



LAKES

ON ELDRIDGE
NORTH

Volume 9, Issue 12

December 2010

TACKLE HUNGER IN TEXAS WITH THE *Souper Bowl of Caring!*

What would happen if every American that celebrates the Big Football Game donated one can of food or \$1 to fight hunger and poverty in their local community?

The result would be an astounding \$90 million in cash and cans to help feed the hungry, provide shelter to the homeless and help our neighbors in need.

With all eyes on North Texas this year as they host the Big Game, you can join the Souper Bowl of Caring and help make this vision a reality! For more than 20 years, groups all over the country have joined forces to demonstrate the power of caring. To date, more than \$71 million in cash and cans has been collected and 100% was donated in communities throughout the U.S. Every penny stays local and every collection matters!

Last year, 1,900 schools, churches, businesses and grocery stores in Texas collected more than \$4.5 million for local charities that fight hunger and poverty. The need is growing and we need your help!

JOIN THE TEAM. GET STARTED TODAY!

1. **REGISTER** your school, church or business at tacklehunger.org and designate an organizer for your Souper Bowl of Caring event. You'll receive a free Resource Kit!
2. **COLLECT** money and/or canned foods anytime January 17-February 6, 2011. Super Bowl Sunday is February 6, 2011.
3. **REPORT** the amount of your collection to the Souper Bowl of Caring so it can be added to the national tally.
4. **DONATE** 100% of your collection to the charity of your choice in your own community.

Learn more at tacklehunger.org.



Lakes on Eldridge North

IMPORTANT NUMBERS

Gate Attendant.....	713-856-6127
Harris Co. 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)	
Aqua Services	713-983-3602
(Service or emergencies 24 hrs) ...	713-983-3604
Harris County Tax Office	713-224-1919
Reliant Energy.....	713-207-7777
(give pole # of street which is out)	
Entex (gas)	713-659-2111
Time Warner Cable.....	713-462-9000
Houston Chronicle	713-220-7211
Metro Transit Info	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Ridge High School	281-807-8000
Newsletter Publisher	
Peel, Inc.	advertising@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. Email Articles to loen@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. Email personal classifieds to loen@PEELinc.com.

ADVERTISING: Deadline for submitting ads is the 8th 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.*

LOEN Board Of Directors

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Article Submissions

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

Submissions must be received by the

10th of the month for the following month's issue.

(Advertising deadline is the 8th of the month.)

LONE STAR COLLEGE

CyFair Perspective

IT'S NOT TOO LATE TO REGISTER FOR MINIMESTER, SPRING SEMESTER OR WEEKEND COLLEGE!

Catch up or get ahead with a mini-mester course starting Dec. 20. Get the courses you want and register early for spring semester. Weekday classes begin Jan. 18, 2011. Weekend College classes begin Jan. 21-23! For information, call 281.290.3200 or 832.782.5000 or go online to LoneStar.edu. For Weekend College information, call 832.482.1070 or go to LoneStar.edu/weekend-college.

FREE NEW STUDENT ORIENTATIONS SET

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for spring classes at LSC-CyFair's free New Student Orientations. Various sessions will be held at the campus at 9191 Barker Cypress Dec. 9 and Dec. 14 as well as Jan. 4, Jan. 6, Jan. 11 and Jan. 13. Sessions are free, but students must pre-register online at LoneStar.edu/cyfair-orientation to receive a confirmation with room location and parking information. Call 281.290.3430 or e-mail cfoutreach@lonestar.edu for information.

TALENT IN THE BOSQUE GALLERY

The end-of-semester "Student Art Exhibition" continues through Dec. 9 featuring LSC-CyFair's visual art students' work completed in their classes. Meet the artists Dec. 2 at a 4:30 p.m. reception. Go to LoneStar.edu/bosquegallery for gallery hours and information.

CELEBRATE THE HOLIDAY SEASON AT LSC-CYFAIR!

Mark the calendar for several family events to enjoy this holiday season. Hear the LSC-CyFair Concert Choir and Symphonic Band featuring Cy-Springs High School Choir in "A Holiday Ceoncert" Dec. 3-4. Or enjoy a free holiday concert of classic pieces by Handel, Mozart, Rutter and more in "String Power" Dec. 6. Or try a rousing show and a family favorite "projectjazz" Dec. 8. For information on these events, go to LoneStar.edu.

FREE 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 "A Sentimental Journey" Dec. 8; and "Chicken Soup for the Bowl" Dec. 15. (no programs Dec. 22, Dec. 29 or Jan. 5 due to winter holiday.) Call the library at 281.290.3214 for L.I.F.E. program information or go online to LoneStar.edu/library.

Merry Christmas

German: Froehliche Weihnachten

Spanish: Feliz Navidad

French: Joyeux Noël

Italian: Buon Natale

Portuguese: Boas Festas

Swedish: Glädelig Jul

Dutch: Hartelijke Kerstgroeten

Hungarian: Boldog Karácsonyi Ünnepeket

Slovak: Vesele Vianoce

Hawaiian: Mele Kalikimaka

Eskimo: Quvianaqtuq Kraisimagvik

Swahili: Salaam Kwa Siku Kuu

Russian: Srozh dyest vom

Greek: Kalla Christoughenna

Japanese: Me ri Ku ree su ma su

Korean: Son tan ul chuka hamnidah

Chinese: Sheng Tan Kuai Loh



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Lakes on Eldridge North

FINANCIAL FOCUS

Still Time for Year-end Financial Moves But Hurry 'Cause...



*Time is
Running Out*

The holiday season is always a busy time of year, so you're probably pretty busy. But it is important to take some time now to evaluate year-end financial moves that may be beneficial in preparing for your financial future.

Which year-end moves should you consider? You will want to talk to your financial advisor and tax and legal professionals first, but here are a few ideas to get you started:

- **Boost your IRA contributions.** You have until April 15, 2011, to fully fund your IRA for the 2010 tax year, but the sooner you finish with your 2010 contribution, the quicker you can get started on your 2011 contribution — and the earlier in the year you fund your IRA, the more time you give your account the opportunity to grow.
- **Put more money into college savings plans.** If you have a 529 college savings plan for yourself or someone else, consider putting more money in before year-end. You can gift up to \$13,000 (\$26,000 per married couple) per person per year without gift tax consequences. However, this must be accomplished by year-end.

- **Be generous.** If you've been thinking of making charitable gifts, don't put them off any longer. As long as you make a donation to a qualified charity before the year ends, you can claim a deduction on your 2010 tax return. For example, if you donate \$100 to a charitable group [either a religious organization or one that has received 501(c)(3) status from the Internal Revenue Service], and you're in the 25% tax bracket, you can deduct \$100 (with a tax benefit of \$25) when you file your taxes for 2010, providing, of course, that you itemize. If you donate stocks or other types of assets, you may also be able to save on capital gains taxes, because it will be the charity, not you, that eventually sells those assets.
 - **Sell your "losers."** If you own investments that have lost value since you purchased them, you can sell them before 2010 ends and then use the tax loss to offset capital gains you may have earned in other investments. If you don't have any capital gains, you can use up to \$3,000 of your tax losses to offset other ordinary income. If your loss is greater than \$3,000, you can "carry over" the excess and deduct it from your taxes in future years. However, if you then want to repurchase the investment you sold, you'll need to wait at least 31 days to avoid violating the IRS' "wash sale" rules.
 - **Take capital gains.** In 2011, the tax rate on long-term capital gains is scheduled to increase to 20% for most investors, up from the 15% rate it's been the last several years. If you have stocks or other appreciated assets that you were thinking of selling in the near future, you might want to do so before the year comes to a close. However, it's generally not a good idea to make investment decisions strictly because of tax consequences. If your appreciated assets are still a part of your overall financial strategy, you may be better off holding them for the long term, even with a higher capital gains rate.
- Considering these moves before the year ends may help you better prepare to address your financial picture in 2011.

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Looking for some exciting holiday events?
See the list below for a few of the
annual favorites.

Happy Holidays

To you and your families!

**THE MAYOR'S OFFICIAL DOWNTOWN HOUSTON
HOLIDAY CELEBRATION (DEC. 4, 2010)**

The mayor kicks off the holiday season with a celebration featuring fireworks, entertainment and choirs. The event culminates with the lighting of the tree outside City Hall.
(713) 247-3500 houstonsspecialevents.org

DICKENS ON THE STRAND (DEC. 4-5, 2010)

What started more than 20 years ago as a potluck supper has blossomed into one of Galveston Island's most famous annual events. Costumed characters, unique vendors, glittering parades and continuous entertainment make this celebration the best of times.

(409) 765-7834 dickensonthestrand.com

**ANNUAL CANDLELIGHT TOUR IN THE PARK
(DEC. 10-11, 2010)**

The historic homes clustered in downtown's Sam Houston Park open their doors for the Heritage Society's 46th Annual Holiday Candlelight Tour in the Park. Centuries-old seasonal decorations and costumed carolers take revelers back in time to celebrate the season.

(713) 655-1912 heritagesociety.org

CHRISTMAS BOAT LANE PARADE (DEC. 11, 2010)

The lighted boat parade on Clear Lake has become a holiday tradition on the Gulf Coast. Some 200 extravagantly decorated boats sail around the lake and up in the channel to Galveston Bay.

(281) 488-7676 clearlakearea.com

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Lakes on Eldridge North

Elisha Roberts Chapter, NSDAR Cypress, Texas

Daughters of the American Revolution

Cypress has a new chapter and we are currently looking for new members. We are a non-profit organization and our motto is God, Home, and Country. We promote patriotism, historic preservation, and education. To join you must have a patriot who fought or provided service in the American Revolution. If you are 18 years or older, we are looking for any ladies who might be interested. We are a friendly group of ladies and we meet every third Thursday of the month. If this sounds like you, please contact me: Laura Neal, Regent @ 281-256-3545 or lizardsareicky@sbcglobal.net

We the People of Cypress/Waller 9/12 Project Group

MEETINGS: 7:00 P.M.
Second Thursday of each month

Location: IHOP Restaurant on Hwy 290 @ Rosehill
For more information, please call Kerry LaLonde
at 281-373-9337.

America is Good

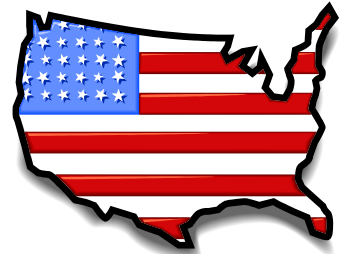
- I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- The government works for me. I do not answer to them, they answer to me.

If you agree with any or all of the statements above then come to
The Glenn Beck 9/12 Project Organizational
meeting for Cypress on the second Thursday of each month.

IHOP Restaurant on Hwy 290 @ Rosehill

Get involved.

For more information, please call
281-373-9337.



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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

Lakes on Eldridge North 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.

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Are you home yet?

HEALTH BRIEFS

Never too early to screen kids for high blood pressure

Children with high blood pressure may not feel sick or experience serious symptoms like adults, but if the condition goes untreated it could cause serious damage to their overall health later in life, said a pediatric hypertension specialist from Baylor College of Medicine.

"The good news is that we do not see heart attacks and strokes in children as a result of high blood pressure," said Dr. Daniel Feig, associate professor of pediatrics - renal at BCM. "The bad news is that the blood pressure will continue to go up and could cause permanent damage to the heart and kidneys. Without intervention childhood hypertension almost always results in hypertension in adulthood."

Beginning at age 3, children should be screened for high blood pressure at their annual check up, Feig said. If it is high, he or she will be asked to return a week later to see if the high readings persist.

If the child has elevated readings in three consecutive visits, he or she should have an evaluation for the cause of hypertension and risk of organ injury.

Diet and exercise modifications are common treatments for high blood pressure, but if this is insufficient, there are a variety of antihypertensive medications that have been tested and proven to be safe in the short- and long- term.

Teach kids to enjoy holiday treats in moderation

Cookies, chocolates and other treats seem to be within arm's reach from Halloween to the end of year. But according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM

Be sure children are not overindulging on treats and therefore skipping regular meals, she said. Save holiday treats for scheduled snacks or after-meal deserts, and be sure that they are an appropriate portion size.

"One of the good things about the cookies, chocolates and breads that you receive as gifts is that you can freeze them for later use," said Cullen.

Kids learn from watching their parents, so parents should be good role models. Parents should continue to serve regular balanced meals and snacks and eat with their children.

Exercise does the elderly body good

Exercise can't stop the aging process, but experts at Baylor College of Medicine in Houston say that for the elderly, whether it's weight training, walking, swimming or biking, 30 minutes of exercise three to five times a week is a good prescription for aging.

"It's never too late to start exercising," said Dr. Robert Roush, an associate professor of medicine-geriatrics at BCM. "Being physically active and exercising regularly can help prevent or delay some diseases and disabilities as people age."

Loss of muscle mass typically begins in the 30s or 40s. As muscles shrink, fat cells take their place and that leads to a slowdown in metabolism and weight gain even if caloric intake and expenditure remains the same.

"Any type of movement can be considered exercise, but resistance weight training has been shown to be the best way to reduce the loss of lean muscle," Roush said.

(Continued on Page 10)

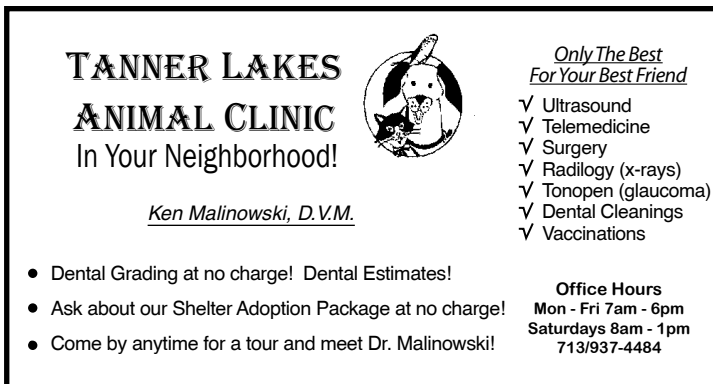


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SUNDAY APRIL 10TH – 10:00 – 4:00

*for additional information or a booth registration form,
please email cywoodsffa@gmail.com*

Health Briefs - (Continued from Page 9)

Early detection of glaucoma can save eyesight

Annual eye exams should include screenings for glaucoma, even for younger adults, because early detection can prevent long-term damage to sight, said ophthalmologists at Baylor College of Medicine.

“The biggest problem with glaucoma is that it’s a silent disease, a ‘sneak thief of sight,’” said Dr. Silvia Orengo-Nania, professor of ophthalmology in the Baylor Eye Clinic at BCM. “You could have visual damage occurring over time and not know it. Once damage occurs, it is irreversible and you will not be able to get any vision back that you have lost. This is why screening early is critical.”

Glaucoma usually occurs when increased pressure in the eye slowly destroys the optic nerve, damaging your ability to see, Orengo-Nania said.

Approximately 2 million people in the United States are visually impaired by glaucoma. It is one of the leading causes of blindness. Treatment can help slow down, but not reverse impaired vision, Orengo-Nania said.

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**American Business
Women's Association**
Cy-Fair Express Network (CYFEN)

EVENT: Cy-Fair Express Network Monthly Networking Luncheon

WHEN: December 16, 2010

TIME: 11:30 am – 1:00 pm

WHERE: Houston National Golf Club
16500 Houston National Blvd
Houston, TX 77095

NETWORKING AND BUSINESS LUNCHEON

Cy-Fair Express Network invites you to their monthly meeting and holiday luncheon. Bring plenty of business cards for networking. Please make reservations online by December 10 @ www.cyfen.org or call Darlene Hajduk @ 713-939-9730.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.



The Tri-County Quilt Guild

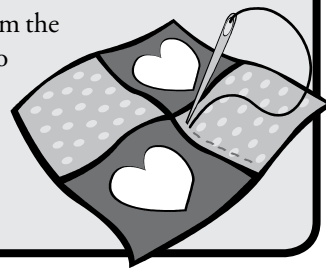
Meets the 1st Tuesday of the month, 7-9pm

Meeting Place: Fairfield Baptist Church
www.tricountyquiltguild.org
Established 2005

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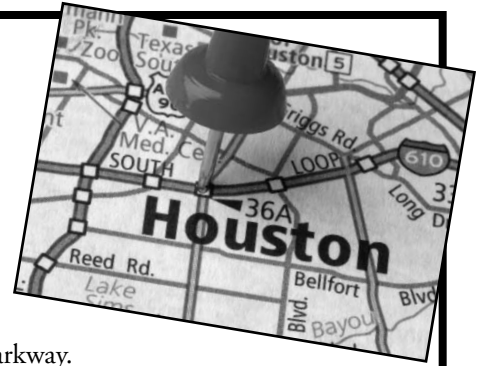
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December Texas Events



1-30—HOUSTON: CraftTexas 2010 Showcases the best in Texas-made contemporary craft. The exhibition will be juried by Gail M. Brown, independent curator of contemporary craft from Philadelphia; Cindy Hickok, internationally acclaimed fiber artist from Houston; and Paula Owen, president of the Southwest School of Arts and Crafts in San Antonio. Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848

1-31—VICTORIA: Exhibition: Victoria, Where Texas History Began Museum of the Coastal Bend. www.museumofthecoastalbend.com 361/582-2436

1-Jan. 2—GALVESTON: Festival of Lights at Moody Gardens Features a milelong trail of more than 1 million lights, holiday music, photos with Santa, a giant poinsettia tree and an outdoor ice rink. www.moodygardens.com 800/582-4673

1-Jan. 2—HOUSTON: Dynasty and Divinity: Ife Art in Ancient Nigeria Offers an in-depth look at ancient art from Ife, the ancient city-state of the Yoruba people in present-day Nigeria. The exhibit highlights Ife's early kingdom and the achievements of its artists. Museum of Fine Arts, 1001 Bissonnet. www.mfah.org 713/639-7300

1-Jan. 2—HOUSTON: Secrets of the Silk Road See intriguing Caucasian mummies from Xinjiang, China and more than 150 objects related to the people living alongside the Silk Road through several millennia. Houston Museum of Natural Science. www.hmns.org

1-Jan. 8—ORANGE: The Book of Hours: A Highlight Exhibit Selected medieval Books of Hours from the museum's collections are on display featuring glorious hand-painted illustrations, including imagery related to Christmas. Stark Museum of Art, 712 Green Ave. www.starkmuseum.org 409/886-2787

1-Jan. 9—BEAUMONT: Artwork by Sedrick Huckaby Huckaby's quilt paintings celebrate both his grandmother's craft as well as the artistic legacy of the African-American quilting tradition. Art Museum of Southeast Texas. www.amset.org 409/832-3432

1-Feb. 6—BEAUMONT: Artwork by Kathleen Boudreaux in Cafe Arts Art Museum of Southeast Texas. www.amset.org 409/832-3432

2-Jan. 6—NASSAU BAY: Open Door Series: Winter 2010 Juried Exhibition The Arts Alliance Center at Clear Lake opens

its doors to the area's emerging artists for submissions of works in any medium, of any subject. 2001 NASA Parkway. www.taaccl.org 281/335-7777

14-19—GALVESTON: A Tuna Christmas The Grand 1894 Opera House. www.thegrand.com 800/821-1894

14, 16—ORANGE: Holiday Open House The W.H. Stark House and the Stark Museum of Art offer tours, gallery spotlights, music by the Lone Star Pipe Band and local students, and holiday decor. Hours are 5 to 8 p.m. 610 W. Main Ave. and 712 Green Ave. www.whstarkhouse.org 409/886-2787

16—ORANGE: Cherryholmes Christmas Bluegrass family's performance includes original songs and classics. Luther Theater. www.lutcher.org 409/745-5535

17—SOUTH PADRE ISLAND: Annual SPI Christmas Parade Runs down Padre Boulevard from Mars Street to Campeche. Begins at 6 p.m. 956/772-1974

18—KEMAH: The Preludes Ballet This 30-minute revue-style show features singing, dancing and high energy entertainment. Kemah Boardwalk, Kipp Avenue. www.kemahboardwalk.com 281/334-9880

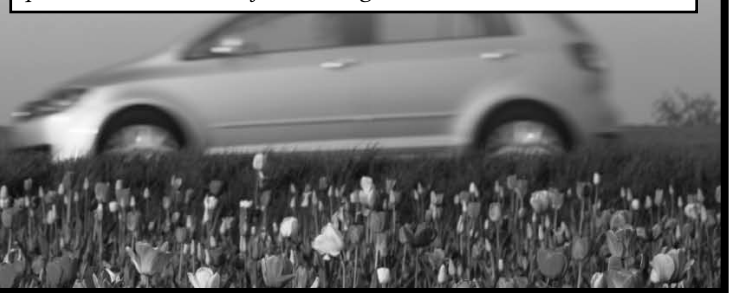
18—LAKE JACKSON: Bird Banding The public is invited to join workers collecting data on birds at the Bird Observatory. www.gcbo.org 979/480-0999

18—PASADENA: Audubon Christmas Bird Count Begins at 6:30 a.m. Armand Bayou Nature Center, 8500 Bay Area Blvd. www.abnc.org 281/474-2551

18—SAN BENITO: Market Days Open-air bazaar features food, live music, crafts, antiques and more. Plaza de San Benito. www.sanbenitochamber.org 956/399-5321

19—BAYTOWN: Live Nativity Scene at Yepez Vineyard Hours are noon to 3 p.m. 12739 F.M. 2354 www.yepezvineyard.com 281/573-4139

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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.



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NW HARRIS COUNTY AGGIE MOMS CLUB EVENTS

December

A Festive Holiday Social Evening

The Northwest Harris County Aggie Mom's Club invites you to join other Aggie moms for a festive social evening on Tuesday, December 14th. All current, future, and former Aggie moms are welcome to join us at 7 pm for some holiday fun in a friendly and supportive atmosphere. The event will be held at the Houston Distributing Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Come and learn more about Aggie student activities, purchase great Christmas gifts from the Aggie boutique, win door prizes and book money for your students, and learn about upcoming scholarship opportunities. During the December celebration, we will have an "Aggie" Christmas ornament exchange. Please bring a wrapped Aggie tree ornament to exchange with other Aggie moms.

One of the main goals of the Aggie Mom's Club is to give scholarships to Aggie students. The NWHC Aggie Mom's Club is now accepting Scholarship Applications for the 2010-2011 school year. Complete applications and eligibility requirements are available at www.nwhcaggie moms.com and also at the general meetings. The application must be postmarked no later than Monday, Feb 7th, 2011. Last year 6 scholarships totaling \$6750 were awarded to area Aggie students. Please contact Vickie Hamley at 713-466-4494 or check out our website for more information!

*Come Join Us For
The Festive Fun!*

For more information about NWHC Aggie Mom events, check out our website at www.nwhcaggie moms.org or contact Vickie Hamley at 713-466-4494.

January

Meeting - Tuesday, January 11, 2011

Get your 2011 year off to a great start with the Northwest Harris County Aggie Mom's Club! All new, current, and former Aggie Moms are invited to join us to hear an awesome motivational speaker, Jim Bob Solsbery. Jim Bob is a former Aggie, class of '67, who is both a comedian and motivational speaker. He is the author of a book entitled, *Humor is an Attitude: Sometimes You Just Have to Laugh Your Way Out*. Mr. Solsbery has spent the last 30 years as a business owner, entrepreneur, educator, professional trainer, and served as the Executive Director for U.S. Department of Agriculture. Jim Bob is the recipient of the National Association of Humor Writers Award and he speaks to groups across the nation about keeping a positive attitude and a healthy sense of humor. Please invite your husbands and Aggie students to join us for a night of humor and get your year off to a great start!

Our meeting will be held at the Houston Distributing Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Please join us there Tuesday, Jan. 11, at 7 pm for refreshments and fellowship with other Aggie Moms. Listen to an excellent speaker, learn more about upcoming Aggie Mom events, explore gift items in our Aggie Boutique, win door prizes and book money for your student, and learn more about upcoming scholarship opportunities.

February

Accepting Scholarship Applications- Deadline February 7th

The time for submitting Aggie student scholarship applications to the NWHC Aggie Mom's Club is fast approaching! They are now accepting Scholarship Applications for the 2010-2011 school year. Last year 6 scholarships totaling \$6750 were awarded to area Aggie students. Complete applications and eligibility requirements are available at www.nwhcaggie moms.org and also at the general meetings. The application must be postmarked no later than Monday, Feb. 7th, 2011. Parents do not have to be a member of the organization in order for their students to apply.

Recipe of the Month

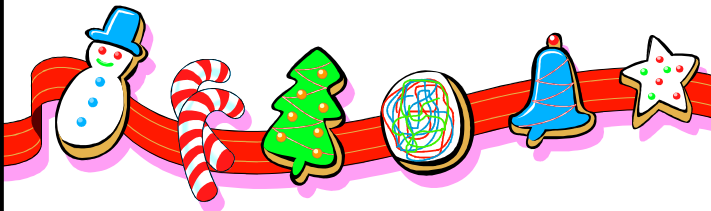
Christmas Punch

INGREDIENTS

- 1 can concentrated white grape juice
- 1 can concentrated cranberry juice
- 3 liter bottle 7-up

DIRECTIONS

Combine. Garnish with fresh black cherries.



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Lakes on Eldridge North

Tools for a Healthy Lifestyle: Part III

The Tool of Setting SMART Goals - by Sarah S. Jordan, MS

December is here, and along with that comes holiday parties, endless activities, and sweets galore! This is the time of year when many of us tend to lose sight of our fitness and healthy eating goals and just say, "New Year's resolutions are just around the corner. I will get back on track in January." And then we wonder why the scale is showing a number higher than we remember it being not so long ago.

This is my challenge to all of us this December: Let's make smarter decisions, make a conscious decision to eat fewer sweets or replace them with better options, and believe that we truly can get through the holidays without the addition of those extra "lbs." And if we get off track part way through, let's hop back on and continue our mission instead of just waiting for January 1st to arrive.

In my previous articles in this series, I identified "commitment" and "time management" as the first tools for healthy living. The next tool is in "setting SMART goals." People set goals all the time, but following through and achieving those goals is a whole different ballgame. In order to see results and accomplish the goals we set for ourselves, we first need to set SMART goals. SMART Goals encompass the following:

"S:" Specific - The goals we set should specifically state what it is that we want to accomplish. They should be very clear. Instead of saying, "I want to be more fit," we should say, "I want to devote 30 minutes Monday through Friday to cardiovascular exercise."

"M:" Measurable - Our goals must be measurable so that we can track our progress and savor our successes! Instead of saying, "I want to lose weight," an example of a specific

and measurable goal would be, "I want to decrease my percent body fat by 4% and lose 10 pounds by March 1st."

"A:" Attainable - This is where many of us fall short. We have the best of intentions and truly want to achieve our goals, but many times they are simply not attainable. These goals should not be so easy that we reach them immediately, but they should not be so difficult that we fail to reach them after working hard, as feelings of failure can result. A goal should stretch you a bit so you feel you can reach it, but you know that it will require a commitment from you. Set several small goals, and as you reach them, savor the success and increased motivation that they bring!

"R:" Realistic - Realistic does not mean "easy." It means "do-able." Instead of saying, "I

(Continued on Page 19)

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Lakes on Eldridge North

Tools for a Health Lifestyle - (Continued from Page 18)

will not eat sweets for three months,” we might say, “I will eat two more servings of fruit each day and try to replace sweets with them as often as possible.” It makes me laugh when people see me enjoying a vanilla latte from Starbucks and they say, “You’re a fitness gal... I didn’t know you ate stuff like that!” Yes, I am a fitness gal, but I am also human. I enjoy sweets just like anyone else, but I do so in moderation, and I know that I have a workout coming up soon and that I will make smart decisions the rest of the day. In my younger days, I tried giving up sweets for Lent, or not eating after 9pm... and every time I failed because those things were not realistic for me. So now instead of thinking, “Restrict, restrict, restrict,” I think, “How can I make the best decision this very moment?”

“T:” Time-Bound - Time-bound goals include specific targets for completion. These targets should help you stay focused and track your progress as you work toward your goals. An example of a time-bound goal would be, “I will follow a training plan this spring so that I may complete my first 5K in May.”

Setting goals is such an important thing in life, whether it be for work, in raising our children, starting a business, or just getting things done in the daily grind. Let’s take it one step further and set SMART goals, work hard to accomplish them, and savor our successes! Small successes can equal huge victories over the long run. Here is to living SMART in 2011!

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- Kids Stuff -

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



You lean over to whisper something to your friend and you can tell by the look on your friend's face that something is up. Could it be your breath? Maybe you shouldn't have put extra onions on your hamburger at lunch. What's a kid with smelly breath to do?

The good news is that bad breath happens to everyone once in a while. Let's find out how to detect it, prevent it, and even treat it.

What's That Smell?

Bad breath is the common name for the medical condition known as halitosis (say: hal-uh-toe-sis). Many different things can cause halitosis — from not brushing your teeth to certain medical conditions.

Sometimes, a person's bad breath can blow you away — and he or she may not realize there's a problem. There are tactful (nice) ways of letting someone know about bad breath. You could offer mints or sugarless gum without having to say anything.

If you need to tell a friend he or she has bad breath, you could say that you understand foods can cause bad breath because you've had it before yourself. By letting someone know that bad breath isn't something unusual, you'll make the person feel more comfortable and less embarrassed about accepting your piece of chewing gum.

If you suspect your own breath is foul, ask someone who will give you an honest answer without making fun of you. (Just don't ask your brother or sister — they just might tell you your breath stinks even when it doesn't!) Although everyone gets bad breath sometimes, if you have bad breath a lot, you may need to visit your dentist or doctor.

What Causes Bad Breath?

Here are three common causes of bad breath:

- foods and drinks, such as garlic, onions, cheese, orange juice, and soda
- poor dental hygiene (say: hi-jeen), meaning you don't brush and floss as you should
- smoking and other tobacco use

Poor oral hygiene leads to bad breath because when you

leave food particles in your mouth, these pieces of food can rot and start to smell. The food particles may begin to collect bacteria, which can be smelly, too. Plus, by not brushing your teeth regularly, plaque (a sticky, colorless film) builds up on your teeth. Plaque is a great place for bacteria to live and yet another reason why breath can turn foul.

Preventing Smelly Breath

So what's a kid to do? Don't smoke or use tobacco products, of course. And take care of your mouth by brushing your teeth at least twice a day and flossing once a day. Brush your tongue, too, because bacteria can grow there. Flossing once a day helps get rid of particles wedged between your teeth. Also, visit your dentist twice a year for regular checkups and cleanings.

Not only will you get a thorough cleaning, the dentist will look around your mouth for any potential problems, including those that can affect breath. For example, gum disease, also known as periodontal (say: per-ee-uh-don-tul) disease, can cause bad breath and damage your teeth.

If you're concerned about bad breath, tell your doctor or dentist. But don't be surprised if he or she leans in and take a big whiff! Smell is one way doctors and dentists can help figure out what's causing the problem. The way a person's breath smells can be a clue to what's wrong. For instance, if someone has uncontrolled diabetes, his or her breath might smell like acetone (the same stuff that's in nail polish remover).

If you have bad breath all the time and the reason can't be determined by your dentist, he or she may refer you to a doctor to make sure there is no other medical condition that could be causing it. Sometimes sinus problems, and rarely liver or kidney problems, can cause bad breath.

Usually, there's a less complicated reason for a kid's bad breath — like what you had for lunch. So keep up with your brushing and flossing and you should be breathing easy — and odor free!

Reviewed by: Lisa A. Goss, RDH, BS, and Charlie J. Inga, DDS

Date reviewed: September 2007

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



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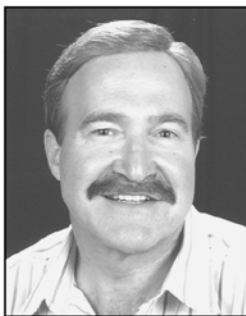
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