



Lakes on Eldridge Clubhouse Fire

The fire officially began 7:24pm Christmas night. The origin of the fire was determined to be the recessed lighting in the tower. There was no evidence the fire was intentionally set. The fire investigation was completed by the Harris County Fire Department and the Hanover Insurance Company (LOE's carrier).

The Insurance Company was notified of the fire on 12/25. LOE has replacement coverage. At the time this was written, The property assessment was in progress and payment information was not expected to be known until at least the end of January. The building contents was identified and submitted for payment, and \$100K had already been awarded for initial expenses.

The remediation is to include the demolition of both the main clubhouse and the tower. The pool restroom building had minimal damage. The pool equipment building was damaged by smoke, but can be renovated. The two covered walkways are to be partially demolished based on individual damage. Only a few tiles on the pool were damaged and have been repaired. The pool equipment appeared undamaged.

The following represents an approximate chronology of events from 12/25 until 1/17.

- Harris County began fire investigation 12/25 (night of the fire)
- Property secured 12/25 with security guards and 12/26 with a fence to protect homeowners and incident scene
- Regal Construction, strongly recommended by Hanover, is brought in on 12/26 to assist the analysis and perform clean up and demolition.
- Emails to the community are initiated on 12/26 with weekly updates following.
- All major LOE contractors were contacted 12/26 and began verification and repair of damage.
- Hanover began their fire investigation 12/27.

- Cleaning of the area behind the clubhouse was initiated 12/27.
- Regular users of the clubhouse were contacted beginning 12/27; all users have now relocated to homes or LOEN.
- As-built drawings were obtained 12/ 28.
- An Email address was established for design recommendations on 12/28 – loeclubhouse@gmail.com. All design recommendations were to be submitted by February 4th.
- The Pool cleaning began 1/ 2 and was completed 1/ 4. This was critical to prevent damage to the pool plaster.
- An analysis of the pool equipment functionality was completed on 1/3.
- The source of ignition was identified by Hanover on 1/3.
- Hanover released the clubhouse to begin demolition activities on 1/7. The first stage is cleaning the interior to enable completion of the insurance assessment, with the second stage the actual demolition of remaining walls.
- The clubhouse redesign team officially initiated work on 1/8. The team consists of 9 residents including 2 architects and an interior designer, all working at no cost to the community, as well as 3 Board members. They started working on two approaches:
 - Similar footprint with slight changes
 - Enlarged footprint incorporating numerous ideas. The most requested changes are an enlarged kitchen, a work-out center and cameras or security measures. The final design will be based on the insurance payment and the cost of requested changes. A town hall will be held before completion of design process, so all residents see the recommended proposal.
- A Town Hall to discuss the fire and building project was held 1/17.

The Board sincerely thanks the Cy-Fair Fire Department for their efforts on Christmas night. The Board also would like to thank all the residents who have already given their time, talents and support to this major rebuilding effort.

Lakes on Eldridge

IMPORTANT NUMBERS

AMI	713-932-1122
Gate Attendant.....	713-937-8825
Waterfowl, Betty Burkett.....	713-302-9929
Sheriff - (non-emergency).....	713-221-6000
Cy-Fair Fire Department - (emergency).....	281-466-6161
(non-emergency)	281-550-6663
Poison Control	1-800-764-7661
Texas DPS.....	713-681-1761
Waste Management	713-695-4055
(trash collection Mondays & Thursdays)	
SouthWest Water Company	713-405-1750
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
CenterPoint (gas)	713-659-2111
Center Point (street light).....	713-207-2222
(give pole # of street which is out)	
Comcast.....	713-341-1000
Houston Chronicle	713-220-7211
Metro Transit Info.....	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Falls High School	281-856-1000
Cy-Ridge High School	281-807-8000
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LOE BOARD OF DIRECTORS

To contact a member of the Board of Directors, call Richard Lowstetter with AMI at 713-932-1122. Leave the number where you can be reached. Your message will then be forwarded onto one of the following board members:

Carlton Thorpe.....	President
Gary Fehsenfeld	Vice President
Kim Treas	Secretary
David King	Treasurer
David Westphal.....	Director

Visit the Association Website: www.lakesoneldridge.net

2012 LOE Decoration Contest Winners

OVERALL WINNERS (WITH PHOTOS OF GIRL SCOUT TROOP 16100 AND HOMEOWNERS):



Crescent Banks - Georgia & Gus Lester, 12911 Silent Shore



Crescent Cove - Judy & Eddie Ilavia, 5206 Barons Cove



Crescent Bay - Ken & Brenda Zetka, 12508 Still Harbour



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Lakes on Eldridge

Bristol Banks - Jerrold & Deborah Dunaway, 5310 Bristol Bank Ct



Bristol Banks - Jerrold & Deborah Dunaway, 5310 Bristol Bank Ct



WINNERS IN OTHER VILLAGES:

Pelican Point

Charlotte Howell, 5522 Lake Place Drive

Eagle Bend

James & Laurie Clark, 5502 Island Breeze

Indigo Falls

Matthew & Pamela Czuba, 12431 Summerland Ridge

Eden Springs

Brandon & Elizabeth Clark, 5602 Ivory Mist

Bay Meadows

Jerry & Heather Von Sternberg, 5403 Sterling Brook

Auburn Shores

12103 Millstream Way

Bristol Waters

Cathy & Bill Barrows, 5110 Indian Shores

Pebble Way

Robert & Margret Wegner, 12518 Whispering Sands Ct

Crystal Falls

Lake Shore Estates

Anthony & Ann Rossi, 5501 Cardinal Bay

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Adoptable Pet of the Month

Lulu was turned into BARC, the Houston city animal shelter, when her owner went into hospice care and the children brought her to BARC. That is usually traumatic for a pet, but Lulu has such an unbreakable spirit, she made lemonade out of lemons! She promptly charmed everyone at BARC, especially the volunteers who met her. Finally a volunteer pulled her out of the shelter, when she had run out of time. She couldn't go to adoptions because she is heartworm positive, although she was spayed. Not everyone is educated on heartworms. She is now on monthly preventative.

Lulu is such a happy, sweet girl. Always smiling, she will never turn down a treat, although she now gets far fewer treats I'm sure than she got from her previous owner. She was a loved dog, you can tell, and is extremely well behaved; she doesn't even need a crate. Even though she is a senior, she still has plenty of get-up-and-go! She is used to belonging to a human and she adores people. She will be your new and most loyal best friend, if given the chance. Honestly, she will have eyes for you only. She is an easy dog to care for and to love.

It's estimated that Lulu is about 7 or 8 years old. She weighs about 40 lbs, is spayed, micro-chipped, vaccinated and housebroken. As for her breed, your guess is as good as ours! Perhaps some Beagle? If you would like to find out more about Lulu or even just meet her, please contact Cindi at cindi.hohle@c-a-m.com or Anke Arnold at 713-856-6795.



LOE Playgroup Starting Up!

Moms, dads, grandparents and/or nannies, we (Jennifer, Abbey, and Lauren) are forming a group for neighborhood kids to get together for play dates. It will be a great opportunity for neighbors and kids to socialize.

If you are interested in joining the group, please send us the following information by emailing it to LOEPlaygroup@gmail.com:

- 1 - Name and Relation to child or children (mom, dad, grandparent, guardian etc)
- 2 - Name and Age of child or children
- 3 - Availability for playgroup: During the weekday, weekend or both
- 4 - Street you live on in LOE (e.g., Millstream way)
- 5 - Contact information: phone number and email

Once we have the information, we can organize different playgroups based on availability and ages of the children. If you have any questions, please don't hesitate to contact the email above.



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Lakes on Eldridge

Youth Track Club

REGISTRATION DURING FEBRUARY

The Northwest Flyers Youth Track Club is registering athletes for the 2013 summer track season. Elementary students up to 6th grade should register during February and the first week of March. Middle and high school athletes can also register, but should compete after their school season is over.

The non-profit, 501(c)(3) club is affiliated with USA Track & Field (USATF), and 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 285 members, and was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

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.

Cypress-Tomball Democrats Feb. Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, February 19th, 2013, at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month, and always features an informative guest speaker. For more information, visit the website at www.cytomdems.com or contact Olga Moya at cytomdems@yahoo.com.



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Cy-Fair Kiwanis Club

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. 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, Jersey Village, 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.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization as well as individual memberships.

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.

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.



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	LOE		LOEN	
	# Sold	\$/ft.	# Sold	\$/ft.
3 Bedrooms	5	\$114.04	2	\$135.68
4 Bedrooms	16	\$118.17	33	\$124.84
5+ Bedrooms	2	\$130.51	12	\$135.73
1 Story	5	\$114.45	9	\$128.41
2 Story	18	\$119.42	38	\$128.00
Without Pool	12	\$109.90	28	\$118.60
With Pool	11	\$127.54	19	\$142.05
Built 1990-1999	20	\$116.96	0	\$0.00
Built After 2000	3	\$127.57	47	\$128.08
Never Lived In	0	-	0	-
1500-2000 sq. ft.	0	-	0	-
2000-2500 sq. ft.	2	\$111.50	0	\$0.00
2500-3000 sq. ft.	6	\$116.93	5	\$135.67
3000-3500 sq. ft.	8	\$112.05	17	\$118.43
3500-4000 sq. ft.	1	\$99.61	8	\$125.08
4000-4500 sq. ft.	5	\$132.69	7	\$123.86
4500+ sq. ft.	1	\$137.81	10	\$146.05
Waterfont	1	\$137.81	5	\$145.25
Waterview	3	\$121.70	5	\$144.86
Cul-de-sac	8	\$117.66	11	\$118.66
Other	11	\$116.15	26	\$125.54

All information obtained from HAR mls data.

FACT: In the last 5 months we had the best resale market ever recorded in LOE and LOEN!

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Lakes on Eldridge

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We meet every three weeks from Noon to 2:00 PM on Saturday at Spring Creek BBQ, 25831 Northwest Freeway, Cypress, TX 77429.

Go to our website at www.cypresstexasteaparty.org for meeting days and speakers or email for more information David M. Wilson, Director, Cypress Texas Tea Party, cypresstexasteaparty@gmail.com

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Book Club

Book club had a great year in 2012 and 2013 has started strong too! We are trying a genre new for us this year—SciFi/Fantasy—as well as adding in a classic. Consider joining us on the 4th Monday of each month at 7:30 P.M. We take turns hosting the meeting, so please contact celeste.fritz@gmail.com to get the details for each meeting.

Here is our tentative schedule for 2013 so far:

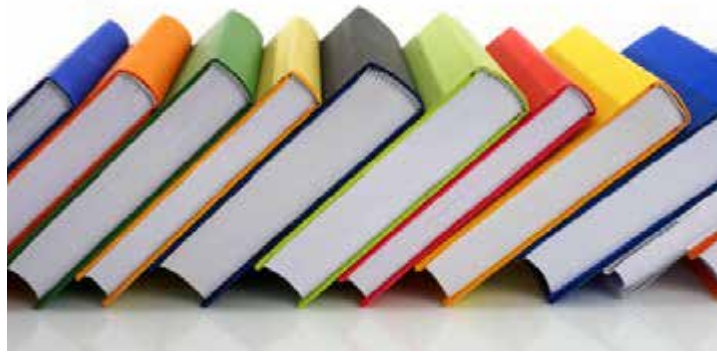
February 25 - The Eye of the World by Robert Jordan. Still think Robert Jordan is the hero of Hemingway's For Whom the Bell Tolls? Not sure what all the hype's about? If you've yet to experience the magic, mystery, excitement, and splendor of Robert Jordan's spectacular Wheel of Time fantasy series, now's your chance to get hooked, as have millions of fans worldwide. It all began with The Eye of the World, which launched the complex, spellbinding adventures of Rand, Egwene, Moiraine, Lan, and so many others.

March 25 - The Catcher in the Rye by J. D. Salinger. Ever since it was first published in 1951, this novel has been the coming-of-age story against which all others are judged. Read and cherished by generations, the story of Holden Caulfield is truly one of America's literary treasures. Salinger's classic coming-of-age story portrays one young man's funny and poignant experiences with life, love, and sex.

April 22 - Coyote by Allen Steele. Allen Steele's Coyote is reminiscent of science fiction classics like Isaac Asimov's Foundation series and Arthur C. Clarke's The Songs of Distant Earth. After stealing a starship full of political refugees, Captain Robert E. Lee and his crew travel to a distant planetary system with a habitable moon (named Coyote) with the dream of starting a colony free from governmental and social oppression.

May - TBD

June 24 - The Casual Vacancy by J. K. Rowling. Harry Potter fans waited nearly six years for J.K. Rowling's next book, and debates about its merits will probably persist for at least another decade. For those not disturbed by Rowling's first venture into adult fiction, The Casual Vacancy has earned praise as "a richly people, densely imagined world...intelligent, workmanlike, and often funny."



Heart Healthy Lifestyles

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.

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Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.

- Kids Stuff -

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

WHY EXERCISE IS COOL

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.

So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing, biking, or rowing. And don't forget

that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics

- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool! Reviewed by: Mary L. Gavin, MD
Date reviewed: February 2009

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