



LAKES

ON ELDRIDGE
NORTH

Volume 6, Issue 8

August 2007

Lakes on Eldridge North (L.O.E.N.) Community Fall Festival

The Ladies Club of Lakes on Eldridge North community is once again organizing the annual community fall festival. This year's festival theme is 'World Festival'; a celebration of the many and wonderful cultures represented in L.O.E.N. A large portion of the proceeds raised during the festival will benefit UNICEF, an international organization that is recognized for their amazing work in the survival, development and protection of children worldwide.

Twin Lakes and Lakes on Eldridge homeowners are cordially invited to come and join the festivities. Tickets are now available.

The festival will take place on Saturday, September 29th 2007 at the L.O.E.N. main clubhouse on Catalina Shores Drive. In order to recognize and raise awareness, about the many cultures of the world this year's festival will be offering attendees a wonderful diversity of Food, Merchandise, Activities, and Entertainment. There will be a 'World Food Market' where attendees can purchase a variety of different ethnic cuisines. To complement the food market there will also be a 'World Craft Market' offering a wide variety of international goods that can be purchased throughout the event. For the younger members of the community there will be a 'World Activity Park' open from 2:00 pm to 5:00 pm. Within the park there will be games, face painting, food, and drinks on offer.

In addition to the markets and the activity park, there will also be ongoing cultural displays, international dance exhibitions, a raffle and a silent auction.

For the more mature family members the wine and beer bar will open between 5:00 pm and 7:00 pm within the clubhouse patio area. This will be accompanied by music from a live band.

There is still a limited number of food vendor, craft market vendor "with an International theme" and activity park sponsorship opportunities available. Entry tickets will be available from July 14th at a VERY SPECIAL early-bird price. These tickets will only be available up until 12 Noon on the day of the event, at which time the price for entry will increase,

For more information on how you can be a vendor, offer sponsorship, obtain tickets, or indeed be an event volunteer, then please contact the L.O.E.N. Ladies Club at loenladiesclub@hotmail.com.



Houston Family Arts Center Events

Houston Family Arts Center presents 'Seussical The Musical', weekends August 10-19, The Berry Center Theatre, 8877 Barker Cypress Rd. Your favorite Dr. Seuss characters come to life in this delightful musical. Please visit www.houstonfac.com for individual tickets or call 281.664.1418 for groups of 10 and more. Tickets are \$12/Adults; \$10/Seniors and \$8/children and students.

Houston Family Arts Center presents 'The Pirates of Penzance', weekends, August 31 – September 9, The Berry Center Theatre, 8877 Barker Cypress Rd. Every young imagination has dreamt of being a pirate with an eye patch and sword, and in Gilbert and Sullivan's most popular operetta, everyone gets their chance. Gilbert's sharp patter hits the mark with unerring skill, and this is widely considered to be Sullivan's greatest score. Please visit www.houstonfac.com for individual tickets or call 281.664.1418 for groups of 10 and more. Tickets are \$12/Adults; \$10/Seniors and \$8/children and students.

***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**

Lakes on Eldridge North

IMPORTANT NUMBERS

Gate Attendant	713-856-6127
Harris Co. 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 Services	713-983-3602
(Service or emergencies 24 hrs)	713-983-3604
Harris County Tax Office	713-224-1919
Reliant Energy	713-207-7777
(give pole # of street 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
Newsletter Publisher	
Peel, Inc.	advertising@PEELinc.com, 888-687-6444

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Article Submissions

Please e-mail articles and/or photos to articles@PEELinc.com. 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**

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 advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.



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RELOCATING? MOVING UP? SCALING DOWN?

LAKE S

ON ELDRIDGE

Back to School time at ...

Kirk Elementary

School Office: 713-849-8250

2007 Fall & 2008 Winter Semester School Calendar*

Aug. 14-17	New Student Registration
Aug. 27	1st Day of School
Sept. 3	Student Holiday
Oct. 8	Professional Day (Student Holiday)
Nov. 22-23	Student Holidays
Dec. 21	End of 1st Semester
Dec. 21	Early Release Day
Dec. 24-Jan. 4	Student Holidays

Jan. 3-4	Professional Days (Student Holidays)
Jan. 7	1st Day of 2nd Semester
Jan. 21	Student Holiday
March 17-21	Student Holidays
April 28	Professional Day (Student Holiday)
May 26	Student Holiday
May 29	Last Day of School
May 30	Professional Day (Student Holiday)

* Dates/Times subject to change

Grading Periods: 1st Semester

1st Grading Period: Aug. 27-Oct. 5 . . . 29 Days

2nd Grading Period: Oct. 9-Nov. 14. . . 27 Days

3rd Grading Period: Nov. 15-Dec. 21 . . 25 Days

Total 81 Days

Grading Periods: 2nd Semester

4th Grading Period: Jan. 7-Feb. 15. . . 29 Days

5th Grading Period: Feb. 18-April 4 . . 30 Days

6th Grading Period: April 7-May 29. . . 37 Days

Total 96 Days

Ann Knoche

*Celebrating over 10 Years of promoting
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Lakes on Eldridge North

Lakes On Eldridge North

World Festival - September 29th 2007 - 2pm to 7pm

A celebration of the many and wonderful Cultures represented in L.O.E.N.

This will in turn benefit UNICEF International

VOLUNTEERS NEEDED CAN YOU HELP?

We are looking for volunteers to help with our World Festival on September 29th 2007.

Can you donate one or two hours of your time between 2:00 pm and 7:00 pm?

Can you help us with the set-up for this event between 9:00 am and 12 Noon?

Can you help us with the clean-up after the event between 7:00 pm and 8:00 pm?

If you, or a family member, are willing to donate some time on Saturday, September 29th, then please contact the Lakes on Eldridge Ladies Club via email loenladiesclub@hotmail.com or call Jane Seaman, Festival Coordinator, on 281-733-7929.

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HURRICANE SEASON HAS ARRIVED!

ARE YOU AWARE that no new insurance policies can be written on the day a storm is declared a hurricane and is within the boundaries of 80 degrees West longitude and 20 degrees North latitude, or is in the Gulf of Mexico.

Also, if a storm identified as a hurricane is downgraded from hurricane status, but still poses a threat to the Texas coast, TWIA (Texas Windstorm Insurance Association) will not allow any new coverage until the TWIA General Manager determines that a threat to the Texas coast no longer exists.

If you are closing on home during hurricane season, it is imperative that you obtain insurance coverage well in advance of your closing date in order to avoid any potential problems.

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Lakes on Eldridge North

Cy-Fair Recreational Soccer Fall Soccer Registration



**SCHOOL STARTS LATER THIS FALL -
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FALL REGISTRATION OPEN NOW!

Go to www.cyfairsoccer.org for more information and to register today. This is where you want to play!

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!

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

Cy-Fair College, “Perspective”

Evening, Weekend, Hybrid – Classes to Fit Your Schedule

Classes start Aug. 27! Continuing education, Weekend College and fall registration are still under way at Cy-Fair College and at the Fairbanks Center. With courses designed to transfer to four-year institutions, two-year associate degrees and career programs developed to meet the needs of tomorrow, Cy-Fair College has everything to meet your interests as well as academic and workforce needs. Convenient payment plans as well as weekend, evening, hybrid and distance learning classes are available. For the best selection on the courses and times that will fit your schedule, register now! Call 281-290-3200 or 832-782-5000 for information; go online to www.cy-faircollege.com; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

Don't Miss This Children's Summer Show

Mark your calendars for the children's summer production of 'Tite Rouge, a charming and rollicking retelling of Little Red Riding Hood set at 10 a.m. Mondays through Fridays and noon Saturdays Aug. 6 – Aug. 18.

Check out the All About Beads Exhibition

Beads, beads and more beads will be on display in the Cy-Fair College Bosque Gallery through Aug. 30. This unique art exhibition, using one primary medium - beads, will showcase work from Houston area beaders. Meet the beaders as well as college art faculty and staff at the reception from 4:30 p.m. to 6:30 p.m. Aug. 2. Light refreshments will be served.

Add a Little L.I.F.E. in August

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) August programs include benefits of video games for adults, tie dye tee shirts, basics of a painting, looking your best and a Holland trip and bulb tips. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.



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Garage Doors: All Are NOT the Same

Submitted by Kat Brogden

Most homeowners think all garage doors are the same. This misunderstanding leads many to spend money on "value priced" products which a year or two down the road turn one's situation into the typical throwing good money after bad scenario.

Over the course of the last 15 years garage door manufacturers have generally adopted a business strategy based on price competition. While this appears to benefit the homeowner for the initial purchase, cost savings are achieved at the expense of quality.

While most doors have similar outward appearances, the cost savings desired are achieved by reducing the quality and caliber of critical steel components on the inside. In most cases today critical moving parts are substituted with plastic components. Most of these components tend to fail within the first year of use.

A few guidelines when selecting residential garage doors:

Steel doors generally come in 26, 25 and 24 gauge thicknesses. The 24 gauge is the thickest exterior while 26 gauge is something akin to a soda can. A 24-gauge door will last longer, resist dents and be less noisy than the other two.

Door exteriors generally have a 10, 15 and 30-year warranty against rust, paint fading and chipping.

The door hardware (hinges, springs, rollers and other interior moving parts) are warranted by the manufacturer for one year. In many cases the parts will require replacement in 13 to 24 months. While these components can be manufactured to last much longer, this does not allow the manufacturer to offer value priced products.

Other cost reduction strategies used by the industry include the use of installers with limited experience, use of one spring instead of two on larger doors, use of extension springs instead of torsion springs and in some cases installation of used parts.

Many service companies sell doors over the phone. This creates a significant potential for surprises, hidden costs and mistakes. In home discussions will avoid these surprises and assure that you select the right door and color for your home.

A quality door can add beauty and value to your home.



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- 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

Lakes On Eldridge North World Festival



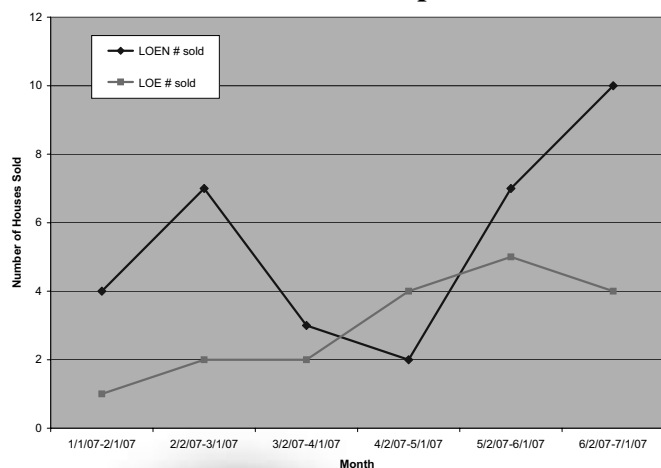
A celebration of the many, and wonderful, cultures represented in LEON

- Food stations from around the world representing;
 - America, Mexico, South America, Europe, Middle East & East Europe, Africa, East Indian, Asia and Pacific and Australasia.
- International Wine Tasting
- Dance exhibitions from around the world,
 - (examples) Irish, Chinese, American, European, East Indian and African
- Games from around the world
 - (examples) Kite Flying, Lawn Croquet, Boomerang and Haggis Tossing.
- Demonstrations and opportunities to participate in customs from around the world
- World artifact display
- Henna Painting
- World Treasure Hunt (For Teenagers)
- Best national costume (For All Family members)

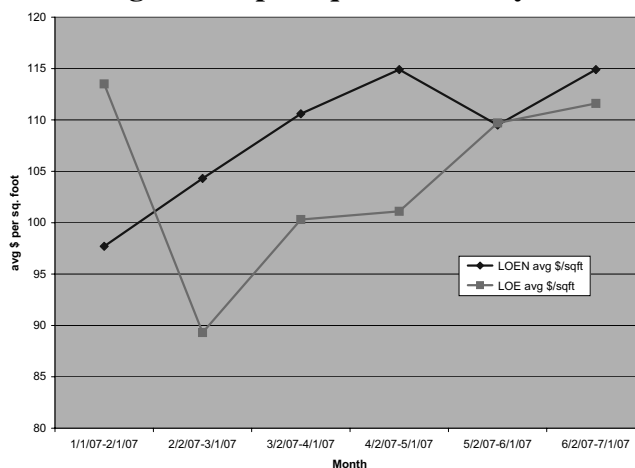


What have prices done in the past 7 months?

No. of houses Sold per Month



Avg. Dollar per sq. foot monthly trend



All information has been obtained from har.com and the Mls.



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Get Into the Swim of Things

Are you ready to take the plunge and try a new fitness activity? How about water exercise? Also known as aquatics, water exercise is one of the best non-impact fitness activities around and just about anybody can participate. Pregnant women, the elderly or overweight, individuals with arthritis or those recovering from an injury can all benefit from the wide variety of aquatics classes currently available.

Get into the swim of things

Here are the facts: The buoyancy of water reduces the “weight” of a person by about 90 percent. This means that the stress on weight-bearing joints, bones and muscles is similarly reduced. For this reason, it is unlikely that a water workout will result in injury or leave you with sore muscles. That’s why the pool is such a great place for people with arthritis or back problems to exercise, and for those who are new to exercise.

But don’t get the idea that just because it doesn’t hurt, you can’t get a great workout in the pool. Water exercise can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, and flexibility. And, when done regularly, water exercise can help reduce body fat.

Water works your heart

Aerobic workouts in the pool are perfect for those who find the same movements on land too jarring or painful: running, striding, kicking, leaping and even dancing. Keep in mind that in the water, heart rate will be reduced by as much as 17 beats per minute when compared to land exercise. That’s why it’s so important to pay attention to how you feel. Your heart rate might indicate that your intensity is too low when you are actually exercising quite strenuously.

Water adds resistance

The resistance of water is perfect for a strength-training workout - instead of weights, the water itself provides the resistance. One of the easiest ways to create resistance in the water is to cup your hands and push or pull the water away from you. Other devices, such as hand-held paddles and water chutes can increase the resistance to provide a more intense workout.

The flexible benefits of water

One of the greatest benefits of water exercise is its effect on flexibility. Water is a welcome environment for performing stretches that might otherwise be difficult on land. Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

Aquatics 101

Once you’ve decided to take the plunge, it’s simply a matter of finding the right class for you. Check with your health club or YMCA to see if they offer aquatics classes and drop in on one or two to see if they are right for your fitness level. A good class should include a good warm up, a period of cardiovascular and muscle conditioning that gradually increases and then decreases in intensity, and a cool down. The cool down should include plenty of flexibility exercises for the entire body.

If you have a preference for music, find a class that suits your taste. Don’t be afraid to ask about instructor qualifications and safety precautions. Your instructor should be certified and may also have special training in aquatic exercise.

The pool is a fun place to feel like a kid again and get a great workout. In fact, instead of feeling out of breath or exhausted, a water class can leave you feeling surprisingly calm, yet energetic. So, even if you’re a dip-your-toe-in-the-water type of person, don’t be afraid to take the plunge into water fitness.



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Recipe of the Month:



Can't Stop Cookies

- | | |
|----------------------------|----------------------|
| 2 cups sugar | 1/2 t. salt |
| 2 cups butter or margarine | 2 t. soda |
| 3 cups flour | 4 cups corn flakes |
| 2 t. cream of tartar | 1 cup chopped pecans |
- Cream sugar and butter. Add dry ingredients. Then, fold in corn flakes and nuts. Roll into balls and bake at 350° for 10 to 15 minutes.

If you would like to submit YOUR recipe to Lakes on Eldridge North newsletter email it to articles@peelinc.com.

Business Classifieds

HELP WANTED: Administrative Assistant for HCA Physician Recruitment. Permanent part time (Monday-Friday 9/3). Excellent computer skills (Word; Excel; PowerPoint; Database), writing skills, marketing experience/ad development required. Virtual office considered for the right person - who must be extremely organized, reliable, focused and dependable. Must have reliable transportation. Prefer healthcare experience - minimum of three years required. Resume must detail your computer experience/training. College degree preferred. Send cover letter along with your resume by email to: diana.boswell@hcahealthcare.com



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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.

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

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Parents Fight Childhood Obesity with Personal Trainers

Submitted by Alica Harrison

Nearly a million children nationwide are trading in their video games and TV for personal trainers and gym memberships. In an effort to fight childhood obesity or improve their sports performance, parents around the country have turned to personal trainers.

According to the International Health, Racquet and Sportclub Association, 824,000 children between the ages of 6 and 17 regularly use a personal trainer. Hiring a personal trainer for your child may seem excessive but many parents are willing to spend the money to improve their children's eating and fitness habits.

"Trying to start exercise at an early age is so important, especially because a lot of programs in schools throughout the US have been cutting back physical education programs," says Rosemary Lavery, spokesperson for IHRSA. "Personal trainers are able to give people a focus."

"We are seeing children that are out of shape where their parents realize the exercise program needs to be safe and effective," adds Joe Moore, president of IHRSA. "A personal trainer is a good way to make sure that the criteria are met."

Childhood obesity continues to rise in the US. Nearly 1 in 3 children in the US are overweight, up from 6.5% in the 1970s, according to the US Centers for Disease Control. And with the sedentary lifestyle adopted by so many in our country, those numbers are likely to continue to increase.

In an article for the Associated Press, Kathleen Ballew decided her 7-year-old son needed some help from a personal trainer. Though involved in soccer and karate, Ballew noticed that he needed help with balance and coordination and was worried that her son was already a little overweight.

"I just want to get him in the habit of making exercise part of a daily routine," said Ballew.

"In addition to the obvious health benefits, children also build self-confidence and gain a growing sense of accomplishment when they improve their physical abilities," says Kirk Leavell, personal trainer and owner of Wild Basin Fitness. "A good personal trainer motivates their clients while providing a well-rounded, professional workout."

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Dave & Elaine R.

"We really appreciated the direct one-on-one contact you were able to provide to us, along with your outstanding knowledge of the market, how to present the home and your negotiating skills"

Paul & Alinta S.

"It was very important to my wife and I that our agent was available when needed. Tim proved readily available when contacted via telephone and email. Tim also followed up with every agent that showed the house to obtain feedback on a potential sale as well as to obtain advice on how to improve showings."

Christopher & Jenny H.

"I have bought and sold two other homes and Tim is the best realtor I ever had. He is smart and knowledgeable, professional and friendly, and helpful, looks after your interests, is always on time and available by phone or email."

Karl B.

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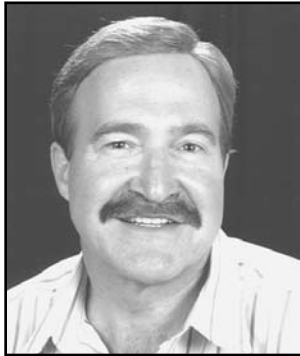
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