



LAKE S

ON ELDRIDGE
NORTH

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December 2007

Holiday Eating Without Weight Gain

Submitted by Alison Pelz

As most of us know, a large part of the holiday season revolves around food. Extra food is everywhere this time of year...at the office, at parties, at holiday meals...even when we visit our local Starbucks we find special holiday drinks that tempt us.

For those trying to watch their weight or manage their diabetes or high cholesterol, the holiday season can be especially trying.

The following tips may help you get through this holiday season with little or no weight gain.

Focus on other holiday pleasures besides food. Emphasize the other aspects of the holidays that you enjoy. For many, it is spending special and quality time with family and friends. Often when families get together the focus is on food. Spearhead new traditions for the holidays that include physical activity, such as a family bike ride or football game, a walk or holiday "fun run/walk". (Go to the RunTex website at www.runtex.com to view a calendar of fun run/walks that are happening this holiday season.)

Remember food is not the only important part of the holiday season.

If you are currently trying to lose weight, set realistic expectations during the holidays. Focus on weight maintenance versus weight loss. Setting realistic goals may help reduce frustration and anxiety around weight issues, which for some can lead to over eating.

Don't make dieting your New Year's resolution. Doing so may set-up a "last supper" effect during the holiday season. That is, "I am going to eat all of these goodies now, because come January 1st I am going on a diet." This will just cause more weight gain and frustration once the New Year rolls around. Besides, most studies show that dieting doesn't work for long-term weight loss. Make healthy eating part of your life, even during the holidays.

Commit to more exercise during this time of year so you can "afford" to eat a few more treats without the weight gain. Time is often short this time of year due to shopping, parties and travel, but planning ahead can help. Who knows? Taking time to do some more exercise may help reduce the stress that some people experience during the holiday season.

Make a plan. When at a party or at a holiday feast, scan the food and consider eating only the foods that you really want or that you normally don't eat, for example, a reasonable portion of Grandma's yams or a slice of a favorite kind of holiday pie - foods that are only served around the holidays. Forgo the dinner rolls. (They are often served year round.) Give yourself permission to eat foods you really enjoy and pass on the others. If you think ahead about foods you really want, chances are you won't engage in "mindless" eating.

(Continued on page 6)

LOEN Autism Support Group

Are you the parent or caretaker of child with autism? Have you seen other parents driving cars with autism ribbons on the back and wondered how they juggle it all? It's no wonder, with one in 150 children now being diagnosed with some form of autism, according to the Centers for Disease Control.

I am the working parent of an 8-year old son with autism who attends public school and I would like to start a new, local support group for parents of children with autism right here in our community. This would be an ideal opportunity to network, share resources, ideas, and information without having to drive to a meeting in the greater Houston area. I am willing to host meetings at LOEN North or rotate with other parents.

Interested? Please e-mail tas_@hotmail.com or call (713) 856-9968 (leave message). Include your contact info + days/times that work best for you.



Lakes on Eldridge North

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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
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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

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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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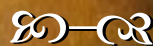
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Holiday Eating- (Continued from cover)

Additionally, don't go to parties or to the dinner table starving, since this will most likely guarantee overeating. Have a light snack before going to the party.

Bring vegetables and/or fruit-based dishes to parties or to your holiday feast. This will "offset" some of the higher calorie foods.

Reduce fat and sugar in holiday recipes. Simply add a little less butter, margarine, oil and/or sugar to your favorite recipes. You and your guests probably won't miss it. Magazines this time of year are full of lower fat or lower sugar versions of favorite holiday recipes.

Maintain perspective. A day or two of overeating and/or under exercising will not cause weight gain. It takes days of overeating and not exercising to gain weight. The key is to return to your normal eating plan as quickly as possible.

Submitted by Alison Pelz, Registered Dietitian & Certified Diabetes Educator.

Classified Ads

Business Classifieds are \$50.00. Please contact Peel, Inc. Sales at 888-687-6444 or advertising@PEELinc.com.

Tips for Pet Owners

1. If your dog buries bones you give it, don't worry. Just keep on giving the bones and eventually they'll realize they are getting them regularly and don't need to put them aside for 'later'.
2. Don't walk pups until they are mature. The best exercise is play in the park or garden until they are old enough to be taken on serious walk
3. Treats - consider almonds, hazelnuts, dried apricots, bananas or pumpkin seeds? They don't mess up your coat pockets and are actually good for your dog.
4. How much do I feed my dog? Answer – if they are getting fat or thin, you need to change the quantity you feed, regardless of what it says on the packaging of the food. The ideal weight for your dog is so that the ribs can be felt, but not seen.
5. Cracking tartar off dog's teeth is easy with a strong thumb nail. Don't worry if there is a small amount of bleeding.
6. If your dog is scooting on their bum, it is not likely to be worms. The usual reason for this is full or even infected anal glands. Glands like these can also explain sudden bad breath.
7. If you find it hard to give your cat a pill, always use two people, get one to hold the cat's shoulders while you support the head from above. Tip the head back until they are looking at the ceiling. Hold pill in your thumb and forefinger. Open the mouth with middle or ring finger of the same hand then quickly push the pill, gently over the back of the tongue. The trick then is to keep the mouth closed until the cat licks its lips. You can stroke the throat. Cats cannot lick their lips until they've swallowed the pill.
8. For constipated cats or for cats prone to getting bunged up, add a small amount of stewed rhubarb to the food or stewed pumpkin or squash.
9. Cats can be very stubborn about what they will and will not eat. To change a cat from one feeding type food to another, be prepared to change things very gradually over a very long period – gradually.
10. Cats are very fussy about drinking. If your cat will not drink room temperature water from the tap, try pouring out a small amount of mineral water whenever you're in the kitchen. You can put the bowl in the fridge if your cat likes cold water. Some cats will only drink flowing water.
11. If your cat is licking hair away from the top of the tail or in a circle between its legs, first get them checked for fleas and infection. If there is no improvement, then consider a restriction diet, after talking to your vet. If you still have no improvement, it may be a stress problem where the cat is licking themselves for comfort.

(The contributing editor of this article will be glad to receive any of your "tips for pet owners" and publish them for our readers. Please send your "tips" to steve@leipsner.com.)



Open House
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Cy-Fair College Perspective

Musical Holidays at Cy-Fair College!

The Choral Department presents "A Winter Collection" of not your ordinary carols Dec. 6 through Dec. 7. The Music Department presents a Jazz Band performance and improvisation Dec. 5. All performances are in the Center for the Arts Building on the Barker Cypress campus. For reservations and ticket information, call 281.290.5201 or go to www.cy-faircollege.com/cfcboxoffice.

Register for Mini-mester and Spring Semester Classes

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Registration is under way. Mini-mester classes begin Dec. 17. Mini-mester courses range from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester classes begin Jan. 14. Cy-Fair College provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to www.cy-faircollege.com.

Art Exhibition Showcases Student Talent

Don't miss this is the end-of-semester exhibition on display through Dec. 16 where Cy Fair College's visual art students show work they have completed in their classes. The exhibition showcases the students' talents as well as the breadth of Cy Fair College's art program in the Bosque Gallery located in the Center for the Arts

Building on the Barker Cypress campus. For gallery hours and information go to www.cy-faircollege.com/bosquegallery.

L.I.F.E. Lessons in December

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.) In December, learn how to combat weight gain during the holidays Dec. 5 and then the following week celebrate with a "Party Pot Luck" Dec. 12. Sessions resume Jan. 9, 2008. 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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The Importance of Physical Activity

Submitted by Alica Harrison

"The first wealth is health." —Ralph Waldo Emerson

The evidence is growing and is more convincing than ever! People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

Despite the proven benefits of physical activity, more than 50% of American adults do not get enough physical activity to provide health benefits. 25% of adults are not active at all in their leisure time. Activity decreases with age and is less common among women than men and among those with lower income and less education.

Insufficient physical activity is not limited to adults. More than a third of young people in grades 9-12 do not regularly engage in vigorous-intensity physical activity. Daily participation in high school physical education classes dropped from 42% in 1991 to 33.0% in 2005. In 2005, 10% of high school students did not participate in any moderate or vigorous physical activity.

Source: US CDC



You're Invited!!!

*Cypress Christian School invites you to...
Winter and Spring Community Events!*

You are invited to some very fun community events sponsored by Cypress Christian School. We hope you will join us as we continue to celebrate our 30th Anniversary of "fusing faith and learning!"

December

- Wed., December 6 from 6-9 p.m. - Shop at Barnes & Noble-Copperfield-portion of purchase benefits library
- Tues., December 11 at 7:00 p.m.: Elementary K-3 Christmas Concert on CCS Campus
- Thurs., December 13 at 7:00 p.m.: Elementary 4th-5th Christmas Concert on CCS Campus
- Friday, December 14 at 7:00 p.m.: Chamber Choir Christmas Concert-location to be announced

January

- Sat., January 26 at 5:30 p.m.: Laughs galore at the Winter Banquet featuring local radio personality, Susan O'Donnell of KSBJ radio station and Christian Comedian, David Ferrell to be held at the Downtown Aquarium. The event is free to guests. Limited seating – call for reservations.

February

- Thurs., February 7 at 6:00 p.m.: Kindergarten Round-Up for parents of future kindergartners
- Thurs., February 7 at 7:00 p.m.: Family Night for K-12 parents and students considering Christian education

March

- Thurs., March 6 from 9-11 a.m.: Open House
- Thurs., March 27 from 9-2 p.m.: Student Visitor Day

April

- Saturday, April 19 from 10-4 p.m. Community Carnival on CCS Campus



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Come Join the Cy-Fair Express Network

Visitors welcome at monthly networking group in Cy-Fair

The Cy-Fair Express Network's monthly networking and educational event. All are welcome to attend CYFEN networking luncheons, which are held from 11:30 a.m. to 1 p.m., the fourth Thursdays of the month at La Hacienda Banquet Hall (behind the restaurant) located at 12503 Telge Road.

Bring business cards for networking, which begins at 11:15 a.m. followed at noon with the program and lunch.

The cost is \$25 with reservations and \$30 at the door. Reservations should be made by noon the Friday prior to the meeting to Belinda Fultz at bfultz@minutemanpress.com.

For information on CYFEN, go to www.cyfen.org or send inquiries to info@cyfen.org.

About Cy-Fair Express Network

The Cy-Fair Express Network (CYFEN) is part of the American Business Women's Association (ABWA). The vision of the Cy-Fair Express Network is to bring together businesswomen of diverse occupations, to provide opportunities to help them grow personally and professionally through leadership, education, networking, support and national recognition. CYFEN meets the fourth Thursday of each month and visitors are always welcome. Go to www.cyfen.org for information.

"Amahl and the Night Visitors"

Messiah Lutheran Church is presenting a production of "Amahl and the Night Visitors" on Saturday, December 1 at 6 PM and Sunday, December 2 at 3 PM. Tickets are free, but are required to be certain there is adequate seating at both shows. Call the church office, 281-890-3013, to reserve tickets.

"Amahl and the Night Visitors" is an operetta about a young crippled boy and his widowed mother who are visited by the three kings on their way to find the newborn Christ child. A miraculous healing occurs, and the kings invite Amahl to accompany them on their journey so he can give his crutch to the Christ child. This made-for-television opera (under an hour in length) will delight all. Suggested audience is ages 8 and up. Free child care for younger children is available. Refreshments will be served after each performance.

Classified Ads

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Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-989-8905 or advertising@PEELinc.com.



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Unraveling the Mistry of Men's Health

by: Sandeep Mistry, M.D., M.P.H.

Lifestyle, Aging and Infertility

Did you know that every year 6 million couples seek medical advice for infertility?

There are even more couples that have difficulty conceiving children but lack the resources or knowledge to even seek medical attention. Of all infertile couples that undergo an evaluation, there is a male contributor to the problem identified HALF THE TIME. In fact, both patients and doctors underestimate the possibility that abnormal sperm may be an important factor to the couple's difficulties. Many cultures and civilizations equate fertility with manliness or strength. This would help explain why men are reluctant to explore whether they may be the cause of a couple's infertility.

Women dictate the pace of when couples decide to start a family and as that age creeps upward, the impact of age and lifestyle on men's fertility becomes more important. The number of new fathers over the age of 35 has almost doubled in the last 30 years.

It is widely known that the chances for a woman to conceive a baby drop as she ages, especially after the age of 35. What is less well known is that one of the most important reasons for this drop in pregnancy rates have to do with the male partner.

Studies of couples undergoing high-tech infertility treatments have shown that even with assisted-reproduction a man's chances of fathering a child decrease with each passing year. Even though men are constantly making new sperm, the volume, motility (ability to move toward its destination, an awaiting egg), and structure of sperm all decline with age.

Additionally, older fathers are at increased risk of having children with Down Syndrome and psychiatric disorders.

This is not to say that older men can not father healthy children even into their 50's, 60's and 70's. However, as men delay fatherhood longer the impact of environmental and lifestyle factors on fertility may be getting worse. It is important to learn what lifestyle choices can impact sperm quality and seek help early if you feel that you may have a problem.

Tips on maximizing your fertility:

- Stop smoking, the chemicals in cigarettes are toxic to sperm and their DNA.
- Just Say No. Using marijuana even once every two weeks will have a negative effect on sperm.
- Limit Coffee to 1 or 2 cups per day
- Avoid excessive heat, including: prolonged saunas, hot tubs, or laptop use on your lap, and tight fitting shorts, all of which can damage sperm
- Exercise regularly.
- Limit alcohol to moderate amounts no more than twice per week.
- Have good nutritional habits.
- Do not take higher than recommended doses of Vitamins or supplements.
- Be aware of sexual problems and do not hesitate to ask for medical help.

Sandeep G. Mistry, M.D., M.P.H. is a graduate of the Baylor College of Medicine in Houston, TX where he also completed his residency in Urologic Surgery. He has a B.S. in Chemical Engineering and earned his Masters Degree in Public Health from the University of Texas School of Public Health at Houston. He is currently in private practice in Round Rock, Texas. For questions or to suggest future topics you can e-mail him at northaustinurology@yahoo.com.

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Force or Not to Force Your Child to Eat?

Submitted by Alison Pelz

A week or so ago I gave a nutrition talk to Moms of preschoolers. Several questions came up about whether to “force” children to eat foods they don’t like, such vegetables. My feeling and many other dietitians would agree is not to force children to eat foods they don’t want. Having “food fights” at the table and having to coerce your child to eat can make mealtimes very stressful for your child and you. Often mealtimes are the one time of day the whole family can get together, so if it becomes tense because of arguments over food, mealtimes can quickly turn into unpleasant family experiences. Hey, if your child is willing to take a bite of an “unfavorable food” with little duress, go for it. (Just don’t make it an ongoing fight.)

What is key is offering a variety of foods to your children, even ones that they don’t like, on a daily basis. Equally important is for parents to model healthy eating for their children. Eventually, your child will begin to like and try new foods. Some studies show that it takes up to 15-20 tries before a child will accept a new food.

Like the old adage says, “Pick your battles”Do the same at the dinner table.

Submitted by Alison Pelz, Registered Dietitian & Certified Diabetes Educator.



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Not worth the risk

Acne. Liver damage. Increased risk of heart disease. These are just a few of the side effects associated with anabolic steroid abuse. And there's more.

The side effects are severe. Men who use steroids also may develop gynecomastia (the development of breasts), priapism (painful prolonged erection) and edema from sodium and water retention. They also will be more prone to cardiovascular problems since steroids decrease high-density lipoprotein levels (HDL) or "good" cholesterol, and increase low-density lipoprotein levels (LDL) or "bad" cholesterol.

Coupled with hypertension and negative changes in myocardial tissue, steroids users are at an increased risk for heart attack as well.

Of additional concern are alterations in psyche and behavior (i.e., aggression, physical dependence) and decreased immune function. Changes in the reproductive system, such as a reduction in testicle size, sperm count and mobility, and a decrease in the levels of endogenous testosterone and other sex hormones are common.

Women at risk

Unlike men, whose side effects may be reversible once the abuse has stopped, women experience irreversible changes, such as a deepened voice, increased facial and body hair growth, enlarged clitoris and coarser skin. In addition, irregularities in, or cessation of menstrual cycle, increased libido, aggressiveness, acne and decreased immune function may occur.

Women are also prone to the cardiovascular risks and changes in psyche and behavior that men experience.



All risk, no glory

There is an even scarier risk of steroid abuse: death. Steroid users who share needles are putting themselves at risk for developing infections such as HIV, hepatitis or other viral diseases.

The terminal risks of steroid abuse are not fully known. Some published cases of tumors and other cancers related to steroid abuse have been reported. Even so, physicians and researchers do not know all the repercussions of steroid abuse on one's body and future health.

Controlled research is unethical and only information from abusers is usable; yet this data may be inaccurate since most users are not forthcoming about the full extent of their steroid use.

Since the late 1980s, the federal government has begun to crack down on steroid use and distribution. Possession of steroids with intent to distribute without a valid prescription is a felony and subject to prosecution. Likewise, steroid use is a violation of the rules of virtually all sports leagues and councils as well as the traditional ethics of good sportsmanship.

No substitute for training

What most steroid users don't realize is that they are placing themselves at risk for something they could achieve on their own. Many experts agree that the effects of steroids on strength and muscle mass of beginning weight lifters or athletes are minimal when compared with the effects of an intensive weight-training or conditioning program.

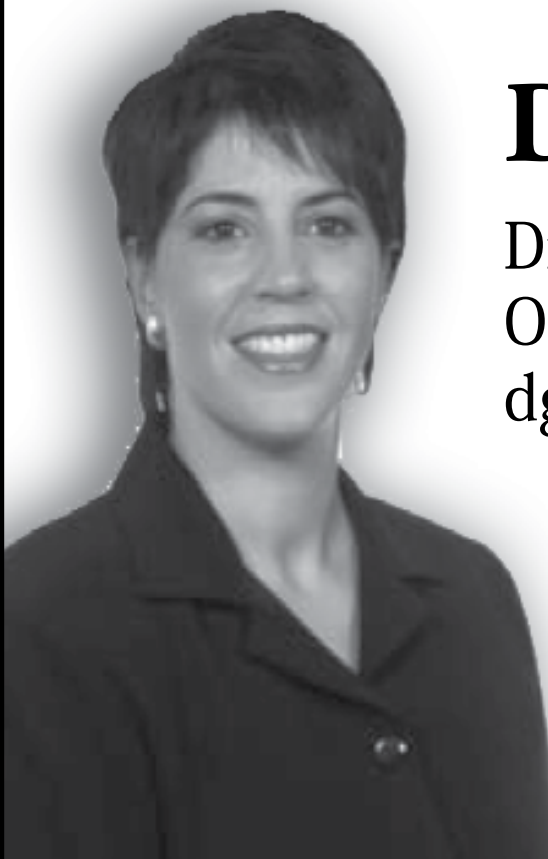
The best way to improve performance and increase muscle mass is to follow a well-designed program that challenges both your body and your mind. No drug can do that for you.

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Strawberries Boost Heart Health

(NAPSA)-First it was cholesterol, then “bad” cholesterol (LDL) and “good” cholesterol (HDL). Now there’s a new factor that may be important in predicting the risk of heart disease: it’s called C-reactive protein, or CRP. A new Harvard study suggests that eating strawberries at least two times a week may be associated with reducing elevated CRP and LDL levels.

CRP is a protein in the blood that is elevated in response to injury, such as the chronic injury to blood vessels that comes from having damaged arteries. Previous studies have shown that elevated CRP may explain heart disease in people who otherwise appear to have very low risk, even among those with normal cholesterol levels.

Eating a diet rich in fruits and vegetables can lower CRP, an effect attributed to the high amounts of antioxidants found in these foods. Because strawberries are an antioxidant powerhouse, they were singled out for a closer look by nutrition scientists.

In the new study, diet records and blood samples from 27,000 women enrolled in the Women’s Health Study were analyzed

and compared with their risk of developing heart disease over a 10-year period. When the women were separated into high- and low- strawberry intake groups, those with the highest intakes-two or more servings of strawberries a week-were found to be less likely to have elevated CRP in their blood. They also had slightly lower cholesterol levels.

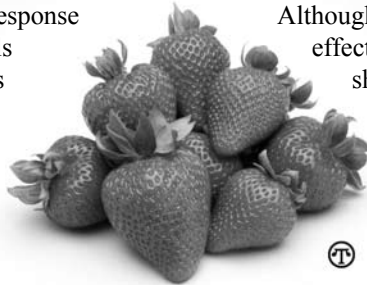
Although the study was not designed to show cause and effect, the findings add to a growing body of research showing how eating strawberries may support a healthy heart.

The researchers also noted that the women who ate the most strawberries were the same ones most likely to engage in a heart-healthy lifestyle. They ate more fruits and vegetables daily, exercised more and smoked

less.

For more information about California strawberries and heart health, visit www.calstrawberry.com.

A healthy indulgence: Strawberries may reduce the risk of heart disease.



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Texas Events - December 2007

1-Jan. 13—HOUSTON: A Rose Has No Teeth: Bruce Nauman in the 1960s Exhibition presents the full range of the artist's work from this period, including sculpture, ephemera, documentation of performances, artist books and video. The Menil Collection. www.menil.org 713/525-9400

1-Feb. 17—HOUSTON: Contemporary Conversations: Robert Ryman, 1976 Gathers works from the Addison Gallery of American Art, New York's The Museum of Modern Art and the artist's own collection, presenting them with Midland II, a painting purchased by Dominique de Menil in 1980. The Menil Collection. www.menil.org 713/525-9400

7-8, 14-15, 21-22—RICHMOND: Campfire Christmas Visitors can experience a pioneer Christmas as it was celebrated in the 1830s at the Jones Stock Farm. Then visit George Ranch House for holiday vignettes, 1930s style. Includes a traditional Texas feast and more. George Ranch Historical Park. www.georgeranch.org 281/343-0218

7-Jan. 13—HOUSTON: Altar Boyz Features a Christian boy-band (with one nice Jewish boy) looking for their big break and saving souls along the way. www.stagestheatre.com 713/527-0123

8-9, 15-16—HOUSTON: The Christmas Revels Enjoy Appalachian music, dance, song and storytelling. Moores Opera House, The University of Houston. www.revelshouston.org 713/668-3303 or 713/669-9528

11—BEAUMONT: Broadway Musical: Peter Pan Julie Rogers Theatre. 409/838-3435 ext. 1

11, 13—ORANGE: W.H. Stark House Christmas Traditions Walk through the first floor of the historical home and listen to music and carolers. Hours are 5 to 8 p.m. 610 W. Main St. 409/883-0871

11-16—GALVESTON: A Tuna Christmas The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894

11-23—HOUSTON: A Wonderful Life This is a musical adaptation of Fran Capra's 1946 classic film. Hobby Center for the Performing Arts. www.tuts.com 713/558-TUTS or 888/558-3882

12—SAN BENITO: El Second Weensdee Christmas Party The Narciso Martinez Cultural Arts Center presents an oral history series on conjunto music. 956/361-0110

14—LAKE JACKSON: Gatlin Brothers Acoustic Christmas Begins at 7:30 p.m. The Clarion at Brazosport. www.clarion.brazosport.edu 979/230-3156

15—BROWNSVILLE: Historic Downtown Walking Tour with UTB Professor Dr. Tony Knopp Visit Brownsville's historic sites such as the Stillman House, Fort Brown and the Historic Brownsville Cemetery. Brownsville Heritage Complex. www.brownsvillehistory.org 956/541-5560

15—HOUSTON: Birding Walk & Talk Stroll around the park's many trails seeking the wintering visitors from the north. Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

15—HOUSTON: History Boat Tours on Buffalo Bayou Take a look back to the late 1800s when Houston was founded, and learn about those important individuals and families along Buffalo Bayou who helped shape the city. Hours are 10 a.m. to noon. Reservations required. Meet at Allen's Landing. www.buffalobayou.org 713/752-3014 ext. 3

15—HOUSTON: Holidays with Nature Celebrate the holidays the wild(life) way. Join in creating wildlife tree ornaments. Children can color and write letters to Santa to receive a post card from Saint Nick himself. Hours are 1 to 4 p.m. Sheldon Lake State Park. 281/456-2800

15—HOUSTON: TubaChristmas Begins at noon. Williams Tower Park. www.tubachristmas.com 936/294-1364

15—VICTORIA: Market Days Hours are 9 a.m. to 4 p.m. DeLeon Plaza in Downtown Victoria. www.victoriatx.org 361/485-3200

15-16—PORT NECHES: Trade Days on the Avenue Includes antiques, arts & crafts, and entertainment. Port Neches Avenue. 409/722-4023

16—BEAUMONT: Symphony of Southeast Texas Features Handel's Messiah. Begins at 2 p.m. Julie Rogers Theatre. www.sost.org 409/892-2257

20—NASSAU BAY: Open Mic Series: Jazz Musicians, vocalists, spoke word poets and music lovers step into the spotlight. Arts Alliance Center. www.taaccl.org 281/335-7777

21—DACOSTA: Victoria Country Music Show Hours are 7 to 10 p.m. Sons of Hermann Hall. 361/552-9347

22—EDNA: Christmas Carols Celebrate Christmas while singing carols around the campfire. Begins at 6 p.m. Lake Texana State Park. 361/782-5718

22—EDNA: Christmas Crafts Make Christmas crafts to give or decorate a home. Begins at 2 p.m. Nature Center, Lake Texana State Park. 361/782-5718

22—LA PORTE: Santa's Swingin' '40s Christmas Write letters and mail them to Santa, hear swing music and watch dancing performed live onboard, meet and have a picture taken with Santa, and much more. Battleship Texas. www.tpwd.state.tx.us 281/479-2431

22—PALACIOS: Palacios Market Day 5th and Main Street. www.palacioschamber.com 800/611-4567

22—ROCKPORT: Campfire Program Get ready for Christmas with an old-fashioned campfire gathering and listen to Goose Island holiday stories. Goose Island State Park. 361/729-2858

27—HARLINGEN: Wild Game Feast Fundraiser Includes live music, live auction and more. 956/412-7200

27—NASSAU BAY: Open Mic Series: Blues Rock Arts Alliance Center. www.taaccl.org 281/335-7777

27-Jan. 1—BROWNSVILLE: CATS Camille Playhouse. www.camilleplayer.cjb.net 956/542-8900

29—BEAUMONT: Playhouse Disney Live! Julie Rogers Theatre. 409/838-3435 ext. 1

31—BEAUMONT: Crockett Street New Year's Eve Celebration Crockett Street. www.crockettstreet.com 409/832-2944

31—SOUTH PADRE ISLAND: Fireworks on the Bay 800/767-2373

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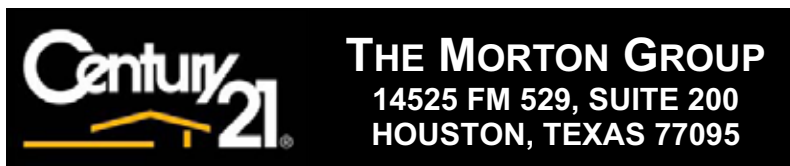
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"I am writing to thank you for all your help in successfully marketing & selling our US home as part of my transfer from Houston to Stavanger, Norway. Your professional, no-nonsense approach and sound pre-sale preparatory advice was much appreciated. Your knowledge and ability to navigate the intricate processes of international oil company sale procedures was also very helpful. Your experience and understanding of the north-west Houston market proved valuable in pitching our house appropriately."

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Lakes on Eldridge North

How to Get Ready to Play Tennis

Submitted by Fernando M. Velasco

This is a popular time for injuries to occur on the tennis courts. In the past weeks, players have incurred back problems, tendons and ligament tears, and over stretched muscles in calves and groins.

Remember your age!! While young, all muscles, tendons and ligaments were elastic and easily lubricated. Now, we are sitting in our offices in front of desks and computers or we are driving kids all over the city for school activities and sports, and some of you are going to all the sales in the Malls. Then, we rush to play tennis and get hurt!!

Before hitting the first tennis ball, whether you are taking a lesson, a clinic, playing for a league, or socially, you should spend at least 20 minutes doing your stretching exercises.

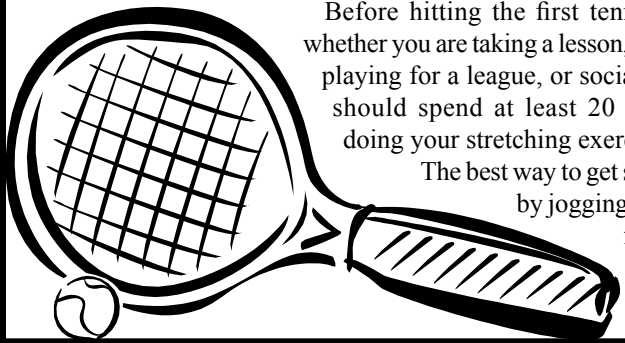
The best way to get started is by jogging in place for about three

minutes. Researchers have found that if we warm up our bodies by one degree, our chances of getting injured drop by 90%. After jogging, start stretching your legs, and move to your knees, groin muscles, calf muscles, waist, back and neck. From there, rotate your shoulders and arms. Never neglect your elbows and wrists since they are the most susceptible to injury by a bad hit. Now you have significantly lowered your chances of injury during play.

As important as it is to do "pre-activity" stretching, it is also essential to do "post-activity" stretching. This is the time when your ligaments and muscles are in the best condition to be stretched to the limit without injury.

If are healing a present injury, always ice the area after playing and protect it by wearing the proper brace. If the injury still does not go away, it may be time to see a specialist and get an MRI to find out about the injury and get professional help to help you heal.

So get your rackets ready while the weather is nice and cool, get a good warm up and enjoy the "game of a lifetime".



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Recipe of the Month:



Hot Christmas Punch

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| 1 Cup brown sugar | 3 Cups water |
| 1 Tall can pineapple juice | 3 T whole cloves |
| 1 large jar cranberry juice | 3/4 tsp. salt |
| 6 sticks cinnamon, broken | |

Dissolve sugar in water and pour in percolator. Add juices.
Place cinnamon sticks, cloves, and salt in basket. Percolate.

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

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Flat on Your Back?

Have you ever bent over and had to freeze, afraid to straighten back up. Have you noticed that bad feeling that comes over you when you think about doing simple things such as working in the yard, picking up your children, cleaning the house, or even just sitting for a while because you're afraid of the pain that results from doing these simple every-day activities. Maybe even waking up in the morning sometimes seems like it takes so much out of you to take those first 2 or 3 steps. What's even worse is maybe you've been told you just need to accept it and live with that pain because your only options to treat your severe back problem were dangerous steroid injections or worse...surgery.

We have great news for the 80% of the population that suffers from this type of chronic back pain. Dr. Gina Zummo of Parkway Family Chiropractic says, "up to this point, all of the treatment options given to patients are aimed at managing or reducing the symptoms of back pain. I wanted to offer a program that could address the underlying cause, not just the symptom!" Through research, Dr. Zummo found the answer for so many of her patients; the technologically advanced Spinal Decompression procedure.



What is Spinal Decompression Therapy?

It is an alternative to having back surgery that is extremely effective in the correction of disc problems and chronic back pain. Good candidates for this procedure are people who may suffer from degenerative disc disease, spinal stenosis due to disc problems, facet syndrome, sciatica, pre/ post surgical patients and more.

It's so technologically advanced that the procedure is:

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- Resolution of your symptoms in just 4 - 6 weeks

Why Haven't I Heard Of It?

Statistics show the #2 overall reason to visit the family doctor is back or neck pain, 2nd only to the common cold. So if you are like most people, you probably started off in your family doctor's office complaining of back pain. Family doctors are not spine specialists, so many are not even aware that this latest FDA approved, revolutionary machine even exists. Your doctor most likely prescribed you a cocktail of muscle relaxers, painkillers and some recommendations for some form of outdated exercises that fail to work. When the drugs don't offer a long term solution, your doctor sends you for a surgical evaluation that is likely to end in a pain-management referral for a series of steroid injections to mask the pain...again failing to address the underlying cause. By now, your quality of life has been disrupted enough to make surgery seem like your last real option for relief.

Avoid Back Surgery with Latest FDA approved Solution

Spinal Decompression therapy is a FDA-approved technology that is clinically shown to be incredibly effective in the correction and reduction of disc problems and pinched nerves. This technology works by using clinically proven principles to non-surgically decompress the spine and reduce the pressure in the discs which facilitates the influx of vital fluids and nutrients that are desperately needed for the disc bulge to be reduced and to heal. This reduction in bulging offers relief from nerve compression typically presented as neck pain, back pain, arm and leg pain or radiculopathy.

If you are looking for a safe, painless approach, with astounding results that can eliminate the cause of neck and back pain for good in as little as four weeks, you owe yourself this call that can change your life.



Dr. Gina Zummo

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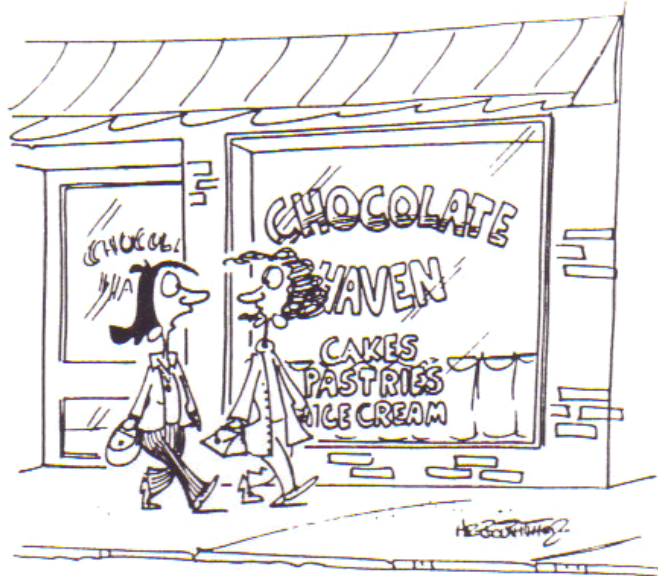
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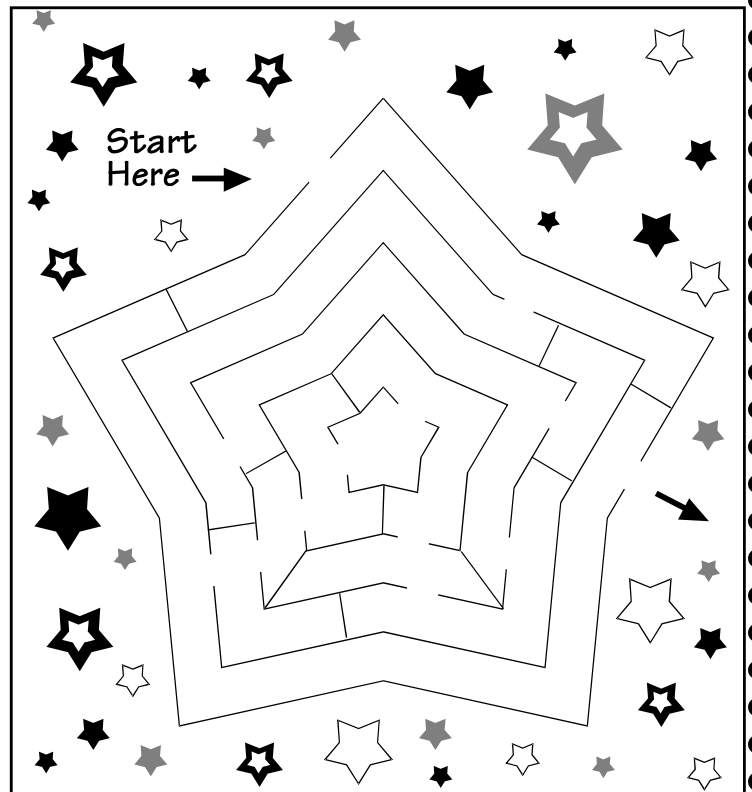
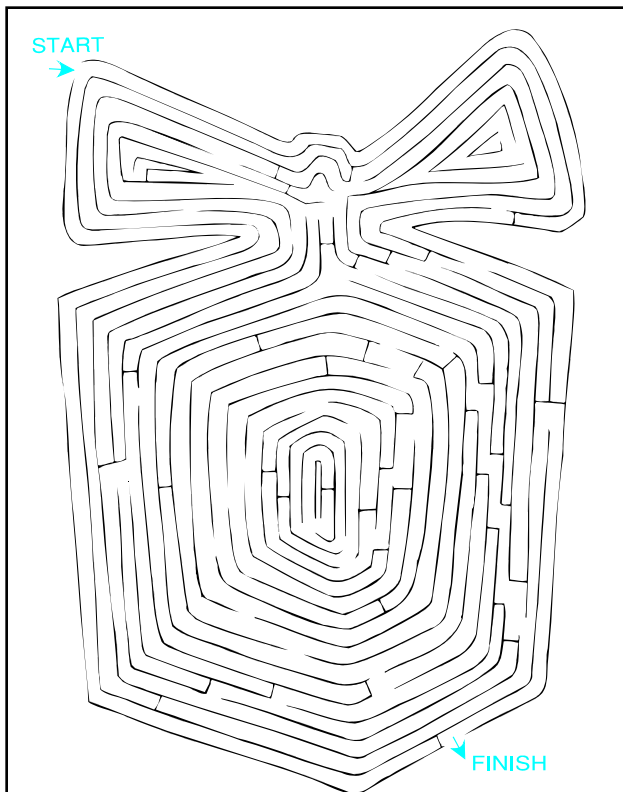
Hey Lakes on Eldridge North Kids!

Would you like to be noticed in the newsletter? Just email your photo with your parents OK to thestar@peelinc.com.

*Having some
Halloween Fun.
Kooper the Kangaroo.*



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Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at 203 W. Main Street, Ste. D, Pflugerville, TX 78660.
We will select the top few and post their artwork online at www.PEELinc.com. DUE: December 31st

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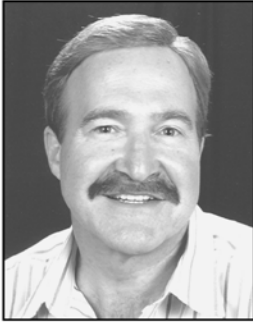
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