



LAKES

ON ELDRIDGE

Volume 10, Issue 1
January 2011

Official Newsletter
www.lakesoneldridge.net

LOE Architectural Guidelines: Decks and Exterior Structures

This article is part of an occasional series that highlights key provisions of the Lakes on Eldridge Architectural Guidelines. The Guidelines were designed to provide an attractive, coordinated environment and ensure that improvements have quality materials and workmanship. The topic of this month's article is Decks and Exterior Structures, which are covered in Section 4.4 of the Guidelines.

Decks and other exterior structures, including gazebos, storage buildings, playhouses, playground sets, greenhouses, arbors, outdoor kitchens, etc. require approval by the Committee and may require screening from public view. These improvements must meet the following minimum requirements in order to be considered for approval:

- No ancillary structure will be approved for installation in a front or side yard.
- Under no circumstances may a structure exceed 12 feet in height, measured from the lowest surface elevation of the lot. Sheds and similar structures that are visible from common areas or other homes will be limited to 8 feet in height.
- Structures must be constructed of materials compatible in quality, style, and color to the main house. Alternative materials may be considered for sheds that are not visible from a common area or other homes.
- Structures must not encroach on easements or building setback lines.

The Architectural Guidelines are available for viewing and download on LOE's intranet site. Visit www.lakesoneldridge.net and click on the "Resident Login" link. If you have not created an account, you will need to do so to access the site. Once in the site, look for the navigation box labeled "Association" on the left hand side and click on "Design Guidelines".

Christmas Lighting Contest Results



Once again this Christmas season, our residents' lighting displays left our judges with some difficult decisions to make! Whether or not you were selected as a winner, know that your displays helped to make our community a festive and cheery home for the holidays and were appreciated by our residents.

As was done last year, a winner was selected for each neighborhood. This year, five overall winners were also selected, up from 3 overall winners last year. Overall winners were picked from among the neighborhood winners by Girl Scout Cadet Troop #20007 from the St. Michael Catholic School.

Congratulations to the following winners of the 2010 Christmas Lighting Contest!

(Continued on Page 2)

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

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

Christmas Lighting Contest - (Continued from Cover Page)

OVERALL & NEIGHBORHOOD WINNERS

Bristol Banks - 5310 Bristol Banks
Crescent Banks - 12911 Silent Shores
Crescent Bay - 12508 Still Harbor
Crescent Cove - 12922 Lake Center Run
Indigo Falls - 12217 Summerland Ridge

NEIGHBORHOOD WINNERS

Auburn Shores - 12103 Millstream
Bay Meadows - 5518 Chase Harbor
Bristol Waters - 5110 Indian Shore Lane
Crystal Falls - 12331 Lake Shore Ridge
Eagle Bend - 12703 Turlock Court
Eagle Cove - 12555 Cherry Bend Lane
Eden Springs - 5603 Indigo Isle
Lake Shore Estates - 5410 Morning Breeze
Pebble Way - 12518 Whispering Sands Court
Pelican Point - 5522 Lake Place Drive

Many thanks to Makenna Bright, Maria Del Firo, Emilia Fishburn, Gemma Valdes, Meghan Lokay, Karissa Kristan, and Sarah Boatwright of Girl Scout Troop Number 20007, and to the social committee, our judges, and last but not least to all of the residents who lighted their yards this season!

Bible Study

The Lakes on Eldridge Bible Study group will resume study on January 11, 2011 at the LOE Club House. The Book of James is the focus of our study this Winter/Spring session. This twelve week study from the NavPress™ Life Change Series covers an Overview of the book, Facing Trials, Trial or Temptation?, Doing What You Hear, No Favorites, Genuine Faith, Controlling the Tongue, Wisdom, Whose Friend?, More on Pride, Patience and Prayer, and a final review.

James is believed to have been the brother of our Lord Jesus Christ. He understood and lived by the Jewish Law. He also understood that the meek would inherit the Kingdom of God, the persecuted are blessed, and true believers in Jesus Christ live the life that Jesus demonstrated. Fortunately for us, he recorded his faith in a letter to the twelve tribes of Israel so that they too would understand the path to the eternal kingdom.

Please join us for this important study at 9:15 AM for fellowship, and study from 9:30 to 10:30, then prayer and praises from 10:30 to 11:30. If you would like to pre-register, please email Stephanie at mrstjl10179@gmail.com. Study guides are available for \$10.00.



My TOP 10 New Years Check List!

- ☑ Clean out the old and de-clutter, it's a new year!!
- ☑ Have your Air Conditioning and Heating System checked and cleaned: if replacement is needed, January/February is the best times to purchase.
- ☑ Lighten and brighten your home: clean windows, replace burned-out bulbs, and replace dated light fixtures.
- ☑ Freshen the kitchen with new faucets and hardware, granite isn't always necessary.
- ☑ Make your bathroom shine; clean and repair grout in showers and tubs, consider having old shower doors replaced.
- ☑ Nothing says freshness like new paint, and often it is the most cost effective way to give any room in your house a face lift.
- ☑ For a bigger kitchen face lift look into refinishing your cabinetry or painting it. If it is time to update kitchen appliances, the most economical time of year is September/October.
- ☑ Check and maintain your front door's appearance and working condition; if the finish is worn have it redone. Cleaning the doors will help the finish last longer.
- ☑ Power wash your patio, driveway, walkways and house. It will make everything look fresh.
- ☑ Check potential water hazards by checking your sprinkler system, making sure the heads are not spraying windows. Repair and replace caulking around windows and joints as needed.

Enjoy your home to the max while you live there. When it's time to move, I can help with all your Real Estate needs!

HERITAGE
TEXAS PROPERTIES

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

LEADING
REAL ESTATE
COMPANIES
OF THE WORLD
**LUXURY
PORTFOLIO**
FINE PROPERTY COLLECTION

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



Lakes on Eldridge

Book Club

Book Club tries to cover a wide variety of topics so we each get out of our comfort zone and read something different. 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:

- **January 24, 2011** - American Lion: Andrew Jackson in the White House by Jon Meacham. Andrew Jackson, his intimate circle of friends, and his tumultuous times are at the heart of this remarkable book about the man who rose from nothing to create the modern presidency. Beloved and hated, venerated and reviled, Andrew Jackson was an orphan who fought his way to the pinnacle of power, bending the nation to his will in the cause of democracy.
- **February 28, 2011** - A Conspiracy of Paper by David Liss. Benjamin Weaver, a Jew and an ex-boxer, is an outsider in eighteenth-century London, tracking down debtors and felons for aristocratic clients. The son of a wealthy stock trader, he lives estranged from his family, until he is asked to investigate his father's sudden death. Thus Weaver descends into the deceptive world of the English stock jobbers, gliding between coffee houses and gaming houses, drawing rooms and bordellos. The more Weaver uncovers, the darker the truth becomes, until he realizes that he is following too closely in his father's footsteps--and they just might lead him to his own grave. An enthralling historical thriller, A Conspiracy of Paper will leave readers wondering just how much has changed in the stock market in the last three hundred years.

Yoga, Nia, and 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).

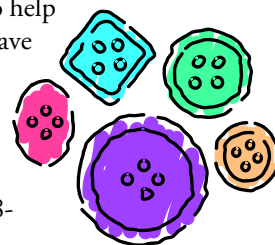
Meetings in January will be in the Lakes on Eldridge Club House at 7:30 pm on the 4th, 11th, 13th, 18th (if there is no meeting that evening), 20th, and 25th.

Contact Jennifer Adams, adamsjenn@gmail.com and 713-466-1346 for more information.

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.



St. Elizabeth Ann Seton Catholic School

Living, Loving, and Learning in Christ and the Church



OPEN HOUSE
Wednesday,
February 2, 2011
9AM to 2PM
and
6PM to 8PM

Pre-K3 through eighth grade
6646 Addicks Satsuma Rd.

(281) 463-1444
www.seascs.org

A black and white photograph of a swimming pool with a decorative waterfall on the left side. A sign in the pool reads "the Pool Nanny".

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

Weekly and Vacation Swimming Pool Maintenance

281-858-4868

*Don't
forget...*

To file your
Homestead Exemption
by the end of April 2011
to get your tax benefit.



DEDICATION

INTEGRITY

ENERGY &

RESOURCEFUL



KAY HORSCH

*Top Producer and
Lakes on Eldridge Resident*

713.703.8313

kay@kayhorsch.com
heritagetexas.com



Royal Oaks

LEADING
REAL ESTATE
COMPANIES™
of THE WORLD

LUXURY
PORTFOLIO™
FINE PROPERTY COLLECTION

11689 Westheimer, Suite C
Houston, Texas 77077

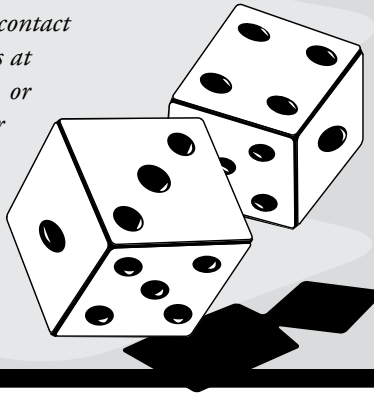


Lakes on Eldridge

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.



Recipe of the Month Picante Sauce

INGREDIENTS

- 1 lb. peppers (bell, banana, & jalapeno; according to how hot you want the sauce; the seeds of the jalapeno peppers add a lot of WARMTH!)
- 3 onions
- 3 qts. tomatoes
- 1 C vinegar
- 3/4 C sugar
- 4-5 cloves garlic
- 2 T salt

DIRECTIONS

Scald tomatoes and peel. Quarter and place in large pot. Chop peppers, onions, and garlic; and mix with tomatoes. Add sugar, vinegar and salt. Simmer slowly several hours until the sauce is the desired consistency. Pour into sterilized jars. Close and invert to seal. (I pressure mine for 5 minutes at 5 # pressure.)

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. 23

Quality
PRINTING COMPANY

Experience Matters
Doing business for
30+ years.



3 Steps to Kick-Start your Career in 2011

By Amy Wolfgang, M.Ed.

It's a new year and many of us spend this time evaluating different aspects of our lives: our health, our finances, and our career. Below are the 3 most important actions you can take to kick-start your career in 2011!

IDENTIFY YOUR CAREER GOALS

Before you can begin to make changes in your career, you need to identify what you are looking to change. Identify a few career goals that you want to achieve in 2011. Sample goals include:

- Develop new skills in a particular area
- Make a lateral move at your company
- Earn a promotion
- Start a new job in a different industry

Once you know what you want to achieve you can begin the work to make those changes happen.

Action Item: Write down your career goals for 2011. This does not need to be a formal document, but write them down on paper or type them into a document.

GET YOUR RESUME IN SHAPE

When was the last time you updated your resume? For some it was years ago when they last applied to a job. For others, it was only a few months ago. Regardless of when you viewed your resume last, now is the time to review it and make sure it includes all of your latest accomplishments.

Look at the bullet points on your resume and ask yourself the following questions:

- Do they describe your responsibilities or do they focus on results? A good resume focuses on what you accomplished rather than the tasks that filled your day.
- Is your resume attractive to read or is it too dense with information? Sometimes it can be hard to edit your own work.

We feel a personal connection to what we have accomplished and we should, however, we do not need to include every accomplishment for every position we have ever held.

Action Items: Review the bullet points on your resume and make sure your accomplishments jump out. Then make sure your resume is easy to read. Ask others to help you decide what you should and should not keep on your resume.

DEVELOP CONNECTIONS

Finding a new job typically takes more than just applying for a position on a website. You need to tap into the hidden job market by making connections with other professionals. These connections can often help get your resume on top of the pile in front of the hiring manager. Additionally, knowing people at the company you are applying to can help you understand the culture better and the type of individuals that succeed at that company. Developing relationships now will help you in the future, even if you are happy at your current job.

Are you already using professional social networking sites? Great. Are you utilizing them effectively? Have you recently added connections to your sites? Have you joined all relevant groups on the sites?

Professional social networking sites are an important tool to use in a tech-savvy town like Austin, Texas. Once you are connected virtually, it's time to start making an effort to connect with people in your network. Take them to coffee or schedule a phone conversation. You want individuals to keep you in the front of their mind for when an opportunity comes up. Remember, part of developing relationships is reciprocating. It's a two way street. Think about how you can help the individual you are connecting with and offer that help.

Action Items: Join professional social networking sites and "invite" those you know to join your network. Then search for good contacts to have personal meetings and conversations with.

In a tight job market, you need every advantage you can get. These actions will give you a leg up and lead to a great career in 2011!

Good Luck!



Holy Spirit
EPISCOPAL SCHOOL

WEST HOUSTON'S PREMIER PRIVATE SCHOOL

Infants through Eighth Grade



OPEN HOUSE
JAN 27, 2011
6:30-8:00PM

Loving, nurturing, joyful
Research-based academic programs
Building faith-based character
Optimism and a commitment to diversity
Enrichment and growth

Call today to schedule
a tour of our school.
12535 Perthshire Road
Houston, TX 77024
713.468.5138
www.hses.org

Lakes on Eldridge

NOT AVAILABLE
ONLINE



JONES ROAD
TREE SERVICE

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



In-Home Dining
By Marie

TOO BUSY TO COOK? Call Marie for your own *personal* chef service at **281-808-1974**.

Providing Healthful, Delicious Meals
Customized According to Your Tastes; Cooked Right in Your Own Home, Simply Heat & Enjoy!



inhomedining@comcast.net • www.inhomedining.com

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

Lakes on Eldridge

Turning New Years Resolutions Into ALL Year Resolutions

by Sarah S. Jordan, MS

January is here, and so is the tradition of making New Year's Resolutions. And many times, the tradition of breaking those resolutions. We find ourselves excited and motivated for the start of a new year, and within a few months we often experience frustration because we simply cannot stick with the resolutions we set.

I have been teaching fitness classes, personal training, and coordinating fitness programs for over a decade, and I see it every year. Gyms are packed from January through March, and then many members just seem to disappear or give up.

Here is my question. What can we do to stick with exercise and making healthy choices for twelve months out of the year instead of just three? It is not easy, but laying

a proper and realistic foundation is the key. And remembering that if we do fall off the wagon, we need to hop right back on and not give up. As I have outlined in some of my previous articles, commitment, time management, setting measurable goals, and being realistic are all vital components to our success.

If a sedentary and overweight client begins training with me and says, "My goal is to lose 50 pounds in five weeks," that client is sure to fail before she even begins. That rate of weight loss is simply not healthy, realistic, or lasting. However, if the same client says, "My goal is to workout three days a week for 20-50 minutes each time and as a result, lose 50 pounds this year," she is off to a

(Continued on Page 11)



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



Turning New Years Resolutions - (Continued from Page 10)

great start! That goal is specific, measurable, attainable, realistic, and time-bound.

People often ask me what my New Year's resolutions are, and to be honest, I don't really set them anymore. You see... I, too, have set resolutions many times in the past, and within weeks or months felt defeated and gave up because they were not realistic. Instead, I find myself setting little goals throughout the year, but they very rarely include numbers on a scale.

Setting "number goals" (ex: "I want to lose 20 pounds by May") certainly has its merit, but I encourage my clients to move toward setting the "How can I become a better and happier person/wife/mother?" type of goals. And why limit ourselves to January? If you find something you want to do or become in March, set that goal right then and there, and create a specific plan of action that will get you there. Keeping a positive and realistic spin on our goal setting throughout the year will allow us to experience more success. And that is what matters in the end, right? Feeling successful and improved because of the things we learn along life's journey.

Here Are A Few Tips To Setting All Year Resolutions.

- Set S.M.A.R.T. goals. They should be specific, measurable, attainable, realistic, and timely.
- Find what works for YOU. If joining a gym is not realistic for you,

find other activities, classes, and opportunities that don't involve a gym membership.

- Get support. That could be a close friend, spouse, personal trainer, meet up group, or coworker. Communicate your goals and have people in your corner cheering you on.
- Set goals that will better yourself and those around you. Ex: This month, I will go on more walks with my child. This month, I will clean up my eating. This month, I will start a gratitude journal. You will find that little changes equal huge improvements over time.
- If you set "number (weight) goals," remember that your beauty and worth do not lie in the numbers on the scale. Healthy weight loss is slow and steady at a rate of about one pound per week. To lose just one pound per week, you must burn 3,500 calories more than you consume, which is no easy task.
- Keep in mind that fitness and health are a lifestyle - not a one-month trial. Any movement is good movement, and many times, the hardest part of exercise is just getting it started.
- Nutrition is key. What goes into your mouth is just as important as the exercise you get.

We are all beautiful and have so much to offer this world. Here is to an amazing 2011!



The Branch School

PRESCHOOL ~ 8TH GRADE

SACS Accredited



MAKE THE CHOICE.

DISCOVER THE DIFFERENCE.

SEE HOW STUDENTS LEARN.



- Small class size and nurturing environment
- Science, Technology, Engineering and Math (STEM)
- Preparing students for 21st century challenges
- Advanced educational technology
- Project-based, integrated learning
- Critical-thinking, peacemaking and problem-solving skills
- Outdoor Classroom program (nature studies)
- Community service

Call and schedule a tour.

Located in West Houston - close to Energy Corridor

713-465-0288 ■ www.thebranchschool.org

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

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.

HEALTH BRIEFS

PARENTS: BEWARE OF HOLIDAY WEIGHT TALK

Adults should pay attention to how they talk about their weight during this time of year and what impact it might have on young children, according to an expert at Baylor College of Medicine.

"Parents should model healthy living and behaviors and use caution when using words such as 'fat' and 'overweight' around children," said Dr. Leng Bang, assistant professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Because children model what parents do, they may end up feeling guilt and shame in relation to food, said Bang. The most important thing to do is focus on the positive rather than the negative and beware of your influence on a child.

Bang suggests looking out for signs that a child may have a negative image of themselves due to their weight. Children may have a change in behavior and avoid school or social events because they worry about what people will think about them. They may feel anxiety or depression and use food to cope.

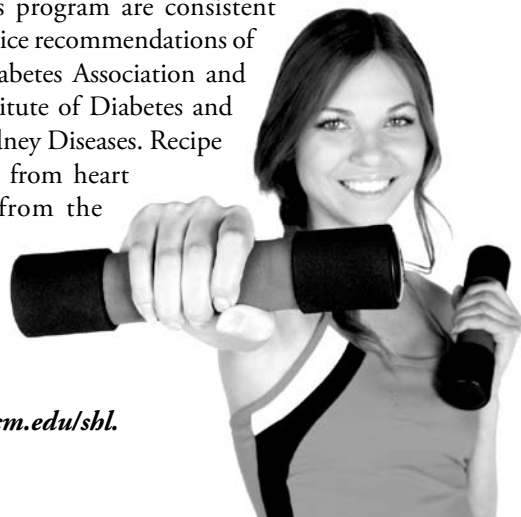
Consult a nutritionist or mental health professional if these signs are present, he advised.

SUGAR, HEART AND LIFE

A new program called Sugar, Heart and Life: A Guide to Living with Diabetes is available for people dealing with the disease. The interactive and fun program developed by Baylor College of Medicine's department of family and community medicine offers information on how individuals with type 2 diabetes can manage their diabetes. The SHL program includes recipes, practical tips and games on diet, exercise, and medication. The program allows users to follow a year in the life of the Gonzalez family as they learn more about managing diabetes and help them make decisions that will keep their family healthy.

All diabetes management recommendations contained in this program are consistent with clinical practice recommendations of the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases. Recipe Box was adapted from heart healthy recipes from the National Heart, Lung, and Blood Institute.

*Sugar, Heart
and Life can be
found at www.bcm.edu/shl.*



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

TACKLE HUNGER IN TEXAS *with the Souper Bowl of Caring!*

Learn more at
tacklehunger.org.

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?

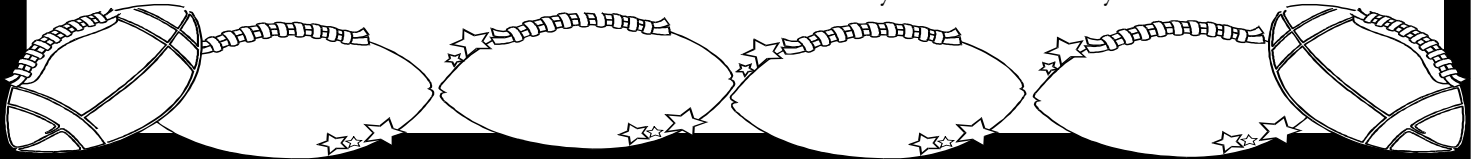
The result would be an astounding \$90 million in cash and cans to help feed the hungry, provide shelter to the homeless and help our neighbors in need.

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.



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

January Texas Events



4, 11, 18, 25—CLUTE: Brazosport Planetarium Show Begins at 7 p.m. Center for the Arts & Sciences. www.bcfas.org 979/265-3376

7-23—LEAGUE CITY: The Unexpected Guest Adapted from an Agatha Christie thriller. Clear Creek Community Theatre, 18091 Upper Bay Road. www.clearcreekcommunitytheatre.com 281/335-5228

8, 22—ARANSAS PASS: Farmers' Market/Trade Days Includes vegetables, arts & crafts, animals and more. Hours are 9 a.m. to 2 p.m. 130 W. Goodnight. www.aransaspas.org 361/332-6574

14-16—GALVESTON: Yaga's Chili Quest and Beer Fest Features a chili cook-off, live entertainment, 5K fun run/walk, margarita-making contest, jalapeno-eating contest and a washers tournament. 409/770-0999

15—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

15—SAN BENITO: Market Days Plaza de San Benito. www.sanbenitochamber.org 956/399-5321

18—GALVESTON: Menard House Lecture Learn about Walter Mathis' collection in the Villa Finale in San Antonio. Menard House, 1605 33rd St. www.galvestonhistory.org/Special_Lectures.asp 409/765-7834

18—HOUSTON: Miami String Quartet & Arianna Zukerman Begins at 8 p.m. Stude Hall, Rice University. www.houstonfriendsofchambermusic.org 713/348-5400

19—GALVESTON: Lost Bayou Historic District Walking Tour Meet at 16th Street and Avenue K at 9 a.m. for this 1.5-hour tour of this historic area. www.galvestonhistory.org 409/765-7834

21-22—BEAUMONT: Hot Hearts Combines contemporary Christian messages and music with state-of-the-art video and light shows. www.hothearts.org 409/951-5400

22—BEAUMONT: Symphony of Southeast Texas Pops Concert Features selections from film composer John Williams, including music from Raiders of the Lost Ark, Star Wars and Harry Potter. Julie Rogers Theatre. www.sost.org 409/892-2257

22—EDNA: Snow Day & Winter Carnival Play in the snow, enter the snowman contest, and enjoy carnival games, clowns and more. Brackenridge Main Event Center. www.brackenridgepark.com 361/782-7272

22—GALVESTON: Monty Python's Spamalot The Grand 1894 Opera House. www.thegrand.com 800/821-1894

22—LAKE JACKSON:

Yvonne Washington with the Brazosport Jazz Orchestra The Clarion at Brazosport College.

www.clarion.brazosport.edu 979/230-3156

22—ORANGE: Great Explorers Family Day See paintings by some of America's greatest artist-explorers, create your own masterpiece, join a scavenger hunt and enjoy stories, games and refreshments. Stark Museum of Art. www.starkmuseum.org 409/886-2787

22—PORT ARANSAS: Port Aransas Garden Club Tour of Homes Morning bus tours are available at 9 and 11 a.m. Self-guided tours are between 1 and 5 p.m. Tickets required. Tour starts at the Port Aransas Community Center. 361/290-0301 or 361/876-8991

22—PORT ARTHUR: Music Hall of Fame Show Includes a concert and induction ceremony into the Music Hall of Fame. Bob Bowers Civic Center. 409/548-4444 or 409/985-7822

27-28—HOUSTON: The Peking Acrobats Features daring maneuvers, powerful precision, spellbinding contortion and live music. Jones Hall. www.spahouston.org

29—HOUSTON: Tango Buenos Aires: Fire and Passion of Tango Jones Hall. www.spahouston.org

29—PEARLAND: Winterfest Includes snow, dancing horses, pony rides, petting zoo live entertainment and more. Independence Park. www.pearlandparks.com 281/652-1673

29-30—GALVESTON: The Oak Ridge Boys Performances at 7:30 p.m. Saturday and 3 p.m. Sunday. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

29-Apr. 3—BEAUMONT: Southeast Texas Art: Cross-Currents and Influences This exhibit examines connections between Southeast Texas artists and early Texas modernists from 1925-75. Art Museum of Southeast Texas. www.amset.org 409/832-3432

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.



**RE/MAX**

Professional Group

832-478-1205

HAPPY NEW YEAR*Lakes on Eldridge*

Each Office Independently Owned and Operated

**David Flory**Direct line:**281-477-0345****WWW.SUPERDAVE.COM**

- **#2 Realtor in Houston & Texas****
- **#7 Realtor in United States****
- **Selling Over 500 Homes A Year**

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



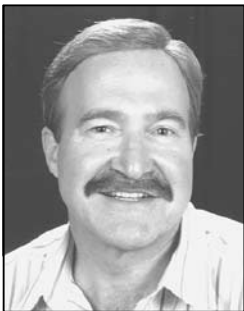
PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

LE

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



**STEVE
HARDCASTLE**
#1 IN LOE SALES!!



RE/MAX Westside Realtors
281-925-3047

- **RE/MAX Westside #1 TOP PRODUCER for 22 years in a row!! (1989 - 2010)**
- **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, 30 Years of Real Estate Experience**

www.stevehardcastle.com
email: stevehardcastle@earthlink.net