

Volume 12, Issue 7 July 2013

Official Newsletter www.lakesoneldridge.net



CALLOWAY/CORNELIUS GOOD NEIGHBOR PROGRAM

Yard Of The Month

Summer has definitely arrived! The heat has set in and made it deliciously hot for all those lovely plants and flowers that are blooming so fantastically now. For all you avid gardeners choose your times wisely for working in your gardens - before 10:00 and after 7:00. This way you can still enjoy your flowers without the suns hurtful rays!

The following is a list and photos of our two winners and names of our two honorable mentions for July:

> WINNER: Sondra Myers 12515 Still Harbour

WINNER: James Palmer 12219 Salmon Creek

HONORABLE MENTION:

Maureen & Dennis Disbot 5603 Peninsula Park

HONORABLE MENTION: Nolan & Nita Jackson 5310 Green Cove

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

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Waterfowl, Betty Burkett	
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Cy-Fair Fire Department - (emergency)	.281-466-6161
(non-emergency)	.281-550-6663
Poison Control1	
Texas DPS	.713-681-1761
Waste Management	.713-695-4055
(trash collection Mondays & Thursdays)	
SouthWest Water Company	713-405-1750
Harris County Tax Office	
Reliant Energy	
CenterPoint (gas)	
Center Point (street light)	
(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	
Cy-Falls High School	.281-856-1000
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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:

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Visit the Association Website: www.lakesoneldridge.net



LOE BOOK CLUB

From our newest member:

Some of you may be thinking that you would like to give book club a try but perhaps are a little nervous about taking the first step. I felt that way too and had all sorts of doubts, such as; would the group welcome a newcomer; would they take the reading very seriously, or not seriously at all; how would it feel walking into a stranger's house; should I take a gift; write notes; have quotes up my sleeve...

Of course I needn't have worried at all as I was welcomed into Adrienne's lovely home, introduced to a new crowd of friendly and interesting people, treated to all kinds of delicious snacks and of course we also chatted away happily about the book. Celeste led the discussion with questions triggered from the story which led us into sharing our responses to it as well as lots of our own life experiences! It was great fun and a good way to get to know new people. The book was a lighthearted and romantic book set in 'Notting Hill with Love Actually' and I am looking forward to reading and sharing many other books during the coming months...

So if you are trying to decide whether or not to come along, I can recommend you give it a try!

It was great to meet you all and I will be back for the meeting after next!

Best wishes, Julie

Consider joining us on the 4th Monday of each month at 7:30 P.M. We take turns hosting the meeting and sometimes change the date or book, so please contact celeste.fritz@gmail. com to get the details for each meeting.

July 22 – We decided to skip a meeting this month since many of our members will be on vacation.

August 26 - Coyote by Allen Steele. The national bestselling story of Earth's first interstellar colonists-and the mysterious planet that becomes their home.





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Thank You For Another Great LOE Swim Team Season!

Another LOEST season is over, and great fun was had by all! Congratulations are in order first and foremost to the swimmers who all did their very best at every meet, and then to their dedicated parents and coaches, who all worked hard to give the children a wonderful experience they will not forget!

It was another very competitive year, made tougher by having to swim all meets away from our home pool, but our swimmers still did great against the often more numerous competitors they faced.

Many thanks go to all the volunteers who made it all possible and did it with great enthusiasm, and to all the residents of LOEN and VAL, who very graciously hosted our practices and pep rallies this season.

Look here next month to find out how the team performed in the Divisionals and the Invitationals. But if you cannot wait, the latest information on the team and all its offerings is as always on our website www.loedolphins.org.

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HELLO, OUR NAME IS FIRSTSERVICE RESIDENTIAL Great New Name. Same Great People and Service.

For years now you've come to know the smiling faces and helpful nature of the association management and support teams committed to enhancing your community living experience at Lakes on Eldridge.

Our faces are the same, our service is the same, but we've just taken on a new name and it's time to reintroduce ourselves. Hello, our name is FirstService Residential.

WHAT'S IN A NAME...CHANGE?

On June 27, 2013 Association Management, Inc. officially changed its name to FirstService Residential. So what does the name change mean? When it comes to FirstService Residential, it means quite a bit.

FirstService Residential is North America's largest residential community management company supporting more than 6,000 communities and serving more than 1.5 million residents throughout North America. Our client base includes:

- Homeowner associations, cooperatives and condominiums
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FirstService Residential also means giving you added benefits gained from access to an expanded core of corporate resources, including aggregate purchasing power on national resources to reduce costs, improve operating efficiencies and increase real estate values.

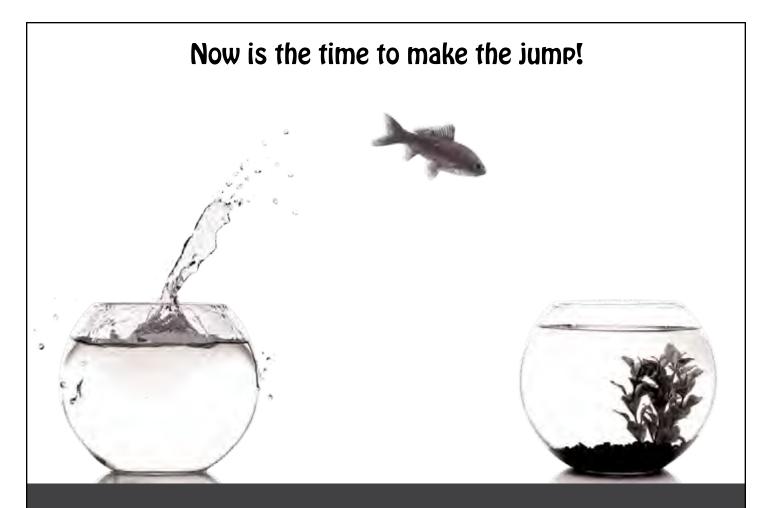
THE MORE THINGS CHANGE, THE MORE THEY STAY THE SAME

As you see the FirstService Residential name pop up around your community on associates' uniforms, property signage, correspondence and more, take heart in knowing that this a change in name only, and things will remain "business will as usual." The day-to-day operations of your current community management teams will remain the same, and your management teams will still be made up of the right people - caring, smart, trained, dedicated, and experienced – who are local experts that live work and play where you do.

FOR MORE INFORMATION

Please visit www.fsresidential.com to learn more about our company, and feel free to talk to your property manager, board members or call our Resource Center 24/7 at 713-932-1122 with any questions.

4 Lakes on Eldridge July 2013



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LOE BIBLE STUDY

Lakes on Eldridge Bible Study is out for the summer, but will resume on September 10, 2013. We continue to meet at the activities center at Lakes on Eldridge North until the Beach Club at Lakes on Eldridge rebuilds the clubhouse that burned down on Christmas night.

Our study will be guided with a book from Joanna Weaver called Having a Mary Heart in a Martha World. Joanna Weaver is an author, pastor's wife and mother of two who also writes for Focus on the Family, Guideposts, and HomeLife. She is also award-winning author of the wedding gift book With This Ring. This twelve-week study addresses issues women encounter while living in a whirlwind society and trying to develop and maintain a close relationship with Jesus Christ. She uses Luke 10:38-40, the story of Jesus' friends Mary and Martha to springboard into contemporary living. Little has changed in the last 2000 years. The author offers examples, questions, problems, and solutions from Scripture to weld a woman's heart to Jesus' no matter how busy she is.

Please join us for this refreshing study beginning at 9:15 a.m. on Tuesday, September 10, 2013. Study guides will be available at the first meeting and we will begin the first chapter then. All are welcome.

If you need further information, please contact Stephanie @ mrstjl10179@gmail.com.

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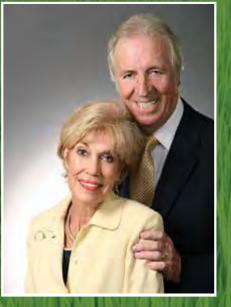
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You are invited to attend **"Ales and Tails II"** A Casino Night Fundraiser Benefitting TWRC Wildlife Center

On July 13, 2013 TWRC Wildlife Center will host Ales & Tails II, this year's major fundraising event, at Saint Arnold Brewing Company in downtown Houston. We are excited to offer dinner, beverages, casino-style gaming, a live band, silent auction and prize drawings, throughout the evening!

TWRC Wildlife Center, a 501(c)(3) non-profit organization, serves as an emergency facility for wildlife brought to us by the public. We are funded solely by the generosity of individuals, corporate donations and grants, as we receive NO Federal or State Funding.

Throughout our 33-year history we have had over 130,000 injured, orphaned or ill wildlife pass through the hands of our caring volunteers. We provide veterinary care for injured animals and coordinated placement of wildlife with appropriately skilled and permitted rehabilitators, who care for wildlife until it can be safely released back into its native habitat. TWRC also provides a truly unique variety of educational outreach programs for the community we serve, and two on-site rehabilitation programs to engage the public in helping care for wildlife during our busiest months.

Please join us, Saturday July 13th, for a fun night at Texas' Oldest Craft Brewery and help TWRC Wildlife Center make a difference for wildlife in need!

For more information or to purchase tickets please visit our website and click on the Ales and Tails banner at the top of the page:

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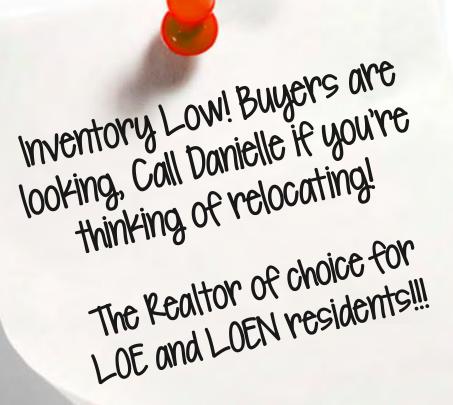
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DANIELLE GEBARA

Resident of Lakes on Eldridge North

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





Timely Tips for July Gardeners from Calloway's and Cornelius Nursery

MULCH HELPS PLANTS WEATHER SUMMER HEAT!

Summer is upon us and your garden may be feeling the affects of the heat. Mulch can help your garden plants weather the summer heat and still thrive.

REDUCE WATER USE

Mulch provides several healthy benefits to Texas gardens in the summertime. One of the most well-known benefits of mulch is to reduce evaporation and water use. In the heat of summer conserving water can be particularly important. Mulch reduces evaporation preserving the water in the ground where your plants can access it through their root system.

REGULATE SUB-SURFACE TEMPERATURES

Another very important benefit to mulch in the heat of summer is regulation of ground temperature. A 3 to 4 inch blanket of mulch is excellent insulation, protecting the ground from direct sun, and greatly reducing the temperature several inches below ground leve. This is where your plants' roots live, thrive and do the hard work of absorbing moisture and nutrients. They will be much healthier and more productive with the reduction in temperature that mulch provides.

TYPES OF MULCH

As for types of mulch, we recommend hardwood or cedarwood for most gardens. Some gardeners prefer pine mulch, but while it is somewhat less expensive, it also breaks down more quickly and will need to be reapplied frequently. Cedar is the most expensive of the three but does help reduce garden pests in some instances, due to its natural repellant properties. To apply mulch, simply place it in the garden from the bag or with a shovel, and carefully spread it around your plants by hand or with a rake. Mulch will reduce your water use, reduce the time required to weed, as well as reduce soil loss due to wind and run-off. Plus it will help your plants to thrive through the summer heat!

This article is offered to the gardening public and Homeowner's Association Program members free of charge.

Viruses Still Present During Summer

Many viruses are still frequent in the summer so good hygiene remains important

Some viruses present in the summer include:

-Enteroviruses can cause symptoms such as sore throat and diarrhea, and can even lead to viral meningitis and inflammation of the heart and liver.

-Hand, foot and mouth disease, is characterized by ulcers in the back of the throat and a rash on hands and feet. This is common in babies and young children.

-Adenovirus, which can cause respiratory problems.

-Parainfluenza can cause croup, a loud cough; bronchiolitis, swelling and mucus in the small air passages in the lungs; and bronchitis, inflammation of the main air passages to the lungs.

These viruses cannot be treated with antibiotics, but it's important to get enough fluid and rest. Seek treatment immediately for high fever for more than three days, vomiting for over 24 hours, diarrhea, severe headaches or chest pain. Those with weak immune systems should consult their physician if they have any symptoms associated with these viruses.





DROWNING IS PREVENTABLE

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A FOCUS ON HEAT EMERGENCIES Healthy Tips To Stay Cool In Extremely Hot Weather By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity: Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Dizziness and lightheadedness
- Pain in arms, legs, and abdomen Headache and confusion
- Heat Exhaustion • Moist, pale skin
- Nausea and vomiting • Rapid pulse and breathing
- Fatigue and fainting
- No sweating
- Dry, hot, red skin
- Rapid pulse • Temperature over 103° F
- Confusion/loss of consciousness Seizures

CAUSES:

Heat Stroke

The following are common causes of heat emergencies:

- Dehydration
- High temperatures or humidity Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Prolonged or excessive exercise • Excess clothing
 - Cardiovascular disease

• Alcohol use

WHAT TO DO IN HEAT EMERGENCIES... First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.

2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

• DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

• DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

• DO NOT give the person salt tablets.

• DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

• DO NOT use alcohol rubs on the person's skin.

• DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.

• Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.

• Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.

• Be careful of hot cars in the summer. Allow the car to cool off before getting in.

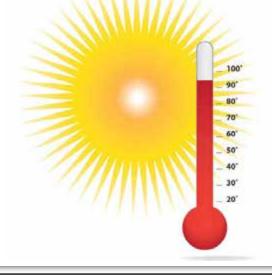
• Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www. cdc.gov/niosh/topics/heatstress/

References

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DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.





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It Really is a Small World After All

This past school year has been an eventful one for twenty-two Houston area Ayusa families. In August 2012, these families opened their hearts and their homes to foreign exchange students from around the world. During the 2012-2013 school year; we had eleven countries represented in our area, some of the countries included were Germany, Brazil, Italy, Lebanon, China, Japan and Tunisia. The Ayusa foreign exchange student program is a great way to enrich not only the lives of your family members, but that of the folks in your community and the student themselves. "Both my wife and I have been hosting for the past five years and have enjoyed every minute of it!" says Theodore Odom of Pearland, Texas. "My wife and I have no children, so we are able to bring the students in for the full year and be their Host Parents. We believe it's a way of giving back. This year's student, Ina Zyfi of Albania has had a great time meeting new people, making new friends and volunteering her time to a local dachshund rescue."

"We welcome host families of all shapes and sizes - families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a 501(c)(3) not for profit organization. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

"Our students really love giving back to the community", says Heather Wells, the Houston area Senior Regional Director. "One of our students, Nesrine Mbarek of Tunisia, participated in over 300 hours of community service. She was actually one of three students who won a trip for her community service and also attended a US Department of State "Teaching English as a Second Language" conference in April for her hard work. Other students have worked in food banks and have given presentations on their home countries in their schools."

This year, Ayusa is sponsoring over 900 students from 60 different countries in the United States. Volunteer host families are needed in our area to house these students for the 2013-2014 school year. The families need only provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program.

If you are interested in hosting an exchange student, please visit the Ayusa website at www.ayusa.org and complete the on-line application. You can view the students that are available for placement by clicking on the View Student Profiles on the home page. Help make this a memorable year for both your children and the prospective students. You'll be glad you did!



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Quality Of Meals Should Not Change During Summer

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don¹t skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated water is the best and healthiest way to
- stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.



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