



LAKES

ON ELDRIDGE NORTH

www.loenhwa.com

News for the Residents of
Lakes on Eldridge North

Volume 17, Issue 5

May 2018

LOEN LADIES CLUB: ALL LADIES INVITED TO MAY GENERAL MEETING

The LOEN Ladies Club, a social club open to all women of the community, is having their next general meeting on Tuesday, May 22, 2018 in the LOEN Clubhouse on Catalina Shores. Visitors are welcome at all our general meetings and we accept new members at any time during the year. Come out and meet the new officers and executive board members who will be serving the club during the 2018-19 term. The evening begins at 6:30pm with a Potluck Social Hour and the meeting follows at 7:30pm.

The Ladies Club is one of the best ways for you to get to meet and know your LOEN neighbors and make new friends. The club has several social and game groups that meet monthly and five general membership meetings held throughout the year. Some activity groups meet during the day and others in the evenings to try to accommodate the different schedules of members. The activity groups are Bridge, Brunch, Bunco, Day and Evening Book Clubs, Dinner Club, Explorers, and Girls Night Out. If you are not sure about joining, that's not a problem. Just contact us to attend one of our activity groups as a visitor. Then, if you like us, you can join the Ladies Club! For more information on the Ladies Club, please contact Deborah Eades at loenladiesclubpresident@gmail.com.

ATTENTION PARENTS OF GRADUATING SENIORS!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to articles@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).

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.

May 21 (NOTE: 1 week earlier because of Memorial Day) – Our Souls at Night by Kent Haruf. In the familiar setting of Holt, Colorado, home to all of Kent Haruf's inimitable fiction, Addie Moore pays an unexpected visit to a neighbor, Louis Waters. Her husband died years ago, as did his wife, and in such a small town they naturally have known of each other for decades. Addie and Louis have long been living alone in empty houses, the nights so terribly lonely, especially with no one to talk with. But maybe that could change? As Addie and Louis come to know each other better—their pleasures and their difficulties—a beautiful story of second chances unfolds.

June 25 – A Spool of Blue Thread by Anne Tyler. The Whitshanks are one of those families that radiate an indefinable kind of specialness, but like all families, their stories reveal only part of the picture: Abby and Red and their four grown children have accumulated not only tender moments, laughter, and celebrations, but also jealousies, disappointments, and carefully guarded secrets. From Red's parents, newly arrived in Baltimore in the 1920s, to the grandchildren carrying the Whitshank legacy boisterously into the twenty-first century, here are four generations of lives unfolding in and around the sprawling, lovingly worn house that has always been their anchor.

So many books, so little time!.....



Lakes on Eldridge North

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(non-emergency).....	281-550-6663
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Texas DPS.....	713-681-1761
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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
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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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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.)

How to Hire the Perfect Person

Luncheon Details

Thursday, May 24, 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



Lindsey Meadows is the proud owner of Meadows Resources an HR consulting and virtual staffing agency that places virtual and remote workers with clients all over the world. She is also the founder of VA School, a virtual academy dedicated to the enrichment of virtual workers and clients. She has over a dozen years' experience in HR, Recruiting, Staffing, and training with over

five years in a virtual capacity. She is committed to developing female talent in technology, science, and mathematics-based careers. She is also passionate about helping rural economies using virtual talent. She is an active member of ABWA, WEWEN, HAC, and CETA. Lindsey is also ABWA's 2017 Woman of the Year and a Protégé award winner. She is currently serving as the Communications Chair of HAC and the VP of Communications for WEWEN. She spends her free time homeschooling both of her children, digging in her garden, and spending time with her pets and family when not working.

About Cy-Fair Express Network (CYFEN)

Now over 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.

Lakes on Eldridge North



Cy-Fair Republican Women May Meeting

CFRW will meet on Tuesday, May 8th at 10:30 AM.

Hearthstone Country Club,
7615 Ameswood, Houston, TX 77095

Meeting is \$3 – Meeting with Lunch at Noon is \$23.

The candidates that will be in the Republican primary runoff have been invited to speak at the May meeting, as well as another interesting speaker. The primary runoff election date is May 22nd. Early voting starts May 14th. These are very important! Please vote and get out the vote! We will also have a representative from Cy- Hope speaking about their programs and mission. Cy-Hope serves the Cy-Fair community as a catalyst to bring needs and solutions together and bringing hope to at-risk children so they will grow into educated and productive citizens.

See the website for details and RSVP to www.cfrw.net by May 1st.



Micheline Hutson attending annual Conservative Political Action Conference (CPAC) held in Maryland, February 2018.

Several candidates attend our meetings regularly so come and get to know them.

We look forward to seeing you there.

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with referring child welfare agencies. Benchmark is committed to the highest standards of childcare and professionalism.

At Benchmark Family Services, we pride ourselves on our customer service. We provide state of the art training to all of our foster families to prepare them to properly care for the children

that will be in their home. We never want our families to feel like they are going through this alone; we understand how tough of a job this can be, and endless support is provided to all of our families 24/7. With Benchmark, you will have the support of a team of professional, caring staff who are working with your family and the children in your home every step of the way. By doing this, they will have the opportunity to understand not only the children and their needs, but your needs as a parent as well.

Our Houston office is located at 9800 Northwest Freeway, Suite 615. If you are interested in becoming a therapeutic foster parent or would like more information, please call our local office at (713) 995-5118.

Our other Texas locations include Austin, Corpus Christi, Dallas, League City, Longview, Lubbock, McAllen, and San Antonio. If you would like to contact any of our other offices, you can reach us at 855-5FOSTER (855-536-7837), or visit our website at www.benchmarkfamilyservices.org for more information.

There are Foster Parents, and then there are Professional Therapeutic Foster Parents. Professional Therapeutic Foster Parents understand that a child with a traumatic past needs consistency, nurturing, and above all, someone who will focus on the good and help work through the child's difficulties.

Teenage foster children are among the most underserved population in the foster care system, and Benchmark Family Services needs your help to change that. Fostering a teen is an opportunity that is unique, and can be truly rewarding if you are willing to accept the challenge. There is such great opportunity to instill character and values in their lives that they will be able to take with them as they are becoming an adult. They are in need of something stable in their life, and your home could be just what they need. Are you ready to accept the challenge?

In one month, our agency as a whole received 6,919 referrals for children in foster care who need a home. We were not able to accept and place 4,054 of those referrals because there wasn't a Benchmark home available for them. We currently serve over 2,300 youth across four states, and that number is growing. If you have what it takes to become a Professional Therapeutic Foster Parent, we need you! All that is required is the desire to help those in need, the tenacity to persevere, and to remember that it isn't about you... it's about the children. Help them work through their past and influence strong core values and other aspects of becoming a thriving member of the adult community; help make a difference!

Benchmark's mission is to work alongside referring agencies to provide stable and caring placements for youth in need of out-of-home care. We advocate for children by ensuring reasonable opportunities for healthy physical, psychological and emotional growth and development in the most normal and least restrictive setting possible. To this end, Benchmark will provide and coordinate programs and services in cooperation



Cypress Texas Tea Party

The next meetings of the Cypress Texas Tea Party will be on:

Saturday, May 19, 2018 NOON - 2:00 PM

Saturday, June 9, 2018 NOON - 2:00 PM

The Cypress Texas Tea Party meets every three weeks on Saturday

Noon until 2:00 PM
at: Spring Creek BBQ
25831 Northwest Freeway
Cypress, Texas 77429

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be found at our website, www.cypresstexasteaparty.org



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.

Computerized job search and resume preparation and printing are also available.

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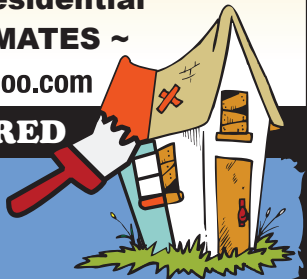
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MEMORIAL HERMANN CYPRESS HOSPITAL CELEBRATES FIRST ANNIVERSARY OF OPENING WITH PLANS FOR EXPANSION

MEMORIAL HERMANN

Memorial Hermann Cypress Hospital is celebrating its first year of delivering high-level services to the community with plans to expand. The recently approved expansion will develop empty space already built on the Cypress campus.

"We've seen amazing growth in the hospital's first year of operation and we are dedicated to continuing to provide the community with the excellent care they have come to expect from us. I am proud that the community has embraced us as a trusted care provider," said Heath Rushing, Senior Vice President and CEO of Memorial Hermann Cypress.

The nearly \$25 million expansion will add 24 licensed beds, including Intensive Care Unit (ICU) beds, as well as an additional catheterization lab for heart procedures and endoscopy suite for gastrointestinal procedures. Since opening March 31, 2017, the

81-bed facility has added multiple services, including a high-risk pregnancy center, Memorial Hermann Wound Care, robotic surgery capabilities, and occupational medicine services for companies in the region. The hospital now offers services provided by 480 affiliated physicians spanning 40 specialties.

In addition to the expansion project, Memorial Hermann Cypress has also started its journey toward becoming a designated Level III trauma center and Level II Neonatal Intensive Care Unit.

"It takes time to demonstrate the consistent, high-quality care offered at the hospital needed to receive these designations. We feel confident that we will show the state that we can provide remarkable care to seriously injured and ill patients and we are confident that we will receive recognition for both our trauma center and our NICU," said Jessica Rivas, Vice President of Operations at Memorial Hermann Cypress.

The expansion project will roll out over the course of next year and is expected to be finalized by summer 2019.

Learn more about the full range of services offered at Memorial Hermann Cypress and its connection to Memorial Hermann's fully integrated, comprehensive care network.



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MOSQUITO REPELLENTS



As mosquito season is ramping up, everyone is (hopefully) aware of possible disease transmission by mosquitoes. It is important that you

protect yourself when spending time outside.

Activity times for mosquitoes can vary. Most people are familiar with the four D's- DRAIN (standing water), DEET (wear some repellent), DUSK & DAWN (stay indoors during dusk and dawn to avoid peak populations) and DRESS (wear long sleeves and long pants). While this is still good advice, it may be a good idea to spread the dress and repellent advice for anytime you spend time outdoors.

When outside, wear long pants and a long sleeved shirt in light colors to reduce the number of mosquitoes that can reach your skin. Repellent should only be applied to clothing and exposed skin. Do not apply repellent underneath clothing! If you want to apply repellent to your face, spray your hands with repellent and rub it onto your face. Do not spray repellent directly into your face or near eyes or mouth. Make sure to apply repellent outdoors. Do not allow children to handle repellents. Wash hands before eating, smoking or using the restroom.

The Center for Disease Control (CDC) recommends using a product registered with the EPA (Environmental Protection Agency)

containing one of the following active ingredients: DEET, picaridin, IR3535 and some of the products containing oil of lemon eucalyptus.

DEET, also known N,N-diethyl-m-toluamide or N,N-dimethylbenzamide, was developed by the U.S. Army in 1946 to protect soldiers in insect-infested areas. Pesticides containing DEET have been used by the general public since 1957. Products containing DEET should not be used on children younger than 2 months of age (read the label and check with your pediatrician if you have questions). DEET has a slight odor and may have a greasy feel to some people. It may damage plastic, rubber, vinyl or synthetic fabrics. DEET may be irritating to the eyes and skin for some people. DEET comes in a wide variety of concentrations, so choose the one that will work best for your situation.

Picaridin was first made in the 1980's and resembles a natural compound called piperine (which is found in plants used to produce black pepper). Picaridin has been used in Europe and Australia for many years, but has only been in the U.S. since 2005. Picaridin is non-greasy and is odorless.

IR-3535, or 3-[N-Butyl-N-acetyl]-aminopropionic acid, ethyl ester, was developed in the mid- 1970's and became registered for use in the U.S. in 1999. It is registered as a biopesticide by the EPA because it is functionally identical to a naturally occurring substance (an amino-acid). It may dissolve or damage plastics

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(Continued from Page 8)

and may be irritating to the eyes.

Oil of lemon eucalyptus (OLE) or PMD (para-menthane-3,8-diol) are essentially the same thing; PMD is the synthesized (lab created) version of oil of lemon eucalyptus. "Pure" or "essential" oil of lemon eucalyptus is not labeled as a repellent and has not undergone testing and should not be used as a repellent product. OLE/PMD has been on the market in the U.S. since 2002. OLE/PMD should not be used on children younger than 3 years of age. The natural product (OLE) has known allergens within it while the synthetic version (PMD) has less of a risk to allergens. This product is classified as a biopesticide. OLE/PMD has a varying range of residual, some offering about 20 minutes of protection while other products may last up to two hours.

Many factors play into how long a repellent will last for a person. Some of these are:

- The concentration (or percent of active ingredient) of the product. You can find the percentage on the product label.
- Person's attractiveness. Some people are more attractive to mosquitoes than others (and no scientific research has proven that it is because of eating garlic, taking vitamin B, using tobacco products, etc.). A person's genetic code plays a large part on what makes a person so attractive to mosquitoes.

• Frequency and uniformity of application. In other words, how often is the repellent applied and how good of coverage did you get?

• Activity level of the person. The more active the person is, the more sweat they produce which can cause the repellent to wash off the surface of the skin.

As a word of caution, there are products that combine sunscreen and insect repellent. The CDC recommends that if you need sunscreen and repellent, that you choose two separate products. Sunscreen should be applied more often than repellents.

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

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COMMUNITY COMES TOGETHER TO SUPPORT TRAUMA SURVIVORS

It was a wet and chilly day, but that didn't dampen the spirits of runners and walkers at the 2018 Running for Hearts 5K Family Fun Run and Walk on Saturday, April 7 at Windwood Presbyterian Church! The community came together to support local trauma survivors including those affected by human trafficking, abuse, crime, war, and natural disasters like Hurricane Harvey.

"If someone in our community of any age has experienced trauma, Shield Bearer is the place that helps healing take place," stated race sponsor Esther Halford of Halford Busby Construction Consultants. "Shield Bearer helps families heal and find hope again. That's why this race is so important and why I wholeheartedly support it."

Runners and walkers of all ages warmed up with the coaches of Iron Tribe Fitness and local DJ KLS Entertainment before a timed, trail style 5K and 1-mile family walk. Kids enjoyed activities like face painting, fire truck tours, egg relays, photos with the Chick-fil-A cow, and a giant inflatable soccer goal from Sport Quest. "We love how Shield Bearer is helping families and had such a great time being part of this event. It was a privilege to be involved," stated Jim Spence, Sports Quest founder and a medal winner in the race.

Over fifty volunteers including teens from local Cy Fair ISD and Klein ISD helped with set up, activities, cheering, and planning the event. "It really is a labor of love for our volunteers. Many of them have been working on this race for months. They do it because they want struggling families right here in Northwest Houston to have access to counseling services and educational programs. They know their support helps change lives for the better," stated Shield Bearer Associate Director Melissa Rotholz.

Over three dozen local businesses joined in the fun this year, many offering prizes and discounts for race attendees. Race sponsors included Avanti Senior Living, Halford Busby Construction Consultants, Action Specialties, Tonya and John Frye, Kintegrity Development Services, Lindsay's Light, Kroger, Windwood Presbyterian Church, Misfit Design Group, Amegy Bank, Fox Focus Photography, Iron Tribe Fitness, Houston Methodist Willowbrook Hospital, Chick-fil-A, Proline Supply Company, Sprouts, HEB, and Sports Quest. Race day vendors included Aire Serv of Houston Northwest, Louetta Foot and Ankle Specialists, Ava Ray-Personally Poetic, The Get Together Northwest, Pure Life Family Wellness, Good Moves Properties, KoolAuf, Kim Howell-Mary Kay, Lesa Young-doTERRA, Reason 2 Race, Ducerus, Texas C.R.E.S., Brookside Funeral Home-Champions, Harris County Precinct 4 Commissioner R. Jack Cagle, and BioLife Plasma Services.

Shield Bearer Executive Director added, "It was wonderful to see the support of businesses, churches, and the race participants. It takes all of us working together to make a difference in the lives of our neighbors and to strengthen our community. We look forward to building this event at Windwood Church for years to come."

For more information about getting involved at Shield Bearer, a Houston based 501c3 nonprofit organization that provides professional counseling services and programs for individuals, couples, and families, visit shieldbearer.org, call (281) 894-7222, or join them for a free community breakfast the first Tuesday of each month at 9AM at 12340 Jones Road Suite 290, Houston, TX, 77070.





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