



# LAKES

ON ELDRIDGE

Volume 7, Issue 10  
October 2008

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

## Lakes on Eldridge Annual Homeowners Meeting

Lakes on Eldridge will hold its annual meeting of homeowners at 7:00 p.m. on October 22, 2008 at Kirk Elementary. As the meeting will be in the cafeteria, please park and enter at the rear of the school.

Two positions are expiring this year so the notice of the meeting will include a self-nomination form if you are interesting in running for and serving on the Board of Directors.

The purpose of the meeting will be to review the accomplishments during 2008, the plans for 2009, to present the financial status of the community and review the budget for 2009.

Your Board will also be seeking homeowner input on issues such as finding ways to control speeding within the neighborhood. The current discussion includes speed bumps, rumble strips, more stop signs. Your comments and questions will be helpful in the Board making a decision on this subject. We will also continue the discussion on security issues and how to be prevent unauthorized entry into LOE.

Please plan to attend and get involved in your community. In addition to the Board there are several committees that provide the input and recommendations for Board decisions.

## OKTOBERFEST

*"He was a wise man who invented beer." -- Plato*

Oktoberfest is right around the corner. Join us for a beer sampling with Houston's own Saint Arnold Brewery on October 17 at the Beach Club at 7:30. Saint Arnold tasting glasses will be for sale for \$2 a person and the Saint Arnold crew will bring their 5 regular beers and a seasonal offering for sampling. We will taste:

- Amber Ale - well-balanced, full flavored, amber ale. It has a rich, malty body with a pleasant caramel character.
- Brown Ale - A beautiful, deep copper brown ale. It has a full, malty body with hints of chocolate, a touch of sweetness and a light hop flavor.
- Texas Wheat - A refreshing, flavorful filtered wheat beer. The perfect beer to accompany a meal or for a summer's day. The wheat contributes a lighter flavor while maintaining a rich body.
- Fancy Lawnmower - A true German-style Kölsch. Originally brewed in Cologne, this beer is light yet has a sweet malty body that is balanced by a complex, citrus hop character.
- Elissa IPA - A traditional India Pale Ale, the Elissa IPA is very hoppy with a properly balanced malty body.
- Oktoberfest - A full bodied, malty, slightly sweet beer celebrating the autumn harvest. This rich beer has a round malt flavor and an above average alcohol content perfect for a cool fall evening.

We are looking forward to seeing you there. If is a great chance to get out and meet your neighbors and support a local business. For more details or to RSVP please contact Melissa at 281-639-9287 or [melissa@melissahunzeker.com](mailto:melissa@melissahunzeker.com).

## Happy Halloween!

### Inside This Issue

*Creating Strong  
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*and much more!!*



***Don't want to wait for the mail?***  
**View the current issue of the**  
**Lakes on Eldridge Community**  
**Newsletter on the 1st day**  
**of each month at [www.PEELinc.com](http://www.PEELinc.com)**

# Lakes on Eldridge

## IMPORTANT NUMBERS

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Waterfowl, Betty Burkett.....	713-302-9929
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
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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
Carlton Thorpe .....	Secretary
Cory Hammond.....	Treasurer
Clive Gardner.....	At Large

Visit the Association Website:  
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## Creating Strong Vibrant Communities

It's a fact of our global economy that consumers are drawn to the Internet because of convenience. But as residents of NW Houston and in the wake of Ike, we may need to remind ourselves why it is important to "Think Local Business First."

1. Local businesses are often collectively our largest local employer. The largest growth of jobs is from small business owners.
2. When one dollar is spent at a local business, economists indicate it is circulated four to seven additional times in the local economy.
3. Every dollar spent locally generates up to 75% more tax revenue to our community and State.
4. Local businesses are often the largest financial supporters of neighborhood school programs, local charities and youth sports activities.
5. Strong local business helps maintain property values and contribute to the character of our community by offering a diverse selection of goods and services.
6. Local business is most often the first job for our children but also is the first introduction into the "real world" of economics. Many of us in NW Houston have had a small business owner in their family at one time or another.
7. Small business often innovates quicker and thus grows faster and can have a greater impact on our community.

*Creating a Strong Vibrant Community when we  
"Think Local Business First"*



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If you're considering putting your home on the market for sale, here are a few tips that will make your home more inviting ...

- Polish or refinish the front door, and clean the entrance surrounding it. Often we miss our own front doors because we enter thru the back door.
- Clean out and update all flower beds, adding seasonal color in the front and complete by adding fresh mulch to the beds.
- Have trees and bushes pruned, and keep the lawn manicured.

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# Lakes on Eldridge

## Social Committee Brown Bag Lunch

All interested residents are invited to join us at 12 pm on the 1st Wednesday of each month in the clubhouse to discuss upcoming social events. Just bring your lunch, drink of your choice and meet some of your fun loving neighbors. For more information contact Deborah Dunaway at 713-983-9651 or dsd1951@mac.com.

## Welcome To Our Newest Neighbors!

We have 2 new families who have moved into Lakes on Eldridge in the last month. If you have not already, please welcomed 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.

Pebbleway welcomes the families of  
**Patrick and Kathryn Johnson** and  
**David and Lori Westphal**

## Learn Christmas Songs!

Learn Christmas songs in 4-part acapella (barbershop) style with Houston Horizon Chorus and perform with us in our Christmas concert December 16th at Grace Presbyterian Church. No experience necessary; just be able to carry a tune

### Rehearsals:

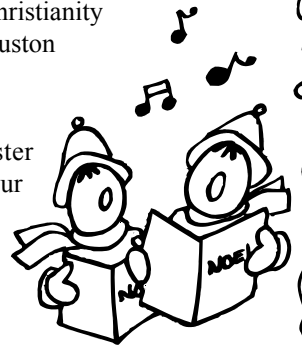
When: Tuesdays, October 7th to December 9th  
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**A**s a strong supporter & resident of the Lakes on Eldridge community, there is no better feeling to me than helping people. October is Breast Cancer Awareness Month and presents several ways in which the whole family can get involved and have the power to make a difference in the fight against the disease.

While there are several October fundraising events to help cure the disease, volunteering opportunities are available year-round. Check out the American Cancer Society website [makingstrides.acsevents.org](http://makingstrides.acsevents.org) and the Susan G. Komen For The Cure Foundation website [komen-houston.org](http://komen-houston.org) for event information and ways in which you can volunteer.

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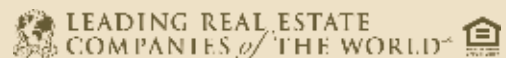


KAY HORSCH

*Lakes on Eldridge  
Resident & Realtor*

713.703.8313

[kay@kayhorsch.com](mailto:kay@kayhorsch.com)



# Lakes on Eldridge

## Stitch & Chat

### 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. Some of our members don't even sew, they just drop by for coffee and to chat. Please come join us.

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

## LOE Bible Study

The Lakes On Eldridge Bible Study resumed meeting on September 9 at 9:15 AM at the Beach Club at Lakes On Eldridge (at the pool). This Fall's study focuses on the Book of Acts as presented by the Life Change Series by NAVPress. From a small group of twelve men that Jesus entrusted with spreading the good news of salvation grew a community of believers that spread throughout the Roman Empire and beyond. The Book of Acts chronicles the explosion of Christianity as well as the persecutions that came with it.

The Bible study group gathers at 9:15 am on Tuesdays for coffee and fellowship. The discussion lesson begins around 9:30 and ends at 11:30. On the first Tuesday of each month we go out to lunch. Send your name address and telephone number to [sablegett@sbcglobal.net](mailto:sablegett@sbcglobal.net) to register. If you don't use email, call Stephanie at 713-560-0042. Hope to see you there!

## 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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## LOE Book Club

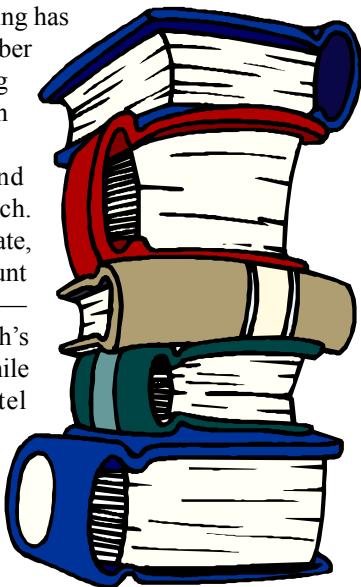
Book club usually meets on the 4th Monday of each month at 7:30 P.M. Join us for a little wine or coffee, some snacks, and stimulating discussion. We will again be meeting in various members' homes, so call or e-mail Celeste Fritz, 713-896-6942, cfritztx@comcast.net for additional information.

September 29th - *The Shadow of the Wind* by Carlos Ruiz Zafon. Barcelona, 1945-A great world city lies shrouded in secrets after the war, and a boy mourning the loss of his mother finds solace in his love for an extraordinary book called *The Shadow of the Wind*, by an author named Julian Carax. When the boy searches for Carax's other books, it begins to dawn on him, to his horror, that someone has been systematically destroying every copy of every book the man has ever written. Soon the boy realizes that *The Shadow of the Wind* is as dangerous to own as it is impossible to forget, for the mystery of its author's identity holds the key to an epic story of murder, madness, and doomed love that someone will go to any lengths to keep secret.

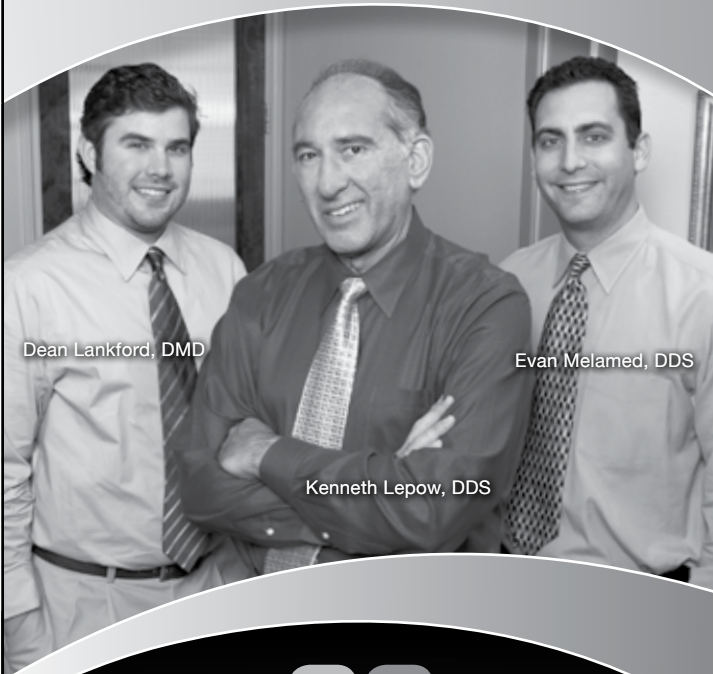
October 27 - *The Thirteenth Tale* by Diane Setterfield. Sometimes, when you open the door to the past, what you confront is your destiny. Reclusive author Vida Winter, famous for her collection of twelve enchanting stories, has spent the past six decades penning a series of alternate lives for herself. Now old and ailing, she is ready to reveal the truth about her extraordinary existence and the violent and tragic past she has kept secret for so long. Calling on Margaret Lea, a young biographer troubled by her own painful history, Vida disinters the life she meant to bury for good. Margaret is mesmerized by the author's tale of gothic strangeness -- featuring the beautiful and willful Isabelle, the feral twins Adeline and Emmeline, a ghost, a governess, a topiary garden and a devastating fire. Together, Margaret and Vida confront the ghosts that have haunted them while becoming, finally, transformed by the truth themselves.

NOTE: November's meeting has been pushed back to December 1st because of the Thanksgiving holiday. We will not meet in December.

December 1 - *Nickel and Dimed* by Barbara Ehrenreich. Funny, poignant, and passionate, this revelatory firsthand account of life in low-wage America—the story of Barbara Ehrenreich's attempts to eke out a living while working as a waitress, hotel maid, house cleaner, nursing-home aide, and Wal-Mart associate—has become an essential part of the nation's political discourse.



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# Lakes on Eldridge



## Adventures in Mothering at BridgePoint Bible

Mothers of Preschoolers need a little encouragement and a whole lot of fun! BridgePoint MOPS is registering throughout the summer for the fall semester of MOPS. We are exploring "Adventures in Mothering". Join us this fall on Tuesday mornings from 9:30 am-12:00pm at BridgePoint Bible Church beginning September 9th. BridgePoint MOPS meetings include awesome speakers, creative crafts, encouraging discussion time, food and door prizes. Childcare is provided with registration. BridgePoint is located @ 13277 Katy Freeway, just west of Eldridge. Call Lynne Voncannon @ 713-849-3969 for more info.

## MOTHERWISE

The MotherWise group meets every other Monday at the Beach Club beginning at 7:00 pm. The meetings begin with prayer and the presentation of the study segment, followed by small group prayer time for those who wish to participate, and concludes with social time and refreshments. The MotherWise meetings are a wonderful way to meet other mothers in our neighborhood, gain some spiritual enrichment, and support one another in prayer.

The MotherWise group will hold eight meetings this fall on the following dates: September 8th (kick off social), September 22nd, October 6th, October 20th, November 3rd, November 17th, December 1st, and December 15th.

The leaders of the MotherWise group are Kathy Prusak (713-937-7707) and Elizabeth Tobin (832-467-1369). Please feel free to contact us for further information about MotherWise. We hope to see you at the Beach Club!

## 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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# ANNUAL MEETING



We encourage all of our neighbors to attend the annual meeting of the Homeowners' Association to be held at Kirk Elementary on Wednesday, October 22nd at 7:00 pm.

*See you there!*

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# Lakes on Eldridge

## Kirk Elementary Parents are Talking!

Back to school is well underway and many of the usual activities are gearing up for fall. In the busy chatter of these activities, Kirk Elementary parents are sharing their stories and experiences with their own children and the educational experience received. Kirk was opened in 2000 and since that time, many families have been touched by the enthusiasm of a teacher, the kindness of a staff member or felt the warm welcome of the student body during a community event. Here's what some parents are saying.....

### **Mom of a 4th grader and new Kinder student:**

My kids cannot wait to go to school everyday. They love visiting with kids at the bus stop and riding to school with them, the morning motivational songs that start their day and their teachers who warmly greet them everyday. They eagerly get their backpacks ready the night before so there is no delay in getting out the door other than grabbing their Flintstone vitamins! They love wearing their spirit shirts on Fridays and always make sure they bring a dollar or two for the spirit cart. The 4th grader is so excited about science this year and the kinder student especially looks forward to working on first reader books. Mom says, "We moved our family here 5 years ago because of the wonderful reputation of the Cy-Fair schools. Kirk Elementary has exceeded those expectations with such a dynamic teaching staff and a PTO that brings immeasurable value to the total

education experience. We feel so fortunate to have our children in such a quality environment."

### **Mom of three Kirk students - present and past:**

"My son was in the first 5th grade graduating class of Kirk Elementary and this fall is a freshman at Texas A&M. GIG EM!" (This mom is a tireless volunteer and can be seen at most Kirk events not to mention the countless hours of behind the scenes work. Moms like this make Kirk an outstanding place!)

### **Dad of a 4th grader:**

"As an engineer, I am impressed with the critical thinking models used by my student since the first grade. These are valuable tools that will serve them well in future math and science courses."

### **Bilingual Dad of Kirk Student**

"I love this place!! Thank you so much for everything!"

### **Mom of 2nd grader:**

"We lived in a neighborhood zoned to Kirk and when we chose to move, location was not a restriction so we looked in other school districts including Katy ISD. We eventually came right back to the area and purchased our new home with the intention of continuing to utilize Kirk Elementary for our student."

(Continued on Page 11)

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**Kirk Elementary parents-** (Continued from Page 10)

**Mom of 2 Kirk students:**

"I grew up in private schools and to put my kids in public school was a big deal. Kirk has been an amazing experience and my children have received an exceptional education."

So come see what all the talk is about! Your interest in Kirk is always welcome - come by or call 713-849-8250 to schedule your tour! with one of the administrative team members and get to know our KIRK MIGHTY TIGERS.

## 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.

## Halloween safety tips

**Some tips for the little ghouls and goblins for a fun night:**

1. Always look both ways when crossing the street!
2. Carry a flashlight and walk with a group of friends/family.
3. Have an adult check all candy/goodies before eating anything.
4. Only go up to homes with their front porch light on.
5. Report any suspicious activity to an adult.

Follow these simple tips, along with your parents/guardians rules, and you'll be sure to have a great time on this frightful night!

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# Lakes on Eldridge

## Cy-Fair ISD Excels Again

Cypress-Fairbanks ISD received a rating of "Superior Achievement" by the Texas Education Agency's Schools FIRST (Financial Accountability Rating System of Texas) program. It marks the sixth consecutive Superior rating for CFISD.

The district's rating is based on an analysis of staff and student data reported for the 2006-2007 school year and the budgetary and actual financial data for the 2007 fiscal year. All areas of the district's financial management was reviewed according to 21 indicators, the first three of which were especially strict. A negative response to any of the first few criteria could have resulted in an automatic "Substandard" rating.

The Superior Achievement rating is the state's highest mark, an indicator of the quality of the district's financial management and reporting system. Schools FIRST was developed by the TEA in response to Senate Bill 218 passed by the 77th Legislature in 2001. The primary objective of Schools FIRST is to achieve quality performance in the management of school districts' financial resources—a goal made more significant due to the complexity of accounting associated with the Texas school finance system.

The Schools FIRST accountability rating system assigns one of four financial ratings to Texas school districts, with the highest being "Superior Achievement," followed by "Above-Standard Achievement," "Standard Achievement" and "Substandard Achievement." Districts with serious data quality problems may receive the additional rating of "Suspended—Data Quality."

Districts receiving either of the two latter ratings under the new accountability system must file a corrective action plan with the Texas Education Agency.

## Advertising Information

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 512-263-9181; [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following month's newsletter.

## Benefit for "Help Lauren Learn"

Lauren is 5 years old. She has a twin sister Elizabeth and a younger brother Jack. Lauren laughs, explores, plays and loves just like many 5 year olds. Lauren is deaf blind. Lauren will learn to communicate with her hands - but she needs an intervener to open these doors. In the United States, interveners are not recognized as licensed professionals as they are in Canada. All interveners in the United States must be privately funded. So providing an intervener for a child in Texas becomes the sole responsibility of the family. Interveners are \$1,000-\$1,500 a week. Lauren's family is looking for help in the form of donations to pay for Lauren's intervener.

On the morning of Saturday, October 18, the Northwest Houston Mothers of Multiples (NWHMOM) will hold a Bake Sale during their Fall "Garage Sale" at the Outback Steakhouse Parking lot (7070 Highway 6 North, Houston, TX 77095; in the Best Buy/Barnes & Nobles shopping center). The proceeds from the Bake Sale will be donated to Lauren's family to help with the costs of Lauren's intervener.

In addition, NWHMOM will host a Vendor Day on Saturday, October 25 from 9 am to 4 pm at the Coles Crossing subdivision clubhouse (13050 Barker Cypress, Cypress, TX 77429) to further help support Lauren's intervener costs. The Vendor Day will have a variety of merchandise: from home décor to clothing and accessories, jewelry, fall and holiday decorations and gifts, food items and much, much more. Come out and start your holiday shopping early!

For more information about Lauren please visit her website: [www.HelpLaurenLearn.net](http://www.HelpLaurenLearn.net). NWHMOM hopes to see everyone at the Bake Sale and/or the Vendor Day. Please come out and support Lauren!

The Northwest Houston Mothers of Multiples (NWHMOM) meet the third Thursday of every month at 7 pm at the Coles Crossing subdivision clubhouse (13050 Barker Cypress in Cypress). NWHMOM assists mothers of multiple birth children by lending them support, sharing information and relating experiences raising multiples. Welcoming all expectant, newly delivered and seasoned (veteran) multiple mothers. Details: [www.nwhmom.org](http://www.nwhmom.org)



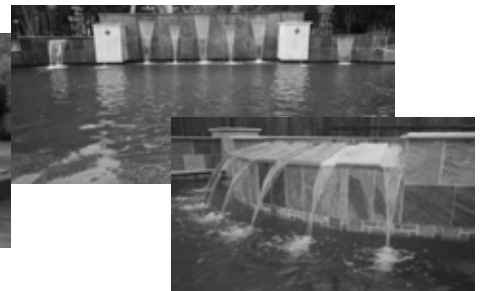
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REALTY

## *Because every move matters!*

# Lakes on Eldridge

## Congratulations to CRBS Students

Clay Road Baptist School congratulates five 5th grade students selected to attend DECATS, a gifted scholar program. These five scholars are Charles Bellow, Matthew Fanning, Annabelle Bellow, Mary-Kate Scurlock and Will Wiley.

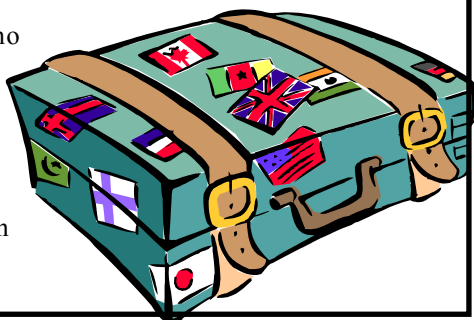
These Clay Road Baptist School scholars were selected to attend the recent DeBusk Enrichment Center for Academically Talented Scholars, DECATS, summer program. The intensive three-week program features challenging and enriching coursework in the areas of literature, drama, social studies, mathematics, science, computer science, creative writing, journalism, art, music, and creative problem solving. Students are nominated by their Principals and selected for their high intellectual ability, a strong commitment to learning, and exceptional creativity. Clay Road Baptist School is proud to recognize their achievements!

## Cypress Christian Students Travel to Spain

Several CCS secondary students had the opportunity to travel to Spain for a ten-day, educational tour this past June.

The students had an incredible time learning about architecture and visiting historical and cultural sights studied in class. The students spoke with native Spaniards on a daily basis, which reinforced grammar and vocabulary as well as boosted their self-confidence in speaking. The majority of the students had not traveled outside of the country and this trip provided many opportunities for personal growth, as well as academic benefits.

CCS students who went on the trip included Jessica LeDay, Elisabeth Dunn, Hallie Salmon, Brian Fredrich, Casey Salzar, and Jordyn McCain.



## Cypress Christian School Welcomes New Principal

Cypress Christian School is pleased to announce the appointment of Donna Stumbaugh to the position of elementary principal.

Mrs. Stumbaugh has committed her time, talents, and energy during the last 12 years to minister to students, parents, and teachers at Cypress Christian School, said Dr. Glenn Holzman, Head of School. Her proven experience in curriculum development and improvement, as well as her extraordinary organizational and leadership skills, allow her to join the administrative team this year. Mrs. Stumbaugh is unquestionably dedicated to Christian education. She understands that Christian education is an opportunity to instill Christian values through scripture. She is committed to the ideal that teachers are living examples of who Christ is, as they teach about God's world through God's word.

Mrs. Stumbaugh's education and experience include the following:

- Bachelor of Science in Education from University of Arkansas
- Master's Degree in Learning Disabilities from University of Tulsa
- Gifted and Talented and Mid-management certificates from the University of St. Thomas
- Texas Certification: Elementary Education, Learning Disabilities, Gifted and Talented and Mid-Management
- More than 28 years of experience in curriculum development and classroom instruction

## Clay Road Baptist Church Annual Craft Sale

*Saturday, October 11th*

*9:00am to 4:00pm*

*Crafts, Collectibles, Jewelry, Art, and more!*

Free admission, over 40 inside booths with many outdoor booths as well, door prizes every 30 minutes, lunch available.

Clay Road Baptist Church is located at 9151 Clay Road at the intersection of Clay Road and Pinemont. For more information contact the Church Office at 713-462-3401.

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## FREE EDAMAME OR COCONUT SHRIMP

With a purchase of a drink  
and lunch entrée.

With Coupon. Expires 11/15/08  
Not valid with any other offers.



## Congratulations AR Star Daniel Bunch!



Clay Road Baptist School congratulates LOE resident Daniel Bunch as AR Superstar High Point Earner with 1720 points! Daniel has read and been tested on 285 books over 4 years. That's an average of over 71 books a year! Way to go Daniel!

## Cub Scout Recruiting

Cub Scout Pack 1005 is recruiting new Cub Scouts and Adults to become involved with Scouting.

Pack 1005 will conduct its Recruiting Rally Night at Kirk Elementary on October 21, 2008. The event starts at 7:00pm at Kirk Elementary Cafeteria. The recruiting effort targets boys in first through fifth grades. For more information, contact Michael Viator (713) 466-5517 or [mike.viator@comcast.net](mailto:mike.viator@comcast.net).



## PLEASE LET US KNOW!

If you know of a LOE resident who has had any outstanding awards, milestones or accomplishments, please contact Deborah Dunaway at 713-983-9651 or [dsd1951@mac.com](mailto:dsd1951@mac.com) so they may be recognized in the newsletter.



Open House, Jan. 29th  
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## Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

### THE BEST TIME TO EXERCISE

Contrary to popular belief, women aren't the only ones with biological clocks. We all have them, and heed their ticking on a daily basis. If you are a regular exerciser, you may have already determined your most productive time to exercise and follow a routine that works best for you. On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of scientists who are studying the proverbial internal clock and how to best determine what time of day you should schedule your workouts.

#### **RHYTHM: IT'S NOT JUST FOR DANCING**

The secret appears to lie in circadian rhythms, the daily cycles that our bodies follow. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure. The rhythms result from the firing rate of neurons. They have conformed to our 24-hour light-to-dark cycle, and may be regulated and reregulated each day according to the environment.

#### **WARM IS BETTER**

It is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When body temperature is at its highest, your workouts will likely be more productive; when your temperature is low, chances are your exercise session may be less than optimal. Body temperature is at its lowest about one to three hours before most of

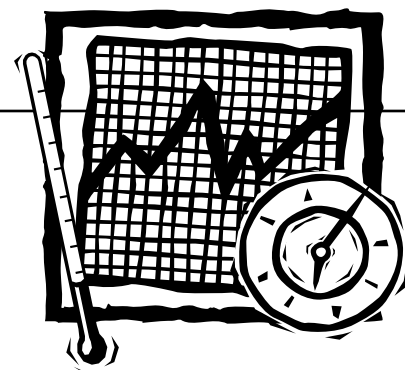
us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.) Studies have consistently shown that exercise during these late-in-the-day hours produces better performance and more power. Muscles are warm and more flexible, perceived exertion is low, reaction time is quicker, strength is at its peak, and resting heart rate and blood pressure are low.

#### **DON'T FIX IT IF IT'S NOT BROKEN**

First of all, don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit. And though it has been suggested that morning exercise may put some people at higher risk for heart attack, further research indicates that there is simply a generalized increased risk of heart attacks in the morning. If your schedule favors an early workout, emphasize stretching and a good warm-up to insure that your body is ready for action.

#### **OTHER CONSIDERATIONS**

If stress relief is your goal, exercise always works, all the time. And if you're wondering when it's best to train for an upcoming event, it all depends on what time you'll actually be competing. If an upcoming marathon begins at 7:00 a.m., try training at that time of day. Though training at any time of day will raise performance levels, research has shown that the ability to maintain sustained



#### **Find Your Peak**

To determine your own circadian peak in body temperature, record your temperature every couple of hours for five to six consecutive days. Body temperature usually fluctuates by plus or minus 1.5 degrees throughout the day. Try exercising during the period three hours before and after your highest temperature. If you are an early bird or a night owl, you may notice that your temperature peaks one to two hours before or after the norm (between 4 p.m. and 6 p.m.); you can adjust your exercise time accordingly.

exercise is adaptive to circadian rhythms. In other words, consistently training in the morning will allow you to sustain exercise during a morning marathon longer than if you train in the evening.

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## MEMORIAL

**“Two Redheads Are Better Than One”**



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## TRICK OR TREATING SAFETY TIPS

- Carry a bright flashlight to illuminate sidewalks, steps and paths.
- Always WALK, do not run. You can slip and fall down... OUCH....!!!
- Stay on the Sidewalks.
- (If there is no sidewalk) walk on the left side of the road.
- Walk SINGLE file, facing the traffic.
- Obey ALL local traffic signals.
- Cross only at corners, with adults.





# Lakes on Eldridge

## Prozac, Zoloft or Vitamin D3 Deficient?

Submitted by Dr. Tenesha Weine

Sick all the time? Sad? Depressed? Low energy? Just don't feel well? Hurt all over? Low motivation? Lack of Focus?

Your body may be deficient in anti-depressants, highly unlikely, or you may be deficient in vitamin D3.

"Inadequate vitamin D status is an important public health problem, which could be readily addressed by adequate vitamin D intake or sunlight exposure" (Am J Clin Nutr 1997;66:929-36)

There is an epidemic of depression in the country. Can we all be depressed? Probably not. Studies have shown that vitamin D deficiency can cause low mood and moderate depression like symptoms. Think about how depressed people in colder climates become in the winter months. Indoor tanning has become a huge industry in the Northern and Midwest states because it makes people "feel good."

We need Vitamin D, specifically in the D3 form for multiple normal functions of the body such as:

- Normal Thyroid Function
- Normal bone and cartilage mineralization
- To absorb and maintain Calcium levels
- Normal Blood Clotting
- Normal Heart Action
- Healthy skin integrity

Vitamin D3 can be considered both a vitamin and a hormone due to where it is produced and released. Therapeutic doses of Vitamin D can help prevent such conditions as:

- Polycystic Ovary Syndrome
- Peripheral Neuropathy
- Lupus (SLE)
- Fibromyalgia
- Depression
- Autoimmune Disorders

"The significant role of Vitamin D compounds as selective immunosuppressants is illustrated by their ability to either prevent or

markedly suppress animal models of autoimmune disease". (FASEB J 2001 Dec;15(14):2579-85).

In Norway there is a high incidence of MS, an autoimmune disorder, inland. But a low to zero incidence on the coast. This could be explained by the abundance of vitamin D-rich fish on the coast and the native consumption of it. Coincidence? In Switzerland, there is a high incidence of MS at low elevation, but a low incidence at high elevation. Coincidence that in low elevation the sun exposure is close to zero?

With the fear of skin cancer and wrinkles we are in the sun less and less these days. And when we are, we are lathered up with chemical based-toxin containing sun screen, blocking vitamin D absorption.

So, how do we achieve normal and/or therapeutic levels of Vitamin D3? Let's start with nature. Spend 15 minutes in the

sun 2-3 times per week without a sun block. As we said, low light climates can dampen Vitamin D levels. This emphasizes an important point: optimal functioning of the skin, liver, and kidney are necessary for metabolism efficiency.

Unable to swing that? Try adding it to your diet through foods high in vitamin D such as organic egg yolks, fish and liver. You will need to eat 3 to 4 servings of each per week to achieve the needed 400-600 IU per day. Most of us don't eat, nor want to eat the foods rich in D so supplementation of D3 can be used.

Supplementation is absolutely needed when treating conditions present from depletion. But be careful where your vitamin D supplement is coming from. Unfortunately, like in anything else, you get what you pay for. Most over the counter products are in such low doses and poor content you won't absorb it well enough to feel a difference. The D3 we carry in the office is the highest quality and purest form on the market.

So, eat more fish - play in the sun - take your Vitamin D3 and feel good!

*"Inadequate vitamin D status is an important public health problem, which could be readily addressed by adequate vitamin D intake or sunlight exposure" (Am J Clin Nutr 1997;66:929-36)*



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**SOLD**

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."*

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Karl B.

*"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."*

**SOLD**

Ian W.

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# Lakes on Eldridge

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## Personal Classifieds

**PIANO TEACHER NEEDED:** Adult piano beginner is searching for a piano teacher in Lakes on Eldridge (or within a 5-10 minute drive) for evening/weekend lessons. If you are a teacher or if you know of one, please contact Fatima at 713-937-3753 or email [fatimzz@yahoo.com](mailto:fatimzz@yahoo.com).

**STRING PLAYERS NEEDED:** LOE resident, who plays violin and viola, is looking for other string players to play quartet music, on a recreational level. Email: [echavlik@earthlink.net](mailto:echavlik@earthlink.net) or call Ellen at (281)741-1781.

**FOR SALE:** Pink Barbie Jeep for sale. \$50. Paulette 713-849-4892.

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View the Kids' Club Contest Winners  
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[www.peelinc.com/kidsclub.php](http://www.peelinc.com/kidsclub.php)





## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at 311 Ranch Road 620 S Ste. 200, Lakeway, TX 78734  
We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: October 31st

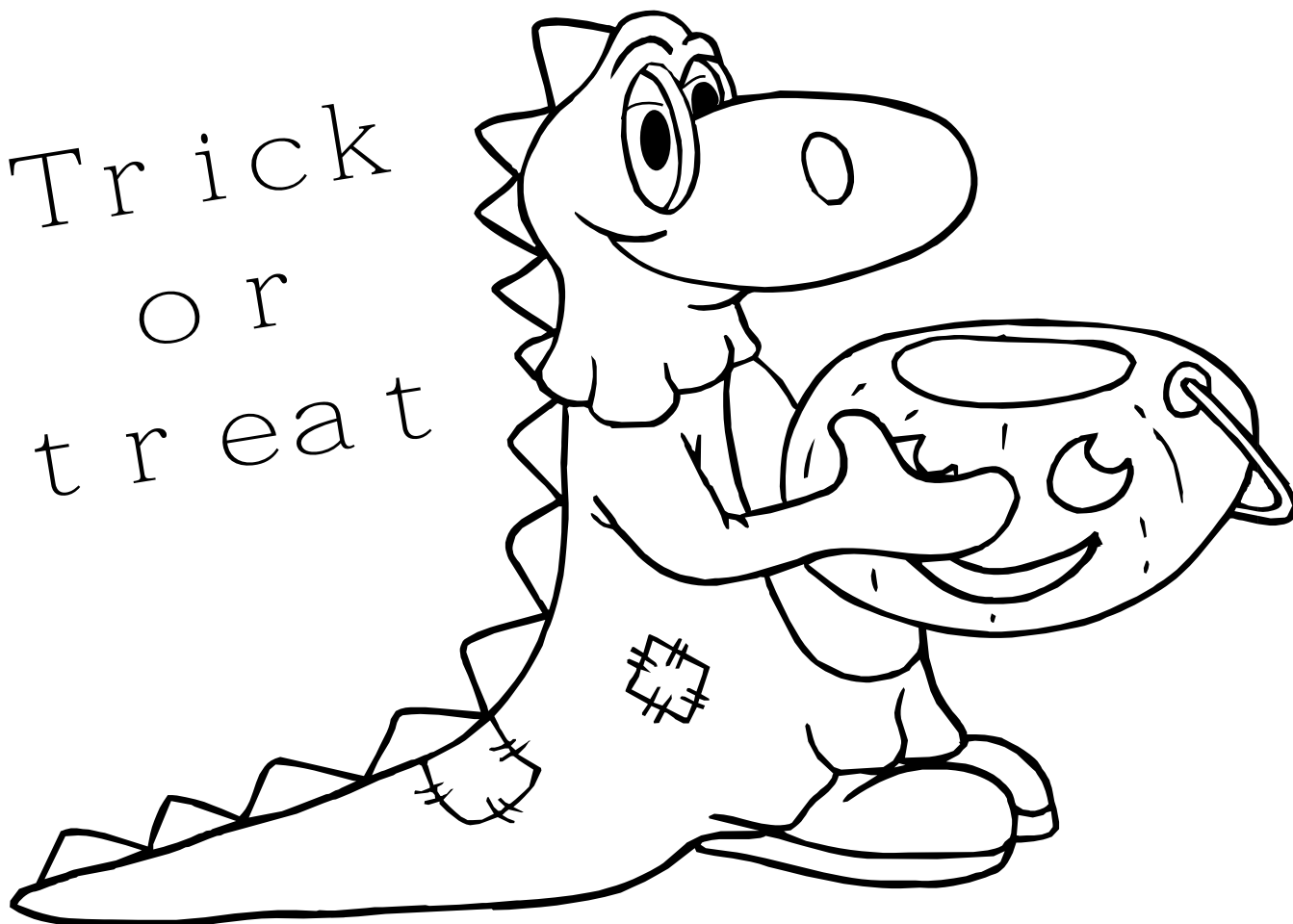
Be sure to include the following so we can let you know!

Name: \_\_\_\_\_ (first name, last initial)

Age: \_\_\_\_\_ Email Address: \_\_\_\_\_

[This information will only be used to notify you or your parents if your artwork was selected.]

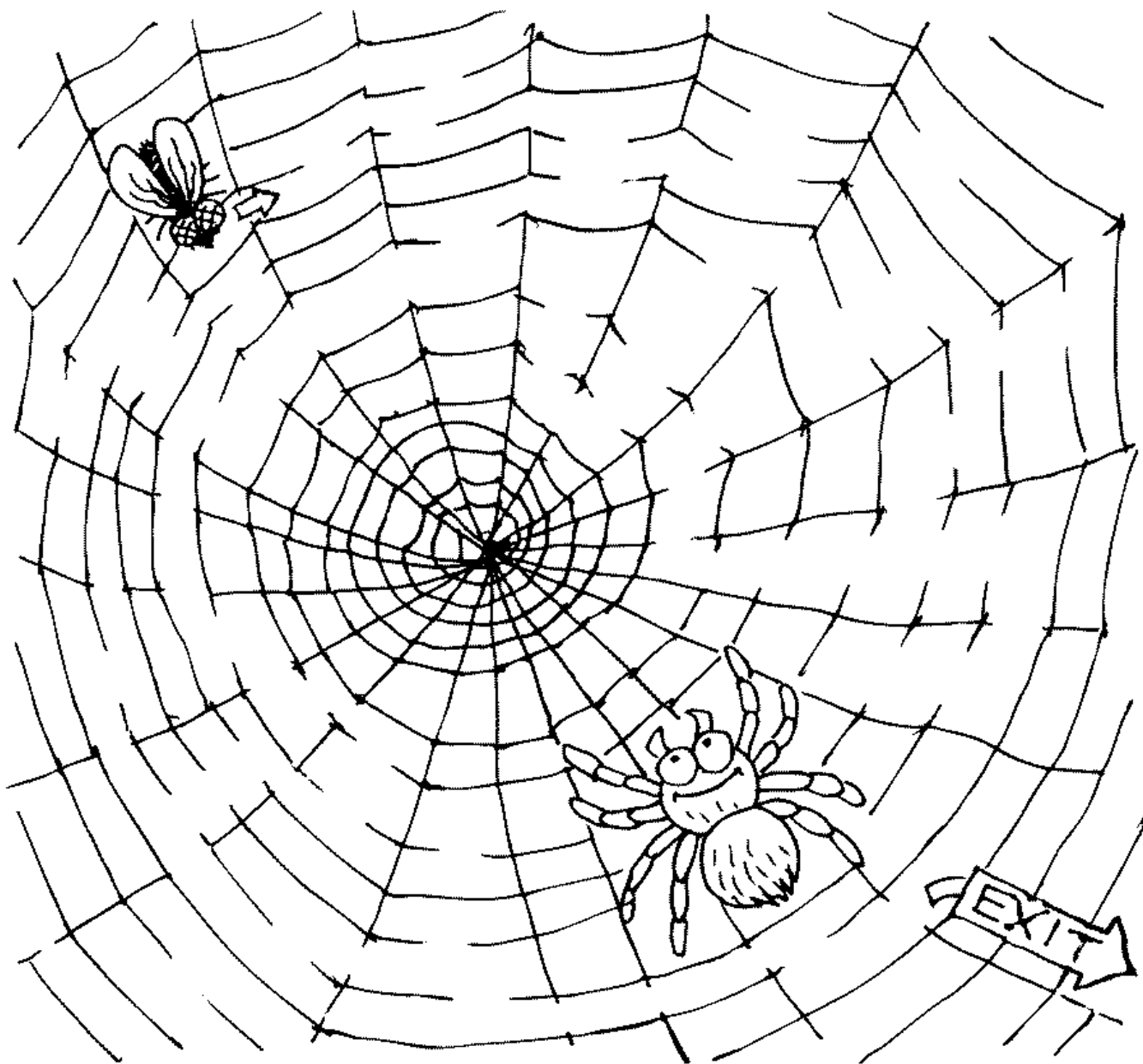
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# Kids Corner

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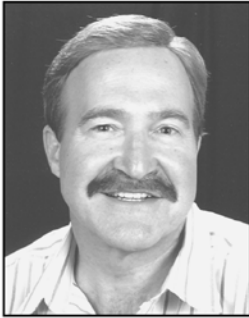
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13. Test furnace flame for proper burn
14. Clean existing filters as needed
15. Measure and adjust gas pressure for peak efficiency
16. Lubricate all moving parts, per manufacturer
17. Measure amperage and voltage of blower motor
18. Tighten and inspect all electrical wiring
19. Check for proper combustion air
20. Test for gas leaks
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