



LAKES

ON ELDRIDGE

Volume 10, Issue 9
September 2011

Official Newsletter
www.lakesoneldridge.net

SEPTEMBER YARD OF THE MONTH

Calloway / Cornelius Good Neighbor Program

Our hats are off to the following residents who have braved the heat and battled the drought to maintain their lovely yards. Their dedication helps keep our subdivision beautiful and desirable. As any real estate agent will tell you, curb appeal sells and keeps our property values up. Congratulations to the following residents:

WEST SIDE WINNER:
CATHY & MARK SWIM
12706 WATERSIDE WAY

EAST SIDE WINNER:
PETER ABEYESINHE
12311 SEAGROVE CT.



12706 Waterside Way

WS HONORABLE MENTION:
JOY HALL
12515 WHISPERING SANDS CT.

ES HONORABLE MENTION:
MARY & JIM IDIAQUEZ
5331 INDIAN SHORES LANE

CONGRATULATIONS TO ALL OF YOU FOR A JOB WELL DONE! Winners, please allow 8 weeks for receiving your gift certificate from Cornelius.



12311 Seagrove Ct.

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 Richard Lowstetter with AMI at 713-932-1122. Leave the number where you can be reached. Your message will then be forwarded onto one of the following board members:

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

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www.lakesoneldridge.net



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Back To School



SHARING THE ROAD SAFELY WITH SCHOOL BUSES

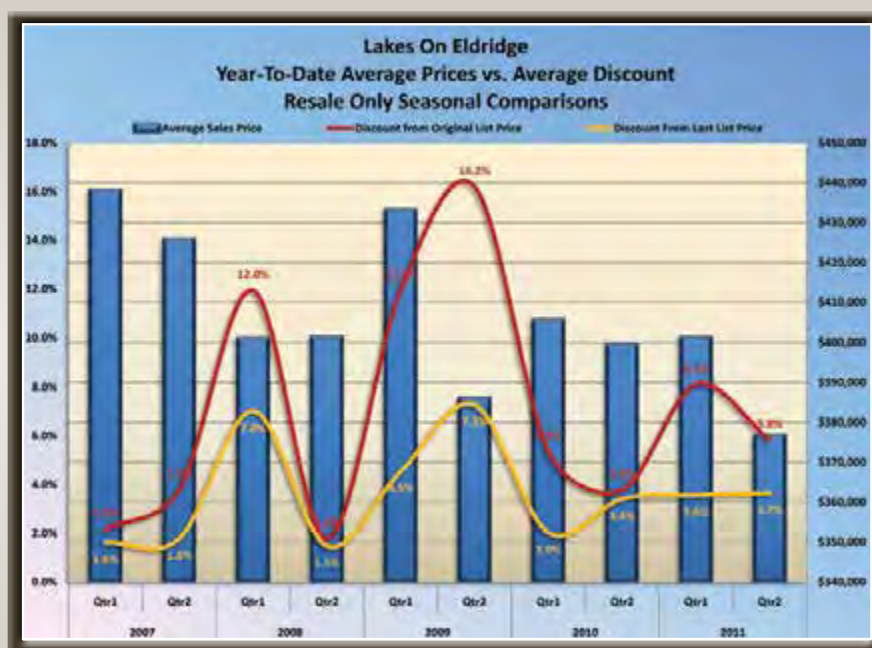
Now that the kids are back in school, please be reminded of the following rules and recommendations that protect school buses and their precious cargo:

- It is illegal to pass a school bus that is stopped to load or unload children.
- School buses use yellow flashing lights to alert motorists that they are preparing to stop to load or unload children. Red flashing lights and an extended stop sign arm signal to motorists that the bus is stopped and children are getting on or off the bus.
- Traffic in both directions must stop on undivided roadways when students are entering or exiting a school bus.
- On a divided roadway, traffic behind the school bus (traveling in the same direction) must stop.
- The area 10 feet around a school bus is where children are in the most danger of being hit. Stop your car far enough from the bus to allow children the necessary space to safely enter and exit the bus.
- Be alert. Children are unpredictable. Children walking to or from their bus are usually very comfortable with their surroundings. This makes them more likely to take risks, ignore hazards or fail to look both ways when crossing the street.
- Never pass a school bus on the right. It is illegal and could have tragic consequences.

*When getting it right
is important
call me.*

ANN P. KNOCHE

OFF: 281.582.3911 • CELL: 281.844.1111



Year	2007		2008		2009		2010		2011	
Yearly Quarter	Qtr 1	Qtr 2	Qtr 1	Qtr 2	Qtr 1	Qtr 2	Qtr 1	Qtr 2	Qtr 1	Qtr 2
Number of Homes Sold	8	22	12	14	10	3	13	13	10	16
Average of Sales Price	\$437,938	\$425,695	\$400,750	\$401,084	\$433,129	\$386,000	\$405,435	\$399,451	\$400,950	\$376,613
% off Original List Price	2.2%	3.8%	12.0%	1.8%	12.0%	16.2%	5.4%	3.8%	8.1%	5.8%
% of Last List Price	1.6%	1.8%	7.0%	1.5%	4.5%	7.3%	2.0%	3.4%	3.6%	3.7%
Average Cumulative DOM	52	73	106	36	155	99	198	91	112	111



Ann
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Lakes on Eldridge

TIMELY TIPS FOR AUGUST GARDENERS

From Cornelius Nursery

Fall is a perfect time to evaluate your landscape and flowerbeds. If you are looking to replace existing plants or thinking of creating new beds, you have found the right time! Nursery stock planted now will have an opportunity for roots to settle in and become established. When spring arrives, this root system can support and take full advantage of the surge of spring growth. This is also an excellent time to evaluate your existing beds and remove those items that struggled with the summer conditions and replace them with proven winners. Fresh stock is arriving daily at your local nursery, so the selection is great!

You might want to think about planting a shade tree this fall. Things to consider are shade trees planted on the south and west sides of property provide cooling shade that is useful over outdoor living spaces, play areas, driveways, large windows and glass doors. From a design standpoint, front yard trees positioned off each corner of the front of the house balance the overall look. In the back yard, trees sometimes are used for accenting. To make sure there's room for a tree, check for utility lines and that the space can accommodate the tree's mature height and spread.

An ornamental tree for planting in the fall is the Japanese maple. Prized for its foliage throughout the growing season, the Japanese maple also shows its true colors in fall. The brilliant fall foliage lights up the garden and the textured bark and contorted branches provide winter interest. Use as an accent tree or in patio containers. The Japanese maple is a favorite among gardeners everywhere.

Regardless of what you plant in the fall, remember to water all newly planted items with a root stimulator mix. This will help reduce transplant shock and promote stronger, healthier roots. Also, apply 2 to 3 inches of mulch to conserve moisture, prevent weeds and to maintain a more even soil temperature.

Visit www.calloways.com for more gardening tips, information and to become a member of our Garden Club! Also, stop by any of our garden centers and visit with a Texas Certified Nursery Professional. Success in the garden is made fun and easy at Cornelius Nursery!



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Forbes recently released its latest ranking of U.S. cities best positioned to grow and prosper in the coming decade, and Houston came in No. 5. The survey considered 52 of the nation's largest metro areas (those with populations of more than 1 million) and ranked them on the basis of data indicating past, present and future vitality. One-third of the score consisted of job growth; the remainder consisted of demographic factors, including family formation. Here's what Forbes likes about the Bayou City:

- Low housing prices
- Stable job market
- Vibrant immigrant community
- Burgeoning port
- Dominance of the world energy business

These factors prompted Forbes to label Houston a "future boom town ... destined to become even more influential in the coming decade." Please read the complete article at <http://blogs.forbes.com/joelkotkin/2011/07/06/the-next-big-boom-towns-in-the-u-s/>.

HOUSTON RANKED AN UPCOMING BOOM TOWN



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NORTHWEST HOUSTON MOTHERS OF MULTIPLES

The Northwest Houston Mothers of Multiples (www.nwhmom.org) is having a huge sale! Over 25 families with twins, triplets and more will be selling maternity, baby, toddler and children's clothing, toys, furniture, feeding supplies, carriers, you name it!

DATE: Saturday, October 1st
TIME: 7:00 am - 12:00 pm
WHERE: Kids R Kids Parking Lot
ADDRESS: 10740 Barker Cypress Rd
 Cypress, TX 77433

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Mark your calendars, tell your friends and come by and see for yourself!!

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Yoga Practice

After a long day, come stretch and unwind with some gentle yoga. 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).

In September, meetings will be at 7:30 pm in the Lakes on Eldridge Club House unless otherwise noted, on the following days: 8th, 12th, 19th (by the pool weather permitting), 21st, and 26th (by the pool weather permitting).

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



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Source: Texas Department of Family and Protective Services



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www.colinshope.org

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JOIN US IN HAVING A SAFE SUMMER IN THE WATER!



September 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!

When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope!

September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!

OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in September. Please visit www.ourgift.org to learn more and sign up to receive the daily deals from local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation! Follow them on Twitter @ourgiftlists and find them on Facebook at <http://www.tinych.org/ourgift>

Children who drown often do not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

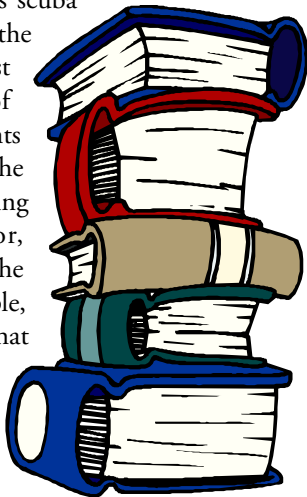
Book Club

We have a good mix of topics in the books coming up. Some are best sellers, others classics that have been around for a while.

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

UPCOMING BOOKS:

September 26 - Jacques Cousteau: The Sea King, by Brad Matsen. An unprecedented and masterfully told biography of Jacques Cousteau that reveals for the first time the fascinating and compelling individual behind this famous television personality. Inventor of the aqualung and fearless scuba diver, Jacques Cousteau opened up the ocean to a mass audience for the first time. Here, with the cooperation of many of the subject's closest confidants and family, Brad Matsen makes clear the full picture of his remarkable life, showing the father, military man, inventor, entrepreneur, and adventurer behind the public face. Vividly conveying the people, the science, and the lure of the sea that shaped Cousteau's life, Matsen paints a luminous portrait of a man who profoundly changed the way we live on our planet.



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Pick up the Pile!

A project is being started that would incorporate the Pick up the Pile campaign and give young entrepreneurs a chance to flex their prowess. Each neighborhood would set up a stand very similar to the lemonade stand and educate dog walkers on the hazards of pet waste. They would have pamphlets to hand out and then sell the window decals that are easy to install and remove on the inside. The proceeds for the decals will go to a no kill animal shelter or rescue group for their city. The window decals (see picture) are part of a national movement—pardon the pun—to educate people about the hazardous bacteria that pet waste carries!

This is an opportunity to build skills in our children as budding citizens, and to be motivated for a cause and conscientious about our environment and philanthropy. If you would like to be a part of this campaign please contact Tracy Johnson at info@pickupthepile.com.

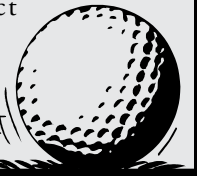


Tomball Memorial HS Cheerleaders' Clinic & Golf Tournament

The cheerleaders at Tomball Memorial High School will be hosting a Cheer Clinic at TMHS on September 17th from 9:00 to 1:00. Participants will learn Wildcat cheers, chants, a dance, and make spirit signs for the football game in which they will demonstrate their new skills and spirit. Attendance is \$35 and will be held in TMHS main gym.

Also mark your calendars for the TMHS Cheerleaders' 1st Annual Golf Tournament, "Cat Scratch Fever", on Saturday, October 29th. All are welcome to join in the 4-man scramble. Company sponsors and donations are appreciated. The money raised will allow the girls to compete in a National Cheer Competition being held in Atlanta.

For all information please contact ANGELABROCK@tisd.net.



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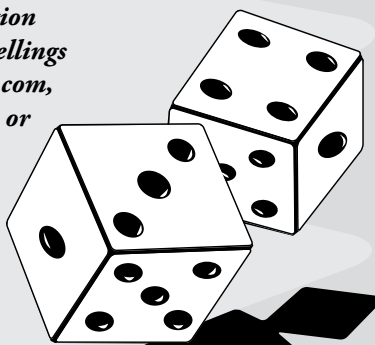


Lakes on Eldridge

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.*



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IMMUNIZATIONS: Not Just for Kids

By- Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

VACCINE	RECOMMENDED SCHEDULE *
Influenza:	Yearly, especially if at risk
Meningococcal:	One dose, age 11-12 or 13-18 if not previously immunized
Tetanus-Diphtheria/Tetanus:	One dose, age 11-12, then booster
Diphtheria-Pertussis:	every 10 years
Human Papilloma Virus:	(Females only) Three doses, age 11-26
Measles - Mumps - Rubella:	If born after 1956, one or two doses if never immunized up to age 65
Pneumococcal:	One dose, at or after age 65
Varicella (chicken pox):	Two doses if no prior infection or immunization received
Zoster (shingles):	One dose, at or after age 60

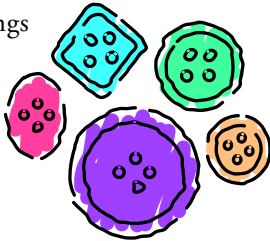
* Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>. For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

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
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Lakes on Eldridge



Team Tiara Tee'd Off Golf & Bunco Classic

**Monday, September 12th, 2011
Hearthstone Country Club**

Registration 11:00 a.m.
Shotgun start 12:30 p.m.

\$175.00/golfer \$60.00/Bunco player
\$650.00/foursome \$220.00/Bunco team of four

Lunch, dinner, snacks, prizes, auction, golf cart and more!

Team Tiara is a 501(c)(3) non-profit corporation dedicated to funding breast cancer research, education and awareness. In addition to walking in the Susan G. Komen 3-Day for the Cure, we provide realtime assistance to men and women whose lives have been touched by breast cancer. So take some time out of your day and join us for a fun filled day of golf or bunco!

To register visit:
www.teamtiara.net
or contact Sherrie Webb
by emailing
teamtiaragolf@gmail.com

Attention NW Harris County Tri Delta Alumnae

Mark your calendars to join your Tri Delta sisters for our annual "Salad Social" to kick off the year on Tuesday, September 13th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Patsy at 281-370-8516 or Karen at trideltanews@yahoo.com

Cypress Woods HS Wildcat Band and Color Guard *Casino Night & Silent Auction*

On Saturday, September 24th from 7:00-10:00 pm the Cy-Woods Band will be hosting their annual Casino Night at Cypress Woods High School. This annual event is not only to raise funds for the band and color guard, but also to have fun with family and friends. It will be an exciting night filled with casino style gaming tables, a variety of items for silent auction bidding, along with a great dinner catered by On The Border! Come join the fun and help support the Wildcat Band and Color Guard! For more information visit the band website at www.cywoodsband.org.

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Lakes on Eldridge

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WhenSeptember 29, 2011
Time 11:30 am – 1:00 pm
WhereHouston 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 luncheon. Bring plenty of business cards for networking. Please make reservations online by August 19 @ www.cyfen.org or contact Melissa Rotholz @ 713-256-9569. 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.



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- Kids Stuff -

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



Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that?

Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

What Should You Eat?

Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all the time. They're high in calories, sugar, and fat. They also don't contain the nutrients a kid really needs. And if you have a doughnut for breakfast, you won't feel full for long.

Just like with other meals, try to eat a variety of foods, including:

- grains (breads and cereals)
- protein (meats, beans, and nuts)
- fruits and vegetables
- milk, cheese, and yogurt

Here are some breakfast ideas. First, the traditional ones:

- eggs
- French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- cold cereal and milk
- hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)

- whole-grain toast, bagel, or English muffin with cheese
- yogurt with fruit or nuts
- fruit smoothie, such as a strawberry smoothie

And now some weird (but yummy) ones:

- banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)
- breakfast taco (shredded cheese on a tortilla, folded in half and microwaved; top with salsa)
- country cottage cheese (apple butter mixed with cottage cheese)
- fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- sandwich - grilled cheese, peanut butter and jelly, or another favorite
- leftovers (they're not just for dinner anymore!)

Skipping Breakfast

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these

quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before:

- single servings of whole-grain, low-sugar cereal
- yogurt
- fresh fruit
- whole-grain muffin
- trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal

Need More Convincing?

Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight.

On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

Updated and reviewed by: Mary L. Gavin, MD

Date reviewed: March 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

Kids' Club

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

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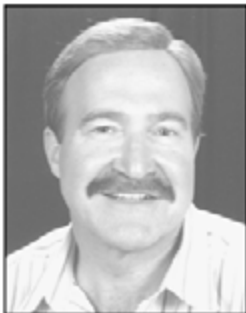
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