

Volume 17, Issue 8 August 2018

LOEN Ladies!

It is summer in Texas! If you are new to the area: WELCOME! The LOEN Ladies Club has not taken a break and is in full swing with reading books, playing bridge and bunco, dining out with friends and exploring the city. Summer time brings a more relaxed schedule and a different schedule. Try one of the Activity Groups within the Ladies Club as something different and relaxing. Contact Deborah Eades at loenladiesclubpresident@gmail.com for additional information on any one of the Activity Groups that you would like to try out.

BOOK CLUB-Day Time Meeting Date-1st Thursday of the month at 2 pm

Evening Meeting Date-2nd Monday of each month at 7pm **BRIDGE-**Meeting Date-2nd Wednesday of each month in the LOEN Clubhouse at 1 pm

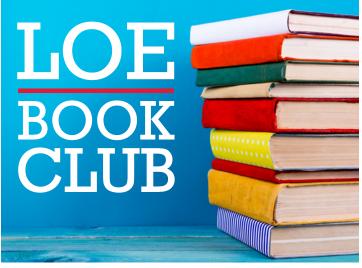
BUNCO-Meeting Date-1st Tuesday Evening of each month at 7 pm **BRUNCH BUNCH**-Meeting Date-Usually 3rd Thursday at 10:30 or 11:00 am

DINNER CLUB-Meeting Date-3rd or 4th Saturday of the month at 6:00 or 6:30 pm

EXPLORERS-Meeting Date-varies, depends on the event and host **GIRL'S NIGHT OUT**-Meeting Date-3rd or 4th Thursday at 7 pm

DO NOT BE SHY! Try the LADIES CLUB out and please SAFE TRAVELS and a HAPPY SUMMER!





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.

August 27 - Tisha: the Story of a Young Teacher in the Alaska Wilderness by Robert Specht. Anne Hobbs was only nineteen in 1927 when she came to harsh and beautiful Alaska. Running a ramshackle schoolhouse would expose her to more than just the elements. After she allowed Native American children into her class and fell in love with a half-Inuit man, she would learn the meanings of prejudice and perseverance, irrational hatred and unconditional love. "People get as mean as the weather," she discovered, but they were also capable of great good.

As told to Robert Specht, Anne Hobbs's true story has captivated generations of readers. Now this beautiful new edition is available to inspire many more.

September 24 - The Murderer's Son by Joy Ellis. Twenty years ago: a farmer and his wife are cut to pieces by a ruthless serial killer. Now:

(Continued on Page 2)

IMPORTANT NUMBERS

Harris Co. Sheriff - (non-emergency)		
Cy-Fair Fire Department - (emergency) 281-466-6161		
(non-emerg	ency)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		
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 <code>loen@PEELinc.com</code>.

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.)

(Continued from Cover)

a woman is viciously stabbed to death in the upmarket kitchen of her beautiful house on the edge of the marshes.

Then a man called Daniel Kinder walks into Saltern police station and confesses to the murder.

But DI Rowan Jackman and DS Marie Evans of the Fenland Constabulary soon discover that there is a lot more to Daniel than meets the eye. He has no memory of the first five years of his life and is obsessed with who his real mother is.

October 22 - The Curious Charms of Arthur Pepper by Phaedra Patrick. Sixty-nine-year-old Arthur Pepper lives a simple life. He gets out of bed at precisely 7:30 a.m., just as he did when his wife, Miriam, was alive. He dresses in the same gray slacks and mustard sweater vest, waters his fern, Frederica, and heads out to his garden. But on the one-year anniversary of Miriam's death, something changes. Sorting through Miriam's possessions, Arthur finds an exquisite gold charm bracelet he's never seen before. What follows is a surprising and unforgettable odyssey that takes Arthur from London to Paris and as far as India in an epic quest to find out the truth about his wife's secret life before they met—a journey that leads him to find hope, healing and self-discovery in the most unexpected places

So many books, so little time!...



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CFISD BACK-TO-SCHOOL EXPO

In the sixth edition, the annual CFISD Back-to-School Expo provides helpful resources to incoming Cy-Fair ISD students, parents and prospective employees. It will help allow for a smooth transition into the district. The expo will be Saturday, Aug. 18 from 9 a.m. to 1 p.m. at the Berry Center (8877 Barker Cypress Road). Last year's expo saw more than 4,300 patrons and guests.

New students will be able to register for the 2018-2019 school year with proper documentation, with registration forms available in English and Spanish. Immunizations, vision screenings and athletic physicals will be administered. Registration information will also be available for before/after school care. School supplies will be available, while a fresh fruit market will also on hand while supplies last.

CFISD human resources representatives will be onsite regarding employment opportunities.



Carol Kelly, CFISD police sergeant, meets with a young visitor and his family at the fifth annual CFISD Back-to-School Expo on Aug. 12, 2017 at the Berry Center. More than 4,300 guests attended the event.

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Are you a runner? Are you a fitness walker? Do you want to be? USA Fit Cypress is a friendly, no pressure training group for a variety of marathons and half marathons throughout the year. Even if you've never run a step before, training with our group will help you conquer mental and physical barriers you never thought possible.

Beginner, walker or seasoned runner? No matter your conditioning or pace, we have a place for you. Over the training season, our coaches will help you achieve your personal best in a non-intimidating, fun, and safe environment.

We provide a weekly training schedule and opportunities for group training throughout the week with our distance runs on Saturday morning at Pope Elementary on N. Bridgeland Lake Parkway in Bridgeland.

Registration for our Winter Season is now open through the end of August. Please visit us at http://www.usafitcypress.com for addition information.

Kids' Running Team Registration Starts Sept 4th

The Northwest Flyers Track Club Youth Cross Country Team kicks off the fall season with a mandatory orientation meeting for parents and athletes on Tuesday, September 4, 2018, at 6:30 p.m. at the D. Bradley McWilliams YMCA at Cypress Creek outdoor pavilion, 19915 TX-249, Houston, TX. Registration starts online September 1 at www.northwestflyers.org. Practices are held at the YMCA and at Spring Creek Park in Tomball.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is celebrating its 31st year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their school cross country season is over.

For more information contact Coach Genia English at (818) 223-1618 or genia.english@gmail.com. Visit www. northwestflyers.org to get updates and learn more about the team.



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Back 2 School Physical Memorial Hermann Cypress

As parents are preparing their children to go back to school, there are numerous items to check off the list – and if your child is an athlete – obtaining an annual physical is mandatory. Most school districts require the exams for student athletes, as well as the use of a specific pre-participation medical history form in order to identify family history that might suggest a risk for sudden cardiac death.

Physicians will perform a head-to-toe physical of your child. Parents can expect the physician to listen to the heart, check the lungs, monitor blood pressure, test cholesterol, check for anemia, screen vision and update vaccines, among other things. Parents can also use this annual visit to discuss nutrition and exercise options, and to address any general wellness questions they might have.

Some student athletes may receive a referral for additional screening, or due to family history, some might need a cardiac screening. If necessary, these screenings are available at the follow Memorial Hermann Medical Group Clinics:

Memorial Hermann Medical Group Copperfield 8480 Highway 6 North Houston, TX 77095 (281) 550-9005 tel

Memorial Hermann Medical Group Cypress 13114 FM 1960 Road West, Suite 119 Houston, TX 77065 (281) 890-6446 tel

Memorial Hermann Medical Group Fairfield 27700 Northwest Freeway, Suite 100 Cypress, TX 77433 (346) 231-6850 tel

"An annual back-to-school physical should be part of every parent's checklist as the summer winds down," said Dr. Adan Alvarez, family medicine doctor at Memorial Hermann Medical Group Copperfield Clinic and family medicine doctor affiliated with Memorial Hermann Cypress Hospital. "These physicals can provide parents with a piece of mind and start students off on the right foot for the new school year."



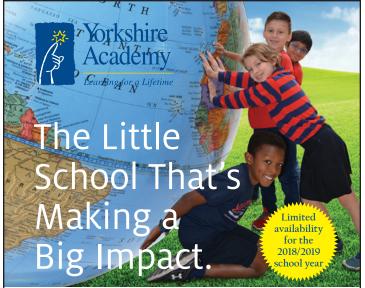
Cy-Fair Republican Women

Cy-Fair Republican Women August Social is an evening event on Friday, Aug. 3rd, 7:00 PM. Our Guest Speaker is Nick Adams with Foundation for Liberty & American Greatness.

See the website for details and RSVP to www.cfrw. net by July 27th. CFRW typically meets on the second Tuesday of each month at 10:30 AM. @ Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

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





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The Value of Sleep for Children and Teens

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

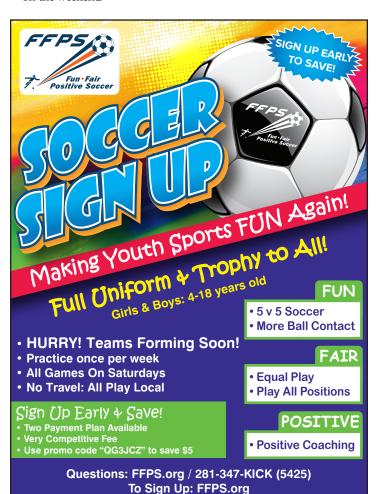
Healthy sleep habits for teens and children include:

a set bedtime and wake time that does not vary by more than 2 hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- · daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.









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TIPS FOR SAFE NIGHTTIME DRIVING

Driving at night can be tricky—especially through neighborhoods or dimly lit landscapes—so it's important to keep in mind a few basic guidelines to make sure you and your vehicle both are well-prepared for the trip. Consider the following suggestions to help get you to your destination safely.

Ensure headlights are aimed properly. If you think your headlights are casting light too far above or below your line of vision on the road, you may need to adjust their aim. You can do this either by following instructions in your vehicle owner's manual or seeking help from a vehicle maintenance professional.

Dim dashboard lights. Most vehicle makes and models come with a dimmer for the instrument panel. Make sure it's set to the lowest brightness to limit distraction. Also remember to turn off overhead or visor lights while driving, which also can limit visibility at night.

Don't wear tinted glasses. Yellow lenses sold to enhance nighttime driving could actually decrease visibility instead of amplify colors and objects. If you wear prescription lenses, opt for an anti-reflective coating, and clean them thoroughly and frequently to optimize effectiveness at night.

Learn how to spot animals and objects. While driving at night, be on the lookout for wildlife creatures' eyes, which can easily be spotted as pairs of glowing retinas. Any animals' eyes—like raccoons or deer—typically will reflect the light from your headlights long before their true

shapes come into view.

Don't focus on headlights in oncoming traffic. Keep your eyes on the road in front of you and avoid looking into the headlights of oncoming traffic—especially if you notice a car using the high-beam headlight setting. If the headlights on the car behind you cause a glare in your rearview mirror, adjust the mirror.

Clean your windshield. Use a clean microfiber cloth or newspaper to clean the windshield—inside and out. Make sure the windshield is streak- and smudge-free before driving at night, and try to avoid wiping window condensation with your hands. Fingerprints and oils from your skin can cause streaks that limit visibility in the dark.

Know when to use your fog lights. Many vehicles come equipped with fog lights, which typically are located underneath the front headlights and are aimed low, where fog usually appears on the road. Fog lights also can be useful on a particularly dark road to further illuminate your path.

Adjust your exterior mirrors. Pointing your side-view mirrors down slightly can help reduce glare from other drivers' headlights and still allow you to see by tipping your head forward a few inches.

Have your eyes checked. Your eyes' ability to keep moving and scan the landscape rather than solely focus on one spot is imperative for successful nighttime driving. Visit your eye doctor for regular checkups to determine whether prescription lenses could help you see better at night.



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