

Volume 6, Issue 4 April 2007

We invite all women of LOEN to join our socially orientated association. You are all welcome to come and meet your neighbors and get to know the community in which you live.

We meet in the main clubhouse on the last Tuesday at 7:30PM and Wednesday at 10:30AM of the following months: January, March, May, September and November. For more information please contact: Chris Triggs 832 467 1067 Jude Ann Yehl 832 230 5997 Co-Presidents

Email: loenladiesclub@hotmail.com

Chickless Hens

Are you an empty nester or just simply foot loose and fancy free?

Please join us for fun outings, potluck lunches and coffee mornings.

Coffees are planned for April, May, June and July.

Further activities are also in the planning. For more information please contact: Kathy Benson 713 937 1722

Christy Adams 832 230 1480

Loen Ladies Club

Bridge

Loen Ladies Club is pleased to have two bridge groups:

Day Group:

- · Meets on the second Wednesday of each month at 1:00PM
- · Is a very congenial bunch of ladies who have a great time
- Includes a beginner's table for anyone wishing to learn

Evening Group:

- · Meets the first Friday of each month at 7:00PM
- Includes experienced players
- Is composed mainly of couples, but it is open to everyone - just as long as the numbers come out right. If you would like to play, but do not have a partner, maybe we can help you

For more information please contact: 713 983 7345 Babs Clingo

Social Events Group

The evening social events are a great way to get to know people in our neighborhood in a relaxed atmosphere.

• The Dinner Club will continue to meet every 3rd Saturday of the month at 6:30PM at a chosen restaurant.

• This year, due to popular demand we have added an additional Dinner Club for members who prefer to eat at a later hour. We will meet every 4th Saturday of the month at 8:00pm.

With your participation and continued enthusiasm we hope to have a wonderful year. Our activities are not limited to dining. We look forward to including an evening at the opera, symphony or perhaps a musical. Would you like to go to a Mystery Dinner Theater where each one of us will try and solve a murder mystery? Sound like something you would like to participate in?

For more information please contact: Maha Vanderschans 713 466 1462 E-mail: maha_vanderschans@hotmail.com

Girls Night Out

GNO is a great way to meet new friends and let your hair down.

Mark your calendars for a "chick flick" movie night on Wednesday, April 25. We will be seeing "The Nanny Diaries" starring Scarlett Johansson. The exact time and location will be announced

nearer the day.

please contact: E-mail: michol ecklund@

For more information hotmail.com.

Don't want to wait for the mail? View the current issue of the Lakes on Eldridge North Community Newsletter on the 1st day of each month at www.PEELinc.com

IMPORTANT NUMBERS

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(non-emergency)281-550-6663
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Waste Management
(trash collection Mondays & Thursdays)
Aqua Services
(Service or emergencies 24 hrs)713-983-3604
Harris County Tax Office
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(give pole # of street which is out)
Entex (gas)
Time Warner Cable
Houston Chronicle
Metro Transit Info713-635-4000
Kirk Elementary
Truitt Middle School 281-856-1100
Cy-Falls High School281-856-1000
Newsletter Publisher
Peel, Incadvertising@PEELinc.com, 888-687-6444

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 888-687-6444 or advertising@PEELinc.com for information on advertising.

Advertising Information

- 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
 <u>advertising@PEELinc.com</u>. The advertising deadline is the
- 10th of each month for the following month's newsletter.

LOEN Board Of Directors

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Don Byrnes	
Chris Chinni	
Peter Smart	Secretary
John Kane	Director

Article Submissions

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

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



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RAP '08

(Rams After Prom)

Busy Parent Fundraiser Donation Form ATTENTION JUNIOR PARENTS!!!

Help us get RAP '08 off to a great start! We're kicking off our fundraising for the Class of 2008's after prom party. By far the <u>EASIEST</u> fundraiser is our busy parent donation. With this you are giving your support to RAP with only the effort of writing a check. <u>No selling, volunteering, or time out of your hectic schedule!</u> If you would like to make a donation and it is more convenient, you may just send both for the year at one time. Your support and donations are truly appreciated.

RAP 08 E	Busy Parent	Fundraiser
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_____Yes, I would like to participate in the RAP 08 Busy Parent fundraiser. \$40.00 is this requested donation for this fundraiser. (which covers \$20.00 each for both the Winter and Spring fundraiser's this year.) You may donate any additional amount also.

My donation is enclosed \$______

Student Name: ______ Phone #_____

Email Address:

Please make checks payable to "Cy-Ridge RAP 2008"

You may drop donations off at the school to be put in RAP 2008 mailbox or you may mail to: Cy-Ridge RAP '08 7900 N. Eldridge Parkway Houston, TX 77041

THANK YOU FOR YOUR SUPPORT!!!

rap08@sbcglobal.net

MEETING MARCH 29th CY-RIDGE H.S. COMMONS 7:00PM

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Cypress Christian School Spring Events

Spring is in the air and energy abounds at Cypress Christian School. We invite you to join us as we celebrate "the arts" and "the students"! All events are free!

Middle School Musical - "Anchors Away"

This upbeat musical, based on the adventures of Noah and the Ark, will rock your boat! Please join us for one or more of the performances scheduled on April 19, 20 and 21 at 7:00 p.m. in the Drama Room of the school.

Fine Arts Festival

From drama to music to art, this evening will fill the cultural void in your life as students showcase their talents for all in attendance. This event will be held in the multi-use facility of CCS on Friday, April 27 at 7:00 p.m.

Kindergarten Graduation

Kindergarten parents will cheer as their student graduates to first grade. We encourage parents of future kindergartners to join us on Thursday, May 22 at 7:00 p.m. for a glimpse of the future! The ceremony will be held in the multi-use facility on campus.

High School Graduation

It will be celebration time as CCS seniors finally cross the stage! The ceremony will be held on Sunday, May 27 at 2:30 p.m. at Cypress Bible Church and will be one of the most meaningful events of the year.

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LOEN Wine Club

Do you enjoy good wine, great food and socializing with your neighbors? Then join us for LOEN wine club!

Come swirl, sniff and sip at our next monthly gathering. This is a great opportunity to meet your neighbors and taste some fabulous wines and food.

If you are interested, contact Britta Christenson at britta@ houston.rr.com for information on our next tasting.



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Nationally renowned speaker: Michael K. Meyerhoff, Ed.D. Friday, April 27th, 7:00 P.M. at The Branch School

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RSVP by April 24th 713.465.0288 Adults only please

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1424 Sherwood Forest Houston, Texas 77043 713-465-0288 Admissions Open House Tuesday, April 10th, 9-2 Call for a tour and information.



BUTTERFLY FAMILY FESTIVAL

Messiah Lutheran Church is hosting a Butterfly Family Festival on Sunday, April 22, 12-3 PM. The event will include a barbecue lunch, a silent auction, a raffle, and games and activities for all ages. The days' events will benefit Chrysalis, A Grace Place for Children, featuring Christian preschool, after school, and summer camp programs. Bring the whole family to see the butterfly release, eat some great food, and have some fun! Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522

Telge Road, ½ mile north of Highway 290. Regular worship times are at 8 and 10:30 AM on Sundays. The Education Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org. All people are welcome at Messiah.



Cy-Fair ISD Volunteers In Public Schools (VIPS) VIPS Get Pinned

Sherrie Webb - Publicity

Volunteers in Cy-Fair ISD got "Pinned" at the most recent General Board meeting. Each year, the VIPS Executive Board designs a pin based on the theme for that year. The theme for the 2006-2007 school year is "Volunteers - Building for the Future". This theme was based on part on the growth and construction of new schools in our district.

The pin is given to volunteers from their home schools as a token of appreciation for the time they have given in support of students and staff. Each year, volunteers wait in anticipation to see what the new pin will look like. Volunteers collect and wear their pins from each year with pride and fond memories of their involvement in the district and how they have shared their gifts of time in our schools.

If you would like to be a part of the Cy-Fair ISD volunteer program, please contact the Partners in Education office for more information at 281-894-3950.

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LOEN Spring Fling

The LOEN Spring Fling is back by popular demand! The date will be May 6th, 2007. We will let you know more as the details become available. But please mark your calendars! This is a kid and family friendly event you won't want to miss!



Kindergarten Pre-Registration & Parent Information Night for 2007-2008

If you have a child who qualifies for Kindergarten for the 2007-2008 school year, pre-registration will be held on April 11th, at Kirk Elementary. The district allotted time for registration will be from 9:00-11:30 a.m. and 1:00-3:00 p.m. Tours will not be available during registration, but can be scheduled by appointment. Please plan on spending one and one-half hours to complete the registration process.

We will also host a parent information night on Tuesday, April 10th from 6:30-7:30 p.m. If you have never had a child in Kindergarten, this evening will be an opportunity to find out about schedules, curriculum, transportation, cafeteria, and to ask any other questions you have. The evening is designed for parents, rather than children. There will be an open house before school starts in August in which students will be able to meet their teachers and see their classrooms.

If you know someone in your neighborhood that might not know about registration and parent night, please share this information with him or her. We would love to have lots of new Kirk Tiger parents attend!



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Benefits of Mulch

Submitted by Jerry Krabe

Mulch is defined as a protective covering placed around plants. Mulching is one of the most important ways to maintain strong, vigorous plants in your landscape beds. The method of mulching is actually nature's idea. Nature produces large quantities of mulch every day with fallen leaves, twigs, needles, pieces of bark, fallen flower blossoms, fallen fruit and other organic material.

There are many benefits to using mulch when applied correctly. Below are just some of the benefits:

- Mulches help prevent loss of water from the soil by evaporation.
- Mulches reduce the growth of weeds- when the mulch material itself is weed-free and adequately applied to prevent weed germination or to smother existing weeds.
- Mulches keep the soil cooler in the summer and warmer in the winter, thus maintaining a more even soil temperature. This reduces the amount of stress your plants will go through.
- Mulches prevent soil splashing, which not only stops erosion but keeps soil-borne diseases from splashing up onto the plants.
- Organic mulches can improve the soil structure. As the mulch decays, the material becomes topsoil. Decaying mulch also adds nutrients to the soil.
- Mulches prevent crusting of the soil surface, thus improving the absorption and movement of water into the soil.
- Mulches prevent the trunks of trees and shrubs from damage by lawn equipment.
- Mulches help prevent soil compaction.
- Mulches can add to the beauty of the landscape by providing a cover of uniform color and interesting texture to the surface.
- Mulched plants have more roots than plants that are not mulched, because mulched plants will produce additional roots in the mulch that surrounds them.

Mulches come in many different varieties. Organic mulches are those that used to be living material, such as bark, straw, leaves, grass clippings and ground up tree limbs. These organic mulches improve the soil by adding nutrients as they decompose. Popular varieties of the organic mulch include Cedar mulch, Pine mulch, and the ever popular Texas Native Hardwood. All of which are good choices when

selecting a mulch. These mulches are available for purchase by the bag or by the bulk.

BAGGED MULCH

3 cubic feet of bagged mulch will cover:

- -36 square feet to a depth of 1 inch
- -18 square feet to a depth of 2 inches
- -9 square feet to a depth of 4 inches

MUCH IN BULK FORM

1 cubic yard will cover:

- -162 square feet to a depth of 2 inches
- -9 square feet to a depth of 4 inches

Synthetic mulches are also available. You will likely find mulch in your local gardening store that is made from recycled rubber tires. These mulches typically will be in either cubed or shredded form. There are a few advantages of using these synthetic mulches. They are longer lasting since they do not decompose. There is typically a variety of color selections to choose from and they will not attract unwanted bugs or insects that may otherwise be attracted to some of the organic mulches. However, the disadvantages are many. Since the material (often rubber) is not pliable or very soft, the pieces do not lay together tightly. Therefore, it is difficult to prevent weeds from growing due to the infiltration of sun light and oxygen (two key components for weeds to grow). Moisture will also evaporate from the soil much faster then when using organic mulch. Rubber mulches are also flammable. If a cigarette is accidentally tossed into a bed of rubber mulch, it can catch fire, potentially catching your house on fire. Also, the dye that is used in the mulch can become toxic if used year after year. One should use caution when applying dyed, synthetic mulches.

Regardless of the type of mulch used, adding fresh mulch to your flower beds will help your plants thrive and will provide a fresh new look to your landscaping.



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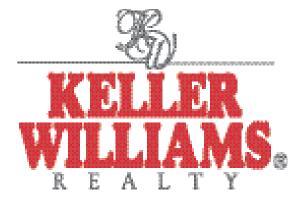
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Texas Events - April 2007

7, 14, 21—BAYSIDE: Spring Migration Birding Tour Annual tour, on 4,000 acres of habitat, racks up 100 species or more, including ibis, kites raptors, marsh birds least and American bittern, anhingas and rails. Hours are 7:30 a.m. to 2:30 p.m. Reservations required. Fennessey Ranch. 361/529-6600

10-15—BEAUMONT: Disney on Ice Ford Park. www.fordparktx.com 409/951-5400

13-14—DEER PARK: Totally Texas Festival Includes a parade, carnival, bands, pig racing, games, booths, car show, petting zoo and much more. Jimmy Burke Activity Center. www.deerparktx.gov 281/478-2050

13-14—EL CAMPO: Wharton County Youth Fair Cook-Off www. whartoncountyyouthfair.org 979/677-3350

13-14—HUMBLE: Kingwood Area Quilt Guild Show Humble Civic Center. www.kingwoodareaquiltguild.com 281/361-8722

13-15—BEAUMONT: Cowboys on the Coast Motorcycle Rally Includes a treasure hunt ride, scenic independent rides, bike games, motorcycle show, vendors and live entertainment. Ford Park. www.cowboysonthecoast.com 409/951-5400 or 409/842-1478

13, 15, 18, 21, 24, 27, 29—HOUSTON: Verdi's Aida Depicts the love triangle involving a slave girl, military captain and princess. Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372

13-15, 20-21, 27-28—BAYTOWN: Laughter on the 23rd Floor Baytown Little Theater. 281/424-7617

13-22—WHARTON: Daddy's Dyin', Who's Got the Will? Presented by the Plaza Theatre. www.whartonplazatheatre.org

14—BEAUMONT: Symphony of Southeast Texas Presents Master Series 4 Violinist Chee-Yun and Cellist Andres Diaz. Begins at 7:30 p.m. Julie Rogers Theatre. www.sost.org 409/892-2257

14—GALVESTON: Pirates of Penzance This opera spins a hilarious farce. Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

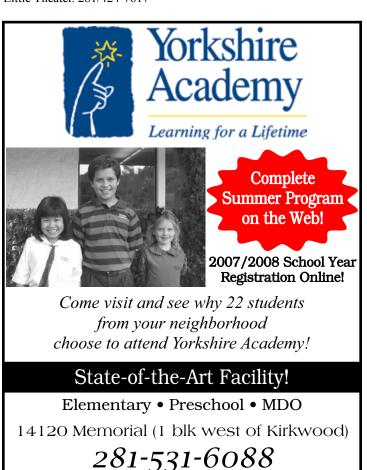
14—KINGSVILLE: Ride on the Wild Side Includes four lengths: 10, 30, 40 and 67 miles. The first 10 miles are on the historic King Ranch. www.kingsvilletexas.com 361/592-8516

14—NEEDVILLE: Earth Day Celebration Includes exhibits, hands-on activities, rock climbing wall and demonstrations by local, state and national conservation and environmental groups. Hours are 9 a.m. to 5 p.m. Brazos Bend State Park. www.bbspvo.org 979/553-5101

14—PORT ISABEL: Fifth Annual Queen Isabella Market Day Includes food, arts & crafts, music, and tours of the Port Isabel Museum, Treasures of the Gulf Museum and the Lighthouse. Hours are 9 a.m. to 5 p.m. www. portisabel-texas.com 956/943-7602

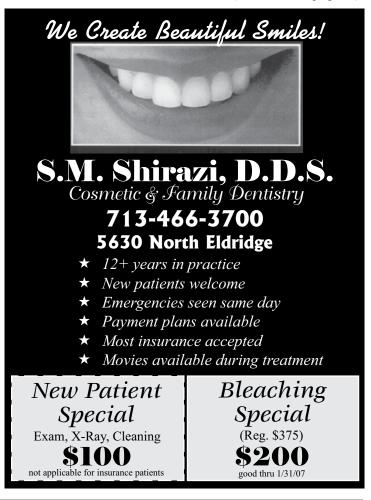
14-15—HOUSTON: Japan Festival Includes music, dance, martial arts, Japanese food vendors, exhibitors, Japanese Gardens tour, tea ceremony, bonsai and origami demonstrations, kids games, and more. Hours are 10 a.m. to 6 p.m. Hermann Park Japanese Gardens. E-mail: yoko@jashouston.org 713/963-0121

(Continued on page 13)



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Texas Events- (Continued from page 12)

14-15—ROCKPORT: 18th Annual Tour of Homes View custom homes in Aransas County. 361/729-5519

14-15—SOUTH PADRE ISLAND: Kids Cup Junior Angler Tournament 956/761-3000

14, 20-21, 28—LAKE JACKSON: Story Time Have fun and learn as storytellers read books about the sea and nature. Begins at 10 a.m. Friday and 10:30 a.m. Saturdays. Sea Center Texas. www.tpwd.state. tx.us/spdest/visitorcenters/seacenter 979/292-0100

20—BEAUMONT: LobsterFest Ford Park. www.fordparktx.com 409/838-6581

20—LAKE JACKSON: Gary Burton Duo in Concert Five-time Grammy winner vibraphonist Burton and pianist Makato Ozone perform selections form their latest album, which features jazz arrangements of classical works. The Clarion at Brazosport College. www.clarion.brazosport.edu 979/230-3156

20-21—HOUSTON: Spring Showcase Houston Ballet. Wortham Theater Center. www.houstonballet.org 713/227-2787

20-21—MAURICEVILLE: Annual Crawfish Festival Includes music, dancing, games, auction, carnival rides, craft booths, Miss Crawfish Festival Queen and festival parade. Mauriceville Festival Grounds. 409/745-1357

20-21—PORT ARTHUR: Mercado Days Festival Enjoy live music, food booths, arts & crafts booths, carnival rides, art displays, car show, clowns, pinata party and queen coronation. Downtown Port Arthur. www. sethcec.org 409/983-4006

20-22—HARLINGEN: Riofest 2007 International celebration of arts and culture features concerts, art displays and craft demonstrations from northern Mexico and the Rio Grande Valley. Includes a children's area, live music and lots of entertainment. Municipal Auditorium & Casa de Amistad. 956/425-2705

20-22—HOUSTON: The Grand Prix of Houston Allows families to see the finest open wheel and sports car racing in America. See the race teams and enjoy live music and other entertainment. Reliant Park. 713/659-7223

20-29—HOUSTON: 40th Annual WorldFest: Houston International Film Festival Brings a blend of feature films, shorts, screenplays, TV commercials, music videos and documentaries to viewers. 713/965-9955

21—FRIENDSWOOD: Auto & Bike Extravaganza Includes classic cars, motorcycles, food and games. Hours are 8 a.m. to 4 p.m. Stevenson Park. www.friendswood-chamber.com 281/482-3329

21—HOUSTON: Birder Walk & Talk Stroll around the park's many trails on this guided hike while seeking spring neotropic migrants and nesters. Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

21—LA PORTE: San Jacinto Day Festival & Battle Re-enactment Includes living history encampments, re-enactors in period costume, weapons demonstrations, children's activities and more. At 3 p.m., enjoy a re-enactment of the famous 1836 battle. Hours are 10 a.m. to 6 p.m. San Jacinto Battleground State Historic Site. 281/479-2431

(Continued on page 14)





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Texas Events- (Continued from page 13)

21—WEST COLUMBIA: San Jacinto Day Festival Commemorates this battle for Texas independence. Hours are 9 a.m. to 4 p.m. Varner-Hogg Plantation State Historic Site. 979/345-4656

21-22—HOUSTON: 2007 BP MS 150 This 180-mile journey starts in Houston and ends in Austin. Includes an overnight celebration in La Grange. www.ms150.org 800/323-4873 or 713/867-3279

21-22, 28-29—HOUSTON: Houston International Festival This event is the city's official celebration of art and culture. Continues its tradition of bringing together hundreds of international musicians, artisans and food vendors from around the world. This year's festival spotlights China. Downtown Houston, www.ifest.org 713/654-8808

21-22, 28-29—WHARTON: Wharton Hidden Garden Tour www. whartonhiddengardentour.com

22—LA PORTE: 2007 Battle of San Jacinto Triathlon Begins at Sylvan Beach with a 1.5-K swim, followed by a 40-K bike race, and finishes with a two loop 10-K run. Duathlon consists of a 2-mile run and 40-KM bike race. Aquabike is a 1.5-K swim and 40-K bike race. San Jacinto Battleground State Historic Site. www.ontheruntx.com 281/480-5388 22-28—EL CAMPO: Wharton County Youth Fair www. whartoncountyyouthfair.org 979/677-3350

24—EDNA: Earth Day Celebration Begins with a program on trees at 10 a.m. followed by leaf printing at 2 p.m. Afterwards plant a native tree you've brought or one of the park's trees. Finish the day with a night hike at 7:30 p.m. Lake Texana State Park. 361/782-5718

24—HOUSTON: TUTS' Tommy Tune Awards A team of 40 Houston-based theater professionals review and evaluate participating high school productions with the winners being announced at this Tony Awards-style ceremony. Hobby Center for the Performing Arts. E-mail: tuts@tuts.com • www.tuts.com 713/558-2600

25-29—HOUSTON: The Grand Wine & Food Affair Along with wine seminars and special demonstrations, this event includes the Grand Tasting, featuring reserve quality or better wineries and more than 40 celebrated chefs; the Sienna Sip & Stroll with tastings from more than 50 wineries and restaurants; and the Bistro Brunch, celebrating wine and food from the world's major wine regions. www.thegrandwineandfoodaffair. com 713/747-9463

26—BEAUMONT: Lamarissimo — Cardinal Singers & Dance Company Concert is from 7:30 to 9 p.m. Jefferson Theatre. www.jeffersontheatre. org 409/880-8144

27-29—BEAUMONT: Baytown Kennel Club & Beaumont Kennel Club

Dog Show Dogs and their owners from across the United States and Canada compete. Ford Park. www.fordparktx.com 409/951-5400

27-29—VIDOR: Texas Barbecue Festival Includes vendors, carnival, games, barbecue cook-off, 5-K run, children's walk/run, live entertainment and dancing. Claiborne Park West. E-mail: vidorchamber@sbcglobal. net • www.vidorchamber.com 409/769-6339

28—BAY CITY: Nature Family Fun Fest Family-oriented festival celebrates nature. Includes kayaking, boating, fishing, petting zoo, pony rides, birds of prey and more. Hours are 2 to 8 p.m. Matagorda County Birding Nature Center, Hwy. 35 W. E-mail: mcbnc@tisd.net • www. mcbnc.org 979/245-3336

28—LA PORTE: Sylvan Beach Festival & Crawfish Jam Includes a parade, live entertainment, food, arts & crafts booths, cook-off, carnival, pageant and more. Sylvan Beach Park. 281/471-1123

28-29—GALVESTON: Spirit of Flight Air Show Experience the heart-pounding action of military jets, historic warbirds and high-performance aerobatic performers in action. Get up-close-and-personal to all the action and visit the pilot autograph tent. Lone Star Flight Museum. E-mail: flight@lonestarflight.org • www.lonestarflight.org 409/740-7722 or 888/354-4488

28-29—HOUSTON: 36th Annual Houston Pod Chili Cook-Off Held under the auspices of the Chili Appreciation Society International, this event draws cooks from as far away as New York City. Join in the fun, food and festivities. Traders Village. www.tradersvillage.com 281/890-5500

28-Jun. 3—GALVESTON: Siren's Song Group exhibition pairs Texas artists with artists working outside Texas, exploring the theme of seduction. Galveston Arts Center. www.galvestonartscenter.org 409/763-2403

28-Jul. 8—BEAUMONT: George Tobolowsky: Sculpture This Dallas artist constructs his creations by transforming steel into whimsical and curvilinear forms. McFaddin-Ward Gallery, Art Museum of Southeast Texas. www.amset.org 409/832-3432

29—GALVESTON: Disney's Cinderella Kids & The Jungle Book Kids The Grand 1894 Opera House, 2020 Postoffice St. www.thegrand.com 800/821-1894

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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Little League Health Risks Anything But Minor

Baylor College of Medicine

HOUSTON – (Feb. 26, 2007) – Before letting young athletes play like the pros, know the risks – both physical and mental – of putting undeveloped muscles and bones to the test.

Dr. Joseph Chorley, assistant professor of pediatrics at Baylor College of Medicine in Houston, suggests parents wait for indicators of physical maturity before allowing their children to engage in intense, physically demanding activities and year-round sports. Indicators for boys include needing to shave and for girls, the beginning of menstruation, said Chorley, who is also a sports medicine specialist at Texas Children's Hospital.

"It is difficult to set an age at which kids should be allowed to throw a curveball (which puts undue stress on the shoulder and elbow) or play their sport of choice year-round," he said. "At 14, kids are at such different developmental stages than one another that the decision needs to be individualized."

Exposing a body too soon to intense physical strains can lead to serious injury. Chorley regularly sees adolescents and children with shin splints, stress fractures and knee pain from running cross country; ankle sprains and low back pain from soccer; shoulder strains and bursitis in swimmers; jumper's knee and shoulder pain from volleyball and little league elbow and shoulder pain from pitching in baseball.

As for playing sports year-round, children and adolescents should not only be developed and physically ready for the pressures but also emotionally prepared.

"Sports are a great way to enhance childhood, but they shouldn't take away from it," said Chorley. "Often parents lose perspective; only one in 10,000 high school varsity players will ever make money in pro-sports. We shouldn't have an all-or-nothing attitude of either belonging to the physically elite or being a couch potato."

Chorley says adolescents who are serious about year-round sports can do so if they can maintain appropriate weight and growth, perform without pain and injury and meet their unique nutrition needs. He does, however, caution against psychological burnout, which can take the form of flu-like symptoms and less enjoyment of the activity.

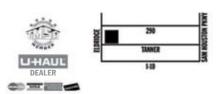
"Whatever a young athlete's choice of sport, whether contact is involved or not, it can be detrimental if the child is not physically, developmentally and emotionally ready," said Chorley. "Both parents and pediatricians need to be aware of the risks."

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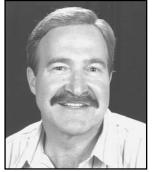
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