

Volume 13, Issue 9

September 2014

## DETENTION POND REPAIR PROJECT

MUD 341 and the Lakes on Eldridge Board of Directors are pleased to announce a major project to repair the detention ponds around our lakes. Attached is a diagram outlining the location of repairs. Construction will commence in late August with completion planned in November.

Different repair methods will be used depending on the condition of the specific detention walls. The smaller cracks are being sealed with a grout material (blue or red numbers on exhibit). In other areas with larger cracks, tiebacks (wooden posts) are being installed behind the wall to brace the wall and prevent it from shifting (red numbers on exhibit). There are a few other areas (mostly on lakes F and G at the southeast corner of the subdivision) where some small sinkholes behind the lake wall need to be filled (brown/purple numbers on exhibit).

No fish or wildlife should be impacted by this project. All access to the proposed work areas will be from the residential streets and the work will occur within the detention pond reserve areas (public areas between lot lines and lake edge). No areas of residential lots will be used for access, staging, or work areas at any time. The amount of time the contractor will be working in any one area should be between 1 to 3 days.

This work is being financed by MUD 341. Benchmark

Engineering will be providing project management. If you have any questions, please contact Brian Chovanec at [bchovanec@benchmarkengr.net](mailto:bchovanec@benchmarkengr.net) or [elise.campagna@fsresidential.com](mailto:elise.campagna@fsresidential.com).



## PROPERTY UPGRADES AND MAINTENANCE

At the clubhouse and tennis court parking lots, the short driveway lights are being removed. In their place, two tall overhead lights are being installed similar to the existing lights on the east side of the parking lot. This will enhance the visibility for anyone coming to the property in the early mornings or evenings.

The Gate house is also getting an update inside and out. The new roof was previously installed, but the exterior is being repainted and the interior is being revised to eliminate plumbing problems.

The Board has just completed an assessment of the exterior brick walls around the subdivision and repairs will begin this fall. This is the first extensive brick

*(Continued on Page 2)*

# Lakes on Eldridge

## IMPORTANT NUMBERS

First Service Residential.....	713-932-1122
Gate Attendant.....	713-937-8825
Waterfowl, Betty Burkett.....	713-302-9929
Sheriff - (non-emergency).....	713-221-6000
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)	
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
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Falls High School .....	281-856-1000
Cy-Ridge High School .....	281-807-8000
Newsletter Publisher	
Peel, Inc. ....	advertising@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:

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

Visit the Association Website: [www.lakesoneldridge.net](http://www.lakesoneldridge.net)

(Continued from Cover Page)

repair project in the subdivision's life. Please note that bushes/trees that are touching the wall will need to be trimmed back in order to proceed with the repairs. We ask that all owners look at any plant material on their side of the common area fence and trim it back away from the wall to reduce damage and facilitate repair. An evaluation of the interior walls will be completed later this year with the intent to repair in the first quarter of 2015.

Recently a group of Egyptian Geese tried to claim the pool area as their home. The Wildlife Committee responded quickly and has been physically encouraging the geese to leave. A device called "away with geese" has been purchased and installed at the pool. It emits a light that shines in their eyes if they land in the pool or along the edge. It is bothersome to them thereby encouraging them to leave a location. However, the light is barely visible to a human eye. The Board wishes to thank Maggie Wegner and Betty Burkett for their assistance in this endeavor.

The repairs to the pool lights will begin in September. The pool will be closed for 3-4 days for this work. An eBlast will be sent out once the schedule is finalized.

An extension of the sidewalk around the playground equipment at the Clubhouse is also being installed in September as well as adding two new benches and replacing the two existing benches. We hope you enjoy the area with family and friends!



Learn and practice the art of Yoga in the most intimate and personalised studio in Houston, if you are a beginner or if are looking to grow your practice in a safe, relaxed and nurturing environment, find one of our classes that talks to your body, from the gentle practice of Yin Yoga to the more dynamic Ashtanga Vinyasa.

Private lessons available.

For further info email Gabriela at [info@namasteyogahouston.com](mailto:info@namasteyogahouston.com) or register on our website at [www.namasteyogahouston.com](http://www.namasteyogahouston.com) or call 281.928.6951

"Living, loving, and learning in Christ and the Church."  
6646 Addicks Satsuma Rd.  
Houston, TX 77084  
281-463-1444  
[www.seasc.org](http://www.seasc.org)

EXCELLENT CURRICULUM • ATHLETICS  
COMPUTER & SCIENCE LABS  
BEFORE & AFTER SCHOOL PROGRAMS

Come grow with us!  
St. Elizabeth Ann Seton Catholic School

**Now Registering**  
**2014-2015**  
**School year**



## TREE EVALUATION PROJECT – EXPERIENCED VOLUNTEERS NEEDED

Our subdivision is approaching 18 years old. The small trees planted by the developer have now become overgrown. There are several locations where the trees have grown together into one mass and the beauty and health of individual trees is being compromised. Additionally the pear trees are coming to the end of their natural life. The BOD has begun an evaluation and the development of a plan to remove the damaged trees, thin the areas of overgrowth, and plant new trees that will enhance the community. We are seeking a couple of volunteers with horticulture experience to work with us to develop a multi-year plan. If you are interested in being involved, please send your contact information and background to [elise.campagna@fsresidential.com](mailto:elise.campagna@fsresidential.com).



### Market Update

LAKES ON ELDRIDGE & LAKES ON ELDRIDGE NORTH

2014	# HOMES SOLD	AVERAGE PRICE	AVERAGE DAYS ON MARKET
1st Quarter:	18	\$456,315	26
2nd Quarter:	28	\$523,200	22
July	8	\$611,293	11

Source: Houston Association of Realtors® Multiple Listing System 1/1 - 7/31 of 2014

If you are thinking about selling, leasing or relocating in the near future, please contact me for a complimentary market analysis.



For More Information, Contact

**KAY HORSCH**

Realtor® & Lakes on Eldridge Resident

**713.703.8313**

[kay@kayhorsch.com](mailto:kay@kayhorsch.com)

[heritagetexas.com](http://heritagetexas.com)



**HERITAGE**  
TEXAS\*PROPERTIES



*Royal Oaks*

WHEREVER LIFE TAKES YOU CALL ON US

11689 Westheimer, Suite C | Houston, Texas 77077

# Lakes on Eldridge



## ***Fitness Center News***

Everyone is eager for the workout room to open. Additionally, based on user requests, we now have a flex room that can be used either with the main room for large functions, rented separately for a small function or used as an extension of the workout room for exercise classes. As of now, the only classes that are scheduled are yoga on Tuesday and Thursday nights from 7:30- 8:30 pm. We would like to offer other classes such as aerobics or pilates, but we either need a local instructor or an individual who would be responsible to load a dvd into the player on a set schedule. If you would be willing to lead a class or load/unload the dvd, please contact [elise.campagna@fsresidential.com](mailto:elise.campagna@fsresidential.com).

## 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](mailto: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](http://www.PEELinc.com).



## CHECK-IN **ONLINE** **SAVE TIME**

The Smarter Way to ER  
[CyFairERandUrgentCare.com](http://CyFairERandUrgentCare.com)



### ER & URGENT CARE WAITING IS NO FUN.

At Cypress Fairbanks Medical Center Hospital, we understand that waiting in the ER or Urgent Care is no fun. That's why we're offering an online check-in service at [CyFairERandUrgentCare.com](http://CyFairERandUrgentCare.com) for all six locations of our urgent care and emergency services to reserve your time online and comfortably wait at home. It's quick, easy and you'll be seen by a healthcare professional within 15 minutes of your scheduled time.

Cypress Fairbanks  
Medical Center Hospital



A PART OF  
CY-FAIR REGIONAL HEALTH NETWORK

POWERED BY **InQuicker**

# The David Flory Team



A+ Customer Service.  
A+ Results!

**The David Flory Team ranks  
in the top 3 real estate teams in Houston**

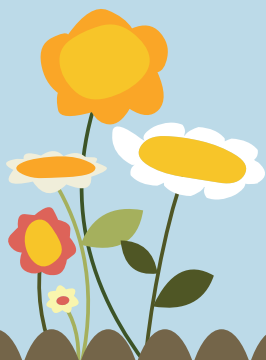
*Houston Business Journal, 2013*

With over 30 years of experience, you can place  
your trust in us to meet your real estate goals.



Thinking about buying or selling? Contact David today  
to discuss current market conditions!

281.477.0345  
[info@floryteam.com](mailto:info@floryteam.com)



[www.facebook.com/TheDavidFloryTeam](http://www.facebook.com/TheDavidFloryTeam)

RE/MAX Professional Group  
Each office is independently owned & operated



## FERNS OF LOE

*Brady Reed, resident of LOE and Amateur Naturalist*

A mature southern forest is typically made of several layers. In our area, the crowns of large Live Oaks (*Quercus virginiana*) form much of the high canopy. A secondary layer is made up of several smaller understory trees and bushes like Wild Persimmon, Yaupon Holly (*Ilex vomitoria*), Southern Prickly Ash (*Zanthoxylum clava-herculis*), Roughleaf Dogwood (*Cornus drummondii*), Winged Sumac (*Rhus copallina*), and introduced species like Privet. Down around our knees and ankles are smaller mostly non-woody plants that include the ferns.

**Southern Shield Fern** (*Thelypteris kunthii*) is probably the most common native fern of our neighborhood. In my yard, this fern grows spontaneously from any wet, shady area. It's light, feathery fronds will produce a spray of light green foliage, but a good freeze will kill it to the ground. (picture not provided)

**Japanese Holly Fern** (*Cyrtomium falcatum*) is an introduced species that grows like a native. It is a much hardier and more evergreen fern than many of its indigenous brethren. It is used commonly as a yard ornamental plant in our neighborhood.

A rarely seen plant is the **Grape Fern**. These ferns produce only two small fronds; one fertile frond and one sterile frond. Ferns reproduce with spores instead of seeds. These spores are born on sporangia that form various patterns on

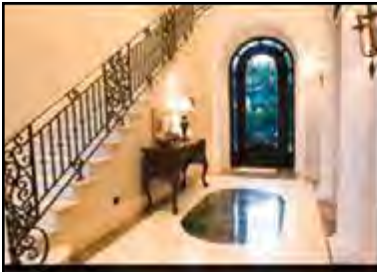
the fronds and can be used for identification. The Grape Fern has sporangia only on the fertile frond and none on the sterile frond. Additionally, the fertile frond resembles a leafless branch.

**Japanese Climbing Fern** (*Lygopium japonicum*) is another ornamental fern introduced from Japan. It is easily recognized by its vine-like form. Similar to the Grape Fern, there are sterile and fertile separations of the fronds, but these areas are somewhat randomly occurring and not limited to one frond.

Another common fern is **Resurrection Fern** (*Pleopeltis polypodioides*), but it will not usually be found near the ground unless a branch breaks off a Live Oak tree and falls to the ground. The Resurrection Fern is an epiphyte, meaning that it grows on the bark of trees, not rooted in soil. Between periods of rain, this fern will dry up and appear dead, but then revive once it soaks up a little rain. It can often be found on the Live Oaks around our neighborhood lakes where there is more moisture.

**Mosquito Fern** (*Azolla caroliniana*) is an interesting fern in that it is only found floating on water and often associated with another small floating plant called Duck Weed. These tiny *Azolla* ferns form reddish mats on the small ponds in the woods around our neighborhood. In many parts of the world, *Azolla* is encouraged to grow in rice paddies because it can put nitrogen back into the soil which helps the growth of the rice.





*Taking the time to do it better!*

No one has Houston covered like Gary Greene.  
With 20 offices across the Houston Metro Area  
we can offer you a higher level of service  
tailored to your community.

Contact me for all  
your real estate needs...  
*Your profit is our priority.*

**Better  
Homes  
and Gardens**  
REAL ESTATE

**GARY  
GREENE**

*Nobody knows the neighborhood like a neighbor!*



*Karen Parker*  
REALTOR®

*Certified Home Marketing Specialist  
Lakes on Eldridge Resident*

*Direct: 281.610.4866*

*Office: 713.461.6800*

*Email: karen.parker@garygreene.com*

*Live Urban. Live Suburban. Live Well.*

©2014 Better Homes and Gardens Real Estate LLC. Better Homes and Gardens® is a registered trademark of Meredith Corporation licensed to Better Homes and Gardens Real Estate LLC.  
Equal Opportunity Company. Equal Housing Opportunity. Each franchise is independently owned and operated. If your property is currently listed with a real estate broker,  
please disregard. It is not our intention to solicit the clients of other real estate brokers.



# Lakes on Eldridge

## LOE BOOK CLUB

We have finalized our reading list and meeting dates for the rest of this year, and there are some wonderful books coming up. 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](mailto:celeste.fritz@gmail.com) to get the details for each meeting.

**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*. (Note: This one will also give us a lot of discussion)

**October 27 – *Prayers for Sale* by Sandra Dallas.** Hennie Comfort knows she's getting old--she's 86--but she doesn't want to leave her mountain home of Middle Swan, Colorado, to go live with her daughter in Iowa. Still, there comes a time when Hennie figures she must face the facts and give in to her daughter's pleadings, so she sets the end of the year 1936 as the time when she'll begrudgingly move. But there's lots to be done in the months left, including befriending the new young neighbor, Nit Spindle, and working through some things Hennie's managed to set aside for many years.

**No Book Club meeting in November (Thanksgiving).**

**December (date to be determined) – *One for the Monday* by Janet Evanovich.** This meeting will be our Christmas party, and we decided to have a light, fun book to read. The first of the Stephanie Plum series, this one introduces Stephanie, her wacky family, and other assorted interesting characters.

EASY AS  
1-2-3



TEXASDIRECTAUTO.COM  
SELL US YOUR CAR!



## CALLOWAY/CORNELIUS GOOD NEIGHBOR PROGRAM

# YARD OF THE MONTH

Your home is an asset whether you rent or own. Keep it looking spruced up with flowers, shrubs, plants and trees. An inviting yard is not only beautiful to look at but enhances the neighborhood as well as your

property value. Be proud of what you have and take care of it!

The Yard of the Month winners for the month of September are:

*Winner: DD White & Lew Skaug 5630 Evening Shore*



*Winner: Kim Treas 5406 Indian Shore*



*Honorable Mention: Vishnu & Bindu Simlote - 12522 Still Harbor*

*Honorable Mention: Courtney & Christiaan Stevens - 12114 Summerland Ridge*

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

# Lakes on Eldridge

Lakes on Eldridge  
and Lakes on Eldridge North

## FALL BIBLE STUDY

Lakes on Eldridge and Lakes on Eldridge North will begin their Fall Bible study on Tuesday, September 16, 2014, with a Martha Lawley study, *Attending the Bride of Christ (Preparing for HIS Return)*. This study of the three phases of preparing for the return of Jesus for His bride, the church, begins with a picture of the relationship between Christ (the bridegroom) and His bride (the church), illustrates the preparations that must take place for the wedding, with messages from the Bridegroom for His Bride, and finally His coming to take His Bride to His eternal kingdom. "Attending the Bride of Christ is designed to help you better understand God's plan for the church and your part in preparing for Christ's return," says the author.

We hope you will join us for fellowship and coffee at 9:15, Bible study beginning at 9:30, ending prayer and praise time at about 11:30. Study guides will be available at the meeting for a cost of \$10.00. Please contact Stephanie at [mrstjl10179@gmail.com](mailto:mrstjl10179@gmail.com) if you plan to attend so we can have a book ready for you. You can pay for the study guide when you come. We hope you will join this faithful group of ladies who have meeting for over ten years. We have members of all ages and denominations and love to have new sisters join us every year.

## The Branch School

PRESCHOOL ~ 8TH GRADE



SACS Accredited

**MAKE THE CHOICE.  
DISCOVER THE DIFFERENCE.  
SEE HOW STUDENTS LEARN.**

- Small class size and nurturing environment
- Science, Technology, Engineering and Math (STEM)
- Preparing students for 21st century challenges
- Advanced educational technology
- Project-based, integrated learning
- Critical-thinking, peacemaking and problem-solving skills
- Outdoor Classroom program (nature studies)
- Community service



Call and  
schedule  
a tour.

Located in West Houston ~ close to Energy Corridor

713-468-0288 ■ [www.thebranchschool.org](http://www.thebranchschool.org)

## BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Repair/Replacement
- Custom Staining
- Gutter Repair & Replacement
- Crown Molding
- Wallpaper Removal
- Wood Replacement
- Interior Carpentry
- Wallpaper Removal & Texture
- Garage Floor Epoxy
- Roofing
- Faux Painting

**NO MONEY UP FRONT**  
20 Years Experience • References Available

**Commercial/Residential  
~ FREE ESTIMATES ~**

[BashansPainting@earthlink.net](mailto:BashansPainting@earthlink.net)

**FULLY INSURED**


**281-347-6702  
281-731-3383 cell**



**HARDIPLANK®**







Inventory Low! Buyers are  
looking. Call Danielle if you're  
thinking of relocating!

The Realtor of choice for  
LOE and LOEN residents!!!



## DANIELLE GEBARA

*Resident of Lakes on Eldridge North*

832-788-6002

danielle@dgebara.com

*Proud to be involved!*



## The “Take Care of Texas” Guide to Yard Care

### *Managing Common Texas Yard Pests*

Gardening and yard care can give you satisfying results and beautiful landscapes. However, yard pests can be discouraging, even for the most committed gardener. Here are some quick tips to avoid pests:

Irrigate efficiently; water infrequently but thoroughly, generally 1 inch once a week in the morning. Use native and adapted plants, which are better suited to the local environment and are more resistant to pests. Mow properly taking off no more than 1/3 of the grass blade with each mowing.

Choose natural or organic fertilizers, avoid overusing fertilizers, and encourage natural predators such as worms, ladybugs, certain beetles, mites, and birds.

Monitor for pests often to catch infestations early and determine if control is needed. Natural predators may make treatment unnecessary.

Remember to always comply with your water system's water-use restrictions and visit [www.KeepCyFairBeautiful.org](http://www.KeepCyFairBeautiful.org) to access free “Take Care of Texas” publications!



## 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
- 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

(281) 556-5970  
[westsidemontessori.com](http://westsidemontessori.com)

13555 Briar Forest  
Houston, TX 77077



**BEFORE AND AFTER SCHOOL CARE FOR ALL AGES AND PROGRAMS**





**GARY GREENE . . .**  
*takes the time to do it better!*

**Better  
Homes**  
and Gardens.  
REAL ESTATE

**GARY  
GREENE**

Better Homes and Gardens Real Estate Gary Greene has listed more homes and sold more listings than any other broker in Houston and surrounding areas this year.

While we are proud of our record,  
 we are more proud of being the solution our clients expected.  
***We would be honored to assist you, your family and friends  
 in the same way. Please contact us today.***



*Clive & Nancy*  
**GARDNER**

*Lakes on Eldridge residents since 2001*

**Better  
Homes**  
and Gardens.  
REAL ESTATE

**GARY  
GREENE**

**Clive: 281.460.3168 | Nancy: 713.870.3169**

**ngardner@garygreene.com**

**CliveAndNancy.com**



*Celebrating 13 years as your Neighborhood Realtors®*

©2014 Better Homes and Gardens Real Estate LLC. Better Homes and Gardens® is a registered trademark of Meredith Corporation licensed to Better Homes and Gardens Real Estate LLC. Equal Opportunity Company. Equal Housing Opportunity. Each Franchise is Independently Owned and Operated. If your property is currently listed with a real estate broker, please disregard. It is not our intention to solicit the offerings of other real estate brokers.



# Lakes on Eldridge



We'll do the work,  
You have the Fun!

**the Pool Nanny**

Weekly and Vacation Swimming Pool Maintenance  
**281-858-4868**



**Trimming to Take-Downs**  
Trimming • Removal of Debris  
Hedge Trimming • Stump Grinding  
Professional Tree Health Care

Bonded & Insured Since 1987

Call David  
Ph: 281-469-0458

Mention this ad for a Spring Special!  
Senior Citizens Receive an Additional Discount.

**FREE ESTIMATES**

**jonesroadtreeservice.com**



**Yorkshire Academy**  
Learning for a Lifetime

14120 Memorial Drive  
Houston, Texas 77079  
Phone: 281.531.6088  
www.yorkshireacademy.com



Celebrating 30 Years!

happiness  
potential  
curiosity

These are just a few of the words we at Yorkshire live by.

In the hallways and classrooms of Yorkshire Academy, these words are brought to brilliant life through the actions and achievements of our staff, students and parents. As a result, the students of Yorkshire are filled with a passion for learning and a spirit that embraces the world around them. We invite you to share in their ongoing story by visiting Yorkshire yourself.

18 months – 5th grade | Full-time care available

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

## SUDOKU

						7	5	
		4	6	2				8
		7		1				
	9				6	5	1	
	3				8	4		
	2				5		4	
	5	3				6		
		8		4	2			

View answers online at [www.peelinc.com](http://www.peelinc.com)

© 2006, Feature Exchange

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

Brilliant Energy Texas OUC #10140

# BRILLIANT ENERGY

Easy Online Sign-Up at  
**BrilliantElectricity.com**


USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL

BRILLIANT ENERGY = SERIOUSLY LOW RATES  
BRILLIANT ENERGY'S ELECTRICITY RATES CHALLENGE THE RATES OF EVERY OTHER PROVIDER IN TEXAS!  
LOCK-IN A LOW ELECTRICITY RATE FOR UP TO 3 YEARS

BRILLIANT ENERGY IS RECOMMENDED BY TEXAS ENERGY ANALYST, ALAN LAMMEY THE HOST OF THE "ENERGY WEEK" RADIO SHOW ON NEWSTALK 1070 KNTH!

Ask the "Energy Analyst"  
**281.658.0395**

**GREAT BUSINESS RATES TOO!**





## SHALOM

*Hi Jewish Community!*  
Let's get connected! To share...

- Shabbat dinners
- Chanukah parties
- Passover Seders
- or simply get together!

### INTERESTED?

E-mail us at  
[info@shalomcypress.org](mailto:info@shalomcypress.org).  
Or visit our website at  
[www.shalomcypress.org](http://www.shalomcypress.org)



Your Community at  
Your Fingertips



Download the Peel, Inc. iPhone App



[www.peelinc.com](http://www.peelinc.com)

512.263.9181



## INJURY PREVENTION IN YOUNG ATHLETES

*By Brett Neilson and Mike McTague  
Doctors of Physical Therapy  
Orthopedic Certified Specialists*

As another fall sports season approaches, a major goal of the coaches, trainers, and parents is keeping the athletes healthy and contributing to their respective sports. However, injury is inevitable and part of the game. Pediatric athletes present with a variety of injuries, the most common being the overuse type like Osgood-Schlatter disease and stress fractures. These injuries occur due to excessive stress placed on bone, muscle and tendon tissue that are constantly growing and not always at the same rate. Risk factors for these injuries include asymmetry in joint flexibility/mobility and muscle strength, impaired balance, training and recovery errors, and previous injury. There is potential for many overuse injuries to be prevented by knowing and following a few simple principles.

Pre-participation physical exams can be helpful for identifying many of the risk factors mentioned previously. It is recommended that these exams should include at minimum an assessment of joint mobility and flexibility and muscle strength and flexibility, as well as a thorough review of the past medical history to determine if the student is even appropriate for athletics. Recently, functional screening tools have been developed to reveal asymmetries and imbalances during basic movement patterns that are the foundation for many of the movements required during sport.

Training and conditioning play a major role in injury prevention as well. The term “cultural deconditioning” has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game and computer use. So when the offseason ends and it’s time to get out

and enjoy the 105 degree Texas heat, the body is not ready to stand up to the stresses suddenly placed on the body. A way to combat this is to promote an active, healthy lifestyle by putting down the Xbox controller and spending more time outside, taking part in offseason conditioning camps, or participating in local fitness classes.

A guideline known as the “10% rule” has also been developed to allow student athletes to transition back into sports activities. The idea is that the amount of training time, distance, repetitions, or load should not be increased by greater than 10% per week. For example, if a student is running 10 miles per week, they should not run more than 11 miles in the following week.

Knowing the signs and symptoms of overuse injuries is paramount. They are all too often written off as “growing pains” and are allowed to increase in severity, resulting in extensive time away from sport during the recovery process. Common signs and symptoms include pain that is persistent in nature, takes

longer than usual to resolve, visible swelling, tenderness that can be localized to one area, and/or require interruption of normal athletic activities.

Finally, having an open-line of communication between the coaches, trainers, other health care professionals, parents, and athletes is imperative in injury prevention. Lack of or inconsistencies in the transfer of information between any of these parties can result in delayed access to proper prevention or treatment techniques and keep the athlete from performing at the highest possible level.





# YOUR NEIGHBORHOOD REALTOR

**LAKES ON ELDRIDGE NORTH RESIDENT AND SPECIALIST**

- **Awarded by Texas Monthly magazine Five Star Professionals Survey as Top 2% of Realtors in Houston**
- True dedication in all aspects of REAL ESTATE LISTING or BUYING **\*\*RE/MAX Top Producer, RE/MAX Peak Performer\*\***
- Highly experienced in marketing and negotiating to get you top dollar for home!
- Relocation Specialist to Houston
- Expert advise in marketing your home - Honest, Professional & Loyal services 24 hours a day 7 days a week!

**Email me and get a FREE Market Analysis on your home!!!**



**"Special Incentives for LOE, LOEN, Twin Lakes Residents. Call Today!"**

RE/MAX Professional Group  
Office: (832) 478-1269 • Cell: (832) 434-6572  
[montysingh@remax.net](mailto:montysingh@remax.net)

**MONTY SINGH**, TOP PRODUCER ABR, GRI, ALHS  
Real Estate Specialist [www.MontySellsTexas.com](http://www.MontySellsTexas.com)



## A Focus on Backpack Safety Tips for Your family

By: Concentra Urgent Care

### WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

### WEAR THE BACKPACK OVER THE STRONGEST MID-BACK MUSCLES

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

### LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

### PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints.

Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back

to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

### WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

### THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

### HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at [www.apta.org](http://www.apta.org).



Make a **colorful** impact.

Call today to reserve this space.

 **PEEL, INC.**  
community newsletters

**512-263-9181**

This space  
**RESERVED**  
for you!



**NOT AVAILABLE  
ONLINE**

At no time will any source be allowed to use the Lakes on Eldridge Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Lakes on Eldridge residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



**We solve all the pieces to the puzzle.**

**Call Today to Get Started On All Your Printing Needs.**

**1-888-687-6444  
Ext. 23**



**PEEL, INC.**  
printing & publishing  
EXPERIENCE MATTERS doing business for 30+ years.



**PEEL, INC.**

308 Meadowlark St.  
Lakeway, TX 78734-4717

PRSRT STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

LE

# **YOUR LAKES ON ELDRIDGE NEIGHBOR**

## **INVENTORY IS LOW!! PRICES KEEP GOING UP!!**



# **STEVE HARDCASTLE**

## **#1 IN LOE & LOEN SALES!!**



### **RE/MAX Westside Realtors**

## **281.925.3047**

- **RE/MAX Westside #1 TOP PRODUCER for over 20 years in a row!!**
- **Top 1% of all Realtors in North America**
- **RE/MAX Hall of Fame & Lifetime Achievement Award**
- **Broker License, CRS, BBA, Relocation Expert, Over 30 Years of Real Estate Experience**
- **Long Time Lakes on Eldridge Resident**

**[www.stevehardcastle.com](http://www.stevehardcastle.com)**

**[email: HardcastleTeam@gmail.com](mailto:HardcastleTeam@gmail.com)**