



LAKES

ON ELDRIDGE

Volume 9, Issue 11
November 2010

Official Newsletter
www.lakesoneldridge.net

• • • • • RULES OF THE ROAD • • • • •

For Pedestrians

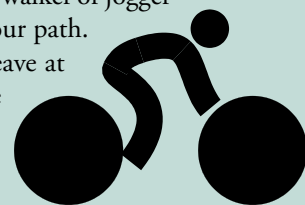
It is great to see so many people out walking and jogging in the community. The Board feels that there has been an increase in the number of residents walking on our roads, however, and would like to encourage residents to use the sidewalks, particularly during the morning and evening rush hours. That we live in a gated community with private roads may contribute to an overly heightened sense of pedestrian safety and a certain amount of complacency. When out on your walk please practice these Pedestrian Rules of the Road:

- **Use the Sidewalk Whenever Possible**
- **Walk Facing Traffic:** If you must walk on the road, you should walk in the direction of oncoming traffic. This will give you time to see an approaching vehicle and make sure you are not in harms way.
- **Walk Single File:** While it may be pleasant to walk abreast happily chatting, this effectively reduces the width of the road to a single lane. The more space your group takes on the road, the greater the danger of there not being enough space for both pedestrians and vehicles, and the greater the distance for one of you to get off the road.
- **Do Not Assume the Driver Sees You:** We are all aware of the many distractions that can occur when driving. Also be aware of environmental conditions that could affect a driver's vision, such as the position of the sun or fog. The best practice is to simply get off the road when a car approaches. When approaching a cross walk at the same time as a vehicle, make sure the driver acknowledges your presence before crossing, even if the driver has come to a full stop.
- **Be Visible:** Wear light colored and reflective clothing at night and bright colors during the day.
- **Move Over for Bikes:** Bike riders should alert you when approaching from behind with a bell or a shout of "passing left". The common courtesy is to move to walk single file at the far right of the road (but you should be walking against traffic anyway!)

For Cyclists

Bicycles in LOE should be ridden on roads, not sidewalks. This also applies to all motorized scooters. Parents with young children are not, however, discouraged from using the sidewalks if they deem the sidewalk to be a safer alternative. When riding your bicycle around the community, please practice the following safety recommendations:

- **Ride With Traffic:** Unlike pedestrians using the road, cyclists should ride with the flow of traffic. Stay in the right one-third of the lane unless passing.
- **Obey Traffic Rules:** Cyclists in most jurisdictions are required to follow the same rules as automobiles, including stopping at stop signs and obeying the speed limit.
- **Scan & Signal:** When approaching a turn or changing lanes, scan your destination for hazards and then look behind you for traffic. Signal your intent if you are near traffic. Traffic in your destination lane has the right-of-way.
- **Alert Pedestrians and Cyclists When Passing:** When passing pedestrians or other bikers, alert them as you approach with a shout of "passing left". Slow down to a comfortable passing speed (for the pedestrian, not for you). Also be aware of dogs on a leash, which should be given a slower, wider berth, or any hazard such as a puddle that might cause a walker or jogger to suddenly move into your path. If passing a parked car, leave at least 3 feet of clearance to avoid being hit by an opening door!



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
Newsletter Publisher	
Peel, Inc.	advertising@PEELinc.com, 888-687-6444

LOE Board Of Directors

To contact a member of the Board of Directors, call Trinh N. Basarabescu or Helga Chandler 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
Heather Von Sternberg.....	Secretary
Cory Hammond	Treasurer
David King	At large

Visit the Association Website:
www.lakesoneldridge.net



Trimming to Take-Downs

Trimming • Removal of Debris
Hedge Trimming • Stump Grinding
Professional Tree Health Care

Bonded & Insured Since 1987

Call David

Ph: 281-469-0458

Cell: 281-703-5729



Mention this
ad for a
Spring Special!
Senior Citizens
Receive an
Additional
Discount.

FREE
ESTIMATES

jonesroadtreeservice.com

LOE Thanksgiving Food Drive

Please help some unfortunate families have a better Thanksgiving this year! Drop off non-perishable food items any time until Sunday 21 November in the receptacle provided by the front door of 12702 Turlock Ct in Eagle Bend. Your donation will be taken to the Houston Food Bank. Here is a list of items most needed:

- Canned tuna or chicken, packed in water
- Canned stews and pasta/meat, easy on salt and fat
- Peanut butter
- Canned fruits in light syrup, natural applesauce
- 100% juice cans or boxes
- Canned vegetables, tomatoes, tomato sauce
- Soups with meat and/or beans, meal-in-a-can, easy on salt and fat
- Cereals and cereal bars, easy on sugar and fat
- Pasta, spaghetti, macaroni, noodles
- Packages of dry beans

The Food Bank cannot accept for safety reasons open packages, homemade food items, baby food, items with "expired" dates and all perishable foods. For more information on the

Houston Food Bank, please visit www.houstonfoodbank.org.

Please contact Jamie at Jamie.Medina@sbcglobal.net if you have any questions.



ANNUAL HOMEOWNERS MEETING

Mark Your Calendars!

The Annual Homeowners Meeting will be held on **Thursday November 4th from 6:45 to 8:30pm at Kirk Elementary School**. This is an important meeting, and we urge you all to attend.

The 2011 budget will be presented, and there will be elections to fill vacancies on the Board of Directors. See you all there!

Past...

Lakes on Eldridge Third Quarter Updates

Price Range	Under \$400K	\$400K to \$600K	\$600K Plus	Total of All Rentals
Number of Sales	8	3	2	9
Avg. List Price	\$285,050	\$499,966	\$872,500	\$3,555
Avg. Sales Price*	\$277,331	\$488,733	\$766,500	\$3,544
Avg. Sq Footage	2712	4794	5323	3395
Avg. Price per Sq. Ft.*	\$102.26	\$101.95	\$144.00	\$1.04
Days on Market	44	24	111	40
SP/LP Ratio	97%	98%	88%	100%

Based on HAR/MLS data 01/01/2010 to 09/30/2010.

* Average Adjusted Prices.

Future...

Advice from John Paulson: "If you don't own a home, buy one. If you own a home, buy another one. If you own two homes, buy a third. And, lend your relatives the money to buy a home."

John Paulson founder and president of Paulson & Co., a New York-based hedge fund, lauded for his foresight in predicting a quick and painful end to this decade's mortgage boom.



Ann
Ann Pearson Knoche
A Tradition of Serving Clients Since 1992
Proudly Promoting the
Lakes on Eldridge Communities

281-582-3911

annpk@heritagetexas.com
heritagetexas.com

HERITAGE
TEXAS • PROPERTIES

LISTENING, VISUALIZING, INSPIRING AND EDUCATING BUYERS AND SELLERS SINCE 1992.



Lakes on Eldridge

Book Club

Our reading list has a wide variety of topics, and each book is available through the Harris County Library. Consider joining us to discuss them! We meet on the 4th Monday of each month at a member's home. Call Celeste at 713-896-6942 for location or additional information. Also, if you have a book recommendation please drop her a note at celeste.fritz@gmail.com

RECENT AND UPCOMING BOOKS:

• **October 25 - *Sarah's Key*, by Tatiana de Rosnay.**

In the summer of 1942, the French police arrested thousands of Jewish families and held them outside of Paris before shipping them off to Auschwitz. On the 60th anniversary of the roundups, an expatriate American journalist covering the atrocities discovers a personal connection-her apartment was formerly occupied by one such family. She resolves to find out what happened to Sarah, the 10-year-old daughter, who was the only family member to survive.

• **November 29 (Nov/Dec combined meeting because of the holidays) - *To Kill a Mockingbird*, by Harper Lee.**

We decided to revisit this classic on the 50th anniversary of its original publication.

*Hope You Join Us
This Month!*

Recipe of the Month

Pumpkin Cake Roll

INGREDIENTS:

- 3 eggs
- 3/4 C flour
- 2 tsp. cinnamon
- 1 tsp. ginger
- 1/2 tsp. nutmeg
- Powdered sugar
- 1 C granulated sugar
- 2/3 C pumpkin
- 1 tsp. lemon juice
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 C finely chopped nuts

Beat eggs on high speed for 5 min.; gradually beat in sugar. Stir in pumpkin and lemon juice. Stir together flour, baking powder, cinnamon, ginger, nutmeg, and salt. Fold in pumpkin. Spread in greased and floured 15x10x1" pan. Top with nuts. Bake at 375° for 15 min. Turn out on towel sprinkled with powdered sugar. Starting at narrow end, roll towel and cake together. Cool. Unroll.

FILLING:

- 1 C powdered sugar
- 2 - 3 oz. pkg. cream cheese
- 4 T margarine
- 1/2 tsp. vanilla.

Beat until smooth. Spread over cake.
Roll and chill.



**We'll do
the work,
You have
the Fun!**

**the
Pool Nanny**

Weekly and Vacation Swimming Pool Maintenance

281-858-4868

**TANNER LAKES
ANIMAL CLINIC**
In Your Neighborhood!



Ken Malinowski, D.V.M.

*Only The Best
For Your Best Friend*

- ✓ Ultrasound
- ✓ Telemedicine
- ✓ Surgery
- ✓ Radiology (x-rays)
- ✓ Tonopen (glaucoma)
- ✓ Dental Cleanings
- ✓ Vaccinations

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

Office Hours
Mon - Fri 7am - 6pm
Saturdays 8am - 1pm
713/937-4484

SHARE OUR CONNECTIONS

As Houston's largest member of Leading Real Estate Companies of the World®, we offer our Buyers and Sellers the premier global network which has set such records as over 1 million homes sold in a year representing \$300 billion in sales, more than any other real estate brand. When you combine our affiliation with this global network, our award winning website, superb sales team and relocation department, there's no better resource when seeking your new home, locally, nationally or globally.



KAY HORSCH

*Top Producer and
Lakes on Eldridge Resident*

713.703.8313

kay@kayhorsch.com
heritagetexas.com



Royal Oaks

11689 Westheimer, Suite C
Houston, Texas 77077

LUXURY
PORTFOLIO
FINE PROPERTY COLLECTION



Lakes on Eldridge

LOE BIBLE STUDY

The Lakes on Eldridge Bible study group resumed on August 31 and will continue through next spring.

The fall study by Sharon Jaynes examines what the Bible records to be God's thinking about women. The study takes us from Genesis through the New Testament, to show that women were created for a divine purpose; are blessed through radical obedience; were commissioned to go and tell; and are loved as God's daughters. Also that women were valued in Jesus' teachings; were restored through Jesus' ministry, welcomed into God's presence, and invited into Jesus' classroom; are affirmed in God's family; called out of the shadows; highlighted in the Old Testament; empowered by the Holy Spirit; and chosen for such a time as this.

This thirteen-week study elevates the women of ancient times who were treated as possessions and slaves to the position of value and importance to the progression of humankind. God's plan for women to play a significant role in history becomes clear through the teachings of the Bible.

It is never too late to start learning more about God's plan for you! Please join us every Tuesday morning at the Beach Club (swimming pool club house) at 9:15 for fellowship, study and prayer.

YOGA, NIA, & RELAXATION MEDITATION PRACTICE

After a long day, come stretch and unwind with some gentle yoga and relaxation meditation. No experience or flexibility needed except for a willing heart and open mind, and it is open to all residents free of charge. Wear comfortable clothing and bring a mat (borrowing mats are available at the class).



UPCOMING TIMES AND DATES ARE:

- **YOGA:** 7:30 pm on Nov 2, Nov 16 (by the pool), Nov 23, Nov 30
- **NIA*:** 6:00 pm on Nov 4, Nov 9 (at 7:30pm), Nov 18, Dec 2
- **MEDITATION:** 9:20 am on Nov 6, Nov 13, Nov 20, Nov 27, and Dec 4

*NIA (yoga and dance) is a dynamic blend of dance arts, martial arts and healing arts, which balances technical precision with free-form expression. Nia brings the body, mind, emotions and spirit to optimum health through music, movement and self-expression, guided by the sensation of *Pleasure*. Nia classes are led by Anita Csoma.

All meet at the Lakes on Eldridge Club House, except as noted. Contact Jennifer Adams, adamsjjenn@gmail.com and 713-466-1346 for more information.

Electricity is **ON SALE** at StarTex Power!



Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at www.StarTexPower.com

Sign Up Today Online: www.StarTexPower.com or call 866-917-8271
PLEASE USE **"NEIGHBORHOOD NEWSLETTER"** as your referral!



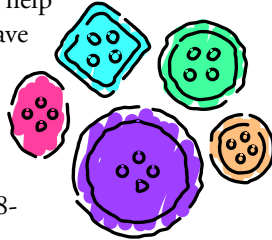
PUCT #10089



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, do needle point, embroidery, and counted cross stitch, plus mend items and sew on buttons that we have put off much too long. We make quilts for family members, shawls for cancer patients, and 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 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.



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.

BUNCO JUNKIES

Members of Bunco Junkies meet & play at the LOE Beach Club House on the 1st Thursday of each month from 12 noon until 2 pm. We must have 12 players each month to be able to play. Please speak to your friends & neighbors and ask them to join us in this easy and fun game. Players do not have to be residents of Lakes on Eldridge to play.

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



love



learn



lead



Preschool - Eighth Grade

Our elementary through middle school program is focused on science, technology, engineering and math. All students, preschool through eighth, benefit from a comprehensive curriculum and hands-on, project-based and theme-based learning.

**NOW OFFERING
MIDDLE SCHOOL!**

Call and
schedule
a tour.

713-465-0288

1424 Sherwood Forest, Houston, Texas 77043

www.thebranchschool.org

- High Academic Standards
- Low Student/Teacher Ratio
- SACS Accredited
- Innovative Writing Program
- Kumon Math Honor Roll
- Critical Thinking/Problem Solving



Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



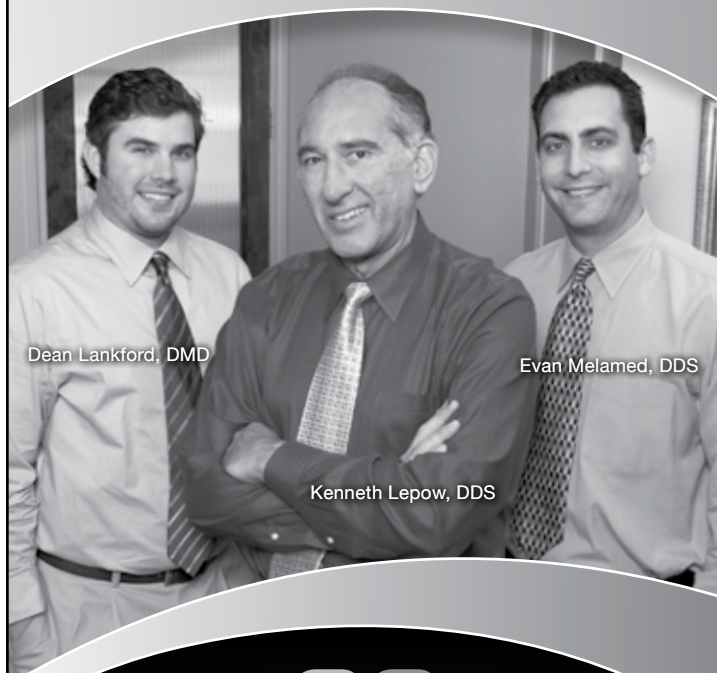
- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting

References Available • Fully Insured

NO PAYMENT UNTIL COMPLETION

bashanspainting@earthlink.net

All of Your Dental Needs Under One Roof



Dean Lankford, DMD

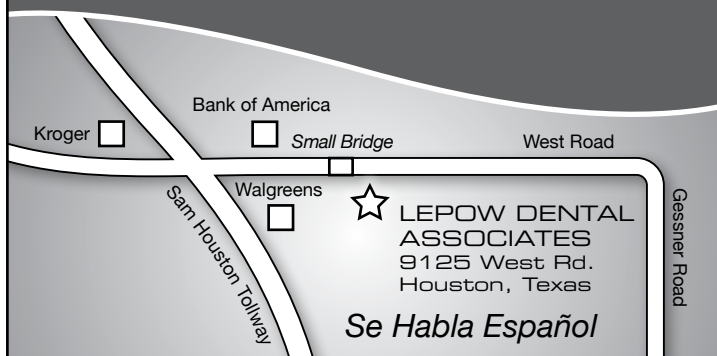
Evan Melamed, DDS

Kenneth Lepow, DDS



LEPOW DENTAL ASSOCIATES

- Team of Dental Specialists
- Family Dentistry
- Cosmetic Dentistry
- Orthodontics and Invisalign
- Periodontal (Gum) Treatment/Surgery
- Root Canal Treatment
- Wisdom Tooth Removal
- Dentures and Partials
- Dental Implants



Now Welcoming New Patients!
(713) 937-0050 ■ **www.lepowdental.com**

TIME MANAGEMENT & EXERCISE:

Making the Most of Our Time

By Sarah S. Jordan, MS

(This is Part II from Sarah's series on "Tools for a Healthy Lifestyle.")

Do you wish that you had more time? I would venture to guess that almost everyone would say, "Yes!" In today's world, we seem to be taking on more than ever and rarely finding the time or energy that we deserve to focus on our health and the health of our family. The important thing is to always keep trying and to value health as a consistent priority in our lives. In Part I of this series, we identified commitment as the first tool for living a healthy lifestyle. To begin, a commitment to healthy living should be made, and the next step is to evaluate our time and schedules in order to identify realistic ways to fit in more movement and exercise.

I have become very aware of the importance and benefit of exercise for physical and mental strength in my life's journey of being a fitness director, business owner, and most of all, in becoming a mother. I have also realized that any exercise is better than none! Finding time to exercise is challenging, and the key is to make every minute count. If baby is napping and mom has just 15 minutes to exercise, those 15 minutes can equal big improvements in weight control and energy levels over time. If work has required us to sit at our computer all day, just getting up for 20 minutes of outdoor activity or stepping onto a cardio machine might just change our day and stress levels completely!

Here are a few tips for making the most of your workout time. Increase your intensity. If the duration of workout is short, intensity should be high.

Include intervals! On an elliptical machine, set resistance to something that feels challenging (not easy), but something you are able to push through without compromising your form. Do three-minute intervals. Minute 1: Somewhat easy / recovery. Minute 2: 75% of your fastest speed. Minute 3: Sprint! Repeat several times. 21 minutes of intervals (followed by a cool down) is an incredible workout!

Add a 60-second interval to your walk. Power walk for three minutes and then jog or do walking lunges for one minute. Repeat several times. The interval challenges different muscle groups and adds a new element to your routine.

Find something that allows you to get cardio and strength training in one hour. I started a group exercise class format at UT and Pure Austin called Dynamic Strength, and people love it! Participants get their strength training, but they also get cardio intervals, flexibility, and relaxation too! Total body workout.

And most importantly, remember that ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will thank you. Good time management is key in so many areas of life. We have all heard the saying: "Time is of the essence." Let's take a moment, evaluate our time, and see how we can incorporate more movement into our lives. What is your essence? You have the



CY-WOODS KEY CLUB

Key Club is a high school service organization that frequently volunteers to better the community. Last month they Cy-Woods key club volunteered with the Houston Food Bank. Members assisted with things like sorting food, packaging food, and making boxes of food. Key Club also helps with events like working at Middle School concession stands during the football games, allowing the parents to watch their children in the game. Another popular event that we love to volunteer at during this time of year is church and school Fall Festivals. If you know of any event that needs volunteers, the Cy-Woods Key Club would love to help! Contact us at cywoodskeyclub@gmail.com

CY-FAIR KIWANIS CLUB

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities that develop leadership and good citizenship in the youth of our community. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair High Schools; supports the Cerebral Palsy SIRE group, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek Ministries; the Houston Food Bank; and other charitable groups. Membership 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 programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Cowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See www.kiwanishoustoncyfair.com for more information.

Yardmasters, Inc.

"Where Beautiful Lawns Begin"
15420 Telge • Cypress, Texas 77429

281-469-5158

Lawn Service • Bed Cleaning • Pruning
Mulch • Soil • Sod

Landscaping • Bed Renovations

Landscape Lighting

Drainage / French Drains

Sprinkler System Installation / Modifications

Hunter Licensed Irrigator #0005455 **RAIN-BIRD**



Full Service
Accounts Available

Please visit our website
for more information on
all the services we offer.
www.yardmastersinc.com

Serving Northwest Houston Since 1990
Financing Available
Insured For Your Protection



Open House
Thursday, Jan 27th
5:00-7:30p.m.



Building a Solid Foundation!

18 months – 5th Grade
Serving West Houston Since 1984

Small Class Size • Exemplary Academics •
Extraordinary Enrichment • Before/Aftercare

14120 Memorial Drive
281 531-6088

Fully Accredited

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

**NOT AVAILABLE
ONLINE**

Peel, Inc. **Printing & Publishing**

Publishing community newsletters since 1991

1-888-687-6444 • www.PEELinc.com

Kelly Peel
VP Sales and Marketing
512-263-9181
kelly@PEELinc.com



Support Your Neighborhood Newsletter.

*Advertise your business
to your neighbors.*

HOME TRENDS IN LOEN & LOE

2009 / 2010	LAKES ON ELDRIDGE NORTH			LAKES ON ELDRIDGE		
QUARTER	# of Homes Listed	# of Homes Sold	Absorption Rate	# of Homes Listed	# of Homes Sold	Absorption Rate
Quarter 1	35	17	48.5%	23	4	17.3%
Quarter 2	27	21	77.7%	27	16	59.2%
Quarter 3	14	10	71.4%	20	9	45.0%
Quarter 4	20	6	30.0%	13	6	46.0%
Total	96	54	Avg: 56.9%	83	35	42.1%

Absorption rate = sold/listed x 100

Thank You!

Special Thanks
to all who participated
in the food drive for
February & March.



DANIELLE GEBARA

Resident of Lakes on Eldridge North

832-788-6002

danielle@dgebbara.com

Proud to be involved!



Top Listing Agent in LOEN 2008 and 2009

HEALTH BRIEFS

DON'T STRESS OVERTESTS

Lots of children experience anxiety over tests, but they - and their parents - can deal with it through the right attitude and taking care of their physical health, said a Baylor College of Medicine psychiatry professor.

Kids should understand that nervousness about a test is a normal feeling, said Dr. Megan Mooney, adjunct assistant professor of psychiatry and behavioral sciences at BCM. They can deal with it by practicing

relaxation techniques like deep breathing and learning to stop negative thoughts when they first creep up.

Parents' can help ease anxiety by not placing too much pressure on their children. Mooney urges parents to talk about the importance of kids being prepared and doing their best, rather than focusing on grades.

Students of all ages must also take care of their physical health at exam time by eating well and getting enough sleep. Older students also can help

ease their anxiety by creating a schedule for themselves as soon as they receive their syllabus. They should find an optimal studying environment, whether it's a quiet library or somewhere they can have music playing.

HEALTHY DIET HELPS DIABETICS REDUCE HEART DISEASE RISK

The relationship between diabetes and heart disease should not be ignored, according to an expert at Baylor College of Medicine.

"Cardiovascular disease is the leading cause of death in patients with diabetes, and diabetes is the leading cause of heart disease in America," said Dr. Alan Garber, professor of medicine in the section of endocrinology at BCM.

To reduce the risk of cardiovascular disease, patients with diabetes must maintain an exceptionally low level of LDL cholesterol, the "bad" cholesterol, and a lower target blood pressure.

(Continued on Page 13)

HELP YOUR BUSINESS GROW



ADVERTISE HERE

888-687-6444 • www.PEELinc.com

NO MATTER THE SIZE OF YOUR BUSINESS, WE'VE GOT ROOM FOR YOU!

Health Briefs - (Continued from Page 12)

To do this, they must incorporate a heart healthy diet with their diabetes diet of low calories and sugars. A heart healthy diet includes reducing saturated fats. Medication can also be used to help control diabetes, cholesterol and blood pressure.

"Diet and exercise help, but statin drugs should be used to help control high cholesterol, and medication for high blood pressure should also be taken," said Garber.

Garber recommends checking with your physician before starting an exercise routine and working closely with the physician to develop a treatment plan.

DON'T LET YOUR SKIN GET SPOOKED THIS HALLOWEEN

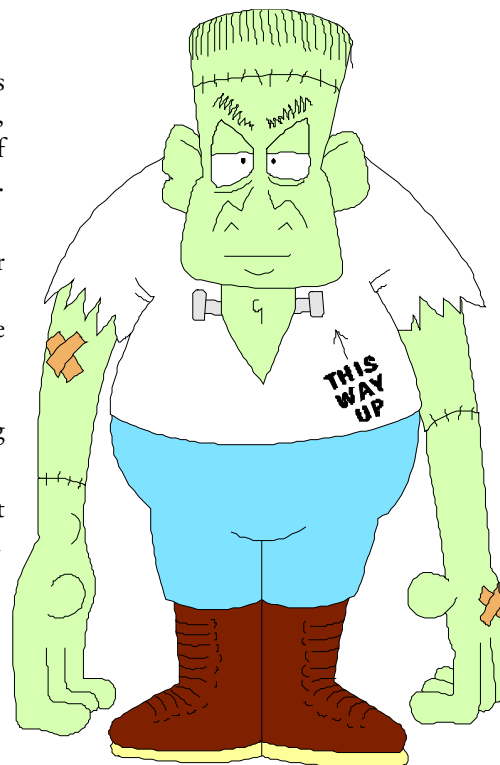
HA few simple "tricks" can keep your skin from turning into a nightmare this Halloween.

One common problem trick-or-treaters face is irritation to Halloween makeup, said Dr. Rajani Katta, assistant professor of dermatology at Baylor College of Medicine. Following these tips could help:

- Use water-based makeup - it's better for the skin and easier to wash off.
- Test makeup on a patch of skin first before applying it to the entire face.
- Properly clean your face at night.
- Remember sensitive skin when shopping for costumes.

Katta said there is no need to worry about breakouts as you enjoy your Halloween treats. Contrary to popular belief, chocolate does not cause acne.

The same goes for all sugars, although Katta says that's no excuse to overindulge.



PROMOTE YOUR BUSINESS *in Style!*

- BUSINESS CARDS / BUSINESS CARD MAGNETS / MAGNETS
- POST-IT® NOTES / CUBES & MEMO PADS / DECALS
- BUMPER STICKERS / MEMBERSHIP CARDS & ID BADGES
- PERSONALIZED WRITING INSTRUMENTS / CALENDARS
- HEALTHCARE PROMOTIONS / DRINKWARE & KOOZIES®
- NEWSLETTERS / BOOKLETS / FLYERS
- ENVELOPES / LETTERHEADS / RUBBER STAMPS
- BUSINESS FORMS / AND MUCH MORE....

NEED AN ADVERTISING SPECIALITY ITEM?

1-888-687-6444 ext. 24



Quality
PRINTING COMPANY

Experience Matters
Doing business for
30+ years.

Lakes on Eldridge



NOVEMBER TEXAS EVENTS

- 9-21—HOUSTON:** 9 to 5: The Musical Hobby Center for the Performing Arts. www.tuts.com 713/558-8887
- 11-14—HOUSTON:** The Nutcracker Market Features holiday decorations, food, clothing, jewelry, furniture and more. Reliant Park. www.nutcrackermarket.com 713/535-3271
- 11-Feb. 6—BEAUMONT:** Artwork by Kathleen Boudreaux in Cafe Arts Art Museum of Southeast Texas. www.amset.org 409/832-3432
- 12-14, 18-20—VICTORIA:** Christmas Belles Center for the Performing Arts. www.theatrevictoria.org 361/570-TKTS
- 13—GALVESTON:** The Man That Got Away: Ira Without George Rex Reed's exuberant storytelling and a strong pop-jazz quintet of stars combine to celebrate the songs of Ira Gershwin. The Grand 1894 Opera House. www.thegrand.com 800/821-1894
- 13—HOUSTON:** Chocolate Festival of Texas Sam Houston Race Park. www.chocolatefestivaloftexas.com 832/515-3860
- 13—PEARLAND:** Kid Fish Fest Open to children, ages 3 to 16 years. Poles are provided while supplies last. Bass Pro Shop. www.pearlandparks.com 281/652-1673
- 18—HOUSTON:** Annual Interfaith Thanksgiving Service Representatives of the Baha'i, Buddhist, Christian, Hindu, Jain, Jewish, Muslim, Sikh and Zoroastrian faiths offer personal reflections on Thanksgiving. A public reception follows. The Rothko Chapel. www.rothkochapel.org 713/524-9839
- 18—HOUSTON:** French-American Wine and Food Festival Indulge in gourmet wines and food from prestigious local restaurants and caterers. JW Marriott Houston. www.soireebeaujolaissandbeyond.com 713/960-0575
- 19-20—GALVESTON:** Seaside Treasure Festival Features arts & crafts vendors, silent auction and more. Moody Memorial First United Methodist Church. www.moody.org/stf 409/744-4526 or 409/744-0508
- 19-20—HUMBLE:** Trade Days Find antiques, crafts, collectibles, memorabilia and more. Humble Civic Arena. www.humblecc.com 281/446-4140
- 20—BEAUMONT:** Symphony of Southeast Texas Features Mozart's "Eine Kleine Nachtmusik," Kikta's "Frescoes of St. Sofia in Kiev" and Haydn's "Symphony No. 101." www.sost.org 20 409/892-2257
- 20—GALVESTON:** Sinbad, Where U Been? Comedian Sinbad on tour. The Grand 1894 Opera House. www.thegrand.com 800/821-1894
- 20—GALVESTON:** Architectural Walking Tour: San Jacinto Tour meets at San Jacinto Community Garden, 2005 Ave. N ½ at 9 a.m. and lasts approximately 1.5 hours. www.galvestonhistory.org 409/765-7834
- 20—HOUSTON:** Houston Championship Chili Cook-Off Champion chili-cook teams from across Southeast Texas compete for the title of Houston's Best Chili Cook. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500
- 20—SAN BENITO:** Market Days Farmers' market includes food, crafts, music, antiques and one-of-a-kind items. Plaza de San Benito. www.cityofsanbenito.com
- 20—TOMBALL:** Holiday Parade Features more than 175 floats/entries. F.M. 2920. Miss Tomball Pageant is held this same day. www.tomballchamber.org 281/351-7222
- 20—VICTORIA:** Market Days Riverside Park. www.victoriattx.org 361/485-3200
- 20-21—LAKE JACKSON:** Festival of Lights Lake Jackson Civic Center & Plaza. 979/297-4533
- 24-Dec. 5—HOUSTON:** Dr. Seuss' How The Grinch Stole Christmas: The Musical Presented by Theatre Under the Stars. Hobby Center for the Performing Arts. www.tuts.com 713/558-8887
- 25—BEAUMONT:** Crockett Street's Thanksfest Offers an outdoor stage with live bands, plus plenty of food and festivities. www.crockettstreet.com 409/832-2944
- 25—HOUSTON:** H-E-B Holiday Parade This lavish, nationally televised parade features sensational floats, uniformed marching bands and the season's first glimpse of Santa Claus. Downtown. www.hebparade.com
- 26-Dec. 26—HOUSTON:** The Nutcracker Presented by the Houston Ballet. Wortham Theater Center, 501 Texas Ave. www.houstonballet.org 713/227-2787
- 27-28—HOUSTON:** Holiday Market with Santa Claus Santa arrives to meet, greet and take photos with kids. Traders Village. www.tradersvillage.com 281/890-5500

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.





Mary & Royce McCann
Local Business Owner's

Same Reliable Service...

It's Only Our Name That has Changed.



281-469-9999

www.onehourair.com

"We Specialize in Keeping Older Equipment Running"

\$59 FURNACE TUNE-UP

***"Give Us at least 55 Minutes With Your Furnace
And We PROMISE It Won't Break Down This Winter
Or Our Service is FREE!"***

Call now and we will give your furnace a complete "Precision Tune-Up and Professional Cleaning". Instead of a simple "check up", we will perform 20 individual operations to insure your furnace is safe to operate. We give a Breakdown-Proof Guarantee: Because our service is so thorough we Promise that your furnace won't break down for any reason during the entire winter or we will give you **100% OF YOUR MONEY BACK!**



EARLY BIRD SPECIAL!

Call before 11:00 AM
and save an
additional \$10

(281) 469-9999

11875 W. Little York, #701

Houston, TX 77041

State License TACLA 1888C

Expires: 12/30/10

Regulated by The Texas Department of Licensing and Regulation, P.O. Box 2157, Austin, Texas 78711,
1-800-803-9202, 512-463-6599

Lakes on Eldridge

At no time will any source be allowed to use the Lakes on Eldridge 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 newsletter is exclusively for the private use of Lakes on Eldridge residents only.

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.

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

*Solution at www.PEELinc.com

© 2007. Feature Exchange

Peel, Inc. COMMUNITY NEWSLETTERS

Blackhorse Ranch
Bridgeland
Coles Crossing
Copperfield
Cypress Mill
Cypress Point
Eagle Springs
Enchanted Valley
Fairfield
Fairwood
Harvest Bend The Village
Lakemont
Lakes of Fairhaven
Lakes of Rosehill
Lakes of Savannah
Lakes on Eldridge
Lakes on Eldridge North
Lakewood Grove
Legends Ranch

Longwood
Oak Forest
Riata Ranch
Shadow Creek Ranch
Silverlake
Steeplechase
Stone Gate
Summerwood
Village Creek
Villages of NorthPointe
Willowbridge
Willowlake
Willow Pointe
Winchester Country
Winchester Trails
Windermere Lakes
Woodedge Village
Wortham Villages



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

Publishing Community Newsletters Since 1991

- Kids Stuff -

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



You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

REVIEWED BY: Steven Dowshen, MD

DATE REVIEWED: August 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



Attention KIDS: Send Us Your Masterpiece!

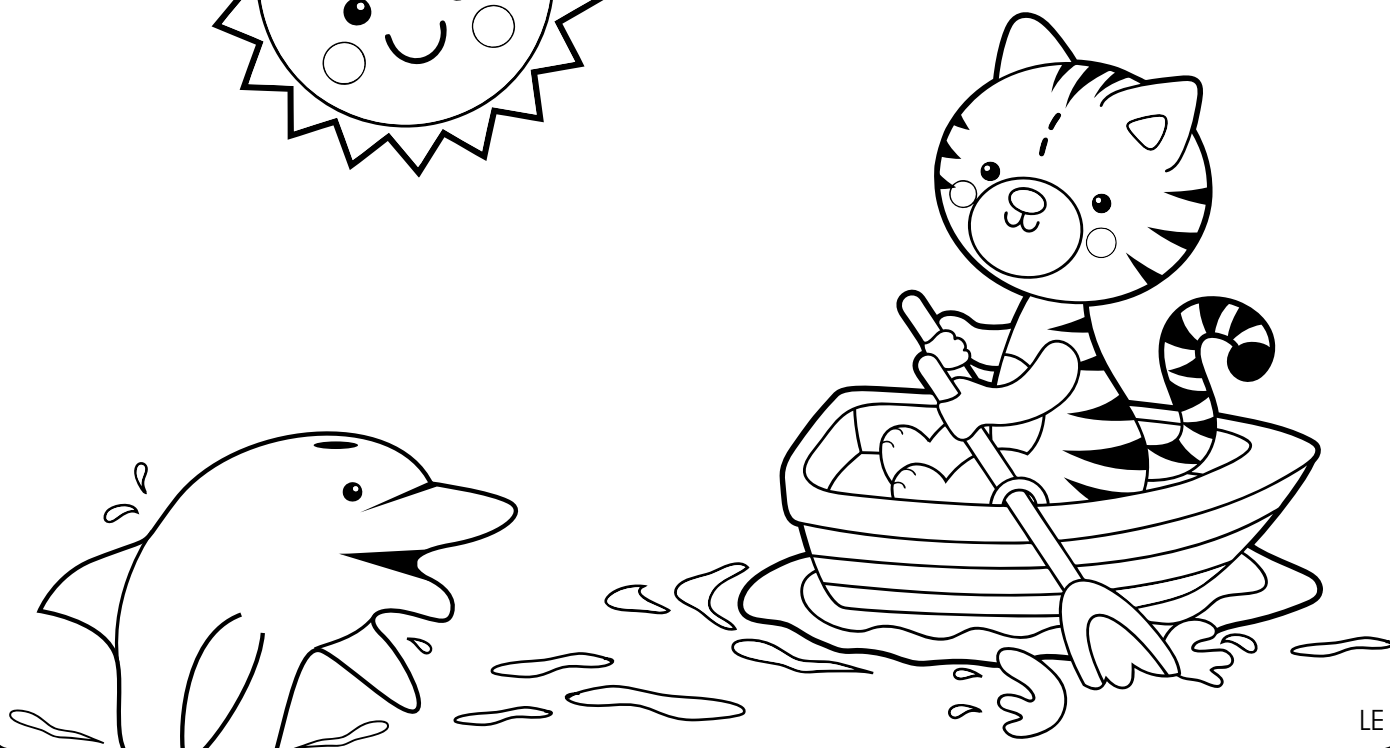
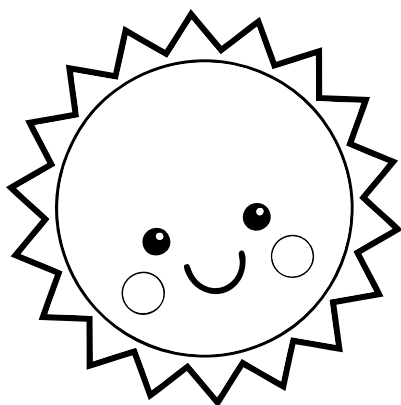
Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club
311 Ranch Road 620 S, Suite 200
Lakeway, TX 78734

We will select the top few and post their artwork online at www.PEELinc.com. DUE: November 30th

Be sure to include the following so we can let you know!

Name: _____ Email: _____ Age: _____
(first name, last initial) (This information will only be used to notify you or
your parents if your artwork is selected)



LE

Real Estate Market Report

Lakes on Eldridge Specialist

DAVID "SUPER DAVE" FLORY



- **#2 Realtor in Houston & Texas***
- **#7 Realtor in United States***
- **The Only Realtor in Houston Awarded the
TEN MOST DEPENDABLE™ Real Estate
Professionals in the Central United States!
FORBES MAGAZINE Oct 08**

	ACTIVE	PENDING	SOLD Last 6 Mos
# of Listings	20	2	24
Price Range:	\$279,900 \$960,000	\$200,000 \$229,900	\$233,500 \$940,000
Average Price	\$481,670	\$214,950	\$403,577
Avg Price/sq.ft.	\$128.21	\$109.21	\$110.63
Avg DOM	94	59	50
High Price/sq.ft.			\$153.42
Low Price/sq.ft.			\$71.88



RE/MAX
Professional Group
832-478-1205

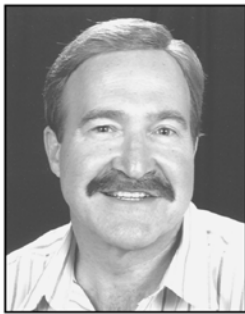
Direct line: **281-477-0345**

WWW.SUPERDAVE.COM

*Realtor Teams per RE/MAX 12/2009

YOUR LAKES ON ELDRIDGE NEIGHBOR

Houses Selling Fast! Need Listings! Call Me!



STEVE HARDCASTLE

RE/MAX Westside Realtors

www.stevehardcastle.com

email: stevehardcastle@earthlink.net



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