



LAKES

ON ELDRIDGE
NORTH

Volume 8, Issue 11

November 2009

CONGRATS!



Congratulations to Karissa Garcia who was chosen to represent Clay Road Baptist School in DECATS (DeBusk Enrichment Center for Academically Talented Scholars), a gifted scholar program held each summer. 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 Karissa's achievements!

Houston Dance Theatre's 27th Annual Production of *The Nutcracker Ballet*

For 26 years North Houston's Premiere Ballet Company, Houston Dance Theatre, has given local audiences the opportunity to experience the beauty and elegance of a Christmas tradition, "The Nutcracker".

*Two performances are scheduled
to take the stage:*

Saturday, November 28, 2009 at 7:00 p.m.

Sunday, November 29, 2009 at 2:30 p.m.

The performances will be held at the beautiful
Westfield's Geiger Performing Arts Center,
16713 Ella Boulevard; 1 mile south of 1960.

Reserved seating tickets are \$18.00 each (group sales available) and may be purchased at: American Academy of Dance, 15775 Bammel Village Drive, 1 block west of Kuykendahl; on the south side of FM 1960. For best available seating purchase your tickets early. Credit Cards are accepted.

Featured Professional Guest Artists will join the cast of 75 local dancers, including the Houston Dance Theatre Company.

Houston Dance Theatre is an Honor Company of Regional Dance America. This production has enhanced the arts in our fine community for 26 years.

This is the one to see!

For further information or ticket sales, please call:
American Academy of Dance / Home of Houston Dance
Theatre. For telephone credit card orders call:
281-444-9698

Visit our website at www.houstondancetheatre.org
HDT is a 501(c) 3 organization - proceeds go toward the cost of
this and future productions.



Lakes on Eldridge North

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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Submit at www.PEELinc.com

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

Submissions must be received by the

15th of the month for the following month's issue.

(Advertising deadline is the 10th of the month.)

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THE GREEN CORNER

Green the Holidays

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).

(Continued on Page 7)

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Holiday Events

Time to think about preparing for the holidays and enjoy a few of the upcoming events

HOME FOR THE HOLIDAYS - NOV. 10-DEC. 24.

Over 150 shops decorated with thousands of twinkling lights welcome visitors to a season of unique Christmas gift shopping. Location: Old Town Spring, 403 Main Street, Spring, TX. Call 888-U-STOP-IN for more info.

A CHRISTMAS CAROL - NOV. 20-DEC. 29TH.

A Ghost Story of Christmas by Charles Dickens. Houston events at the Alley Theatre. Call 713-220-5700 for tickets.

THE NUTCRACKER - Nov. 23-Dec. 29

Presented by the Houston Ballet.
Call 713-227-2787 for tickets.

A WONDERFUL LIFE - DEC. 11-23

Houston events at the Hobby Center.
Call 713-558-TUTS for tickets.



A VERY MERRY POPS - DEC 14-16

Houston events at Jones Hall, 615 Louisiana. Warm your heart with yuletide carols in the most feel good evening of your holidays. Join the Houston Symphony tradition for a celebration of the Season. Call 713-224-7575 for tickets.

SKATING UNDER FALLING SNOW - DEC. 14-16, 21-23

Emirates Snow Spectacular at the polar ice rink in the Galleria.

HANDEL'S MESSIAH - DEC 21-23

Presented by the Houston Symphony. Houston events at Jones Hall, 615 Louisiana. Call 713-224-7575 for tickets.

TRANS-SIBERIAN ORCHESTRA - DEC. 27

3pm and 7:30pm. Call 1-866-4HOUTIX for tickets. Houston events at the Toyota Center.

For more information, visit the Houston Holiday Events Guide.

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ANNOUNCING THE CYFAIR ROTARY CLUB GALA COUNTRY WESTERN DANCE

Fund Raiser that everyone anticipates every year to be on November 14th at 6 pm in the Jersey Village Civic Center. It is catered by Carl's BBQ.

Each \$100 ticket enters you in the raffle to win the FIVE K grand prize! 1 Ticket gains entrance for 4 people.

Email tcady@tcady.com to learn more or buy a ticket!

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 and see what all the fun is about!

Girl Scouting builds girls of courage, confidence and character that make the world a better place.

JERSEY VILLAGE PROJECT PROM FUNDRAISER

November 21st & 22nd at Trader's Village

Jersey Village Project Prom Fundraiser will be accepting donations until Thursday, November 19th. Items can be dropped off at Jersey Village Baptist Church parking lot corner of Rio Grande and Jersey Drive across from the fire station at the following times:

November

Tuesday	11/03/09	6:00 p.m. – 8:00 p.m.
Thursday	11/05/09	6:00 p.m. – 8:00 p.m.
Tuesday	11/10/09	6:00 p.m. – 8:00 p.m.
Thursday	11/12/09	6:00 p.m. – 8:00 p.m.
Saturday	11/14/09	10:00 a.m. – Noon
Sunday	11/15/09	10:00 a.m. – Noon

Monday thru Thursday 11/16 to 11/19 6:00 – 8:00 p.m.

To donate items at other times or if you have any questions, please contact: Rhonda Coolures at 713.256.1811 or Joe Bontke at 713.907.2855

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The Green Corner- (Continued from Page 4)

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 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, use the time take a nice hike through one of Texas' many nature trails or area state parks – Thanksgiving leftovers make a nice picnic! **-SHERI HICKS**

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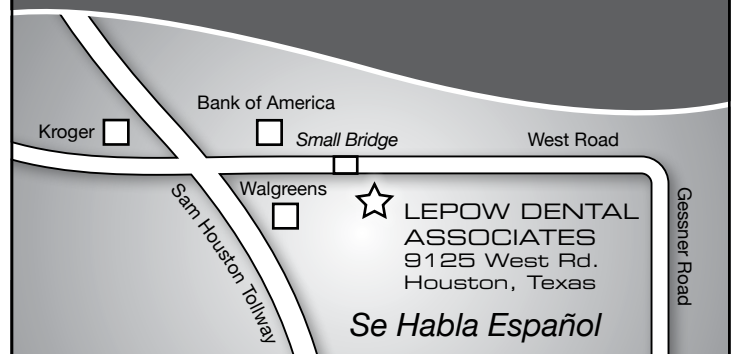
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Lakes on Eldridge North

New Cell Phone Law

THE LAST SESSION OF THE TEXAS LEGISLATURE PASSED A NEW LAW MAKING IT ILLEGAL TO USE YOUR CELL PHONE IN A SCHOOL ZONE. THE EXCEPTIONS ARE:

- if you are using a hands free device
- if your vehicle is stopped
- if you are calling 911 for an emergency.

The law took effect September 1, 2009. Soon you can expect to see new signage in school zones reminding drivers to hang up or face a fine of up to \$200.

*"I'll Have to
Call You Back;
I'm in a School Zone."*



Fall Into Fitness 5k/1k Fun Run

Please join The Branch School's Parents Association for our first annual Fall Into Fitness fun run/walk Sunday November 15, 2009 from 7am-9am at Bear Creek Park. There will be a stroller/kid 1k walk as well as a 5k walk/run for adults and older children. Help us raise money for education while having fun and promoting the benefits of exercise. All participants registered by November 1st will receive a t-shirt and goodie bag! Come join in on the food and fun, and bring the family! To register or get more information check out our link at www.thebranchschool.org or email pa@thebranchschool.org.



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David "SUPER DAVE" Flory

Lakes on Eldridge North — Market Report

	ACTIVE*	PENDING*	SOLD Last 6 Months*
# of Listings	19	3	35
Price Range:	339,999 1,099,000	435,000 595,000	273,000 967,000
Average Price	\$541,615	\$535,000	\$422,600
Avg price / sq.ft.	\$130.48	\$120.98	\$114.93
Avg DOM	105	98	73
Low Price / sq.ft.			\$86.72
High Price / sq.ft.			\$187.62



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-Shelby Clay-

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Free Stuff for Your Computer (and cell phone)

As holiday spending approaches, here are some free programs to make your computing easier and more fun with zero impact on your budget.

Everybody hates dealing with usernames and passwords at login screens, and as a result I see a LOT of people who have very easy passwords (like the name of their dog) not only for their computer but even for their online banking! Well, here's LastPass to the rescue (download from <https://lastpass.com>) with a password manager that works with Windows, Mac OSX and even Linux. With LastPass you can have strong passwords that are hard to impossible to remember, but don't have to remember because LastPass will remember for you. Your passwords are encrypted using a master password that only you will know, so your private information is always safe. LastPass will work across all your browsers and computers. You can even retrieve your passwords online from another computer on their web site (where no one but you can access them.)



How about free music, legally! Amazon has over 1,000 songs in all styles from Blues to Folk to Rock to Opera.

Many of these are new groups getting their music out, but I've seen everything from Alice Cooper to Andres Segovia to Jeff Beck to the Boston Pops. If you use iTunes, Amazon's download manager will seamlessly add your songs to iTunes for you. So load up your iPod and Zune with all this free music. This abbreviated link will take you to Amazon's free music page: <http://tinyurl.com/TekChicFreeMusic>

How does a free secretary sound? TimeCave.com will send any message you create back to you or anyone you want at ANYTIME you want within 3 years. Do you keep a perfect calendar but your best friend is, shall we say, "challenged" when keeping her calendar organized? Have a lunch date next week? Go to Time Cave and enter your message "don't forget about our lunch tomorrow", enter her email address and the day and time you would like it delivered. Now, even if YOU forget

(Continued on Page 11)



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Free Stuff - (Cont from Page 10)

to remind her, Time Cave will.

Cell phone users, you're not left out. Wouldn't it be nice to be able to call 411 from your cell phone without having to pay a dollar or more for each call? Thanks to Google you can now get information for any city in the country by simply dialing 800-466-4411 (that's 800-GOOG-411). They have a voice recognition system that lets you tell it what you're looking for and it's amazingly accurate. So program that number into your phone and say goodbye to excessive 411 charges from your carrier.

Next month look for my annual "Geeky Gifts for the Techie in Your Life" Christmas article. - **LAURIE SCOTT**

Recipe of the Month

String Bean Casserole



- 4 cans French style green beans, drained
- 1 lb. Velveeta cheese
- 1 medium jar pimentos
- 1 large can mushrooms
- ¼ lb. butter or margarine
- 1 large green pepper, chopped
- Ritz crackers or sliced almonds



Melt butter. Saute green peppers. Add cheese to melt. Add beans, mushrooms, and pimentos. Put into baking dish and sprinkle with Ritz cracker crumbs or sliced almonds. Bake at 350° for 25 minutes.

If you would like to submit YOUR recipe email it to articles@peelinc.com.

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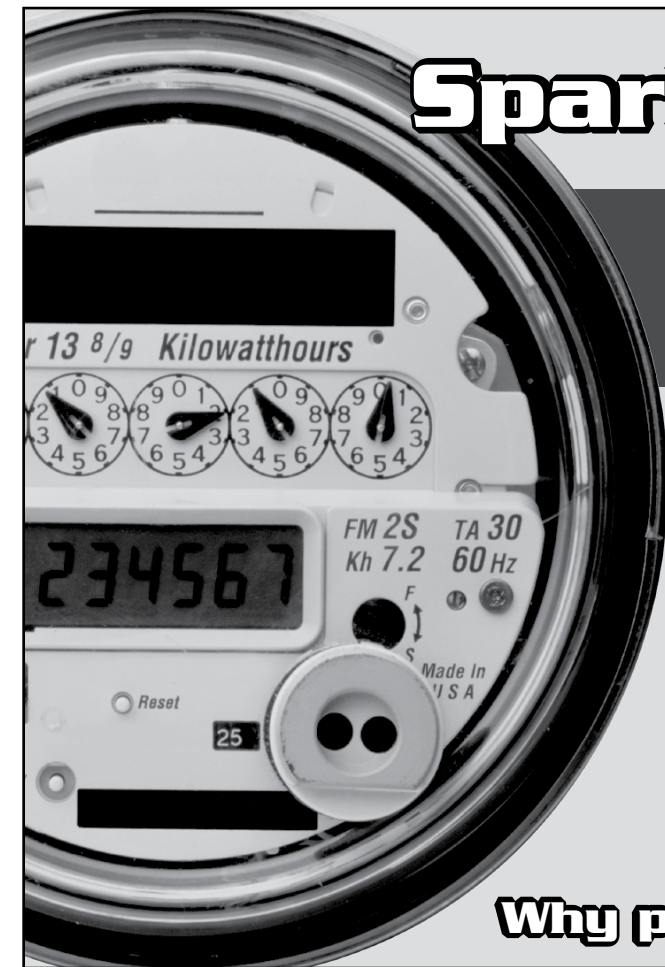
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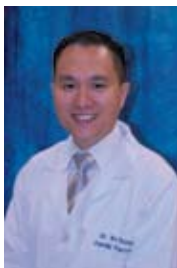
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1960 Family Practice Is Pleased To Introduce Our Newest Physicians



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 in 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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Annual Physical - A physical is the examination of the body and its function. During a physical you will also have your cholesterol, diabetes, and blood pressure evaluated. 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
with the flu!!**

Season starts in October and
continue well into spring!!
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Traditional burgers or chili	Burgers or chili made with lean ground beef or ground turkey breast
Sandwiches or hoagies made with salami, high-fat cheese and mayo	Sandwiches or hoagies made with lean meats, low-fat cheeses and mustard on whole wheat bread
New England clam chowder	Low fat gumbo
Pork brats	Turkey brats
Potato salad	Grilled corn on the cob
Cookies and cakes	Caramel or candied apples and low-fat brownies and desserts
Regular beer and wine	Light beer and wine spritzers
Soda or juice	Iced tea or diet lemonade

Now you finally know its fall, not because the temperatures are cooler, but because it is FOOTBALL season! With high school games on Friday nights, college games on Saturdays and professional games on Sundays, our weekends can be full of concession-stand food, barbecue, six-foot sandwiches and chips.

All of these game-day feasts can lead



(Continued on Page 15)



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Happy Tailgating- (Continued from Page 14)

to extra calories, which can mean extra pounds, even before the holiday season arrives! The good news is that with a few changes, such as these tailgate make-over tips, you can decrease the fat and calories and increase the nutrition of your tailgating menu, without sacrificing taste:

It is also never a bad idea to have a fruit and/or vegetable tray available for those who are vegetarian or for low-calorie snacking. If you have a favorite tailgating food or snack, allow yourself to indulge in it, but try to replace other tailgating options with healthier alternatives and be mindful of portion sizes.

Whether you are tailgating at the stadium or "tablegating" in your living room, it's easy to keep game day food fun, tasty and healthy. Most importantly though, remember, it is about the camaraderie and the love of the game, not the food. Consider having your own game of touch football during half time to burn off those extra calories!

With the last football games in both pro and college football set for the beginning of next year, we still have many opportunities to load up on calorie-laden and high-fat tailgating food. Practice these easy and tasty substitutions to help you stay healthy this football season. **-TARIE BELDIN**

THEFTS AND VEHICLE BREAK-INS

Lakes on Eldridge is a safe and pleasant place to live, but a theft was recently reported. Here are important suggestions to prevent this from happening to you:

1. Park your cars in the garage and keep the door closed. A car parked on the curb attracts thieves.
2. If you can provide exterior lighting to your home, do so. Thieves work in shadows, so the fewer the shadows, the less safe haven they have in which to work.
3. Never leave any valuables in your car. Remove all of them.
4. ALWAYS lock your car.
5. If you see or hear anything suspicious, call the police first and then the gate attendant.



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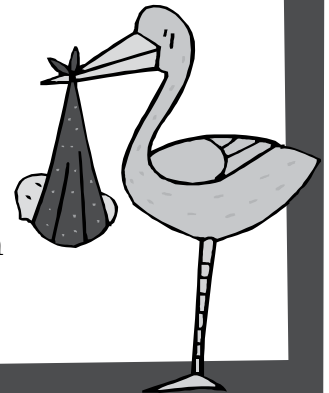
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Texas Events - November

- 7-8—GALVESTON:** Cirque Shanghai-Bai Xi Includes awesome displays of physical strength, balance and martial arts. The Grand 1894 Opera House. www.thegrand.com 800/821-1894
- 7, 14, 21—WEST COLUMBIA:** Farmers Market 202 E. Brazos. www.westcolumbiachamber.com 979/345-3921
- 11-15—HOUSTON:** 2009 Midwestern Sectional Figure Skating Championships Skaters who place in the top four at a sectional qualify for the U.S. Championships. www.mids2009.org
- 11-15—HOUSTON:** Houston Cinema & Media Arts Festival Enjoy cinema, music, interactive installations, and Internet-designed and generated movies, as well as international films and videos. www.cinemartsociety.org
- 12-15—HARLINGEN:** Rio Grande Valley Birding Festival Includes seminars, keynote lectures, workshops, children's programs and nature fair. Harlingen Municipal Auditorium. www.rgvbirdfest.com 800/531-7346
- 13-14—PEARLAND:** FUMC Gift Alley Features more than 100 vendors. Begins at 10 a.m. First Methodist Church, 2314 N. Grand Blvd. 713/819-0399
- 13-15—HUMBLE:** Houston Gem & Mineral Society 56th Annual Gem & Mineral Show Humble Civic Center, 8233 Will Clayton Parkway. www.hgms.org
- 14—HOUSTON:** Prairie Plant-a-thon Day Come prepared to dig in the dirt, and learn about the native tall grass prairie. Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800
- 14—KATY:** Walk MS: Katy. Walk or run the 1-mile loop. Katy Mills Mall. www.walkmstexas.org 800/344-4867 or 713/526-8967
- 14—KEMAH:** 10th Annual Beat the Heat See police dragsters and other high-powered racecars. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880
- 14—ORANGE:** Fall Festival at Shangri La Botanical Gardens & Nature Center Includes scavenger hunts, hayrides, pumpkin painting, skits, songs and more. www.shangrilagardens.org 409/670-9113
- 14—PALACIOS:** Market Day Find arts & crafts and food. East Bay Park. www.palacioschamber.com 361/972-2615
- 14—PEARLAND:** Kid Fish Fest Open to children, ages 3 to 16 years. Bass Pro Shop. www.pearlandparks.com 281/652-1673
- 14—PORT ARTHUR:** St. Catherine of Sienna "Taste of Culture" Includes food booths, silent auction and more. Bob Bowers Civic Center. 409/962-3011
- 14-15—HOUSTON:** 20th Annual Texas Championship Powwow Includes colorful tribal dance contests, Indian artists and traders, honoring ceremonies, dancing, singing and more. Traders Village. www.tradersvillage.com 281/890-5500
- 14-15—TEXAS CITY:** Model Railroad Festival Features model railroad, modular exhibits, interactive kids layout and more. Texas City Museum, 409 6th St. www.texas-city-tx.org 409/643-5799
- 15—GALVESTON:** Camelot Presents a tale of love, honor, chivalry and sacrifice set in the time of King Arthur. The Grand 1894 Opera House. www.thegrand.com 800/821-1894
- 15—HOUSTON:** Walk MS: Houston Walk, run or skate a 1-mile or 5K route. Downtown Houston. www.walkmstexas.org 800/344-4867 or 713/526-8967
- 17—WHARTON:** Wharton Chamber Christmas Parade There will be a float contest, pictures with Santa and his elf, and food vendors. Historic Downtown Square in Wharton. www.whartontexas.com 979/532-1862
- 19-21—PEARLAND:** McDonald's Texas Invitational Basketball Tournament www.texasinvitational.com 713/882-3848
- 19-22—KINGSVILLE:** South Texas Wildlife & Birding Festival People come from all over to bird watch on the King Ranch and in the surrounding area. Includes four days of birding and wildlife tours. Methodist Life Center, 5th and Yoakum. www.kingsvilletexas.com 361/592-8516
- 20—VICTORIA:** Country Opry Begins at 7 p.m. Jaycee Hall. 361/552-9347
- 20-21—HUMBLE:** Humble Trade Days Find antiques, crafts, collectibles and memorabilia. 8301 Will Clayton Parkway. www.humblecc.com 281/446-4140
- 20-21—LAKE JACKSON:** Festival of Lights Lake Jackson Civic Center & Plaza. 979/297-4533
- 21—GALVESTON:** Rita Rudner The Grand 1894 Opera House. www.thegrand.com 800/821-1894
- 21—HARLINGEN:** American Heart Association 2009 Wes Lepard Heart Walk This is a 5K non-competitive family walking event. TSTC Campus. www.harlingenmuseum.com 956/742-9854
- 21—HOUSTON:** Birding Walk & Talk Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800
- 21—HOUSTON:** Houston Championship Chili Cook-Off Champion chili cook teams compete for the title of Houston's Best

(Continued on Page 23)



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7. Measure temperature differences-Supply/Return
8. Test blower capacitor
9. Check thermostat for accuracy
10. Inspect for combustible material around furnace
11. Brush clean and vacuum burners
12. Brush clean and vacuum heat exchanger
13. Test furnace flame for proper burn
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Texas Events - (Continued from Page 20)

- Chili Cook. Traders Village. www.tradersvillage.com 281/890-5500
- 21—**LA PORTE:** Hard Hat Tour Battleship Texas State Historic Site. www.usstexasbb35.com 281/479-2431 ext. 234
- 21—**LEAGUE CITY:** Bluegrass Show Begins at 6:30 p.m. Pickers are welcome to bring their instruments and come earlier. Johnny Arolfo Civic Center. www.bayareabluegrass.org
- 21—**PORT NECHES:** Trade Day on the Avenue Port Neches Avenue. 409/722-4023
- 21—**TOMBALL:** Holiday Parade Features more than 175 floats/entries. FM 2920. www.tomballchamber.org 281/351-7222
- 21—**VICTORIA:** Market Day DeLeon Plaza. www.victoriatx.org 361/485-3200
- 21-22—**HOUSTON:** Via Colori: A Street Painting Festival Watch more than 175 artists. Enjoy music, food and children's activities. Sam Houston Park and surrounding streets. www.houstonviacolori.com 713/523-3633
- 21-Jan. 30—**ORANGE:** Entwined Across the Ages: Illuminated Manuscripts & Tapestries Stark Museum of Art. www.starkmuseum.org 409/886-2787
- 25—**BEAUMONT:** Crockett Street's Thanksfest Offers live bands, plus food and festivities. www.crockettstreet.com 409/832-2944
- 27—**SOUTH PADRE ISLAND:** Lighting of the Island Join Santa Claus for the official lighting of the island at 6 p.m. South Padre Island Visitors Center. 800/657-2373
- 27-Dec. 27—**HOUSTON:** The Nutcracker Wortham Theater Center. www.houstonballet.org 713/523-6300
- 28—**KEMAH:** Nutcracker Vignette The Bay Area Houston Ballet and Theatre perform a holiday tradition. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880
- 28—**PALACIOS:** Seaside Holiday Christmas light display is illuminated in time for Santa to arrive by shrimp boat. South Bay Park. www.palacioschamber.com 361/972-2615
- 28-29—**BEAUMONT:** Santa's Gift Market This is a holiday art/craft/gift show with handcrafted items. Beaumont Civic Center. www.myspace.com/sgmgiftmarket 409/225-2739
- 28-Dec. 20—**HOUSTON:** Holiday Market with Santa Claus Traders Village. www.tradersvillage.com 281/890-5500

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SURVIVING THE HOLIDAY BULGE

The holidays are here! The air is crisp and the days are shorter, leading into the hibernation patterns. Don't be a casualty of the holiday weight gain. This is primarily due to the abundance of cookies, chocolates, fruit cake, eggnog, holiday breads and a myriad of other 'goodies' food available during holiday parties, office parties, and family gatherings. With Thanksgiving, Christmas, Hanukkah, Kwanzaa, and New Year's all occurring within a span of just 41 days, many of us overindulge in celebrating the holiday season, resulting in excess weight gain.

With adult and child obesity in the United States sky-rocketing and Texas ranking as the 16th fattest state in 2008, individuals and families are finding it more difficult to keep the weight off. Don't worry; these 5 simple tricks will help with surviving the holiday weight gain. Remember, it's easy to gain weight than to lose weight.

1. Keep a positive attitude and don't sweat the small stuff. Enjoy the holidays.

This is the time to enjoy gatherings with your friends and family. The holidays come once a year so enjoy the festivities.

2. Get enough sleep.

Sleep deprivation may affect various components of metabolism which can influence hunger and weight gain. People who are sleep deprived tend to eat more than people who sleep at least 8 hours.

3. Plan ahead and add physical activity.

Schedule some me time and 20-30 minutes of physical activity on a daily basis. Go to the mall and power walk while enjoying the holiday decorations. Go for a walk outdoors and enjoy the cooler weather.

4. Never skip a meal(s) before going to holiday party.

Many people make this mistake. You are more likely to eat twice as many calories. Eat 4-6 small meals a day. If you know that there is going to be high fat foods at a party eat a hearty healthy meal before you attend the function, therefore, you are less likely to indulge in high calorie foods.

5. Drink in moderation.

Alcoholic drinks are wasted calories. The average alcoholic drink contains 150 - 200 calories per glass. Indulge in just 2-3 drinks and you've drunk the equivalent calories of an entire meal. Drink one 8oz glass of water for every alcoholic drink you have. Water will make you feel fuller and also prevent dehydration which alcohol can cause.

Have a fit and healthy holiday season.



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NOVEMBER

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Thursday	11/12/09	6:00 p.m. – 8:00 p.m.
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Sudoku

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

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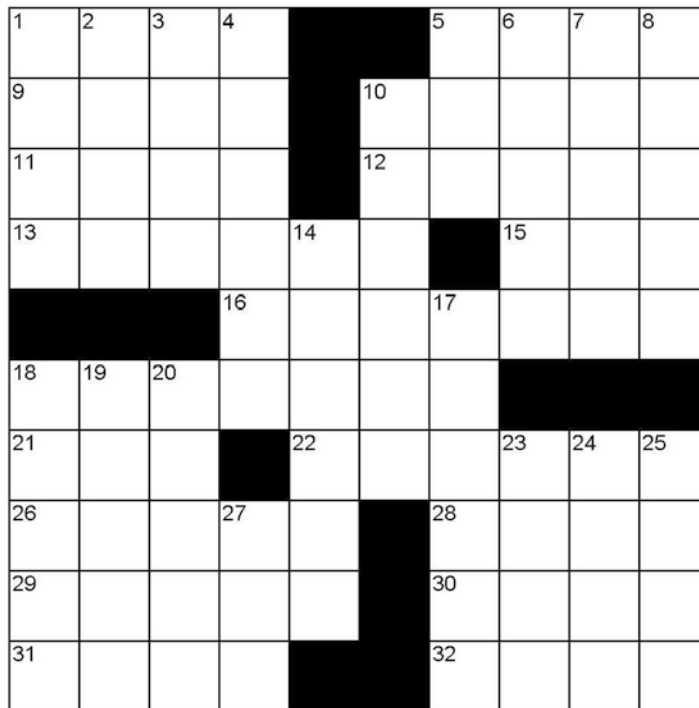
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Crossword Puzzle



ACROSS

1. Catch in nylons
5. Speed
9. Station
10. Scoop out
11. Healing plant
12. Colder
13. Geneve
15. Consume
16. Collective Israeli farm
18. Chewbacca's partner (2 wds.)
21. Card game
22. Legume
26. Coding system
28. Portend
29. Induct
30. Look
31. Loch __ monster
32. Opp. of yeses

DOWN

1. Male deer
2. Large African river
3. Long time
4. Mediterranean island dwellers
5. IBM Competitor
6. Adios
7. Sports shoe projection
8. Hz
10. Apt
14. Purplish color
17. Candy
18. Woman
19. Negative battery terminal
20. Averages
23. African nation
24. Bored
25. Dregs
27. Bro.'s sibling

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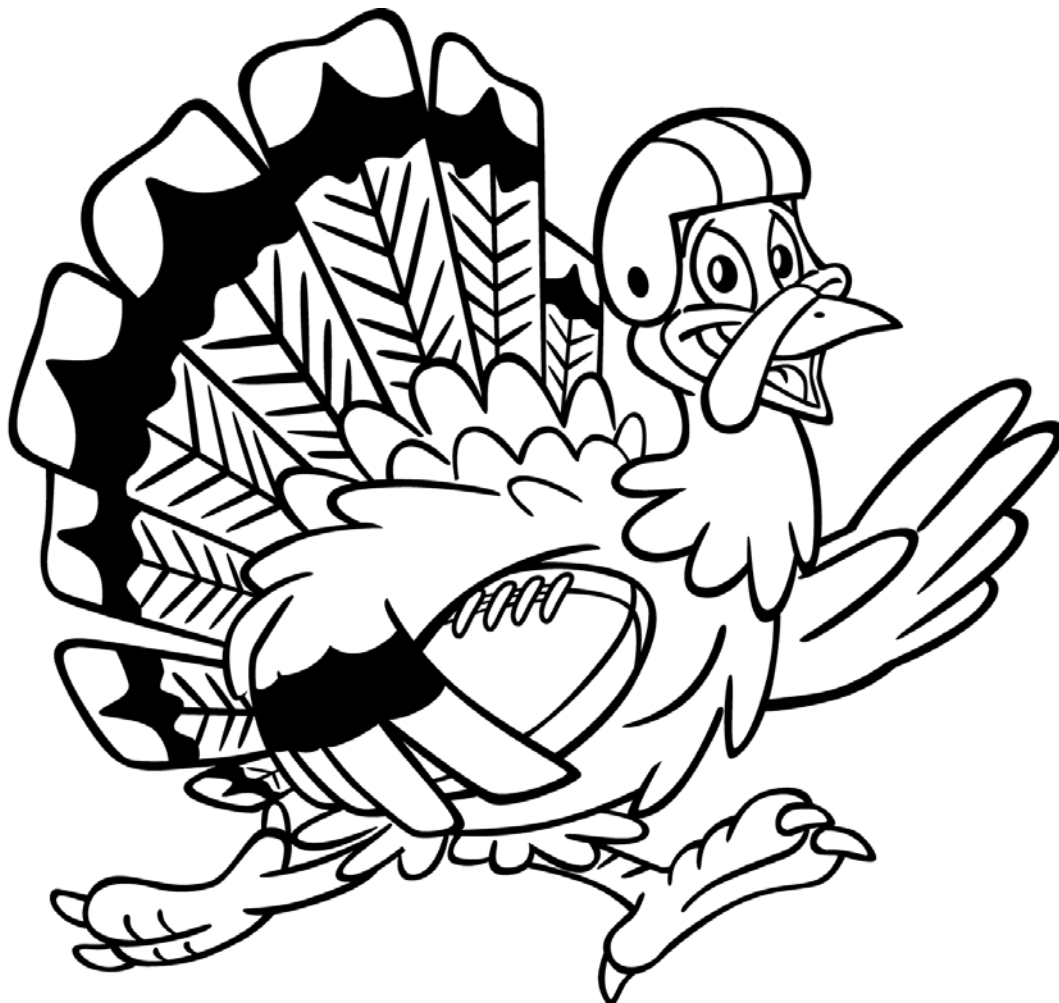
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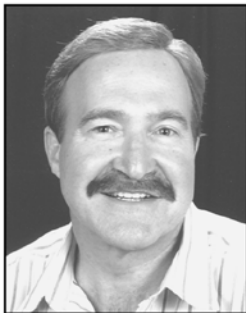
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