



# LAKES

ON ELDRIDGE

Volume 11, Issue 3  
March 2012

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

## *Yard of the Month* Guidelines

The Yard of the Month Committee will again be coming to your neighborhood beginning the month of April. Just thought you all might like a heads up on when to begin sprucing up your gardens!

### GUIDELINES

1. No household may win more than one season.
2. No household may nominate themselves.
3. No household may nominate a neighbor.

Criteria for choosing yard of the month winner are

1. Color
2. Balance,
3. Maintenance
4. Aesthetics.

There will be two yards chosen each month from April to December as Yard of the Month Winners, and two chosen as Honorable Mention, by the Yard of the Month Committee only.

Yard of the Month Winners will receive a \$25.00 gift certificate from Cornelius Nursery valid for their "Good Neighbor Program". There will be a total of 18 Winners!

The Yard of the Month signs, donated by Cornelius Nursery, will appear in the selected front yards from the 1st to the last day of the month. One of the Yard of the Month Committee members will come by on the last day to collect the signs: please do not pick up or discard the signs!

Photos of the winning Yards of the Month, and names and addresses of all Winners and Honorable Mentions, will appear in the following month's Lakes on Eldridge newsletter.

## *Lakes on Eldridge* Swim Team Registration

COMING IN MARCH

The Lakes on Eldridge Swim Team (LOEST) is once again recruiting enthusiastic swimmers ages 5 to 18 looking to have great fun this spring and summer. (Swimmers must be able to swim the length of the pool by the end of the 2nd week of practice.) And great news! Our 3 coaches are returning: Meagan Wien will be Head Coach, Elizabeth Allen and Alex Durkee will be her Assistant Coaches.

LOEST is a voluntary and non-profit recreational swim team operated for Lakes on Eldridge and surrounding neighborhoods. LOEST encourages a competitive swim team environment and provides the opportunity for growth, training, enjoyment, good sportsmanship and participation to all active Team members. LOEST cannot function without parent involvement, so each participating family is required to fulfill a volunteer commitment. It's a great way to meet other families and adults in our community!

### PLEASE MARK YOUR CALENDARS FOR THESE IMPORTANT DATES:

March 18-24 – Online Registration for Returning Families

March 25-31 – Online Registration for New Families

April 23-27 – Pre-Season Swim Clinic

April 30 – Regular Practices Start

May 14 – Picture Day (No Regular Practices)

May 28 – No Practices on Memorial Day

*Our team size is limited, so register as soon as possible!*

### THE MEET SCHEDULE FOR SUMMER 2012 IS AS FOLLOWS:

May 12 – AWAY – Winchester Time Trials

May 19 – HOME – LOE "A" vs. LOE "B" Intra-squad Meet

May 26 – AWAY – Spring Cypress

June 02 – HOME – Fairfield

*(Continued on Page 2)*

# Lakes on Eldridge

## IMPORTANT NUMBERS

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(non-emergency).....	281-550-6663
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Texas DPS.....	713-681-1761
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(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
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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:

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Visit the Association Website:  
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## Swim Team Registration- (Continued from Cover Page)

June 09 – AWAY – Coles Crossing

June 16 – AWAY – Wortham

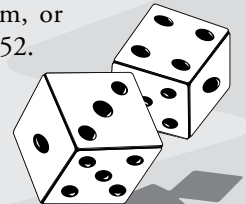
June 23 – DIVISIONALS – Location TBD

More information and announcements will be posted on our website, [www.loedolphins.org](http://www.loedolphins.org). Should you have any questions or further inquiries regarding the upcoming 2012 LOEST Season, please contact any of the Board Members listed on our website (click on “About Us”, then “Board of Directors”).

## 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](mailto:CTSpellings@aol.com), or call 713-628-7083 or 713-896-1652.



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## SPRING IS AROUND THE CORNER!

Now is a great time to start preparing...

Here are some tips to get you started:

- When the last frost has passed, trim winter burn from plants and hedges.
- To prepare new beds - clear the planting area as soon as soil can be worked, removing weeds and debris. Spread a 4-inch layer of compost or well-rotted manure and any amendments over soil, and cultivate it to a depth of 10 to 12 inches.
- Check out your local nurseries for ideas, sales and coupons:  
[corneliusnurseries.com](http://corneliusnurseries.com)  
[houstongardencenters.com](http://houstongardencenters.com)
- Check your sprinkler system, make sure the heads are not pointing at a window or broken. You will want to start watering 1" per week in April through June.  
(recommended by Teas Nursery)

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SPRING

# Lakes on Eldridge

## Timely Tips for March Gardeners

This is the year to grow your own fruits and vegetables! Many positive things come from growing a garden. Working in a garden can help to relieve stress and increase your overall activity level. Sunlight can improve sleep, deter depression and promote a stronger immune system. Growing your own garden allows you to control what fertilizers, pesticides and fungicides are used during the raising of your crops. But most importantly, vegetables and fruits grown in a home garden tend to be more flavorful and nutritious!

When selecting a site for your gardens keep these requirements in mind. All vegetables need at least 6 hours of direct sunlight each day—eight to 10 hours each day is ideal. The soil should be fertile and easy to work. You can improve the texture by



adding organic compost material. Container gardening is perfect if you have space or soil limitations. Gardens will need at least one inch of water per week including rainfall.

For more information about home gardening, please go to [www.calloways.com/clinics](http://www.calloways.com/clinics) for a complete list of free in-store clinics. Clinics are held in every store. Here are a couple of upcoming ones that would be of interest:

- Saturday, March 31st at 10:15 am-The Edible Festival - Encore!
- Saturday, March 10th at 10:15 am-Spring Vegetables and Herbs

Success in the garden begins with a good foundation. Become a member of our Garden Club and come grow with us! Visit [www.calloways.com](http://www.calloways.com) to join today.

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# Lakes on Eldridge

## Swans Can Be Dangerous!

This time of the year, Mother Nature provides our LOE swans with some common sense. It is for them mating, nesting, then egg-laying season, and they feel the need to protect their territory against predators including humans, dogs, and other waterfowl. Most of the swans in our neighborhood are not old enough to mate but some will go through the motions of even building a nest. The pairs of swans that are old enough to produce young (cygnets) are normally gentle and can be fed while posing no threat. However, the males (cobs) will become aggressive and territorial in trying to protect their mate and their nest. This is usually temporary until mating season is over. If you are walking past a lake and a swan swims to your side and follows you, BEWARE! If you see a swan with his neck back and feathers up such as the one in the picture, please do not attempt to feed him but stay away. In fact, walk to the other side of the street as he is in ATTACK position! Please warn your nannies and sitters not to stroll babies around the swans. We must try to remember that the swans are protecting their territory and readying it for their young. To antagonize, tease, throw objects at, or injure the swans is a felony and we need to be as cautious of them as they are to us. Thank you for your cooperation!



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# Lakes on Eldridge

## Kirk Elementary Spring Events *You Do Not Want to Miss*

### KINDER ROUND-UP EVENTS:

#### *Parent Meeting*

- Thursday, March 22nd, 6:00-7:30 pm
- Information meeting for future kindergarten parents

#### *PreK & Kinder Pre-Registration*

- Tuesday, April 10th, 9:00-11:30 am & 1:00-3:00 pm
- All future Kindergarten students and only Bilingual/ESL Pre-K students

#### *Story Time with Ms. Reynolds*

- Thursday, April 12th, 2:30-3:00 pm
- Our future kindergarteners enjoy story time with the Kirk librarian, Ms. Reynolds

#### *Eat lunch in the Cafeteria Day!*

- Friday, April 27th, 12:00-12:45 pm
- Our future kindergarteners have an opportunity to experience lunch time at Kirk
- Cost: \$ 1.75 child, \$ 2.75 adult
- Fun Time in PE, Art, and Music

- Friday, May 4th, 12:15-12:45 pm
- Our future kindergarteners experience what large group classes are all about

### ADDITIONAL KIRK SPRING EVENTS YOU ARE WELCOME TO ATTEND

#### *Spring Bookfair Late Shopping Evening*

- April 2nd, 5:00-7:00 pm
- Families have the opportunity to come in the evening and shop for books.

#### *Kirk Spring Festival*

- Friday, April 27th, 4:30-7:30 pm
- Basket Raffle, Bouncy Houses, Cake Walk, Dunking Booth, Face Painting, Games, Food and Family Fun!

#### *Kirk Skate Night at Bear Creek Rink*

- Tuesday, May 15th
- Monitor Kirk marquee or website for times to be announced
- Coming in August...Meet Your Teacher
- Watch the Kirk marquee over the summer for date and time.



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# Lakes on Eldridge

## Your LOE Neighbors Are Gathering On The Internet!

Visit [www.i-neighbors.org/77041/LOE](http://www.i-neighbors.org/77041/LOE) to sign-up for this free service. You will need to send a request to join the group and create a login name and password. Please identify yourself as a resident of LOE. For security purposes, this group is open to residents only. Once your request has been approved by the group administrator, you will be able to post new discussion topics, reply to your neighbors, post calendar events, photos, lost and found pets, local business recommendations and more!

We hope this group website forum will help us to improve our neighborhood communication and security. We will all benefit from sharing our experiences, feedback, and suggestions for making our great neighborhood even greater! We look forward to your participation and invite you to help us keep Lakes On Eldridge a safe, wonderful and friendly neighborhood.

(Please note that there is zero tolerance for spam, inconsiderate or mean-spirited posts or for using the message board for promoting one's own personal agenda, and political or religious views.)

## Thanks for Donating to the LOE Holidays Food Drive

Thank you very much for helping some unfortunate families have better Holidays this year! The non-perishable food items you dropped off were delivered in time for Christmas.

But you don't need to wait until next Christmas to help again! The Houston Food Bank will gladly take your donations year round. Here is a reminder list of the 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, please visit [www.houstonfoodbank.org](http://www.houstonfoodbank.org).*

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4 Bedrooms	38	50	\$106.92	53	84	\$111.85
5+ Bedrooms	7	86	\$114.08	13	67	\$112.65
1 Story	7	25	\$114.45	17	67	\$119.88
2 Story	40	61	\$106.97	55	81	\$110.67
Without Pool	24	47	\$105.06	43	86	\$106.49
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
Other	19	54	\$108.10	45	79	\$110.26

All information obtained from HAR mls data.



*Wishing you and yours  
a prosperous 2012!*

**DANIELLE GEBARA**

Resident of Lakes on Eldridge North

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# Lakes on Eldridge

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All across the world, AYUSA students are eagerly awaiting their host family placement. Please call today and begin the adventure of a lifetime! Call Ayusa International at 1-888-552-9872 or email at [staff@ayusa.org](mailto:staff@ayusa.org). Locally you can contact Vicki Odom at [vickiayusa@yahoo.com](mailto:vickiayusa@yahoo.com) or call 832-455-7881 for more information as well.

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## Cypress Christian *Prospective K-12 Parent Open House*

On March 22, 2012, from 9-11 am, parents considering enrolling their child for the 2012-2013 school year will have the opportunity to visit classes and gather information. Visit [CypressChristian.org](http://CypressChristian.org) for more information. While you are there, read how Cy-Christian middle school students excelled at the "You Be the Chemist" Challenge, and at the regional Spelling Bee!

The "You Be the Chemist" Challenge is a fun and innovative academic competition sponsored by EXPO Chemical Company that engages students in learning about important chemistry concepts, scientific discoveries, and laboratory safety. The top four CCS middle school students, Amber Dingman, Lizzie Gwyn, Vynna Chitolie and Kory Yankowski received trophies and gift cards. First and second place winners, Amber and Lizzie, qualified to compete at the Houston Local Challenge. Winners from this challenge will compete at the State Competition to be held at the Museum of Natural Science. To learn more about the Challenge go to [www.chemed.org](http://www.chemed.org).

CCS fifth grader Allison Strange won the first place title at the Regional ACSI District Spelling Bee. She competed in two different bees, earning a gold medal for best in the fifth grade bee, and a plaque for best in the "Spell-off" for all 5th to 8th grade contestants in first or second place, which qualified her to participate in the Dallas Spelling Bee.

## Northwest Houston *Mothers of Multiples*

Northwest Houston Mothers of Multiples (NWHMOM) meets at 7pm on the third Thursday of every month at Event with Elegance, 20320 Northwest Freeway, Suite 900, Houston, Texas 77065 (off 290 at Huffmeister). NWHMOM assists mothers of multiple birth children by lending them support by sharing information and relating experiences of the joys and struggles of raising multiples. We have playgroups for children newborn to school age, as well as weekend playgroups. We celebrate most holidays with family style get-togethers and even have adult social gatherings for a night away from the kiddos. We welcome all expectant, newly delivered and seasoned (veteran) mothers of multiples. For more information please visit [www.nwhmom.org](http://www.nwhmom.org) or just come by one of our meetings. We would love to have you!

## Northwest Flyers Youth Track Club **Open House**

### **NORTHWEST FLYER TRACK CLUB OPEN HOUSES**

The Northwest Flyers Track Club will host two free open house / registration sessions for all middle and high school athletes and their parents interested in joining for the 2012 season. The events will be held on Thursday, April 5, and Friday, April 20, from 7:00 – 8:30 PM at Cypress Creek High School, 9815 Grant Rd., Houston.

The Northwest Flyers Track Club is a youth (ages 6-18) track organization, affiliated with USA Track & Field. The club provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent off-season program for young athletes who currently compete on their middle school or high school track teams. 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. Last year, the Northwest Flyers sent 62 young athletes to compete at U.S. Junior Olympics National Championships in Wichita, Kansas and Myrtle Beach, South Carolina.

Visit the team website at [www.northwestflyers.org](http://www.northwestflyers.org) for registration forms and information prior to the session, or contact Linette Roach at (281)587-8442 or [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net).



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## Cypress-Tomball Democrats

### March 21st Meeting

The Cypress-Tomball Democrats will hold their monthly meeting on Wednesday, March 21st, at a new location: Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

March's guest speaker will be Lane Lewis, newly elected Chairman of the Harris County Democratic Party (HCDP). He will speak about new directions for the Party in 2012.

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).



## Book Club

In keeping with our theme of "other places, other times", here are our selections for the next several months. We hope you can join us! Contact Celeste Fritz at [celeste.fritz@gmail.com](mailto:celeste.fritz@gmail.com) for information on our meeting location.

### UPCOMING BOOKS:

March 26 - Year of Wonders by Geraldine Brooks. We again move overseas and back in time. A national best seller and NY Times and Washington Post Notable Book, Year of Wonders tells the story of the struggle of one village in England dealing with the plague in 1666. Inspired by the true story of the village of Eyam, this raises issues for dealing with the pandemic threats of today.

April 23 - Up Country by Nelson DeMille. The last thing Paul Brenner wanted to do was return to work for the Army's Criminal Investigative Division, an organization that thanked him for his many years of dedicated service by forcing him into early retirement. But when his former boss calls in a career's worth of favors, Paul finds himself investigating a murder that took place back in Vietnam thirty years before. Now, returning to a time and place that still haunts him, Paul is swept up in the battle of his life as he struggles to find justice.

## 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 at 7:30 pm in the Lakes on Eldridge Club House, on March 1, 6, 8, 13, 15, 22, 27, 29.

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



## Stitch & Chat

Members of Stitch and Chat meet every Thursday from 10 a.m. until 12 noon at the LOE Beach Club House. We knit, crochet, do needle point, embroidery, and counted cross stitch, plus mend items and sew on buttons that we have put off much too long. We make quilts for family members, shawls for cancer patients, and caps for newborn babies. We would love to have you join us for coffee and conversation. We would be happy to help you get started on any project that you have always wanted to do.

You do not have to be a resident of Lakes on Eldridge to join us. For more information contact: Catherine Spellings at [CTSpellings@aol.com](mailto:CTSpellings@aol.com), or call 713-628-7083 or 713-896-1652.

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## Notes from the January Board Meeting

### DIRECTORS PRESENT

- Carlon Thorpe, President
- Cory Hannond, Vice President
- Patrick Johnson, Secretary
- David King, Treasurer
- Gary Fehsenfeld, Director

### IN ATTENDANCE

- Richard Lowstetter and Heidi Flores representing the Managing Agent, Association Management, Inc.
- Stephen Pittenger representing the Lakes on Eldridge Swim Team.

### MANAGER'S REPORT

- **Financials Statements:** The Board reviewed the financial statements for the month ending December 31, 2011 at which the Association had a cash balance of \$386,041.61 in the Operating Fund and \$349,506.24 in the Replacement Fund. For the month ending December 31, 2011, the Association showed total operating income of \$1,147,425.86 and year to date operating expenses of \$1,131,197.65 thus resulting in income exceeding expenses by \$16,228.21 year to date. The Board of Directors accepted the December 31, 2011 financial statements as presented.
- **Accounts Receivable Report:** The Board was presented with the Accounts Receivable Report dated December 31, 2011 which indicated a delinquent balance of \$32,288.67.
- **Service Request One Liner Report:** The Managing Agent presented the one-liner report outlining all of the work orders and deed restriction violations open for the association; there were a total of 113 active service requests.
- **Citation Report:** The Managing Agent presented the citation report outlining all citations issued from December 1, 2011 thru January 9, 2012; there were a total of 9 citations issued during this time frame.

### ADDITIONAL BUSINESS

- **Capital Projects - Update on Swim Team Contribution to Pool Renovation:** S. Pittenger representing the Lakes on Eldridge Swim Team stated that the LOEST Board of Directors will vote on

this issue at their upcoming meeting to be held on Thursday, January 26th, 2012. P. Johnson stated that LOEST would like portable lifeguard stands which can be removed during off-season and upgrading current restrooms. LOEST to send plumber out to address issues in women's restrooms.

- **Capital Projects - Pool Renovation:** On a motion duly made, the Board approved signing a contract with Greater Houston Pool Management on the pool plaster project. P. Johnson to follow up directly with Paul Clapper of Greater Houston Pool Management regarding the number of layers needed for this project. The Board discussed various options for the beach sand area as reducing sand in the pool will be a huge factor in extending the life of the plaster to be installed this year.
- **Capital Projects - Deck Resurfacing:** P. Johnson stated that upon his research and in discussion with LOEST Board Members it is determined that the only decking needing immediate attention is the expansion joints. P. Johnson stated that he would contact Greater Houston Pool Management to discuss this issue and get estimate for this project in particular. The Board opted to table deck resurfacing in 2012 at this time.
- **Capital Projects - Irrigation Analysis:** C. Thorpe informed the Board that the Water Management Specialists team has physically evaluated 40% of the system and are expected to complete the remaining 60% by the end of the week. K. Hall of Water Management Specialists provided a preliminary status report to the Board of Directors dated January 16, 2012 which addressed all of the following areas: Controllers, Pumping Systems, Main Line Distribution System, Irrigation Zones, Zone Utilization and Application, Zone Coverage, Electrical, Scheduling, Blue Prints / Plans, and Anticipated Progression
- **Schedule.** C. Thorpe and G. Fehsenfeld to meet on-site with K. Hall of WMS on Thursday, January 19th for latest update.
- **Capital Projects - Christmas Decorations for 2012:** Board requested that Managing Agent review Brite Lights contract and

update Board in addition to finding alternatives for 2012 to include storing of current decorations.

- **2012 Pool Management Contracts:** On a motion duly made, the Board approved the Greater Houston Pool Management Contract for the 2012 Pool Season.
- **Social Committee - Chairperson needed:** C. Thorpe informed Board that B. Clay is unable to chair social committee and recommended posting a request for volunteers on the association website.
- Resolution regarding Traffic Safety and Access Control Benchmarking Report.
- Items tabled due to further research and to be presented on next agenda
- Process regarding approval of work by Board Members prior to AMI paying vendors: On a motion duly stated, the Board requested that Managing Agent verify completion and satisfaction of work with respective Board Members prior to disbursing funds in the amount of \$1,000 or higher.
- Recap regarding new legislative changes and voting by e-mail: H. Flores reminded Board that e-mail voting should not take place except for emergency items.
- Update from Landscape Committee:
- Property has been sprayed with turf weed spray
- Monthly irrigation indexing to be completed on Tuesday, January 17th
- Regular maintenance visits are the 1", 3", and final week of the month
- Fire ant spot treatment initiated on as needed basis
- Irrigation pump stations are up and running
- Crepe Myrtle trimming in progress
- Soil samples are being pulled for review
- HLS meeting with Water Management Specialists as needed

### SCHEDULING OF NEXT MEETING

- The next Board of Directors meeting is scheduled to be held on February 23, 2012, at 6:00 PM at 12750 Lake Run Center Run, Houston, TX 77041.



## St. Patrick's Day Facts

1. St. Patrick is the patron saint of Ireland, although he was born in Britain, around 385AD. His parents Calpornius and Conchessa were Roman citizens living in either Scotland or Wales, according to different versions of his story.
2. As a boy of 14 he was captured and taken to Ireland where he spent six years in slavery herding sheep. He returned to Ireland in his 30s as a missionary among the Celtic pagans.
3. Legend has it that he used the native shamrock as a symbol of the holy trinity when preaching and brought the Latin alphabet to Ireland.
4. Miracles attributed to him include the driving of serpents out of Ireland. However, evidence suggests post-glacial Ireland never had any snakes in the first place.
5. Wearing green, eating green food and even drinking green beer, is said to commemorate St Patrick's use of the shamrock - although blue was the original colour of his vestments.
6. St Patrick was said to have proclaimed that everyone should have a drop of the "hard stuff" on his feast day after chastising an innkeeper who served a short measure of whiskey. In the custom known as "drowning the shamrock", the shamrock that has been worn on a lapel or hat is put in the last drink of the evening.
7. Popular Irish toasts on St Patrick's Day, include: may the roof above us never fall in, and may we friends beneath it never fall out.
8. St. Patrick's Day was first celebrated in America in Boston, Massachusetts, in 1737. Around 34 million modern Americans claim Irish ancestry.
9. It is believed that St Patrick died on March 17 in 461AD. It is a national holiday in Ireland, and on the island of Montserrat in the Caribbean, which was founded by Irish refugees. It is a bank holiday in Northern Ireland and a provincial holiday in the Canadian province of Newfoundland.
10. Dublin has a parade that attracts hundreds of thousands of people, while in Chicago the river is dyed green for a few hours. The biggest parade is normally held in New York, while the largest celebration in the southern hemisphere is in Sydney, Australia.



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# - Kids Stuff -

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



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it. Then Doug went back into the hallway and stood there staring up at the hall light. Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

## WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep. Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning. Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

## IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action. Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

## WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

## HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

## HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

**Reviewed by: Larissa Hirsch, MD**

**Date reviewed: February 2008**

**Originally reviewed by: Michael H. Goodman, MD**

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](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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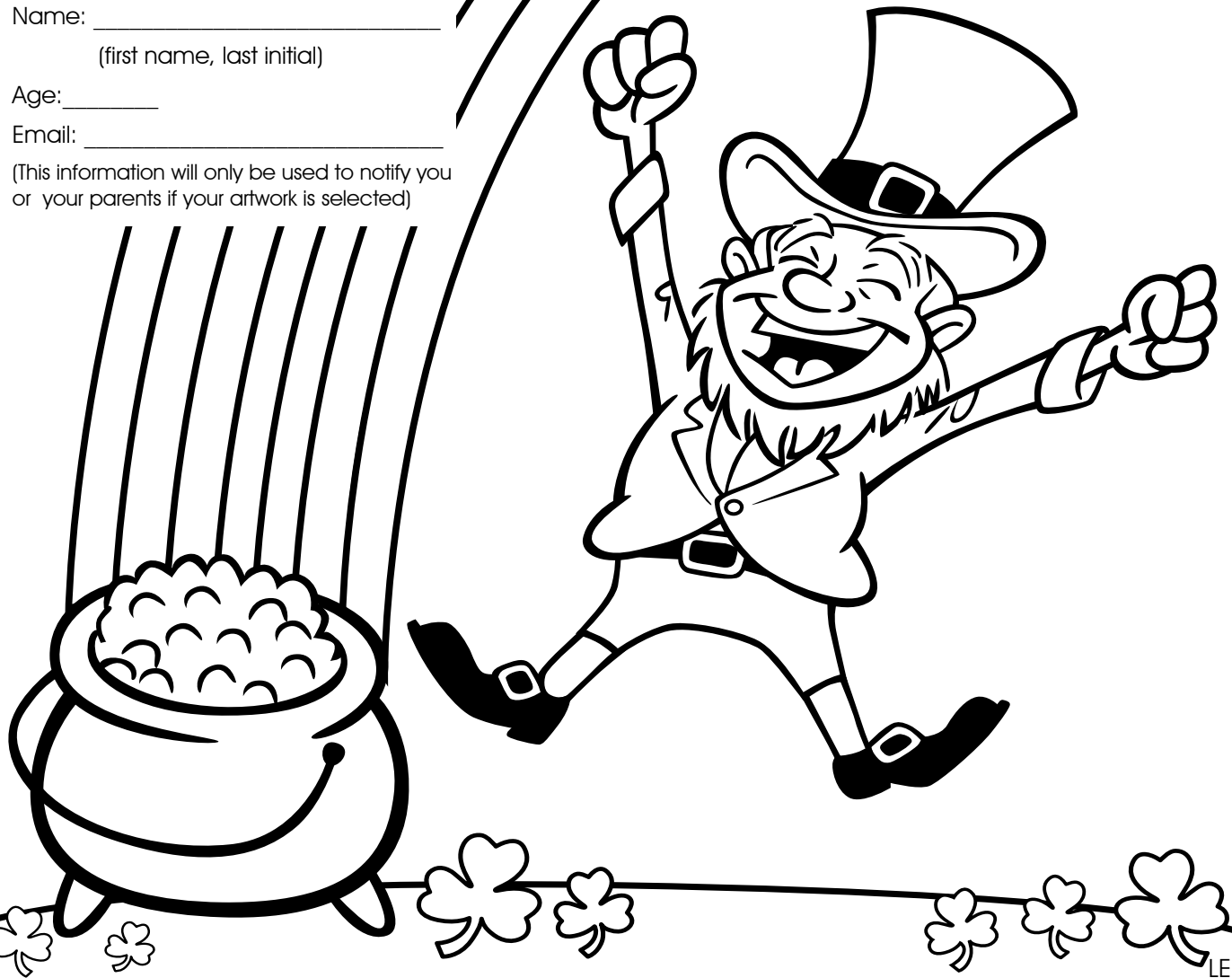
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