



# LAKE S

ON ELDRIDGE  
NORTH

Volume 6, Issue 1

January 2007  
Official Newsletter

## Happy New Year to the LOEN Ladies Club **LADIES! WE NEED YOU!**

Help us ring out the old and bring in the new at one of our two special LOEN Ladies Club Welcoming meetings in January. The regularly scheduled evening meeting will be held on Tuesday, January 30th at 7 pm in the clubhouse. The added daytime meeting will also be held in the clubhouse on Wednesday, January 31st at 10 am. If interested in attending this meeting, please email or call Christine Triggs at; [stevetriggs@sbcglobal.net](mailto:stevetriggs@sbcglobal.net) or 832-467-1067.

We sincerely hope that you can attend one of these two meetings to help us celebrate the past two years successes of our outgoing President, Becky Vogel and Vice President Christine Bivins, and greet the two new Co-Presidents, Chris Triggs and Jude Ann Yehl, and new Vice President Lisa Ritchie .

Your club needs you and new members for the changes and challenges that the New Year offers us. It is your club: with the changing of the guard we have the opportunity to build on the successes achieved so far by bringing fresh ideas to the table.

All newcomers are welcome to attend and see what the Club has to offer. All present members are encouraged to bring a neighbor or two along as well.

*Come, celebrate, and make new friends.  
Together, we can make a difference.*

**Tuesday January 30th 7PM  
OR**

**Wednesday, January 31st 10 am (RSVP please)**

**Location:  
LOEN Clubhouse - 12115 Catalina Shores Drive**



**View the Lakes on  
Eldridge North  
Community Newsletter  
each month on-line at  
[www. PEELinc.com](http://www.PEELinc.com)**

# Lakes on Eldridge North

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Houston Chronicle ..... 713-220-7211  
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Truitt Middle School ..... 281-856-1100  
Cy-Falls High School ..... 281-856-1000  
Newsletter Publisher  
Peel, Inc. .... advertising@PEELinc.com, 888-687-6444

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Submit at [www.PEELinc.com](http://www.PEELinc.com)

**PERSONAL CLASSIFIED ADS:** Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Submit classified ads at [www.PEELinc.com](http://www.PEELinc.com).

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

Please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) for information on advertising.

### RealManage Contacts

Customer Service 1-866-473-2573  
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Christi Keller, PCAM Community Manager  
[christi.keller@realmanage.com](mailto:christi.keller@realmanage.com)

## LOEN Board Of Directors

Jim Flanary.....President  
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Chris Chinni ..... Treasurer  
Peter Smart..... Secretary  
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## Article Submissions

Please e-mail articles and/or photos to [articles@PEELinc.com](mailto:articles@PEELinc.com). Submissions must be received by the 15<sup>th</sup> of the month for the following month's issue. (Advertising deadline is the 10<sup>th</sup> of the month.)

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RELOCATING? MOVING UP? SCALING DOWN?

# 44 REASONS TO LIST WITH ANN KNOCHE...

- |                           |                            |                                    |
|---------------------------|----------------------------|------------------------------------|
| 1 12019 Isle Vista        | 12 12011 Bellavista        | 32 12010 Paladora Point            |
| 2 5619 Barton Falls       | 13 5310 Emerald Brook      | 33 5911 Mesa Brook                 |
| 3 12007 Isle Vista        | 14 5731 Santa Fe Springs   | 34 6519 Carrizo Falls              |
| 4 12003 Arroyo Verde      | 15 12410 Sonata Canyon     | 35 12035 Ensenada Canyon           |
| 5 12542 Cherry Creek Bend | 16 5731 Marina Vista       | 36 12027 Terraza Cove              |
| 6 5711 Cielio Bay         | 17 6103 Durango Bay        | 37 5702 Ballina Canyon             |
| 7 12002 Costa Del Rey     | 18 12150 Cielio Bay        | 38 6131 Saratoga Springs           |
| 8 5219 Westridge          | 19 13206 Shermons Pond     | 39 12106 Arcadia Bend              |
| 9 5611 Evening Shore      | 20 6114 Saratoga Springs   | 40 6511 Cotorra Cove               |
| 10 5634 Heather Run       | 21 5907 Sandia Lake        | 41 6518 Grand Flora                |
| 11 12507 Pierwood         | 22 6134 Saratoga Springs   | 42 5910 Solano Bay                 |
|                           | 23 13211 Shermons Pond     | 43 ANN KNOCHE                      |
|                           | 24 12526 Still Harbour     | 44 <b>Customer Satisfaction!</b>   |
|                           | 25 5518 Cardinal Bay       | <i>"Ann is a wonderful</i>         |
|                           | 26 5410 Morning Breeze     | <i>professional asset to your</i>  |
|                           | 27 12515 Whispering Sands  | <i>company. She knows her</i>      |
|                           | 28 12538 Cherry Creek Bend | <i>stuff, believes in the</i>      |
|                           | 29 6510 Carrizo Falls      | <i>community and was able to</i>   |
|                           | 30 12126 Summer Land Ridge | <i>negotiate us an offer that</i>  |
|                           | 31 5514 Windham Springs    | <i>exceeded our expectations!"</i> |



## Ann Knoche

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# Lakes on Eldridge North

## Cy-Fair Recreational Soccer Spring Soccer Registration



### ONLINE REGISTRATION OPEN NOW!

Go to [www.cyfairsoccer.org](http://www.cyfairsoccer.org) for more information and to register today!

We are dedicated to player development; promoting youth soccer through encouraging a love of the game and teaching the skills necessary to play the game well. Instilling in our players a sense of fair play, teamwork and sportsmanship is our top priority.

Serving Northwest Harris County for over 26 years, we offer programs for all levels of experience. Starting with the small-sided game we offer fun, volunteer run competitive youth recreational programs and group play for Pre K up to Division III. (Ages 4 – 18).

If you are a returning player, new to the game or somewhere in between - we have a place for you!

### HAVE QUESTIONS?

Please Call Cy-Fair Soccer @281-894-1742

Regular office hours are:

10am - 2pm Monday, Tuesday and Thursday.

Wednesday from 5pm - 7pm. Closed Fridays.

## Nickel Allergies Are Itching To Come Out Of Hiding

*Baylor College of Medicine*

HOUSTON - People with nickel allergies take precautions to stay itch-free, but a Baylor College of Medicine expert says nickel can be hiding in some unexpected places.

Nickel is a naturally occurring metal that is mixed with other metals to create an alloy. It's commonly used in necklace clasps, earring posts, and costume jewelry; but it's also used in other items like eyeglass frames or buttons.

"Most people only think to look out for reactions to jewelry," said Dr. Rajani Katta, associate professor of dermatology at BCM. "So they don't realize their nickel allergy caused the rash on their cheeks from their glasses."

Katta also said pant buttons can leave a rash on the stomach, but since it can take a day or two for a reaction, people might not associate the rash to what they were wearing.

Some other items where nickel can be found are zippers, snaps, and bra clasps.

Fortunately, there are ways to work around a nickel allergy. Katta suggests buying nickel-free products which include eyeglass frames and jewelry. She also said using a few layers of clear nail polish on a button close to the skin can prevent an allergic reaction.

"I have also seen some people sew patches to cover an exposed clasp or zipper," Katta said.

While a rash from a nickel allergy is rarely severe, possible scarring could occur if exposure continues and the effected area is not treated.

Nickel allergies can appear at any age so being aware of what touched the skin before a reaction could help you deduce where this allergen can be hiding. Anything metallic can have the potential to contain nickel.

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## Jeannette Clift George to speak at Cypress Christian School Banquet

Cypress Christian School cordially invites you to the 2007 Winter Banquet featuring guest speaker Jeannette Clift George, founder and artistic director of the A.D. Players. You will laugh at her wit, be inspired by her wisdom and be moved by her words. Mrs. George is a renowned author, speaker, director, actress and Golden Globe nominee in her starring role as Corrie Ten Boom in the movie "The Hiding Place." Her witty and inspirational stories can also be heard on KSBJ Christian Radio throughout the week.

You are sure to enjoy this evening of Christian fellowship, delicious food and delightful entertainment as we focus on this year's theme: "He who walks with the wise grows wise..." Proverbs 13:20.

The Winter Banquet, benefiting the ministry of Cypress Christian School, will be held on Saturday, January 27 from 5:30 p.m. to 8:30 p.m. at the Marriott North Houston Hotel in the Greenspoint area at 255 North Sam Houston Parkway E. For more information about the event, available sponsorships and/or advertising opportunities, please contact the Banquet Director at Lynnette.Anderson@CypressChristian.org or 281-664-0211 or visit the school web site - www.CypressChristian.org.

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# Lakes on Eldridge North

## WASTE MANAGEMENT of TEXAS, INC. GARBAGE and RECYCLING SERVICE PARAMETERS Harris County MUD No. 341

- A. Garbage collection days are: Monday & Thursday.  
Recycling collection day is: Monday. Items collected: newsprint only, aluminum & bi-metal cans, plastics coded #1 & #2. Please rinse all food containers.
- B. Garbage, rubbish, bundles, bulk and recyclables must be available for collection beginning at 7:00 a.m. and may continue to 7:00 p.m. on your scheduled collection days. All household garbage and recyclables will be collected from the curb.
- C. Garbage may be contained in garbage cans or plastic garbage bags, but not to exceed fifty (50) pounds in weight when full. Bags must have sufficient wall strength to maintain physical integrity when lifted by the top.
- D. Bagged yard waste material such as grass and leaves must not exceed fifty (50) pounds when full. All branches and tree trimmings of less than three (3) inch in diameter must be cut to four (4) foot lengths and securely tied in small bundles that can be lifted and handled by a one individual. Bundles should be no larger than eighteen (18) inches in diameter and weigh no more than fifty (50) pounds. Please break down and bundle moving boxes.
- E. Up to two (2) items of bulky trash such as old furniture, appliances, Christmas trees or similar items will be collected on the second regularly scheduled pickup day of each week. Refrigerators contain CFC's and this must be removed by a certified technician and be tagged as such prior to collection. Please contact our Customer Service Department at 713-686-6666, if you have a question, unusual item or multiple items for collection. Our office hours are 8:00 a.m. to 5:00 p.m., Monday through Friday and Saturday 8:00 a.m. until noon.
- F. Waste Management can not pickup hazardous, flammable or toxic waste such as but not limited to; motor oil, gasoline, paint, batteries, garden or pool chemicals, smoke detectors, propane tanks, liquids, etc. Tires, large tree limbs, metal and similar items can not be compacted or handled by our personnel. Additionally, material generated from construction, remodeling, carpeting, or roofing materials are not considered as typical household garbage and rubbish. Consequently, they will not be collected.
- G. If an observed holiday falls on your scheduled collection day, no service is provided that day. Your pickup will occur on the next scheduled collection day following the observed holiday. Recycling collection would be delayed until the next regularly scheduled recycling pickup day. Observed holidays are:
- |            |              |           |
|------------|--------------|-----------|
| New Year's | Memorial Day | July 4th  |
| Labor Day  | Thanksgiving | Christmas |
- H. Construction, remodeling debris, carpeting or other non-hazardous items that are excluded from curbside collection may be appropriate for disposal at the Fairbanks Landfill located at 8205 Fairbanks N. Houston Road. Please call 713-849-2902 to inquiry about appropriate disposal options Household Hazardous Waste (HHW) such as used oil, paints, pesticides, etc; disposal questions may be directed to Harris County Pollution Control at 713-920-2831 or [www.harriscountyhealth.com](http://www.harriscountyhealth.com). They can direct you to the nearest appropriate disposal site for HHW items.

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# Lakes on Eldridge North

## Trinity Vineyard Church

### Who are we?

We love Jesus. We are growing through study of the bible. We find life and purpose in relationships. We exist to pursue God in the company of friends.

### What's Happening This Month?

At Trinity Vineyard we believe that we are created to worship. Worship is one of our top priorities and we want anyone who attends our services to be able to enter into our time of worship together.

I like to compare public worship to the serving of a meal. Imagine that you are a dinner guest in someone's home. During the whole meal, no one speaks to you. There are no seats left, so you have to eat standing up in the corner. Most of the conversation is in a foreign language that you do not understand. When they do speak in English, they tell inside jokes of people and stories you do not know. The foods being served are uncommon and unusual to you. Imagine you are a guest in someone's home and they make no effort to include you. From beginning to end, you are shut out from any ability to enjoy the meal.

Unfortunately a lot of churches can be like this. There is religious language you don't understand. People are asked to do things that they have no context for. And guests are left feeling shut out and disregarded.

We have made a deliberate choice at Trinity Vineyard to be

welcoming and understanding to our guests. Some churches target their entire services, from beginning to end, to their guests. If a guest doesn't like singing for 30 minutes, they don't do it. If a guest doesn't like a lot of bible teaching, they don't do it. At Trinity Vineyard, we don't take it quite that far.

Going back to the meal illustration...we are like a big family that is going to sit down and have a meal. Whether there are guests or not, we are going to come together and eat. We will do what we feel God has called us to do as a church – sing songs in worship, teach the bible, pray for one another, etc. But we always want guests to feel welcome to join us. We want to include them in our journey. Each week we strive to have a great meal that feeds the church and welcomes guests at the same time.

We all have very different backgrounds and experiences when it comes to public worship. Sadly, the way churches do public worship is one of the most divisive issues among Christians. It is one of the major ways people select a church. I certainly don't believe that we have come up with the perfect formula for worship, the only biblical approach for worship, the most authentic, or the most pleasing to God.

We worship the way we do because of our understanding of scripture and our philosophy of ministry. We would love for you to be our guest at our Sunday morning worship service anytime!

*(Continued on page 9)*

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## Trinity Vineyard - (Continued from page 8)

### When are our Gatherings?

We meet on Sunday mornings. The morning service begins at 10:30 am. Children's programs are provided for those 6 months – 5th grade.

Mid-week small groups are another opportunity to join us. We study the bible together, pray for each other, and do life together. Email or call for more info.

Teenagers can join us on Sunday nights at 6 pm for The Gathering.

### What is our Location?

We are located on Cypress North Houston between Huffmeister and Telge. 12022 Knigge Cemetery Road, Cypress, TX 77433

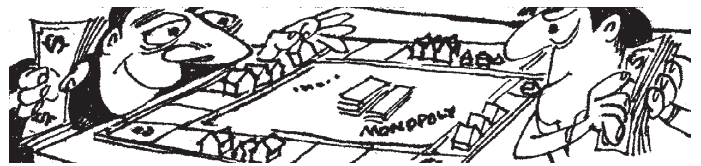
### What is our contact information?

Visit our web page at [www.TrinityVineyard.cc](http://www.TrinityVineyard.cc). Our phone # is 281-897-8463. Our email is [info@TrinityVineyard.cc](mailto:info@TrinityVineyard.cc)

## Did You Know? Fun Facts:



*In 1964, golfer Norman Manley achieved consecutive holes in one on a course in Saugus, California and both holes were par 4s.*



*There are 40 spaces on the perimeter of the Monopoly board- 22 of them are properties.*

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9:00am - 2:00pm and 6:00pm - 8:00pm

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# Lakes on Eldridge North

## Delicious Desserts: Simple Minty Treats



*Guests will love creating their own minty sundaes.*

(NAPSA)-When the weather outside is frightful there's nothing more delightful than delicious peppermint treats. Following a day of playing in the snow or during a family gathering, a dessert-making activity can be a fun way to get the whole family involved.

With easy recipes such as the Make-Your-Own Sundaes and Coconut Snowballs, both made with Dreyer's/Edy's Slow Churned(r) Ice Cream, there is sure to be a peppermint delight everyone will enjoy. And with half the fat and one-third fewer calories than regular ice cream, no one has to leave feeling guilty.

Consider creating a Make-Your-Own Sundae bar so everyone can personalize his or her own dessert. Bowls with crushed mint candies and cookies, brownie bits, chocolate chips and marshmallows allow guests to create sundaes fit for a snow king or queen.

### Peppermint Make-Your-Own Sundaes

Each of these delectable creations starts with Dreyer's/Edy's Slow Churned Peppermint Ice Cream (or Slow Churned Mint Chocolate Chip Ice Cream) layered with ingredients in a sundae glass, from the bottom up.

1. Layer chocolate or fudge sauce, ice cream, crushed candy canes or peppermint candies, ice cream, brownies, ice cream and chocolate sauce. Garnish with crushed or whole candy canes.

2. Layer chocolate or fudge sauce, ice cream, minimarshmallows and chocolate chips. Repeat layers, ending with a layer of chocolate sauce and a final sprinkling of marshmallows and chips.

3. Layer chocolate or fudge sauce, ice cream, crushed chocolate sandwich cookies or brownies cut into 1/2-inch pieces. Repeat layers, but insert whole chocolate sandwich cookies edgewise into ice cream, or cut a brownie on the diagonal and insert into ice cream with pointed ends up.

.....

Coconut Snowballs in white and dark chocolate varieties can be made ahead and served whenever Frosty comes to town.

### Coconut Snowballs With Peppermint Ice Cream

Prep: 10 min./Cook: 25 min.

#### • Dark Chocolate:

- 2/3 cup sweetened condensed milk
- 1 oz. unsweetened chocolate
- 2 cups sweetened shredded coconut

#### • White Chocolate:

- 8 oz. white chocolate
- 2 cups sweetened shredded coconut
- 1 carton Dreyer's/Edy's Slow Churned

#### • Peppermint Ice Cream

• Chocolate or hot fudge sauce, chopped roasted peanuts, crushed candy canes or peppermint candies, as needed

To make Dark Chocolate Snowballs, heat oven to 350F. In saucepan over low heat, cook milk and chocolate, stirring occasionally, about 10 minutes or until thick. Stir in coconut. On ungreased baking sheet, make four mounds of coconut mixture with 1-cup ice cream scoop. With back of large spoon, make a depression in center of each mound to form a "nest." Bake about 20 minutes or until set. Cool on baking sheet; remove carefully with spatula.

To make White Chocolate Snowballs, heat oven to 350F. In nonmetal bowl, heat chocolate in microwave about 1 minute or until melted. Stir in coconut. On ungreased baking sheet, make four mounds of coconut mixture with 1-cup ice cream scoop. With back of large spoon, make a depression in center of each mound to form a "nest." Bake about 10 minutes or until set. Cool on baking sheet; remove carefully with spatula.

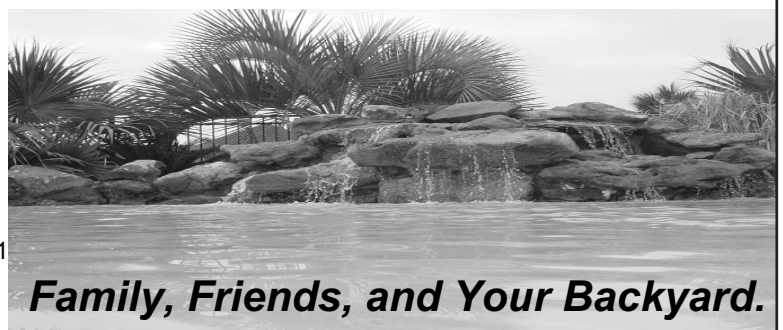
To serve, place a scoop of ice cream in center of each nest. Drizzle with chocolate sauce and sprinkle with peanuts or crushed candy canes. Makes 8 servings.

For more cool, delicious peppermint ice cream recipe ideas, visit [www.icecream.com](http://www.icecream.com).



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Feature	LOE		LOEN	
	#Sold	\$/sqft	#Sold	\$/sqft
3 bedrooms	7	98.91	8	121.3
4 bedrooms	43	99.58	73	106.0
5+ bedrooms	14	108.7	27	119.2
1 story	9	101.8	22	112.3
2 story	56	101.3	86	109.9
Without Pool	46	95.05	94	110.7
With Pool	19	116.8	14	108.2
Built 1990-99	55	97.8	0	0
Built after 2000	10	120.8	108	110.4
2000-2500 sqft	3	94.6	0	0
2500-3000 sqft	16	95.1	14	109.3
3000-3500 sqft	15	96.1	32	104.3
3500-4000 sqft	15	93.1	20	101.6
4000-4500 sqft	7	97.0	24	104.6
4500+ sqft	8	144.4	18	139.5

All information based on MLS data

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# Lakes on Eldridge North

## Texas Events - January 2007

10—SAN BENITO: El Segundo Weensdee The Narciso Martinez Cultural Art Center presents this oral history series on conjunto music. 225 E. Stenger St. 956/361-0110

10-12—KINGSVILLE: Cactus Bowl Barbecue and silent auction are Wednesday, awards banquet is Thursday and NCAA Division 11 All-Stars game is Friday. Texas A&M University. [www.kingsvilletexas.com](http://www.kingsvilletexas.com) 800/333-5032

11—HOUSTON: Gardere Martin Luther King Jr. Oratory Competition Antioch Missionary Baptist Church. [www.gardere.com](http://www.gardere.com) 713/867-3248

11-13, 18-19—BROWNSVILLE: Nunsense Presented by Camille Playhouse. 1 Dean Porter Park. [www.camilleplayers.cjb.net](http://www.camilleplayers.cjb.net) 956/542-8900

12—KINGSVILLE: Taste of South Texas Food services and restaurants from the area serve samples of their best. Entrance is free to Cactus Bowl ticket holders. North End Field of Javelina Stadium. E-mail: [chamber@kingsville.org](mailto:chamber@kingsville.org) • [www.kingsville.org](http://www.kingsville.org) 361/592-6438

13—GALVESTON: Roald Dahl's Willy Wonka Shows begin at 3 and 7 p.m. The Grand 1894 Opera House. [www.thegrand.com](http://www.thegrand.com) 800/821-1894

13—HARLINGEN: Harlingen Open Round Robin Doubles Table Tennis Tournament Includes male doubles and female doubles teams.

Begins at 10 a.m. Harlingen Community Center. [www.hgnttc.org](http://www.hgnttc.org) 956/428-2002

13—PORT ISABEL: 23rd Annual Causeway Run & Wellness Walk Begins at the Community Center. This is a once-a-year chance to walk/run across the Queen Isabella Memorial Causeway. [www.portisabel.org](http://www.portisabel.org) 800/527-6102 or 956/943-2262

13—SANTA FE: Haak Port & Chocolate Affair Reservations limited to 40. Haak Vineyards & Winery, 6310 Ave. T. [www.haakwine.com](http://www.haakwine.com) 409/925-1401

13, 27—SAN BENITO: Arts & Crafts and Pancake Breakfast Fun 'N Sun RV Resort, 1400 Zillock Road. 956/399-5800

14—GALVESTON: Jaston Williams — Cowboy Noises The Grand 1894 Opera House. [www.thegrand.com](http://www.thegrand.com) 800/821-1894

14—SANTA FE: Festival at Haak Winery Hours are 2 to 5 p.m. Haak Vineyards & Winery. [www.haakwine.com](http://www.haakwine.com) 409/925-1401

15—HARLINGEN: Max Bacon Family Show Begins at 7 p.m. Tropic Winds RV Resort. 956/423-4020

15—HARLINGEN: Winter Texan Appreciation Fiesta Includes mariachis, country and Tejano music throughout the day. Showcases attractions and activities found in and around Harlingen. 956/216-5950

16—HARLINGEN: Time for Three This is a charismatic ensemble

(Continued on page 13)

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# Lakes on Eldridge North

## Texas Events - (Continued from Page 12)

with two violinists and a double bassist. Begins at 7:30 p.m. Harlingen Municipal Auditorium. 956/748-3020

16—SAN BENITO: Mexican Fiesta Fun 'N Sun RV Resort. 956/399-5800

16-17—SOUTH PADRE ISLAND: Winter Texan Golf Classic Presented by the SPI Women's Golf Association and the South Padre Island Convention & Visitors Bureau. [www.sopadre.com](http://www.sopadre.com) 800/767-2373

17—SAN BENITO: The Jerry Hauck Show Begins at 7 p.m. Fun 'N Sun RV Resort, 1400 Zillock Road. 956/399-5800

17-Feb. 1—NASSAU BAY: Houston Livestock Show & Rodeo Art Exhibition Art selected reflects the true spirit of the rodeo and is considered to be excellent in theme, craftsmanship and creativity. Arts Alliance Center at Clear Lake. [www.taaccl.org](http://www.taaccl.org) 281/335-7777

18—HARLINGEN: The Texans & The Plummer Family — Branson on Review Show Shows are 2 and 7 p.m. Tropic Winds RV Resort. 956/423-4020

19—VICTORIA: Country Opry Hours are 7:30 to 10 p.m. Victoria Community Center Annex. 361/552-9347

19-20—SAN BENITO: South Texas Bar-B-Que Shootout Held in conjunction with the South Texas Stock Youth Show. Cameron County Fairgrounds. 956/778-8555

19-21—SAN BENITO: 10th Annual South Texas Youth Stock Show Includes a horseshoe tournament, home show, baked goods show,

arts & crafts, carnival rides and more. Live entertainment includes Tejano, country and rock 'n' roll bands. Cameron County Fair Grounds 956/361-9120

19-Feb. 4—HOUSTON: Amy's View Amy is caught between her mother's ending stage career and her husband's up-and-coming television career. Stages Repertory Theatre. [www.stagestheatre.com](http://www.stagestheatre.com) 713/527-0123

20—BEAUMONT: Pianist Fabio Bidini The Symphony of Southeast Texas presents pianist Fabio Bidini. Begins at 7:30 p.m. Jefferson Theatre. [www.sost.org](http://www.sost.org) 409/892-2257

20—LA PORTE: Hard Hat Tour of the Battleship Texas Enter areas rarely seen by the public. Bring a flashlight or headlamp; wear old, comfortable clothes and rubber-sole deck shoes; and bring a camera. Reservations required. Battleship Texas State Historic Site. 281/479-2431

20—LAKE JACKSON: John Pizzarelli in Concert Begins at 7:30 p.m. The Clarion at Brazosport College, 500 College Drive. [clarion.brazosport.edu](http://clarion.brazosport.edu) (no www) 979/230-3156 or 979/230-3658

20-21—GALVESTON: Torme Sings Torme This musical tribute to Mel Torme stars his son Steve March Torme. Performances are 8 p.m. Saturday and 3 p.m. Sunday. The Grand 1894 Opera House. [www.thegrand.com](http://www.thegrand.com) 800/821-1894

20-21—PORT NECHES: Trade Days on the Avenue Port Neches Avenue. 409/722-4023

(Continued on page 14)

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# Lakes on Eldridge North

## Texas Events - (Continued from Page 13)

20, 23, 26, 28—HOUSTON: Gounod's Faust Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372

22—HARLINGEN: Sixth Annual Bernie & Red Show Begins at 7 p.m. Tropic Winds RV Resort. 956/423-4020

22-23—HARLINGEN: United States Air Force Band of the West Begins at 7:30 p.m. Harlingen Municipal Auditorium, 1204 Fair Park Blvd. 956/216-5990

23—BROWNSVILLE: Founder's Day Brownsville Museum of Fine Art. [www.brownsvillemfa.org](http://www.brownsvillemfa.org) 956/542-0941

23—SAN BENITO: Welcome Back Winter Texan Show Entertainment is provided by Hearts and Harmony. Hours are 7 to 9 p.m. Fun 'N Sun RV Resort. 956/399-5800

25—HARLINGEN: The Oak Ridge Boys Begins at 7:30 p.m. Harlingen Municipal Auditorium. 956/216-5990

25—NASSAU BAY: Open Mic Jazz Nite Arts Alliance Center at Clear Lake. [www.taaccl.org](http://www.taaccl.org) 281/335-7777

25—PORT ISABEL: Oral History Program: Telling Our Stories Topics involve the history, natural history and culture of the Laguna Madre area. Begins at 7 p.m. Treasures of the Gulf Museum. [www.portisabelmuseums.com](http://www.portisabelmuseums.com) 956/943-7602

25-26—GALVESTON: B.B. King in Concert Begins at 8 p.m. The Grand 1894 Opera House. [www.thegrand.com](http://www.thegrand.com) 800/821-1894

25-27—HOUSTON: Elixir of Love Presented by Opera in the Heights. Lambert Hall. [www.operaintheheights.org](http://www.operaintheheights.org) 713/861-5303

26—BROWNSVILLE: Richard Urbis, Pianist Jacob Brown Auditorium. [www.utb.edu](http://www.utb.edu) 956/882-8247

26—SAN BENITO: The Oak Ridge Boys Concert Fun 'N Sun RV Resort, 1400 Zillock Road. 956/399-5800

26-28—HARLINGEN: Once Upon A Mattress Presents a rollicking spin on a familiar classic, The Princess & the Pea. Harlingen Performing Arts Theatre. 956/412-7529

26-28—HARLINGEN: Antique Show Includes glass, furniture, porcelain, jewelry, oriental rugs and more from 10 a.m. to 6 p.m. Saturday and noon to 5 p.m. Sunday. Casa de Amistad. 956/428-2305

27—HARLINGEN: 10th Annual Music Fest Raises money to benefit The Rio Grande Children's Home. Harlingen Municipal Auditorium. 956/585-4847 ext. 225

27—SAN BENITO: Wild Game Feast Fund-raiser Includes music, silent and live auction, game and non-game food. Benefits The Ronald McDonald House. Ranch de las Retamas. 956/412-7200

27—SANTA FE: Pruning Day & Haak Winery's Fifth Annual Oyster Fry Haak Vineyards & Winery. [www.haakwine.com](http://www.haakwine.com) 409/925-1401

27—VICTORIA: Victoria Symphony Master Series III Pop Stars with 1960s supergroup Herman's Hermits. Victoria College Auditorium. [www.victoriasymphony.com](http://www.victoriasymphony.com) 361/576-4500

27-28—GALVESTON: The Oak Ridge Boys in Concert Begins at 7:30 p.m. Saturday and 3 p.m. Sunday. The Grand 1894 Opera House.

(Continued on page 15)



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# Lakes on Eldridge North

## Texas Events - (Continued from Page 14)

www.thegrand.com 800/821-1894

27, 30—HOUSTON: Rossini's La Cenerentola (Cinderella) Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372

27-Mar. 11—GALVESTON: A Way with Words & Book Works Features group exhibitions of works by Texas artists using words in their work and Texas artists using books in their work. Galveston Arts Center. www.galvestonartscenter.org 409/763-2403

28—BROWNSVILLE: Raul Capistran, Pianist www.utb.edu 956/882-8247

28—CLEAR LAKE AREA: Epicurean Evening Join in a "Taste of Space" at Space Center Houston and sample cuisine from dozens of area restaurants and clubs. 281/488-7676

29—CORPUS CHRISTI: Putting on the Hitz 361/980-1949

29—HARLINGEN: Opal & Ron Erickson Show Includes comedy and lots of music. Begins at 7 p.m. Tropic Winds RV Resort, 1501 N. Loop 499. 956/423-4020

29—PORT ARANSAS: Port Aransas Merchant's Dine Around Enjoy samples from restaurants and local shops. www.portaransas.org 800/452-6278

30—BROWNSVILLE: Ruth Keitz Richardson Art Gallery. blue.utb.edu/artgallery (no www) 956/882-7097

30—HARLINGEN: Puttin' on the Hitz Go stepping out with the dynamic cast of eight singers/dancers plus a quartet of the finest jazz

musicians. Begins at 7:30 p.m. Harlingen Municipal Auditorium. 956/748-3020

30-Feb. 11—HOUSTON: Swing! Hobby Center for the Performing Arts. E-mail: tuts@tuts.com • www.tuts.com 713/558-TUTS

31—SAN BENITO: Bernie & Red Show Fun 'N Sun RV Resort. 956/399-5800

*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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# Lakes on Eldridge North

## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

				2	5	4		
	9	8	1				7	6
						5		
								8
1		6						
	3	7		8				
	6	1		5	4			3
								5
9						7	6	

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Solutions can be found online at [www.PEELinc.com](http://www.PEELinc.com)

## 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](http://www.PEELinc.com). *All information must be received by the 10<sup>th</sup> of the month.*

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- Please support the businesses that advertise in the Lakes on Eldridge North Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge North residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our Sales Office at 888-687-6444 or e-mail [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following month's newsletter.

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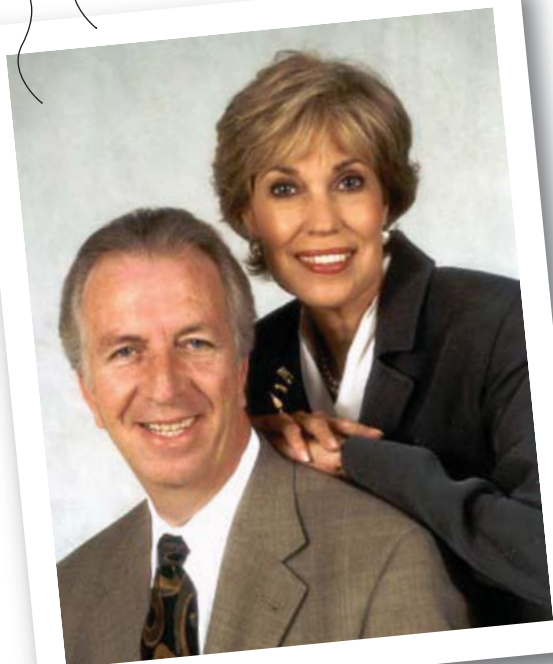
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# Lakes on Eldridge North

## Eat less, live longer?

*Baylor College of Medicine*

HOUSTON—The fountain of youth may not be a fountain after all. Simply reducing caloric intake may help you lead a longer and healthier life.

Dr. William Wong, professor of pediatrics at Baylor College of Medicine's USDA Children's Nutrition Research Center in Houston, was awarded a \$2.2 million grant from the National Institute of Aging to help determine if a reduction of calories can increase longevity and decrease the risk of chronic disease. Previous animal studies suggest this is the case.

Wong's lab will serve as the central doubly labeled water lab to support the NIA's Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy, or CALERIE, study.

Doubly labeled water is a non-invasive way to estimate energy expenditure under free-living conditions, said Wong also co-director of the Obesity Center at Texas Children's Hospital. Participants drink the labeled water and return to their daily routine. Researchers label the water with two non-radioactive naturally-occurring isotopes -- deuterium, a heavier isotope of hydrogen, and oxygen-18, a heavier isotope of oxygen. The isotopes disappear at different rates over time because in addition to being eliminated from the body in the form of water, the oxygen-18 is also being eliminated from the body as it exchanges with carbon dioxide in the lungs. By then measuring the

remaining levels of the isotopes in the urine, energy expenditure can be determined.

This method has been used safely in premature babies, newborns, children, adolescents, pregnant women and nursing mothers, said Wong.

The study will help determine the effects of a 25 percent caloric restriction on the physiology and chronic disease risk of normal weight adults. The study's findings will have important implications including dealing with the current obesity epidemic and the possible prevention of many age-related chronic diseases.

The phase 2 CALERIE clinical trial will study the effects of cutting calorie consumption by one-fourth. Wong's lab will use the doubly labeled water method to establish the participant's caloric need, which will then be decreased by 25 percent in participants assigned to the treatment group.

The study will follow two groups for two years with participants coming in periodically for follow-up doubly labeled water studies. "The follow-up visits of doubly labeled water studies are used to monitor compliance and to monitor the level of caloric restriction achieved by the study participants," said Wong. "The visits will also provide an additional measure on potential changes in body composition during the treatment period."

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- Clean sink
- Clean appliance exteriors
- Clean inside microwave
- Clean range top
- Damp wipe cabinet doors
- Clean counters
- Hand wash floor
- Load dishwasher

#### Bathrooms

- Clean sinks, counters; change towels
- 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 North



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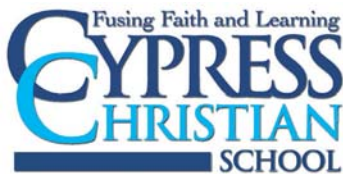
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