park's Texian
Market Days bring 100 years of local
history to life. Enjoy a chuckwagon lunch,
entertainment and crafts
www.georgeranch.org

Healthy Halloween Party

October 28-29

Healthy Halloween Party at the Health
Museum, a healthy and safe alternative to
trick-or-treating
www.thehealthmuseum.org

Ann Knoche

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Lakes on Eldridge

CHRISTMAS LIGHTS DECORATING CONTEST

Do you and the kids like to drive around looking at Christmas Lights during the holiday season? For most of us the answer is a resounding YES! What a great way to get everyone in the Holiday Spirit. Plus with gas prices at an all time high you can't beat the drive when you don't even have to leave the subdivision.

This year, LOE will have a Christmas Lighting Decoration Contest. We hope to have lots of good neighborly competition to give you plenty to look at here at Lakes on Eldridge.

We will present awards for three (3) Village Categories. The awards for the decorated homes & yards will be judged on their design, layout and overall flow of the decorations. In the past years, LOE residents have done a tremendous job with Christmas Decorations and we look forward to seeing the whole neighborhood sparkle in Holiday Cheer!

A team of at least 3 residents headed by our LOE Social Committee will tour LOE during the evening of December 14th to choose the 3 Winners. If you would be interested in being a volunteer judge, please e-mail dsd1951mac.com. Remember, the more judges the better to enjoy the fun.

Let's all get out and "Light up our Neighborhood! Winners will have a Sign placed in their yard showing Best Christmas Decoration 2006. The signs can be displayed until the end of January 2007.



Village Categories are:

<i>Village Category I</i>	<i>Village Category II</i>
Pelican Pointe	Crescent Banks
Eagle Bend	Crescent Cove
Pebble Way	Bristol Waters
Indigo Falls	Crystal Falls
Eden Springs	Eagle Cove
	Baymeadows
	Auburn Shores

Village Category III

- Crescent Bay
- Lake Shore Estates
- Bristol Banks

Please note that holiday lights and decorations must not be turned on before Thanksgiving and must be taken down no later than fifteen (15) days after Christmas.

We look forward to seeing your Holiday Spirit and want to take this opportunity to wish everyone a Blessed and Happy Holiday Season!



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ENJOY FALL

...Colorful foliage, apple cider, crisper air and bazaars galore!

Summer is gone and the pace has calmed. Buyers who have been hesitating are now ready to buy and settle into their new homes before the holidays and year-end. Should you decide to sell and want to know what **YOUR HOME IS WORTH** or simply have questions regarding the real estate market right now, please contact me. I'd love to help.

KAY HORSCH

(And your neighborhood watch dog)

*Lakes on Eldridge
Resident & Realtor*

281-679-0101
kay@kayhorsch.com



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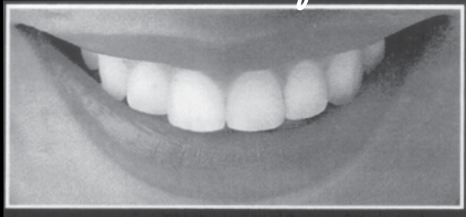
Lakes on Eldridge

TRAFFIC SAFETY IN LAKES ON ELDRIDGE

Almost all of us do it. The temptation is strong, and we're usually in such a hurry. I'm talking about speeding and running the stop signs in LOE. This morning at 7:30am, as I was leaving my home to join the rush hour traffic on Eldridge Parkway, I was driving on Lake Center Run when, all of a sudden, a black VW SUV (license number xxx-xxx) blew through the stop sign about 50 feet ahead of me. Although there was no collision or even a near miss, I wondered, "What if I had left home 5 seconds earlier?". Would my neighbor have broadsided me? She has run that stop sign so many times before without hitting anyone, or so the logic probably goes. One LOE resident some time ago suggested that we change all the stop signs to read, "YIELD", because "nobody stops anyway"! He was correct with his reason but your Board determined that the safety of LOE residents was paramount and has even considered using speed bumps to force people to stop at the stop signs.

This is a plea for all LOE drivers to do the obvious: SLOW DOWN and STOP AT THE STOP SIGNS. Remember: the person you don't hit could be a friend, a relative ... or even me. If the Harris County deputies, who patrol our community regularly, observe you driving recklessly, including speeding or running stop signs, the consequences will be unpleasant. So smarten up and be considerate of your neighbors. Drive safely and courteously.

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Tree Trimming

As you walk the paths of LOE, you will have noticed that all the trees in the common area have been trimmed to at least 7ft so that walkers don't need to duck to avoid the branches. Naturally LOE cannot trim trees on private property and there are now several houses whose tree branches are so low that walkers either have to duck or step out into the street to get by. Please take the time to check your trees and trim any offending branches to that same standard.

Thank you!

New Emergency Telephone Installed At Pool

A new emergency communication system has been installed at the pool to save money for the association while providing manned 911 access in the event of an emergency. The new phone is mounted on the wall by the pool entrance gate and replaces the old pay phone that was located inside between the gate the restrooms. The new emergency phone meets all state requirements and provides LOE pool users with an effective means of reaching 911, if ever needed. This system reduces prank calls, will alert AMI if the emergency involves an equipment breakdown and, again, saves more than \$45.00 a month for the association.

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MORE NATIONAL NIGHT OUT

Due to limited space in our newsletter, two of our National Night Out photographs did not make it into the September issue. We apologize to Eagle's Cove, Crystal Falls and Pebble Way's residents for this unintended slight. Eagle's Cove residents socialized with lemonade and cookies while Pebble Way and Crystal Falls joined together for a barbeque brisket event. From the looks of Jamie Powers' bbq pit he could have easily fed us all! Hint, Hint!!



Above: About 80 residents from Crystal Falls & Pebbleway joined together for BBQ.

Left: About 30 Eagle's Cove residents enjoy lemonade & cookies.



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Lakes on Eldridge

Waterfowl Contributors Honored



*A big THANK YOU from
our beautiful swans!*

An enormous THANK YOU to the following people who have so generously donated to the feeding and care of our LOE waterfowl. There have been 50 donations from the residents since the beginning of July. All of these people have contributed enough funds to feed our waterfowl until next spring. The Waterfowl Fund records of donations and expenditures are available to anyone who wishes to see them and copies will be distributed at the Annual Homeowner's Meeting. Again, thank all of you who are responsible for keeping our swans, ducks, and exotics healthy and well fed!

TIM AND JOANNE ZIIFLE

MERCEDES PEREZ

SAM AND SARLA RAMPURIA

ROBYN AND J. D. JOYCE

MARGE AND JERRY DAVIS

MARGE THOMPSON

JOY AND GEORGE SAFCAK

MAGANLAL AND TARA PATEL

NELSON AND MONIQUE URDANETA

JUAN AND LETICIA VELASCO

MARK AND JEANNIE GRESKO

ELIZABETH AND OTTO GLASER

TOM BISHOP

LINDA AND TIM PAE

JOHN AND VICKIE GROSS

ANONYMOUS

REMINDER about multi-colored awnings and covers

As reported in July 2005, only earth-tone colors are allowed for awnings or other fabric outdoor covers (i.e.; tan, brown or green). The coverings that we are speaking of are at the top of the play-structures and visible to the community. All rainbow or multi-colored awnings or other fabric outdoor covers must be changed to earth-tone colors by the end of 2006. If you have a multi-colored awning or cover, please plan to change it to earth tone by that time.

SUGGESTION BOX

Have you ever wanted to make a suggestion to the LOE Board of Directors but don't know how to go about it? Well, they have now made it very easy and convenient for you. The Board has placed a SUGGESTION BOX in the Member Section of the LOE website, www.lakesoneldridge.com. Please type in any suggestions for the Board to review and discuss. This Suggestion Box goes directly to the Board members and after such discussion; one of the members will be in contact with you. Please note that you may be called upon to be a part of the solution to the suggestion you make.

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Lakes on Eldridge

LOE Book Club

NEW DAY! Book club has changed to meet on the 4th Monday of each month at 7:30 P.M. 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, cfritztx@houston.rr.com for additional information.

October 23rd - *The Devil Wears Prada*, by Lauren Weisberger. A delightfully dishy novel about the all-time most impossible boss in the history of impossible bosses.

Andrea Sachs, a small-town girl fresh out of college, lands the job "a million girls would die for." Hired as the assistant to Miranda Priestly, the high profile, fabulously successful editor of *Runway* magazine, Andrea finds herself in an office that shouts Prada! Armani! Versace! At every turn, a world populated by impossibly thin, heart-wrenchingly stylish women and beautiful men clad in fine-ribbed turtlenecks and tight leather pants that show off their lifelong dedication to the gym. With breathtaking ease, Miranda can turn each and every one of these hip sophisticates into a scared, whimpering child.

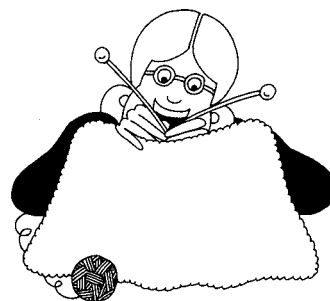
If you saw the movie and thought Meryl Streep was nasty, rumor has it that her character is even worse in the book!!

Reading list for the rest of 2006:

November: *The Covenant* by Naomi Ragen

December: *Blackberry Wine* by Joanne Harris

Stitch & Chat



Our group is nearing our Two Year Anniversary as of November 18, 2006. We have made some wonderful friends and had some great times being together. We have had two "Happy Hour" parties so our spouses & significant others could meet each other. We are starting a couples dinner night out, which we plan on doing once a month or so.

Stitch & Chat meets at the clubhouse every Thursday morning at 10 a.m. to 12 p.m. for coffee, needlework & comradeship. Please feel free to join us on Thursdays. For more information contact Catherine Spellings at 713-896-1652 (home) or 713-628-7083 (cell) or CTSpellings@aol.com

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of 2005 and of 2006.
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	LOE		LOEN	
	2005	2006	2005	2006
3 bedrooms	\$101.9 /sqft	\$98 /sqft	\$100 /sqft	\$122.8 /sqft
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Figures are based on MLS information.



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LOST & FOUND

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Classifieds

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FOR SALE: LOE resident making some Decor changes. Selling a Gorgeous Lineage Rustic Wood with Iron King Size Bed with Matching Night Tables. Includes Plush King Mattress and Box Springs that were in a Guest Room. Only Slept on a few times. Value-\$3,500 Asking \$1500. Selling Absolutely Beautiful Conversation Piece Entertainment Center. Gorgeous Century Piece -Solid WOOD. Rustic Country French Look You have to see this piece! Will hold up to a 42 inch TV and has hidden drawers and shelves for storage. In Perfect New Condition-Paid \$4,800.00 . Asking \$2,750. Can e-mail pics. Please call Jennifer 832-878-2355

LOE BOOK CLUB

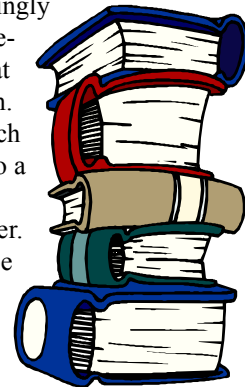
The LOE Book Club meets on the 4th Monday of each month, 7:30 P.M. at one of the member's home. We've had interesting discussion on all types of books – both fiction and non-fiction. Feel free to join us whenever we tackle a book that appeals to you. Call or e-mail Celeste Fritz (713) 896-6942, cfritztx@houston.rr.com for more info and directions.

Following is our schedule for the remainder of 2006:

October 23rd – The Covenant by Naomi Ragen. Living in Jerusalem, Elise Margulies fears for the lives of her husband and daughter every day. Then comes the day when her worst fears come true. Cancer specialist Dr. Jonathan Margulies drives his young daughter home from her ballet recital. His bullet-ridden car is found empty on the side of the road hours later. Elise, in the last stages of a difficult pregnancy, desperately calls her grandmother Leah in America for help and unknowingly revives a decades-old oath. Over five terror and hope-filled days during which ordinary people join the front lines against terrorism, the ties that bind two generations form a powerful alliance against contemporary evil.

November 27th – The Devil Wears Prada by Lauren Weisberger. A delightfully dishy novel about the all-time most impossible boss in the history of impossible bosses. Andrea Sachs, a small-town girl fresh out of college, lands the job “a million girls would die for.” Hired as the assistant to Miranda Priestly, the high-profile, fabulously successful editor of Runway magazine, Andrea finds herself in an office that shouts Prada! Armani! Versace! At every turn, a world populated by impossibly thin, heart-wrenchingly stylish women and beautiful men clad in fine-ribbed turtle-necks and tight leather pants that show off their lifelong dedication to the gym. With breathtaking ease, Miranda can turn each and every one of these hip sophisticates into a scared, whimpering child.

Book Club will NOT meet in December. Blackberry Wine, by Joanne Harris, will be our January selection.



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Quick Reminders

- Pet Owners – “Scoop your Poop!” For the health and safety of other residents, please bring a bag with you and clean up and dispose of any waste created by your dog. IT’S THE LAW! You must also keep your dog under control AND on a leash at all times. IT’S THE LAW!
- Please remember to place trash out on TRASH DAYS ONLY, and return cans to your storage location on the same day. Trash and trash containers should be visible on trash days only, and should not be set where they block the sidewalk. Trash should not be put out for extended periods of time.
- As a reminder to all residents, any exterior modification, alteration, change or addition must be submitted and approved by the Architectural Committee prior to the start of construction. Forms and guidelines are available on the website www.lakesoneldridge.net or at AMI. If you are considering any of the following, please contact the committee or submit application: playhouse or swing set, outbuildings, permanent or portable basketball goals, gazebos, front yard accessories, outdoor lighting, application for sealants, stains, or paint on fences, front yard school or youth affiliated sport signs.
- Please notify us of any unsafe conditions that need repair or maintenance via email.

WE’LL BE SEEN ON TV!

Hello neighbors!

We wanted to let you know that the Lakes on Eldridge, the Lakes on Eldridge North and the Royal Oaks Country Club communities will be featured on the HGTV show House Hunters. My husband Jeff and I recently moved from Chicago, and the show will cover our house hunting experience in Houston. Our segment will air the week of November 13, when a special “House Hunters Texas” runs all week. Which house did we choose? ... we can’t say, but you will find out in November!

Regards,
Jeff and Carrie Hoye

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Lakes on Eldridge

MUD 341

Items of interest to LOE residents taken from MUD 341 minutes.

These notes were taken from HARRIS COUNTY MUNICIPAL UTILITY DISTRICT NO. 341 OF HARRIS COUNTY, TEXAS Minutes of Meeting of Board of Directors August 14, 2006. Full minutes can be found at www.lakesoneldridge.net.

2007 Budget

Ms. Phillips next presented and reviewed with the Board a proposed operating budget for the District's fiscal year ending August 31, 2007, a copy of which is attached to the bookkeeper's report. After discussion of said budget, upon motion made by Director Ruttenberg, seconded by Director Hoover, and unanimously carried, the Board approved the proposed Operating budget for the fiscal year ending August 31, 2007.

Operations

Mr. Lindsey next advised the Board that Aqua Services has encountered an issue during the installation of the new flow meter at the District's lift station. In that regard, he reported that the electronic sending unit of the said meter will need to be buried approximately six (6) feet underground and therefore will need to be water proof in order to function properly. Mr. Lindsey advised that design efforts are underway by Aqua Services to modify the meter.

Engineer's Report

Regarding the review of proposals relative to the installation of an underground pipe system to alleviate the excess water being drained

into back slope drainage systems by individual homeowners, Mr. Saour reported that Benchmark will obtain two (2) more proposals to perform the work since the cost of the project is expected to be in excess of \$15,000.

Review and approval of residential curbside solid waste collection agreement amendment

The Board next considered the review and approval of a Residential Curbside Solid Waste Collection Agreement Amendment by and between the District and Waste Management of Texas, Inc. ("Waste Management") relative to the addition of recycling services within the District, a copy of which is attached hereto as Exhibit J. Mr. Cohen presented and reviewed with the Board the subject amendment and reported that Waste Management's cost to provide once per week curbside recycling services will be an additional cost of \$3.90 per single-family residence per month, effective October 1, 2006, as set forth on the proposed amendment.

Mr. Cohen further advised the Board that the proposed amendment also provides for the inclusion of a provision regarding storm debris. In that regard, he advised that he has provided comments to Waste Management relative to his concerns regarding the storm debris language provided for in the subject agreement, and that as of today's meeting date, he has not received a revised amendment

(Continued on Page 15)

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- Load dishwasher

Bathrooms

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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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Lakes on Eldridge

MUD 341- (Continued from page 14)

from Waste Management which addresses these concerns. Mr. Cohen then recommended that the Board approve the subject amendment, subject to finalization of the storm debris language included therein. After discussion on the matter, Director Edmonds moved that the Amendment to the Residential Curbside Solid Waste Collection Agreement, as set forth above, be approved, subject to finalization of the storm debris language included therein, and that the President be authorized to execute same on behalf of the Board and District. Director Ruttenberg seconded said motion, which carried unanimously.

The Board additionally considered the review and approval of an Amendment to the Residential Solid Waste Collection Agreement by and between the District and Waste Management, attached hereto as Exhibit K. Mr. Cohen reported that the amendment does not provide for an increase in the garbage fuel surcharge being charged to the District, which is currently 6.3% (\$0.60 for each occupied single family residence); however, provides for the addition of a \$0.25 (6.3%) fuel surcharge attributable to the \$3.90 per month per connection charge for recycling resulting in a total fuel charge of \$0.85 to be charged to each occupied single-family residence. After discussion on the matter and subject to the conditions set forth above regarding the prior amendment, Director Edmonds moved that the Amendment to the Residential Solid Waste Collection Agreement, as set forth above, be approved and that the President be authorized to

execute same on behalf of the Board and District. Director Ruttenberg seconded said motion, which carried unanimously.

Mr. Cohen advised the Board that the District's Rate Order includes the solid waste collection fee in the residential sanitary sewer rate, which is currently a flat monthly fee of \$25.08 and advised that the Board will need to amend the District's Rate Order to increase its residential sanitary sewer rate by \$4.15 per connection (\$3.90 plus the \$0.25 fuel surcharge) to \$29.23 to account for the addition of said recycling services and related fuel surcharge, effective October 1, 2006. The Board concurred to amend the District's Rate Order to pass the costs associated with the addition of recycling services to the District's customers at its next meeting.



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Kick Your Way to Fitness

Are you bored with your current fitness routine?

It may be time to kick your way to one of the hottest workouts around. Kickboxing, also referred to as boxing aerobics and cardio kickboxing, is a hybrid of boxing, martial arts and aerobics that offers an intense cross-training and total-body workout.

It blends a mixture of high-power exercise routines that strengthen the body and mind, decrease stress and hone reflexes while increasing endurance and cardiovascular power. While kickboxing's roots are in full-contact fighting, it has found a safe and very effective niche in the fitness community.

While some estimates of kickboxing's calorie-burning potential have reached as high as 500 to 800 calories per hour, ACE-sponsored research suggests that only very large individuals working out at exceptionally high intensities are like to burn that many.

Instead, a 135-pound person is likely to burn 350 to 450 calories during a typical 50-minute class that consists of a warm-up, aerobic period and cool-down. There are, however, other important factors to consider before taking the first kick.

What is your current fitness level?

Keep in mind that many clubs may not offer classes that are based on progression. Even if your current routine features a hearty combination of cross-training workouts, you may want to take it easy at first, then build as your body adapts.

For this reason, an hour-long session may not be the wisest choice for someone who isn't used to this level of concentrated activity.

Familiarize yourself with the basics

Remember, adequate warm-up and close attention to proper technique are paramount. Classes should begin with basic stretches and a light cardiovascular warm-up such as pushups and jumping jacks.

A typical aerobic kickboxing routine involves a series of repetitive punches alternating with hand strikes, kicks and then a combination of all three. The repetitions help participants focus on proper technique while engaging several muscles groups and getting a fierce cardiovascular workout.

After the main section of the routine, stretches and floor exercises are commonly performed as a cool-down.

Don't forget to wear loose clothing that allows freedom of movement during your kickboxing workout and drink plenty of water.

Beginner beware

When attending your first class, try to avoid these common mistakes:

- Wearing weights or holding dumbbells when throwing punches, which puts your joints in danger of injury
 - Locking your joints when throwing kicks or punches
 - Over-extending kicks (Beginners should avoid high kicks until they get used to the routine and become more flexible.)
 - Giving in to group peer pressure and exercising beyond fatigue
 - And of course, you should ask your instructor about their training.
- Cardio kickboxing is a combination of martial arts and aerobics, and employs different techniques from a "pure" martial arts class.

Many teachers may have boxing or martial arts training, but may not have the appropriate class experience or be properly certified by an organization such as ACE. Finally, once you understand the basics of this stress-relieving, total-body workout, you can kick your way to a new level of fitness.

Basic moves and equipment

It may seem awkward at first, but the basic moves in a kickboxing class can be mastered with time, patience and practice.

A prepared class will have mirrors, a punching or "heavy" bag and hit pads for participants to use. Here are two basic lower-body kickboxing moves that work the hamstrings, gluteals and quadriceps:

- The roundhouse kick - Starting from a basic stance (side of body facing bag, knees slightly bent, shoulder-length apart), lift your right knee and point it just to the right of your target. Pivot on your left foot as you extend your right leg. Kick the target with the top of your foot.
- The side kick - From the basic stance, pull your right knee up toward your left shoulder. Pivot on your left foot as you snap your right leg into your target. Strike with either the outside edge of your foot or your heel.



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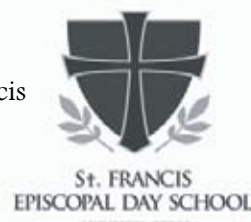
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Come See For Yourself, The Door Is Open...

You are invited to an intimate neighborhood coffee on Friday, November 3, at 9:30 a.m. St. Francis Episcopal Day School parent, Laura Escalona, will host the coffee at her home in Lakes of Eldridge North, 6002 Diamond Bay Court. Please RSVP to lauraescalona@yahoo.com.

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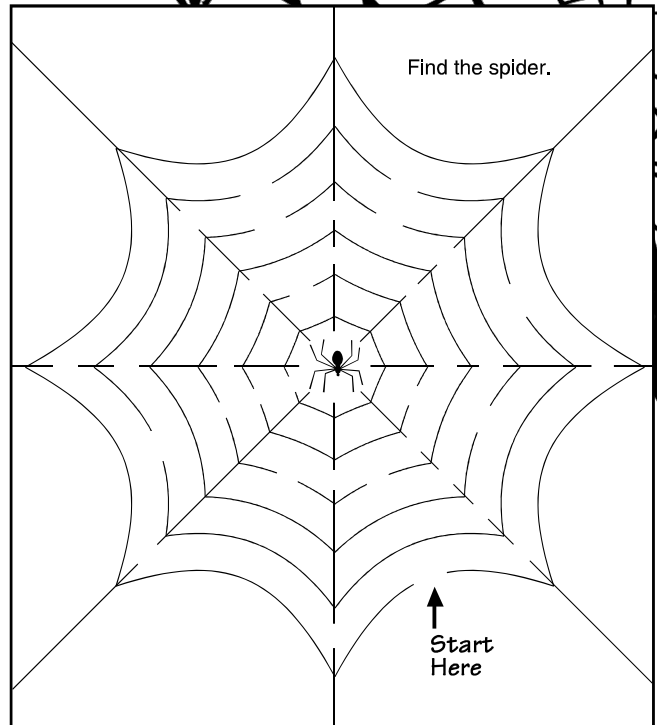


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Benefiting the Leukemia Lymphoma Society is Back

Saturday morning, October 28, 2006 is the date for the 5th Installment of the Fairfield 5K for Life Fun Run/Walk. It's a Walk, It's a Run, It's a Party! So put on your costume, get your friends and family, and grab your shoes to help us have a good time for a good cause!

Plan on joining us at the Fairfield Athletic Club early Saturday morning for a jaunt through Fairfield's beautiful hike and bike trails and then stick around afterwards for refreshments, a costume contest and award ceremony.

You can go online now and register at www.active.com. Click the link for Individual Sports and enter Fairfield 5k for Life.

For sponsorship information, call Jane Lakatos at 281-373-9767. All proceeds benefit the Leukemia and Lymphoma Society helping to cure blood-related cancers.

Teenage Jobseekers

The following young people are interested in making a little extra money. If you would like to be included, removed, or updated in the next issue, please contact Deborah Dunaway, dsd1951@mac.com. All information must be received by the 10th of the month.

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

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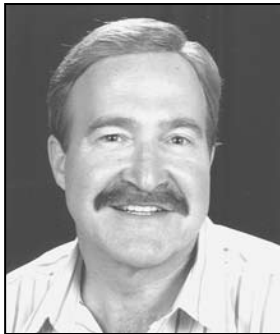
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