



# LAKES

## ON ELDRIDGE

[www.lakesoneldridge.net](http://www.lakesoneldridge.net)

Official Newsletter for the  
Residents of Lakes on Eldridge

Volume 16, Issue 10

October 2017

## *Lakes on Eldridge is Strong just like Houston is Strong*

The Harvey Storm is one that will certainly go down in history for so many reasons. Let's remember it as an event that showed the strong spirit of community working together despite unbelievable weather conditions, very limited resources and total exhaustion for so many. Together we are working through it to rebuild our homes, our communities and our city and surroundings. Thanks goes out to all the wonderful law enforcement personnel who worked endless hours with all their various disaster management assignments, our board members who were implementing plans for community access when roads were accessible and keeping us updated as things changed and progressed and to the neighbors and outside volunteers who came in to help each other within the community. LOE STRONG !!



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

## LOE CLUBHOUSE RENTALS

CLUBHOUSE INQUIRIES FOR RENTALS ARE HANDLED BY CMC. PLEASE REVIEW THE CLUBHOUSE RENTAL AGREEMENT FOUND IN THE RESOURCES TAB ON [WWW.LAKESONELDRIDGE.NET](http://WWW.LAKESONELDRIDGE.NET) TO INQUIRE ABOUT AVAILABILITY OR OTHER INFORMATION, PLEASE EMAIL [GENERAL@CMCTX.COM](mailto:GENERAL@CMCTX.COM) WITH LOE CLUBHOUSE IN THE SUBJECT LINE AND INCLUDE INFORMATION ABOUT YOUR PROPOSED DATES, TYPE OF EVENT, # OF GUESTS, ETC. EMAIL INQUIRIES ARE PREFERRED OVER PHONE CALL INQUIRIES DUE TO THE TIME NEEDED TO ADDRESS YOUR INQUIRY.

## How to Talk to Your Children about Hurricane Harvey

In his role as executive director at Shield Bearer, Roy Wooten is frequently asked by parents or teachers how to help children when they or their community experiences a disaster.

“Every child reacts differently to a disaster and younger children handle the situation differently than older children. A child’s personality and values also influence their reaction. Parents and teachers may notice children displaying a greater amount of energy following a disaster. Releasing energy is their body’s natural response when safety is threatened. This can manifest as increased irritability, fidgeting, or the inability to focus on tasks at hand. There are some things parents and teachers can do though when disaster strikes,” states Wooten. Wooten specifically recommends the following:

**Model calmness.** Children will look to parents and other adults to cue their interpretation and reaction to the disaster. When children see the adults around them remaining calm, they will be more easily reassured of their own safety.

**Help them talk.** Parents frequently have difficulty discussing tragedy with their children. As with other times of loss or suffering, they do not know exactly what to say. Being available to listen to what children want to say will likely be more helpful than putting together a lecture. Encourage children to express how they feel when they are ready to discuss it.

**Honestly answer questions.** When children do not know the answers, they will ask questions. Parents who patiently attempt to answer tough questions will see their children move through the pain of the tragic event. If you don’t know the answers, tell them so. Reassuring them of their present safety will help them learn to overcome fears that they might be struggling with.

**Limit access to disaster news.** Monitoring your children’s access to news reports of the disaster will help reduce the possibility of nightmares. When a child watches news programs about a disaster, parents should be present to discuss the contents of reports.

**Keep them busy.** One of the most important things that a parent can do to help their children work through a disaster is to maintain the routine and structure of their children’s lives. Keep appointments. Carry on with chores and responsibilities. Meet obligations.

**Help them help.** Every person touched by a disaster is motivated to help in some way. The negative emotions of fear, sorrow and anger can be channeled into acts of kindness. Having a child gather items for disaster victims, write a thank-you note to the first responders or draw a picture for someone intimately involved will help them feel they are making a difference. These actions can help them regain a sense of control over their situation.

Wooten adds, “Remember that each child is an individual. What helps one child might not help another. If there are significant

*(Continued on Page 3)*

(Continued from Page 2)

changes in behavior, mood, or sleeping patterns, it is important to make a visit to a physician or professional counselor to assess what professional help might be needed. And above all else, let them know they are loved."

Roy Wooten has served as the executive director of Shield Bearer, 501c3 nonprofit organization with offices in West Houston, Tomball, Cy-Fair, Conroe, and Cypress Station, for over eleven years. Shield Bearer offers sliding scale, professional counseling services and programs for individuals of all ages, couples, and families. For a free, confidential phone assessment, call (281) 894-7222.

To learn how you can fight for the hearts of trauma survivors, including those affected by crime, abuse, war, human trafficking, natural disasters like Hurricane Harvey, and more, visit [shieldbearer.org](http://shieldbearer.org), call (281) 894-7222, or email [volunteer@shieldbearer.org](mailto:volunteer@shieldbearer.org).



**PRAYING FOR  
TEXAS**

## HARVEY EFFECTS IN REAL ESTATE

By Tracy Montgomery, Realtor

Prepare for the shift into a seller's market! Inventory will be low and demand for homes that did not flood will be higher than ever.

Rentals, Rentals, Rentals, if you are considering putting your home on the market as a rental, NOW is the time to do it. People all over the city are looking for dry houses they can call home for the next few months and up to a year.

Price gouging in a time of catastrophe; just don't do it. While the supply and demand concept is a real thing, these homes still need to appraise once they are under contract. Don't jeopardize your risk of appraising by overpricing your home!

If your home is currently on the market consider becoming an investor. If your situation allows for it, consider renting out your current home after purchasing your new one.

When purchasing a home after a catastrophe don't be completely driven away by insurance claims, more and more houses will have that disclosed and it will be a commonly seen aspect of many homes to come.

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## COME JOIN LOE FAMILIES AT OUR HALLOWEEN PARTY

Saturday, October 28th  
4:00pm - 6:00pm  
Auburn Shores Playground

Come join LOE Families at our Halloween Party on Saturday, October 28th, 4-6pm. This year's party will be held at the Auburn Shores playground, weather permitting. We will have games, food and fun!

For more information, please join us on the LOE Families Facebook page or contact Christine at [lakesoneldrigefamilies@gmail.com](mailto:lakesoneldrigefamilies@gmail.com).

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# CYPRESS 5K FUN RUN AND PUPPY PARADE

*Submitted by Tracy Williams*

Cypress and Houston area residents can strengthen their families, their bodies, their neighborhood school, and their dogs at a very fun family friendly event this fall. Cypress 5K Fun Run and Puppy Parade benefiting the Performing Arts Department at Spillane Middle School will take place Saturday, November 18th at 9:00 a.m. at Spillane Middle School, 13403 Spillane Woods Blvd.

The event is the school's fourth annual Fun Run, and will feature a timed run. You don't have to be a competitive runner to participate since the race also features a family run for those pushing strollers or wanting to walk, and a dog walking segment. The race will begin at Spillane Middle School, and go through the Coles Crossing neighborhood. Medals will be awarded in multiple age brackets, and to the first three dogs who cross the finish line.

While generating funds to support the school's award-winning Performing Arts programs is one goal of this run, event organizers want to strengthen the school's ties to the community as well as encourage community spirit and fitness. The race has become an annual tradition for many, and provides the opportunity to run, walk, bond with, and support family, friends, and neighbors. Last year's run had over 900 participants, and was a great success.

Early bird registration runs August 20 through October 28 for \$30 per individual or \$100 for a family of four, and includes a commemorative T-shirt. From Oct. 29 Nov. 11th registration increases to \$35 per individual or \$110 for a family of four, and a T-shirt is not guaranteed. Late registration, which continues until race day, is \$40 per individual or \$160 for a family of four, and does not include the shirt.

Returning this year will be the option to "Sleep in for the Arts." Pay the registration fee. Do not participate on Race Day. Get a t-shirt!

Runners who have pre-registered can pick up their packets Thursday, November 16th at Spillane Middle School.

To register or for more information, visit the Cypress 5K Fun Run & Puppy Parade website at <https://thedriver.net/cypress5k>.



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## TEXAS A&M AGRI LIFE EXTENSION

# FLOODWATER MOSQUITOES

If you've been outside lately, you have most likely noticed the giant mosquitoes that seem to want to pick people up and carry them off. With recent weather conditions, floodwater mosquitoes have emerged in large numbers.

Floodwater mosquitoes lay their eggs above the water line in ponds, ditches, pastures, or other places where water collects. The eggs can remain in dry areas and when these areas are flooded the eggs hatch, leading to swarms of hungry mosquitoes. These mosquitoes are larger than mosquitoes we are used to and can swarm in high numbers.

While floodwater mosquitoes won't last forever, other mosquitoes called container breeding mosquitoes emerge when floodwaters begin to recede. Many of these species are ones that we are used to seeing around our homes.

Many things can help to reduce mosquito problems around the home. Eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with mosquito fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, Picaridin, IR3535, or oil of lemon eucalyptus can be effective to keep mosquitoes from biting when activities cannot be rescheduled.

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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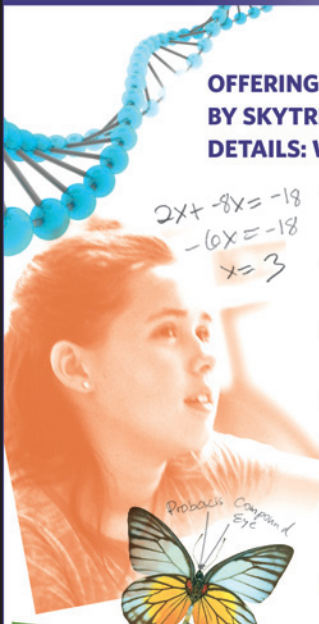


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# COUNSELORS OFFER HELP IN DISASTER'S AFTERMATH

For most of us, when we are in the middle of a major life stressor, we focus on the most important survival tasks. In the immediate aftermath, we are shocked that we made it through and many of us experience a heart full of gratitude. We are glad to be alive.

Over the next several weeks, the emotional reality of the trauma we survived begins to affect us. Allie Scott, Clinical Coordinator at Shield Bearer, shared her experience working with trauma survivors who lived through rape, crime, fire, traffic accidents and suicides. "Our adrenaline kicks in to help us get through the traumatic event. But after we are safely out of harms way, our emotions tend to take over. Sometimes you will just find yourself crying, sweating or angry with no explanation for it."

The team of trauma specialists at Shield Bearer who have experience working with survivors of sex trafficking, war, and other traumatic events put together this advice for surviving the emotional aftermath of trauma.

## Take a huge breath.

Breathing deeply helps your body deal with the chemicals in your

body that have been released from your emotional trauma. Studies have shown that deep breathing, meditation, and prayer support your immune system and decrease the effects of stress.

## Accept how you feel.

Whatever you are feeling is part of your natural response to the horrible experience you have been through. Give yourself permission to feel what you are feeling. Give yourself grace to be okay with your emotions.

## Process your experience.

You need to express what you went through. You can talk to friends, write a journal of your experience, or meet with a professional counselor or faith leader. Not expressing what you have been through causes your thoughts about the event to increase.

## Get back to your routine.

Your body and mind thrive on routine. Set your alarm and get back to a normal wake – sleep cycle. Eat meals regularly. Go to work, school or find an activity to do every day.

*(Continued on Page 9)*

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281.949.3703
- 7 9138 West Rd at Beltway 8  
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At Cypress Fairbanks Medical Center Hospital, we understand that waiting in the ER and Urgent Care is no fun. That's why we offer an online check-in service at [CyFairHospital.com](http://CyFairHospital.com) for all seven locations to select your arrival time and comfortably wait at home.



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**Application Deadline  
for New Students**

Wed  
Mar  
7

**Spring Open House**



(Continued from Page 7)

## Discover what you are thankful for.

Gratitude opens up space in your heart to feel something other than negative emotions. Look around to see what you can find to be thankful for. Write the list down, post on social media, or tell a friend what you are happy to have in your life.

## Get help if you need it.

You may need to see a professional counselor or physician if you are sleeping or eating too little or too much. If you feel like you do not want to do anything or are having thoughts of a suicidal nature, you need to be assessed by a professional.

Scott added, "Trauma reactions usually include a period where you feel like things are hopeless and will never change. The truth is that if you get help, you will move through this period and hope will reappear."

For more information about Shield Bearer, a Houston based non-profit counseling center and lead agency in the movement to strengthen individuals, couples, and families, visit [shieldbearer.org](http://shieldbearer.org) or call (281) 894-7222.

# CYPRESS AREA FOOD PANTRY

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

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# Make Sure Your Halloween Has More Treats Than Tricks

Halloween is supposed to be a night filled with fun and candy, but sadly the American Automobile Association (AAA) says October 31st is the second deadliest day of the year for pedestrians. Toni Odumosu, M.D., who practices at the Memorial Hermann Convenient Care Center, says parents and kids should follow these safety tips to make their Halloween a safe and enjoyable night.

1. **Walk safely.** Make sure children travel in groups, utilize sidewalks when available, and look both ways when crossing the street. Parents should accompany trick-or-treaters under the age of 12. Those children allowed to walk without an adult should stick to areas where they are familiar with their surroundings.
2. **Keep costumes creative and safe.** Ill-fitting costumes or masks that make it difficult to see can be a recipe for an injury. Make sure costumes aren't too long and opt for face paint rather than masks, if possible. If the mask is a must, make sure your child can see in all directions when it is worn.
3. **Consider your accessories.** Children should not carry sharp objects or anything that could be mistaken for a weapon.
4. **Stay well lit.** Whether you trick-or-treat before the sun goes down, or carry flashlights, it is important that cars and other groups can see you. Consider putting reflective tape on dark-colored costumes.
5. **Check the candy.** Children are eager to tear into their loot, but parents should sort through the candy at the end of the night. Throw away anything that is not in its original wrapper. Children under the age of four should not consume hard or sticky candy, so that should be taken out as well.

"I also caution parents against allowing sugar overload. Kids want to eat their entire collection of candy in one day, but they will regret it later. Ration the candy to avoid stomach aches. Some dentists also offer "trade-in" programs where kids can swap the sugary treats for toys. I know it may be a hard sell for parents, but remind kids who make the swap that they can celebrate Halloween year-round with their new toy" encourages Dr. Odumosu.



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