



# LAKES

ON ELDRIDGE

Volume 8, Issue 10  
October 2009

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



## Lakes on Eldridge Oktoberfest

*"From man's sweat and God's love, beer came into the world."*

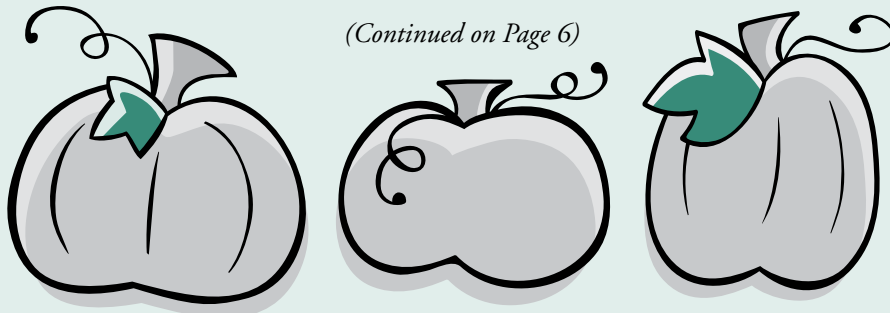
- Saint Arnold, Patron Saint of Brewers

Lakes on Eldridge second annual Oktoberfest is quickly approaching! The Lakes on Eldridge social committee is excited to bring Houston's own Saint Arnold Brewery to Lakes on Eldridge for a beer tasting again this fall. Last year this event was a huge success and we are looking forward to a great turnout. "Oktoberfest" will be held at the Beach Club, Friday, November 6th at 7:30 P.M. Yes, we know it is November but Novemberfest doesn't have the same ring to it. Mark your calendars and tell your neighbors; you won't want to miss this event. Admission will be \$3 which will get you a souvenir Saint Arnold tasting glass from which you will be able to sample 6 beers which include their 5 regular beers as well as a seasonal offering. A representative from the brewery will discuss what we are tasting and tell you more about their company. Non-alcoholic refreshments and snacks will also be available.

### **We will taste:**

- Amber Ale - A 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.

*(Continued on Page 6)*



## MARK YOUR CALENDARS!

### *Annual Homeowners Meeting*

The annual Homeowner's meeting will be held on **Tuesday Oct. 27th at 7:00 pm at Kirk Elementary School**. This will be an important meeting and we urge all to attend. Among the topics on the agenda are:

1. Election to fill 2 vacancies on the Board of Directors.
2. Patrolling of the community in 2010
3. Communicating within the community
4. 2010 Budget presentation



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# Lakes on Eldridge

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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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## HAVE YOU SEEN OUR WEBSITE LATELY?

Our newly designed website is up and running, and nearing completion. So take a moment to visit [lakesoneldridge.net](http://lakesoneldridge.net) and get to know more about our community! There are message boards, directories, links to many sites and your suggestion box. We hope to make this website the principal method of communication in the months ahead.

## GIRL SCOUTS

There is still time to sign up for Girl Scout Troops that serve our community. Our neighborhood troops serve our local public schools as well as the various area private schools. For more information, contact Linda Jordan 713-896-7680 or [ljordan1219@comcast.net](mailto:ljordan1219@comcast.net) and see what all the fun is about!

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# A Winning Combination!

## Houston's Skyline, One of the Most Stunning in the World

ForbesTraveler.com recently cited Houston as having one of the greatest urban silhouettes in the world. It joins such "instantly recognizable" landscapes as Sydney, Dubai, Paris and Hong Kong.

## Lakes on Eldridge, one of the Top Ten searched Subdivisions

Reported on Houston Association of Realtors' Website, [www.har.com](http://www.har.com).

## Heritage Texas Properties Participates in the Sale of More Homes

than any other independently owned residential real estate company featured on Houston Business Journal's list ranking companies based on the number of transaction sides of closed sales, and 2008 was no exception.

\* Houston Business Journal, Week of June 19-25, 2009.

## Ann Knoche, a Top Listing Agent in Lakes on Eldridge Communities

Year after year, Ann Knoche has ranked amongst the Top Ten Agents with Heritage Texas Properties out of over 300 agents associated with them.

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# Lakes on Eldridge

## PINE BARK BEETLES

If you see what looks like drill holes with "saw dust" on the trunks of your pine trees, you have beetles (see the picture). You can purchase a product for treatment at your local hardware store, home center or nursery store. The product is "permethrin". It should be applied 6 to 8 feet up the trunk of the tree.

Pine trees in our common areas are being treated. A treatment has also been made for ants, and a pre-emergent to reduce weeds this winter and next spring.



## Lakes on Eldridge Bible Study

What we say to one another reflects who we are, what we think, and what we want others to think of us. The Bible has much to say about how we as women are to use our words. We will be using *The Power of a Woman's Words* by Sharon Jaynes as our study guide. We shall see from Scriptures the power we possess, the people we impact, and the potential to make necessary changes. This should be an enlightening study. Study guides will be available for \$10.00 at the first meeting. The format for the meetings is fellowship from 9:15-9:30, study from 9:30-10:30, coffee break, and prayer requests from 10:45-11:30. On the first Tuesday each month we all go out for lunch. Prayer and fellowship help us to know one another and grow together. We hope you will join us. If you need more information email Stephanie at [sablegett@sbcglobal.net](mailto:sablegett@sbcglobal.net).

The Lakes on Eldridge Fall Bible Study meets at the Beach Club. As you enter the community at the security gate turn right at the stop sign and continue to the next stop sign and turn left. The Beach club is on the left. Hope to see you there!

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# Lakes on Eldridge

*Lakes on Eldridge Oktoberfest- (Continued from Cover Page)*

- 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 Kolsch. 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.

## *Not familiar with Saint Arnold?*

"Saint Arnold was born to a prominent Austrian family in 580 in the Chateau of Lay-Saint-Christophe in the old French diocese of Toul, north of Nancy. He married Doda with whom he had many sons, two of whom were to become famous: Clodulphe, later called Saint Cloud, and Ansegis who married Begga, daughter of Pepin de Landen. Ansegis and Begga are the great-great grandparents of Charlemagne, and as such, Saint Arnold is the oldest known ancestor of the Carolingian dynasty.

Saint Arnold was acclaimed bishop of Metz, France, in 612 and spent his holy life warning peasants about the dangers of drinking water. Beer was safe, and "from man's sweat and God's love, beer came into the world." The people revered Arnold. In 627, Saint Arnold retired to a monastery near Remiremont, France, where he died on August 16, 640.

In 641 the citizens of Metz requested that Saint Arnold's body be exhumed and ceremoniously carried to Metz for reburial in their Church of the Holy Apostles. During this voyage a miracle came to pass in the town of Champignuelles. The tired porters and followers stopped for a rest and walked into a tavern for a drink of their favorite beverage. Regretfully, there was only one mug of beer to be shared, but that mug never ran dry and all of the thirsty pilgrims were satisfied.

Saint Arnold is recognized by the Catholic Church as the patron Saint of Brewers.

The local brewery brews ten different beers. Five are made year round and five are seasonal. they are available in bars, restaurants, grocery stores, liquor stores and warehouse stores in Houston, Austin, Dallas, Ft. Worth and San Antonio.

Their first keg of beer was shipped on June 9, 1994. Founded

*(Continued on Page 7)*

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# Lakes on Eldridge

## LOE Oktoberfest- (Continued from Page 6)

by Brock Wagner and Kevin Bartol, they chose Houston because, other than living here, this was the largest city in the country that did not have a microbrewery. Brock was a longtime home brewer and had considered opening a brewery as far back as college, although that was quickly dismissed as a silly idea. Seven years after graduating, Brock revisited the idea, enlisted Kevin's help and the brewery was off and running." Reprinted from [www.saintarnold.com](http://www.saintarnold.com).

So get prepared and sample a few beers before LOE's own Oktoberfest. For more details on Saint Arnold Brewery visit their website: [www.saintarnold.com](http://www.saintarnold.com).

We are looking forward to seeing you there. It is a great chance to have some fun and 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).

## LOE BOOK CLUB

Book club usually meets on the 4th Monday of each month at 7:30 P.M., however we have moved some of our upcoming dates around to fit our calendars. 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, [celeste.fritz@gmail.com](mailto:celeste.fritz@gmail.com) for location and additional information.

October 26 – The Time Traveler's Wife by Audrey Niffenegger. A dazzling novel in the most untraditional fashion, this is the remarkable story of Henry DeTamble, a dashing, adventuresome librarian who travels involuntarily through time, and Clare Abshire, an artist whose life takes a natural sequential course. Henry and Clare's passionate love affair endures across a sea of time and captures the two lovers in an impossibly romantic trap, and it is Audrey Niffenegger's cinematic storytelling that makes the novel's unconventional chronology so vibrantly triumphant.



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# Lakes on Eldridge

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## MotherHood

The Lakes on Eldridge MotherHood group has resided within our community for 10 years. It is a neighborhood network which allows participants to share parenting knowledge and provides women a spiritual and social connection. The meetings are comprised of monthly topics of interest, devotion, discussion and social time.

The group meets on the 2nd Wednesday of the month from 7:30 – 8:30 pm in private residences. Watch for gate signs and call the numbers below for location.

To learn more about this enriching neighborly network, please call Wendy Craven at (713) 856-7054 or Joy Hall at (713) 856-8444. Call to have your email address placed on our meeting location notification list. Participation is open to those outside of the LOE community as well... so bring a friend!



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## Stitch & Chat

Members of Stitch and Chat meet every Thursday from 10 a.m. until 12 noon at the LOE Beach Club House. We knit, crochet, needle pint, embroidery, counted cross stitch, mend items, and sew on buttons that we have put off much too long.

We make Quilts for family members, shawls for Cancer patients, caps for newborn babies.

We would love to have you join us for coffee and conversation. We would be happy to help you get started on any project that you have always wanted to do. You do not have to be a resident of the Lakes on Eldridge to join us.

For more information contact: Catherine Spellings at: CTSpellings@aol.com or call 713-628-7083 or 713-896-1652

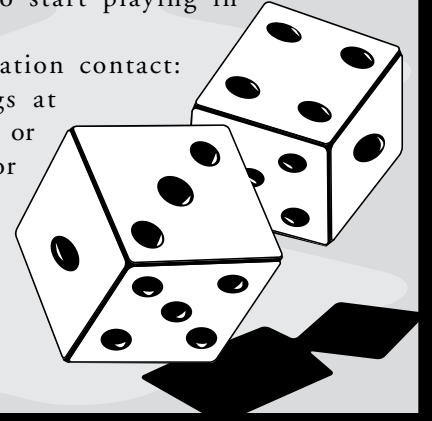
## BUNCO JUNKIES

Members of Bunco Junkies meet & play at the LOE Beach Club House on the 1st Thursday of each month from 12 noon until 2 pm. We must have 12 Players each month to be able to play.

Please speak to your friends & neighbors and ask them to join us in this easy and fun game. Players do not have to be residents of Lakes on Eldridge to play.

We would like to start playing in September.

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# Lakes on Eldridge

## Get Ready for Windows 7 *For Lovers of XP and Haters of Vista*

*Submitted by Laurie Scott*

Users of Microsoft Windows have been waiting a long time for a great upgrade from Windows XP. Well, I have good news - Windows 7 is coming.

On October 22nd, the successor to the less than popular Windows Vista will begin to ship with new PC's and be available in stores and online. If you bought a new PC with Vista Home Premium installed in the last 3 months, you're probably going to get a free upgrade disk from the manufacturer.

Should you upgrade your current PC? There are some very compelling reasons to do so. In almost every area Windows 7 outperforms Vista and even XP in the time it takes to install, copy files on the hard drive or move files over a network. It also doesn't need quite as much memory to run well. It has MUCH better security than XP and is less annoying than Vista. Vista users know about the constant pop-ups of the UAC (User Account Control) every time you make the slightest change to the system, encouraging many to disable it altogether. Windows 7 has modified it so that it can be adjusted to be less intrusive while still protecting you from unwanted program installations. This makes it much easier to run as a regular user rather than an administrator (an almost impossible task in XP), providing better protection from viruses and trojans.

The Media Center provides support for playing Blu-Ray discs (if you have a drive that can play them), and the Home Group feature makes sharing files and printers between computer really simple.

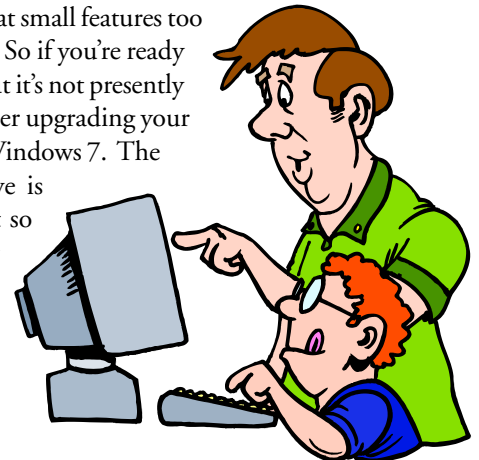
Windows Live is a separate but I think important product from Microsoft that works well with Windows 7. It's a set of free online products that features SkyDrive, offering 25 gigabytes of online storage, and Family Safety, that in conjunction with your Windows user accounts provides access control to web content, and provides

activity reports as well as administrator access (i.e. the parent) from any computer, anywhere.

The Professional version of Windows 7 includes the ability to run Windows XP as a "Virtual Machine" in a window, so if you have programs that need XP to run, you can run them in the virtual machine while continuing to run everything else in the Windows 7 environment (I know, that was geeky and your eyes probably started to glaze over, but it's a great feature none the less.)

System requirements for Windows 7 are a 1GHz or faster processor and at least 1GB of memory. You can perform a check of your computer by downloading the Windows 7 Upgrade Advisor from microsoft.com. The upgrade for Windows 7 Home Premium will be \$119, but Microsoft will also be making a "Family Pack" available, giving you 3 licenses for \$149.

I've been using Windows 7 since the Beta version was released in January, having it on 3 systems without problems, including 2 desktops and 1 laptop. The interface is much cleaner with lots of great small features too numerous to list here. So if you're ready for a new computer, but it's not presently in your budget, consider upgrading your current computer to Windows 7. The only regret you'll have is that it took Microsoft so long to finally get it right.



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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

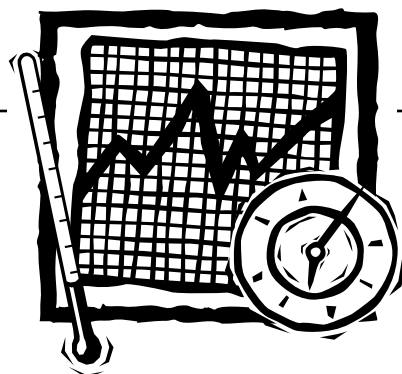
us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.) Studies have consistently shown that exercise during these late-in-the-day hours produces better performance and more power. Muscles 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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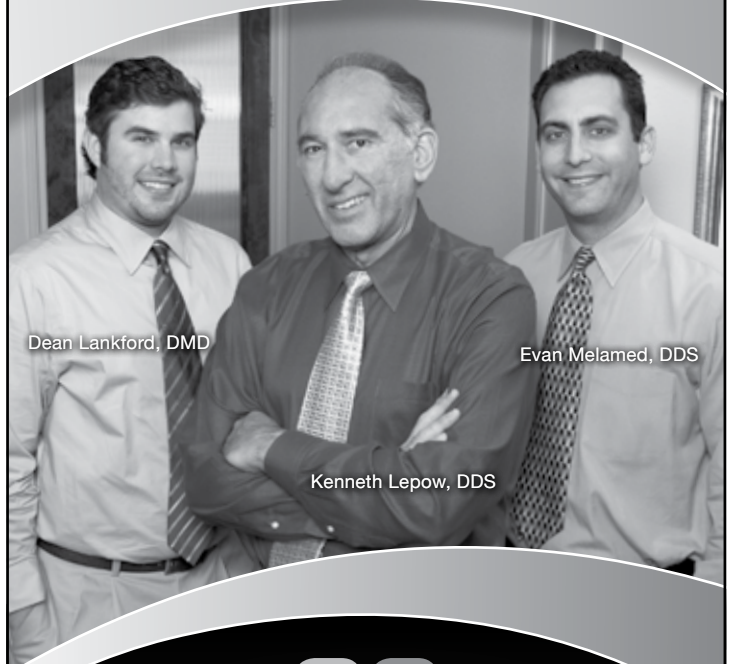
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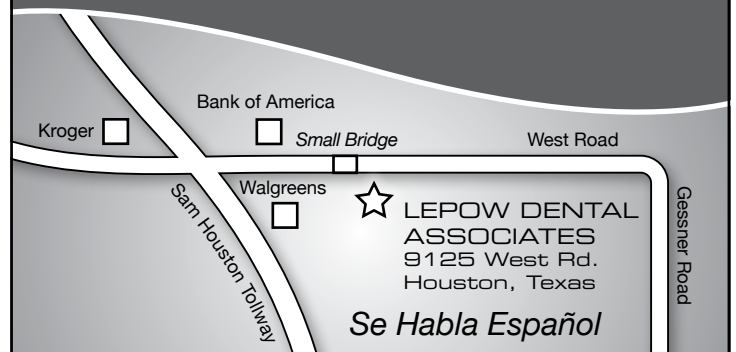
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# Lakes on Eldridge

## 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
- Fibromyalgia
- Peripheral Neuropathy
- Depression
- Lupus (SLE)
- 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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# David "SUPER DAVE" Flory

## Lakes on Eldridge Market Report

	ACTIVE*	PENDING*	SOLD Last 6 Months*
# of Listings	23	4	14
Price Range:	249,900 842,500	350,000 954,000	237,500 680,000
Average Price	\$445,116	\$551,000	\$398,950
Avg price / sq.ft.	\$120.79	\$138.41	\$104.90
Avg DOM	92	72	69
Low Price / sq.ft.			\$74.93
High Price / sq.ft.			\$122.53



"Thank you for selling our home after just one week on the market! In today's housing market that is quite impressive. The Flory Team did a great job at making sure our home got the marketing exposure it deserved. Because of the professionalism of The Flory Team, we were able to sell our home quickly and purchase our dream home!"

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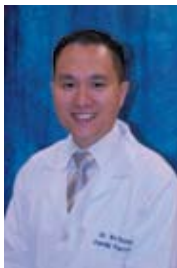
## meet our team

Huong T Le, MD  
Quoc Le, MD  
Alex Nguyen, MD  
Blandina Sison, MD  
Anthony Yee-Young, MD  
Diana Malone, MD  
Shital Patel, MD  
Heidi Nashed, MD  
Luz Marquez, MD  
Jennifer Dong, MD  
Asma Ahmed, MD  
Vu Anh Phung, MD  
Annie Hoang, MD  
Tami Berckenhoff, PA-C  
Brandi Valenzuela, PA-C  
Sydney Payne, PA-C

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## 1960 Family Practice Is Pleased To Introduce Our Newest Physicians



Dr. Vu Phung joined 1960 Family Practice in July 2009. Dr. Phung graduated from Texas Tech University and is board certified in Family Medicine. He completed his residency in Family Practice and is pursuing his special interest; he completed his fellowship in Geriatric Medicine. Dr Phung welcomes patients of all ages to his practice.



Dr. Annie Hoang joined our practice in August of 2009. She graduated from Texas A & M University and finished her training in Family Practice at Texas Tech University. She is board certified in Family Medicine and has been providing comprehensive care for adults and children with compassion and kindness for the past 10 years. She welcomes all new patients to her practice.

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The physicians of 1960 Family Practice follow the recommendations of the American Cancer Society for a healthy life style.

**Annual Physical** - A physical is the examination of the body and its functions. During a physical you will also have your cholesterol, diabetes, and blood pressure checked. Individuals should have a physical examination once a year.

**Well Woman Exam** - This is a comprehensive gynecologic and obstetric evaluation. Including the evaluation of the cervical epithelial cells for abnormalities that could cause cancer. Women of child bearing age should have a well woman exam once a year.

**Mammograms** - 1960 Digital Imaging offers Digital Mammograms. Women should have a baseline mammogram beginning at age 35. Mammograms are recommended every 2 years through age 45. Women over the age of 45, should have a mammogram every year.

**Don't get caught  
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# Lakes on Eldridge

## 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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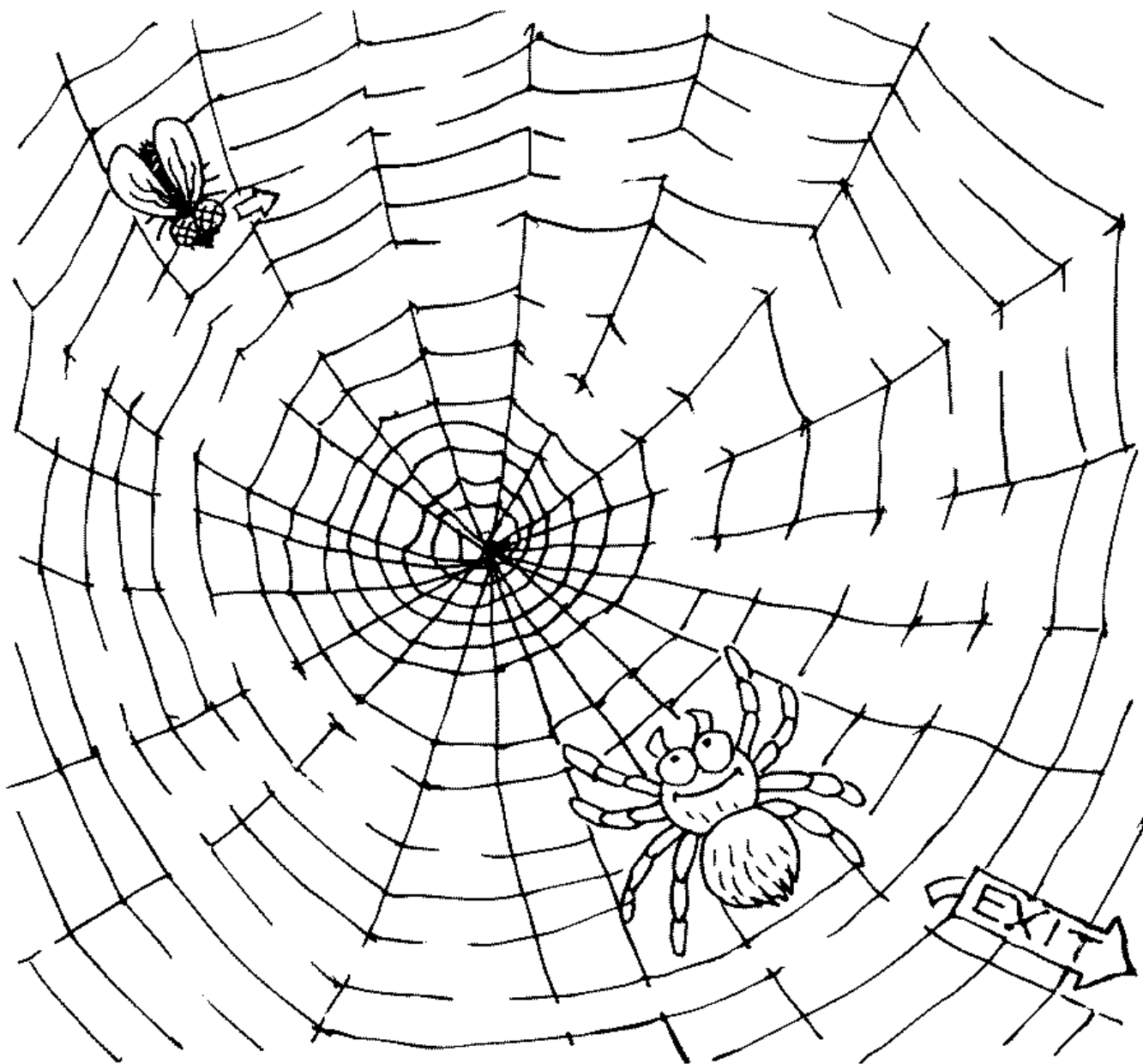


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## MAZE CRAZE





# - Kids Stuff -

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

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(first name, last initial)

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

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

Have A  
Safe &  
Happy  
Halloween!

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# ANNUAL HOMEOWNER'S MEETING



## **Mark your calendars!**

Our annual homeowner's meeting will be  
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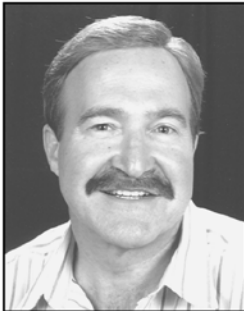
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