



LAKES

ON ELDRIDGE NORTH

www.loenhwa.com

News for the Residents of
Lakes on Eldridge North

Volume 17, Issue 1

January 2018

Start the New Year Off Right by Joining the LOEN Ladies Club

Ladies was making new friends one of your New Year's resolutions? Or getting to know your neighbors? Then make plans to attend the 2018 LOEN Ladies Club Open House and Membership Drive on Tuesday, January 23, 2017 in the LOEN Clubhouse. At this event, existing members renew their memberships and all other LOEN ladies can join us for an evening to learn about the club, meet members, and keep your resolutions.

Members are encouraged to attend this meeting to renew their memberships and welcome visitors. The theme of the evening's Potluck is "Around the World" and members and guests should bring a small entrée, side dish, dessert or wine to share that reflects their home state, country or heritage. The evening begins at 6:30pm and continues until around 8:30pm. The meeting tonight will be brief so that more time can be devoted to membership renewal and socializing. So, whether you stay for a few minutes or a few hours, please stop by the Clubhouse, eat some delicious food, and check us out.

The LOEN Ladies Club is an active organization dedicated to helping LOEN ladies meet their neighbors, have fun, and creating lasting friendships. We achieve this by sponsoring activity groups that meet monthly in LOEN and around town. These monthly activities include two Book Clubs, Bridge, Bunco, Brunch, Dinner, Girls Night Out, and Explorers clubs. We also have Angels Club, a LOEN outreach group, exclusively serving the residents in need of food assistance due to illness, death, or family additions. Our club also proudly supports the surrounding community by sponsoring a program to supply donated food, toys, supplies, or clothing to designated local charitable organizations. With all these options available, you will have many opportunities to become involved and meet new people.

LOEN ladies, if this sounds like an organization that you'd like to be a part of, then please join us on Tuesday, January 23 in the LOEN Clubhouse. For more information, please contact Jeanne MacKenzie at loenladiesclubpresident@gmail.com.

LOEN Swim Team

It's that time again! Before we know it, the Lakes on Eldridge Swim Team will be gearing up for another fun filled season. Please be on the lookout in the next months for more information on the upcoming season, including sign up dates and, practice times and the meet schedule. We are looking forward to a wonderful season!

LOE Book Club

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 to get the details for each meeting. Our group has lively discussion (not totally about the books) and we challenge ourselves to read out of our comfort zones.

January 22 - The Tumbling Turner Sisters by Juliette Fay. Set against the turbulent backdrop of American Vaudeville, four sisters embark on an unexpected adventure—and a last-ditch effort to save their family.

It's 1919, and the Turners are barely scraping by. When their father loses his job, their irrepressible mother decides that vaudeville is their best chance to make the rent—and create a more exciting life for herself in the process.

Traveling by train from town to town, teenagers Gert, Winnie, and Kit, and recent widow Nell soon find a new kind of freedom in the company of performers who are as diverse as their acts. There is a seamier side to the business, however, and the young women face dangers and turns of fate they never could have anticipated. Heartwarming and surprising, The Tumbling Turner Sisters is ultimately a story of awakening—to unexpected possibilities, to love and heartbreak, and to the dawn of a new American era.

February 26 – Flight Behavior by Barbara Kingsolver. Flight Behavior is a brilliant and suspenseful novel set in present day Appalachia; a breathtaking parable of catastrophe and denial that explores how the complexities we inevitably encounter in life lead

(Continued on Page 2)

Lakes on Eldridge North

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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.*

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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.)

(Continued from Cover)

us to believe in our particular chosen truths. Kingsolver's riveting story concerns a young wife and mother on a failing farm in rural Tennessee who experiences something she cannot explain, and how her discovery energizes various competing factions—religious leaders, climate scientists, environmentalists, politicians—trapping her in the center of the conflict and ultimately opening up her world.

March 26 – Commonwealth by Ann Patchett. The acclaimed, bestselling author—winner of the PEN/Faulkner Award and the Orange Prize—tells the enthralling story of how an unexpected romantic encounter irrevocably changes two families' lives. Told with equal measures of humor and heartbreak, Commonwealth is a meditation on inspiration, interpretation, and the ownership of stories. It is a brilliant and tender tale of the far-reaching ties of love and responsibility that bind us together.

April 23 – The Bonesetter's Daughter by Amy Tan. "The Bonesetter's Daughter dramatically chronicles the tortured, devoted relationship between LuLing Young and her daughter Ruth. . . . A strong novel, filled with idiosyncratic, sympathetic characters, haunting images, historical complexity, significant contemporary themes, and suspenseful mystery."

—Los Angeles Times

So many books, so little time!

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How can I get in Ski-Shape?

By Kelly Cunningham, MD, Sports Medicine specialist

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

Muscle training, Stamina & Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate.

Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society

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Lakes on Eldridge North

Make your health a top priority in 2018

Eating healthier and losing weight are common New Year's resolutions. However, keeping them can be difficult. Family medicine physician, Toni Odumosu, M.D., with Memorial Hermann Medical Group Fairfield, offers these tips for making your health resolutions last all year long.

1. Start with a big, measurable goal. Make your goal specific and easy to track, like losing a specific amount of weight, exercising a specific number of days, or eating a certain amount of vegetables daily.

2. Then set small goals. Look at your overall goal, and then break it down into smaller weekly and monthly goals. You won't run a marathon tomorrow, but you may be able to run one mile.

3. Don't do it alone. Find a friend to be your workout buddy or enlist help from a professional like a nutritionist or personal trainer. Tell your friends and family about your goals so that they can help hold you accountable.

4. Display your motivation. Is there certain event you want to participate in or attend that is the motivation behind your goal? Or perhaps a loved one who inspired the change? Put a photo of what's motivating you somewhere you'll see it every day. That can help fight temptation, because temptation will come!

5. Don't be afraid to celebrate! Celebrating the small goals can energize you to continue towards the big goal. However, be mindful that your "prize" doesn't derail you from achieving the goal you set.

"It's also a good idea to talk with your primary care physician when you're in the goal setting process. Your doctor can help you make sure your goals are realistic and achievable for your current health level. He or she may also have additional tips and resources that can help you along the way," encourages Dr. Odumosu.



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www.nwhcaggiemoms.org

Scholarship opportunity for current Aggie students!!! If your permanent address is within our zip code service area, your student can apply for a chance to be awarded a scholarship for the coming school year. Please check our website for the application and details; due date is Feb 6, 2018. Don't delay, since a letter of recommendation is required. Scholarships are awarded at the April meeting.

And don't forget to come check out the Northwest Harris County Aggie Mom's Club!! We meet the second Tuesday of every month (Aug-May), at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas. Socializing starts at 6:30 pm, and the meeting starts at 7:00 pm. We have a lot of fun in our quest to support our Aggie students! Gig 'Em and God Bless!



Cy-Fair Republican Women January Meeting

CFRW will meet on Tuesday, January 9th from 10:30 AM to Noon.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

Meeting is \$3 – Meeting with Lunch at Noon is \$23
(or \$24 w/credit card).

The program will be information regarding the High Speed Rail Project. See the website for details and RSVP to www.cfrw.net by January 2nd.

2018 being an election year, we look forward to many new faces and opportunities to promote our Republican candidates. We need you with us to get our ideals advanced locally, statewide and nationally. Give CFRW a try!

Nancy Roberts | Publicity Chair
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Lakes on Eldridge North

I'd Rather Die than Speak in Front of a Crowd



Chaille Ralph
Broker Associate / President

Luncheon Details

Thursday, January 25, 2018

Networking 11a.m.;

Luncheon begins at 11:30 a.m.

Sterling Country Club,

16500 Houston National Blvd.,

Houston, TX 77095

Costs \$25 with advanced reservations;

\$30 at the door

According to most studies, people's number one fear is public speaking. Number two is death. Death is number two. Does that sound right? This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy. ~Jerry Seinfeld

Do you fear speaking in front of an audience? You are not alone. Join us for "I'd Rather Die Than Speak in Front of a Crowd" by Chaille Ralph, a graduate and former instructor of The Dale Carnegie Course.

A licensed real estate Broker since 1982, Chaille Ralph brings a wealth of experience and a broad body of knowledge to Heritage Texas Properties and her position as President.

A native Houstonian, it was Chaille's love of the city that led her to a career in real estate. It began with the management and marketing of commercial office buildings, and then grew to include commercial construction and project management, before shifting into the residential sales market in the mid-80s.

Chaille also has an impressive history of industry leadership, serving on numerous committees, task forces and leadership positions with the Houston Association of Realtors, where she was Chair of the Board of Directors for the 2014 calendar year. In addition, she holds Director positions with both the Texas and National Associations of Realtors.

Chaille says that she loves the challenges that face her every day and delights in the fact that she found a way to mold her passion for Houston and its continuous redevelopment and growth into her life's work.



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RECLUSE SPIDERS

Recluse spiders are shy and, as their name suggests, do not like being out in the open. They are about the size of a quarter, with a body that is 1/2 inch long. They can be light brown, dark brown or greyish in color. They have no spines on their legs and usually have a uniform body color. Recluse spiders are known for their characteristic violin or fiddle-shaped marking on the "back" (a.k.a. cephalothorax...the front part of the spider). The real distinguishing feature is an eye pattern of three pairs of eyes arranged in a semicircle on the front of the cephalothorax.



Outside homes, recluse spiders can be found in garages or sheds, firewood piles, or piles of stored materials such as lumber, bricks, or rocks. Inside the home, these spiders are found in bedrooms, closets, bathrooms, under

furniture, behind baseboards, in attics, or in cracks and crevices. They are most active at night when hunting for food.

People are typically bitten by accidentally rolling over onto a spider while sleeping or trapping a spider next to skin when putting on clothing where the spider is hiding. Recluse spiders have a cytotoxin that breaks down tissue in the bite area. Several hours after being bitten a blister forms at the bite site that may grow in size as tissue breaks down from injected venom. Infected tissue eventually sloughs off, leaving an open wound that takes a while to heal. More serious symptoms may also occur such as chills, fever, fatigue, joint pain, or nausea. If you experience problems after being bitten by a spider, then seek medical attention immediately.

To avoid spider bites, try some (or all) of the following:

- Use sticky taps to capture spiders
- Remove bed skirts from beds (these make it easy for spiders to crawl into the bed)
- Don't leave clothes or blankets on the floor; shake out blankets and clothing before using
- When storing items, either use sealed plastic containers/bags or tape boxes on all seams to keep spiders out
- Wear leather gloves when cleaning in undisturbed closets, attics, garages, or the yard
- Keep stacked, stored items away from the home. Do not store firewood against the house and only bring in firewood to immediately place on a fire.

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



Wishing you and yours Prosperity, Good Health and Happiness
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Lakes on Eldridge North

MEET IRIS

By Cheryl Conley, TWRC Wildlife Center



Let me introduce you to Iris, our 9-year-old Eastern Screech Owl. She makes her home at TWRC Wildlife Center and is a “gal about town”. As one of our Animal Ambassadors, she can often be seen at schools, churches and community events throughout the Houston area.

Iris was just a few days old when a rescuer found her on the ground. Our vet staff could see that one of her eyes wasn't developing properly. After being examined by a specialist, it was discovered that she was blind in that eye. Knowing that owls can still survive in the wild with only one eye, a dedicated rehabilitator worked with her to prepare her for release. With her eye problem and some other issues that developed, it was decided that it was in the best interest of Iris not

to release her and instead “promote” her to an Animal Ambassador.

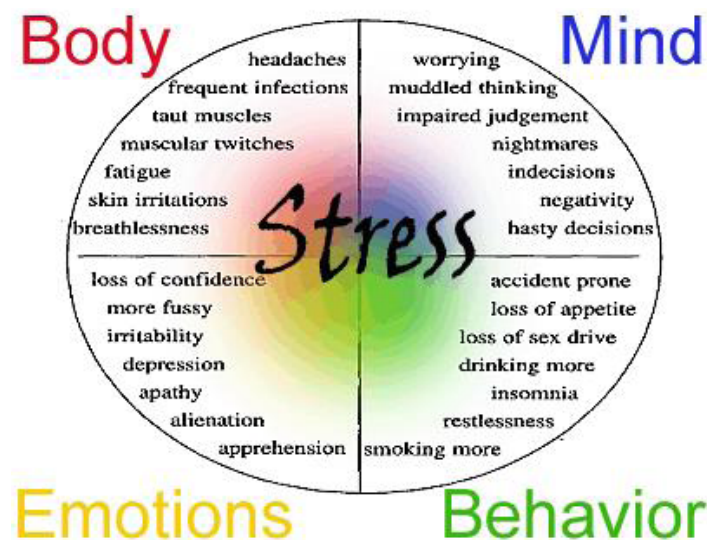
Iris lives a pretty good life. She is served with frozen mice that have been warmed. She goes to the “beauty shop” every couple of months to get her nails done (actually they're called talons) and get her beak trimmed and shaped. She is also given a thorough examination to make sure she is healthy. We are grateful to Dr. White at Briarcrest Veterinary Clinic who donates his time to the Center to care for Iris and our other Animal Ambassadors. In the wild, Screech Owls live an average of 12 years but because Iris doesn't have to face the challenges of life in the wild, she is expected to live well beyond 12 years of age.

Screech owls have a unique call. One source described it as a horse on helium. They let out a descending whinny capped off with a trill. If you come to our Center to visit, she may even “talk” to you. One of her favorite things is to do is to respond to sirens she hears. As soon as she hears a siren, she starts in. Wish we could read her mind to find out why she does that.

Iris and her handlers are available to come and talk to your group, your school, your church or other gatherings. If you would like pricing information, send an email to education@twrcwildlifecenter.org.

TWRC Wildlife Center is a 501(c)(3) organization. www.twrcwildlifecenter.org

YOUR IMMUNE SYSTEM



What does stress do our bodies? It weakens our immune system which is our body guard. Our immune system is in a battle every day. That is its job. Your defenses can be impacted by our environment, diet, stress, sleep, travel and other lifestyle factors.

Healthy immune function is a whole body effort and maintaining it takes a holistic approach. Here are a few things that can help:

- Get at least 7 hours of sleep a night. Some of you are saying...how is that going to happen with all that's on my To Do list? Need a little extra help getting to sleep? Perhaps, take a look at cilantro which benefits the sleep cycle naturally and calms nerves. It can also improve sleep quality through its natural sedative effects. Cilantro is considered safe; however, individuals that are allergic to fennel, dill, aniseed, caraway, or other similar herbs may experience mild allergic reactions.

- Exercise regularly to promote memory cells and mobilize immune cells.

- Minimize stress AS MUCH AS POSSIBLE or practice healthy coping strategies, like exercise.

- Eat a healthy, balanced diet full of fruits, vegetables and lean proteins making sure you get a healthy amount of fiber for good gut function.

- Practice good hygiene including frequent hand washing so our body doesn't have to deal with as many pathogens in the first place.

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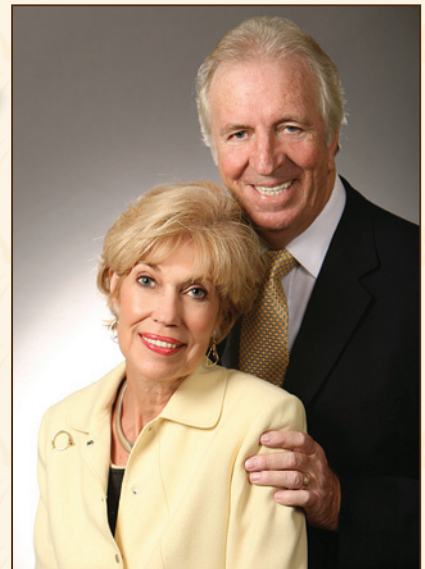
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Lakes on Eldridge North

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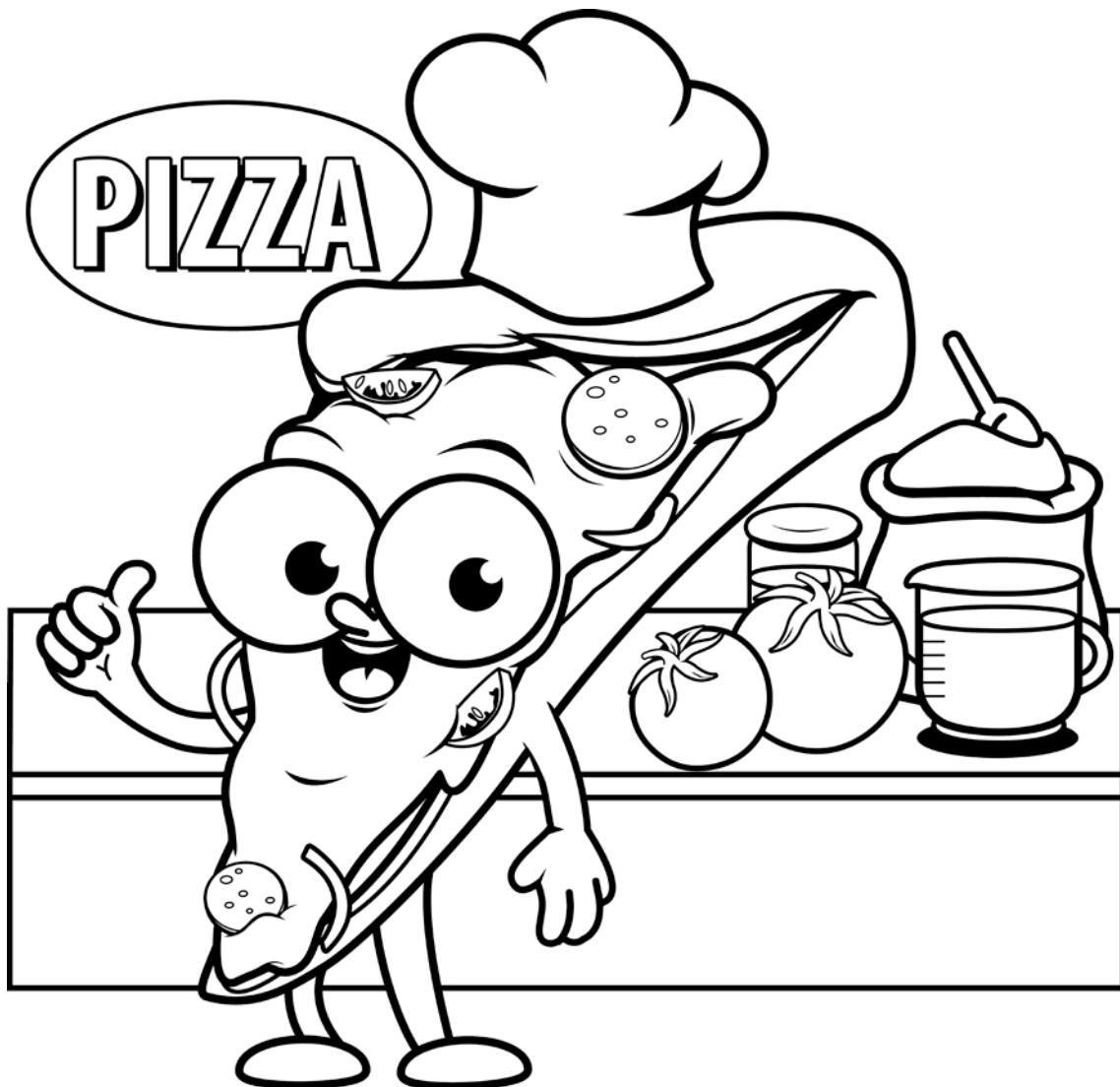
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DUE: January 31st

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