



LAKES

ON ELDRIDGE NORTH

www.loenhwa.com

News for the Residents of
Lakes on Eldridge North

Volume 13, Issue 4

April 2014

LAKES ON ELDRIDGE DOLPHINS

15TH SEASON!

The Lakes on Eldridge Dolphins Swim Team will begin their 15th season in 2014! We are again recruiting enthusiastic swimmers ages 5 – 18 looking to have great fun this spring and summer. (Swimmers must be able to swim the length of the pool by the end of the second week of practice.)

LOEST is a voluntary recreational swim team operated for Lakes on Eldridge and the surrounding neighborhoods. LOEST encourages a competitive swim team environment and provides the opportunity for growth, training, enjoyment, good sportsmanship and participation to all active team members. LOEST cannot function without parent involvement, so each participating family is required to fulfill a volunteer commitment. It's a great way to meet other families and adults in our community!

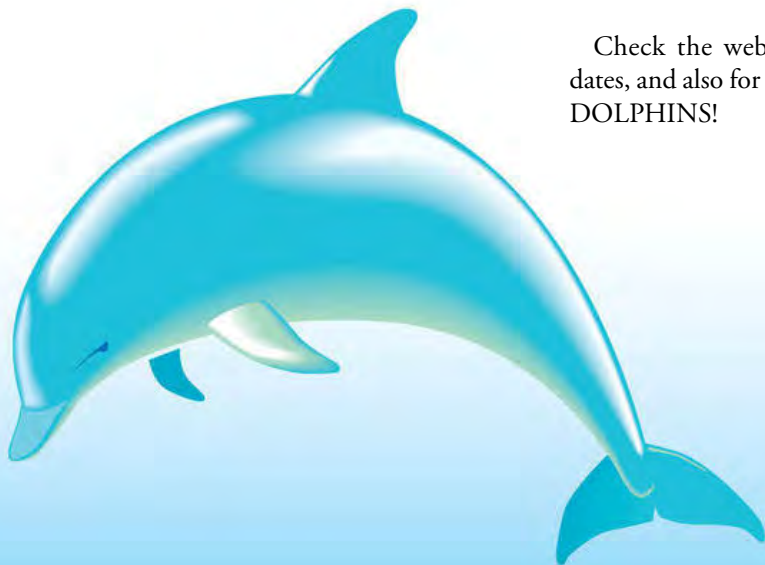
March 30
April 6
April 21–25
April 28

Registration begins for new families
Registration Ends
Pre-Season Swim Clinic
Regular Practice Starts

Meet Schedule for 2014:

May 10	AWAY Winchester Time Trials
May 17	AWAY Cypress Mill
May 24	AWAY Copperfield
May 31	AWAY Bridgeland
June 7	AWAY Lakewood Forest
June 14	AWAY Woodland Waves
June 21	Divisional Meet (Location TBD)

Check the website www.loedolphins.org for important dates, and also for everything and anything about the LOEST DOLPHINS!



Lakes on Eldridge North

IMPORTANT NUMBERS

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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)	
Aqua Services	713-983-3602
(Service or emergencies 24 hrs) ...	713-983-3604
Harris County Tax Office	713-224-1919
Reliant Energy.....	713-207-7777
(give pole # of street which is out)	
Entex (gas)	713-659-2111
Comcast Cable.....	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-Ridge High School	281-807-8000
Newsletter Publisher	
Peel, Inc.	advertising@PEELinc.com, 888-687-6444

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Email Articles to loen@PEELinc.com.

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Email personal classifieds to loen@PEELinc.com.

ADVERTISING: Deadline for submitting ads is the 8th of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com *for information on advertising.*

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Article Submissions

Please e-mail articles and/or photos to loen@peelinc.com.

Submissions must be received by the
10th of the month for the following month's issue.
(Advertising deadline is the 8th of the month.)

Adoptable Dog of the Month

JOLENE

Jolene's owner has passed away and she has been in a boarding facility for several months now. She is very lonely in the kennel, since her friend Oscar has been adopted. She is a Labrador/Dalmatian mix, approximately 5 yrs old. She would be best in a home with no young children. She does well with other dogs. Jolene has numerous Lab traits, loves to play, run or just chill out next to you. She is vetted and ready to get out of kennel, either to be fostered or adopted into a new home of her own!

Please give Jolene a chance - looking for a foster or foster-to-adopt. For more information contact Anke Arnold at (713) 856-6795.



Advertising Information

Please support the businesses that advertise in the Lakes on Eldridge North Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge North residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our Sales Office at 888-687-6444 or e-mail advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.



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



DO YOU RECOGNIZE ME?

This German Shepherd was found walking in the streets in the Lakes on Eldridge Subdivision back in February. He looked well taken care of and was also wearing a new collar, which led us to believe there must be an owner somewhere. He is with a temporary foster for right now.

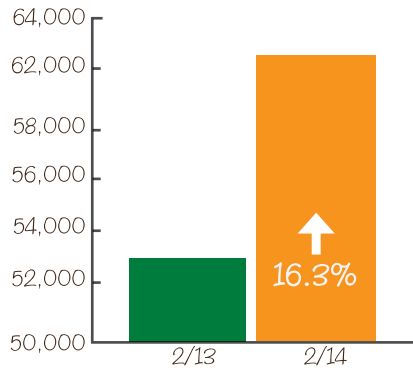


*If you do recognize this dog please call Anke Arnold - (713) 856-6795.
Thank you!*

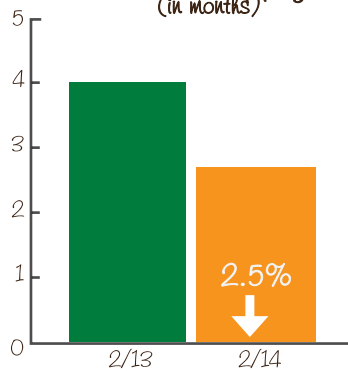
Houston Real Estate is Blooming!

The time to sell couldn't bee better!

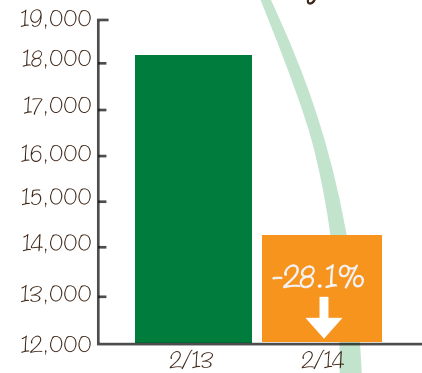
Home Sales



Home Supply
(in months)



Active Listings



It is a seller's market! High buyer demand has reduced home inventory and home supply for the Houston area during the past year. When this happens, sellers are in the best position to get the best price for their homes.

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Lakes on Eldridge North

I, 2, 3, Come Volunteer With Me!

Interns And Volunteers Welcome



VOLUNTEERS AND INTERNS NEEDED.

Altus Hospice is looking for awesome, loving, and caring volunteers to help with several programs.

PATIENT CARE VOLUNTEERS

Have you ever felt like your calling or passion in life is to work with terminally ill patients? If so we have a volunteer opportunity working with patients and their families . approaching the end of life.

With just a couple of hours a week, you can really make a difference in the life of our terminally ill patients and their loved ones. Many enjoy to sit outside in the fresh air or in their room and share stories about their life: Others are more hands on and enjoy reading, puzzles, watch football/basketball games or play other games, like Bingo and Dominos.

ADMINISTRATIVE VOLUNTEER

The administrative volunteer serves as an integral member of the

Hospice interdisciplinary team in our office in The Woodlands area. Office support volunteers perform duties such as, filing, copying, answering the telephone, mail-outs, and inventory control of medical supplies.

Volunteers are crucial for these programs to succeed! Volunteers must be reliable, motivated, and flexible. Training will be provided. (Qualifies for In Service Credits) Background check will be required. There is no charge for this.

Get involved and be a blessing to someone by taking advantage of this wonderful opportunity. Please leave your name and telephone number.

FOR MORE INFORMATION PLEASE CALL:

Altus Hospice Leanne Crowe, Volunteer Coordinator 713-382-7934, or email me at lcrowe@altushospicecare.com.

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BEFORE AND AFTER SCHOOL CARE FOR ALL AGES AND PROGRAMS

Cypress-Tomball Democrats Host Easter Egg Hunt April 12th

The Cypress-Tomball Democrats will host their 3rd Annual Community Easter Egg Hunt on Saturday, April 12th from 3:00 pm – 5:00 pm. This fun event will be held at the D. Bradley McWilliams YMCA at Cypress Creek, 19915 State Highway 249 at Cypresswood, in the outdoor pavilion.

The free activities are open to the public, and include an Easter Egg Hunt for kids under 12, recreational activities, music, prizes, and a visit from the Easter Bunny. Attendees should bring their own baskets and lawn chairs.

For more information, visit the club website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or "Like" the club on Facebook.



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 April 17, 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.



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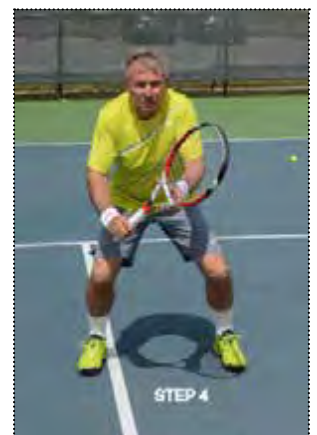


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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Backhand Drop Shot

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, the forehand lob, the two-handed backhand lob, the one-handed backhand lob and the forehand drop shot.

In this issue, I will offer instructions on how to execute the Backhand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, he/she will most likely be off balance and will be forced to commit an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club,

shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Step 1: The Back Swing: When Fernando realizes that the ball will landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is holding the throat of the racket.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand pulling back to keep the center of gravity in the center and his weight is shifting toward his right foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening backwards and his eyes are following the path of the ball.

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THE NEW MISS CY-FAIR HOUSTON 2014 IS CROWNED

AND READY TO REPRESENT CY-FAIR AT MISS TEXAS IN JULY!

On Saturday, February 15, 2014, the Miss Cy-Fair Houston Organization held the 5th annual Miss Cy-Fair Houston Pageant. For the 2nd year in a row, the Miss division (ages 18-24) is an official prelim for the Miss America and Miss Texas Organization, and the 2014 Miss Cy-Fair Houston will represent the Cy-Fair community at Miss Texas.

On Saturday night, Callie Thompson captured the crown of Miss Cy-Fair Houston 2014 and earned a \$1000 scholarship from LoneStar College Cy-Fair. She wowed the judges in personal interview, swimsuit & fitness, evening gown, on-stage question, and talent competition. She won each category and performed a lyrical dance to "Via Delarosa" for her talent.

Callie is a Cy-Fair native and graduated from Cy-Springs High School. She earned her bachelor's degree from Texas A&M University's Mays Business School and plans to earn a Master of Science in Human Services with a concentration in Organizational Management and Leadership.

Callie's personal platform is "Living without Limitations: Moving Beyond Your Own Challenge". She was diagnosed with asthma at 2 years of age and has struggled both physically and emotionally to overcome and live with her illness. Through her love of dance and her determination, she has not allowed her life-threatening illness to define or limit her possibilities and opportunities. Through her platform, Callie hopes to encourage children in Cy-Fair and throughout Texas to live without limitations and move beyond their own personal challenges in order to pursue their own dreams and passions.

In addition to serving the Cy-Fair community, Callie will compete on the Miss Texas Stage in July. If she becomes Miss Texas, she will represent our community and state at the historic and iconic Miss America Pageant, which will air live on ABC on September 14, 2014. "I couldn't be more thrilled to win the title of Miss Cy-Fair Houston. It is an honor to compete at Miss Texas, and an even bigger honor to do it representing your hometown community. I am looking forward to serving the Cy-Fair community this year and making Cy-Fair proud at Miss Texas," says Callie.

For more information on Miss Cy-Fair Houston 2014, Callie Thompson, or to request an appearance or autographed picture, please visit www.misscyfairhouston.com/meetmisscyfairhouston

Many local Cy-Fair businesses have supported the Miss Cy-Fair Houston Pageant and Callie as she begins her journey to Miss



Texas. Some of these local businesses and organizations include Longoria Dentistry, Lonestar College Cy-Fair, Sweet & Sassy, The Colour Bar: A Cynthia Diersen Salon, The Cypress Academy of Performing Arts, Kids R Kids, Buttercup Tans, Your Community Magazine, Mitchell Alexander Photography, MK Floral Designs, McCall Gibson Swedlund Barfoot PLLC, Queen B's Dowry, Muzzie's Couture, Consolidated Mills, and Chelsea B Cosmetics.

The Miss Cy-Fair Houston Pageant is a not-for-profit organization aimed at raising scholarship for young women. Its mission is to encourage scholarship, service, style, and success, and to empower young women and girls to become positive leaders, mentors, and role models in our community. For more information on the Miss Cy-Fair Houston Organization, please visit www.misscyfairhouston.com

ADDITIONAL INFORMATION ON MISS TEXAS


An official preliminary to the Miss America Scholarship Pageant, the Miss Texas Pageant, Inc. has a rich history of empowering young women to achieve their dreams and goals. Larger than the young women who have held the title of Miss Texas is the volunteer team and "pageant family" who have dedicated their lives to ensure these young women have every opportunity available to them through this transformational pageant system.

ADDITIONAL INFORMATION ON MISS AMERICA

The Miss America Organization is one of the nation's leading achievement programs and the world's largest provider of scholarship assistance for young women. Last year, the Miss America Organization and its state and local organizations made available more than \$45 million in cash and scholarship assistance. This assistance is not just for the handful of young women who become Miss America, but is available to the over 12,000 young women who compete in the state and local competitions as well.

DID YOU KNOW?

Kaye Lani Rae Rafko, a young woman from the small town of Monroe, Michigan, entered a Miss America local competition to earn scholarship money to pay her nursing school bills. To her surprise, she captured not only a local and state title, but was ultimately named Miss America 1988. Kaye Lani used the scholarship money she earned as Miss America to pursue an advanced degree and fulfill her dream of opening a hospice for the terminally ill in her hometown.



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Choosing a Summer Camp

By David Ettenberg, co-owner of Camp Shane

Summer camps come in a wide variety of interests and themes -- from music and sports camps to weight-loss and peace corps camps -- there is a camp for every child who has ever said, "I'm bored." How do parents sort through them all to find the right one for their child? Dave Ettenberg, co-owner of Camp Shane (a weight-loss camp for kids), recommends that parents consider these six guidelines before registering your child.

1. The Staff What are the camp's hiring procedures? Do they check references and run complete background checks? Also - many camps hire teens as junior counselors, which can be a wonderful experience for all, but it can cause problems if the camp relies too heavily on this cheaper workforce. It is important that a number of experienced adult staff members are on hand to deal with any problems that may arise. Also, ask to speak to the camp's director, he or she sets the tone for absolutely everything and will be able to give you an immediate sense of the camp's culture.

2. Referrals Get them, but get meaningful ones. Don't make the common mistake of relying solely on the names offered to you by the camp--these are typically hand-selected and will undoubtedly be positive. Instead, try to get five names of families that live within 20 minutes from you to ensure a more random sampling. It's ideal if you can ask someone you know whose child has attended the camp. If you don't know anyone personally, ask around in your community, chances are you'll find people.

3. Healthy Atmosphere If possible, try to visit the camp during the summer while in session to ensure there is an active, "happy" atmosphere, with a non-cliquey and non-threatening environment. It should be a place where your child can find strong support and make lifelong friends. Also, ask about the kind of food that is served at the camp--make sure they provide healthy, balanced meal options. You would be shocked to see what's on the menus at some "reputable" camps.

4. Marketing Materials Read all marketing materials carefully. If they are sloppy and unimpressive it may reflect how they run the camp. On the flipside, beware of materials that appear super-slick; a surprising

number of camps are now owned by corporations or investors who produce the marketing materials but have zero contact with your child. Look for realistic reflections of the camp and specific information that will give you insight to determine if the camp's philosophy, people and procedures will create the best experience for your child. Also, make sure to read the fine print; some weight-loss camps in particular advertise insurance reimbursements -- but check with your particular carrier, as this is often times not the case.

5. The Facilities Are the buildings in good repair? Has everything been freshly painted? Has the grass been cut? Chances are if they don't take care the facility, they won't do such a good job with your child.

6. Kid's Choice Make sure to keep your child involved with the decision-making process. He or she needs to be comfortable with the camp, or the experience won't be optimal. Also, does your child want to focus in on a special skill or sport? Be sure to consider his or her specific interests and needs. State-of-the-art athletic fields are great but they won't do anything for a kid who loves music.

Taking time to research summer camps is key to ensuring a fun, safe, and enriching environment for your children - but it doesn't have to be overwhelming," said David. "By focusing your search based on a few key factors and by asking the right questions, you can easily find a great match that suits your child's particular needs."

ABOUT CAMP SHANE.

For more than 45 years, David Ettenberg's family has owned and operated Camp Shane, successfully helping children shed pounds and establish a healthy, confident lifestyle at Camp Shane (www.campshane.com). Currently Camp Shane operates in Georgia, New York, California and Arizona; Camp Shane Texas will open this summer in San Antonio. Kids shed unwanted pounds, gain self-esteem and learn how to live a healthy lifestyle while having a blast. An average weight loss for campers is 10-15 pounds in three weeks; 20-25 pounds in six weeks; and 30-35 pounds in nine weeks. For more overweight campers, it is not unusual to lose more than 50 pounds over the summer. Camp Shane has been featured in all national media, including NBC Nightly News with Brian Williams, 20/20, Oprah, Dr. Phil, MTV and Family Circle.



BLOOD PRESSURE

TAKE CONTROL OF THE SILENT KILLER

High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.



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Jersey Village Hosts Outdoor Easter Drama

By Susan Murphy

Resurrection is a high priority theme this time of year in Christian churches. This Easter, Jersey Village Baptist Church (JVBC) in Northwest Houston is spreading good news by breathing new life into an interactive drama designed to let visitors witness firsthand the highlights of Jesus' last week of life on earth. Journey to the Cross is being presented around the JVBC walking path on April 18 & 19 at 6 pm with tours beginning every 10 minutes. The event is free to the public. Journey to the Cross is a 2014 revival of a dramatic Easter presentation by Jersey Village Baptist Church members that had become an annual tradition for many Houston, Cypress and Jersey Village area residents. Guests are led in small groups to five stops along the path where they will watch vignettes about events leading Christ to the cross. "What makes this drama unique is not only is it outdoors, but the audience must be active participants in capturing the whole story of Christ's last week on earth," said Andrew Werley, pastor at Jersey Village Baptist Church. "Those who keep walking the path will discover the truth about Jesus." * Jersey Village Baptist Church is located at 16518 Jersey Drive. Journey to the Cross will be held behind the Worship Center on Rio Grande St. near Village St. in Jersey Village.

**Journey to the Cross provides easy access for guests in wheelchairs.*

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Empty Nest Chance To Chase Forgotten Dreams

Middle age woes are hard enough to deal with, but throw in empty nest syndrome and it is a recipe for potential depression. Psychologists at Baylor College of Medicine in Houston say not to look at it as an ending, but as the beginning of a new stage in life with more time to travel, develop new hobbies, rediscover forgotten dreams and get to know your spouse all over again.

"Parents have channeled all of their energy into their children for so long they may not know what to do with their time once they leave," said Dr. James Bray, associate professor of family and community medicine at BCM.

Empty nest syndrome often leads to divorce, but parents should assume that leaving your spouse will make the unhappiness go away.

"Marriage takes time and energy, so make the effort to get reacquainted," Bray said.

Talk with friends to reevaluate goals and take note of some lifelong dreams you haven't had time to accomplish, said Bray. There may be more time to take dance classes, travel, exercise or go back to college to retool skills. The empty nest transition usually lasts six months to a year, depending on how well parents can adjust to their newly found freedom.



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