



# LAKES

## ON ELDRIDGE

Volume 6, Issue 5  
May 2007

Official Newsletter  
[www.lakesoneldridge.net](http://www.lakesoneldridge.net)

### Homeowners Association Dues

These were due by the end of February and any not paid by that time are now accruing monthly interest. If you are among the 53 homeowners who have still not paid your dues and are having difficulty paying them, please contact AMI immediately to discuss your situation and to work out a mutually acceptable solution.

Your Board has always been, and continues to be, willing to work with any homeowner who has difficulty paying his dues and who genuinely wants to work out a solution. The solution must address payment of the total amount owing – the Board does not accept partial settlements. Besides the conventional method of sending a check in full payment before the end of February, credit card payments ((American Express, Visa and Discover) are accepted, but are subject to a 3.5% convenience charge since that is the amount our bank charges LOE for this service. Other payment plans can also be arranged, but these are subject to interest charges if the account is not settled in full by the end of February. One homeowner has opted to send monthly payments in advance throughout the year to avoid having to write the large check in February.

The size of the overdue homeowner account status was discussed at the last Annual General Meeting and the Board explained that they had taken various steps in the preceding months to reduce that amount, including hiring a collection

agency and instructing the LOE attorneys to pursue overdue accounts earlier.

Your Board is pleased to report that these efforts are having an effect. Our attorneys have been successful in obtaining full payment of several significant accounts and several other accounts have been turned over to our collection agency. Compared to the situation last November, the LOE seriously overdue accounts at the end of March had been reduced by over 30%. Unfortunately the 53 new delinquencies have once again caused the account to increase dramatically. The Board will continue pursuing all these overdue accounts using all the methods now in its power.

While credit card payments and other payment plans can involve a small interest charge, that charge pales in comparison with the charges a homeowner has to pay if their account is sent to the collection agency or to the attorneys. The collection agency adds a 35% collection fee on top of the amount LOE asks them to collect on their behalf. Attorney fees increase as the case progresses – one recent case had over \$2,500 added to the account in attorney fees by the time the case was settled in court (almost doubling the original amount due). As the judge on one occasion stated – homeowners' associations are not banks; every homeowner has to pay his fair share.

Please do not let your payments get out of control – if you need time to pay, do call AMI to work out a plan.

### Child Killer

Many of the residents here in Lakes on Eldridge chose this neighborhood because they felt this gated, tranquil community would be an ideal and safe environment in which to raise their children. It is sad and infuriating that our own neighbors are recklessly endangering our children with deadly weapons every day by driving Ferraris, motorcycles and dirt bikes at high speeds on the weekends and, most abhorrent of all, by racing around school buses while they are stopped, with stop signs out and red lights flashing, loading and unloading our children.

I really cannot believe that my neighbors have such little regard for a child's life, much less the law. If a child darts out into the street and, although you are operating within the speed limits, you hit a child, the result is a tragic accident. If, however, you knowingly

*(Continued on page 2)*

***Don't want to wait  
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# 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
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## 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:

Bronson Clay .....	President
Deborah Dunaway .....	Vice President
Lindsay Buchanan.....	Secretary
Cory Hammond.....	Treasurer

**Visit the Association Website:**  
**[www.lakesoneldridge.net](http://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.

### Child Killer- (Continued from Cover page)

choose to speed past a bus while loading or unloading and hit a child, the result is a tragedy due solely to your unlawful and intentionally reckless behavior. There is no real difference between gunning the engine and passing a bus while loading or unloading children and coming to a complete stop, exiting your vehicle, and randomly discharging a weapon at a school bus while loading or unloading. Neither act is an accident, but an intentionally reckless act, with potentially devastating consequences. In either case, whether the weapon is a loaded gun or 3,000 lbs of steel, the result is the same--a dead child.

Help keep our children safe: If you know these people, be a hero; counsel them and prevent a tragedy in our community.

Thank you.



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# Lakes on Eldridge

## Improper Disposal of Lawn Clippings and Other Debris

We have received complaints from our landscape company and from several homeowners that a number of residents are throwing lawn clippings, branch trimmings, empty bottles and other debris over their back fences/walls into the greenbelt and perimeter areas. These actions detract from the beauty of our community and are absolutely not permitted.

This results in additional work for the landscapers, additional cost to Lakes on Eldridge (and hence, to you) and potential danger due to mowers running over glass containers. There is also the real possibility of damage or injury to the livestock that pastures on the eastern boundary of our community and to the other wildlife we all enjoy in this community.

All owners who border the greenbelt or live on the boundaries of LOE must ensure that no member of their household or their contractors ever throws anything over the fence/wall into the greenbelt or the outside perimeter of our community. Our landscape contractor is being instructed to throw any such debris back over the fence whenever such it is encountered and to notify AMI of the associated addresses.

## 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](http://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.

## Unauthorized Entry to LOE



Last month's newsletter had an article asking all homeowners not to allow tailgaters to follow them into the neighborhood, and to not let unauthorized vehicles enter the property through the Tanner gates.

Initial indications suggested that homeowners had read the article and were helping all of us maintain the security of LOE. HOWEVER, the owner of a white pickup apparently does not feel such measures are necessary.

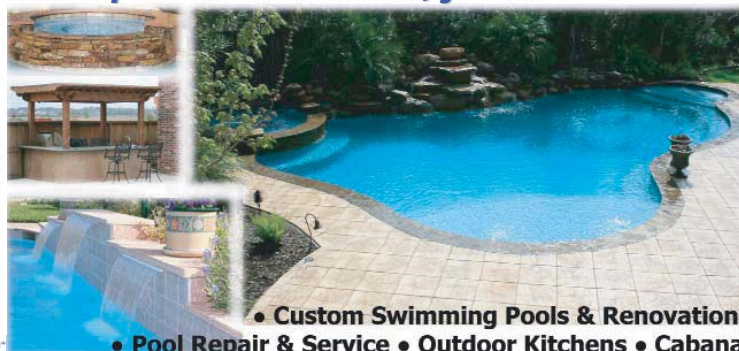
On Saturday, March 17 at approximately 11.15 am, a large "Living Earth" truck was waiting at the Ginger Ponds gate presumably hoping that some homeowner would let him enter. He was in luck! Not from the black pickup truck immediately behind him, but from the white pickup trying to turn in from the left lane of Tanner, going east. He appears to have considered only his desire to get off Tanner and into LOE, and made no evident attempt to talk to the driver of the large truck before allowing him to enter, nor to talk to him subsequently. Someone jumped out of the passenger side of his white pickup, operated their clicker to open the gate, and the "Living Earth" truck entered the property. No, the driver of the white pickup did not appear to have any connection to the driver of the "Living Earth" truck since they went in opposite directions at the end of Ginger Ponds.

An observant and concerned homeowner noticed the incident and provided the material for this article.

The "Living Earth" truck was identified and reported.



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# Lakes on Eldridge

## Welcome To Our Newest Neighbors!

We have two new families who have moved into Lakes on Eldridge in the last month. If you have not already, please welcome our newest neighbors – go over and knock on their door to say “Hi”, or extend your hand when you see them outside. Everyone likes to feel welcome.

Crescent Bay welcomes the family of Bruce Blausen.

Pelican Point welcomes the family of Russell Rush.

## Yard of the Month at Lakes on Eldridge

It's time for yard of the month. LOE would like to recognize those neighbors whose yards stand out from the rest. The extra time, energy and money these residents expend on their lawns, and the imaginative touches they bring to their landscaping not only enhance the value of the homes around them, but also foster a positive image of the entire neighborhood. If you would like to nominate one of your neighbors or yourself for the Yard of the Month please contact the Yard of the Month coordinator: Deborah Dunaway, 713-983-9651 or dsd1951@mac.com.

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## LOE BEACH CLUB

Are you thinking of having a party? Many residents rent the LOE Beach Club for their graduation parties, birthday parties, wedding showers, baby showers or whatever reason to celebrate. Where else can you rent a party room for \$75.00 and a \$500.00 security deposit? It is a bargain! All we ask is that you clean up and leave the clubhouse in the same condition as you found it. This facility belongs to all residents of Lakes on Eldridge and you must pay for the exclusive use of the building.

Should you want to have a community affair that you feel would benefit the entire neighborhood, you may wish to petition the Board (via AMI) for free use of the clubhouse. The Board will consider any application on its merits. The Board decided that any resident can apply for approval, but the ultimate decision on who will be granted free access will be left to the Board. The only clubs/groups that have already received approval for free usage are the Bible Study group, Mom's Club, Stitchers, Swim team and the (Boys and Girls) scouts, when space is available.

Anyone interested in reserving the Beach Club can call AMI for available dates.

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# Lakes on Eldridge

## BOARD NOTES: MARCH 2007

The Board of Directors of Lakes on Eldridge Community Association met on Tuesday, March 20, 2007. The following is a summary of their discussion. The full minutes can be read on the LOE Website.

### FINANCIAL REPORT

**Financial Statements:** As of February 28, the Association had cash balances of \$506,605.31 in the Operating Fund and \$129,943.85 in the Replacement Fund. For the first two months of 2007 the Association had Total Income of \$184,131.83, Total Expenses of \$200,230.09 and an Operating Deficit of \$16,098.26. The Deficit was mainly due to the \$65,000 reserve contribution. The financial statements were accepted.

**Collections:** \$220,608.82 of assessments and fees was collected during February. The Board reviewed the March collections legal status report. A trial date has been set in one collection case and a Board Member has agreed to attend as required by the judge. The managing agent was requested to continue providing ongoing updates of all collections.

**2005 Audit – Draft Report:** Answers to several questions have now been received from the auditor. The Board requested time to review the revised report before signing it. The managing agent was asked to pursue the possibility of the auditors' opining on the association's collection procedures further.

**Audit Engagement:** A decision was deferred pending receipt of the auditor's reply to the clarification mentioned above.

### COMMITTEE REPORTS

**Architectural Control:** Nothing to report.

**Access Control:** An interim written report from the Committee regarding their study to develop recommendations for improving LOE security including the Beach Club alarm system was requested.

**Parks & Pool:** The Board approved the swim team's request for a DSL in the clubhouse with the swim team paying the full cost. The Board will continue developing pool shower suggestions now that the managing agent has clarified that there are no health requirements for pool showers. The swimming pool gate continues to be defective and the managing agent was once again asked to have it repaired immediately.

**Landscape:** The Committee has not yet developed a recommendation regarding landscape or other barrier systems for the Tanner exit corners to avoid vehicles tearing up the grassy areas. No report was received about the possibility of striping at the Tanner gates.

**Lakes & Wildlife:** The Board instructed the managing agent to notify Waste Management that it expected drivers to slow down, immediately report and accept responsibility for any incident and pay \$2,000 in liquidated damages for the death of the swan. The

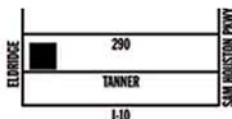
*(Continued on page 9)*

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# Lakes on Eldridge

## Board Notes- (Continued from page 8)

\$2,000, once received, will be earmarked for the wildlife fund.

**Newsletter** The Board agreed to have a suggestion and Board comment section added to the newsletter in hopes of creating more community interaction.

**Website:** The Board agreed to take over operational control of the website from the managing agent and, by using volunteer help, reduce the monthly cost from \$150 to \$90. The Website Committee will meet with the managing agent to take over control. The committee continues to research options for the website.

**Social/Events:** The annual Easter Egg Hunt has been scheduled and the Social Committee will assist Elizabeth Tobin in running this event.

## MANAGEMENT REPORT

**Radar Signs:** This subject was again tabled in light of the report that has now been requested from the Access Committee.

**Pool Filter:** The Board approved a bid from GHPM to provide necessary overhaul parts and labor at a cost of \$1,800.00. GHPM will also inspect all lateral piping and replace as necessary at an additional cost of \$19.00 per lateral.

**Power wash Tanner wall:** The Board approved pressuring cleaning and chemical treatment of the Tanner road wall at an expense of \$2,954.00.

**Tennis Courts:** The Board approved resurfacing all three tennis courts at a cost of \$8,125.00. The managing agent will contact the tennis team to coordinate the schedule.

## ADDITIONAL BUSINESS

**Beach Club Remodel:** The Board discussed the interior decorators suggestions at length, divided them into three phases and authorized the first phase with a maximum expenditure of \$15,000. The other phases will be done as the budget permits.

**Free Use of Beach Club:** The Board determined that only Board authorized groups would be allowed to use the Beach Club at no charge. The Board will consider any application on its merits. The only clubs/groups that have already received approval for free usage are Bible Study group, Mom's Club, Stitchers, Swim team and the (Boys and Girls) scouts, and the latter is only when space is available.

**Meeting with MUD 341:** Two Board members agreed to represent LOE at the meeting, which the MUD has requested.

**Front Gate Regulations:** The preliminary update was discussed and additions suggested. A new update will be distributed.

## SCHEDULE NEXT MEETING

The next regular meeting of the Board of Directors was scheduled for Tuesday, April 24, 2007 at 6:30 p.m. at the Beach Club.

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# Lakes on Eldridge

## A FEW GOOD IDEAS!

A number of LOE residents have sent in some really good ideas thru our Suggestion Box.

- One resident brought to our attention a drainage problem on the sidewalk on the east side of Lake Center Run between Lake Shore Ridge and Bristol Bank. Water and mud were almost always standing at two places on the sidewalk

After inspection of this area, the Board found that a resident was over watering their lawn causing the constant standing water. This was brought to the attention of the resident and the water problem dried up.

- One resident suggested the lights be removed from the soft drink machine located at the rear of the clubhouse. In the evening the garishly lit machine detracts from the view of the clubhouse across the lake. He suggested the view of the clubhouse upon entering the development would be much better without the commercial lights of the soft drink machine.

Bingo! The lights in the coke machine were turned off.

- One suggestion was "a Community Spray Day". West Nile Virus is a threat added to the usual nuisance of mosquitoes. The suggestion was to give residents the opportunity to treat their yards at the same time as the subdivision is sprayed.

The mosquito-spraying schedule was printed in the newsletter.

- One resident requested more park benches around the lakes.

Two park benches were placed on the lake next to the tennis courts and additional benches are in the planning.

- Several residents have made suggestions for improving our website.

We now are forming a website committee and completely revamping our website to be more user friendly.

- One resident made several great suggestions regarding the speeding in the neighborhood that prompted the recent newsletter article on speed bumps. Several of this resident's suggestions on LOE's speeding and driving problems are now under consideration by the Board.

- If you have suggestions for improving our community, please e-mail them to the SUGGESTION BOX. The SUGGESTION BOX is in the Member Section of the LOE website, [www.lakesoneldridge.com](http://www.lakesoneldridge.com). The e-mails go directly to your Board of Directors for consideration. The Board wants and needs your community involvement to make our neighborhood be the best it can be!

## SWAN UPDATE

Currently there are 15 white mute swans at LOE. Juliet, our breeder swan, left her lake after Romeo's death to seek a new partner and returned with Antonio. Together they have constructed a nest on which Antonio sat until Juliet finished laying seven eggs. Juliet has now taken over the incubation and we are hoping the eggs are fertile and will hatch around Mother's Day. There were two male swans on the lake by the tennis courts that frequented the clubhouse lake. One of these was Antonio. The one left behind roams to other lakes with swans on them. Randy and Dominic, his mate, have relocated themselves on the

farthest lake in the subdivision and did not nest this spring. Several attempts were made to bring them to a closer lake but they were persistent and kept going back. If Juliet and Antonio do produce cygnets, these will be relocated in October or November to lakes that have no swans on them accomplishing our goal of having swans on every lake in LOE. Waterfowl funds have almost been diminished and again many thanks to those of you who contributed last spring. Another call for donations may be made in a month pending the amount of money Waste Management reimburses us for the loss of Romeo and pending the Board's decision to allocate annual funds for the waterfowl. Should you have any questions or concerns about our waterfowl please call Betty Burkett at (713) 302 9929.



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## LOE BOOK CLUB

Book club has meets 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.

NOTE that because of the Memorial Day holiday, we have moved May's date later and will skip a regular June meeting.

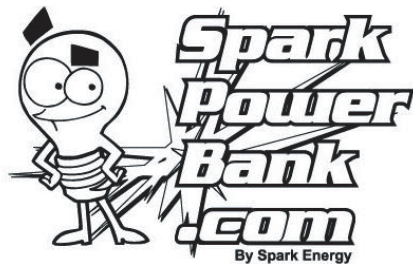
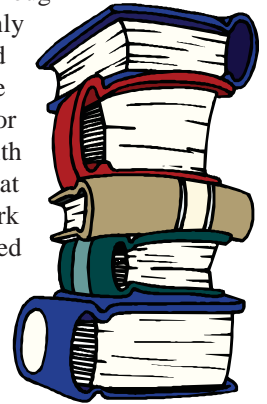
June 11 (note: later because of Memorial Day) – Widow of the South by Robert Hicks. In 1894 Carrie McGavock is an old woman who has only her former slave to keep her company...and the almost 1,500 soldiers buried in her backyard. Years before, rather than let someone plow over the field where these young men had been buried, Carrie dug them up and reburied them in her own personal cemetery. Now, as she walks the rows of the dead, an old soldier appears. It is the man she met on the day of the battle that changed everything. The man who came to her house as a wounded soldier and left with her heart. He asks if the cemetery has room for one more. In an extraordinary debut novel, based on a remarkable true story, Robert Hicks draws an unforgettable, panoramic portrait of a woman who, through love and loss, found a cause. Known throughout the country as "the Widow of the South," Carrie McGavock gave her heart first

to a stranger, and then to a tract of hallowed ground-and became a symbol of a nation's soul.

July 23 – To the Tower Born by Robin Maxwell. In 1483, Edward and Richard of York—Edward, by law, already King of England—were placed, for their protection before Edward's coronation, in the Tower of London by their uncle Richard. Within months the boys disappeared without a trace, and for the next five hundred years the despised Richard III was suspected of their heartless murders.

In To the Tower Born, Robin Maxwell ingeniously imagines what might have happened to the missing princes. The great and terrible events that shaped a kingdom are viewed through

the eyes of quick-witted Nell Caxton, only daughter of the first English printer, and her dearest friend, "Bessie," sister to the lost boys and ultimate founder of the Tudor dynasty. It is a thrilling story brimming with mystery, color, and historical lore. With great bravery and heart, two friends navigate a dark and treacherous medieval landscape rendered more perilous by the era's scheming, ambitious, even murderous men and women who will stop at nothing to possess the throne.



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SparkPowerBank.com is recommended by Texas Energy Analyst, Alan "Petrodamus" Lammey  
Heard Sunday's from 1 pm to 2 pm on 950 AM KPRC - Houston's Place To Talk!



# Lakes on Eldridge

## Feral Feathers



*The Monk Parakeet is one of many wildlife residents in LOE.*

You may have noticed an emerald green flash go by on a walk around Lakes on Eldridge. If you remove your iPod, you may also hear an unusual call, instantly noticeable and unusual among the familiar calls of Blue Jays and Mockingbirds. You have just seen or heard a Monk Parakeet, *Myiopsitta monachus*. The Monk Parakeet, also called Quaker Parrot, is not a native to this area or the United States. Wild birds were imported to the U.S. in the late sixties from Argentina, Brazil, and South America as pets. As the birds inevitably were released or escaped,

they thrived in their new environment and have formed large colonies in the Southern and Southeastern U.S. These hardy birds have even established colonies as far north as Chicago and Connecticut.

The Monk Parakeet is green with pale grey on the forehead, cheeks, throat and chest. Some blue can be found in the tail and wing feathers. There are several color mutations including blue, albino, and cinnamon, although only the common greens have been spotted in our neighborhood. Monk Parakeets are unusual in that they are the only

Parrot that builds a stick nest either in trees or on manmade structures. Other Parrots nest predominantly in hollows in trees. Also unusual is that they often build large nests for multiple pairs with separate entrances for each pair. Nests have been reported as large as small automobiles.

At least one colony has established itself near the main lake by the clubhouse here at Lakes on Eldridge. The birds are often seen near the clubhouse, sometimes carrying small branches that they cut with their beaks from the birch trees along the lake. Monk Parakeets have also been seen at Pecan's Grill on Tanner. The birds are not reported to have a very large range and the sightings at Pecan's beg the question of whether there is more than one colony in the neighborhood. In pet stores, Monk Parakeets cost between \$50 and \$200 for handfed babies while the rarer blue varieties may cost up to \$400. Although they are cherished as pets and most people enjoy the novelty of seeing them wild in their neighborhood, they are considered a pest to agriculture by many of their native countries. Although it is disputed, they are also considered an agricultural pest in some areas of the U.S. and eradication programs have been implemented in some of these areas.

Keep a look out for these colorful invaders or put out a feeder with sunflower seeds and you may be treated with a visit from one of our colorful and vocal tropical immigrants.



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# Lakes on Eldridge

## Lots of Fun Found at the Annual Egg Hunt



*A very large crowd turned out for the annual LOE Easter Egg Hunt.*



*Little children rush to find Easter Eggs.*

The young children of Lakes on Eldridge, and their families, enjoyed a fun morning at the annual Easter Egg Hunt held in front of the club house on March 24, 2007. After the children had collected their eggs, everyone enjoyed delicious refreshments and dozens of children stood patiently in line for their turn to have their faces painted by Ann Knoche of Heritage Texas Properties. Many thanks, Ann, for your continued support of our egg hunt by providing this fun opportunity for the children.

Thank you to Nicole Sundin at AMI for helping me get flyers copied. Thank you to Deborah and Jerry Dunaway for making the gate signs and hanging them up. Thank you

to Sandy Deloney, Karen Sims, Matt Tobin, Maria Marget, Georgia Shotwell, Deborah Dunaway, Wendy Craven, Julie Applegate, Katya Atanas, Jamie Medina, and Sheryl Henke for distributing the flyers throughout the neighborhood. Thank you to Holly Blausen, Wendy Craven, Julie Applegate, Mei Moy, Jamie Medina and Karen Sims for also serving as egg drop sites and getting the eggs to the club house.

Thank you to Shelina Nagji for purchasing the refreshments and delivering them to the clubhouse. Thank you to Laura Davis for bringing cookies for the refreshment table. Thank you to Georgia Shotwell, Deborah Dunaway, Grace Craven, Ross Craven, Olivia

Tobin, Amelia Tobin, Jacky Clay, Rosa and Bronson Clay, Alex Lemaire, Jarvis Harris, Russell Lyons and Mary Catherine Gauci who hid hundreds of eggs and helped set up for the morning. Thank you to Georgia Shotwell who also assembled and donated about 300 eggs to the hunt! Lastly, thank you to everyone who stayed and helped with the clean up and break down after the hunt.

I wish to extend again my sincerest thanks to each and every volunteer. The hunt would not be possible without your generous help. Many of you have volunteered for several years and your willingness to continue to help with this event is most sincerely appreciated.

By Elizabeth Tobin

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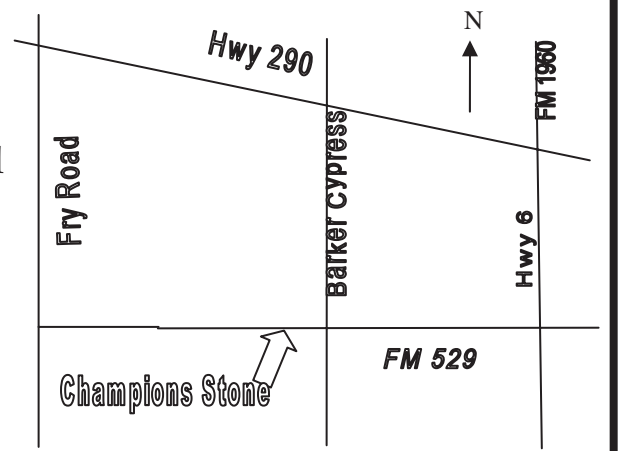
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# Lakes on Eldridge

*The most points scored by a single player in an NBA basketball game is 100, by Wilt Chamberlain of the Philadelphia Warriors, on March 2, 1962.*



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Please support the businesses that advertise in the Lakes on Eldridge Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge 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 Peel, Inc. Sales Office at 512-989-8905; [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following month's newsletter.



## Helping You Get Started

Residents of Lakes on Eldridge that would be interested in learning to knit, crochet, do needlepoint or embroidery, please join us on any Thursday at the Beach Clubhouse from 10 a.m. to 12 p.m. We will be happy to help you get started.

For more information contact Catherine Spellings at 713-896-1652 (home) or 713-628-7083 (cell) or [CTSpellings@aol.com](mailto:CTSpellings@aol.com) or Tina Wang at (713)-574-1654 or [Yangingwang20022003@yahoo.com](mailto:Yangingwang20022003@yahoo.com)

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# Lakes on Eldridge

**Fit Facts™**  
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## Bike + Mountains = Excitement And Challenge

Tired of paved roads? Want to go where there aren't any speed limits? If you answered yes, then your vehicle of choice could very well be a mountain bike. Ever since a group of friends took a fast-paced ride down a steep incline in Northern California, mountain biking has been an exciting challenge to off-road riders.

Its inclusion as an event in the 1996 Olympics confirmed what riders already know: Mountain biking is one of the fastest growing sports in the world, both in popularity and participation.

If you've never been on a mountain bike you might wonder what all the fuss is about. Many riders say it's the freedom. After all, destinations are unlimited on these machines built for rough terrain.

### THE RIGHT EQUIPMENT

Mountain bikes are sturdier than your average 10-speed or hybrid bicycle so they can withstand rough roads. They have wide tires that grip the trail, and cantilever brakes, similar to those found on a motorcycle.

When purchasing a mountain bike, be sure that it isn't too large. You should always be able to put a foot on the ground to steady yourself. A helmet is a must, and knee and elbow pads are sure-fire scar preventers.

### YOUR BODY ON A BIKE

Riding a bike is one of the best cardiovascular exercises around. Not only does it provide an aerobic workout, but it

strengthens the large muscles of the lower body, including the thighs, hips and buttocks, without putting a lot of stress on the joints. The upper body and arms come into play when climbing hills.

Always warm up before you begin your ride. Pedal in a low gear over flat terrain until you begin to sweat or feel warm.

This usually takes about five to 10 minutes. And don't neglect to cool down when you come to the end of your ride. Gradually lowering your heart rate can help prevent the pooling of lactic acid in the muscles. Again, pedal slowly in a low gear.



### ON THE TRAIL

Practice makes perfect isn't a cliché when it comes to handling a mountain bike. Once you start heading up hills and mountains and over rocks and steep falls, you'll need to rely on your instincts, which, if they don't come naturally, develop through practice.

One of the first things to do is to get a feel for how the brakes work. The front brake on a mountain bike usually has more power than

the back, and pulling it alone may send you flying over the handlebars. Practice quick stops before you hit the trail so you can feel how your weight may affect how you stop. Cantilever brakes are stronger than those on other bikes, allowing riders to control factors such as their rate of decline. When descending a hill, lightly squeeze and release the brakes - a technique called feathering - to prevent the wheels from locking.

Change gears as it becomes necessary in order to keep a steady cadence. Use a low gear when you need power, and a high gear when you want speed.

Climbing requires a shift in your weight that will control the tires' grip on the ground. Short, steep hills may require out-of-the-seat pedaling to garner more power. If you try this on a long climb, however, you'll likely tire before you reach the top. Shift your weight forward, off the seat if necessary, to gain the power you need.

### GET PEDALING

You can obtain information about trails in your area from your local library or mountain-biking group. The sooner you start pedaling, the sooner you can test your limits - those set by both your body and your mind.

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# Lakes on Eldridge

## Summer Camps at Cypress Christian School

Cypress Christian School will once again host summer camps for children and adults in the community.

**Camp Invention - June 4 - 8:** This is a week-long summer enrichment program in the fields of science, mathematics, history, and the arts for children entering grades 1 - 6. For more information, log on to [www.invent.org/CampInvention/](http://www.invent.org/CampInvention/).

**High Touch - High Tech Science Camp - June 11 - 15:** This is a one-week session that brings a child's imagination to life as he/she enjoys a variety of interactive, science-related activities. It will be an inspiring week of fun and learning! For more information, log on to [www.hightouch-hightech.com](http://www.hightouch-hightech.com) or call 281-448-9919 or email: [Houston@hightouch-hightech.com](mailto:Houston@hightouch-hightech.com).

**St. Thomas University Summer Reading Enrichment Program - June-August:** CCS will host this program again this summer. It is scheduled to run from June to early August and is available to children and adults. Please call 1-800-964-1020 for more information or to register for classes.

### Sports Camps - June:

- **Basketball Camps** - The main purpose of the camps is to teach the fundamentals of dribbling, shooting, passing, and defense, while also developing self-confidence and a positive mental attitude. Informational flyer available on the school web site at [www.CypressChristian.org](http://www.CypressChristian.org) (Upcoming Events tab).

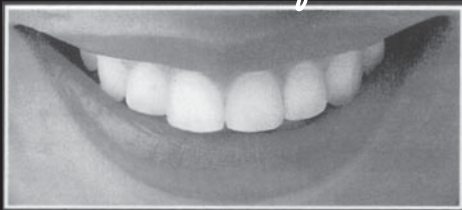
- CCS Basketball Camp 1, June 18 - 21, 9:00 a.m. to 12:00 p.m. (Camp 1 is for students entering 2nd- 6th)
- CCS Basketball Camp 2, June 25 - 28, 9:00 a.m. to 12:00 p.m. (Camp 2 is for students entering 7th-12th)
- Sports Quest Soccer Camp - June 25 - 29, 5:30 p.m. to 8:30 p.m.  
[www.sportsquesttraining.com](http://www.sportsquesttraining.com) or 832-593-7777

Cypress Christian School is located at 11123 Cypress N. Houston Road near the corner of Jones Road and Cypress N. Houston. For more information, visit the school web site at [www.CypressChristian.org](http://www.CypressChristian.org) (Upcoming Events) or call 281-469-8829.

## Article Submissions

*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 to [dsd1951@mac.com](mailto:dsd1951@mac.com). This information should include your name. All information should be received **no later than the 12<sup>th</sup> of the month** and is subject to editorial approval as well as space limitations.*

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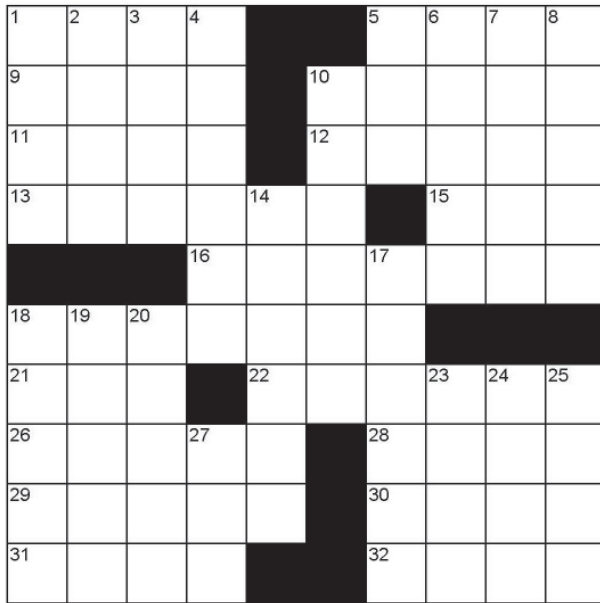
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## Crossword Puzzle



### ACROSS

1. Foster
5. Cab
9. Walk back and forth
10. Small bunch of flowers
11. Lubricates
12. Licit
13. Injury
15. Before, poetically
16. Upset (2 wds.)
18. Defers
21. Also
22. Soak up
26. Appall
28. Opera solo
29. Egyptian flower
30. Shout
31. Canal
32. Hawked

### DOWN

1. Smirch
2. Set of 2
3. Ca. University
4. Job hunter's need
5. Imitate
6. Recommends
7. Jeweled headdress
8. Eyed
10. Allayed
14. Ladies
17. School writings
18. Dickens' "\_\_\_ of Two Cities" (2 wds.)
19. Beige
20. Raccoon-like animal
23. Dunking cookies
24. Small brook
25. Bare scalp
27. Regret

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## Teenage Jobseekers

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# Lakes on Eldridge

## Trinity Vineyard Church

### Who are we?

Simply put - 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?

We will continue our series on the book Philippians. Come join us as we explore and investigate this very relevant and influential book.

Visit our web page [www.TrinityVineyard.cc](http://www.TrinityVineyard.cc) to discover all the happenings in the life of Trinity Vineyard.

### Vacation Bible School

Grab your sunglasses and beach towels and get ready for some splashing fun at our Take the Plunge VBS- Ages 4 through 5th grade. Space is limited! Contact the church office to register today.

### When are our Gatherings?

Our Sunday 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)

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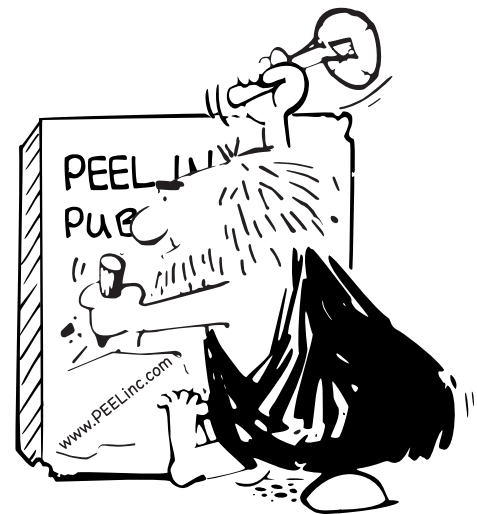
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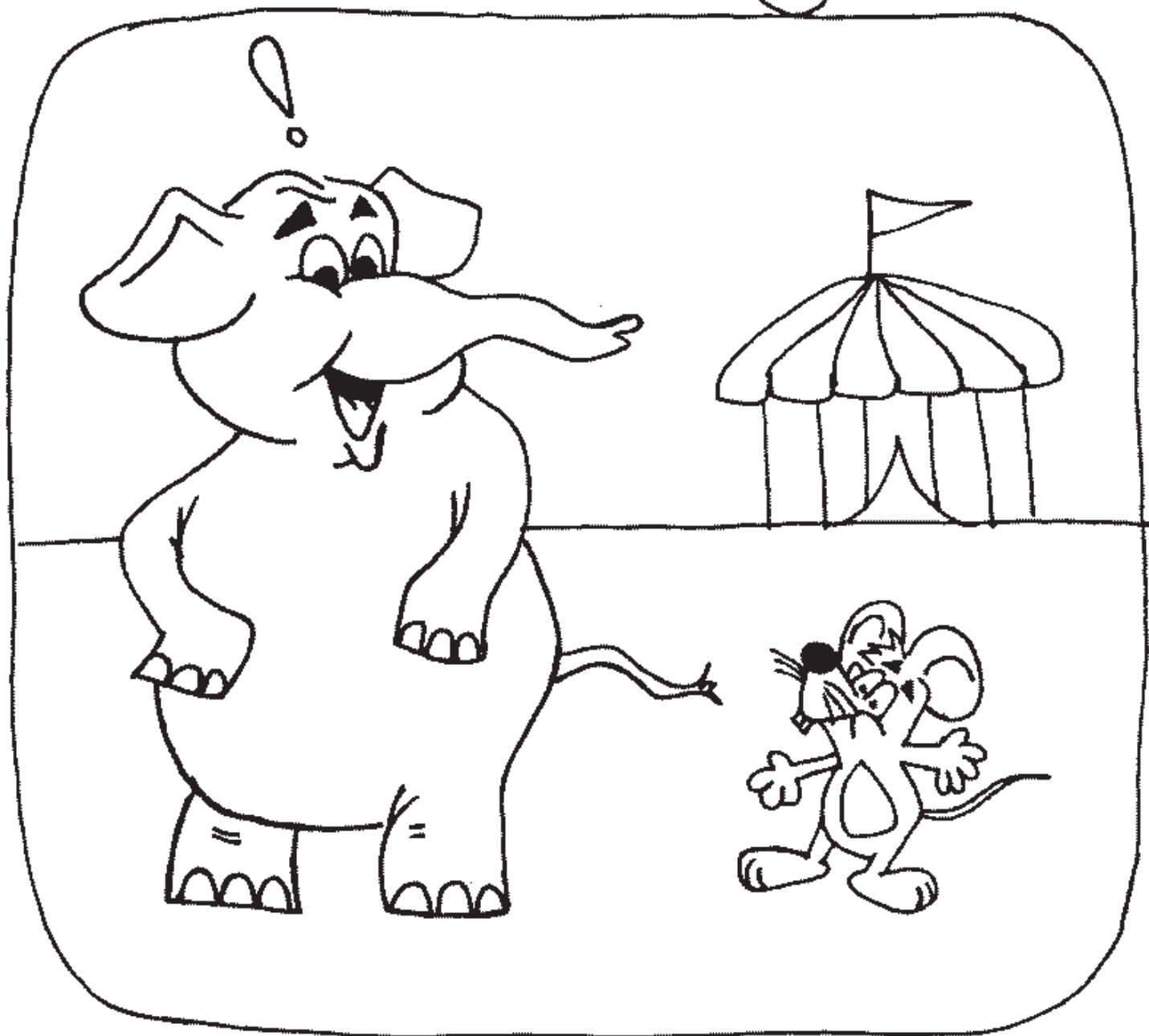
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## Nutrition In A Nutshell

### The Heart-Healthy Pecan

(NAPSA)-Pecans, loved for their sweet crunch and undeniable flavor, are coming out of their shells and gaining recognition as a healthy addition to a well-balanced diet. Once thought of as an indulgence, clinical research findings show that pecans can be enjoyed as a healthy snack year-round.

The medical journal Nutrition Research reports that eating about a handful of pecans each day, about 15 halves, may help prevent heart disease by inhibiting unwanted oxidation of blood lipids, which helps prevent hardening of the arteries. Other studies have shown pecans may help reduce cholesterol levels, prevent gallstones and help with weight control.

In addition to these positive health benefits, pecans are also packed with antioxidants and 19 vitamins and minerals. Plus, pecans are a natural, high-quality source of protein, with very few carbohydrates and no cholesterol. And while pecans do contain fat, it's unsaturated- or the "good fat"-which helps lower levels of cholesterol in the blood when substituted for saturated fats. In addition, pecans contain no trans fat.

For more information on the health benefits of pecans, recipes or where to find pecans, visit [www.ilovepecans.org](http://www.ilovepecans.org).



*Study: Eating pecans may help prevent heart disease.*

### PLEASE NOTE

Landscapers and housekeepers should not have a remote to the community. Their names should be on file with the gate attendants and they should enter via the front entrance gate only. Please help control the access to our community by following these rules.

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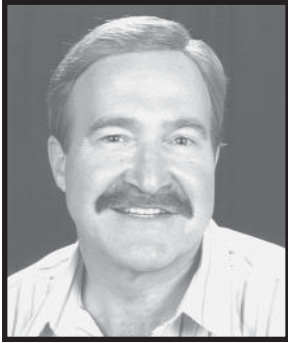
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