

Volume 15, Issue 2

February 2016

## Safety procedures at School Bus Stops in LOE

### Clubhouse Bus Stop

About 130 children use the Clubhouse Bus Stop daily. Specific safety procedures have been enforced. All parents dropping off or picking up their children at the Clubhouse are requested to use the parking lot in front of the clubhouse. This is the preferred parking location at all times. Parking on Lake Center Run is tolerated if the parking lot is full, but only on the West side of the street (i.e. the side of the Clubhouse). Parking, drop off and pick up on the opposite side of Lake Center Run and on the Clubhouse access road are prohibited at all times. The space between the club house access road and the bridge has been designated a bus loading zone and should remain unobstructed during active loading hours.

### Other ISD Bus Stops

All parents are encouraged to park on the same side than the school bus to prevent children from crossing the streets.

As a general reminder, all drivers (cars, motorcycles, bicycles) must exercise extra caution when nearing an active loading zone and STOP for any school bus with its flashers on. LOE Security Officers are monitoring the school bus loading zones and enforcing the safety procedures. Please obey their instructions. Thank you for your cooperation in keeping our kids safe.



# 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
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## 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
Erik Roussel .....	Treasurer
Gene Giles .....	Director

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

## HAVE YOU PAID YOUR ASSESSMENT?

LOE depends on your assessment to mow the grass, staff the gates, and keep our community running smoothly. If you haven't paid your assessment yet, please mail your check for \$1460 to the following address:

Lakes on Eldridge CA  
C/O First Service Residential  
PO Box 2321  
Houston, TX 77252-2321

Your account number was shown on your bill sent in November. If you have misplaced that number, please contact First Service Residential at 713-932-1122. If your bank issues payment via online bill pay, please ensure they have the above address. You can also pay your assessment at [www.fsresidential.com](http://www.fsresidential.com), but they will charge a fee for credit card payments. You can also pay in person at First Service Residential at 5295 Hollister Rd.

ANY PAYMENTS RECEIVED AFTER FEBRUARY 29TH WILL BE CHARGED LATE FEES. ADDITIONALLY, KEY FOBS ASSOCIATED WITH AN ACCOUNT THAT HAS NOT PAID BY THE DUE DATE WILL BE DEACTIVATED UNTIL PAYMENT IS RECEIVED.

Timely receipt of payments helps the community keep our assessments low. Our current assessment has remained the same for 3 years except for the one-time charge to help rebuild our clubhouse. For those who have already paid, thank you very much.



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## FITNESS UPDATE

For those residents desiring to get in better shape this year, the Anything Goes Fitness classes are resuming. The classes are \$5 each or a package can be purchased. They are held in the flex room. Each class is something a little different and will include cardio, strength, and core training. You never know what you're going to get because it is a surprise every time! All fitness levels are welcome - you'll get a great workout for an entire hour. Bring Water and a towel (a mat if you have one, but a towel will work fine). The classes will be held from 8:30-9:30 am according to the following schedule:

Thursday, January 14

Friday, January 22

Thursday, January 28

Friday, February 5

Thursday, February 11

Thursday, February 18

Any resident desiring to attend classes or use the fitness center must have a valid key fob. Please do not give access to anyone who does not have a fob and has not completed the appropriate liability releases. Residents are limited to only one guest at a time. If you are new to our community or have not applied for a fob, please contact Amanda Moody at [Amanda.moody@fsresidential.com](mailto:Amanda.moody@fsresidential.com) and she will send you the necessary paperwork.

If you wish to use the machines or equipment in the fitness center, please remember the following rules:

- The facility is 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.

- To use this facility unaccompanied, you must be 18 years of age or older. Teens between 12 and 18 years of age may use the equipment, but must be accompanied by a supervising adult at all times. Children under 12 years old are not allowed to use the workout equipment.

- 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.

- Excessive noise is not allowed.

- Cardio workouts should be limited to a maximum of 20 minutes if others are waiting.

- Do not move the exercise machines. Return all other equipment to its proper location after use. Weights have a designated location by size.

- If any equipment malfunctions or ceases to operate properly, discontinue use and report the problem to First Service at 713-984-7241.

- Any Resident who works out in this facility with a fitness trainer is required to register their trainer with First Service. A trainer counts as a guest.

- The Lakes On Eldridge Home Owners Association (LOE HOA) will use surveillance equipment for viewing activities.

- 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.

- The LOE HOA is not responsible for lost or stolen items.

- The LOE HOA reserves the right to deny access to anyone.

A free fitness equipment overview will be held on Saturday, February 27th from 9 to 10am. Watch your email for more information.





## MONTHLY MAINTENANCE UPDATE

- Implemented a new contract for Security & Fire Monitoring effective January 1.
- Installed a new return air line for the Office/Pool Bath AC/Heating system to improve performance.
- Installed new 50 Mbps fiber optics service at the clubhouse. Free WiFi is available to everyone at ID: Lakes On Eldridge, Password: Eldridge.
- Restored and reinforced Tennis Court wind screens after recent major wind storm.
- Installed two new benches to the clubhouse bus pad area. In addition, flagstone footrest areas were provided for five benches in grassy areas.
- Refinished the Clubhouse front door. New hardware was ordered and should be installed soon.
- Added two French drains to the volley ball court to prevent puddling after major rains. Also, added another 10 cu.yd. of sand to fill low spots.
- Continuing to work with the MUD to identify the source of leaking for Lake D at corner of Lakeshore Ridge and Lake Center Run. More testing will occur in late January for source of leak.



## LOE Book Club

Do you enjoy reading a good book? Join your fellow LOE reading enthusiasts at Book Club! Below is a brief description of each selection. We meet the 4th Monday of each month at 7:30 P.M. (unless we decide to skip a month or change the meeting day). 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.

February 22 – Ordinary Grace by William Kent Krueger. New Bremen, Minnesota, 1961. The Twins were playing their debut season, ice-cold root beers were selling out at the soda counter of Halderson's Drugstore, and Hot Stuff comic books were a mainstay on every barbershop magazine rack. It was a time of innocence and hope for a country with a new, young president. But for thirteen-year-old Frank Drum it was a grim summer in which death visited frequently and assumed many forms. Accident. Nature. Suicide. Murder.

March 28 – The Storied Life of A.J. Fikry by Gabrielle Zevin. A. J. Fikry's life is not at all what he expected it to be. He lives alone, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been stolen. But when a mysterious package appears at the bookstore, its unexpected arrival gives Fikry the chance to make his life over—and see everything anew.

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# Lakes on Eldridge

## Swans Can Be Dangerous

This time of the year, Mother Nature provides our LOE swans with some common sense. It is mating, nesting, and egg-laying season and they feel the need to protect their territory against predators including humans, dogs, and waterfowl. Most of the swans in our neighborhood are not old enough to mate but some will go through the motions of even building a nest. The pairs of swans that are old enough to produce young (cygnets) are normally gentle and can be hand fed while posing no threat. However, our cobs (males) will become aggressive and territorial in trying to protect his pen (female) and nest. This is usually temporary until mating season is over. If you are walking past a lake and a swan swims to your side and follows you, **BEWARE!** If you see a swan with his neck back and feathers up such as the one in the accompanying picture, please stay away, do not attempt to feed him, and walk on the other side of the street as he is in his **ATTACK** position. Please warn your nannies and sitters not to stroll babies around the swans. We must try to remember that the swans are merely protecting their territory and readying the area for their young. We need to be as cautious of them as they are of us. Thank you for your cooperation!





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## ACUPUNCTURE

Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most non-emergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

What is acupuncture?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

What to expect?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of



(Continued on Page 9)

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



(Continued from Page 8)

Chinese manipulative therapy, consisting of massage, acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

What about herbal medicine?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Traditionally, this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken

in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

What conditions can be treated?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight. Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. Please refer to the Classical Ads of this newsletter for our detailed information or visit [www.amaranthacupuncture.com](http://www.amaranthacupuncture.com).

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

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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.

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## Top Three Tips To Be Remembered In Any Situation

### ***Rule Number One: Must Have Clean Humor***

Networking. This will either sound exciting to you or send a shudder up your spine. Whether you are a spouse wondering what in the world you are going to talk about at the next office get together outside of business or wondering how you can stand out in the crowd of other entrepreneurs, here are Rules to Successful Networking that may help smooth your nerves.

Nothing says stay away from me faster than a bad, tasteless joke, or worse, to have someone remember you for the wrong reasons. It is hard to find clean jokes to make everyone smile and for certain have someone else remember you as they repeat a clean joke when they get home or at the office the next day to get a few laughs.

So when "Want to hear a dirty joke?" has everyone leaning in.... say, "Actually, I do have one (Dramatic pause or have everyone lean in....) "White horse.....fell in the mud.....and got dirty! Argh. Argh. Say "Oh yes, you are groaning, but I'll bet you'll find yourself repeating it somewhere down the line!"

Laugh or Groan. Hey, someone will fall for this joke. Okay, Okay, you'll just have to know your audience, but when it was my job a long time ago to find good, clean jokes I really, really found out how hard it was to FIND a good, clean joke. At networking events, you'll have only a few minutes and all heads turn when you hear laughter, right? Here is one that I bet you'll repeat at least once!

#### **Best Clean Joke**

The local sheriff was looking for a deputy, so a young woman (or gentleman), went in to try out for the job.

"Okay," the sheriff drawled. "What is 1 and 1?"

"Eleven," she/he replied.

The sheriff thought to himself, "That's not what I meant, but that is right."

"What two days of the week start with the letter 'T'?"

"Today and tomorrow."

He was again surprised that the young woman/man supplied a correct answer that he had never thought of himself.

"Now, listen carefully: Who killed Abraham Lincoln?"

The young woman (or gentleman) looked a little surprised herself/himself, then thought really hard for a minute and finally admitted, "I don't know."

"Well, why don't you go home and work on that one for a while?"

So, the young woman (or gentleman) excitedly met with her/his friends, and they just couldn't wait to hear the results of the interview.

The young woman(or gentleman) was excited beyond belief. "It went great! First day on the job and I'm already working on a murder case!"

At least start the chuckling yourself. Go ahead be bold and say a joke anyway. A clean joke.

#### **Second Best Clean Joke ...**

A jock and a geek were applying for the same job. The boss said, "Boys, you need to take a test before you can get this job."

So they took the test and the next day they came back to see who the boss chose. "Well, he said, "Both of you got the same score except

I'm going to choose the geek."

The jock complained, "Don't you think that's unfair?"

"Well," the boss said, "Let me tell you what happened. Both of your papers were right all the way through until the last question came up, and the geek answered, "I don't know," and then when I looked at your paper, you answered,

"Me either!"

When the chuckling subsides, say "I only have two jokes". I am always looking for another one to trade up, has anyone heard something funny lately?

### ***Rule Number Two: Be Interesting***

To be remembered as someone who IS interesting, you'll have to BE interested in other people. Yes, it pays to have something to add to the conversation, and you'll be forearmed after reading the rules of Networking above. Have a few questions ready in case there is a pause in the conversation.

What keeps you occupied outside of your business? This question will help you gain common ground or something interesting to write about in your follow up note.

Have you seen any good movies lately? Did you see .....? See, this is where you will sound interesting.

That was terrible about .....Did you see it on the news this morning? What are your thoughts on ?

Getting other people to talk about themselves and their interests ultimately makes you more interesting.

Your mission: look in the newspaper, look at your local networking clubs and go make some new clients, friends or even dates! You don't have to be a Toastmaster to feel comfortable in new environments.

Oh, a Bonus Rule. Keep your nails nice. Keep your nails nice. Whether handing your business card over to your next big client or holding a drink (preferably soda), you'll be sending a message that you think about yourself as much as you'll care about them as an account.

### ***Rule Number Three: Remember Names***

Actually, Rule Number Three: Remember Names should be Rule Number One. Remembering names is crucial. Asking for a business card. Ask how they spell it. Except for the easy, easy names. Try "Is that Linda with an "i" or a "y"? Making up a rhyme, word association, movie association, actor association. Be deliberate and really slow to repeat their names in your head or at least in re-working the introduction. "My pleasure to meet you, Linda". You'll already be thinking of your next question, so please think slowly on remembering someone's name. As crazy as it sounds, try saying "Linda, Linda, Banana Fanna Bo Binda Fee Fi Bo Binda, Linda" (ahem, in your head, please). Anything works. ;You'll surely brighten someone's day and impress them with your Savant-mindedness. Don't use this if you wind up saying "My pleasure to meet you, BInda"? or worse "Bimba".

Linda Bates is a Freelance Writer who has been writing and volunteering in the Houston area community since BEFORE the word "Apple" actually meant fruit.





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## TENNIS TIPS

By USPTA/PTR Master Professional  
Fernando Velasco

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, and the two handed backhand volley. In this issue, I will give you instructions on how to execute the serve, considered as the most important stroke, since the player has complete control of the game at this time. In these pictures, Adolfo

Gonzalez, one of the tennis pros at the Grey Rock Tennis Club, demonstrates the proper form and technique for a right-handed player. For a left-handed player, the instructions will be the opposite hands.

**Step 1: Ready Position:** The body is sideways with the right hand holding the end of the racket in a forehand grip position and the left hand is holding the ball under the throat of the racket. The left arm is slightly straight and the ball is held with the thumb, index finger and middle finger. This allows for a consistent toss without using the wrist and/or elbow. Feet are a shoulder width apart and the body is in equal balance. For beginners, it is okay to change the grip slightly toward the forehand grip. As the player gets more advanced, the continental grip will be a better one to give more spin on the ball.

**Step 2: Back Swing:** The left arm comes down and the right arm follows it. It is vital to slow down the motions to allow for both of the arms to have good balance in the front and behind the body. Notice that the hand is in the process of tossing the ball in front of the body and the left wrist is bent down. It is imperative to have a good consistent toss since it will dictate the success or failure of the serve.



**Step 3: Point of contact:** Once the player is ready to hit the ball, the right arm will force the racket toward the point of contact, while the left hand will come down toward the body. This allows for the "snap" of the wrist to accelerate and bring the ball down. Notice that the point of contact is slightly higher than then center of the racket. Eyes are still focused on the point of the contact and

will be ready to look down as soon as the ball leaves the frame. The right hip is extended to allow the body to extend up.

**Step 4: Follow Through:** The racket speed will extend to the left side of the body. The right foot is coming forward and is pointing toward the net. The trunk is straight and eyes are focused on the direction of the ball. At this point the player will take the split step and will jump either behind the base line to rally with the opponent or will move toward the net to serve and volley.

Look for in the next Newsletter: The Half Volley



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## Finding Connection

Do you remember your last first date? I know, for many of you that seems like it was eons ago! Take a minute and try to recall what went through your mind.

For most of us, there were thoughts of, "What if he doesn't think I'm pretty?" Or, "Will he think I'm smart enough? ...Funny? What if he thinks I'm boring?" Take your pick, and fill in the description. Male or female, old or young, we've all worried about these things at some point.

Every self-help book tells you that you need to love yourself before you can make a connection with another person. But how? How do you learn to find that connection within yourself so that you can learn to find connections with others?

For me, it was when I began working with horses. I learned a few simple, but profound, facts about horses. Horses don't judge, and are not impressed by a pretty face. They don't care about the car you drive, what your job is, or how much money you make. There are no concerns about race, sexuality, or religion. All a horse wants to know is, "Can I trust you to keep me safe?" and, "What's in it for me?"

These amazing creatures are incredibly similar to humans in that

they instinctively crave the connection formed with other beings. Through my journey into the world of Natural Horsemanship, I learned that horses are deeply intuitive creatures who can read you just by reading your body language and intent.

Working with these creatures teaches you so much about yourself.

For instance, working with a creature that weighs over 1000 lbs. makes you feel strong and confident. When a horse chooses to interact with you, you feel honored and special. When a horse offers you his trust, you feel love. And, if you mess up or make a mistake? Well, horses are the consummate teachers of forgiveness. They don't hold grudges or cast blame. They just move on. Really, there's a lesson in life everyone should learn.

Learning to love yourself is imperative to finding and establishing connections with others. Learning how to love yourself is a journey in itself. Begin your journey this month, and enjoy the ride.

Tara Chatterson works at Five Horses, LLC in Waller, Texas. To find out more about how horses can help you and your relationships, check out the natural horsemanship program, as well as the equine-assisted learning workshops provided here: [www.fivehorses.com](http://www.fivehorses.com)



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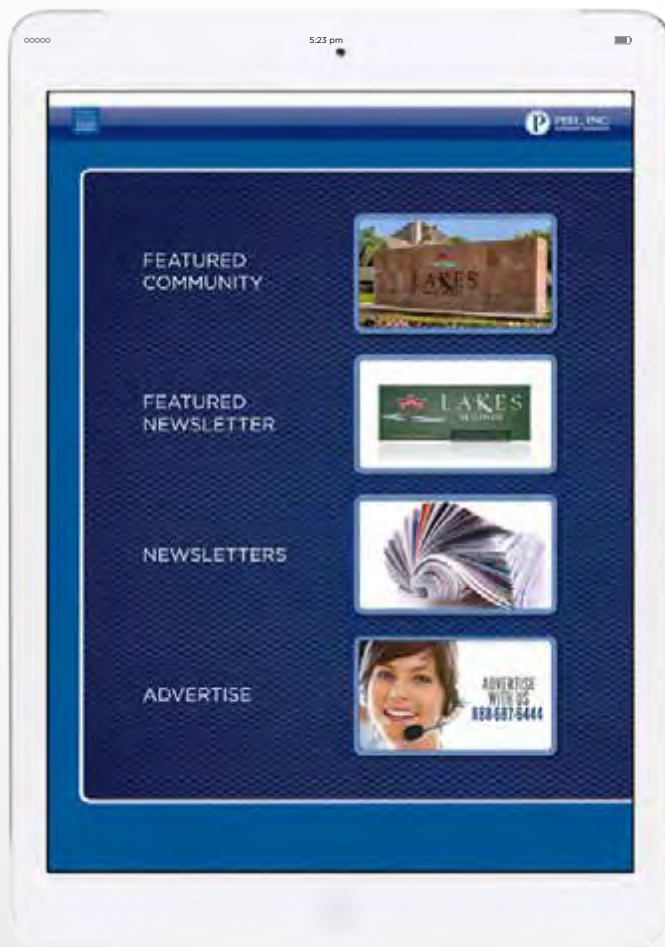




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# LEAF CUTTING ANTS

Leaf cutting ants are reddish-brown with three pairs of spines on the thorax and one pair of spines on the back of the head. Workers come in various sizes, but can be up to ½ an inch long. Mounds can become large and are sometimes mistaken for fire ant mounds. Leaf cutter ant mounds have a central opening and often a crater shape at the top.

Leaf cutting ants typically forage when the temperatures are cooler, such as at night or in the morning. They can sometimes cause complete defoliation of plants or small trees overnight. These ants remove leaves and buds from plants in the landscape. The ants do not eat the plant pieces, but take the pieces back to their colony and feed them to a fungus garden. They tend a particular species of fungus and weed out any other fungus from the garden.

Colonies may exist for years and can exceed over two million ants. It is not unusual for a single colony to cover an acre of land. Colonies are usually found in well drained, sandy or loamy soils.

Plants can be temporarily protected by using spray adhesives around the base of the plant. The adhesive would need to be refreshed often when dirt or debris accumulates. Temporary protection can also be provided with contact insecticidal spray or dusts labeled for "ants". If mounds are located in an area, the bait product labeled for leaf cutter ants, Amdro Ant Block, can be broadcast with a hand-held spreader around the mound area. If no mounds are seen, then residual sprays and dusts labeled for "ants" can be used along foraging trails and around openings.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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