



Volume 13, Issue 1

January 2014

CLUBHOUSE UPDATE

Despite the cold, approximately 100 residents attended the Clubhouse Sneak Peek on December 8. The project remains on schedule with a current emphasis on finishing the exterior.

The interior clubhouse furnishing team has met several times with designers and furniture vendors. The interior furniture layout is now complete. The interior will feature several sets of tables and chairs as well as upholstered furniture seating groups to facilitate use by currently defined activity groups as well as give flexibility for new activities. As currently defined, all furnishings will be American made.

The Board wishes to thank all the residents who continue to support and encourage us as we work toward project completion.



LAKES ON ELDRIDGE BOOK CLUB

It's a New Year and time to make those resolutions. How about one to expand your horizons while getting to know some of your neighbors better? Join Book Club and you can do both!

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.

January 22, 2014 – Holly Hall Book Review of our December book on Lady Astor. at St. Luke's United Methodist Church on Westheimer at 10:30 a.m. The cost per review is \$12 or the series is \$35. This money supports the Holly Hall Residence Fund for older adults living at Holly Hall whose years have exceeded their income and apply for scholarship funds to cover the costs of their living expenses. You may google www.hollyhall.org to learn more about this long time Houston retirement community.

January 27, 2014 – The Light Between Oceans by M.L. Stedman. After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season and shore leaves are granted every other year at best, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby. M. L. Stedman's mesmerizing, beautifully written novel sweeps us into a story about extraordinarily compelling characters seeking to find their North Star in a world where there is no right answer, where justice for one person is another's tragic loss.

Lakes on Eldridge

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(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)	
TNG Utility (Water).....	281-350-0895
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
CenterPoint (gas)	713-659-2111
Center Point (street light).....	713-207-2222
(give pole # of street which is out)	
Comcast.....	713-341-1000
Houston Chronicle	713-220-7211
Metro Transit Info.....	713-635-4000
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Truitt Middle School.....	281-856-1100
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To contact a member of the Board of Directors, call Elise Campagna with First Service Residential 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



Adoptable Dog of the Month

ISIS

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Isis is a 2 year old beautiful and rare Pharaoh/Ibizan Hound. She has come a long way from being born on the streets of Houston and finding herself in the euthanasia ward of the city shelter. She can be shy at first but once she knows you, she follows you everywhere. She has excellent manners on a leash - does not pull at all, a toddler could easily walk her. She is very sweet and loyal. She knows how to sit and "sit up". She will jump agility jumps and knows how to stay. Isis would make an excellent family dog and gets along with other dogs just fine. She is not a fighter and is extremely submissive. Isis has been kept inside and sleeps in a chair and also loves a warm bed to snuggle with you. She has an interesting charm about her and will even smile when she is happy. She would make an excellent companion for someone older that doesn't want a high energy inconsiderate dog to knock them down or someone with small children - she is very sensitive and kind hearted. Isis does have a hound's prey drive and does not do well around cats at all, she would need to be in a cat free home or not have access to chase cats. Isis would make an excellent Therapy Dog as well as a Search and Rescue Candidate because of her intelligence and nurturing nature. This dog has endless potential and will flourish with more attention than what her current foster home can offer her. She sheds very little and has a beautiful disposition. Isis weighs about 35 lbs. She has been spayed and kept on heartworm preventative. Her foster home has cats and several other dogs and she is desperate for more attention and a family of her own. Her current foster cannot keep her much longer which makes this wonderful dog's future uncertain. We are desperate to find her a great home. Please contact Anke Arnold 832-424-2037 or Jenny Parish 832-594-4555



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A FOCUS ON RESOLUTIONS

RESOLVE TO BE A BETTER YOU

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life.

Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike

 - A focus on fresh fruits, vegetables, and whole grains

 - Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk

 - Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts

 - Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils

 - Staying away from foods high in sodium and added sugars

For more information on weight management and improving nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at www.win.niddk.nih.gov/publications/for_life.htm.

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)

- Biking

- Tennis

- Aerobic exercise classes (step aerobics, kickboxing, dancing)

- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. F

or more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>.

Happy New Year from Concentra Urgent Care!



Happy New Year
from

THE DAVID FLORY TEAM

Your Neighborhood Report

Year	# Sold	Lowest \$	Highest \$	Average \$	Avg. Days on Market
2013	99	\$259,000	\$1,380,000	\$523,916	23
2012	128	\$235,000	\$1,050,000	\$455,495	35

*Based on HAR.com through December 1, 2013



Contact us to determine your house value in 2014

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Lakes on Eldridge

Head Coach of the Texas A&M Men's Golf Team to speak at **NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB**

Join us for the Northwest Harris County Aggie Mom's Club January meeting on Tuesday, January 14, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Our speaker will be J.T. Higgins, Head Coach of the Texas A&M Men's Golf Team. Husbands and sons are welcome! Coach Higgins has taken Texas A&M to the pinnacle of the collegiate game in his 12 seasons at the helm of the Aggie men's golf team. A three-time Central Region Coach of the Year honoree, Higgins has guided A&M to back-to-back top-5 final rankings in 2009-11, an unprecedented 11 consecutive NCAA Regionals and six straight trips to the NCAA Championships, highlighted by the program's first national title in 2009. Under Higgins leadership Texas A&M stands alone as the only program nationally to have posted top-15 finishes at the NCAA Championship each of the last six seasons. Making their debut in the extremely competitive Southeastern Conference in 2013, the Aggies remained a fixture in the national rankings throughout the season en route to finishing fourth at the SEC Championship while garnering their school-record 11th consecutive trip to an NCAA Regional. Refreshments will be available at 6:45-husbands and sons are welcome!

SCHOLARSHIP APPLICATION DEADLINE APPROACHING

The Northwest Harris County Aggie Mom's Club raises money throughout the year to fund scholarships to students from our area. Last year, we awarded 15 scholarships to Aggie students from our local community and donated over \$34,000 to a variety of Texas A&M student organizations. Eligible students should download the scholarship application form at www.nwhcaggiemoms.org. Deadline to apply is February 4, 2014.

SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.

KAPPA KAPPA GAMMA ALUMS OF HOUSTON NW

Come join your sisters this Month on

Silver Auction Luncheon

On Saturday, January 25th.

For more information on this or future events & membership please contact Natalie Bunton at gmat02@gmail.com or 832-717-3294.



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OPEN HOUSE - Thurs. Jan. 23rd - 5-7 p.m.



*There is no better time to say
"Thank You"*

*for your continued support and to wish you and your family a New Year filled
with health, happiness and prosperity.*

*If now is a good time to discuss
your real estate needs, please give us a call.*

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BOY SCOUTS OF AMERICA

TROOP 533 & 1907 FUNDRAISER!

Good Shepherd United Methodist Church and Fairfield Baptist Church



BSA Troop 533

If you are looking to beautify your landscape and bring your lawn back to life, then you will be interested to know that it is that time of year again for fertilizer and mulch sold to you and brought to your home by your local boy scouts. Coming this spring!

Troop 533 Chartered by GSUMC and Troop 1907 Chartered by FBC have joined forces once again to conduct their annual fertilizer and mulch fundraiser starting on January 14, 2013. Troop 533 has delivered to homes in the Cypress community for more than 10 years and is proud to continue this tradition. Scouting makes a direct and positive impact on your community by teaching positive values and leadership skills to our youth. Your support ensures that Scouting will continue building character, fitness, and citizenship for years to come.

The funds from your purchase will directly benefit the troop and each individual scout on their continued journey through the scouting programs. The proceeds from each of the scout's sales will help fund activities such as High Adventure Summer Camp in Colorado, Philmont Treks, Monthly troop campouts and so much more. By purchasing your lawn mulch and fertilizer from the Scouts, you are



BSA Troop 1907

directly supporting scouting programs where you live — programs that clean up your parks, gather food for the area needy, and even help your community prepare for disaster.

This year's offerings include Red or Black mulch, Hardwood or Pine mulch as well as Premium or Slow Release fertilizer and Weed n Feed fertilizer. Scouts will be visiting your neighborhood soon. All purchases will be Scout delivered on March 1, 2014.

For your convenience, Scouts will be selling door to door in your subdivision beginning January 13th until February 10th. We will also have booth sales at Good Shepherd United Methodist Church in Fairfield on Sunday Feb. 2nd.

If you are reading this circular and think we may miss you or want to support, please order by emailing Troop 533 at BoyScoutsTroop533@yahoo.com or contact Stacy Hedrick 832-419-3199

Yours in Scouting,

Scoutmaster Louis Mayer (Troop 533) and Scoutmaster David Goodin (Troop 1907)

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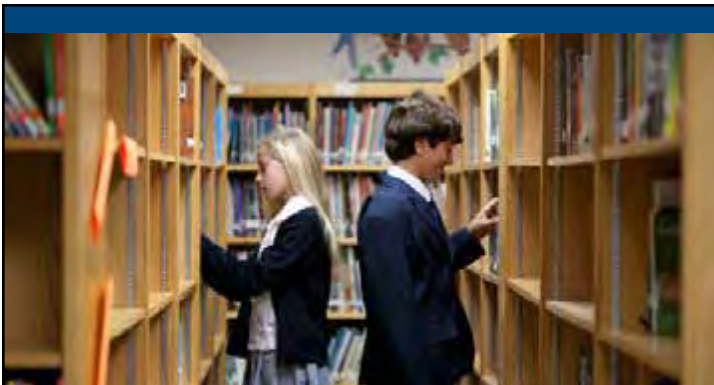
Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on January 16, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306. We look forward to meeting you.



New families continue to move into our community. If anyone is interested in being a part of a group to welcome them, please contact Kim Treas at barry.treas@att.net. This would be a way to get to know our new neighbors and tell them about our great LOE neighborhood.



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Tourific Thursdays

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Happy New Year!

Welcome to a Seller's Market!

2013 was the best year for real estate since 2007. Rising employment caused buyer demand to soar. Excess inventory was absorbed in the market and we experienced double-digit declines in inventory. Most areas in Houston are now considered to be a Sellers' Market.

If you have considered moving, please contact me for an update on current market values. 2014 may be your year to make a move.



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GOOD NEIGHBORS CAN BE GREAT FOR STRESS LEVELS

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

Socializing: With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

Pooled Resources: I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

Security: Knowing the people around you can bring a sense of security. If you need something—whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home—it's nice to know you can depend on those around you and they can depend on you.

Home Pride: Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood.

Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

Get Out More: If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

Smile: It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

Talk To Your Elders: The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.



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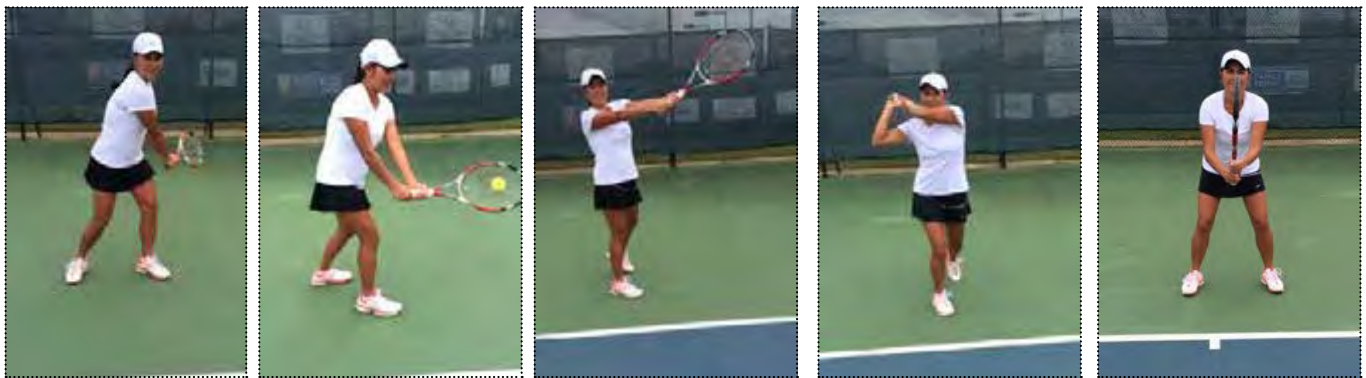
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to execute The Two Handed Backhand Lob

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, and the forehand lob.

In this issue, I will offer instructions on how to execute the Two Handed Backhand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep to the backhand side of the player, and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Marimel Ansdell, a Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Marimel is forced deep into the backhand side and realizes that she has to hit a defensive lob, she pivots to the left and gets her racket back early. Notice that the head of the

racket is low and her left hand is on the handle of the racket. Her eyes are focused on the path of the ball and her weight is on her left foot.

Step 2: The Point of Contact: Marimel is now ready to hit the ball. Her eyes are now focused on the point of contact and the face of the racket is tilted at a 45 degree angle in order to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Marimel’s left wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right hand is holding the racket slightly, but still in control of the racket.

Step 4: The Finish: In order to create a natural top spin on the lob, Marimel is now finishing her stroke with the racket behind her right ear. This will make the ball bounce higher and/or force the opponent to hit a tennis ball that is still rotating on the air.

Step 5: The Shuffle Back: Once Marimel finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to shuffle back to the middle of the court in order to drive the next ball back to the opponent. In this caption, she moved back to the center of the court waiting for the opponent’s shot to come back.

Look in the next Newsletter for: How to execute “The One-Handed Backhand Lob”

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