

Volume 8, Issue 12

December 2009

CYPRESS CHRISTIAN SCHOOL

"The Power of a Simple Gift"



"Everyone loves to receive gifts. During the Christmas season, we celebrate the most special gift of all-God's Son, Jesus Christ." These are the words of Franklin Graham, President of Samaritan's Purse, an international relief organization. The students of Cypress Christian School chose to share the 'good news of great joy' (Luke 2:10) with children around the world through the Operation Christmas Child project sponsored by Samaritan's Purse.

This year, millions of children will experience Christmas joy when they receive gift-filled shoe boxes and hear the Gospel message through Christian literature and follow-up discipleship programs.

Over the course of several weeks, CCS students took time out of their busy classroom schedules to write letters, fill shoe boxes with gifts, and wrap them in preparation for shipping to needy children across the globe. "This has been a wonderful example to teach our children the gift of giving to those less fortunate," said Elementary Principal Donna Stumbaugh. "Several teachers commented on the great discussions about giving to others that their classes entertained as a result of participation in the project."

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 .

IMPORTANT NUMBERS

| Gate Attendant |
|--|
| Harris Co. Sheriff - (non-emergency) |
| Cy-Fair Fire Department - (emergency) |
| (non-emergency)281-550-6663 |
| Poison Control1-800-764-7661 |
| Texas DPS713-681-1761 |
| Waste Management |
| (trash collection Mondays & Thursdays) |
| Aqua Services |
| (Service or emergencies 24 hrs) 713-983-3604 |
| Harris County Tax Office |
| Reliant Energy 713-207-7777 |
| (give pole # of street which is out) |
| Entex (gas) |
| Time Warner Cable713-462-9000 |
| Houston Chronicle713-220-7211 |
| Metro Transit Info713-635-4000 |
| Kirk Elementary 713-849-8250 |
| Truitt Middle School |
| Cy-Falls High School |
| Newsletter Publisher |
| Peel, Incadvertising@PEELinc.com, 888-687-6444 |

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

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Submit classified ads at www.PEELinc.com.

ADS: Deadline for submitting ads is the 10th of each month for publication in the following month's newsletter.

Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com for information on advertising.

The Lakes on Eldridge North is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Lakes on Eldridge North Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Lakes on Eldridge North Newsletter is exclusively for the private use of Peel, Inc.

LOEN Board Of Directors

| Don Byrnes | President |
|-----------------|----------------|
| Jill Richardson | Vice President |
| John Kane | Treasurer |
| Peter Smart | Secretary |
| Jim Flanary | Director |

Article Submissions

Please e-mail articles and/or photos to <u>articles@PEELinc.com</u>. Submissions must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 8th of the month.)

> For up-to-date announcements and information check our neighborhood website: <u>WWW.LOENHOA.COM</u>



www.yorkshireacademy.com email: admissions@yorkshireacademy.com



ANN KNOCHE ASP, CRB 281.582.3911 annpk@heritagetexas.com







Christmas Gift Suggestions

To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect. ~ Oren Armold

heritagetexas.com

Lakes on Eldridge North YORKSHIRE ACADEMY



Yorkshire Academy celebrated its 25th Anniversary Oct. 17th with over 450 alumni, current students, and former and current teachers and neighborhood friends. The celebration included barbeque, magic, karaoke, face painting, balloon artist, and 'catching up'.







Deel, Inc. Printing & Publishing

Publishing community newsletters since 1991 1-888-687-6444 • www.PEELinc.com

> Kari Harrison Sales Representative 713-855-1731 kari@peelinc.com



Support Your Neighborhood Newsletter.

Advertise your business to your neighbors.



If you have been searching for that perfect website that fulfills all your real estate needs, we have it at www.heritagetexas.com

Whether you're buying or selling a home or simply eager to enjoy all the rewards of our hometown, this is the site for you.

Service Driven & State-of-the-Art

Happy Holidays from my family to yours.





Royal Oaks

11689 Westheimer, Suite C Houston, Texas 77077 281.679.0101 For more information contact

KAY HORSCH Top Producer and Lakes on Eldridge Resident

> 713.703.8313 kay@kayhorsch.com heritagetexas.com



Copyright © 2009 Peel, Inc.

Lakes on Eldridge North - December 2009 5



Jersey Villa

CYPRESS RANCH KEY CLUB Looking out for Layla Grace

Layla Grace is a beautiful twenty-two month old girl. On May 7, 2009 Layla was diagnosed with Stage 4 Neuroblastoma, a tumor that develops from nerve tissue, in her kidney. She had a massive tumor in her abdomen that extended from above her left kidney, around her side, over her belly and around her aorta. Her grandmother is a faculty member at Cypress Ranch High School.

When they Cypress Ranch Key Club learned about Layla's illness, they took action. The Key Club held a Lock-In in September and designated funds raised from Macy's "Shop for a Cause" to help Layla Grace.

On September 18, 2009 a Lock-In was held at our school. Students paid \$30 to attend or \$25 and a donation of two new children's books. At the Lock-In students enjoyed activities such as food, friends, karaoke, movies, and video games. Every hour door prizes were awarded, and games such as four square, volleyball, soccer, and twister were played all night long. The Cypress Ranch Key Club raised over \$6,000, and \$4,500 was donated to Layla Grace's medical bills. The other \$1,500 will be split among the Key Club's Lieutenant Governor's and District Governor's Projects.

Macy's "Shop for a Cause" was October 17, 2009. Cypress Ranch Key Club members sold Macy's discount coupons for \$5. The proceeds from (Continued on Page 7)

For Sale or Lease

www.JerseyVillageOfficeCondos.com Executive Suites Available

Jersey Village Office Condos is an exclusive five unit development located at 16545 Village Drive in Jersey Village. The units contain either 1,883 or 3,766 SF, and can be customized to fit your needs.



Year Built: 2009 - Class A Building - Will Sell Separately Rental Rate: \$19.00 PSF NNN - Sales Price: \$181.00 PSF Premium Construction Features - Green Belt Views

Conveniently located near Jersey Meadow Golf Club, Cy-Fair Hospital, Jersey Village Police/Fire. Easy Access to Highway 290 and West Sam Houston Tollway. For Additional Information, Call: 713.817.0565 or 713.688.7733 or visit: www.JerseyVillageOfficeCondos.com

Layla Grace- (Continued from Page 8)



coupons sales were also designated for Layla Grace's medical bills. The members raised a total of \$1,100 for Layla Grace selling a total of 220 coupons.

Our total donation towards Layla Grace to date is \$5,600. The total will continue to grow. To learn more about this precious little girl and how you can help, visit www.laylagrace.org.

For more information, please contact:

Bri Holcombe, Publicity Chairman - sbvbchick@hotmail.com Justin Bradley, Publicity Chairman - Thebradley5@comcast.net Jennifer Hydes, Faculty Advisor - Jennifer.hydes@cfisd.net Cypress Ranch Key Club

Only The Best

For Your Best Friend

Radilogy (x-rays)

Tonopen (glaucoma) Dental Cleanings

Telemedicine

Vaccinations

Office Hours

Mon - Fri 7am - 6pm . Saturdays 8am - 1pm

713/937-4484

√ Ultrasound

Surgery



- Ask about our Shelter Adoption Package at no charge!
- Come by anytime for a tour and meet Dr. Malinowski!



CORK CAFÉ Wine & Coffee



Join Today...

- 2 bottles of Vino Club Selection per month
- •10% Off on-premise wine purchases
- •15% Off take-home wine purchases
- Earn points on purchases for even more rewards!

Visit Cork Cafe for more details and to sign up!



Lakes on Eldridge North 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.



Lakes on Eldridge North Resident & Specialist



Monty Singh Your Neighborhood Realtor **RE/MAX** Professional Group

Office: (832) 478-1269 Cell: (832) 434-6572 montysingh@remax.net



DONATIONS MADE FROM MY SALES IN LOEN/LOE TO The Children's Miracle Network

True dedication provided in all aspects of Real Estate **Buying or Selling Luxury Homes**

- FREE Neighborhood market update!!
- EXCELLENT COMMISSION RATES PROVIDED WHEN Ranked one of top real estate offices in Houston YOU LIST & PURCHASE THROUGH MONTY SINGH!!
- RE/MAX Peak Performer
 - by HBJ (RE/MAX Professional Group)



Each Office Independently Owned and Operated



Our troops need and deserve our support; get involved today!

Cypress Cares

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.

While we can't prevent the flu, together we can slow it down.



What we do every visit.

Our Back Pack Vacs with HEPA filtration can capture up to 99% of all germs, bacteria and allergens throughout your home

We clean and disinfect bathroom surfaces-sinks, tubs, showers, toilets, floors

We clean and disinfect light switches, doorknobs, phone receivers and other commonly touched surfaces

Our **22-Step Healthy Touch® Deep Cleaning System** covers virtually every reachable surface in every room



Nobody Outcleans The Maids.

What you can do.

• Ask your physician about getting both the seasonal and the H1N1 flu shots

Our

Troops

- Wash hands frequently with soap and water
- Sneeze or cough into the crook of your elbow, not your hand
- Use a household disinfectant regularly on doorknobs, appliance handles, remote controls, light switches, phones and other commonly touched surfaces
- Use disinfecting spray in bathrooms on toilet handles and seats, faucets, shower, tubs and sinks

Call today for a FREE estimate.



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.

I.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 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 you 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

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.



Lakes on Eldridge North Lone Star College - Cy Fair 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 281-290-52010r 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

Interested in fluid power, motor control, automation and more? Industrial technology is in demand across the Gulf Coast with a substantial growth projected. LSC-CyFair offers an associate's degree or certificate program with day and evening courses in hydraulics a n d pneumatics, troubleshooting, machine installation, mechanical seals, bearings, gear drives, industrial engines, couplings, pumps, compressors, precision tools and laser alignment. Earn up to \$25 an hour after graduation. For information, call 281-290-3281 or 281-290-5942.



12 Lakes on Eldridge North - December 2009

NOW MORE THAN EVER EXPERIENCE COUNTS



We remain dedicated to the Lakes on Eldridge communities and to achieving the highest price possible for our clients.

Our marketing techniques reach a world of buyers.

When you are ready to sell your home For world class service, please contact:

Clive and Nancy Gardner

Lakes on Eldridge Resident Realtors®

Clive: 281-460-3168 clive@garygreene.com Nancy: 713-870-3169 ngardner@garygreene.com

12850 Memorial Drive, Suite 1155, Houston TX 77024



GARY GREENE REALTORS®

The Miracle Cure....

WATER. It's not fish oils, not calcium or magnesium, not even vitamin D...but Water. Water is the single most important nutrient in your body. So simple, yet so many of us are dehydrated. Your body loses about two quarts of water a day through perspiration, urination and exhalation. It is important for our bodies that we replenish this.

Water is needed and involved in every function of our body:

- Muscles are about 75% water
- Brain Cells are 85% water
- Blood contains 82% water
- Even your bones are 25% water

By depriving your body of water, your organs and cells can not function to their highest capacity. Water is essential for cell life and existence. You can live five to seven weeks without food but no more than 5 days without water.

Major signs you are dehydrated:

- Joint and Arthritis Pain water is a main lubricant in the joint spaces.
- **Digestion Issues** water helps keep digestive juices in the GI tract supplied in order to create the acids it needs to prevent ulcers,

gastric reflux, and constipation, and heart burn.

- **High Blood Pressure** when the body is dehydrated it can restrict the flow of blood to non vital organs and only concentrate on vital organs.
- Asthma bronchial tubes need adequate hydration to prevent constriction
- **Poor Memory** Synapses in the brain slow down without adequate hydration.
- Weight Management When you are dehydrated your body releases a hormone, aldosterone, which causes water retention.

If you are suffering from any of the above Conditions or Symptoms instead of reaching for a big gulp, star bucks, or any of the other unnatural beverages we consume.... try drinking more natural clean water. Gradually increase the amount of water you drink each day and these symptoms may start to subside.

So, how much water do you need to drink??

Take your body weight in pounds and divide it by two.

This is the number in ounces that you should drink per day.

_____Weight / 2 = _____ounces per day

- DR. TENESHA WEINE



CY-FAIR KIWANIS CLUB

By the time you read this, the Kiwanis Golf Tournament will have occurred. The Club thanks all who participated by playing or contributed through sponsoring a hole, a team, a player, or making a donation. Proceeds will go toward scholarships, sponsoring Key Clubs, supporting SIRE, cerebral palsey, boy and girl scout troups and projects, and other worthwhile causes in the community.

The Cy-Fair Kiwanis Club meets three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch, and programs including guest speakers on subjects of concern to the community and individuals. We invite you to a complimentary lunch, fellowship with our members, an informative program, and an opportunity to learn more about our organization. Reservations are not required. The Club will meet November 3, 10, and 17.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373; George Crowl at 832-467-1998; or Robert Presnell at 281-304-7127.

CHILDREN: PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, focuses its services, programs and activities on this theme.



All of Your Dental Needs Under One Roof





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 skillrelated 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 sportsspecific 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.



| HOME TRENDS IN | LOE & LOEN |
|----------------|------------|
|----------------|------------|

| Searching 12 months prior to 11/10/2009 | | | | IDGE | 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 |





DANIELLE GEBARA Number One Listing Realtor in LOEN

Direct: 832-788-6002 Off: 281-664-8300 Ext. 3153 danielle@dgebara.com



Because every move matters!

Not Available Online

Advertise YOUR business to YOUR neighbors for less than 8¢ per home.

Effective Advertising, Done Right.

Call today to Reserve your space.



1-888-687-6444 www.PEELinc.com

Not Available Online

St. Elizabeth Ann Seton Catholic School

Learn to love. Love to learn.



OPEN HOUSE WED, FEB. 3, 2010 9AM TO 2PM and 6PM TO 8PM

Serving the Northwest Houston Area for 14 Years

Excellent Curriculum Service • Computer and Science Labs • Liturgy Athletics • Capturing Kids' Hearts[™] • Extended Day Pre-K - Eighth Grade 281-463-1444

www.seascs.org

6646 Addicks-Satsuma Rd.

Lakes on Eldridge North

Stork Report D Lakes on Eldridge North

Submit your information on the arrival of your little one to articles@peelinc.com

We Create Beautiful Smiles!



S.M. Shirazi, D.D.S. 16+ Years Experience Cosmetic & Family Dentistry For Adults & Children

> Now Offering IMPLANTS Surgery and Final Crown in one location

Now Offering CEREC Tooth-colored porcelain crowns/onlays in one visit

5630 North Eldridge 713-466-3700

way to look and feel great!

MELT FAT WITH THE LATEST Liposculpture SmartLipo™

REMOVE UNWANTED HAIR Laser Hair Removal

REMOVE UNSIGHTLY VEINS Laser Vein Removal, Vein Ablation, Sclerotherapy Medical Spa Director 1960 Family Practice

> ADVANCES IN WRINKLE REDUCTION Fillers and Botox®

TIGHTEN LOOSE AND SAGGING SKIN Titan ™

ERASE YEARS OF SUN-DAMAGED SKIN **FotoFacial**®

REDUCE ACNE BREAKOUTS AND SCARS Acne Light Treatments, Chemical Peels, Microdermabrasion

> **MINIMIZE PORES & FINE LINES** Laser Toning

Huong Le, M.D Medical Director **Board Certified Physician**

Janies Rummel Medical Spa Marketing Manager

> Diana Malone, MD 1960 Family Practice

> > Huong Le, MD

Phu Do, M.D. Board Certified Surgeon

20320 Northwest Freeway, #550 | Houston, TX 77065 837 FM 1960 West, #105 | Houston, TX 77090

ADVANCEDCOSMETICLASER.COM • WWW.1960F

20 Lakes on Eldridge North - December 2009

OSMETIC & WELLNESS

FREE Analysis Skin Care Analysis and Consultation

Courtney Snook Medical Spa Marketing Liason

Brandi Valenzuela, PA-C

1960 Family

Practice

Copyright © 2009 Peel, Inc.



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.stagestheatre. 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 22)



Copyright © 2009 Peel, Inc.

Lakes on Eldridge North - December 2009 21

Texas Events - (Continued from Page 21)

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

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



JOANIE YUST

YOUR LAKES ON ELDRIDGE NORTH NEIGHBOR & REALTOR

"Oh, there's no place like home for the holidays..."

Are you looking for a new home in our community?

Call Joanie Yust of Martha Turner Properties...

Offering professional real estate advice and knowledgeable service.

Joanie Yust

Circle of Excellence Award Winner, GRI, ABR, SRES 832-563-5869 • jyust@marthaturner.com







www.marthaturner.com



LEADING REAL ESTATE COMPANIES

1960 Family Practice

837 FM 1960 West Ste 105 Houston, Texas 77090 (Right behind Starbucks @ Red Oak) (281) 586-3888

Board Certified Physicians in Fa and Pediatrics dedicated

office hours

| Mon-Fri | 8am-5pm |
|----------|----------|
| Saturday | 8am-1pm |
| Sunday | Noon-3pm |

290 LOCATION: Mon-Fri 8am-5pm

meet our team

Huong T Le, MD Quoc Le, MD Alex Nguyen, MD Blandina Sison, MD Anthony Yee-Young, MD Shital Patel, MD Heidi Nashed, MD Luz Marquez, MD Jennifer Dong, MD Asma Ahmad , MD Vu Anh Phung, MD Annie Hoang, MD Tami Berckenhoff, PA-C Brandi Valenzuela, PA-C providing quality care for the entire family

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.

Ann

evalu tions have blood shou once

Acce Most



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

ual Physical - A physical is the ation of the body and its func-. During a physical you will also your cholesterol, diabetes, and d pressure evaluated. Individuals ld have a physical examination 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.

epting New Patients Insurance Accepted **281-586-3888** Appointment press option 1 www.1960fp.net

No appointment Necessary Walk-In Clinic Same Day Appointments

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 |
| *Solutio | *Solution at www.PEELinc.com © 2007. Feature Exchange | | | | | | | |

Advertising Information

Please support the businesses that advertise in the Lakes on Eldridge North Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge North residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our Sales Office at 888-687-6444 or e-mail <u>advertising@PEELinc.</u> <u>com</u>. The advertising deadline is the 8th of each month for the following month's newsletter.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Not Available Online

Do You Have Reason to Celebrate?

We want to hear from you! Email <u>articles@PEELinc.com</u> to let the community know!

Real Estate Market Report

Lakes on Eldridge North Specialist

DAVID "SUPER DAVE" FLORY



#2 Realtor in Houston & Texas*
#9 Realtor in United States*

The Only Realtor in Houston Awarded the TEN MOST DEPENDABLETM Real Estate Professionals in the Central United States! FORBES MACAZINE Oct 08

| | ACTIVE | PENDING | SOLD Last 6 Mos |
|-------------------|--------------------|--------------------|--------------------|
| # of Listings | 15 | 7 | 3 |
| Price Range: | 339,000 689,000 | 304,900 669,000 | 424,000 560,000 |
| Average Price | \$464,399 | \$491,671 | \$514,666 |
| Avg Price/sq.ft. | \$122.31 | \$129.33 | \$116.33 |
| Avg DOM | 88 | 91 | 95 |
| High Price/sq.ft. | | | \$122.27 |
| Low Price/sq.ft. | | | \$111.49 |





WWW.SUPERDAVE.COM

Professional Group 832-478-1205

*Realtor Teams per Remax 9/2008, 3/2009



Children are our greatest treasures, and we're creating a threat to their safety by parking on the streets and by speeding through Lakes on Eldridge North.

SPEEDING IN LOEN PARKING ON THE STREET

Most homeowners have some space in their garage reserved for storage – in some cases most of the garage, thereby not leaving enough room for their vehicles. Consequently, many owners park their vehicles on the street making it difficult for others to pass and creating hazardous conditions for the children.

Although we're all anxious to get home to be with our families, speeding and reckless driving is against the law and endangers everyone. Lakes on Eldridge North is a family oriented community with many children; for that reason before you speed or park on the street, please consider their well-being. Also, children playing in the street can unknowingly create a dangerous situation, especially on heavily traveled streets; the driver may not see the child, especially in the evening or after dark.

We all know that children have a tendency to move about impulsively and may inadvertently run into the street. Please don't let a tragedy happen before parking your vehicle off the street or obeying the speed limit. For the benefit of all the residents and children, and the overall appearance of your neighborhood, please do not park on the street. Make accommodations in your garage or driveway for your vehicles and keep your streets clear and safe for all and please, DO NOT SPEED IN LAKES ON ELDRIDGE NORTH.





- Kids Stuff-

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



Not Available Online

Copyright © 2009 Peel, Inc.

Lakes on Eldridge North - December 2009 29

Attention KIDS: **Us Your Masterpiece!** Send





\$59 FURNACE TUNE-UP WITH GUARANTEED 100% RETURN ON YOUR INVESTMENT OR FULL REFUND

Since replacing your furnace could cost you thousands of dollars, doesn't it just make sense to consider a Tune-Up? Especially if I take all the risk, and there is no risk for you. *If your furnace breaks down for any reason this winter, we will cheerfully refund 100% of your money...no questions asked.*





©2009 Home Comfort Solutions State License TACLA 1888C



Your "Precision Tune-Up and Professional Cleaning" Consists of These 20 Individual Operations:

- 1. Infrared camera inspection of furnace heat exchanger.
- 2. Check blower wheel for cleanliness and balance
- 3. Test ignition system for safe & proper operation
- 4. Test safety & control circuits for proper operation
- 5. Test exhaust system for proper venting
- 6. Inspect blower motor bearings for wear
- 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
- 18. Tighten and inspect all electrical wiring
- 19.Check for proper combustion air
- 20.Test for gas leaks
- 21.Clean furnace exterior
- 22.Inspect inducer assembly for operation and Leaks

EARLY BIRD SPECIAL! Call before 11:00am and save an additional \$10

(281) 469-9999 11875 W. Little York, #701 Houston, TX 77041 www.houstonhomecomfort.com





LN

YOUR LAKES ON ELDRIDGE NEIGHBOR HOUSES SELLING FAST! NEED LISTINGS! CALL ME!



STEVE HARDCASTLE HAPPY HOLIDAYS!!



RE/MAX Westside Realtors 281-925-3047

- RE/MAX Westside #1 TOP PRODUCER for 21 years in a row!! (1989 - 2009)
- Top 25 Residential Realtors in Houston Area out of 20,000 HAR members (Per Houston Business Journal)
- Certified Residential Specialist (Designation held by only 4% of all Realtors)
- RE/MAX Hall of Fame & Lifetime Achievement Award
- Broker License, BBA, Relocation Expert, Over 30 Years of Real Estate Experience

www.stevehardcastle.com

email: stevehardcastle@earthlink.net