

Volume 10, Issue 12 December 2011 Official Newsletter www.lakesoneldridge.net



## **LOE Santa's Toy Drive & Party**

December 10

Just a reminder or in case you missed it in the last newsletter, 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.

## **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.

## **IMPORTANT NUMBERS**

AMI713-932-1122
Gate Attendant713-937-8825
Waterfowl, Betty Burkett713-302-9929
Sheriff - (non-emergency)713-221-6000
Cy-Fair Fire Department - (emergency)281-466-6161
(non-emergency)281-550-6663
Poison Control1-800-764-7661
Texas DPS713-681-1761
Waste Management
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SouthWest Water Company
Harris County Tax Office
Reliant Energy
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Center Point (street light)713-207-2222
(give pole # of street which is out)
Comcast
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Metro Transit Info713-635-4000
Kirk Elementary
Truitt Middle School281-856-1100
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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
Carlon Thorpe	Vice President
Heather Von Sternberg	Secretary
Cory Hammond	Treasurer
David King	At large

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## DECEMBER YARD OF THE MONTH

## CALLOWAY / CORNELIUS GOOD NEIGHBOR PROGRAM

We actually had quite a few contenders for our Yard of the Month Winners this month. We could tell that many of you had been lovingly working in your yards—sprucing it up or just keeping it in check! Happy gardening to you all & keep up the good work!

Congratulations to the following residents:

## WINNER LEYLA KHODALOOST, 12902 CORALVILLE CT.



## WINNER GARY & HELEN FEHSENFELD, 12215 PEBBLE MEADOWS



HONORABLE MENTION: ED & SUSAN MCCLURE, 5619 PENINSULA PARK

HONORABLE MENTION
OTTO & ELIZABETH GLASER, 12111 MEDINA BEND LANE

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

WE WILL RESUME YARD OF THE MONTH IN MARCH. LOOK FOR IT IN THE LOE NEWSLETTER!



## **Preventing Frozen Pipes**

Colder weather is not too far away; indeed we've already had a few chilly mornings. Because we live in a southern climate, our pipes typically are not as well insulated or buried as deeply as pipes in northern climates. Cold spells like those we experienced last year can cause pipes to break.

Why Pipes Burst

Surprisingly, ice forming in a pipe does not typically cause a break where the ice blockage occurs. It's not the radial expansion of ice against the wall of the pipe that causes the break. Rather, following a complete ice blockage in a pipe, continued freezing and expansion inside the pipe causes water pressure to increase downstream—between the ice blockage and a closed faucet at the end. It's this increase in water pressure that leads to pipe failure. Usually the pipe bursts where little or no ice has formed. Upstream from the ice blockage the water can always retreat back towards its source, so there is no pressure build-up to cause a break. Water has to freeze for ice blockages to occur. Pipes that are adequately protected along their entire length by placement within the building's insulation, insulation on the pipe itself, or heating, are safe.

Regional Differences

Generally, houses in northern climates are built with the water



pipes located on the inside of the building insulation, which protects the pipes from subfreezing weather. However, extremely cold weather and holes in the building that allow a flow of cold air to come into contact with pipes can lead to freezing and bursting.

Water pipes in houses in southern climates often are more vulnerable to winter cold spells. The pipes are more likely to be located in unprotected areas outside of the building insulation, and homeowners tend to be less aware of freezing problems, which may occur only once or twice a season.

Pipes in attics, crawl spaces and outside walls are all vulnerable to freezing, especially if there are cracks or openings that allow cold, outside air to flow across the pipes. Research at the University of Illinois has shown that "wind chill," the cooling effect of air and wind that causes the human body to lose heat, can play a major role in accelerating ice blockage, and thus bursting, in water pipes.

Holes in an outside wall where television, cable or telephone lines enter can provide access for cold air to reach pipes. The size of pipes and their composition (e.g., copper or PVC) have some bearing on how fast ice forms, but they are relatively minor factors in pipe bursting compared with the absence of heat, pipe insulation and exposure to a flow of subfreezing air.

When is it Cold Enough to Freeze?

When should homeowners be alert to the danger of freezing pipes? That depends, but in southern states and other areas where freezing weather is the exception rather than the rule (and where houses often do not provide adequate built-in protection), the "temperature alert threshold" is 20°F.

This threshold is based upon research conducted by the Building Research Council at the University of Illinois. Field tests of residential water systems subjected to winter temperatures demonstrated that, for un-insulated pipes installed in an unconditioned attic, the onset of freezing occurred when the outside temperature fell to 20°F or below. This finding was supported by a survey of 71 plumbers practicing in southern states, in which the consensus was that burst-pipe problems began to appear when temperatures fell into the teens. However, freezing incidents can occur when the temperature remains above 20° F. Pipes exposed to cold air (especially flowing air, as on a windy day) because of cracks in an outside wall or lack of insulation

(Continued on Page 6)





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Preventing Frozen Pipes - (Continued from Page 4)

are vulnerable to freezing at temperatures above the threshold. However, the 20°F "temperature alert threshold" should address the majority of potential burst-pipe incidents in southern states.

Mitigating the Problem

Water freezes when heat in the water is transferred to subfreezing air. The best way to keep water in pipes from freezing is to slow or stop this transfer of heat. Ideally, it is best not to expose water pipes to subfreezing temperatures, by placing them only in heated spaces and keeping them out of attics, crawl spaces and vulnerable outside walls. In new construction, proper placement can be designed into the building.

In existing houses, a plumber may be able to re route at-risk pipes to protected areas, although this may not be a practical solution. If the latter is the case, vulnerable pipes that are accessible should be fitted with insulation sleeves or wrapping (which slows the heat transfer), the more insulation the better. It is important not to leave gaps that expose the pipe to cold air. Hardware stores and home centers carry the necessary materials, usually in foam rubber or fiberglass sleeves. Better yet, plumbing supply stores and insulation dealers carry pipe sleeves that feature extra-thick insulation, as much as 1" or 2" thick.

The added protection is worth the extra cost. Cracks and holes in outside walls and foundations near water **Contact Sam at** 713.408.0828 **Get Your Pool** Serviced by a Pool **Professional & Resident of LAKES ON ELDRIDGE!** 713.408.0828

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Installations **Weekly Service Bi-Monthly Service**  **Chemical Only** Repairs **Plumbing Leaks**  pipes should be sealed with caulking to keep cold wind away from the pipes. Kitchen and bathroom cabinets can keep warm inside air from reaching pipes under sinks and in adjacent outside walls. It's a good idea to keep cabinet doors open during cold spells to let the warm air circulate around the pipes. Electric heating tapes and cables are available to run along pipes to keep the water from freezing. These must be used with extreme caution; follow the manufacturer's instructions carefully to avoid the risk of fire, and check to make sure the product conforms to UL 2049. Tapes and cables with a built-in thermostat will turn heat on when needed. Tapes without a thermostat have to be plugged in each time heat is needed, and may be forgotten.

Letting the Water Run

Letting a faucet drip during extreme cold weather can prevent a pipe from bursting. It's not that a small flow of water prevents freezing; this helps, but water can freeze even with a slow flow. Rather, opening a faucet will provide relief from the excessive pressure that builds between the faucet and the ice blockage when freezing occurs. If there is no excessive water pressure, there is no burst pipe, even if the water inside the pipe freezes.

A dripping faucet wastes some water, so only pipes vulnerable to

(Continued on Page 7)

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#### Preventing Frozen Pipes - (Continued from Page 6)

freezing (ones that run through an unheated or unprotected space) should be left with the water flowing. The drip can be very slight. Even the slowest drip at normal pressure will provide pressure relief when needed. Where both hot and cold lines serve a spigot, make sure each one contributes to the drip, since both are subjected to freezing. If the dripping stops, leave the faucet(s) open, since a pipe may have frozen and will still need pressure relief.

If You Suspect a Frozen Pipe

If you open a faucet and no water comes out, don't take any chances. Call a plumber. If a water pipe bursts, turn off the water at the main shut-off valve (usually at the water meter or where the main line enters the house); leave the faucet(s) open until repairs are completed. Don't try to thaw a frozen pipe with an open flame; as this will damage the pipe and may even start a building fire. You might be able to thaw a pipe with a hand-held hair dryer. Slowly apply heat, starting close to the faucet end of the pipe, with the faucet open. Work toward the coldest section. Don't use electrical appliances while standing in water; you could get electrocuted!

Going on a Trip

When away from the house for an extended period during the winter, be careful how much you lower the heat. A lower temperature may save on the heating bill, but there could be a disaster if a cold spell strikes and pipes that normally would be safe, freeze and burst. A solution is to drain the water system. This is the best safeguard. With no water in the pipes, there is no freezing. This remedy should be considered even when the homeowner is not leaving but is concerned about a serious overnight freeze.

To drain the system, shut off the main valve and turn on every water fixture (both hot and cold lines) until water stops running. It's not necessary to leave the fixtures open, since the system is filled mostly with air at that point and not subject to freezing. When returning to the house, turn on the main valve and let each fixture run until the pipes are full again.

Source: Institute for Business and Home Safety. IBHS is a national nonprofit initiative of the insurance industry to reduce deaths, injuries, property damage, economic losses and human suffering caused by natural disasters.



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## Timely Tips for December Gardeners

From Cornelius Nursery

Working in your garden is an excellent escape during the holidays. It is a perfect time to plant trees and shrubs so they can develop a strong root system for next spring. Cool weather color such as pansies, snapdragons, cyclamen, flowering cabbage and kale add splashes of color to your landscape. Spring flowering bulbs can be planted now once they have been properly chilled.

Prune summer flowering shrubs and vines now. They will bloom on new growth. Remember—do not top your crape myrtles! Simply prune to remove seed heads and shape. Trim evergreens only to reshape.

Prepare for the cold weather before it hits! One of the best things you can do for your landscape plants is to provide a 2 to 3-inch layer of mulch. Mulching is necessary year round but during the colder periods it provides a layer of insulation for the roots. Water your landscape well before a cold spell, as a drought stressed plant is more susceptible to freeze damage. For tender plants purchase frost cloth and cover them for extra protection. Frost cloth is a fabric which adds 3 to 4 degrees of warmth. Cover the plant completely allowing the edges to come all the way to the ground, so we utilize the heat stored in the ground to keep them warm.

Become a member of our Garden Club and you will receive email notices prior to any weather crisis. Visit www.calloways.com to join. This is also an excellent time to start planning changes or additions to your landscape. Bring a sketch or photo and let our Texas Certified Nursery Professionals assist you!





## **LOE Holidays Food Drive**

Please help some unfortunate families have better Holidays this year! Drop off non-perishable food items any time until Tuesday 20 December in the receptacle provided by the front door of 12702 Turlock Ct in Eagle Bend. Your donation will be taken to the Houston Food Bank. Here is a list of items most needed:

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

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

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

## Wiley Coyote Spotted on Turkey Creek

While walking our dog one lovely Wednesday afternoon in early November we had the sensation that someone was watching us. We looked up and saw a coyote staring hungrily at our small dog! We continued walking toward the wooden bridge over Turkey Creek and the coyote continued staring at our little dog. Her thin frame stood frozen about fifty yards on the reservoir side of the bridge, her grey eyes unblinking. As we approached the bridge she tiptoed into the woods, but we could feel her eyes on us. She may have had cubs in the woods; we had heard odd noises in the woods once before.

Those of you with small pets might want to keep them inside.

That coyote looked mighty hungry!

## 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 December 1, 6, 8, 13, 15, 22.

Contact Jennifer Adams, adamsjjenn@gmail.com and 832-628-5425 for more information.



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## **Notes From The October Board Meeting**

#### **DIRECTORS PRESENT**

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

#### IN ATTENDANCE

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

#### **HOMEOWNER FORUM**

Mr. Fehsenfeld expressed his interest in joining the Board and briefed the Board on his experience in working with homeowner associations.

#### **COMMITTEE REPORTS**

Social: David King stated that the Oktoberfest event is being held Friday October 21st.

#### FINANCIAL REPORT

#### **Financial Statements:**

The Board reviewed the financial statements for the month ending September 30, 2011. The Association had a balance of \$234,926.23 in the Operating Fund and \$393,333.88 in the Replacement Fund. The Fund Balance for the year showed that income had exceeded expenses by \$9,588.54. The financials were accepted.

#### **Accounts Receivable:**

The Board reviewed the Accounts Receivable report and R. Lowstetter indicated that the association has a 97.06% collection rate. The Accounts Receivable Report was accepted.

#### Cash Flow Report:

The Managing Agent advised the board that as of October 17, 2011 the association had \$190,371.79 in the operating account and \$393,333.88 in the Reserve Account, giving a total of \$583,705.67.

#### **ADMINISTRATION**

#### **Annual Meeting:**

R. Lowstetter provided the Board with the 2012 annual meeting presentation and stated that several AMI staff would be available to assist with signing in the membership.

#### Water Usage:

The Board was provided with an updated usage report for well #10400 from West Harris County Regional Water Authority; total usage for September 2011 was 5,107,000 at a cost of \$7,915.85

Maintenance:

On a motion duly made, the Board approved the October 14th proposal from Trees for Less for removing a total of 35 dead trees in the common areas. The proposal includes grinding of all stumps, debris removal, and sodding.

On a motion duly made, the Board approved the January 4 proposal from Hocus Pocus Auto Detail and Powerwashing for

painting of the pool perimeter fence. The proposal includes sanding, grinding, cleaning, and priming prior to paint application.

On a motion duly made, the Board approved replacement of the air conditioning filters at the clubhouse to an upgraded filter.

#### Miscellaneous:

R. Lowstetter provided the Board with a contract from Greater Houston Pool Management for pool resurfacing and facility renovation. The Board requested that a minimum of one additional bid be sought for this project in addition to requesting a contribution from the swim team.

#### PHYSICAL PROPERTY

#### One Liner Report:

The Board was given the one-liner report for September showing a total of 93 open service requests. C. Hammond requested the managing agent review Request #1252225 as he believes that this improvement was never installed and should be removed from the report.

#### Citations Report:

The managing agent gave the Board a copy of the latest Citation Report for their review.

Sprinkler System, Gates, Other:

This item was tabled for future discussion.

#### Gates:

On a motion duly made, the Board agreed to replace all gate controllers with the equipment recently placed on the Ginger Pond gate along with adding lock boxes on the Heather Run gates.

#### **SCHEDULE NEXT MEETING**

The next regular meeting of the Board of Directors is to be held on November 15, 2011 at 6:00p.m.

## Please Clean After Your Dog

One of the best things about LOE is the abundance of sidewalks, footpaths and beautiful views that make taking walks an easy and very pleasant break from our frenetic lives. It is a real pity then to come across spots that are starting to look like doggy restrooms...

Please be a good neighbor! When you take your dog for his or her constitutional, bring a bag along and don't leave anything behind, whether it is on a neighbor's lawn or on one of the public areas. We are all counting on each other to keep LOE beautiful!

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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).

## Attention NW Houston Delta Gamma Alumnae!

Our annual Holiday Open House is set for December 17, 11:00-1:00 at the home of Janet Sanov, 7111 Mohave Hills, Houston, TX 77069, Champion Park North. This is a beautiful Holiday gathering for members and their legacies. Please contact Cindy Formas at ckformas@sbcglobal.net for more information on the Open House and the chapter's future events.

#### 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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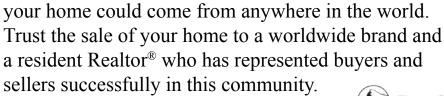


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## HEALTH BRIEFS - DECEMBER 2011

## ALLERGIES: KNOWYOURTREATMENT OPTIONS

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at BaylornCollege of Medicine offers some tips to help manage.

Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. it is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

## Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

- For mild allergies, consider over-the-counter medications like loratedine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

#### WINTER WEATHER AND SKIN CARE

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense.

Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder months as well, but using a lip balm with an SPF factor

of 30 or even a thick coat of zinc oxide may help keep them at bay. During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

#### TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

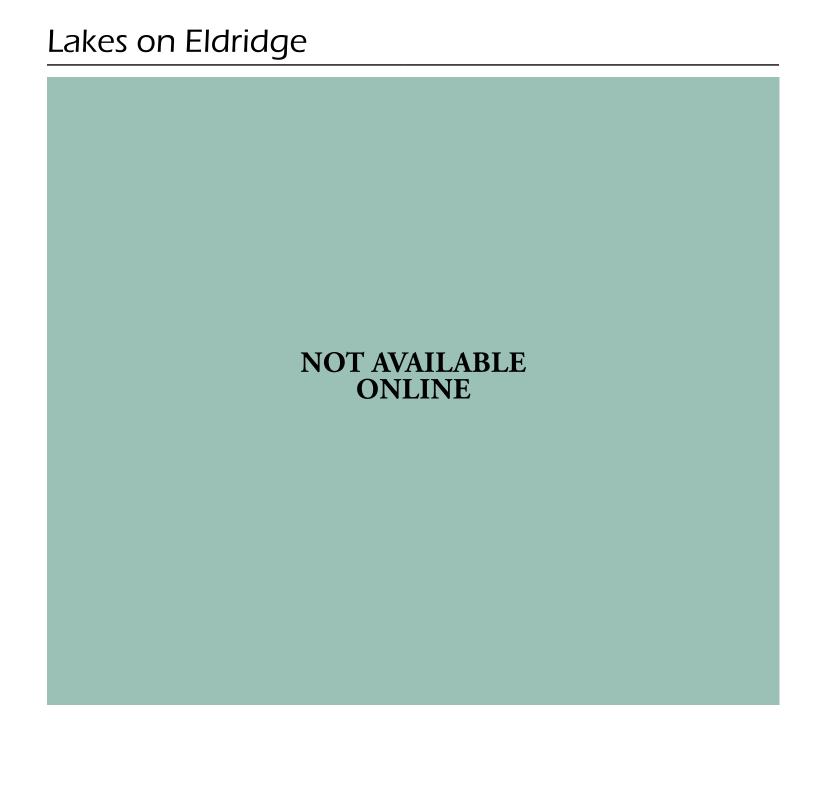
## OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start."

Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.





## **ADOPTION COALITION**

Conner is a 10 year old energetic child who enjoys skateboarding, karate and playing basketball. He also likes to play with puzzles, action figures and lego's. Conner is very creative and loves to draw and paint. Conner needs a patient, committed adoptive family that will provide him with unconditional love and support. He will benefit most by being the youngest child in the home or the only child.

For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter at Adoption Coalition of Texas 512-450-8750 or stephanieberka@adopttexas.org



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#### WASHYOUR HANDS

## REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple factholds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

#### WHEN TO WASH YOUR HANDS

#### The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

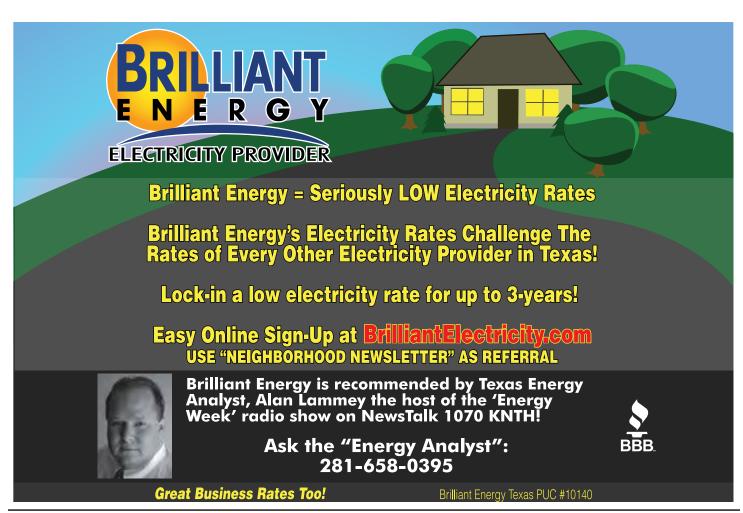
#### HAND WASHING BASICS

The CDC has issued specific guidelines about effective washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing "Happy Birthday" twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

#### WHAT ELSE CANYOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.



# - Kids Stuff-

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



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

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

#### What's That Smell?

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

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

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

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

#### What Causes Bad Breath?

Here are three common causes of bad breath:

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

Poor oral hygiene leads to bad breath because when you

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

#### **Preventing Smelly Breath**

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

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

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

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

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

Reviewed by: Lisa A. Goss, RDH, BS, and Charlie J. Inga, DDS Date reviewed: September 2007

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



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