



# LAKES

ON ELDRIDGE  
NORTH

Volume 11, Issue 1

January 2012

## *Kick Off the New Year*

### *With NWHC Aggie Moms' Club 2012*

"Kick Off" your new year by joining Aggie Moms at the first 2012 NWHC Aggie Moms' Club meeting to be held on Tuesday, January 10th at 7 pm. The Aggie Moms' Club is currently finalizing details for a truly special speaker for January and more details will be announced later on our website. All meetings are held at the Houston Distributing Company, Inc. conveniently located at 7100 High Life Drive and Cutten Road near Willowbrook Mall. The NWHC Aggie Moms' Club brings area Aggie Moms together to support Aggie students through donations for scholarships and for on campus organizations at Texas A&M University. Come join other Aggie Moms for food and fellowship!

At the January meeting, the Aggie Moms' boutique will feature our new "Aggie Traditions" pillows and other original Aggie gift items. These gift items are fabulous for birthdays and graduations and support a great cause!

Aggie student scholarship applications are also available online at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) and must be postmarked no later than Monday, Feb. 7th, 2012. Last year the Aggie Moms' Club awarded more than \$11,000 in scholarships to future and current Aggie students. Check out our website for eligibility requirements for your Aggie student.

NWHC Aggie Moms will be hosting their annual spring fundraiser "Boots 'N Whoops!" on Sunday, April 22, 2012 from 1 to 5 pm. The event will feature country singer Kimberly Dunn and will be held at the Red Star Dance Hall on Hwy 249 near Tomball. The fundraiser will include a barbecue lunch, drinks, great music, dance performances, a silent auction, and other activities. Ticket information and more details will be available on our website.

For more information, go to our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org).

NW Harris County Aggie Moms' Meeting  
"Aggie Moms Go Green"  
Tuesday, Feb. 14, 2012

Aggie Moms GO GREEN with Randy Lemmon, from the 740 KTRH weekend morning show, Gardenline. We encourage you to join NW Harris County Aggie Moms to learn how to turn ON your green thumb and transform your yard into a gorgeous garden! Guest speaker Randy Lemmon worked at Texas A&M University where he served as Communications Specialist for the College of Agriculture and Life Sciences. Prior to that he was a freelance TV producer and he produced several agricultural documentaries and advertising campaigns. During his time at Gardenline, Randy has authored two books which will be for sale at our February meeting. You won't

want to miss this great opportunity!

Join us Tuesday, February 14th, 2012 at 7 pm at the Houston Distributing Company, Inc. conveniently located at 7100 High Life Drive by Cutten Road near Willowbrook Mall. The NWHC Aggie Moms' Club works to provide scholarships for Aggie students and funds for on-campus student run organizations. The Aggie Moms' Club is a great place to meet other Aggie Moms, find out important information about your student's experience at Texas A&M University, and provide support for all Aggie students.

Scholarship Monday is still available for Aggie students! NWHC Aggie Moms' Club awarded over \$11,000 in 2011 scholarships for Texas A&M students. There are Awesome Aggie students in the NW Harris County region and this could be your student! The scholarship DEADLINE is Monday, February 7th, 2012 (postmarked). Get more details on our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org).

Aggie Recording Artist, Kimberly Dunn, will be performing at our spring fundraiser "Boots 'N Whoops". Join us for this private performance on Sunday, April 22, 2012 at the Red River Dance Hall (SH 249). Visit our website [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) for ticket information. This is a concert that you won't want to miss!

# Lakes on Eldridge North

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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Email Articles to [loen@PEELinc.com](mailto:loen@PEELinc.com).

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Email personal classifieds to [loen@PEELinc.com](mailto:loen@PEELinc.com).

ADVERTISING: Deadline for submitting ads is the 8<sup>th</sup> of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) *for information on advertising.*

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Please e-mail articles and/or photos to [loen@peelinc.com](mailto:loen@peelinc.com).  
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 10th of the month for the following month's issue.  
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# Lakes on Eldridge North

## U.S.A. Track Olympian to Speak:

*at Northwest Flyers Youth Track Club Registration Breakfast on February 4th*

The Northwest Flyers Youth Track Club will celebrate its 25th Anniversary Season by hosting its annual free information / registration breakfast on Saturday, February 4, 2012, for all boys, girls and their parents who are interested in joining for the 2012 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the club's 2012 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 275 members. The club was founded 25 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with

integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net).



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**GIRL SCOUT JUNIORS FROM THE CY FAIR SCHOOL DISTRICT CELEBRATE THEIR 100TH YEAR IN 2012**

*Submitted by Melinda Riso*

Caption: Brownies camp at Lone Star Yogi Camp ground located in Waller, TX. They earned 7 badges during their overnight experience.



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WRAP 2012 planning is underway! WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom.

## UPCOMING EVENTS:

"Give Back Night" at Raising Cane's every 1st & 3rd Wednesday!! 15% of your purchases all day long will be donated when you mention WRAP to the cashier. No Flier needed!!! Just mention WRAP. This is good for dine in, carry out, and drive thru!! WRAP is the very first booster club to get a Spirit Night at Raising Cane's, so let's make it count!

Night at Newk's – every 4th Monday. Come support WRAP by dining at Newk's and 20% of your purchase will be donated when you mention WRAP to the cashier at dinner time. For lunch purchases, you will need to bring the flier (see attachment or go to the website!)

Kroger Gift Cards: Kroger gives 3% back to WRAP of the amount you load onto the card, and you earn 100 WRAP Bucks for every \$1 you load on the card! Each card you request will be linked to your senior, so family, friends and neighbors can use it to support your senior and WRAP! Reload the card as often as needed to keep earning WRAP Bucks. (Contact JJ Walden at [jacqjw@sbcglobal.net](mailto:jacqjw@sbcglobal.net) to get a Kroger Gift Card)

Keep your eyes open for more details about Mr. Cy-Woods and 'Rangler & Rhinestones Silent Auction & Dinner.

- **Denim Sponsors: (\$150-\$499)**
- **Jewel Sponsors: (\$500-\$999)**
- **Diamond Sponsors: (\$1,000+)**

To find out more about becoming a community sponsor for this wonderful event please email [CyWoodsWRAP@yahoo.com](mailto:CyWoodsWRAP@yahoo.com).

## MEETINGS:

Other meeting will be the 2nd TUESDAY of each month is the Cy Woods Commons @ 7:00 pm

Next General Membership Meeting Dates: Jan 10th and Feb 14th

Visit us on



Cy-Woods W.R.A.P. 2012 and become a fan or [www.wix.com/wrap2012/wrap](http://www.wix.com/wrap2012/wrap) and be an active parent!

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# Lakes on Eldridge North

## “Teamwork is Key” with Cy-Fair ISD Volunteers

It's the time of the year when we find ourselves setting new goals or “resolutions”. Maybe it's time to set a new personal goal to become a part of our winning team. Unlock your talents and volunteer your time in our school district. The Cy-Fair VIPS team roster needs you and is never too full!

VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

The district VIPS Executive Board spearheads the business of the VIPS. This board is comprised of volunteers elected to take on specific responsibilities offering support, guidance, and training to all volunteers in the district. The VIPS Executive Board meets monthly to evaluate and address the needs of the district and distribute information relating to volunteer and community activities and strengthen parental involvement in education.

If you are interested in being involved at Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at  
281-894-3950.

### CY-FAIR ISD VOLUNTEERS WHERE “TEAMWORK IS KEY”

#### JANUARY 2012 UPCOMING EVENTS

- **January 12** VIPS General Meeting – 9:30 a.m. to 12 p.m., Berry Center
- Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn through networking!
- **January 24** Junior Achievement Volunteer Training – 9:30 a.m. to 12:00 p.m., Berry Center
- The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics, and be workforce ready.
- **January 26** PIE Student Mentor Training – 9:30 a.m. to 11:30 a.m., Berry Center
- Training for individuals committed to serve as a role model and friend to CFISD students. District approved mentors meet with students weekly during school hours on school campuses. Along with this two hour training, an application and criminal background check are required.
- **January 31** Sooper Puppy Training – 9:30 a.m. to 12 p.m., Berry Center

Sooper Puppy is a first grade class series dealing with age appropriate life lessons, facing dilemmas and arriving at solutions by making good choices. How to register for training

Register for training by emailing the PIE office at [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net). Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Adults only please.

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# Lakes on Eldridge North

## Rosehill Christian School Boys Basketball Team

### *Wins Conroe Covenant Tournament*

With the sting of losing in the finals of the Irving Cistercian Tournament still fresh on their minds, the RCS Boys came out strong and defeated #3 ranked Austin Waldorf 47-37 in the title game of the Conroe Covenant tournament.

Keith Self tied for a team high 13 points with John Ogle, going a perfect 5 for 5 from the field including 3 for 3 from three point range. To get to the finals, Ogle led the team in scoring with 25 points in the semi-final match against host Conroe Covenant. It was RCS's first win against the school in three years.

With a record of 10 wins, 2 losses, #2 ranked RCS is off to their best start in four years after being just one basket away from a TAPPS 3A final four appearance last season. "It is important to these guys," RCS coach Ed Lamar said. "Hopefully they will look back and say they were part of a special team."

Lamar added, "I was very proud of how they took the loss two weeks ago in the finals of the Cistercian tournament by two points, and they took that adversity and used it as fuel to prevail this week."

In a smothering display of defense, the RCS Eagles held Waldorf to just 10 points in the first half, leading 24-10 at the break. Jimmy Courtright led the team with 7 rebounds. In addition to Courtright and Ogle, guard Wayne McCullough was also named to the all tournament team. RCS was the only school with three players selected to the squad. At the Cistercian tournament, Ogle and McCullough were also named to the team after leading the team to the title game.

To get to the finals of the Covenant tournament, RCS defeated Woodlands Prep Academy 63-48 in the first round, and were led the way by Ogle and Courtright

contributing 20 points each. In the second round, they routed Calvary Baptist 81-24, after leading 52-14 at the half. RCS was led in rebounding by Jeremy Michel, Ogle and McCullough all chipping in with 8 rebounds.

Currently ranked #2 in the State for TAPPS 3A Schools, prior to defeating the 3rd ranked Austin Waldorf, Rosehill Christian has also defeated #5 ranked Dallas Shelton, followed by a win against SPC division Trinity Valley. Earlier in the season, RCS defeated #4 ranked Northeast Christian. Irving Cistercian is ranked #21 in the large private school category. Pictured from L-R: Coach Ed Lamar, Wayne McCullough, Keith Self, Coach Jonathan Whitson, Jimmy Courtright, Jeremy Michel, Breck Powers, Ethan Stagg, Jon Ogle, Anthony Froelich and Will Swain.



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With Pool	23	64	\$111.23	29	66	\$122.27
Built 1990-1999	42	54	\$106.33	3	78	\$113.69
Built After 2000	5	62	\$122.80	69	78	\$112.81
Never Lived In	0	0	-	0	0	-
1500-2000 sq. ft.	0	0	-	0	0	-
2000-2500 sq. ft.	1	26	\$111.22	0	0	-
2500-3000 sq. ft.	14	48	\$104.85	9	47	\$116.65
3000-3500 sq. ft.	16	52	\$106.17	24	81	\$112.81
3500-4000 sq. ft.	6	60	\$111.03	22	85	\$109.84
4000-4500 sq. ft.	10	43	\$115.11	12	79	\$114.80
4500+ sq. ft.	4	113	\$111.29	5	84	\$114.69
Waterfont	1	8	\$115.00	1	165	\$153.57
Waterview	2	24	\$123.50	1	68	\$118.44
Cul-de-sac	25	60	\$106.55	25	73	\$115.65
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# Lakes on Eldridge North

## CY-FAIR KIWANIS CLUB

Start your new year by being actively involved with working to improve your community. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus. We welcome new members who would like to be involved.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

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Mustang At Nights End Fundraiser For After Prom Party

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						

AUGUST

S	M	T	W	T	F	S
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### Important Dates

Aug. 11-12	New Staff Orientation
Aug. 15-19	Professional Days
Aug. 22	1st Day of School
Sept. 5	Student/Staff Holiday
Oct. 10	Professional Day / Elem. Parent Conferences
Nov. 21-25	Student/Staff Holidays
Nov. 21, 22	Inclement Weather Days
Dec. 21	Inclement Weather Day
Dec. 21-30	Student/Staff Holidays
Jan. 2-3	Professional Days
Jan. 16	Student/Staff Holiday
Feb. 20	Professional Day / Inclement Weather Day
March 12-16	Student/Staff Holidays
April 6	Student/Staff Holiday
May 28	Student/Staff Holiday
May 30	Last Day of School
May 31	Professional Day / Inclement Weather Day

### GRADING PERIODS

#### Elementary Schools

1st 9 Weeks: Aug. 22-Oct. 21  
2nd 9 Weeks: Oct. 24-Jan. 13  
3rd 9 Weeks: Jan. 17-March 23  
4th 9 Weeks: March 26-May 30

#### Secondary Schools






##### 1st Semester

1st 6 Weeks: Aug. 22-Sept. 28  
2nd 6 Weeks: Sept. 29-Nov. 4  
3rd 6 Weeks: Nov. 7-Dec. 20

##### 2nd Semester

4th 6 Weeks: Jan. 4-Feb. 17  
5th 6 Weeks: Feb. 21-April 13  
6th 6 Weeks: April 16-May 30

### LEGEND

	STUDENT/STAFF HOLIDAY
	PROFESSIONAL DAY (Student Holiday)
	FIRST & LAST DAY OF SCHOOL
	PARENT CONFERENCES/ HOLIDAY FOR ALL STUDENTS/ PROFESSIONAL DAY
	INCLEMENT WEATHER DAY

2012

JANUARY

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JUNE

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## RECIPE OF THE MONTH

### EARTHQUAKE CAKE

- 1 cup coconut
- 1 cup chopped pecans
- 1 - 2 layer pkg. German chocolate cake mix
- 8 ounces cream cheese, softened
- 1/2 cup melted oleo
- 1 - 1lb. pkg. confectioners sugar

Sprinkle coconut and pecans in greased and floured 8 x 14" cake pan. Prepare cake mix using package directions. Pour into pan. Beat cream cheese and oleo in mixing bowl. Add confectioners sugar; mix well. Pour over batter. Bake at 350° for 45 minutes or until cake tests done. Yield 15 servings.



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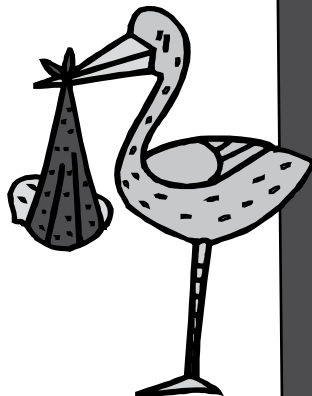
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## HEALTH BRIEFS + JANUARY 2012

### IT'S OKAY TO SKIP YOUR WORKOUT, IN SOME CASES

Although exercise should be a part of your daily routine, it's important to know when your body needs a break, according to an expert at Baylor College of Medicine. It's not ideal to work out when you're sick because you're stressing your system out, said Dr. David Green, assistant professor of orthopedic surgery at BCM.

The same thing is true after a recent surgery; your body is trying to recover from the surgery. If you still want to stay active, consider using simple things such as arm bands for gentle exercises, but stay away from heavy aerobic exercises, he said. If you're experiencing some joint or muscle pain, it's your body's way of telling you that you're overdoing it, so you should back off. Try using a heating pad or taking anti-inflammatory medication to help with the pain, said Green.

In general, be sure to have some type of snack about an hour before a workout; do not try to exercise on an empty stomach. If you're over the age of 40 and just starting heavy exercise for the first time, be sure to consult with your physician first. Also consult with a physician if you've had any respiratory, cardiac or joint issues in the past. Look out for hidden calories in holiday drinks.

While many people think twice before taking a second serving of a delicious holiday dessert, they may not do the same when it comes to that holiday beverage. But liquid calories can quickly add up, said a nutrition expert at Baylor College of Medicine.

### SOME TIPS TO REMEMBER INCLUDE:

- Combine alcohol with a diet mixer or low-calorie tonic
- Remember to pace yourself and alternate alcoholic beverages with a glass of water or club soda with lime
- When it comes to popular cocoa and coffee drinks, choose non-fat milk, skip the whipped cream
- Pay attention to portions; different beverages are served in different size glasses and cups so be aware of what you are drinking and how many servings you consume at one time. Remember that after drinking alcohol, the desire for salty foods is also enhanced, said Reeves.

### HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

The typical craziness of the holiday season can offer an emotional boost for a chronically ill child. The holidays usually are very hectic, but the benefit of seeing family and friends outweighs the hassles of travel and preparation, said Dr. Ernest Frugé, associate professor of pediatrics at Baylor College of Medicine and director of psychosocial programs at Texas Children's Cancer Center.

It's no different for a child in a chronic illness. Planning ahead is the key to travel success, whether it is allowing for extra breaks on a long road trip or reminding older relatives about childproofing needs. Parents should always consult with their child's physician before the trip, pack all medications in their original prescription containers and bring along a copy of appropriate medical information.

Involving the child in the planning and preparations for trips and gatherings reinforces the importance of reconnecting with family and friends, said Frugé. Keeping children away from the usual holiday traditions because they have been ill would separate them from what is a normal experience for the family, he said.

### GET THROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

Menopause is called "the change" for a reason. As hormone levels begin to change, so do health concerns, such as osteoporosis, said experts at Baylor College of Medicine. Decreasing estrogen levels can affect bone mass, making a woman more susceptible to osteoporosis, said Dr. Elizabeth Nelson, associate professor of medicine and director of the Women's Center for Comprehensive Care at BCM. Osteoporosis is a condition that can develop if bone is not replaced as quickly as it is worn away, leaving behind porous or weak bones.

Many factors can affect this condition such as heredity, age and nutritional intake. Modify your risk factors by limiting alcohol intake and not smoking, which can increase bone loss by 10 percent. Exercising three times a week and increasing calcium and vitamin D intake can also improve bone health. However, since each woman's health care needs differ as they enter menopause, it is important to talk to a doctor to be sure what course of action will be the most beneficial. Screening for osteoporosis should begin at age 65, but many times women will have a screening done at age 50 to use a baseline for future tests.





# Lakes on Eldridge North

## TOP TEN TIPS *for Protecting Your Enamel from Erosion*

The outer coating of enamel on your teeth may be the hardest substance in your body, but if it erodes, there's no way to get it back. Follow these top ten tips for keeping your enamel — which will help you keep your teeth! Enamel, the outer coating on your teeth, is the hardest substance in your body. But while it's tougher than bones, enamel has a key weakness: it lacks the ability to regenerate itself as bones do. If you break a bone, it can grow back together. If your enamel wears away, it's gone and you can't get it back. Since enamel defends your teeth against cavities, it's extremely important to take care of this protective layer.

Enamel erosion can occur for a variety of reasons, and the three major categories are diet, health issues and physical wear and tear. Many people are unaware of the effect diet has on enamel. Acid sources like carbonated drinks and citrus drinks, when consumed with regularity, can have a serious effect on your enamel. Health issues including dry mouth, acid reflux disease, gastrointestinal problems and bulimia can also lead to enamel erosion. Wear and tear includes friction from your teeth rubbing against each other, fractures due to stress on the teeth, and damage from outside sources, such as brushing your teeth too vigorously or chewing on hard objects. Watch your diet



### FOLLOWING ARE OUR TOP TEN TIPS FOR HOLDING ON TO YOUR ENAMEL.

- **1** - Drink fewer carbonated drinks like soda pop and citrus drinks like grapefruit juice, or eliminate them altogether.
  - **2** - If you do occasionally indulge in these types of beverages, drink them through a straw, so the liquid goes straight to the back of your mouth instead of surrounding your teeth.
  - **3** - Rinse your mouth with water after eating or drinking.
  - **4** - Chew sugar-free gum to increase saliva, which helps clean your teeth.
- ADDRESS HEALTH ISSUES**
- **5** - If you experience dry mouth, let us know; your dentist can help you with this condition.
  - **6** - If you suffer from acid reflux, gastrointestinal problems, or bulimia, talk to your family doctor to address the issue; each of these conditions affects more than just your teeth.
- BE GENTLE WITH YOUR TEETH**
- **7** - Always avoid biting pens and other hard objects, and use your teeth for chewing food only — not as tools to open containers.
  - **8** - If you are a habitual tooth-grinder, your dentist can help you address the habit.
- STAY ON TOP OF ORAL HYGIENE**
- **9** - Brush with fluoride toothpaste to strengthen your teeth.
  - **10** - Keep up with your regular oral care, including brushing and flossing daily and getting professional cleanings every six months.

- Submitted by Dr. Flury

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