

Volume 12, Issue 3 March 2013 Official Newsletter www.lakesoneldridge.net

Annual Easter Egg Hunt

The Annual Easter Egg Hunt for the young children of Lakes on Eldridge will be held on Saturday March 23, 2013 in front of the Beach Club. The hunt begins at 10:00 a.m. sharp.

The children hunt in two separate areas in front of the Beach Club. One area is designed for the younger children, ages 1-4 and the other is for children ages 5 and up. After the hunt, everyone is invited to enjoy light refreshments and a visit with the Easter Bunny. Please bring your Easter baskets and do not forget your camera!

Help is needed to hide the eggs and assist with the set up the morning of the hunt beginning at 9:00 a.m. For more information about the Easter egg Hunt or if you would like to volunteer, please call Georgia Shotwell at (281)460-8505 or email at gshotwell@sbcglobal.net.



IMPORTANT NUMBERS

AMI	.713-932-1122
Gate Attendant	
Waterfowl, Betty Burkett	
Sheriff - (non-emergency)	
Cy-Fair Fire Department - (emergency)	. 281-466-6161
(non-emergency)	.281-550-6663
Poison Control1-	-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)	
(give pole # of street which is out)	
Comcast	
Houston Chronicle	.713-220-7211
Metro Transit Info	.713-635-4000
Kirk Elementary	713-849-8250
Truitt Middle School	
Cy-Falls High School	.281-856-1000
Cy-Ridge High School	
Newsletter Publisher	
Peel, Incadvertising@PEELinc.com,	888-687-6444

LOE BOARD OF DIRECTORS

To contact a member of the Board of Directors, call Elise Campagna 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:

Carlon Thorpe	President
Gary Fehsenfeld	
David Westphal	Secretary
Doug Ray	Treasurer
Kim Treas	

Visit the Association Website: www.lakesoneldridge.net

New Procedures for LOE Newsletter

The LOE newsletter is generated by Peel, Inc. and is 100% funded by advertising. For the last several years Sandro Tombesi, a resident in LOE, has diligently served as the editor for this newsletter. Unfortunately, Sandro will be leaving our community in the upcoming months. His departure and the recent timeliness issues where both January and February editions arrived in the same week have caused the LOE Board to revamp the newsletter procedures with Peel. Effective February 1, 2013, all submissions to the newsletter should be submitted to lakesoneldridge@peelinc.com no later than the 14th of each month. Peel will then generate the proof copy of the newsletter which will be reviewed by the Board by the 19th of each month. The newsletter will then immediately go to print and distribution. The goal of this procedure will be to have the newsletter in resident's mailboxes by the 1st week of each month. This change to an approximate 2-3 week turnaround from article submission to receipt should dramatically improve the value of the newsletter.

If you would like to submit an article, please keep in mind the following guidelines from Peel:

- 1. Articles must be in Word format and should be spell checked before submission.
- 2. Photos must be submitted as separate jpg files. They cannot be imbedded in an article.
- 3. No copyrighted material will be published without prior written permission from the original author.
- 4. No articles that are actually advertisements will be accepted for publication. If the article has a by-line or includes a business name, phone number, address or web page, then it is considered an ad.
- 5. Any article received after the 14th will be held until the next month's edition. This is particularly important to remember for announcements of upcoming events. As an example, a 4th of July party announcement should be submitted by May 14th to ensure publication in the June newsletter.

The Board appreciates Sandro's long years of service to the community.







WHEREVER LIFE MOVES YOU CALL ON US



Ann P. Knoche Memorial Office Direct: 281.582.3911 Cell: 281.844.1111 annpk@heritagetexas.com har.com/AnnKnoche

14340 Memorial Drive

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Kay Horsch Royal Oaks Office Direct: 281.679.0101 Cell: 713.703.8313 kay@kayhorsch.com har.com/KayHorsch 11689 Westheimer, Ste. C

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Neighborhood Crime Watch Program

Many communities have begun this successful program with nothing more than determination, encouragement and participation from homeowners and renters living in the same community.

Neighborhood Crime Watch is a program of mutual assistance among neighbors aimed at reducing crime in the community at a grass roots level. It involves good neighbors working together. A willingness to look out for one another's properties. By working together we can combat crime in our community BEFORE IT STARTS!

We are looking for BLOCK CAPTAINS in order to initiate this program. The duties of the Block Captains would be the following:

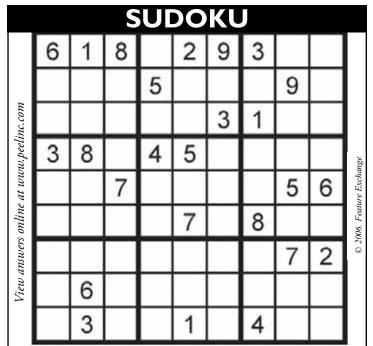
- 1. They would compile a list of all those in that particular neighborhood who wish to participate, as well as their addresses and phone numbers.
- 2. They would relay telephone calls from the Chairperson to back up Captains in that neighborhood.
- 3. They would distribute literature to Crime Watchers when necessary.
- 4. They would assist the Chairperson with quarterly meetings.
- 5. They would maintain a list of names, addresses, telephone numbers of other Block Captains in the neighborhoods.
- 6. They would report to the Chairperson any arrest resulting from information from other Crime Watchers.

This is a wonderful way for ALL residents to become involved in their neighborhoods, meet new neighbors and stop crime before it starts! This can be very successful if we have good participation from all our neighborhoods within LOE.

Please contact the following individuals if interested in serving as Block Captains: We can have a few for each Neighborhood.

Maggie Wegner - 713-466-3306 Clive Gardner - 281-460-3168





The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.





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**Realtor Teams per Remax 9/2008, 3/2009

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20 Things Your Burglar Won't Tell You

You just might learn something that will save your home from being burglarized.

- 1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
- 2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
- 3. Love those flowers. That tells me you have taste... and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
- 4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.
- 5. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
- 6. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom and your jewelry. It's not a bad idea to put motion detectors up there too.
- 7. It's raining, you're fumbling with your umbrella, and you forget to lock your door understandable. But understand this: I don't take a day off because of bad weather.
- 8. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
- 9. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.
 - 10. Here's a helpful hint: I almost never go into kids' rooms.
- 11. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.
- 12. A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, you can buy a \$35 device that works on a timer and simulates the flickering glow of a real television.
- 13. Sometimes, I carry a clipboard. Sometimes, I dress like a lawn guy and carry a rake. I do my best to never, ever look like a crook.
 - 14. The two things I hate most: loud dogs and nosy neighbors.
- 15. I'll break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he'll stop what he's doing and wait to hear it again. If he doesn't hear it again, he'll just go back to what he was doing. It's human nature.
- 16. I'm not complaining, but why would you pay all that money for a fancy alarm system and leave your house without setting it?
- 17. I love looking in your windows. I'm looking for signs that you're home, and for flat screen TVs or gaming systems I'd like. I'll drive or walk through your neighborhood at night, before you close the blinds, just to pick my targets.

- 18. Avoid announcing your vacation on your Facebook page. It's easier than you think to look up your address. Parents: caution your kids about this. You see this every day.
- 19. To you, leaving that window open just a crack during the day is a way to let in a little fresh air. To me, it's an invitation.
- 20. If you don't answer when I knock, I try the door. Occasionally, I hit the jackpot and walk right in.



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We are pleased to announce that Karen recently participated in the sale of 5511 Cardinal Bay in Lakes on Eldridge.

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Karen Parker

Certified Home Marketing Specialist Lakes on Eldridge Resident

Direct: 281.610.4866 Office: 713.461.6800

Email: karen.parker@garygreene.com

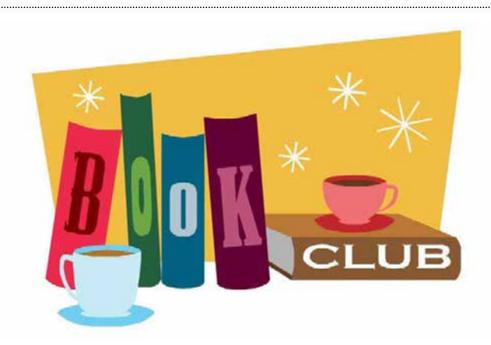


GARY GREENE

Buying or selling, I understand . . . RESULTS MATTER.

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We had to tweak our schedule for this year, but I think we are all happy with the result. It looks like our theme for this year is "Reading Fun", as we have many books that look like they'll be fun to read. 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.

Mar. 18 (date changed because of Passover) - Little Bee by Chris Cleave. WE DON'T WANT TO TELL YOU TOO MUCH ABOUT THIS BOOK. It is a truly special story and we don't want to spoil it. Nevertheless, you need to know something, so we will just say this: It is extremely funny, but the African beach scene is horrific. The story starts there, but the book doesn't. And it's what happens afterward that is most important. Once you have read it, you'll want to tell everyone about it. When you do, please don't tell them what happens either. The magic is in how it unfolds.

April 22 - 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. Find out why The New York Times recently said, "Robert Jordan has come to dominate the world that Tolkien began to reveal."

May 20 - moved up because of Memorial Day. From Notting

Hill with Love...Actually by Ali McNamara. She was a girl, standing in front of a boy...

Movie fanatic Scarlett O'Brien dreams of a life as glamorous and romantic as all the big screen flicks she worships. When a chance house-sitting job in iconic Notting Hill comes along, she knows living in one of her favorite movie settings is an opportunity too good to pass up. Leaving behind her skeptical friends, family, and fiance, Scarlett heads to London and finds herself thrust into the lead role of her very own romantic comedy. But can real life ever be just like the movies? Largerthan-life new friends, a handsome but irksome new neighbor, and a mystery from her past may prove to Scarlett that living her life like a RomCom is more complicated than she thought!

June 24 - The Casual Vacancy by J. K. Rowling. When Barry Fairweather dies unexpectedly in his early forties, the little town of Pagford is left in shock. Pagford is, seemingly, an English idyll, with a cobbled market square and an ancient abbey, but what lies behind the pretty façade is a town at war. Rich at war with poor, teenagers at war with their parents, wives at war with their husbands, teachers at war with their pupils...Pagford is not what it first seems. And the empty seat left by Barry on the town's council soon becomes the catalyst for the biggest war the town has yet seen. Who will triumph in an election fraught with passion, duplicity and unexpected revelations? Blackly comic, thought-provoking and constantly surprising, The Casual Vacancy is J.K. Rowling's first novel for adults.

July 22 - Coyote by Allen Steele. The national bestselling story of Earth's first interstellar colonists-and the mysterious planet that becomes their home.

August 26 - Les Miserables by Victor Hugo.

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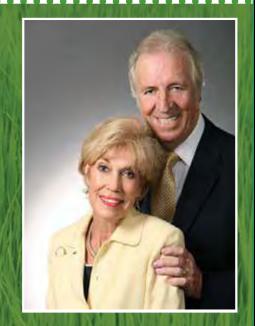
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LOE Playgroup Starting Up!

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.

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to lakesoneldridge@peelinc. com Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



Swans Can Be Dangerous

This time of the year, Mother Nature provides our LOE swans with some common sense. It is mating, nesting, and egg-laying season and they feel the need to protect their territory against predators including humans, dogs, and 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 hand fed while posing no threat. However, our cobs (males) will become aggressive and territorial in trying to protect his pen (female) and 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 accompanying picture, please stay away, do not attempt to feed him, and walk on the other side of the street as he is in his ATTACK position. Please warn your nannies and sitters not to stroll babies around the swans. We must try to remember that the swans are merely protecting their territory and readying the area for their young. We need to be as cautious of them as they are of us. Thank you for your cooperation!



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TIME FOR A MARKET UPDATE!

Searching 5 months prior to 10/08/2012	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!

Buyers Looking...Listings Needed!



Resident of Lakes on Eldridge North

832-788-6002 danielle@dgebara.com Proud to be involved!



Timely Tip for March Gardeners

The yard of the month committee will again be coming to your neighborhood beginning April 1! Just thought you might like a heads-up on when to begin sprucing up your gardens!

Lakes on Eldridge is a member of the Cornelius Nursery "Good Neighbor Program".

Yard Of The Month Guidelines

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

There will be two yards chosen each month for the Yards of the Month. There will also be two yards chosen for Honorable Mentions. Yards of the Month only will receive an extra bonus.

Each Yard of the Month winner will receive an extra bonus -A \$25.00 gift certificate from Cornelius Nursery.

Yard of the Month will be chosen by the Yard of the Month Committee only.

Yard of the month signs will appear in the front yard of the winners from the first day of the month until the last day of the same month. The signs are donated by Cornelius Nursery.

One of the Yard of the Month Committee members will collect the signs from the front yards on the last day of the month. Please, Do not remove or discard the sign yourself.

We will begin selecting winners in April and continue through December. There will be 18 winners each year!

Criteria for choosing the Yard of the Month winners:

A. Color B. Balance

C. Maintenance

D. Aesthetics

Name, address, and photo of yard will appear in neighborhood newsletters each month.



Evening Bunco

We are looking for new members to play Bunco. We meet the second Wednesday of the month at 7p,m,

There is no skill involved with this game. If you are interested in a casual and fun evening with neighbors, please contact Carrie at cgloid@hotmail.com.



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- · Gutter Repair/Replacement
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Lakes on Eldridge **Bible Study**

Due to the fire at our Beach Club on Christmas night, the Lakes on Eldridge Bible Study moved to the activity center at Lakes on Eldridge North. We so appreciate their kindness and generosity in letting us share their facility on the same day and same hour as we had before the fire.

Our new study focuses on Becoming A Woman Who Listens To God in a 16 week study by Sharon Jaynes. The author of this study, addresses How God still speaks to us today, identifies whose voice we hear, suggests barriers that block our hearing, and remedies for learning to listen and hear when and what God speaks to us.

Please join us every Tuesday morning from 9:15 to 12:00 Noon for fellowship, praise, study, and prayer. Study guide books are available at the meetings and cost \$13.00. The Lakes On Eldridge North is located at Tanner Rd. and Lakes On Eldridge North, between North Eldridge Parkway and Brittmoore Roads. Enter through the visitor's gate on Tanner Rd. and give your name to the guard. Then, continue to the stop sign, and turn left on Catalina Shores then continue until you see the activity center on your right.

If you need additional information, please contact Stephanie at 713-560-0042.

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WHQG Quilt Show

Several members of Lakes on Eldridge and Lakes on Eldridge North are members of the West Houston Quilters Guild, a 501C3 organization. We have our biennial quilt show coming up on Friday and Saturday, April 5th and 6th at the Merrill Center in Katy.

Celeste Fritz

LOE resident & Vice-Chair of WHQG Quilt Show

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).

Meetings will be at the Lakes on Eldridge North clubhouse at 7:30 pm on Tuesdays and Thursdays. Best to email or call Jennifer Adams, adamsjjenn@gmail.com, 832-628-5425, to make sure they are on. Know blackout dates with no meetings are March 26th, May 28th, Sept 24th, Nov 26th.



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CYPRESS TEXAS TEA PARTY

It is the purpose of the Cypress Tea Party to work for the return of the United States of America to the conservative constitutional principles on which the Republic was founded. Those principles being freedom and liberty for the citizens, smaller government, limited government interference in the lives of citizens and less government spending.

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 me for more information David M. Wilson
Director, Cypress Texas Tea Party cypresstexasteaparty@gmail.com

Looking for Volunteers!

High School Students from 60 countries are arriving to our area this coming august and I am looking for volunteers to host them. You need to provide a bed and meals for the student. They have their own spending money and are fully insured. If you are interested in volunteering and making a dream of a teen come true please email or call.





OFFICAL PRELIMINARY FOR MISS TEXAS & MISS AMERICA SCHOLARSHIP PAGEANT

Cy-Fair Area is set for two days of pageants as Miss/Miss Teen compete on March 23rd & Princess Divisions on March 24th, 2013. The 2013 Miss Cy-Fair Houston Pageant, hosted by Cy-Fair Houston Chamber of Commerce, takes the big stage in its Fourth Annual Pageant on March 23th, 2013 at 6pm for all Miss & Miss Teen Contestants at Berry Center, 8877 Barker Cypress Road, Cypress, TX 77433. All Princess Contestants will compete on the following day, March 24th, 2013 at Berry Center. Applications are now being accepted via fax or mail. No Checks accepted.

"We are excited about the Miss division being accepted into the Miss America Scholarship System as a preliminary for Miss Texas. This will allow the outstanding young ladies of this area to show their leadership skills and shine on a national level," States newest 2013 Cy-Fair Houston Pageant chair & Co-Director Blaire Pancake. (Former Miss Tennessee 2006 & also current Cy-Fair resident.) With initial buzz in NW Houston about the new Prelim status of the Miss division, back with continued success and support are the Miss Teen (Ages 15-17), Junior Princess (10-14), Little Princess (6-9) and Tiny Princess (4-5) divisions.

"With the popularity and growth of this pageant we feel that the Committee has selected the best age group divisions for 2013. We expect a great turnout for this year and have seen continued success for every contestant year after year." Said Pageant Director Casey Cargle.

DIDYOU KNOW?

As an official state preliminary competition to the Miss America Program, Miss Cy-Fair Houston is part of the largest provider of educational scholarships to women in the world, awarding over \$45 million in scholarships each year.

Reigning Miss Cy-Fair Houston, Kyndal Irwin attends Cypress Ranch High School while also volunteering at BARC Animal Shelter and Houston Zoo as she plans to become a zoo veterinarian.

With Miss Division now preliminary status for Miss Texas the following guidelines are in place for 2013:

MISS CY-FAIR HOUSTON MISS DIVISION REQUIREMENTS

No entry fee: Just a \$100.00 refundable deposit will be required to hold spot. It will be refunded at pageant.

Age Requirements - Between the ages of 17 & 24 years of age.

Must be 17 of age and a High School Senior by the time of their first appearance in the preliminary round of the local or state competition. Must be no older than twenty-four (24) years of age on December 31, 2013. Must live or attend school within the inside boundaries of North of IH10-West, West of IH45 North, South of Hwy 21 and North of Loop 610. See Map for clarification.

Phases of Competition

- $\bullet\,$ Private interview with a personal platform 10 minutes in Length
- Physical fitness in swimsuit
- Talent up to 90 seconds in length
- Evening wear in gown of choice
- On stage question

MISS CY-FAIR HOUSTON TEEN DIVISION REQUIREMENTS

(Note: Not a Prelim to Miss Texas)

Cost \$250

Age Requirements - Between the ages of 15 & 17. Interview, Evening gown, Casual Dress and On Stage Questions

Winner, 1, 2, 3, Most Photogenic and Miss Congeniality Winner receives \$1,000 Scholarship, crown, sash

Deadline for applications: March 11, 2013

JUNIOR PRINCESS DIVISION REQUIREMENTS

(Note: Not a Prelim to Miss Texas)

Cost \$150

Party dress, no glitz

Contestants will pose and state name and what they would like to be at microphone on stage. Winner receives: crown, sash and VIP goody bag

LITTLE PRINCESS DIVISION REQUIREMENTS

(Note: Not a Prelim to Miss Texas)

Cost \$150

Party dress, no glitz

Contestants will pose and state name and what they would like to be at microphone on stage. Winner receives: crown, sash and VIP goody bag

TINY PRINCESS DIVISION REQUIREMENTS

(Note: Not a Prelim to Miss Texas)

Cost \$150

Party dress, no glitz

Contestants will pose and state name and what they would like to be at microphone on stage. Winner receives: crown, sash and VIP goody bag

SPONSORSHIPS AVAILABLE FOR 2013 PAGEANT

The Miss Cy-Fair Houston Pageant is proud to have To the 9's Boutique as the Pageant Underwriter for the 2013 pageant. Other pageant sponsors include: Autumn Leaves Florist and Gifts, Cypress Fairbanks Medical Center, Kwik Kopy Business Solutions, Kids R Kids Learning Academy, Your Community Magazine, The Joint...The Chiropractic Place, Massage Envy and Wax Center. Tangible donations for contestant goody bags and contestant sponsors are also needed for the pageant. Advertising space is available in the pageant programs.

PAGEANT SPECIFICS:

2013 Cy-Fair Houston Pageant Miss/Miss Teen Divisions, Saturday March 23rd at 6pm

2013 Cy-Fair Houston Princess Divisions, Sunday March 24th at 3pm

Both Pageants will be held at Berry Center, 8877 Barker Cypress Road, Cypress, TX 77433.

For more information about the Cy-Fair Houston Pageants, including official rules and entry forms, or sponsorships opportunities, call Casey Cargle at (281) 373- 1390 or email her at Casey@cyfairchamber.com. Information is also posted on the following sites: www.facebook.com/Miss Cy-Fair Houston Pageant

www.MissTexas.org

www.MissCyFairHouston.com

A Focus on Healthy Snack Ideas

By: Concentra Urgent Care

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar



For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm



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Please Clean After Your Dog

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

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



Lakes of Eldridge Online

Join Us For A Chat!

Your LOE Neighbors are gathering on the Internet!

- Meet neighbors by using neighborhood-wide discussion forums
- Organize and learn about events in your neighborhood
- Share recommended businesses and services
- Post Lost and Found notices
- Post photos, links and files
 Go to www.i-neighbors.org/77041/
 LOE to join the LOE i-neighbors
 Message Board. Be sure to include
 a message identifying yourself as a
 Resident of LOE in your request to
 join.





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YOUR LAKES ON ELDRIDGE NEIGHBOR INVENTORY IS LOW!! PRICES KEEP GOING UP!!



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