

Volume 16, Issue 4 April 2017

Spring Picnic

WHEN? SATURDAY, APRIL 8THTH (RAIN DATE: SATURDAY, APRIL 22ND) TIME? 12:00 - 3:00 PM PLACE? GAZEBO BY LOEN CLUB HOUSE

Please come join us for the 2nd Annual Spring Picnic for LOEN families.

- **What to bring? Chairs, blankets, ice chests, & drinks + a dessert to share with the community
- **Hot dogs & hamburgers catered by James Coney Island
- **Entertainment, live music by "Group Therapy", a classic "rock n roll" band
- **Bouncy house for the children and a musical cake walk for adults and kids. Plus bubbles for the children

We look forward to seeing you for this fun family community event.

Sponsored by:

LOEN Ladies Club, LOEN Board of Directors, Michelle Hinton, REALTOR®, Mark Gray, DDS, Band – Group Therapy

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Lakes on Eldridge North - April 2017 1

IMPORTANT NUMBERS

Harris Co. Sheriff - (non-emergency)		
Cy-Fair Fire Department - (emergency) 281-466-6161		
(non-emerg	gency)281-550-6663	
Poison Control	1-800-764-7661	
Texas DPS	713-681-1761	
Waste Management	713-695-4055	
(trash collection Mondays & Thursdays)		
TNG MUD 370	281-350-0895	
Harris County Tax Office	713-224-1919	
Centerpoint Energy	713-207-7777	
(give pole # of street which is out)		
Centerpoint Energy	713-659-2111	
Comcast Cable	713-341-1000	
Houston Chronicle	713-220-7211	
Metro Transit Info	713-635-4000	
Kirk Elementary	713-849-8250	
Truitt Middle School	281-856-1100	
Cy-Ridge High School	281-807-8000	
Newsletter Publisher		
Peel, Incadvertising@PEELinc	.com, 888-687-6444	

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

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

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

LOEN Board Of Directors

President:	James Walker
Vice President:	Tom DeScioli
Secretary:	Mary Nelson
Treasurer: Ri	
Asst Sec/ Treasurer:	Richard Weck

Article Submissions

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

Submissions must be received by the

10th of the month for the following month's issue.

(Advertising deadline is the 8th of the month.)

Lakes on Eldridge Dolphins 18th Season!

The Lakes on Eldridge Dolphins Swim Team will begin their 18th season in 2017! We are again recruiting enthusiastic swimmers ages 5 – 18 looking to have great fun this spring and summer. (Swimmers must be able to swim the length of the pool by the end of the second week of practice.)

We are excited to welcome back our head coach, Amanda Chow and assistant coaches, Blair Thoman and Nick Hernandez, who led the team in a successful season last year.

LOEST is a voluntary recreational swim team operated for Lakes on Eldridge and the surrounding neighborhoods. LOEST encourages a competitive swim team environment and provides the opportunity for growth, training, enjoyment, good sportsmanship and participation to all active team members.

To create a fun, safe and successful season, LOEST depends on our parents to fulfill their required volunteer commitment while helping bring a sense of team spirit and comradery to the community.

Please be sure to attend the informational meeting on Monday, March 27th at 6:30 at the Lakes on Eldridge clubhouse.

IMPORTANT DATES FOR THE 2016 SWIM SEASON:

March 10 - Registration begins for returning families

March 24 - New Swimmer Informational Meeting

March 27 - Informational meeting and swim suit pre-sales

April 10 - Order team shirts

April 24 - Guppy school begins

May 1-5 - T-Shirts, suit and cap distribution

Check the NEW website http://loedolphins.swim-team.us./ for important dates, and also for everything and anything about the LOEST DOLPHINS!





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Spring is a Great Time to Join the Lakes on Eldridge North Ladies Club

Ready to make new friends and meet your neighbors? Are you a new resident of the community? Maybe you are an established resident who is looking to meet your neighbors and make new friends, then the LOEN Ladies Club may be for you!

The Lakes on Eldridge North Ladies Club is a women's social club serving the Lakes on Eldridge North (LOEN) community. Our organization is dedicated to helping LOEN ladies develop and nurture lasting friendships through organized monthly activities. We have Book, Bridge, Bunco, Brunch, Dinner, Girls Night Out, and Explorers clubs for you to join that give you multiple opportunities for meeting other club members and making new friends. Additionally, we have six general meetings throughout the year.

Besides serving the social needs of LOEN, we also give back to the greater community. Our exclusive LOEN outreach group, Angel's Club, serves LOEN residents in need of food assistance due to illness, death, or family additions. To benefit our neighbors outside of LOEN, we also sponsor food, toy, supplies, and clothing drives for designated local charitable organizations.

We look forward to welcoming you as a new member. For more information contact Jeanne MacKenzie at:

loenladiesclubpresident@gmail.com



Cy-Fair Republican Women **April Meeting**

Tuesday, April 11th will be CFRW General Meeting from 10:30 AM - Noon.

Meeting is \$3 -- Meeting w/Lunch at Noon is \$23.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095 All are welcome! Come and enjoy like-minded fellowship and relevant speakers. Our goals include educating our community about

the workings of all levels of government and each of us has a voice. RSVP to www.cfrw.net by April 4th. We look forward to seeing you there!

SAVE the DATE—November 3rd for High Heels & High Tea!





How to Raise a Confident Child

Neena Hamamcy, MA, LPC, LMFT

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

Help Your Child Express and Embrace their Feelings

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

Teach Ownership

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good thing follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parent's trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

Create Experiences to Help Your Child Feel Successful

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how other's perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

Try to Understand and Heal your own Self-Worth Issues

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

Spring is Here!

Article by Rita Droege Lopez, business owner and creative designer. If you would like more home design and/or organization tips, please contact rita@tarragonadesigns.com

It is time to start thinking about opening your windows and brightening your home. Not sure where to start?

Follow these 3 easy steps from Tarragona Designs:

1. Update your walls

Color trends change every year. From light and bright colors to dark and daring, colors don't go out of style, it's just the pairings of different colors that come and go. New color combinations may be just what your walls need for a fresh new look, especially if you've had the same color palette in your home for a long time. My top 5 colors that I recommend are:

- 1. Agreeable Gray-Sherwin Williams 7029
- 2. Intellectual Gray-Sherwin Williams 7045
- 3. White Flour-Sherwin Williams 7102
- 4. Ancient Marble-Sherwin Williams 6162
- 5. Sea Serpent-Sherwin Williams 7615

2. Accessorize

Have your throws & pillows seen better days? It might be time to bring in some new pieces for a fresh & updated feel to your home. You can transform the entire look of a room by changing out some basic design items such as lighting, pillows, throws & artwork.

3. Spring clean your home-lots of work but you will be so glad you did when the weather draws you outside. Pull out your screens and wash the winter grime off your windows, then work on cleaning things like the ceiling fans and fireplaces. Once your cleaning is complete, gather mason jars from your cabinet and pick up fresh flowers on your next visit to the grocery store. Arrange together in groupings throughout your home for a finished and fresh look. Spring is here...



ALBION HURRICANES FC SOCCER TRYOUTS AND EVALUATIONS COMING IN MAY!

Albion Hurricanes FC (AHFC), established in 1989, is leading the way in South Texas youth soccer by inspiring and developing young men and women through world class coaching and innovative techniques, as well as instilling the proper framework, self-esteem, confidence and sportsmanship within our athletes.

AHFC has multiple campuses in and around Houston. The club invites all interested players from the ages of 7 to 18, to the Player Evaluations and Tryouts to become part of our success. We ask that all interested players pre-register before coming out to the fields. Please visit albionhurricanes.org for details about your particular campus.

AHFC offers JHSL (a recreational program for 5 - 10 year olds) at our Cy Fair and Central locations and offers additional training at Katy Friday Night Academy and New Territory Thusday Night Academy. Canes Summer Soccer Camp will be in Juna and July and is now open to register. All information regarding all of the programs and camps can be found at albionhurricanes.org.



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Cypress Springs FFA Booster Club Mother's Day Market and Craft Show

April 22-23, 2017.



Cypress Springs FFA Booster Club presents Mother's Day Market and Craft Show April 22-23, 2017 at the Telge Exhibit Center located at 11206 Telge Road Cypress, TX 77429. Join us in celebrating Mom for some shopping, great food and entertainment. Shop handmade crafts, jewelry, clothing, skincare and much more! Vendors include Tupperware, Scentsy, LuLaRoe, Origami Owl, Park Lane Jewelry and more! This is our annual fundraiser and proceeds from booth sales benefit the students of Cypress Springs FFA to assist with continuing education, scholarships and state convention costs. For information on how to become a vendor for this event, please conatct Elizabeth Ordonez at cy_springsffa@yahoo.com.



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The Art of Choosing a Summer Camp

By Mike McDonell President, Kidventure

Parents, let's face it. Our kids are growing up in a world much different than the ones we rode our Big Wheels in. Back then, we roamed the neighborhood in search of an adventure. Left to our own devices, we would transform empty lots into playgrounds, create fantastic forts with blankets held fast by encyclopedias, and find endless utility out of something as simple as a stick.

The world is now lightyears away from what we knew then. Driven by an endless flow of information and novelty, the bar to keep kids engaged is as high as it has ever been. That is why camp is so important and has never been more essential than right now.

Choosing the right camp can allow your child the opportunity to discover themselves, to interact with others, to feel inspired, or part of something great. Yet with all the camp options out there, choosing an appropriate program can be challenging.

The following are some of the most important questions you can ask of any camp program. These will aid you when looking to make the most of your child's camp experience.

General Camp Questions

1. Is the camp right for your child? Too many times, parents will

enroll their kids in a camp they see themselves in and not their kids. You know your child best, so take into account their strengths, natural inclinations, and preferences.

- 2. What is the camp's mission statement? Every camp should have a goal or a mission. That mission should ultimately be to makes kids feel great about themselves and feel successful.
- 3. Does the camp program have a track record of quality programming and service? Read reviews, ask for a couple of references, and talk with other parents who have been to that camp.
- 4. Is this camp licensed by the State of Texas Youth Camps Division? This licensing ensures that every camp is held to certain standards in terms of safety, quality of staff, and quality of programming. If a camp is unlicensed, then it can be shut down by the state of Texas at any time.
- 5. What is the camp's policy on how they reward good behavior and regulate poor behavior?

Staff Questions

A camp can have the most beautiful facilities, state-of-the-art (Continued on Page 8)



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 11307 FM 1960 West, Suite 340 Houston, Texas 77065 Genetic testing available here
- ** Women's Imaging Center at Spring Cypress (at Spring Cypress & Grant) 14044 Spring Cypress Cypress, Texas 77429

Cy-Fair Emergency & Imaging Center (at Barker Cypress & FM 529) 7015 Barker Cypress • Cypress, Texas 77433

Cy-Fair Emergency & Imaging Center (at Beltway 8 & Tanner Rd.) 5655 W. Sam Houston Parkway N. Houston, Texas 77041

- * According to the American Cancer Society
- **Tomosynthesis, (3D mammography) an FDA approved imaging technology designed for early breast cancer detection, is available here.

CyFairHospital.com





Please call to schedule: **281-897-3121**

Evening & weekend appointments available.

(Continued from Page 7)

camp equipment, and the best website, but the quality of any camp program begins and ends with the quality of the staff.

- What is the ratio of counselors to campers?
- 2. What is the age of the staff, and what are the camp staff minimum qualification standards?
- What medical qualifications and procedures are set in place for campers and their staff?
 - 4. What is the background check process on your staff?
- 5. Will the staff simply be supervising kids, or will they be active participants

Programming Questions

Good camps have an active and well thought out curriculum. That curriculum should take into account factors like multiple ages, the weather, and the number of children attending. The following are a set of questions that should give you a good feel for the programming.

- 1. Does the camp provide an age appropriate curriculum suited for my child and his/her abilities? Camps tend to be open to a wide range of kids, so make sure that their activities are developmentally appropriate. Make it a point to ask about the appropriateness of the program with regards to your child's age and individual needs.
- 2. What percentages of those activities are outdoors vs. indoors? How does the camp program plan for the hot temperatures during

the summer?

- 3. How are multi-age campers grouped in camp?
- 4. Are there field trips? If so, how are campers transported? Who drives and is there air-conditioning on that transportation?

Overnight Camp Specific Questions

When it comes to overnight camp options, many of the previous questions are perfectly applicable. However, because your kids will be going away for camp, a few more specific questions will help you make a better and informed decision.

- 1. What are the sleeping arrangements like? Not every camp has air conditioning. If that's a deal breaker for you or your camper, then ask. Additionally, the number of campers within a lodging varies greatly from camp to camp.
- 2. What is the waterfront safety procedure? Are there lifeguards stationed at all water activities?
 - 3. What is the camp policy on use of technology at camp?
- 4. What are the food options like? Can they accommodate any allergies or dietary needs?

In Conclusion

Though this is not a comprehensive list, these questions will help you learn more about a camp program and give you the opportunity

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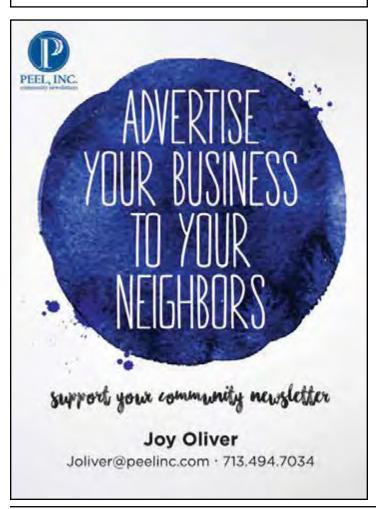
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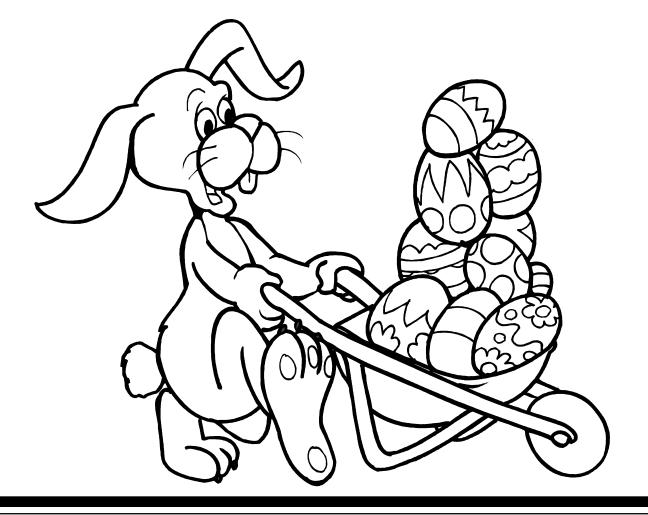
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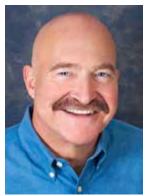


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