

Volume 13, Issue 6

June 2014



CLUBHOUSE AND POOL KEY FOB APPLICATIONS

The new clubhouse and pool area have extensive new security features. As previously announced, all residents will be required to use a key fob to gain entry to the pool area. The same key fob will give access to the workout and flex rooms when they are officially opened. The pool is now "Swim at your own risk" which enables us to extend the pool hours. The new pool hours will be Tuesday through Sunday from 5:00 a.m. to 10:00 p.m. The pool must remain closed on Mondays to permit chemical applications.

Once the pool area and/or the fitness facility are officially open, you will need a key fob to enter and use these amenities. Fobs are \$15 each. Only persons who are current on their assessments and community charges will be permitted to purchase fobs. The fobs are assigned to individuals based on their requested usage. There are 4 attached documents relating to purchase of the key fob for use at the pool and swim at your own risk. Two additional documents are also required to use the workout facility. Even if you only want to use the workout facility, you must still complete the pool related documentation. Below is a summary of the required documentation for fob issuance. Please complete these forms (contained in this newsletter) and return them to First Service with your check and a fob(s) will be mailed to you.

Forms to Access the Pool Area (these are required for anyone entering the facility.)

- 1. Lakes on Eldridge Key Fob Application
- 2. Lakes on Eldridge Pool Rules
- 3. Waiver/Release for Pool Area
- 4. Key Fob Informational Page (no signature required)

Additional Forms to Access the Fitness Facility or Flex Room

- 1. Waiver/Release for Fitness/Flex Area
- 2. Lakes on Eldridge Fitness Facility Rules

We understand this is a lot of paperwork and appreciate yourcooperation.

Key Fob Form Continued on Page 4

IMPORTANT NUMBERS

First Service Residential	.713-932-1122
Gate Attendant	.713-937-8825
Waterfowl, Betty Burkett	
Sheriff - (non-emergency)	
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)	
TNG Utility (Water)	281-350-0895
Harris County Tax Office	
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	
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	.281-807-8000
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 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:

Carlon Thorpe	President
Gary Fehsenfeld	Vice President
David Westphal	Secretary
Doug Ray	Treasurer
Gene Giles	Director

Visit the Association Website: www.lakesoneldridge.net





MAINTENANCE UPDATE

This month the gates along Tanner Road have required extensive attention. The motor burned out on the Ginger Ponds gate and had to be ordered from California. We were told this "never happens", but unfortunately we became the unusual statistic. The Heather Run gate has been worked on extensively, but still doesn't function as reliably as we would like. Slater Gates is continuing to investigate the source of the problem.

Several landscape initiatives have been completed and/or are in progress. We completed several irrigation modifications to get better coverage. Both the seasonal color installation and the perennial color replacements have been completed. Two major new landscape designs are nearing completion and will begin installation soon:

1. The area near the clubhouse playground will be modified to create a new path for children to reach the playground from the bus stop. Additional mulch and sidewalks are planned and two additional benches will be installed.

2. The fountain at the front entrance to our subdivision will be converted to a planter. The fountain was a continual maintenance issue and when it worked, minerals from the water continually deposited on the sign making it unsightly. The pump for the fountain had been shut off for more than a year ago, and as a planter, it will enhance the look of our entrance as well as eliminate the accumulation of rainwater in the basin.

The area just outside the Turkey Creek bridge has been cleared of all furniture and trash. While technically this area is in the reservoir, it had become an inappropriate hang-out for teenagers and led to complaints from homeowners in the area. This area is now also being patrolled and any trespassing will be reported to the sheriff.



LOE BOOK CLUB

Read a good book lately? Pick one of our book selections and take it on vacation with you, then 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.

June 23 – Americanah by Chimamanda Ngozi Adichie. One of *The New York Times's* Ten Best Books of the Year and an NBCC Award Finalist. An NPR "Great Reads" Book, a *Chicago Tribune* Best Book, a *Washington Post* Notable Book, a *Chicago Tribune* Best Book, an *Entertainment Weekly* Top Fiction Book, a *Newsday* Top 10 Book, and a Goodreads Best of the Year pick. A powerful, tender story of race and identity by Chimamanda Ngozi Adichie, the award-winning author of *Half of a Yellow Sun.*

July 28 – Me Before You by Jojo Moyes. They had nothing in common until love gave them everything to lose . . .Louisa Clark is an ordinary girl living an exceedingly ordinary life– steady boyfriend, close family–who has barely been farther afield than their tiny village. She takes a badly needed job working for ex-Master of the Universe Will Traynor, who is wheelchair bound after an accident. Will has always lived a huge life-big deals, extreme sports, worldwide travel-and now he's pretty sure he cannot live the way he is.

August 25 – The Boy on the Wooden Box by Leon Leyson. Even in the darkest of times–*especially* in the darkest of times– there is room for strength and bravery. A remarkable memoir from Leon Leyson, one of the youngest children to survive the Holocaust on Oskar Schindler's list..

September 22 – Inferno by Dan Brown. Harvard professor of symbology Robert Langdon awakens in an Italian hospital, disoriented and with no recollection of the past thirty-six hours, including the origin of the macabre object hidden in his belongings. With a relentless female assassin trailing them through Florence, he and his resourceful doctor, Sienna Brooks, are forced to flee. Embarking on a harrowing journey, they must unravel a series of codes, which are the work of a brilliant scientist whose obsession with the end of the world is matched only by his passion for one of the most influential masterpieces ever written, Dante Alighieri's *The Inferno*.



Name:	
Address:	
Phone:	
Email:	
Key Fob Details: (Fob number will be entered by First Service	a)
Fob # 1	Fob #3
Name:	Name:
Date of Birth (DOB)	DOB:
Fob #	Fob #
Fob # 2	Fob # 4
Name	Name:
DOB:	DOB:
Fob #	Fob #
the fob. That I understand and will comply with all th	above address and will only be used by the individual assigned Rules and Regulations regarding the pool and Clubhouse ange in user of the fobs or the loss of any fobs.
Sign	
Date	
	(Received Form)
FirstService Residential Witness Sign	

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David Flory Team

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Lakes on Eldridge Community Association, Inc.

POOL RULES

Use is restricted ONLY to Lakes on Eldridge residents and accompanied guests. Lakes on Eldridge Community Association, Inc. pool is a SWIM AT YOUR OWN RISK BASIS AND WITHOUT BENEFIT OF A LIFEGUARD.

- Entry gate to be closed at all times. 1.
- Appropriate swimming apparel only. No cutoffs. 2.
- 3. Food and beverages to remain on pool deck and not allowed in swimming pool. So that all may enjoy the pool area, residents and guests are required to clean up after themselves to avoid a clean-up charge.
- Place trash in receptacles. 4.
- Children under 16 years old must be accompanied by a parent or responsible adult (18 or 5. older).
- 6. Children who are not toilet-trained must wear a swim diaper or plastic pants and a swim suit. Cloth or disposable diapers are not allowed.
- 7. Animals are not allowed in the building or pool area, except guide dogs. Guide dogs are allowed on the deck, but not in the water.
- No running, pushing, foul language or general roughhousing. 8.
- No smoking. 9.
- 10. No alcohol.
- 11. No glass items anywhere in the facility.
- 12. No loud music. Personal music devices only.
- 13. No diving, back dives, or somersaults from the side of the pool.
- 14. Climbing, sitting, and jumping from fences is prohibited.
- 15. No skateboards, roller skates, bikes, or scooters allowed inside the fence.
- 16. Umbrellas to be closed upon departure of pool area.
- 17. No vandalizing of association property.
- 18. No trespassing.
- 19. Pool closed Monday for cleaning except on designated holidays.

* Association has right to utilize surveillance equipment for viewing pool activity.

* Failure to comply with pool rules entitles the association to suspend an owner's right to utilize the pool. Suspension to be enforced through deactivation of key fobs assigned to respective property address. Owner will be notified in accordance with Chapter 209 of the Texas Residential Property Owners Protection Act.

Emergency call 911. Report incidents or unsafe conditions to FirstService Residential at 713-932-1122. Report trespassing to the Sheriff at 713-221-6000. Being on pool property, inside the gate, after pool hours is trespassing. Pool hours: Tuesday through Sunday, 5:00 am - 10:00 pm.

Homeowner's Signature:

Date:

Homeowner's Address:

Phone Number: _____ Email: ____

POOL RULES MUST BE SIGNED AND RETURNED TO FIRSTSERVICE **RESIDENTIAL ALONG WITH THE SIGNED WAIVER IN ORDER TO RECEIVE YOUR** KEY FOB. PLEASE KEEP A COPY OF ALL DOCUMENTS FOR YOUR RECORDS.

YOUR NEIGHBORHOOD REALTOR LAKES ON ELDRIDGE NORTH RESIDENT AND SPECIALIST

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WAIVER/RELEASE (USE OF SWIMMING POOL) LAKES ON ELDRIDGE COMMUNITY ASSOCIATION, INC. (the "Association")

I acknowledge receipt of the Pool Rules ("Rules") governing the use of the swimming pool at LAKES ON ELDRIDGE. I have read the Rules, I understand them, and I agree to comply with them. I agree that my use of the LAKES ON ELDRIDGE swimming pool will be on a SWIM AT YOUR OWN RISK BASIS AND WITHOUT BENEFIT OF A LIFEGUARD. I fully understand that in utilizing the pool without the benefit of a lifeguard, that there are risks of injury or death to myself or others, whether or not I swim alone or with others present. I understand that without the presence or the benefit of a lifeguard, there is a possibility of injury or death by drowning or other risks. I am voluntarily using the swimming pool WITHOUT BENEFIT OF A LIFEGUARD AND ON A SWIM AT YOUR OWN RISK BASIS with full knowledge of the dangers involved, fully assuming all risks of injury and death.

I understand and agree that the Association, its managing agent, and/or the respective affiliates, directors, officers, agents, and employees of the Association and/or its managing agent (collectively, the "Released Parties") are not responsible for any injury, death, damage, loss of property which I may suffer as a result of my use of the swimming pool for any reason whatsoever. I expressly waive any and all claims against, and release the Released Parties, jointly and severally, of and from any claims of injury or death, damages, or any causes of action whatsoever arising from my use of the swimming pool on a **SWIM AT YOUR OWN RISK BASIS AND WITHOUT THE BENEFIT OF A LIFEGUARD**, irrespective of whether any such injury, death, damage, or cause of action is a result of the acts, omissions, or negligence of the Released Parties in whole or part. This waiver and release shall be binding upon by heirs, assigns, and estate representatives.

Further, to the extent permitted under the Rules, in the event that I allow or bring a guest or invitee or my child or children (or child or children of any guest or invitee) into the pool area, I agree that (i) I shall accompany such guest(s), invitee(s) or children at all times while in the pool area, (ii) I shall make each such guest(s), invitee(s), and child aware that there is no lifeguard present and that their respective use of the pool is on a **SWIM AT YOUR OWN RISK BASIS WITHOUT THE BENEIFT OF A LIFEGUARD**, (iii) I shall at all times supervise and assume full responsibility to ensure compliance with all of the Rules by such guest(s), invitee(s) or children, and (iv) I shall be liable for, and release and indemnify the Released Parties of and from any claims or damages whatsoever (including those resulting from injury or death) brought or asserted by such guest(s), invitee(s), or child or children (or their parents, guardians, heirs or estate representatives), arising from the use of the swimming pool on a **SWIM AT YOUR OWN RISK BASIS WITHOUT THE BENEFIT OF A LIFEGUARD**.

This WAIVER/RELEASE is given for the following address: **Adult(s):**

Printed name)	(Signature)	(date)
(Printed name)	(Signature)	(date)
(Printed name)	(Signature)	(date)
(Printed name)	(Signature)	(date)
lames and ages of Children:		
lames and ages of Children:	/	//////
lames and ages of Children:	///	///////
lames and ages of Children:	/	//////



Dad is sure to enjoy this delicious Shrimp Dip on Father's Day!



Simple Shrimp Dip

24oz. cream cheese 1c. mayonnaise ½c. chopped onion 1c. finely chopped celery ¼c. parsley flakes/dried 1(8oz) bag small frozen shrimp, thawed and chopped

Mix all ingredients and refrigerate about 2 hours... if you can wait that long!

Buying, selling or relocating... please remember me for all your real estate needs.



Karen Parke

REALTOR® Certified Home Marketing Specialist Lakes on Eldridge Resident

Direct: 281.610.4866 Office: 713.461.6800 Email: karen.parker@garygreene.com

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Lakes on Eldridge Community Association, Inc.

FITNESS CENTER RULES

Use is restricted ONLY to Lakes on Eldridge residents and accompanied guests. Lakes on Eldridge Community Association, Inc. fitness center is <u>USE IS DONE AT YOUR</u> <u>OWN RISK.</u>

- 1) For use by owners and residents of Lakes on Eldridge and their invited guests. A guest may use this facility only if the Resident is present. During peak hours, guests are limited to one per Resident. Fitness trainers are considered guests.
- 2) Open daily from 5:00 AM until 10:00 PM. Please be advised that the alarm activates/deactivates automatically at these times. Each Resident is required to swipe their Key Fob upon entry for security and activity tracking purposes. Residents must enter after 5:00 AM and exit before 10:00 PM to avoid setting off a false alarm. A fee of \$100 will be assessed to the Resident setting off a false alarm.
- The Lakes on Eldridge Home Owners Association (LOE HOA) will use surveillance equipment for viewing activities.
- 4) To use this facility unaccompanied, you must be 18 years of age or older. Teens between 12 and 18 years of age must be accompanied by an adult at all times.
- 5) Appropriate attire is required. Shirts, shorts or pants, and athletic shoes must be worn at all times. No wet bathing suits are allowed.
- No food or drink is allowed, with the exception of water. No glass bottles or containers and no alcoholic beverages are allowed at any time.
- 7) Excessive noise is not allowed.
- 8) Limit cardio workouts to a maximum of 20 minutes if others are waiting.
- 9) Do not move the exercise machines. Return all other equipment to its proper location after use. Leave the Fitness Center area as you found it.
- 10) If any equipment malfunctions or ceases to operate properly, discontinue use and report the problem to First Service at 713-984-7241.
- 11) No wet bathing suits are allowed in the Fitness Center.
- 12) Any Resident who works out in this facility with a fitness trainer is required to register their trainer with First Service.
- 13) Recurring fitness related classes may be scheduled with First Service and held in the flex room. If led by an instructor, such instructor must be a Resident. No for-fee classes are allowed. Classes are open to Residents only.
- 14) The LOE HOA is not liable for any injuries in connection with the use of the Fitness Center. All use is done at your own risk.
- 15) The LOE HOA is not responsible for lost or stolen items.
- 16) The LOE HOA reserves the right to deny access to anyone.
- * Failure to comply with Fitness Center rules entitles the association to suspend an owner's right to utilize the center. Owner will be notified in accordance with Chapter 209 of the Texas Residential Property Owners Protection Act.

Emergency call 911. Report incidents or unsafe conditions to FirstService Residential at 713-932-1122. Report trespassing to the Sheriff at 713-221-6000. Being in the Fitness Center, inside the gate, after center hours is trespassing. Center hours: Daily, 5:00 am - 10:00 pm.

Homeowner's Signature:

Date:

Homeowner's Address: _____

Phone Number:

Email____

FITNESS CENTER RULES MUST BE SIGNED AND RETURNED TO FIRSTSERVICE RESIDENTIAL ALONG WITH THE SIGNED WAIVER IN ORDER TO RECEIVE YOUR KEY FOB. PLEASE KEEP A COPY OF ALL DOCUMENTS FOR YOUR RECORDS.

DANIELLE GEBARA

Resident of Lakes on Eldridge North

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



Inventory Low! Buyers are looking, Call Danielle if you're thinking of relocating! The Realtor of choice for LOE and LOEN residents!!!

WAIVER/RELEASE (USE OF FITNESS CENTER) LAKES ON ELDRIDGE COMMUNITY ASSOCIATION, INC. (the "Association")

I acknowledge receipt of the Fitness Center Rules ("Rules") governing the use of the Fitness Center at **LAKES ON ELDRIDGE**. I have read the Rules, I understand them, and I agree to comply with them. I agree that my use of the **LAKES ON ELDRIDGE** Fitness Center will be on a **USE AT YOUR OWN RISK BASIS**. I fully understand that in utilizing the Fitness Center without the benefit of supervision, that there are risks of injury or death to myself or others, whether or not I work out alone or with others present. I understand that without the presence or the benefit of supervision, there is a possibility of injury or death or other risks. I am voluntarily using the fitness **WITHOUT BENEFIT OF SUPERVISION AND USE AT YOUR OWN RISK BASIS** with full knowledge of the dangers involved, fully assuming all risks of injury and death.

I understand and agree that the Association, its managing agent, and/or the respective affiliates, directors, officers, agents, and employees of the Association and/or its managing agent (collectively, the "Released Parties") are not responsible for any injury, death, damage, loss of property which I may suffer as a result of my use of the swimming pool for any reason whatsoever. I expressly waive any and all claims against, and release the Released Parties, jointly and severally, of and from any claims of injury or death, damages, or any causes of action whatsoever arising from my use of the Fitness Center on a **USE AT YOUR OWN RISK BASIS AND WITHOUT THE BENEFIT OF SUPERVISION**, irrespective of whether any such injury, death, damage, or cause of action is a result of the acts, omissions, or negligence of the Released Parties in whole or part. This waiver and release shall be binding upon by heirs, assigns, and estate representatives.

Further, to the extent permitted under the Rules, in the event that I allow or bring a guest or invitee or my child or children (or child or children of any guest or invitee) into the Fitness Center, I agree that (i) I shall accompany such guest(s), invitee(s) or children at all times while in the Fitness Center, (ii) I shall make each such guest(s), invitee(s), and child aware that there is no supervision present and that their respective use of the Fitness Center is on a **USE AT YOUR OWN RISK BASIS WITHOUT THE BENEIFT OF SUPERVISION**, (iii) I shall at all times supervise and assume full responsibility to ensure compliance with all of the Rules by such guest(s), invitee(s) or children, and (iv) I shall be liable for, and release and indemnify the Released Parties of and from any claims or damages whatsoever (including those resulting from injury or death) brought or asserted by such guest(s), invitee(s), or child or children (or their parents, guardians, heirs or estate representatives), arising from the use of the Fitness Center on a **USE AT YOUR OWN RISK BASIS WITHOUT THE BENEIFT OF SUPERVISION**.

This WAIVER/RELEASE is given for the following address: **Adult(s):**

Printed name)	(Signature)	(date)
(Printed name)	(Signature)	(date)
(Printed name)	(Signature)	(date)
(Printed name)	(Signature)	(date)
lames and ages of Children:		
	/	/
	/	/
	//	///

KEY FOBS

Dear Homeowner,

Please be advised the Lakes on Eldridge, Board of Directors has approved the use of key fobs for entry to the pool area including the fitness center and flex room when opened. Key fobs will be required to access the pool, fitness center, and flex room.

There are no lifeguards present at the pool for supervision. The pool is:

"SWIM AT YOUR OWN RISK"

The attached Pool Rules and Waiver must be signed by the homeowner of record and returned in order to receive your pool access card. In addition, if you want access to the Fitness Center the Rules and Waiver for that facility must be signed as well.

To obtain your key fob:

- 1. The homeowner of record must sign and submit the following forms: Pool Rules, Waiver, Fitness Center Rules, Waiver, and Key Fob.
- 2. Tenants who cannot obtain the homeowner of record's signature may sign for themselves and must provide a copy of a signed lease agreement for proof of residency.
- 3. All Association Dues must be paid in full.
 - a. If you are currently on a payment plan, please contact FirstService Residential once you have finished paying. After meeting all other requirements, a fob will be mailed to you upon request.
 - b. Should your account not be paid and you would like to set up a payment plan, please contact FirstService Residential today.
 - c. If your dues are not paid the following year by the due date, your fob will be deactivated until your assessments are paid in full.

Please be aware:

- > A fob will be issued per household member over the age of 16.
- > If you lose your fob, please contact FirstService to have it deactivated.
- > Replacement fobs cost \$15.00. A check or money order may be mailed.
- > Key Fobs do not expire but may be deactivated as necessary.
 - THERE ARE NO LIFEGUARDS ON DUTY AT ANY TIME. PLEASE CALL 911 IN CASE OF AN EMERGENCY

REFURBISHMENT OF EXISTING PATIO FURNITURE

A big thank you to the residents who helped clean and re-paint our existing patio furniture – Bob Baker, Phyllis Baker, Gary Fehsenfeld, Clive Gardner, Marcia Healy, Robert Healy, Jamie Powers, and Susan Strebel. This saved the community significant money and it looks great!!



THANK YOU!

YOGA Classes

Feel like giving yourself some time out? So much to do in your day that need some down time to recharge? We offer private, semi private or group lessons for all levels, from the restorative and centering Yin yoga to the dynamic Ashtanga Vinyasa sequence. You will find a space on your mat to be present and mindful in your life!

For more details please contact Gabriela at gabmarbretto@hotmail.com (LOEN resident).

LOE Dolphins Swim Team News

It's hard to believe that the season is half over already! The swimmers are off to a great start and there is still a lot more fun ahead for all involved! Thanks to our coaches for all of their hard work getting our swimmers ready for the meets and thanks to all of our volunteers for making all our events run smoothly!

Below is the season's remaining calendar for easy reference. For the latest information, go to our website www.loedolphins.org and click on "Meets and Events". Please give us your support and come cheer for all our wonderful swimmers!

REMAINING SCHEDULE FOR 2014:

May 3 • Pep Rally at LOEN Pool, 7:30 PM May 31 • AWAY Bridgeland June 7 • AWAY Lakewood Forest June 13 • Pep Rally at LOEN Pool, 7:30 PM June 14 • AWAY Woodland Waves June 21 • Divisional Meet (Location TBD) June 28-29 • Ponderosa Invitational (Location TBD) June 28-29 • Trinity Classic Invitational (Location TBD)

After the season is over we will be offering once again a Fall Swim Program for swimmers looking for conditioning and stroke development. Please check our website www.loedolphins. org in late June for more information. Our website also offers a "contact" link that you can use to send questions and comments about LOEST.

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*.



Meet Captain Murray

For the past four years, Captain and Site Supervisor Ardra Murray has waved hello and warmly welcomed us through the gates of Lakes on Eldridge, as well as patrolling our property at all hours of the day and night. 43-year-old Ardra, (named after Linda Evans' character in The Big Valley, minus the "u"), is a native Houstonian and Wheatley High School graduate, employed by Industrial Security Service Corporation. Previous positions in her career include Transportation Security Association Officer at Bush International Airport, X-Ray Technician, and Corrections Officer for 12 years at the Texas Department of Corrections.

As Site Supervisor, Captain Murray is boss lady, responsible for scheduling a six person staff, seven during the summer, filling in whenever and wherever she has to. "I'm everywhere!" according to Ardra, often on LOE property 40-60 hours a week. Her biggest frustration is the occasional attitude that occurs when she asks for information before allowing vehicles through the gate. "And it would be so helpful if we had lists of guests when residents have a party, so we could quickly check off names to keep cars from backing up." As she patrols our community, she tries her best to slow drivers down; reminding them the speed limit is 25 miles an hour. Regarding school busses, Ardra feels very strongly. "Regardless of which way you are going, everyone should stop until the bus has finished loading or unloading. I will be issuing citations! We need to watch out for these little children."

Ardra lights up when she speaks of her family. Kevin, her husband of 21 years and a disabled US Army Veteran, enjoys working out at the gym. He also trains and assists their teenage son, Kamron, in mixed martial arts. Oldest son, Darrian, attends Sam Houston State University studying biology. Although she misses her father and younger sister who she lost years ago, Ardra remains close to her mother, older sister, and older brother who live in the area.

The Houston Rockets and Houston Texans could not ask for a better, more devoted fan than Ardra. In addition to her love of sports, she spends any spare time she has reading, especially romance novels. And in case you haven't noticed, she is a true people person. After ISSC work hours, Ardra continues to demonstrate her engaging personality as a mobile DJ (known locally as "DJ Spice") and is available to perform at weddings, birthdays, and other events. Next time you see Ardra surveilling the property, and it looks like she's singing in that white truck, she just might be!

LOE is fortunate to have someone as attentive and accommodating as Captain Ardra Murray. She and her staff make driving into our property even better when they smile and wave us through the gates – reminding all residents they have arrived at the peaceful surroundings we call home.





person may tolerate the same exposure for hours.

Sunburn is caused from over-exposure to the harmful ultraviolet rays of

the sun. While the symptoms (such as red skin that is painful to the touch)

are usually temporary, the skin damage is often permanent and can cause

serious long-term health effects, including skin cancer, pigmentation and

premature aging. In addition to the skin, eyes can get burned from sun

exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other

ultraviolet light source exceeds the ability of the body's protective pigment,

melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and

increase risk for developing skin cancer. Certain drugs such as some blood

pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs

SYMPTOMS

full effect to your skin may not appear for 24 hours or longer. Possible

The first signs of a sunburn may not appear for a few hours. The

increase sensitivity to sunlight and the risk of getting sunburn.

A FOCUS ON SUNBURN Protect Your Skin From Our Powerful Sun

By: Concentra Urgent Care

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn. *FIRST AID*
- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as nonsteroidal antiinflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

For more information, check out: www.cdc.gov/niosh/topics/uvradiation

WMS provides an exceptional education for children with a school population that reflects global diversity.



What makes WMS unique

- Experienced, certified teachers
- Low staff turnover

symptoms include:

- Parent participation encouraged
- Authentic Montessori approach that fosters a love for learning for toddlers-elementary



Why so many parents choose Westside Montessori School

- Hands-on multi-sensory materials that stimulate growing minds
- A prepared environment that provides structure and self-discipline
- Individualized instructions guided by the loving, nurturing hands of the teacher
- Cooperative, non-competitive atmosphere

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Westside Montessori School

BEFORE AND AFTER SCHOOL CARE FOR ALL AGES AND PROGRAMS

CROSSWORD PUZZLE



DOWN
1. Dens
2. Hawaiian 'hello'
3. City
4. Replace a striker
5. Spring flower
6. Music
7. Lure
8. Type of car
9. Cheese
15. Married woman
19. Wing
21. Jewish religious leader
23. BB player Kareem Jabar
24. Public disorder
25. Groggy
26. Blemish
27. Writer Bombeck
28. Racoon's nickname
30. Baseball's Nolan
32. Scene
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