



Volume 10, Issue 11  
November 2011

Official Newsletter  
[www.lakesoneldridge.net](http://www.lakesoneldridge.net)

## The Drought & LOE Landscaping

This year Texas has experienced the most severe drought in the recorded history of the state. The combination of lack of rainfall coupled with record setting temperatures in excess of 100 degrees has had a severe impact on the community's landscaping and water costs. The challenges of trying to preserve the beauty of our trees, shrubs and flowers have been numerous. The two major issues are:

**Inadequate irrigation system.** The initial design of the system does not provide coverage to many areas of the community, including around the lakes and to the shrubs directly in front of the brick walls. In the areas where we do have coverage, the design failed to take into consideration the eventual growth of trees impacting rotor coverage. Also the pumps that provide water to the system have experienced numerous outages. We have also struggled with piping leaks, all despite continual efforts to enhance the reliability of the system.

**Cost of watering.** With the temperatures soaring, we elected to water only during the evening, night and early morning hours. Watering during the day is not efficient because of severe evaporative loss. Also our water is not free. We do water out of the lakes, but evaporative loss in the lakes has been significant. In order to irrigate while maintaining the lakes at a reasonable level, we must fill the lakes from underground reservoirs. Our cost for this "pumpage" has exceeded \$10,000 per month. As of August we had overspent our annual budget for this line item by over \$30,000.

In order to address those issues while maintaining an attractive community, the Board of Directors is implementing the following actions:

**Evaluating the irrigation system.** We are working with the MUD district on a zone by zone review of the irrigation system. Ultimately we want to determine which areas are best kept green, and which areas may benefit from alternative landscaping ideas that require significantly less water. We will also consider implementing new irrigation technology that enables water more efficient watering, by electronically sensing air temperatures, previous rainfall and expected weather events.

This is a major undertaking and we are very conscious of the potential costs to improve our system, but new rules from the state of Texas are going to eventually demand that we use less water overall or switch to alternative sources of water that could cost several times the current charges.

**Removing dead plants and trees.** Over the last two years we have installed more than 250 shrubs, but due to our current irrigation system shortcomings aggravated by the severe heat and drought, we have unfortunately lost many of the plants. Rather than continue to spend community dollars we will wait to reinstall material until we have an adequate watering mechanism. Not all trees and plants will be replaced; the Landscaping Committee and LOE Board will evaluate whether replacement makes sense and prioritize within the budget.

**Concentrating watering on the most visible areas.** We will continue to install flowers at the entrance, major lakes, and the clubhouse. We will concentrate our watering in those areas and the current grass areas.

**Implementing alternatives where grass does not grow well.** In the last few years we have installed several mulch beds where the turf was not growing well. We will continue to evaluate the property for mulch and ground cover installations.

Despite the recent very welcome rains, the long term forecasts are predicting drought conditions to persist for quite a while. Should the drought indeed continue into next year or beyond, we will have as a community some tough decisions to make regarding landscaping, water use, and their impact on our costs and annual assessment. Your Landscape Committee and Board of Directors are striving to maintain a beautiful community. Thank you for your patience and understanding during this challenging season.

HAPPY  
HOLIDAYS!



# 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
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## 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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## NOVEMBER YARD OF THE MONTH

**CALLOWAY / CORNELIUS  
GOOD NEIGHBOR PROGRAM**

Thank goodness fall has finally arrived! Mother Nature has finally helped us with the cooler temperatures, a bit of rain, and glorious days! This is an excellent time to be working in your garden planting those fall flowers.

*Congratulations to the following residents*

### WINNER

**JASON & SALLY CLARK, 5402 MORNING BREEZE**



### WINNER

**NOLAN & NITA JACKSON, 5310 GREEN COVE BEND LANE**



### HONORABLE MENTION

**COLLETTE SPEARS, 12514 STILL HARBOR**

### HONORABLE MENTION

**BOYD & BEVERLY SHELTON, 5106 INDIAN SHORE**

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*Recent Comments from Clients in*

## **The Lakes on Eldridge Communities:**

"Ann has given us the right level of attention throughout the listing process. Ann offers balanced suggestions when we need her advice. Overall, a very good experience and will recommend Ann to our friends."

*Ming & Sunji Ongkwan*

"We are return clients and Ann anticipated our needs and helped us find the perfect new home. We had a tight timeframe and Ann managed everything efficiently so that we did not have to worry about the details. She does everything possible to make buying a new home easy."

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# Lakes on Eldridge

## LOE Santa's Toy Drive & Party

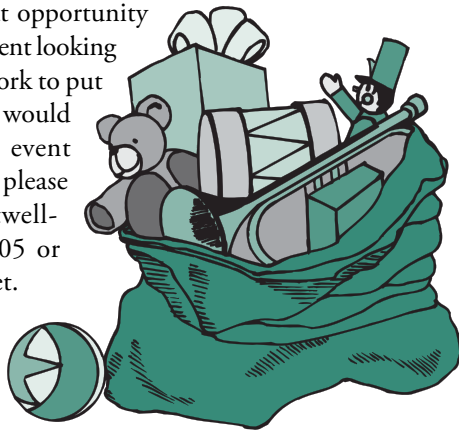
The Holiday Season is just around the corner. MARK YOUR CALENDARS!!! The Annual Lakes on Eldridge Children's Christmas Party and toy drive will be held on Saturday, December 10, 2011 AT 6:30 p.m. at the clubhouse.

Santa has made his list and checked it twice and knows that the LOE children have all been nice!!! So bring your little ones over to take a picture with Santa and take a hayride around the neighborhood to see the Christmas lights. There will be hot chocolate, apple cider and Christmas cookies to share as well as other Holiday activities such as storytelling, crafts and coloring.

This party allows our residents to spread a little holiday cheer and to donate toys to the less fortunate. So don't forget to bring a new, unwrapped toy to be donated to Toys for Tots while you get your picture taken with Santa for free. You may also make a cash donation to this very worthy cause.

We can always use volunteers to help with pictures, coordinating, serving as well as cleanup.

This would be a great opportunity for that high school student looking to do some volunteer work to put on their resume. If you would like to help with this event or want more details, please contact Georgia Shotwell-Lester at (281)460-8505 or [gshotwell@sbcglobal.net](mailto:gshotwell@sbcglobal.net).



## LOE Christmas Decorating Contest

Do you and the kids like to drive around looking at Christmas Lights during the Holiday Season? For most of us the answer is a resounding YES! What a great way to get everyone in the Holiday Spirit. You could even walk and get yourself a little exercise too! We are looking for volunteers to help with the judging of the LOE decorating contest! This could be a great opportunity for a Girl Scout troop, Boy Scout troop, or kids club to help volunteer in the neighborhood and get community service points.

LOE will have a Christmas Lighting and Decorating Contest December 7th and 8th, 2011. We hope to have lots of good neighborly competition to give you plenty of beautiful decorations to look at here in Lakes on Eldridge.

We will present an award for best decorations in each Village on December 7th, and on December 8th there will be "OVERALL BEST" awards presented. The awards for the decorated homes and yards will be judged on their design, layout and overall flow of the decorations. In the past years, LOE residents have done a tremendous job with Christmas Decorations and we look forward to seeing the whole neighborhood sparkle in Holiday Cheer!

Let's all get out and "Light up our Neighborhood! Winners will have a Sign placed in their yard showing Best Christmas decorations 2011. The signs can be displayed until the end of January 2012. Please note that Holiday lights and decorations must not be turned on before Thanksgiving and must be taken down no later than fifteen (15) days after Christmas.

We look forward to seeing your Holiday Spirit and want to take this opportunity to wish everyone a Blessed and Happy Holiday Season! If you would like to volunteer with the contest or want more details, please contact Georgia Shotwell at (281)460-8505 or at [gshotwell@sbcglobal.net](mailto:gshotwell@sbcglobal.net).



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## HELP WANTED FOR THE LOE SOCIAL COMMITTEE

The Lakes on Eldridge Social Committee needs your HELP! We are looking for volunteers to help with the Community events. The Holiday Season is upon us and we are looking for volunteers to help with the Community Christmas Party/Toy Drive and Christmas Decorating Contest. The Community events in the past have had a great turnout and were a lot of fun for the children as well as the adults. These events cannot be held or cannot be a success without Volunteers from the community. If YOU would like to help with one of the upcoming events or want more details, please contact Georgia Shotwell at (281)460-8505 or at [gshotwell@sbcglobal.net](mailto:gshotwell@sbcglobal.net)

## Timely Tips for November Gardeners

*From Cornelius Nursery*

Transform your landscape with the addition of fresh, colorful blooms. Pansies are by far the most popular winter color. The 'Matrix' Pansy has been outstanding for our Texas weather. It will not "stretch" during bouts of warm temperatures and is bred to grow out, not up. This compact grower offers shorter, sturdier stems to support large, colorful blooms. Dianthus (also known as "Pinks"), Snapdragons, Cyclamen, Violas and the fragrant Alyssum are also good choices for cold tolerant annuals. Ornamental Cabbage and Kale provide interesting texture in the landscape as well as color. For best effect, limit your planting to two or three colors per bed.

The key to growing beautiful annual flowers is soil preparation. Select a well drained flower bed and add plenty of organic matter. Use a Flower Bed Mix that contains compost plus a boost of fertilizer, water-management crystals and a wetting agent. Adding a good Flower Food to the soil at the time of planting will provide the extra nutrients for growth and blooms. Remember to add 2 to 3 inches of mulch to all beds to reduce moisture loss, prevent weeds from germinating and to insulate the soil from the cold.

These same annuals can be used in patio containers. Fill your containers with fresh potting soil and plant food. Keep them watered as necessary and remove faded flowers to encourage repeat blooming.

Drop by any of our garden centers and visit with a Texas Certified Nursery Professional. These individuals are experts in their field and continuously receive training to keep their certification current. Or, email The PlantMaster with questions at [www.calloways.com/plantmaster](http://www.calloways.com/plantmaster).



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## 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.

### Upcoming Books:

Because of the holidays, we will combine Nov. and Dec. into one meeting on Dec. 5. Our book will be *When the Bough Breaks* by Jonathan Kellerman. A number of us are mystery fans, so our Christmas present to ourselves is to read the first of Kellerman's Alex Delaware series. This will be our Christmas Party, and we will again have a blind book exchange for gifts. Select a book you have around your house that you think someone would like, wrap it up, and we'll add it to the pile. Everyone will pick one from the pile so we'll all end up with a book new to us (hopefully).

## 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). Upcoming meetings will take place on most Tuesdays and Thursdays at 7:30 pm in the Lakes on Eldridge Club House, specifically on: November 1, 3, 8, 15, 17, 22, 24, 29; and December 1, 6, 8, 13, 15, 22.

*Contact Jennifer Adams, [adamsjjenn@gmail.com](mailto:adamsjjenn@gmail.com)  
and 832-628-5425 for more information.*



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## NOTES FROM THE SEPTEMBER BOARD MEETING

### DIRECTORS PRESENT

Bronson Clay, *President*  
Carlton Thorpe, *Vice President*  
Cory Hammond, *Treasurer*  
David King, *Director*

### IN ATTENDANCE

Richard Lowstetter and Heidi Flores  
representing the managing agent,  
Association Management, Inc.

### HOMEOWNER FORUM

*Two homeowners attended the  
homeowner forum and addressed  
the Board of Directors regarding  
the following issues:*

#### ISSUE 1: Ongoing problems with gates

Board responded by stating that the first priority is to get the gates in proper working order and once this is achieved then the cosmetic aspects would be addressed. Stated that new system has just been placed on Ginger Pond Entrance

#### ISSUE 2: Concerns about drought and recommendations for saving water

Board stated that Architectural Review Committee is currently reviewing restrictions and will be amending some of the current guidelines.

#### ISSUE 3: Maintenance of pool area

Board stated that association spends approximately 4-6K annually on furniture replacement. Stated that swim team contributes to wear and tear and future funding may be requested from the team to supplement replacement cost.

#### ISSUE 4: Speeding throughout the property

Board stated that security patrol has assisted in deterring speeding however repeat offenders continue to violate and receive citations.

#### ISSUE 5: Cell Phone Tower at Kirk Elementary

R. Lowstetter stated that Lakes on Eldridge has been unsuccessful in negotiating removal of cell tower.

### COMMITTEE REPORTS

Due to time constraints, committee reports were not discussed at the Sept. meeting.

### FINANCIAL REPORT

#### Financial Statements:

The Board reviewed the financial statements for the month ending August 31, 2011. The Association had a balance of \$318,492.72 in the Operating Fund and \$396,723.15 in the Replacement Fund. The Fund Balance for the year showed that income had exceeded expenses by \$21,279.98. The financials were accepted.

#### Accounts Receivable:

The Accounts Receivable Report for the month ending August 31, 2011 indicates a total delinquency balance of \$ 47,854.39 which decreased by approximately \$ 5,400.00 from the month of July 2011. R. Lowstetter also provided the Board of Directors with an attorney collection status report dated September 15, 2011. The Accounts Receivable Report was accepted.

#### Cash Flow Report

The Managing Agent advised the board that as of September 19, 2011 the association had \$255,622.66 in the operating account and \$396,723.15 in the Reserve Account, giving a total of \$652,345.81.

### ADMINISTRATION

#### 2012 Budget

On a motion duly made, the Board approved the 2012 Budget for Lakes on Eldridge prepared by R. Lowstetter. The approved budget leaves the assessment at the current rate of \$ 1,360.00.

#### Annual Meeting

Board of Directors requested that managing agent prepare power point presentation for 2011 Annual Meeting. Gate issues should be mentioned in detail so that membership has an understanding of the obstacles faced by the board over the last several months as they have been working to rectify the ongoing problems.

#### Water Usage

The Board reviewed the water usage report provided by the West Harris County Regional Water Authority; the usage and cost in August 2011 has almost tripled from 2010.

### Artificial Turf

This item was tabled for future discussion.

### Maintenance

On a motion duly made, the Board approved the sanding and painting of the wrought iron fence and gate.

#### *The following requests were made by the Board regarding maintenance related items:*

- Estimate on curb repairs throughout the community
- Quote for annual filter at clubhouse (size 12x36)
- Cost to replace entire table in clubhouse versus replacing broken glass table top
- Follow up with Slater regarding price quote of \$ 600.00 as Board believes this is a misprint; verbal quote given by Slater was \$ 10.00/per foot
- Cost for cutting down all dead trees within the common areas

### Miscellaneous

C. Thorpe indicated that she has been in communication with an independent consultant who is troubleshooting the current irrigation system.

### PHYSICAL PROPERTY

#### One Liner Report

The Board was given the one-liner report for September showing a total of 92 open service requests.

#### Citations Report

The managing agent gave the Board a copy of the latest Citation Report for their review. The report indicates (38) citations were issued between August 23rd and September 19th.

#### Sprinkler System, Gates, Other

There was no other business.

### SCHEDULE NEXT MEETING

*The next regular meeting of the Board  
of Directors is to be held on October 18,  
2011 at 6:30p.m.*





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# Lakes on Eldridge

## SUPER HEROES AT CYPRESS CHRISTIAN SCHOOL



It's a bird! It's a plane! It's Superman! Actually, it's super men and women serving our community and nation who recently visited with Cypress Christian School elementary students. Staff Sergeant Jonathan Bolding, U.S. Army Special Forces, visited the second graders and answered their questions about his job as a communications specialist, about parachuting out of an airplane, and about his deployment experience. A few days later, kindergarten students enjoyed a "show and tell" visit from Houston police officers who brought a police dog, motorcycle, patrol car, horses, and as a very special treat, provided a police helicopter "fly by." It was an exciting week on the CCS campus as students learned more about those who serve us so faithfully and met some of the "super heroes" that they pray for throughout the year.



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## OPERATION CHRISTMAS CHILD

Epiphany Lutheran Church and School is giving thanks for the chance to play an important role in providing needy children with a simple gift this Christmas season. Last year was Epiphany's first time participating in Operation Christmas Child, a ministry devoted to providing needy children shoe boxes full of toys, hygiene items, school supplies, candy, etc. The congregation collected over 80 boxes to send overseas. "We were strongly moved by this particular ministry" commented one member.

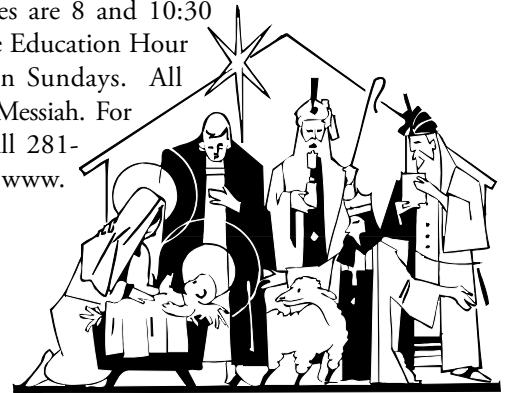
The church members felt that the increased visibility of the new location this year made it a prime spot to become a "drop-off" location for OCC. This means that during "Collection Week" (Nov. 14th-21st) they will be accepting shoe box donations from the general public. «We are so excited to serve our community in this way. What a wonderful beginning to the Christmas season.» remarks Lauren Thom, an Epiphany Member and OCC volunteer.

*For more information about Operation Christmas Child and where you can donate your items go to <http://www.samaritanspurse.org/index.php/OCC/>.*



## LOE COMMUNITY INVITED TO "Night In Bethlehem"

Messiah Lutheran Church is hosting "A Night in Bethlehem" on Saturday and Sunday evenings, December 3 and 4, 5-8 pm. The event is Messiah's gift to the community and is free. All are invited to kickoff the Christmas season by experiencing Bethlehem on the night Jesus was born, including livestock, wise men, shepherds, Mary, Joseph, and Baby Jesus. There will also be free activities for the children. Messiah Lutheran Church is a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular worship times are 8 and 10:30 AM on Sundays. The Education Hour is 9:15-10:15 AM on Sundays. All people are welcome at Messiah. For more information call 281-890-3013 or email [www.messiahlc.org](http://www.messiahlc.org).



## Studio of Dance Has New Home

Studio of Dance ([www.studioofdance.com](http://www.studioofdance.com)) has a new home at 12731 Shiloh Church Rd just south of 1960 across from Party City. Dancing is great physical activity that builds confidence, poise, posture, flexibility and strength while teaching teamwork, self reliance, and discipline. And it's great fun for all ages, beginning with three year olds ready for a class environment.

Studio of Dance is the home of Ballet Theatre Houston (BTH) and American Jazz Dance Company (AJDC), which are offered to supplement the dance experience. If you want to see one of their productions, you will have two great opportunities coming up soon to fall in love with the beauty of ballet for the first time, or all over again! On November 4, 5, 11, and 12, AJDC will present "Once On This Island" at the Applause Theatre ([www.applausetheatre.org](http://www.applausetheatre.org)).

Later in the month, BTH will present the wonderful holiday season classic "The Nutcracker" at the Richard E. Berry Center ([www.berrycenter.net](http://www.berrycenter.net)) on Friday November 18 at 7:00 pm and Saturday November 19 at 1:00 and 7:00 pm. In order to encourage the arts and specifically dance, BTH has a tradition of holding a meet and greet with all our audiences, allowing people of all ages to interact with our dancers and thus creating a stronger connection between the arts and our future generations.



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## One Way to Get More & Spend Less this Holiday Season

Many people love holiday shopping... the sales, the decorations, free samples. And if you are planning a visit to Austin, thanks to the Austin Shop Crawl you will be able to shop more and save more at your favorite stores. You can eat for less, shop for less, and go to your favorite Austin events for less.

So how does it work? The Shop Crawl is Austin's largest Black Friday event. A full ten days of saving starting on "Black Friday" November 25th at more than 50 Austin stores. All you need to do is sign up at [austishopcrawl.com](http://austishopcrawl.com) and get a FREE Shop Crawl Badge for immediate discounts and other rewards such as in-store giveaways, free food, and free admission to events around town.

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## NEW SOCIAL MEDIA

### "MY VIRTUAL NEIGHBOR"

"My Virtual Neighbor" is a new social network site focusing on forming ties and encouraging interactions based on common interest, to help people to get to know each other and keep everyone well informed on what is going on in and around their neighborhood in real time, and police say that increasing communication between neighbors is a great crime deterrent.

My Virtual Neighbor includes enhanced privacy controls and verification mechanisms to build trust with your neighbors, giving people greater sense of security knowing that they can be moderators themselves as opposed to someone else watching over them. My Virtual Neighbor is focused on creating "our" network based on common interest, rather than "my" network, which is the focus of other sites. The site helps to build ties with new people you don't yet know, but who share a common interest in your neighborhood or community. If you are interested, check it out at [www.myvirtualneighbor.com](http://www.myvirtualneighbor.com).

## PLEASE LET US KNOW!

If you know of a LOE resident who has had any outstanding awards, milestones or accomplishments, please let us know at [news@lakesoneldridge.net](mailto:news@lakesoneldridge.net) so they may be recognized in the newsletter.



## HEALTH BRIEFS NOVEMBER

### POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM. When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

### SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

### RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

### SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain



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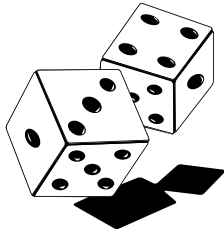
***CliveandNancy.com***

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## 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.**



## Cypress-Tomball Democrats

### NOVEMBER 16TH MEETING

The Cypress-Tomball Democrats will hold their monthly meeting on Wednesday, November 16th, at Luigi's Restaurant, 12779 Jones Rd., Houston, 77070. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

November's guest speaker will be Harris County Sheriff Adrian Garcia.

All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com).

## 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.***

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## ADOPTION COALITION

### Jaquevius (Nov 2003) & Ny'Asia (Aug 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or [gracelindgren@adopttexas.org](mailto:gracelindgren@adopttexas.org).

To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email [info@adopttexas.org](mailto:info@adopttexas.org) and visit our website at [www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.org).

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.



**[adoptioncoalitiontx.org](http://adoptioncoalitiontx.org)**



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## TAKING CONTROL OF YOUR DIABETES

### IMPROVING SELF-MANAGEMENT

By: Concentra Urgent Care

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death. Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- Monitor your blood sugar and take your prescribed medications: By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- Watch your diet carefully: By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietician or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.



- Lose weight: The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietician can help you find ways to eat the foods you like while reducing your intake of calories.

- Increase physical activity: A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.

- Sleep well and reduce stress: Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: [www.diabetes.org](http://www.diabetes.org)

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