



# LAKE S

ON ELDRIDGE

Volume 7, Issue 11  
November 2008

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

## LOE'S SANTA'S TOY DRIVE & PARTY

Friday, DECEMBER 12th  
7 PM to 9 PM

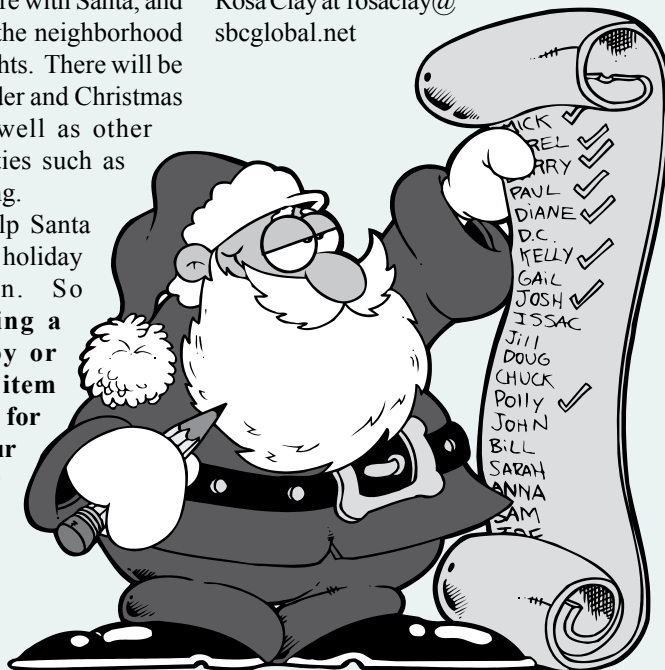
### MARK YOUR CALENDARS!!!

Santa will arrive in LOE on Saturday, December 12th at 6 p.m. at the clubhouse. To ensure his timely arrival, he will be hitching a ride on a trailer covered with hay.

Santa has made his list and checked it twice and knows that the LOE children have all been nice!!! So bring your little ones over to take a picture with Santa, and take a hayride around the neighborhood to see the Christmas lights. There will be hot chocolate, apple cider and Christmas cookies to share as well as other special holiday activities such as storytelling and coloring.

We also want to help Santa share the magic of the holiday with needy children. So **don't forget to bring a new, unwrapped toy or nonperishable food item to be donated to Toys for Tots while you get your picture with Santa for free.** You may also make a cash donation to this very worthy cause.

We can always use volunteers to help with pictures, coordinating, serving as well as cleanup. This would be a great opportunity for that high school student looking to do some volunteer work to put on their resume. If you would like to help with this event or want more details, please contact Georgia Shotwell at 281-460-8505 or [gshotwell@sbcglobal.net](mailto:gshotwell@sbcglobal.net) or Rosa Clay at [rosaclay@sbcglobal.net](mailto:rosaclay@sbcglobal.net)



## National Night Out

Our National Night Out was a tremendous success! Beginning this year, Texas celebrated National Night Out in October opposed to scorching August. The general consensus was that October was a big improvement. This year we celebrated at the clubhouse with just one big party for the entire neighborhood. Everyone seemed to have a good time socializing, swapping phone numbers and "Ike" stories.

In addition to bringing over 200 residents together to stamp out crime, we also recognized our many dedicated volunteers that serve on various LOE committees and run our clubs. It is people like these individuals that are willing to extend their hand to make the place we live be a real neighborhood and thank you is the only "pay" our volunteers receive for their efforts.

A tremendous thank you goes to our realtors that live in LOE for helping host this event with the Social Committee. Clive & Nancy Gardner, Steve Hardcastle, Kay Horsch, Georgia Shotwell and Tim Ziifle provided all the food and drinks.

(Cont. on page 2)

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# 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
Houston Chronicle .....	713-220-7211
Metro Transit Info.....	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Falls High School.....	281-856-1000
Cy-Ridge High School.....	281-807-8000
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## LOE Board Of Directors

To contact a member of the Board of Directors, call Alex Taylor with AMI at 713-932-1122. Leave the number where you can be reached. Mr. Taylor will then forward your message to one of the following board members:

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Deborah Dunaway .....	Vice-President
Carlton Thorpe .....	Secretary
Cory Hammond.....	Treasurer
Clive Gardner.....	At Large

Visit the Association Website:  
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## National Night Out- (Continued from Cover page)



**National Night Out**

A big thank you goes to Rosa Clay, Nancy Gardner, Clive Gardner, Angela Hammond, Melissa Hunzeker, Eleanor Liney, Georgia Shotwell and Catherine Spelling for helping set up and/or clean up afterwards.

Deputy Garcia with the Harris County Sheriff's Department dropped by to answer questions on crime prevention. There are several telephone numbers the Sheriff's Department wanted LOE residents to have quick access to in their homes. The number to call for an emergency is 911. The non-emergency number for the Sheriff's department is 713-221-6000. The number for alarm assistance is 713-221-6000, and this is the same number that should be given to your alarm company for alarm calls. They also mentioned that you could call the Sheriff's Department, Crime Prevention Dept. at 713-225-3273 for a home inspection. A Deputy Sheriff will come out to inspect your windows and door locks, which entitles you to a 5% discount on some homeowner's insurance policies (verify with your insurance company). There is no fee; this service is free.

The Cy-Fair Volunteer Fire Department brought out a big truck for the kids to climb all over.

If you missed the 2008 event, you might want to mark your 2009 calendar for the first Tuesday in October so you won't miss the fun.

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## THANKSGIVING DAY DINNER FOR 12

The feast, prepared by the Junior League of Houston, courtesy of Heritage Texas Properties, includes roasted turkey, cornbread dressing, giblet gravy, praline sweet potato casserole, vegetable casseroles, cranberry relish, rolls, pumpkin and pecan pies.

Dinner will be delivered to the Winning Entry  
Wednesday, November 26th.

The winner will be notified on November 14th.

A special thank you to **BEAR** for the artwork on this mailer.

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For a chance to win, fill out this form and fax or mail it to me at the address below. The winner will be notified on November 14th. Dinner will be delivered to the Winning Entry on Wednesday, November 26th.

Name: \_\_\_\_\_ Zip: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
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# Lakes on Eldridge

## Get Ready for the Christmas Lights Decorating Contest

Do you and the kids like to drive around looking at Christmas Lights during the holiday season? For most of us the answer is a resounding YES! What a great way to get everyone in the Holiday Spirit. Plus with gas prices at an all time high you can't beat the drive when you don't even have to leave the subdivision.

For the third year in a row, LOE will have a Christmas Lighting Decoration Contest. We hope to have lots of good neighborly competition to give you plenty to look at here at Lakes on Eldridge.

We will present awards for three (3) Village Categories. The awards for the decorated homes & yards will be judged on their design, layout and overall flow of the decorations. In the past years, LOE residents have done a tremendous job with Christmas Decorations and we look forward to seeing the whole neighborhood sparkle in Holiday Cheer!

A team from the Social Committee will tour LOE during the evening of December 11th to choose the 3 Winners.

Let's all get out and "Light up our Neighborhood! Winners will have a Sign placed in their yard

showing Best Christmas Decorations 2008. The signs can be displayed until the end of January 2009.

### VILLAGE CATEGORIES ARE:

#### Village Category I

Pelican Pointe  
Eagle Bend  
Pebble Way  
Indigo Falls  
Eden Springs

#### Village Category II

Crescent Banks  
Crescent Cove  
Bristol Waters  
Crystal Falls  
Eagle Cove  
Baymeadows  
Auburn Shores

#### Village Category III

Crescent Bay  
Lake Shore Estates  
Bristol Banks

Please note that holiday lights and decorations must not be turned on before Thanksgiving and must be taken down no later than fifteen (15) days after Christmas.

We look forward to seeing your Holiday Spirit and want to take this opportunity to wish everyone a Blessed and Happy Holiday Season!

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# Santa Claus is coming to town!

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Santa will be arriving by horse-drawn carriage on  
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# Lakes on Eldridge

## Welcome to our Newest Neighbors!

We have 5 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.

Eagle's Bend welcomes the families of  
**Thomas Inizan and Susan & John Levora**

Bristol Waters welcomes the family of **Maria Pinheiro**

Crescent Cove welcomes the families of  
**James & Ramona Bates**  
and **Rebecca & David Albanese**

## 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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# Lakes on Eldridge

## ATTENTION! ATTENTION! BUNCO JUNKIES!

### Bunco is Coming to LOE

Starting Thursday, January 1, 2009 we will be playing "Bunco" from 12 noon until 2 pm once a month on the 1st Thursday of each month at the LOE Beach Clubhouse.

We need twelve players each month to have these tables. The first 12 people to sign up will make up our core group. We will need substitutes for those people who will not be able to play each month.

Contact Catherine Spellings at 713-896-1652 or 713-628-7083 or CTSpellings@aol.com for more information.

## 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.

## Tennis Anyone?

If you're interested in neighborhood tennis and missed the sign-up at National Night Out, don't worry. Just visit the new Tennis website created on our LOE website, [www.lakesoneldridge.net](http://www.lakesoneldridge.net). You can sign-up giving your name, level, e-mail, phone number, day or night preference, week or weekend preference and singles or doubles preference. Then, you're ready to contact or be contacted by someone on the list to set-up a match. If you have any questions, please call Debbie Durkee at 713-983-6063. Hope to see you on the courts!



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# Lakes on Eldridge

## Please Update Your Resident Information for Gate Attendant Form

Do you remember the last time you filled out the Resident Information for Gate Attendant Form? Many times we change our telephone numbers, residential service contractors and/or household help but forget to change this information with the gate attendant. In order for the gate attendants to do the job we are expecting of them, they need up to date information on the individuals and contractors that you wish to be admitted to the neighborhood.

Please take a minute to update your Resident Information for Gate Attendant Form, which is printed in this issue for your convenience. Please print clearly and deliver it to the gate attendant on your way out of the subdivision.

## Resident Information for Gate Attendant

DATE: \_\_\_\_\_ (Please Print)

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

NAME: \_\_\_\_\_

SPOUSE: \_\_\_\_\_

CHILDREN: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PHONE NUMBER: H: \_\_\_\_\_ W: \_\_\_\_\_  
C: \_\_\_\_\_

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MAID SERVICE:(company) \_\_\_\_\_  
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PEST CONTROL:(company) \_\_\_\_\_  
WEEKLY \_\_\_\_ MONTHLY \_\_\_\_

OTHER REGULAR MAINTENANCE SERVICES:

Please give to the gate attendant.



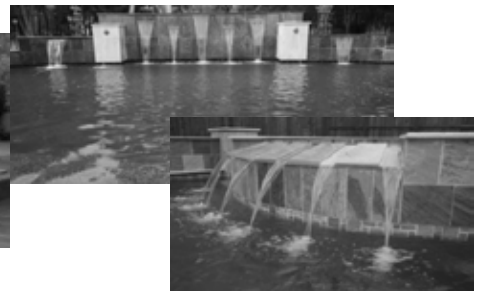
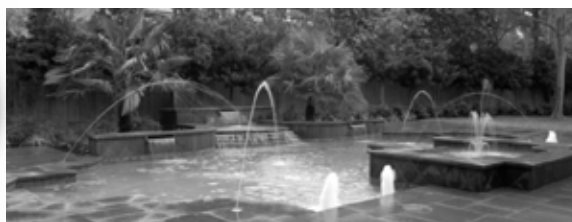
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## TRICK OR TREATING SAFETY TIPS

- 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

## 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 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

The 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.

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.

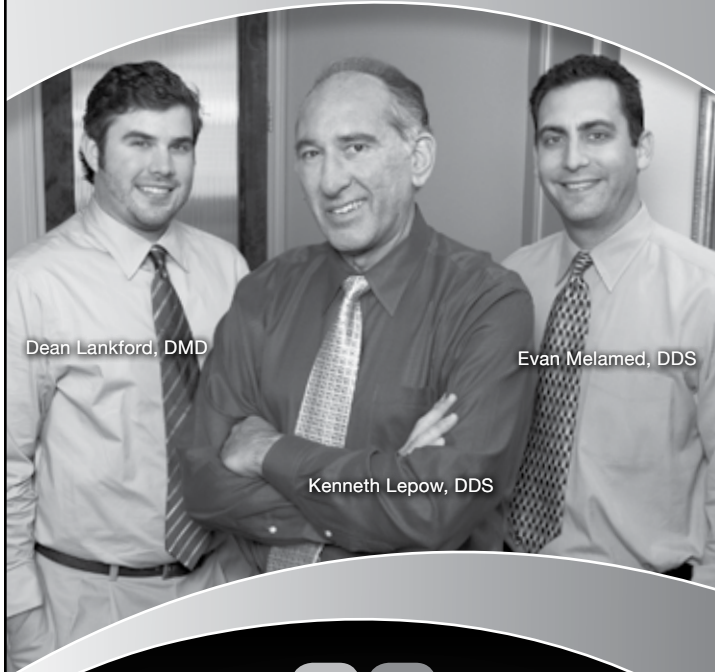
NOTE: November's meeting has been pushed back to December 1st because of the Thanksgiving holiday. We will not meet in December.

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.

January 26 – The Story of Edgar Sawtelle by David Wroblewski. Born mute, speaking only in sign, Edgar Sawtelle leads an idyllic life with his parents on their farm in remote northern Wisconsin. For generations, the Sawtelles have raised and trained a fictional breed of dog whose thoughtful companionship is epitomized by Almondine, Edgar's lifelong friend and ally. But with the unexpected return of Claude, Edgar's paternal uncle, turmoil consumes the Sawtelles' once peaceful home. When Edgar's father dies suddenly, Claude insinuates himself into the life of the farm-and into Edgar's mother's affections. Grief-stricken and bewildered, Edgar tries to prove Claude played a role in his father's death, but his plan backfires -- spectacularly. Forced to flee into the vast wilderness lying beyond the farm, Edgar comes of age in the wild, fighting for his survival and that of the three yearling dogs who follow him. But his need to face his father's murderer and his devotion to the Sawtelle dogs turn Edgar ever homeward.



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# Lakes on Eldridge

## Clay Road Baptist School News



### ***CRBS and See You at the Pole***

Clay Road Baptist School celebrated global See You at the Pole Day September 24th. The student-initiated event is about students taking time to gather at their school flagpoles to pray for their friends, teachers, government and nation. See You at the Pole began in Texas in 1990 with a single youth group and has grown to 3 million participants in more than 20 countries. Clay Road Baptist School is proud to participate in this annual event.

### ***CRBS Go Wild about Reading***

Clay Road Baptist School celebrated its annual Book Fair in September. This year's Safari theme "Go Wild About Reading" served as great inspiration for children and adults alike to expand their interests and read, read, read!

### ***CRBS Grandparents Day***

Clay Road Baptist School celebrated Grandparents Day on September 26th. Students from pre-school to 8th grade hosted the event with breakfast and a school wide student performance.



### ***Donuts with Dad***

Clay Road Baptist School celebrated Donuts with Dad on September 25th. This is the 7th year Clay Road Baptist School has celebrated Dads and their students with early morning donuts and fun.



### ***CRBS Spaghetti Night***

Clay Road Baptist School 8th graders hosted Spaghetti Night September 22nd, to raise funds for their annual trip to Washington DC. The dinner and raffle raised over \$2300 for the students.



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# Lakes on Eldridge

## 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.

## 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.

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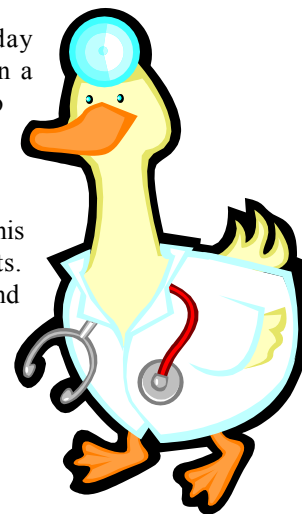
## HOLIDAY PET TIPS

*Submitted by Melissa Todd*

As you celebrate the season, it's important to keep your furry friends safe and stress-free.

Household changes and activity can be very hard on pets.

- Be careful with holiday decorations. Many plants and berries (poinsettias, mistletoe, ivy and holly to name a few) can be toxic to pets. Also be careful where you hang ornaments and decorations...the higher the better!
- Gatherings of people and holiday parties can frighten animals. Plan a safe place for them to retreat too when company arrives or when Halloween doorbells are ringing.
- Holiday leftovers can wreak havoc with your pet's digestive system. This is especially true with older pets. Turkey drippings, poultry bones and chocolate can all result in a trip to the emergency vet.



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## Brandon Vick Memorial Run-4-Fun to be held on Nov. 7, 2008

The Brandon Vick Memorial Fun-4-Fun will be held on November 7 at Cypress Christian School. This event is dedicated in loving memory of Brandon Vick who passed away suddenly in the summer of 2003. Brandon would have been a senior this year.

"Brandon's education at Cypress Christian School began in 1998. Brandon loved the Lord, loved his family, loved his school, and loved his friends. Whatever Brandon did, he did with all his heart, as was the case with the Run-4-Fun, year after year," said Brandon's parents, Dale and Celeste Vick.

"At the end of his 6th grade year, Brandon came home with a heavy heart and asked our family to pray for his friend who might not be able to attend school the following year due to financial reasons. Brandon was a very compassionate person. In keeping with his prayer, a fund was initially set up to assist with tuition needs in these situations."

Cypress Christian School continues to keep Brandon's memory alive through the Brandon Vick Memorial Run-4-Fun. Proceeds from this event have blessed the elementary school with items from their "wish list." In addition, 10% goes towards tuition assistance for elementary students in need.

Proceeds from Run-4-Fun have provided the following items over the years:

- Elementary Computer Lab
- Library Enhancements
- Music Department Enhancements
- Art Department Enhancements
- Playground Equipment
- Technology upgrades
- New Televisions and Stand for the Classroom
- Cable and Wiring for the Classrooms
- Playground Enhancements/ Playground Shade Structure
- Projectors for the Classrooms
- Laminating Machine
- Die Cut Machine and Various Stamps
- Elementary Performances and Competitions
- Teacher Classroom Supply Vouchers
- Map Rails
- Artwork Display Strips for Hallways

For more information on this event or how you can contribute to this fund, contact Jody Pollos at 281-770-5326 or [Jody.Pollos@CypressChristian.org](mailto:Jody.Pollos@CypressChristian.org). Donations can be made on-line via the school's website at [www.CypressChristian.org](http://www.CypressChristian.org) under the "Support CCS" tab "On-line donations."



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LE

# Lakes on Eldridge

## The Green Corner Green the Holidays

By: Sheri Hicks

Thanksgiving will be here in a few weeks and following hard on its heels is the mecca of consumption – Christmas. I have a few tips that can help you feel easier about your carbon footprint during the holidays. This month I will focus on holiday food and Thanksgiving. In December, I will give you tips and ideas on how to green up your gift giving and holiday decorating.

**The Thanksgiving Table:** Before you shop, think sustainability. Both Whole Foods and Central Market sell organically grown, free range turkeys. Untreated with hormones, antibiotics and fed on whole grain feed, these turkeys can be purchased whole or partial (I buy a breast for my small family) for a meal designed specifically for your family. Add organically grown vegetables, and if possible heirloom varieties to increase nutritional value and green quotient.

I know, positively everyone says to go organic. But they rarely tell you why it is important. It isn't just that it is cool or fashionable to be organic (although it is chic to be green) but that organic food is grown and/or raised with sustainability in mind, something that is not taken into account by conventional farming methods. Every time we do something against nature, there is a ripple effect that is felt much farther than our back yard but ultimately comes back to bite us.

Conventionally raised turkeys (and any poultry, beef and most farmed fish) are kept in tight quarters, fed a diet of grains



and discarded animal products – usually from animals too sick to be used in human consumption- and fattened until slaughtered. The cramped quarters, lack of exercise, and poor quality food create a breeding ground for disease requiring the animals to be treated with prophylactic antibiotics. Hormones are used to increase the growth and yield of the meat. How is this unsustainable and downright harmful to us though? Over use of antibiotics have led to antibiotic resistant diseases like MRSA, a particularly nasty and deadly antibiotic resistant staph bacterium, and hormones are absorbed into the meat and ingested by humans or find themselves in our drinking water, creating all sorts of havoc in our bodies from suspected early onset puberty in girls to hormone induced cancers such as estrogen or progesterone positive breast

cancer. If all this isn't enough, the runoff from poultry farms is toxic and pollutes water ways destroying entire ecosystems and tainting drinking water with poisons, antibiotics, fecal matter and hormones.

Organic vegetables prohibit the use of synthetic fertilizers and pesticides. These products are known to cause cancer and neurological disorders in both humans and lab animals. Many vegetables carry toxic residue to your table and into your body. The toxic runoff from conventional farms pollute rivers, drinking water and create dangerous dead zones in the ocean where high levels of nitrogen kill beneficial algae and bacteria causing dangerous algae blooms like red tide that deplete oxygen levels and kill fish. Our own Gulf of Mexico suffers from a dead zone from the base of the Mississippi river all the way to Galveston that is approximately the size of Rhode Island. Dead zones disrupt oceanic hunting and feeding grounds bringing fish closer to shore which in turn brings ocean predators, such as sharks, closer to shore endangering ocean swimmers (not to mention makes the water just plain nasty).

Heirloom vegetables are great because not only are they fun (purple tomatoes anyone?) but they promote biodiversity which protects our food sources. Did you know the Irish Potato Famine occurred because the Irish relied on only a few species of potato plant as the basis of their food supply? All of which

*(Continued on Page 19)*

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6. Inspect blower motor bearings for wear
7. Measure temperature differences-Supply/Return
8. Inspect and adjust fan belt tension (if applicable)
9. Check thermostat for accuracy
10. Inspect for combustible material around furnace
11. Brush clean and vacuum burner
12. Brush clean and vacuum heat exchanger
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
21. Clean furnace exterior

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## Teenage Jobseekers

The following young people are interested in making a little extra money. If you would like to be included, removed, or updated in the next issue, please contact Deborah Dunaway, [dsd1951@mac.com](mailto:dsd1951@mac.com). All information must be received by the 10<sup>th</sup> of the month.

	Babysitting	Pet/Plant Sitter	Lawn Care	Car Washing
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Erika, 14**.....	•	•	•	713-856-7192
Joseph, 15**.....	•	•	•	713-849-4892
Angela, 13.....	•	•	•	713-849-4892
Lindsay, 15**.....	•	•	•	713-466-5562
Robert, 13.....	•	•	•	713-856-5264
DeAnna, 14.....	•	•	•	713-466-7219
Meredith, 15.....	•	•	•	832-467-2222
Sarah, 13.....	•	•	•	713-896-9837
Grayson, 12.....	•	•	•	713-466-5562
Alex, 13+~.....	•	•	•	281-858-9406
Cindy, 14.....	•	•	•	832-288-4971
Audrey, 13***.....	•	•	•	713-983-0725
Danielle, 11.....	•	•	•	713-937-7909
Katy, 13.....	•	•	•	832-467-0489
Adam, 11***.....	•	•	•	713-231-3911

\*First Aid Certified with Boy Scouts

+ CPR (Red Cross WSI certified)

\*\* Red Cross Babysitting Program

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#### Guitar Lessons

Alex, 13..... 281-858-9406

#### Swimming Lessons

Nicole, 18 (Lifeguard Certified) ..... 713-503-9931

#### Mother's Helper

Danielle, 11 ..... 713-937-7909

#### Odd Jobs - (Packing, moving, yard maintenance, etc.)

William, 18..... 832-467-2222

#### Computer Help - (Computer ?s, Ipad, Digital Camera, etc.)

Joseph, 15..... 713-849-4892

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## *The Green Corner- (Continued from Page 16)*

was susceptible to the fungus that attacked the plant and destroyed the food crop. The United States and modern conventional farming has gone the way of Ireland, relying on fewer and fewer species of plants planted in large monocultures to create the basis of our market vegetable selections and eliminating approximately 90% of plant genetic material that was available in 1900. Like Ireland, a simple disease could wipe out a large portion of our food supply and leave us on the brink of starvation. Heirloom vegetables keep genetic plant material alive and in the food source.

I know that organics are initially more expensive. But remember, with conventional products we have to pay to clean up the water to make it safe and drinkable again, to clean up the ocean for access to safe fish, to provide more and more research on how to keep our few remaining plant species from succumbing to disease and pests, medical bills when our bodies react to the environmental toxins, and disaster relief when gigantic storms caused from environmental disruption destroy communities. In the long run, organics are the cheaper way to go.

Avoid the consumption trap by avoiding Black Friday. Instead of shopping use it to decorate for Christmas. If you want to save decorating until December (and wait for my tips!), use the time take a nice hike through one of the Austin area's nature trails or area state parks such as Bastrop State Park or Enchanted Rock State Park – Thanksgiving leftovers make a nice picnic!

## 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.

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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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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!

## Backpacks

**B** — bring it to school  
**A** — assists you  
**C** — convenient  
**K** — keeps your stuff organized  
**P** — plain or fancy  
**A** — adjustable  
**C** — can hold lots of books  
**K** — know how to use one?

What does that spell? **Backpack!**

Backpacks make it easy to carry all of your school essentials. Balancing all those books, papers, notebooks, binders, and school supplies in your arms would be pretty tough without one. And all the little zippered pockets and compartments can help keep you organized.

But backpacks also can be a real pain. Here's why: They can cause injuries if kids trip over them or hit someone with one — accidentally or on purpose. They're heavy so you don't want one to fall on your head or your hand. And heavy backpacks also can strain your back. Because backpacks are a fact of kid life, let's talk about backpack safety.

**Here are two big backpacking rules:**

1. Watch that backpack! Like a disobedient pet, backpacks can get away from you sometimes, so keep an eye on yours. Keep it out of the way where people are walking, such as hallways, the middle aisle on the bus, and the walkway between desks in class. You'll also want to watch out for falling backpacks if you've stored it on the top shelf of your locker.
2. Check out your blind spot. Before taking your pack off or putting it on, take a look out around you and behind you. This is what your mom or dad does when they back the car out of a parking space. You don't want to back into anyone with your backpack. And, of course, don't try to hit someone with your backpack. Loaded down with books, it's like hitting them with a bag of bricks.

### Be Kind to Your Back, Neck, and Shoulders

Sometimes, backpacks can give a kid a backache or cause pain in the neck or shoulders. To avoid this, follow these rules:

- Use both shoulder straps so you distribute the weight evenly. Wearing your backpack on only one shoulder may cause you to lean to one side.
- Stand up straight. If your backpack makes you hunch forward or lean to one side, you may be carrying too much weight or not using both shoulder straps.
- Limit the weight. This can be tough because sometimes you can't choose to carry fewer books. But when you can leave a few books behind, do so. Doctors recommend carrying no more than 10% to 15% of your body weight. For example, if you weigh 80 pounds, your backpack shouldn't weigh more than 8 to 12 pounds.
- Give your back a break. When you can, leave your backpack in your locker and carry just what you need.

Talk to your mom or dad if you have problems putting your backpack on or taking it off. Also, let a parent know if you have any aches, pain, tingling, or numbness (no feeling) in your back or arms.

### Tips for Using Backpacks

Having the right kind of backpack can reduce problems. So if it's time for you to get a new backpack, consider these tips:

- Try a backpack with wheels. (Ask if your school allows these first. Because they glide along the floor, they can cause tripping). If you choose a traditional backpack, pick one with wide, padded straps that won't dig into your shoulders.
- Look for a pack with multiple compartments inside so the weight can be distributed more evenly.

Now you know how to carry your load of books safely. Happy backpacking!

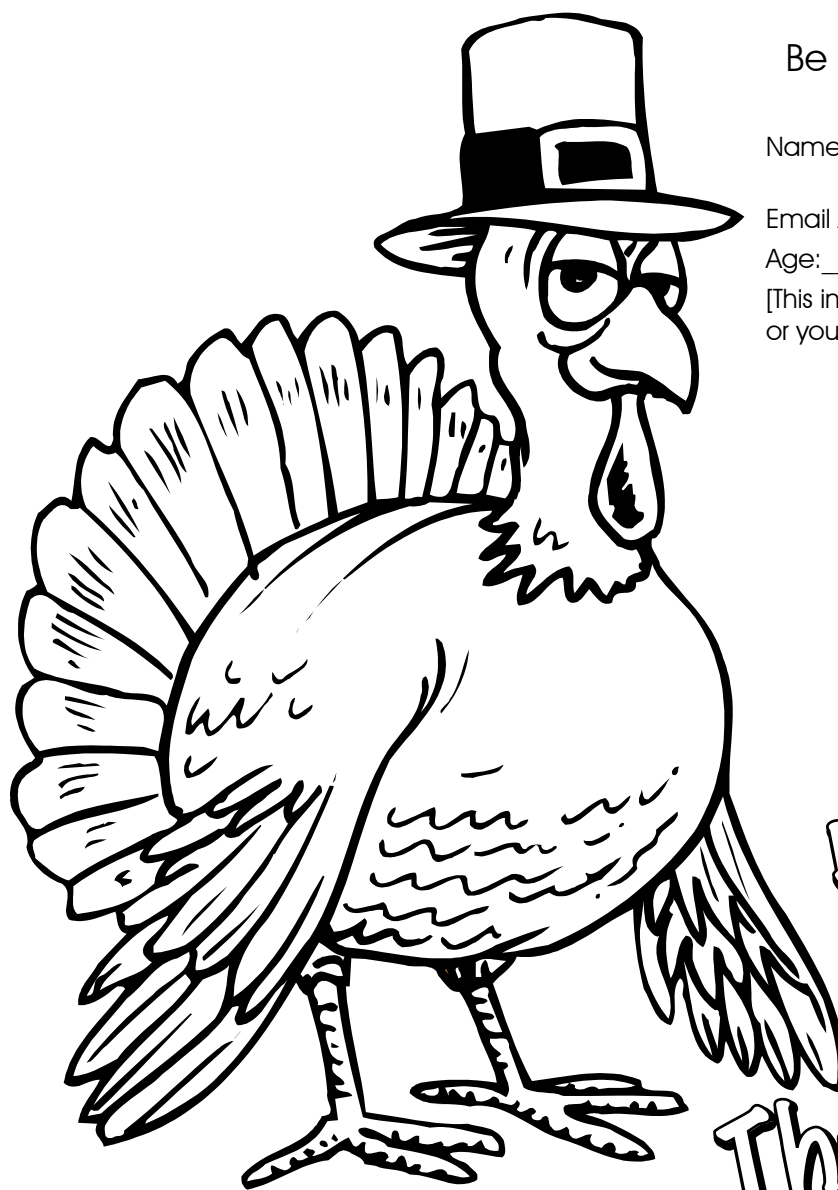
Reviewed by: Mary L. Gavin, MD  
Date reviewed: September 2007

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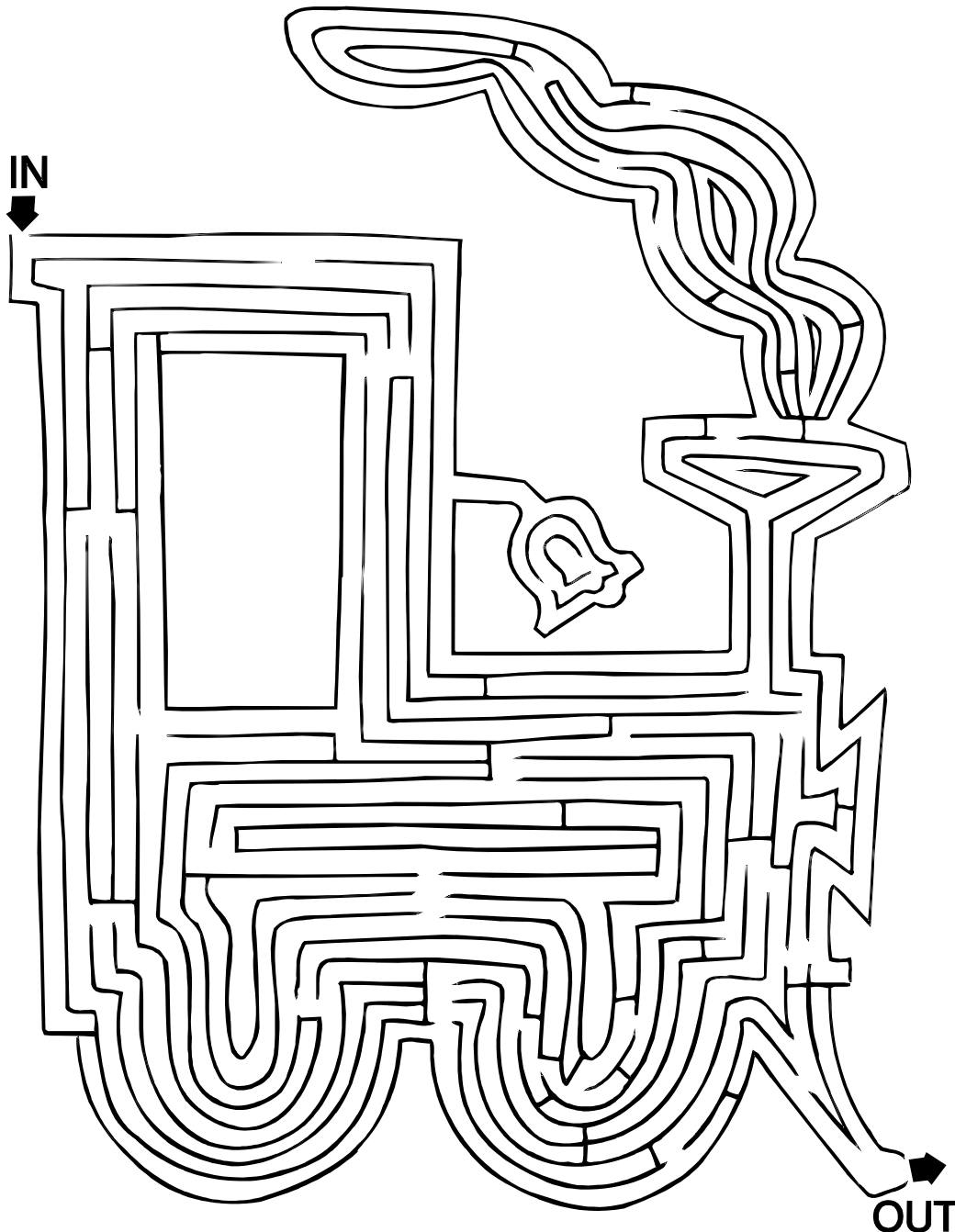
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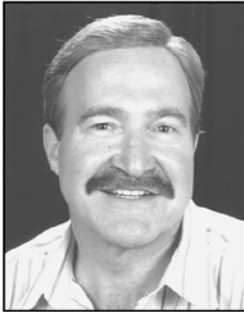
# Kids Corner

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