

LAKE HOUSTON LADIES CLUB – JANUARY MEETING

The Lake Houston Ladies Club's next luncheon will be held on Tuesday, January 21, from 10:00-12:30 at the Walden Country Club, 18100 Walden Forest Drive in Humble, TX 77346. The cost of the event is \$20 per person and includes lunch and entertainment.

Is getting organized one of your New Year's resolutions? If so, come to hear Ellen Delap, a professional organizer, help you make time and space for the things you value in life.

The Lake Houston Ladies Club is a social organization dedicated to connecting women through monthly luncheon meetings and social activities. The club welcomes new members from all surrounding areas. Many interest groups are available including Hand Knee and Foot, Shooting Club, Scrabble 'N Babble, Artsy Smartsy, Movie Group, Mah Jongg, Lunch 'N Look, Supper Club, Mexican Train, Reader's Choice, Tea Time, Bridge, Game Day and Bunco. There are also events during the year that include spouses or significant others. The club is an excellent way to meet new people and make new friends.

Please join us. New members are always welcome. For more information about the club and for luncheon reservations, please go to the club web page at http://www.lakehoustonladiesclub.com or call Karen at 281-900-5584 by Monday, January 13.



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IMPORTANT NUMBERS

LAKESHORE COMMUNITY ASSOCIATION BOARD OF DIRECTORS CREST MANAGEMENT CO.

Community Manager

cj@crest-management.com	
Exterior Modifications & Inspections	
marissa@crest-management.com	

On-site Property Manager

 .brittani@crest-management.com

EMERGENCY INFORMATION FIRE, MEDICAL OR LIFE THREATENING

Emergency

Constable Dispatch	
Humble ISD Police (Schools)	
Harris County Animal Control	
Texas Poison Control Center	

UTILITIES

Electric, (multiple providers)	www.powertochoose.org
Power Outages	713-207-7777
Street Light Outages	
U.S. Water Utility Group	
Gas, Centerpoint Energy	713-659-2111
Best Trash	
	n 1

(Tuesday and Fridays + Recycling)

SCHOOLS

	www.humble.k12.tx.us
Lakeshore Elementary	
Woodcreek Middle School	
Summer Creek High School	

NEWSLETTER

Peel, Inc	
Article Submission:br	ittani@crest-management.com
Advertising	advertising@peelinc.com

COMMITTEE INFORMATION

Community Watch	
lakeshore-ca@sbcglobal.net	
Garage Sales	
lakeshore-ca@sbcglobal.net	
Landscape Committee	
Elna Ermel:ronelna@comcast.net	
Pool Committee	
John Criswell:john.criswell@outlook.com	
Social Committee	
Elna Ermel:ronelna@comcast.net	
To volunteer, please email lakeshore-ca@sbcglobal.net	

AHFC Junior Hurricanes (JH) Soccer Registration for the Spring 2020 Now Open

The Junior Hurricanes Soccer League (JH) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at multiple locations and in conjunction with CFSA at the Schiel Road Complex. To learn more about each location and to register please visit www. albionhurricanes.org. Season begins in February!

For those wishing only to train, join us in Katy for AHFC Friday Night Academy. Visit Katy Youth Soccer to register for this Friday Fun Program.

AHFC is proud to partner with New Territory and offer New Territory Thursday Night Academy, a 5-week Skills Program.

Email us at jhsl@albionhurricanes.org for more information or questions.

Office Phone:713-939-7473

Want a more competitive program? Join AHFC! Call us and we can find you a team: 713-939-7473. Website: www.albionhurricanes. orgRegards,

COMMITTEE INFORMATION

Community Watch

lakeshore-ca@sbcgloba	net
iakconore-calesoceioba	ince

Garage Sales

.....lakeshore-ca@sbcglobal.net

Social Committee

Elna Ermel:	ronelna@comcast.net
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To volunteer, please email lakeshore-ca@sbcglobal.net

LAKESHORE CLUBHOUSE

281-458-3345

ONSITE MANAGER HOURS

WEDNESDAY & FRIDAY: 10:00AM - 2:00PM

TUESDAY & THURSDAY: 2:00PM - 7:00PM

CLOSED

SATURDAY, SUNDAY AND MONDAY

Excluding Pests

When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows when there is light outside; if you see light around roods or windows, then there isn't a good seal and weather stripping should be replaced. The attic should be inspected for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for any cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and repair any areas that allow pests to enter the home.

Ideas on how to exclude pests from your home:

• Trim back or prune any trees and shrubs that touch or overhang the home

• Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam

• Replace weather stripping around doors and windows if there is not a good seal

• Repair or replace any window screens with holes

• For homes with brick or stone facades, stuff weep holes with steel wool* or copper mesh

*steel wool will rust if it gets wet, so do not use on light colored façades

• Inspect all furniture, boxes, and bags for pests before carrying them into the home

• Inspect all plants for insect pests before bringing them into the home

• Do not store firewood inside the home, against the outside walls, or near doors

• Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home**

**make sure animal is not in the home or you'll seal it inside!

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.



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(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips.

Set realistic goals. Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; long-term results generally come with steady loss over a period of time.

Eat well. Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

Consider a supplement. If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a boardcertified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

Get active. Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

Stay committed. It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and

permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

Find more information to help jump-start your weight management program at TryRiduZone.com.

What is OEA?

Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.

Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that

contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

Photos courtesy of Getty Images #15081, Source: NutriForward, Content downloaded from FamilyFeatures.com



THE LAKESHORE REPORT

FRUIT FLIES - Wizzie Brown

Top Tips to Get Ready to Run



(Family Features) You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you strap on those shoes and head toward the finish line.

Here are a few tips to help get you ready for the big race:

Seek Quality Sneakers - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

Make a Schedule - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

Stick with Water - Avoid sports drinks that are loaded with preservatives and sugars. You can't go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

Go Online - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

Nutrition - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at eLivingToday.com.

Photo courtesy of Getty Images #13139, Source: eLivingToday.com, Content downloaded from FamilyFeatures.com.



Fruit flies can become a nuisance problem at any time of year. They can enter homes from ripe fruits or vegetables picked from the garden or purchased at the grocery store. Fruit fly adults may also fly into homes from outdoors.

Adult fruit flies are small (about 1/8 of an inch) and often have red eyes. The front portion of the body is tan while the back portion is dark brown to black. If given the opportunity, females can lay up to 500 eggs. Larvae are surface feeders on fermenting foods or other organic matter, which means that you can cut off the overripe parts of the fruit or vegetable and eat the rest.

To prevent bringing fruit flies into your home, do not purchase over ripened fruit and vegetables. Eat fresh produce in a timely manner and store items in the refrigerator or a paper bag that is clipped closed. All recyclables should be rinsed thoroughly before placing them into the recycling bin. Recycling and garbage bins should be cleaned on a regular basis with soapy water to eliminate any spilled material.

If your home already has fruit flies, locate all sources of infestation (where the larvae are living) and eliminate them. Insecticides only target adults and will not control the problem. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling paper and taping it closed. Place the funnel into a jar that has a small amount of apple cider vinegar in the bottom.

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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THE LAKESHORE REPORT

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BB Master #100394 TECL # 22809

Health and Wellness

6 Benefits of a Garlic Infused Diet

The miraculous natural ingredient for life is Garlic. It is a very understated allium, which belongs to the onion family. The benefits have history, where ancient times Garlic was symbolically used to ward off monsters. It can be very delicious when added to savory dishes. If you feel fastidious to have raw garlic you can always try, aged garlic or garlic supplements, which are equally good.

1. Super Food

Egyptians, Romans, and Greeks fed their Olympic champions, soldiers, and sailors with garlic for the reason that it enhanced their performance. Which isn't a false, recent research have started finding out that the garlic actually enhances performances and relieves exerciseinduced fatigue. Likewise, garlic also helps people with heart disease.

2. Infection Combatant

Garlic has rich nutrients that help boosts the immune system. It also has some nutritional properties that help fight off a cold, an infection from a virus or even bacteria or parasites. In fact, garlic has been proven to have reduced common colds by 63%.

3. Heavy Metal Effects Fighter

Heavy metals like lead and mercury have caused several health issues

and sometimes they can be fatal. People who work in factories that are exposed to lead have health issues like headaches. Regular consumption of garlic has shown a decrease in the side effects by 19%.

4. Fat Buster

Physicians used garlic to cleanse arteries in ancient days. Likewise now, garlic is known to be the enemy of blood fats. Routine garlic supplements intake has shown a decrease in bad cholesterol (LDL cholesterol) by 10-15%. This does not affect the levels of good cholesterol (HDL cholesterol), hence it can lead to fat burning.

5. Heart Health

Garlic is one of the best heart protectors. It helps lower cholesterol and also keeps the pressure intact. To receive the full benefits you will have to eat 4 cloves of raw garlic, which might be a bit difficult. But gradually increasing intake would help the stomach adapt. Instead, you could also opt for the supplements that are as effective as the raw stuff.

6. Mental Health

Mental illnesses such as Alzheimer's and dementia are caused by free radicals and their oxidative actions. Garlic is high in antioxidants, which help reduce and remove those free radicals. Antioxidants help reduce cell damage, and prevent the development of cancers.

Social and emotional intelligence may be the most important determinant of a child's future success.

BALANCED LEARNING® WAY:

Being school-ready is just the beginning.

CALL TODAY FOR A TOUR!

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Primrose School at Summerwood

14002 W. Lake Houston Pkwy | Summerwood, TX 77044 281.454.6000 | PrimroseSummerwood.com





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