



# LAKES

ON ELDRIDGE

Volume 11, Issue 5  
May 2012

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

## May YARD OF THE MONTH

### CALLOWAY | CORNELIUS GOOD NEIGHBOR PROGRAM

There were quite a few contenders this month! We were pleasantly surprised at how many lawns have been beautifully maintained. It's wonderful to see so many people out and working on their landscaping. Way to go!

Winner  
**CARRIE HOYE**  
**12726 WATERSIDE WAY**

Winner  
**LINDA & BOB HIGDON**  
**12422 SUMMERLAND RIDGE**

Honorable Mention  
**PAM & MARK MCGRAW**  
**5502 CHERRY CREEK BEND CT**

Honorable Mention  
**ANTHONY & MORNA RADESKY**  
**12207 SALMON CREEK**

*Congratulations to all of you for a job well done! Winners, please allow 8 weeks for receiving your gift certificate from cornelius.*



above - 12726 WATERSIDE

below - 12422 SUMMERLAND RIDGE



# Lakes on Eldridge

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(non-emergency) .....	281-550-6663
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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)	
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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: [www.lakesoneldridge.net](http://www.lakesoneldridge.net)

## 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 Tuesdays and Thursdays in April and May (except no class on May 15 and class by the pool weather permitting on May 22). Contact Jennifer Adams, [adamsjjenn@gmail.com](mailto:adamsjjenn@gmail.com) and 832-628-5425 for more information.

## Come See Your Lakes On Eldridge Swim Team!

The new swim season is finally here, and our enthusiastic swimmers from LOE and nearby neighborhoods are excited to be back in action and are looking forward to their first meet. Come to our home meets and you will understand how much fun it is for all involved!

Mark your May calendars especially for the Time Trials on May 12, and then Team Picture Day on the 14th! Below is the complete season's calendar for easy reference. For the latest information, go to our website [www.loedolphins.org](http://www.loedolphins.org) and click on 'Meets and Events'.

**May 8 & 10 ..... T-Shirt Distribution After Practice**

**May 12 ..... Time Trials At Winchester(\*)**

**May 14 ..... Team Pictures & Time Trials Make-Up**

**May 19 ..... Home Meet(\*\*) - Loe "A" Vs. Loe "B"**

**May 26 ..... Away Meet(\*\*) - Spring Cypress**

**May 28 ..... No Practices (Memorial Day)**

**June 2 ..... Home Meet(\*\*) - Fairfield**

**June 9 ..... Away Meet(\*\*) - Coles Crossing**

**June 16 ..... Away Meet(\*\*) - Wortham**

**June 23 ..... Away - Divisionals - Magnolia High School**

*(\*) Families completing all their swimmers' time trials times at this meet will receive one (1) volunteer slot credit.*

*(\*\*) Meet preceded the evening before by a Pep Rally at the LOE Pool.*

Our website [www.loedolphins.org](http://www.loedolphins.org) offers a 'Contact' link that you can use to send questions and comments about LOEST. Or if you prefer, you can email one of the Board Members directly (select 'About us', then 'Board of Directors', and click on 'email' under the Board Member's name and position).

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## 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!



## Northwest Houston Moms of Multiples Holds Sale

The Northwest Houston Moms of Multiples group is having their bi-annual Buy/Sell on Saturday, April 21, 2012, 7am-12pm. We will be selling every kind of baby gear, baby clothes, kids clothes, maternity clothes, toys, furniture, games, household items and more! Come see us at The KidsRKids parking lot, 10740 Barker Cypress, Cypress, Texas. 77433. Come early and bring cash! This is a Multiple Family sale with lots of great stuff. See you there!

## Timely Tips for May Gardeners

Texas is home to nearly 5,000 native plant species due to the vast and diverse geography of our great state! Often people envision “native plants” with Mesquites and cacti but many of our basic landscape plants are native to Texas. After the Summer of 2011, gardeners are looking for Texas tough plants in their landscapes. Native plants tolerate our Texas Summer heat better than most, require less water, need less mowing, provide habitats for birds, butterflies and other wildlife, protect the soil and save on fertilizers and insecticides.

Add native trees to your landscape and enjoy the colorful blooms from the Texas Mountain Laurel or Desert Willow. Select Texas Sage for its purple Summer flowers or the Red Yucca with its red spike-like bloom as additions to your landscape. Native grasses such as Mexican Feathergrass or Big Muhly add another different texture and look to the garden. Also, don't forget the reliable perennials for providing Texas tough color! Blackfoot Daisy, Gaura, Coneflower and many of your Salvias are native to Texas and will provide color year after year once they are established.

Don't forget Mom this month! Color in May comes from more than a bouquet of blossoms for Mom on Mother's Day! Plan ahead and give that special person a living bouquet that changes with the seasons. Buy your mom a native plant and know that you are making her garden a more enjoyable place for both her and the birds and butterflies.

If you need specific help with your next gardening idea or project, please join us at Cornelius for FREE in-store gardening clinics this month. Clinics begin at 10:15 a.m. and are facilitated at every store.

### **Saturday, May 5: Those Blooming Shrubs (10:15 a.m.)**

*Evergreens may provide the backbone, but Azaleas, Hydrangeas, Camellias and Roses add the “pop” that colors your garden!*

### **Saturday, May 12: Flowers for Mom (10:15 a.m.)**

*Celebrate Mother's Day with living plants in a container garden arrangement!*

### **Saturday, May 19: Native Plants, Texas Style! (10:15 a.m.)**

*Plants adapted to Texas weather that conserve water, provide habitat and thrive here!*

### **Saturday, May 26: Basic Landscape Design (10:15 a.m.)**

*Experts walk you through soil preparation, plant selection and design concepts.*

***For more information, visit [www.calloways.com](http://www.calloways.com).***

***Hope to see you in the garden soon!***

# LAKEs ON ELDRIDGE COMMUNITIEs

Watch a swan skate the surface of a lake and sunlight beam off the spray of a fountain, be lulled by the gentle babbling of a waterfall and know that you are home. Tucked behind 24-hour manned gates, The Lakes on Eldridge residents experience more than a sense of security and well-being; they know luxury as a way of life. They are part of a community more like a resort than a subdivision; graceful homes interwoven with 26 acres of lakes and fountains, waterfalls and verdant parks.

Should you desire to be a part of this lifestyle, please contact Kay Horsch for all of your real estate needs.



## KAY HORSCH

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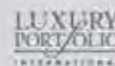
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# Lakes on Eldridge

## BOOK CLUB

*If you would like to join our literary journey, contact Celeste Fritz at celeste.fritz@gmail.com to find the location of each meeting.*

### UPCOMING MEETINGS:

**May 23 - *The Cat's Table* by Michael Ondaatje.**

In Ondaatje's best novel since his Booker Prize-winning *The English Patient*, this richly characterized new novel begins at "the cat's table" of the Oronsay, where 11-year narrator Michael and his divorced mother share meals and the company of others as they journey from Sri Lanka to England. As the ship cuts its path on the high seas, young Michael and his youthful mealtime friends plot freewheeling adventures onboard. In quieter moments, he seeks the counsel and company of his warm-hearted older cousin Emily. Only later, when he jolts forward into adulthood do all the implications of this adolescent journey play out on his personality.

**June 25 - *A Tale of Two Cities* by Charles Dickens.**

We celebrate the 200th birthday of Charles Dickens by adding a classic to our reading list. Perhaps one of Dickens' best novels, the book is set in London and Paris before and during the French Revolution. The novel depicts the plight of the French peasantry demoralized by the French aristocracy in the years leading up to the revolution, the corresponding brutality demonstrated by the revolutionaries toward the former aristocrats in the early years of the revolution, and many unflattering social parallels with life in London during the same time period.

## LOE Residents Visit Every Texas County

On November 27th of last year, LOE residents Ed and Linda Taylor celebrated the completion of their visits to all 254 counties in Texas with a steak dinner at the White Buffalo Bar and by spending the night at the historic Gage Hotel in Marathon. They chose the Gage Hotel as a fitting place to end their trip and celebrate its completion, because of the historical meaning of its restoration and preservation by J. P. Bryan, founder of Torch Energy and an important collector of Texas history.

At each county they visited, when available Ed and Linda went to see the County Clerk, County Judge, or other county official, to inquire about oil and gas activity and online records service availability, while observing the land activity in the records area. They always took outdoor pictures and sometimes indoor ones too, while collecting lots of business cards and county memorabilia. Linda has created with them an outstanding scrapbook. Our state is truly remarkable!

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# Lakes on Eldridge

## Bunco Junkies

Members of Bunco Junkies meet & play at the LOE Beach Club House on the 1st Thursday of each month from 12 noon until 2 pm. We must have 12 players each month to be able to play. Please speak to your friends & neighbors and ask them to join us in this easy and fun game. Players do not have to be residents of Lakes on Eldridge to play.

For more information contact Catherine Spellings at CTSpellings@aol.com, or call 713-628-7083 or 713-896-1652.



## ARTICLE SUBMISSIONS

If you would like to submit an article or any information for the Lakes on Eldridge Newsletter you may do so by sending the information to news@lakesoneldridge.net. This information should include your name. All information should be received no later than the 9th of the month and is subject to editorial approval as well as space limitations.

## Spicewood Arts Society's Arts Round-up

The Spicewood Arts Society is sponsoring its ninth Arts Round-Up Festival of Fine Arts on October 20 & 21, 2012. We encourage applications from Texas artists who wish to join us in this wonderful fall art festival in the fast growing Spicewood area. The art show will be held on the beautiful grounds surrounding the La Cabana Grill in a grove of live oak trees at 21103 Hwy 71 West in Spicewood. Guest admission is free.

Spicewood is an affluent and rapidly growing community with sophisticated art buyers. In addition, Spicewood is just a short drive from Austin, Marble Falls, Horseshoe Bay, Johnson City, Lakeway, Bee Caves, and Oak Hill, providing participating artists the opportunity to exhibit their work to a variety of art patrons. We encourage all artists living or working in Texas to apply.

The goals for this show are to provide a cost effective venue for artists to display and sell their art and to provide fun for the whole family. Further information about the show and application forms are available at [www.SpicewoodArts.org](http://www.SpicewoodArts.org).

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## Looking for Volunteer Hosts!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. We are looking for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 or [jennifer4cci@aol.com](mailto:jennifer4cci@aol.com).

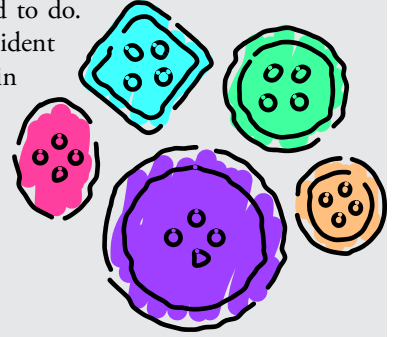
## Cypress Christian School to Host Summer Camps

Each summer, Cypress Christian offers camps for children in the community to hone their skills, prepare for next year, and just have FUN! Sports camps hosted at CCS allow young athletes to play the game they love over the summer! Academic camps will help students improve their study skills and give them opportunities to practice their skills in reading, writing, and math. For more information, please go to the school website at [CypressChristian.org](http://CypressChristian.org) or call 281-469-8829.

## 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.



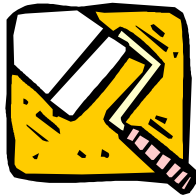
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## Top Ten Tips for Improving Bad Breath

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath with these top ten tips.

Call it by its fancy name, "halitosis," and it won't smell any sweeter. Bad breath is frequently a sign that you're not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

**Brush your choppers twice each day.** Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

**Reach between your teeth.** Flossing daily helps you remove food particles from between your teeth, where your toothbrush just can't reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.

**Pick up an electric toothbrush.** Along with floss, an electric toothbrush removes plaque better than a manual toothbrush.

**Treat your tongue right.** Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

**Tap your inner teenager and chew gum.** The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to "dry mouth," a condition sometimes caused by medication, let us know; we can help address the problem.

**Don't fall for the myth of mouthwash.** Most mouthwashes merely mask the smell of bad breath and don't do anything to solve the underlying problem.

**Hydrate, hydrate, hydrate.** Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating.

**Turn off the tobacco.** Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health problems, from periodontal disease to cancer.

**Take note of what you take in.** Certain diets, foods and medications can affect your breath. If your problem doesn't appear to be oral, make a list of the foods you eat and medications you take. Review it with your dentist or your family doctor to assess the source of the problem.

**Call in the experts.** It's important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn't possible at home, as well as check for and treat early signs of problems such as cavities or periodontal disease.

In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately.

*Submitted by Dr. Flury*





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# Lakes on Eldridge

## A Focus on Physical Activity - Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

### HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

*Any physical activity is better than no physical activity*

- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
- Most health benefits occur with at least 150 minutes a week*
- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

*For most people, additional benefits occur when*

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

### SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make

sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

### WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

### HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

*For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.*



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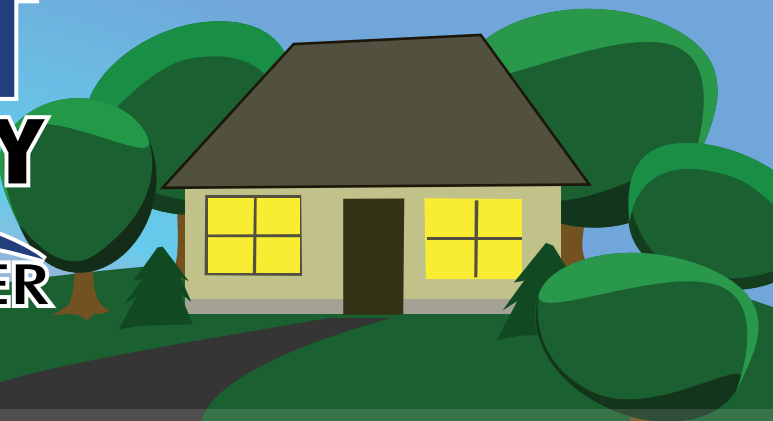
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Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 [jennifer4cci@aol.com](mailto:jennifer4cci@aol.com)



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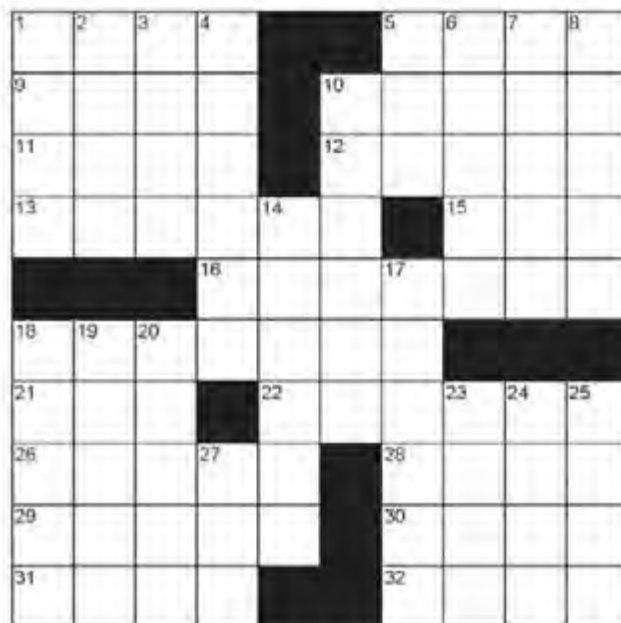
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## CROSSWORD PUZZLE



### ACROSS

1. Arabian
5. Partial
9. Ice cream holder
10. Hoax
11. Acres
12. Smooth tightly twisted thread
13. Insecure
15. Estimated time of arrival
16. Knife
18. A feminine name
21. Epoch
22. Center of much political dispute
26. Protective covering
28. Ill-mannered
29. Stair grips
30. Mined metals
31. Tinted
32. Lack

### DOWN

1. Organization concerned with civil liberties (abbr.)
2. Colored horse
3. Green Gables dweller
4. Smear
5. \_\_ Lanka
6. Comforts
7. Many
8. Utopian
10. Airmen
14. Steps
17. Linear
18. Facial hair
19. Orderly arrangement
20. Synthetic fabric
23. Manner
24. Eve's garden
25. For fear that
27. Olden

View answers online at [www.peelinc.com](http://www.peelinc.com)

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## PLEASE LET US KNOW!

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

# LANDSCAPING

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## Celebrate Cinco de Mayo AT SPRING FESTIVAL

On Saturday, May 5th, Boys and Girls Country of Houston will host their annual Spring Festival on their campus in Hockley, Texas. Located 35 miles northwest of downtown Houston, Spring Festival is a great way for families to spend the day.

Spring Festival promises to be a huge celebration for community and family with a lively Cinco de Mayo theme. Admission and parking are free, and children's all-day event passes are only \$15 each. Booths will include a number of inflatable rides like King of the Mountain, Shark Slide, and Water Balls; a Slime Machine booth where you can slime your favorite person, and crafting booths for the little ones. There will be three stages with a variety of live entertainment, including Spanish musicians, Gospel singers, and solo artists.

"All of the proceeds of Spring Festival go directly to helping us provide a Home for our children," said George O'Neal, Director of Spring Festival and Community Relations. "This is going to be our largest and most exciting Spring Festival ever with many new additions that add fun and excitement."

*For 41 years, Boys and Girls Country has provided a Home for children from families in crisis. They raise 88 children at their main campus and provide support to 55 young adults in their College and Career program. Boys and Girls Country is not a United Way member agency and does not rely on federal or state funding.*

### DATE

Saturday, May 5, 10 a.m. – 5 p.m.

### TIMES

**Live Auction:** 1:15 p.m.

**Silent Auction:** 10 a.m. to 3 p.m.

**Lunch:** Served 11 a.m. - 3 p.m.

Barbecue, Chicken Burrito, or  
Hamburger/Hot Dog (Adult Plate:  
\$8.00, Kid's Plate: \$6:00)

### ACTIVITIES

All-Day Kids' Activity Passes:  
\$15.00 (individual activity tickets  
also available starting at \$0.25 each.)

### LOCATION

18806 Roberts Road, Hockley,  
Texas 77447, 19 miles west of  
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**Did you know that drowning is still the #1 cause of accidental death for children under 5 and the #2 cause for children ages 1-14?**

Join us as we celebrate May as National Water Safety month.  
Please keep your family safe around water and have the  
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