



LAKES

ON ELDRIDGE NORTH

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News for the Residents of
Lakes on Eldridge North

Volume 17, Issue 12

December 2018

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.

December 10 – Christmas party at the clubhouse. Book – *One Man's Christmas* by Leon Hale, retired columnist for the Houston Chronicle. Originally published in 1984, *One Man's Christmas* highlights the warmth and humor for which this legendary writer is so beloved. As usual, we will have our gift exchange – any item. Also, there will be a pot luck hors oeuvres and dessert table.

We have six very good books picked out to start 2019. Here are the first ones.

January 28 - *Educated* by Tara Westover. Tara Westover was seventeen the first time she set foot in a classroom. Born to survivalists in the mountains of Idaho, she prepared for the end of the world by stockpiling home-canned peaches and sleeping with her "head-for-the-hills" bag. In the summer she stewed herbs for her mother, a midwife and healer, and in the winter she salvaged metal in her father's junkyard. Her father distrusted the medical establishment, so Tara never saw a doctor or nurse. Gashes and concussions, even burns from explosions, were all treated at home with herbalism. The family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when an older brother became violent. When another brother got himself into college and came back with news of the world beyond the mountain, Tara decided to try a new kind of life.

February 25 - *One Thousand White Women* by Jim Fergus. This is the story of May Dodd and a colorful assembly of pioneer women who, under the auspices of the U.S. government, travel to the western prairies in 1875 to intermarry among the Cheyenne Indians. The covert and controversial "Brides for Indians" program, launched by the administration of Ulysses S. Grant, is intended to help assimilate the Indians into the white man's world. Toward that end May and her friends embark upon the adventure of their lifetime. Jim Fergus has so vividly depicted the American West that it is as if these diaries are a capsule in time.

March 25 - *The Twisted Root* by Anne Perry. A young bridegroom enlists private investigator William Monk to track down his fiancée, Miriam Gardiner, who disappeared suddenly from a party at a luxurious Bayswater mansion. Monk soon finds the coach in which Miriam fled and, nearby, the murdered body of the coachman, but there is no trace of the young passenger. What strange compulsion could have driven the beautiful widow to abandon the prospect of a loving marriage and financial abundance? Monk and clever nurse Hester Latterly, themselves now newlyweds, desperately pursue the elusive truth—and an unknown killer whose malign brilliance they have scarcely begun to fathom.



Lakes on Eldridge North

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(give pole # of street which is out)	
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Truitt Middle School.....	281-856-1100
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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.)



LOEN Ladies Club

Hello My Friends!

The month of December is upon us and 2019 is just around the corner. I am not going there! Wow!!!

Oh Well! Many blessings I am sure we have all experienced in 2018 and grateful for many more.

What a marvelous group of women we have in this neighborhood and so many gifts and talents. During this season of reflection and giving seek out your neighbors and invite them over for coffee, a meal or just a chat. Share with them a holiday tradition or a new idea that you are implementing this year. Just enjoy each other! Brave the cold and get to know each other. Many are far away from their loved ones and many are terribly lonely without a spouse or relatives near by.

The LOEN Ladies Club will be collecting donations for the Houston Area Women's Center, HAWC this holiday season and we would love for you to go to their website to see what the needs of this organization are. Contact Lisa Miller Marshall, LOEN LC Treasurer with any questions and/or donation items.

Our LOEN LC membership drive will be in January, so please bring your neighbor and sign up to join for all kinds of fun and laughter with many activities to participate in.

We are relational creatures ladies. Do not be shy. Go far it.

Happy Holidays!
Deborah

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Save the Date: Knights of Columbus Vegas Night

FEBRUARY 16, 2019

The Knights of Columbus Council #8096 will be holding their 33rd annual Vegas Night on Saturday, February 16, 2019! Great fun, food and prizes have been the hallmark of this event for several years.

Where –

St. Elizabeth Ann Seton Catholic Church Community Life Center
6646 Addicks-Satsuma Rd.
Houston, TX 77084

When –

February 16, 2019; doors open at 6:30 pm, games begin at 7 pm

Mark your calendars now and more detailed information will be coming soon!

For interest in table sponsorships or donating prizes contact Tom DeScioli at 918-633-3806; email tdescioli@aol.com

MORE LATER!



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9th Annual Houston Methodist Cy-Hoops Invitational



The Houston Methodist Cy-Hoops Invitational will be here before we know it. The championship game will be played at 5:30 p.m. Saturday, December 8, 2018 at the Berry Center.

The Cy-Fair Educational Foundation in partnership with Houston Methodist Willowbrook Hospital and Houston Methodist West Hospital will host the 9th Annual Houston Methodist Cy-Hoops Invitational December

6, 7 & 8, 2018. Wainwright Dental & Associates, P.C., a longtime supporter of this elite high school basketball tournament, has joined

with Underwood Orthodontics, Spradley Endodontics, and Spring Cypress Oral Surgery and Implant Center as premier sponsors. The Cy-Hoops tournament looks to engage the community, promote the sport of basketball, and foster community spirit, while raising funds for student scholarships and innovative staff development programs for Cypress-Fairbanks ISD.

This year's Houston Methodist Cy-Hoops Invitational is loaded with talent. Four teams are ranked by MaxPreps in the top 25 for the state of Texas. Three returning teams, Waxahachie, Dekaney, and Port Arthur Memorial are ranked in the top 10. The tournament showcases 12 Cypress Fairbanks ISD and 12 out of district boys' varsity basketball teams.

Join the community in cheering on our teams at the Berry Center, Cypress Ranch High School, Cypress Lakes High School and Cypress Park High School Thursday through Saturday, December 6-8, 2018. The tournament bracket will be posted on the Berry Center website after Thanksgiving.

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Lakes on Eldridge North

4 Ways to Help Prepare Your Home for Winter



Winter is on its way and for much of the country that means freezing temperatures, wind, snow, ice and heavy jackets.

Preparing your home now for the colder months ahead is vital. The following tips are designed to help get you and your home ready for what winter has in store.

Invest in Weather Stripping

If you can run your hand around the edges of an outside-facing door on a cold day and feel the flow of cool air, you have an airflow problem, one that could cost you a lot of money over the course of the winter.

Weather stripping is a good way to help seal warm air in and cold air out of your home. Available in almost any hardware store, weather stripping installs quickly around windows and doors and can help prevent air leaks.

Before winter arrives, check your windows, doors, vents and fans, plumbing areas, air conditioners and any electrical/gas lines for leaks or drafts to save yourself energy and heating costs.

Evaluate Your Roof to Prevent Ice Dams

Your roof is one of the most vital protections standing between you and the harsh outside elements. Excess snow, ice and other environmental hazards can cause significant damage," said Chala Sampers, Top Dog Roofing. "The objective is to get as much of the water away from your house as possible."

In cold weather, heat escaping your home can melt and refreeze ice and snow on your roof, leading to ice dams. Evaluate your roof in advance of harsh winter weather to prevent ice damming. An ice dam in your gutter can cause water to seep into and saturate an interior wall. These block off drains, and let water and ice continually build up on your roof – and possibly under it – weakening your roof and putting your home at risk. If you're unsure of what to look for, see if a roofing professional can evaluate your roof for ice dams while cleaning your gutters.

To help prevent ice dams make sure your attic is well insulated and ventilated. Insulate the attic floor well to minimize the amount of heat rising through the attic from within the house. If your attic wasn't

built with a ventilation system, contact a trusted local professional or contractor about ventilating your attic before winter.

Buy a Roof Rake to Keep Snow from Building up

If you expect a lot of snow this winter, invest in a roof rake. As snow packs down from multiple storms it could cause a roof collapse – a roof rake can help you easily clear snow off your roof and protect your home during those blizzard months.

"Understanding the importance of checking your roof and knowing the basics of winter roof maintenance and damage can help homeowners avoid unnecessary stress and surprise costs," added Chala Sampers, Top Dog Roofing (<https://www.topdogroof.com/>).

What's even more surprising is that a new, national survey by Owens Corning Roofing found that although 70% of Austin homeowners said that damage to their roof would be stressful or very stressful, only 3% say they always check or have their roofs checked before the start of a season that typically brings bad weather. So be prepared this season and make sure to conduct a thorough roof check before, during and after harsh winter months.

Protect Pipes from Freezing

A frozen water pipe can burst and flood your house or basement.

Help protect your pipes from freezing in bitter cold weather by making sure you don't turn the heat down too much when you're out of the house. You may not be there to enjoy it, but your pipes need the heat to prevent freezing.

Give your home a once over for any exposed or vulnerable piping and wrap them with insulation. Hardware stores usually carry foam rubber or fiberglass sleeves for pipes, which are easy to install.

If your pipes do freeze, and water stops flowing from faucets, call a plumber immediately.

Please keep personal safety in mind when checking items off this list and connect with a trusted professional or contractor for help with anything you are unable to do yourself. For more info visit <https://www.owenscorning.com/roofing>.



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Lakes on Eldridge North

Hannukah in Northwest Houston



This December we will be making history! For the first time ever a festive Menorah Lighting & Hanukkah celebration will be held at Jersey Village City Hall on Sunday, December 9 at 5:30. The event will feature the kindling of a large Menorah, a special address from the Mayor Pro Tem, Comedy & Fire Juggling Show, with live music and traditional latkes & refreshments.

Jersey Village City Hall is located at:
16327 Lakeview Dr, Jersey Village, TX 77040

To learn more about Chanukah visit www.chabadcypress.com/chanukah.

"The holiday of Chanukah celebrates the victory of religious and national freedom in the face of oppression," explains Rabbi Levi Marinovsky, director at Chabad of Cypress & Northwest Houston. "By kindling the Menorah we are reminded that just as a little bit of light has the power to dispel much darkness, so too, when we engage in doing even small acts of goodness and kindness it helps to create a ripple effect that betters the world. We invite everyone to come and enjoy the celebration, as well as join in publicizing this universal message."

Chabad of Cypress & Northwest Houston is a non-profit organization serving the Cypress, Jersey Village, Copperfield, and other Northwest Houston areas with meaningful and joyful opportunities for Jewish living, learning and celebration.

For more information contact: rabbi@chabadcypress.com



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December Family Tips

By Nourish Interactive



1. Decorate the table with the colors from veggies and fruits.
2. Use snack time to add another half serving of fruit or vegetables.
3. Be patient and positive when encouraging children to eat their fruits and veggies.
4. Teach your children about healthy foods from all the different food groups.
5. At a party or holiday event, indulge in your one favorite food. Take small portions of everything else.
6. Try eating meatless meals on Mondays this December.
7. This busy holiday season, try to get kids to bed for a full night sleep.
8. Keep your teeth extra happy this holiday and remember to brush them after meals.
9. Play a word game and keep your family's mind sharp! Try and have kids name a fruit or vegetable that begins with each letter of the word Christmas?
10. Kids can take up to 12 times of exposure to a certain food before they will try it.
11. Help your kids write a letter to Santa and mail it to the North Pole. Use fun holiday fruits and vegetables stationary!
12. Mrs Claus always makes a healthy breakfast for Santa. Start your child's day with a healthy breakfast with foods from at least 4 of the food groups.
13. Plan for Christmas TV specials! Set a goal to watch TV no more than 2 hours a day
14. Taking the kids shopping, increase activity by taking stairs instead of the escalator or elevators
15. Shoot hoops with the kids for some fun activity- instead of using the word horse use the word Santa.
16. The elves keep warm at the North Pole by exercising for 60 minutes every day. Teach kids to be like an elf and get moving!
17. Go to the grocery store or farmers market and pick out a new red or green fruit and vegetable to try for this year's holiday meal.
18. Reindeers love to eat lots of orange vegetables like carrots. It helps them see at night. Add an orange vegetable to your child's lunch or dinner!
19. Some of the best gifts are free. Make a special gift of your time for a loved one. Just print the Gift of Time coupons and fill in a special activity!
20. Are you baking some special holiday sweets? Try adding some raisins, nuts or bran for a healthier treat.
21. Turn off the TV and enjoy your meals as a family this holiday season.
22. Bundle up, grab a flashlight and take a family walk to look at holiday lights together.
23. Decorate your plate with the color of Christmas, add lots of green and red vegetables.
24. Teach kids to enjoy their Christmas cookies with a glass of low-fat or nonfat milk.
25. Remind kids that a healthy holiday meal includes food from all the food groups! Merry Christmas!
26. Find a family activity and have fun!
27. Children are more accepting of a new food if they've learned about it first.
28. Use small amounts of high salt ingredients such as soy sauce or chicken broth. Add water to dilute the amount.
29. Kids learn from their parents' habits. Be a great role model for healthy eating.
30. Snacking is the opportunity to add more servings of healthy foods from the food groups.
31. Take stock of last year and resolve to do better, love more and live healthier.

Lakes on Eldridge North

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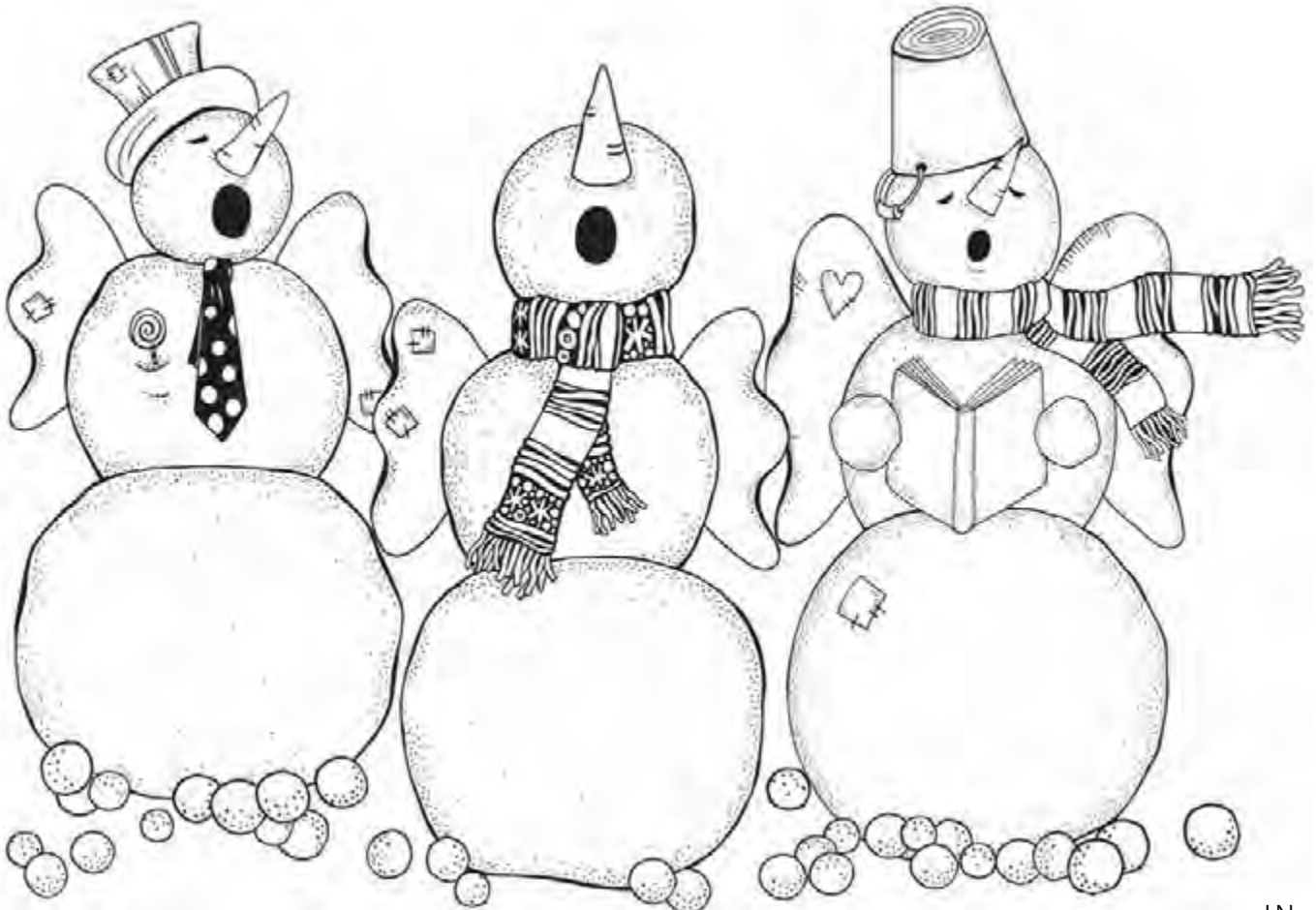
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DUE: December 31st, 2018

Be sure to include the following so we can let you know!

Name (first name, last initial): _____ Age: _____

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