



LAKES

ON ELDRIDGE

Volume 8, Issue 12
December 2009

Official Newsletter
www.lakesoneldridge.net

RESIDENT INFORMATION UPDATE REQUESTED!!!

Please make sure that LOE and AMI have your most current contact information.

A copy of the Resident Information Form is available on the www.lakesoneldridge.net website. Click on the forms link in the "Association" field on the bottom left side of the home page in the Resident's section (log in required). You may fax or mail the completed form to AMI.

This is for your safety as a homeowner in our community. If there is important news regarding security, construction, maintenance or other emergency bulletins it is important that you are able to receive these communications promptly. Please take just a moment to update your records on file. There are many email addresses which are not up-to-date, and phone numbers may have changed if you have changed carriers or changed employment.

THANK YOU!

Santa is Coming

Santa will arrive in LOE on Friday, December 11th at 7 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, crafts 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 or Eleanor Liney (eleanor.liney@sbcglobal.net).



**FRIDAY
DECEMBER 11TH
7PM TO 9PM**

Lakes on Eldridge

IMPORTANT NUMBERS

AMI	713-932-1122
Gate Attendant.....	713-937-8825
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)	
SouthWest Water Company	713 405 1750
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
CenterPoint (gas)	713-659-2111
Center Point (street light).....	713-207-2222
(give pole # of street which is out)	
Comcast.....	713 341 1000
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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Peel, Inc.	advertising@PEELinc.com, 888-687-6444

LOE Board Of Directors

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

Bronson Clay	President
Carlton Thorpe	Vice President
Clive Gardner.....	Secretary
Cory Hammond	Treasurer
Heather Von Sternberg.....	At large

Visit the Association Website:
www.lakesoneldridge.net

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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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Christmas Gift Suggestions

To your enemy, forgiveness.

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To a friend, your heart.

To a customer, service.

To all, charity.

To every child, a good example.

To yourself, respect. ~ Oren Arnold



Lakes on Eldridge

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

OUR THANKS TO ALEX TAYLOR

Since Lakes on Eldridge was developed, we have enjoyed the company and benefited from the services provided by Alex Taylor, of AMI. Alex has attended every Board meeting and coordinated each annual meeting in the most professional manner. Alex became so familiar with our community that it was often thought he knew everyone by name! He has been transferred to AMI's Pearland Office, and we wish him well in his new position.

Succeeding him as AMI representative for LOE is Trinh Basarabescu, and we welcome her to our community.

Thank You Alex!

OKTOBERFEST SUCCESS

It was a great turnout for our annual Oktoberfest at the Beach Club, held this year in November. Good weather, great beer!

Our thanks to the folks from St. Arnold Brewery, to Heather Von Sternberg, Melissa Hunzeker and all of our wonderful social committee members for making the event such a success. Cheers!

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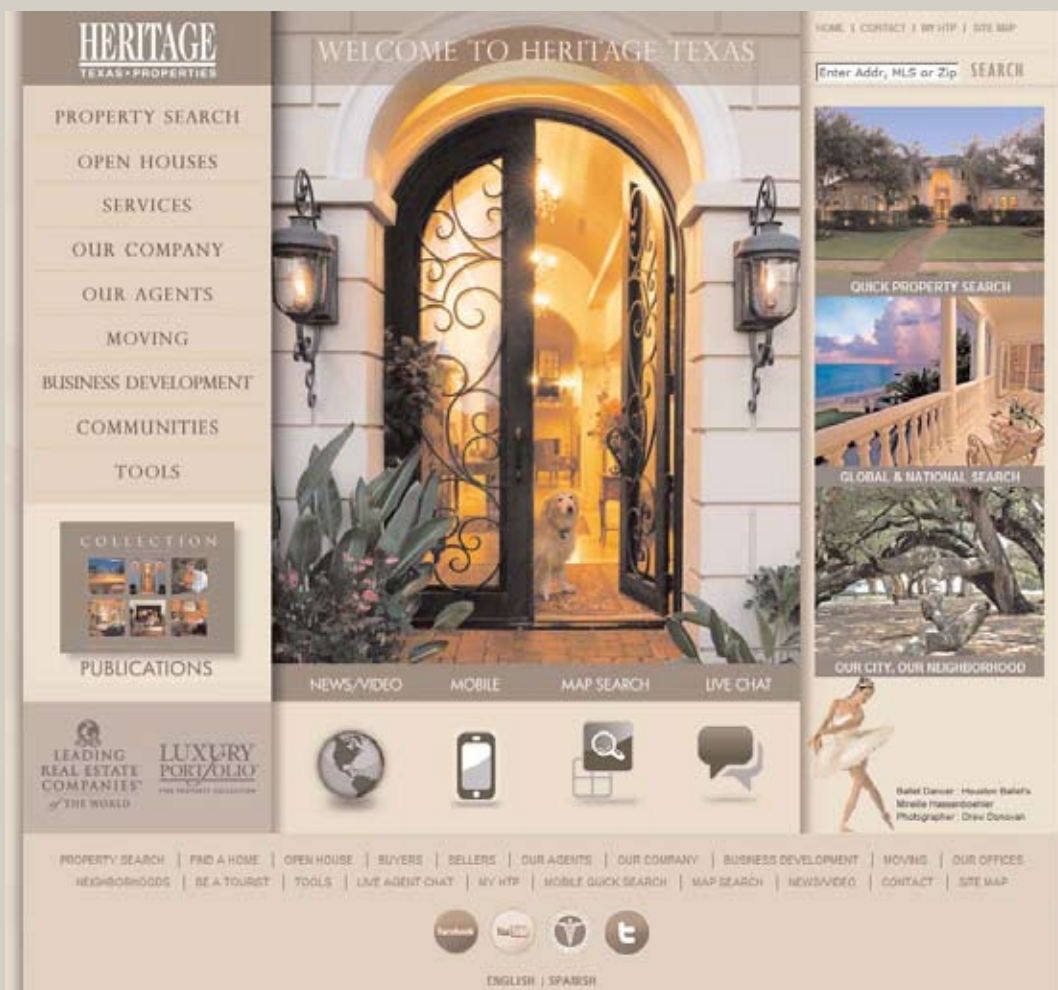
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Lakes on Eldridge

CALLING ALL SOCIAL TYPES !

Most of the activities we all enjoy so much in Lakes on Eldridge are the result of hard work by the Social Committee. And they need your help!

Please contact any board member through the AMI telephone number or on our website if you would enjoy being a part of the committee. It need not take too much of your time – you can concentrate on just one activity per year, and be part of helping our neighborhood be a better place to call home – and have a lot of fun in the process!

PLEASE LET US KNOW!

If you know of a LOE resident who has had any outstanding awards, milestones or accomplishments, please let us know at news@lakesoneldridge.net so they may be recognized in the newsletter.

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CHECK OUT OUR WEBSITE!

Our newly designed website is up and running. So take a moment to visit www.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 and see what all the fun is about!

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Tips for Teaching Children

About Table Manners

Submitted by Rebecca Beavers

Teaching your children table manners may sound old fashioned, but it never goes out of style. Having good manners shows your respect for other people, and it's more than saying "please" and "thank you." It's about helping your children develop habits and behaviors that will help them relate to adults and other children in a positive way. "To make your family mealtime time special and relaxing, slow down, sit and talk with your children and expect good behavior. You will be pleasantly surprised at how much easier and enjoyable it will become," said Dr. Mary Zurn, vice president of education for Primrose Schools. "This is important because children with good manners often find it easier to make friends and get along with others at school and at home."

Dr. Zurn offers five table manners tips to get parents started:

1. Start early: Don't wait until you think your child is "old enough" to learn polite behavior. Just as children learn to crawl before they learn to walk, they also learn manners in stages. Even infants watch parents for rules of expected behavior. Very young children can learn to sign key phrases such as "please" or "thank you" and then transition to the spoken words around age two. By age three, children should be able to stay seated at mealtime if you sit down with them.
2. Give specific feedback: Children learn best when they receive specific feedback about their behavior which is far more effective than generic praise. For example, instead of saying, "Good job," you can say, "I'm so glad you set the table."
3. Encourage polite conversation: Children as young as two can learn to engage in polite conversation at the dinner table with the right kind of guidance. As you are at the table eating together, show them how to take turns listening, talking, and asking questions.
4. Set a good example: Make sure your words and actions match. Children watch parents all the time for behavior clues. For example, if you want your child to eat broccoli because it's a healthy food choice, you will need to let them see you enjoy eating it as well.
5. Create a routine: Children learn best from consistency because it helps them know what to expect. Start with the repetition of a few simple steps such as putting a napkin in your lap when you sit down. Create a routine that is easy for them to repeat and remember. For more tips from Dr. Zurn and a list of book suggestions on teaching your children table manners, visit www.Dr.ZandMe.com.



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Dean Lankford, DMD

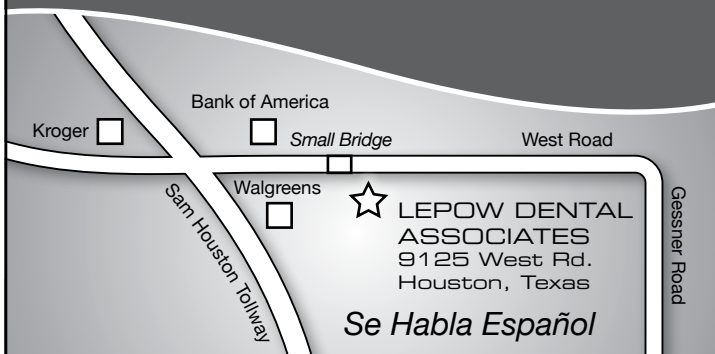
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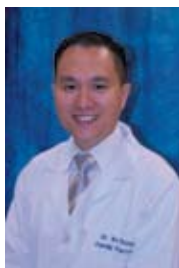
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Dr. Vu Phung joined 1960 Family Practice in July 2009. Dr. Phung graduated from Texas Tech University and is board certified in Family Medicine. He completed his residency in Family Practice and in pursuing his special interest; he completed his fellowship 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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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.

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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
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
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Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road. Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

December 28, 1:00

Christmas Break Service Project for Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, www.cypress-cares.org to view the troop responses, as well as more current information about upcoming events, donation ideas and more.



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LE



Lakes on Eldridge

Staying Fit through the Winter Months

Wow! The days are shorter, and the weather is colder. Winter is here once again. Luckily Texas winters, especially in Austin, are only a few months. Nevertheless, winter can wreak havoc on fitness regimes for two reasons. Many individuals experience SAD (Seasonal Affective Disorder), which is winter blues or depression that occurs in people with normal mental health. It's due to the lack of sun light. According to the Mayo clinic, SAD can be treated with light therapy or antidepressants. If you think you might be suffering Seasonal Affective Disorder, talk to your doctor.

Second, for many us we tend to hibernate in our homes in the

winter. Sitting at home in front of the fireplace with a warm blanket and drinking hot chocolate or tea or eating warm soup is more pleasing than going out and exercising in the cold or going to the gym after work when it's already dark out because of the time change. This makes it feel later than it is, when in reality it's only 5 or 6 o'clock. Need not to worry though; here are some fitness tips that will keep you going until spring arrives again.

1. WARM UP AND DRINK PLENTY OF WATER.

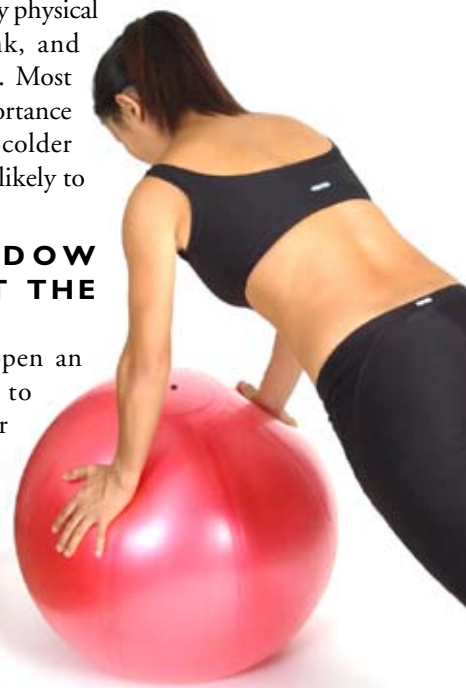
A proper warm-up is critical because cold temperatures can make your muscles tight and therefore more prone to injuries. Remember, always warm-up

prior to engaging in any physical activity. Drink, drink, and drink plenty of water. Most people forget the importance of water during the colder months and are more likely to become dehydrated.

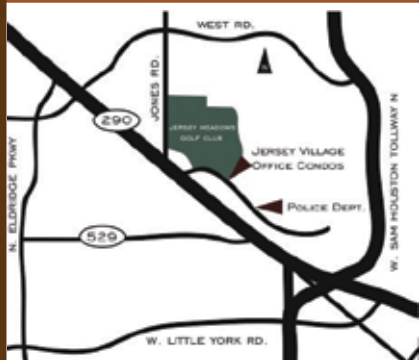
2. GO WINDOW SHOPPING AT THE LOCAL MALL!

Most local mall(s) open an hour early in order to provide a safe indoor walking haven during the winter months. If you can't make it in morning, take your sneakers with you and go right after work. Three

(Continued on Page 13)



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Lakes on Eldridge

Staying Fit- (Continued from Page 12)

or four times a week will help keep the pounds off.

3. REMEMBER THOSE EXERCISE VIDEOS.

Just about everyone has had one. Wipe the dust off your exercise video and use it on the days you can't exercise outdoors because of the darkness. If you don't have an exercise video, check one out your local library and/or video rental stores. Also, some cable networks have exercise channels on-demand for no charge, so look at your channel menu.

4. CREATE A HOME GYM.

Most people have a home gym without realizing it. Check your garage, under the bed, storage room, and closet. You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. If you don't any of these items, you can purchase most of these items at a local athletic supplier or discounted resale store for about \$50 to \$60.

There's no need to hit the couch or hibernate during the winter months. Stay motivated. With a little knowledge and motivation, anyone can meet the challenges of winter exercise. Have a fun, safe and a physically active winter.

- VALERIE SALINAS

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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

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Lakes on Eldridge



December Texas Events

- 1-20—HOUSTON:** Holiday Market with Santa Claus Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500
- 1-24—HOUSTON:** Celebrating Our Creative Spirit: Texas Federation of Fiber Artists See a wide range of exceptional fiber art — quilts, embroidery, collage, tapestry, sculpture and more. Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848
- 1-24—HOUSTON:** Texas Masters Series: Rachelle Thiewes Thiewes, a jeweler and metal artist, has created works that have made an instrumental difference to the field of art jewelry. Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848
- 1-27—HOUSTON:** A Christmas Carol — A Ghost Story of Christmas A re-telling of Charles Dickens' classic story that follows Ebenezer Scrooge's journey with the three ghostly spirits that visit him on Christmas Eve. Alley Theatre. 713/228-9341
- 1-27—HOUSTON:** The Nutcracker Set in 19th-century Germany, the ballet opens at a charming Christmas party at which the mysterious Dr. Drosselmeyer gives his little niece Clara a magical toy. Wortham Theater Center. www.houstonballet.org 713/523-6300
- 1-27—HOUSTON:** The Santaland Diaries Recommended for mature audiences due to language and subject matter. Alley Theatre. 713/228-9341
- 1-31—HOUSTON:** Cool Globes: Hot Ideas for a Cooler Planet Features 50 colorful, super-sized globes designed by artists to depict everyday solutions to global warming. Discovery Green. www.coolglobes.com
- 1-Jan. 3—HOUSTON:** A Blessing to One Another: Pope John Paul II & the Jewish People The exhibit includes photographs, video footage, documents and artifacts recording the extraordinary contributions of Pope John Paul II to relations between the Catholic and Jewish faiths. Holocaust Museum Houston. www.hmh.org 713/942-8000
- 1-Jan. 3—HOUSTON:** Arts of Ancient Viet Nam: From River Plain to Open Sea Approximately 110 objects dating from the first millennium B.C. through the 17th century, on rare loan from Vietnam's leading museums, will be on view. Museum of Fine Arts, Houston. 713/639-7300
- 1-Jan. 3—HOUSTON:** Chaotic Harmony: Contemporary Korean Photography Features large scale photographs by 40 Korean artists, many of whom have never before exhibited in international museum exhibitions. Museum of Fine Arts, Houston. 713/639-7300
- 1-Jan. 3—HOUSTON:** Joaquin Torres-Garcia: Wood Constructions The Menil Collection, 1515 Sul Ross. www.menil.org 713/525-9469
- 1-Jan. 3—HOUSTON:** Panto Sleeping Beauty Sleeping Beauty is at home in Houston with a nasty curse on her head. In the tradition of British Pantomime, this twist on the classic tale will delight audiences. Stages Repertory Theatre. www.stages theatre.com 713/527-0220
- 1-Jan. 7—PORT ARTHUR:** Going Places Traveling exhibition explores the age of horse-drawn travel. Museum of the . www.museumofthegulfcoast.org 409/982-7000
- 1-Jan. 10—HOUSTON:** The Moon: "Houston, Tranquility Base Here. The Eagle Has Landed" Includes photos, artworks, early scientific instruments, books, moon globes, maps and objects from NASA. Museum of Fine Arts, Houston. 713/639-7300
- 1-Jan. 18—HOUSTON:** The Ice at Discovery Green Skate among the downtown skyline. Discovery Green. 713/400-7336
- 1-Jan. 24—HOUSTON:** Cool Moves Exhibit Features more than a dozen fun, interactive activities that allow visitors to discover the beauty in motion. Children's Museum of Houston. 713/522-1138
- 1-Jan. 30—ORANGE:** Entwined Across the Ages: Illuminated Manuscripts & Tapestries Stark Museum of Art. www.starkmuseum.org 409/886-2787
- 1-Feb. 7—HOUSTON:** Besa: Muslims Who Saved Jews During the Holocaust In a five-year project, Colorado-based photographer Norman Gershman set out to collect the names of righteous, non-Jews who saved Jews during the Holocaust. He discovered that some of the names were of Albanian Muslims. Holocaust Museum Houston. www.hmh.org 713/942-8000
- 1-Feb. 14—HOUSTON:** Cy Twombly: Treatise on the Veil The painting will be shown with a significant group of related drawings on loan from the artist's private collection. The Menil Collection. 713/525-9400
- 1-Feb. 14—HOUSTON:** Your Bright Future: 12 Korean Artists The exhibition features work by a generation of artists who have emerged since the mid-1980s working on the cutting-edge of international art trends and within a distinctly Korean context.

(Continued on Page 16)



HOME TRENDS IN LOE & LOEN

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	LAKES ON ELDRIDGE				LAKES ON ELDRIDGE NORTH			
	# Sold	DOM	Price	\$/ft.	# Sold	DOM	Price	\$/ft.
3 Bedrooms	5	58	\$268,800	\$106.16	4	71	\$356,125	\$121.45
4 Bedrooms	21	72	\$403,010	\$104.40	39	70	\$424,872	\$114.53
5+ Bedrooms	8	76	\$512,961	\$112.48	15	78	\$490,267	\$117.60
1 Story	7	41	\$311,000	\$109.63	15	67	\$357,500	\$117.63
2 Story	27	79	\$434,588	\$105.68/	43	74	\$464,791	\$115.16
Without Pool	14	62	\$317,757	\$97.88	39	81	\$400,218	\$110.70
With Pool	20	78	\$473,114	\$112.63	19	55	\$512,632	\$126.27
Built 1990-1999	32	69	\$402,253	\$106.14	0	0	-	-
Built After 2000	2	95	\$519,393	\$113.14	57	64	\$430,500	\$114.87
Never Lived In	0	0	-	-	1	525	\$810,000	\$168.71
2000-2500 sq. ft.	2	27	\$265,000	\$110.92	0	0	-	-
2500-3000 sq. ft.	8	57	\$269,250	\$97.38	5	48	\$323,300	\$117.33
3000-3500 sq. ft.	4	45	\$329,500	\$102.43	20	63	\$351,050	\$109.70
3500-4000 sq. ft.	7	56	\$381,843	\$105.31	13	50	\$429,731	\$114.84
4000-4500 sq. ft.	6	76	\$422,883	\$99.24	11	90	\$473,182	\$111.31
4500+ sq. ft.	7	124	\$671,241	\$125.66	9	116	\$657,722	\$135.38
Waterfont	4	73	\$620,000	\$132.95	5	41	\$678,900	\$144.97
Waterview	4	109	\$503,225	\$113.32	3	48	\$424,000	\$118.86
Cul-de-sac	8	39	\$317,850	\$104.57	13	109	\$445,731	\$117.38
Other	18	77	\$381,955	\$100.01	37	65	\$402,365	\$111.05



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Lakes on Eldridge

Texas Events - (Continued from Page 14)

Museum of Fine Arts, Houston. 713/639-7300

1-Feb. 28—HOUSTON: Body in Fragments Drawn from the Menil's collection, the exhibit explores the manner in which the human form is dissected and reconfigured in the art of various times and places, conveying spiritual, physical, and intellectual notions of personhood. The Menil Collection. 713/525-9400

2-6, 8-13, 15-20, 22, 26-27, 29-30—BEAUMONT: Christmas at the McFaddin-Ward House Visit the 1906 Beaux Arts Colonial Revival house decked in Christmas splendor, as it would have looked in the 1930s. Most items on display are from the family's collections. Scheduling a tour is strongly recommended. McFaddin-Ward House, 1906 Calder Ave. at Third Street. www.mcfaddin-ward.org 409/832-1906 or 409/832-2134

3-5, 10-12, 17-Jan. 2—GALVESTON: Festival of Lights In addition to more than 100 sound-enhanced animated light displays and nightly live entertainment, visitors can ice skate. Take pictures with Santa or enjoy a variety of holiday-themed films. Moody Gardens. www.moodygardens.org 800/582-4673

17-27—GALVESTON: The Gift of Christmas Live Enjoy a musical presentation blending traditional and original Christmas songs. Enjoy caroling and hors d'oeuvres followed by a traditional three course Christmas dinner. Moody Gardens Convention Center.

www.moodytickets.com/giftofchristmas.asp 409/683-4186

18-20—BEAUMONT: Curious George Live at Ford Park Curious George is on a mission to help Chef Pisghetti win a world-famous meatball competition. Entertaining story is filled with music and dance. www.curiousgeorgelive.com 409/951-5400

19—GALVESTON: From Basement to Attic: A Behind the Scenes Look at the 1892 Bishop's Palace Get a peek into nearly every nook and cranny of this famous house. 1402 Broadway. www.galvestonhistory.org 877/772-5425

19—HOUSTON: Birding Walk & Talk Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

19—HOUSTON: Wings & Wheels See vintage aircraft and automobiles. Hours are 10 a.m. to 5 p.m. The 1940 Air Terminal Museum. www.1940airterminal.org 713/454-1940

31—HOUSTON: Texas Bowl Postseason college football game at Reliant Stadium. www.texasbowl.org 832/667-2390

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JANUARY NWHC AGGIE MOM'S CLUB MEETING

*With Guest Speaker
Jackie Sherrill*



Please join the NWHC Aggie Moms as they welcome, Jackie Sherrill, former head coach and athletic director at Texas A&M University to their January meeting. Jackie Sherrill will be discussing his book, *No Experience Required*, written by Caleb Pirtle III. This book was written in collaboration with the 12th Man Kickoff Team

Foundation comprised of over 80 former players and founded in 2007. Come hear a truly inspirational story in which the 12th Man Kickoff Team brought Texas A&M fans and players together to win 3 consecutive Southwest Conference titles. The 12th Man Kickoff Team Foundation currently works to provide scholarships for students with financial needs and encourages students to follow their dreams.

The Aggie Mom's Club meeting will be held Tuesday, January 12, 2010 at the Houston Distribution Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Please come enjoy refreshments provided at 7 pm and learn about valuable information regarding student activities, scholarships, the Aggie Boutique, door prizes, and more. Help support our outstanding Aggie students!

The Aggie Mom's Club is accepting Scholarship Applications for the 2010-2011 school year. Applications must be postmarked no later than Feb. 7, 2010. Last year 8 scholarships totaling \$8,750 were awarded to area students.

For more information, check out our website at www.nwhcaggiemoms.com.

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Lakes on Eldridge

Lone Star College - *CyFair Perspective*

HOLIDAY PERFORMANCES ON STAGE

This holiday in the Main Stage Theatre are "A Taffeta Christmas" set Dec. 3 through Dec. 13 and the free String Orchestra concert "Collage" set Dec. 7. For tickets and information call 281-290-5201 or go to LoneStar.edu/boxoffice.

L.I.F.E. LESSONS IN DECEMBER

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in December include: learning about the Texas Rangers Dec. 2, tips for permanent weight loss, Dec. 9 and creating a holiday wreath Dec. 16. Programs will resume Jan. 13, 2010. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

HOLIDAY HAPPENING WITH A.L.L.

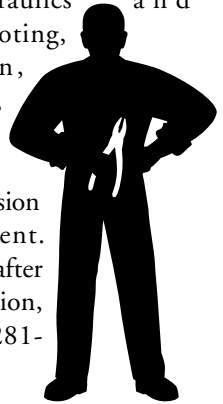
Celebrate the season with music, food and friends at the Dec. 10 Holiday Happening with LSC-CyFair's Academy for Lifelong Learning (A.L.L.) This event will be held at 4:30 p.m. – 6:30 p.m. at Heritage Lodge at Towne Lake. A.L.L. is designed for adults age 50 and better. For information, send an e-mail to LSCCFCE@lonestar.edu or call 281-290-3460.

REGISTER NOW FOR MINI-MESTER AND SPRING SEMESTER CLASSES

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Mini-mester classes begin Dec. 14. Spring semester classes begin Jan. 19, 2010. For information, call 281-290-3200 or 832-782-5000 or go online to LoneStar.edu.

BECOME AN INDUSTRIAL MAINTENANCE TECHNICIAN

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Average Price	\$454,640	\$272,500	\$425,000
Avg Price/sq.ft.	\$119.96	\$109.15	\$96.66
Avg DOM	117	78	97
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Fit Facts™

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Get Ready To Hit The Slopes

You don't have to wait for the snow to start falling to get ready for ski season. Start your training now and you'll be sailing past those other ski bums on your way down the mountain.

Dusting the competition or showing off to friends are not the only reasons to get in shape before ski season. Skiing is an activity that requires a variety of skills: strength, endurance, balance and coordination. Hit the slopes without developing these skills and you may be in for more than a little embarrassment - you might even hurt yourself.

Sports specific training

This is where sports-specific training comes in. Generally speaking, sports-specific training programs involve focusing on the various skills associated with a particular activity.

Depending on the sport, this may include health-related fitness components such as cardiorespiratory endurance, muscular strength and endurance, and flexibility.

A specific program may also take into account skill-related measures of fitness such as agility, balance, coordination, power, speed and reaction time. Most sports require a mixture of these components.

Skiing is a sport that relies heavily on skill-related fitness. A traditional fitness program, which includes a combination of weight training and cardiovascular exercise, will only take you so far.

A specific training program to develop specific skills for skiing will take you from the peaks to the valleys in record time.

Get ready to ski

There are several ways to begin a sports-specific training program. The simplest way is to include several new exercises in your regular workout schedule.

For example, performing wall sits that require you to "sit" against a wall will help build up the isometric strength needed for the tuck position in skiing. Squats and lunges will build lower body strength for skiing tough terrain like moguls.

Exercises such as crunches to work your abdominals are essential in creating a solid "core" for balance and agility.



It is important to train your body to withstand and absorb the impact associated with skiing. Plyometric movements, such as hopping from side to side, develop muscle power and strength as well as improve agility.

Set up your own ski circuit

A great way to integrate these elements into your existing routine is to create a circuit training program, which involves rapidly moving from one exercise to the next. You can set up a circuit in any large room, or at your club's aerobic studio.

Be sure and place all of your stations before beginning your workout so you don't have to stop in the middle. Set a specific time limit for each exercise, as well as a set period of breaks between each station. Thirty seconds of work followed by 30 seconds of rest are common interval periods.

Then, simply turn up the music and make your way around the circuit. You might even want to create your own music tape with timed intervals of music for exercise and silence for rest periods.

Try these stations to help you gear up for the slopes: use the slide for lateral training, perform one-legged squats to develop balance and strength, and use a step-bench platform to improve power. Try catching a bean bag as it drops off your forearm to improve reaction times or bounce two tennis balls to improve coordination.

To improve agility, create your own slalom by running between cones. In sports-specific training, you are limited only by your imagination.

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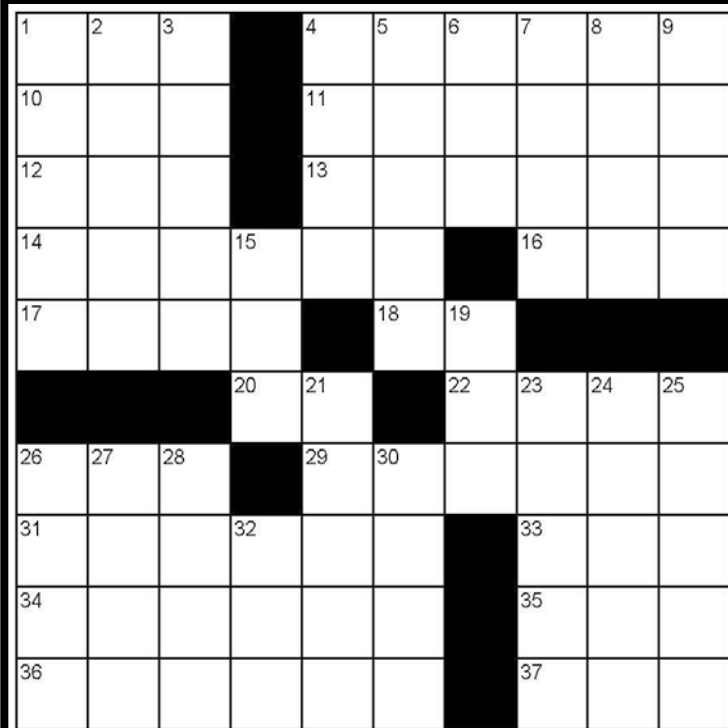


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Crossword Puzzle



ACROSS

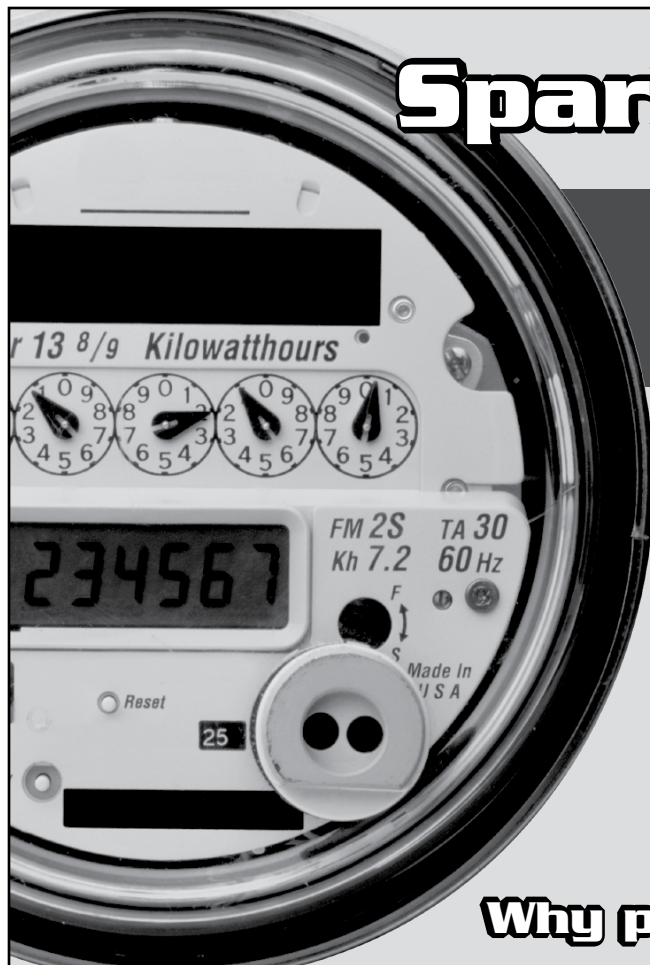
1. Small amount
4. Metal bracket that holds stones together
10. Terminal abbr.
11. Timid
12. Mama
13. City in W. Oregon
14. Straighten
16. Spots
17. Stable gear
18. Gold (abbr.)
20. Mr. ___ (tv horse)
22. Canned meat brand
26. Oolong
29. Come out
31. Italian sausage
33. Wing
34. Busyness
35. Still
36. Parallelograms
37. Pigpen

DOWN

1. Object
2. Repent
3. Deer
4. Prayer ending
5. Orange cheese
6. Floor covering
7. At sea
8. Defend
9. Potato sprouts
15. Compass point
19. Employ
21. Demobilize
23. Petitions to God
24. Metal tip on the end of a lance
25. Substantive
26. Despot
27. Every
28. Singing voice
30. Brief
32. Point

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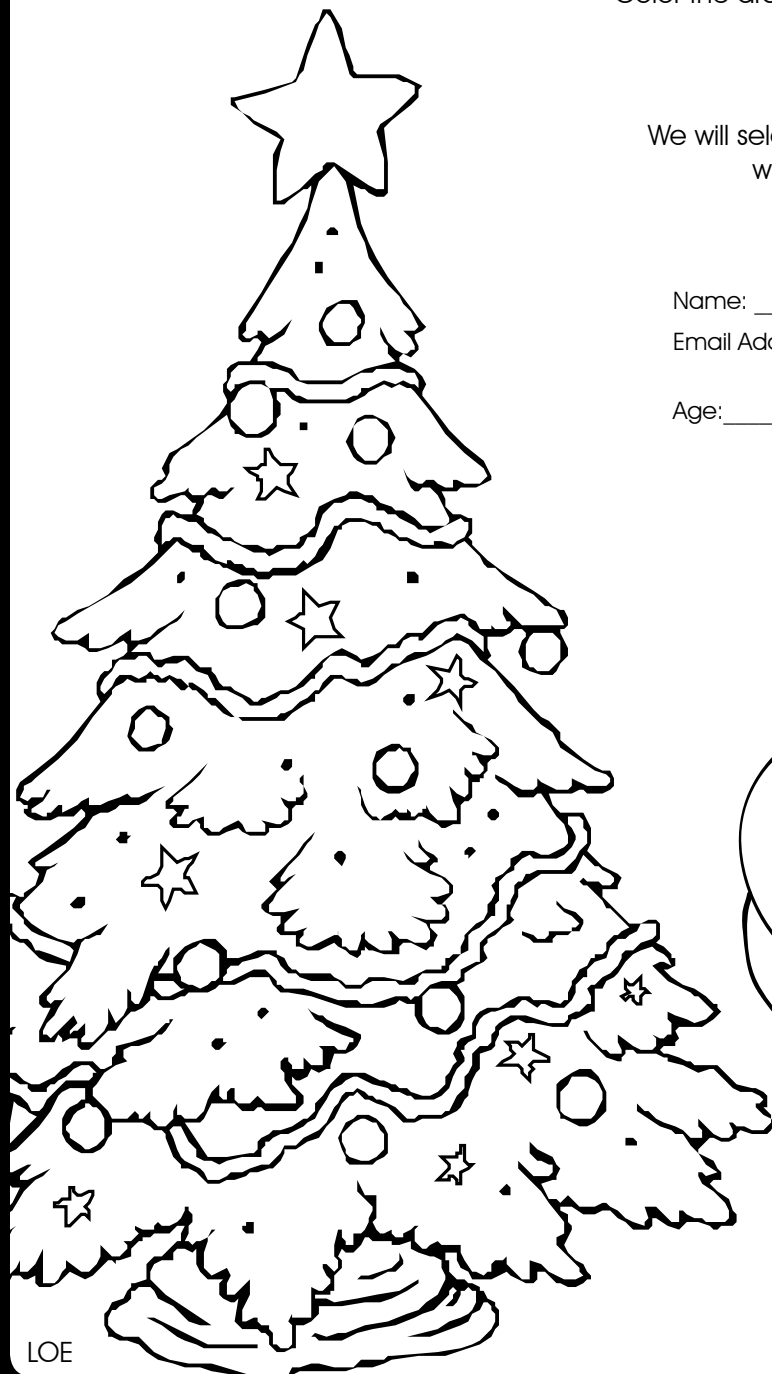
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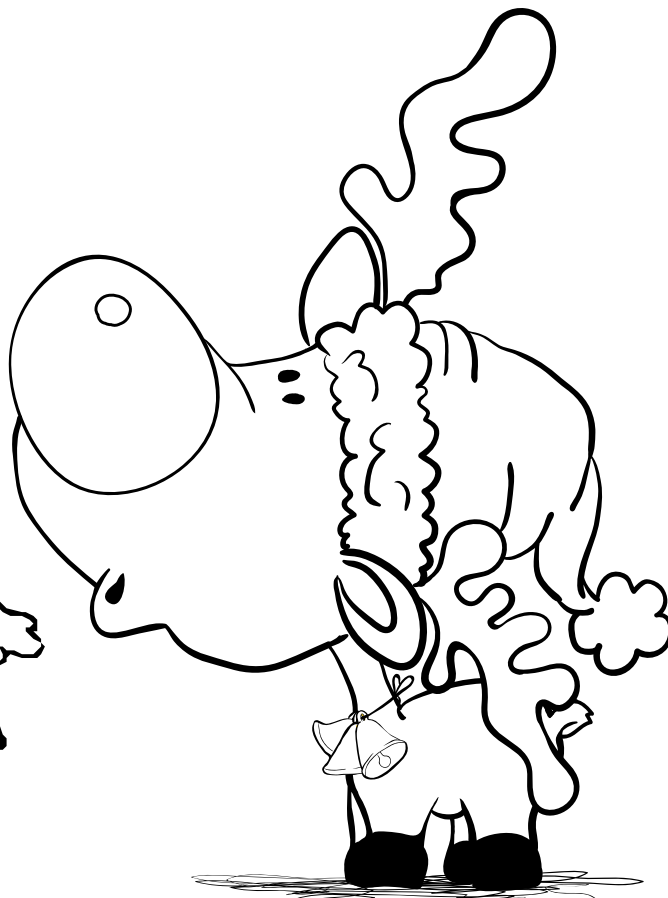
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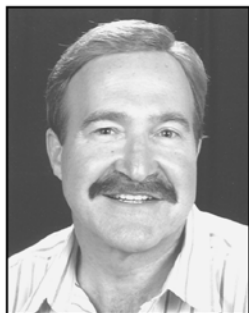


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