

Volume 19, Issue 4

April 2020



Spring is a Great Time to Join the Lakes on Eldridge North Ladies Club

New to LOEN? Established resident? It doesn't matter because the LOEN Ladies Club is here to help you meet your neighbors and make friends.

For 15 years the LOEN Ladies Club has served the Lakes on Eldridge North community. Our organization is dedicated to helping LOEN ladies develop and nurture lasting friendships through organized monthly activities. We have Book, Bridge, Bunco, Brunch, Dinner, Girls Night Out, and Explorers clubs for you to join that give you multiple opportunities for meeting other club members and making new friends. Additionally, we have several general meetings throughout the year.

Besides serving the social needs of LOEN, we also give back to the greater community. Our exclusive LOEN outreach group, Angel's Club, serves LOEN residents in need of food assistance due to illness, death, or family additions. To benefit our neighbors outside of LOEN, we also sponsor food, toy, supplies, and clothing drives for designated local charitable organizations.

We look forward to welcoming you as a new member. For more information contact Jeanne MacKenzie at loenladiesclubpresident@gmail.com.



Spring Show 2020 La Bayadere

Photo Credit Houston Repertoire Ballet

Houston Repertoire Ballet (HRB), Houston's premier pre-professional ballet company, is proud to present its spring 2020 performance Celebration of Dance, a collection of classical and modern works for all to enjoy! Celebration of Dance 2020 features the well-known La Bayadère, with guest artists Leah Haggard and Darrell Haggard; the enchanting Coppélia; and the premiere of two modern dance pieces, Reflections in Time and November Rain, choreographed by JoDee Engle. Village of NorthPointe resident performing is Hannah Sanders.

Performances are Saturday, April 18 and Sunday, April 19 at 2 pm at the Tomball High School Theatre, 30330 Quinn Road, Tomball, Texas 77375. For ticket information, call 281-940-HRB1 (4721) or visit www.hrbdance.org. Tickets are \$13 for students/seniors and \$15 for adults.

HRB has received a generous grant from Texas Commission on the Arts, enabling HRB to expand its outreach mission to children currently attending three Title-1 schools. Up to 24 students from each campus will participate, free of charge (including class attire, costumes, and other supplies), in one-hour weekly ballet classes at their respective campuses, and will receive dance instruction in the "Nutcracker Experience" and the "My Chance to Dance" spring program.

HRB's mission is dedicated to providing the finest classical ballet instruction, education, and performance experience to

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Lakes on Eldridge North

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(non-emergency)	281-550-6663
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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
Newsletter Publisher	
Peel, Inc.	advertising@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 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.)

(Continued from Cover)

local gifted students, and to preparing them for a professional career in the world of dance. HRB is committed to serving the suburban Houston region with high-quality theatre productions that educate, engage, and entertain residents of all ages and perpetuate their appreciation of dance as an art form.

Celebration of Dance is funded in part by grants from the City of Tomball and Texas Commissions on the Arts, with additional support provided by Air Innovations, LLC; Dance Trends; Greg Engle – Realtor; Vintage Wellness; David Metcalfe Photography; Shell Oil; and HPI.

Cypress-Tomball Democrats



The Cypress-Tomball Democrats will hold its next monthly meeting Tuesday, April 20, 2020, at Rudy's Grill and Cantina, 11760 Grant Road, Houston. There is a meet and greet at 6:30 p.m., and the general meeting begins at 7:00 p.m.

Mark Toubin, the Anti-Defamation League's Southwest Regional Director, will speak about The Rise of Extremism, Anti-Semitism, White Supremism & Hate in America

Mr. Toubin is a member of the Houston Bar Association and Congregation Beth Israel. He previously worked with the Israel Project and the American Israel Public Affairs Committee (AIPAC), where he was the Southwest Regional Director. He is former co-chair of the ERJCC Scholarship Ball Committee, former board chair of the Inter-Ethnic Forum, and former board member of the Houston Area Women's Center. He is a graduate of the University of Texas School of Law and Emory University.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month.

For more information, contact Undrai Fizer at cytomdemocrats@gmail.com, or visit the club's Facebook page.

"Spring" into Selling

The spring selling season is upon us. If you are thinking of selling, I would love the opportunity to earn your business. I am a long-time resident of Lakes on Eldridge North, and a neighborhood expert with a proven track record of selling more homes in LOE & LOEN *than any other Realtor.*

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Help Make the World a Better Place

Did you know that by opening your home to a foreign exchange student you are taking on the role as a diplomat of the United States? Its true! Hosting a teenager from another country is form of public diplomacy – it gives both the host family and the student an opportunity to learn from each other, exchange cultural experiences and most of all, form life-long relationships.

All that is required of a host family is to provide three meals a day, a place for the student to sleep and a little bit of TLC thrown in. Students can share a room with a same sex sibling that is within three years of their age. The students all come with their own spending money, health insurance and an eagerness to be part of your family.

STS Foundation, a 501(c)(3) organization, is looking for volunteer host families for the 2020/2021 school year. We accept all different types of families, from single parents, to newly marrieds, to empty nesters to same sex couples. The application process is simple, once you are completely vetted, you will have access to our student database where you can select the student that best fits in with your family.

If you would like to find out more about hosting one of our wonderful students, please contact Vicki Odom at (832) 455-7881 or email at vicki.stsfoundation@yahoo.com. I can get you started in helping to make the world a better place to live.



Pollinators

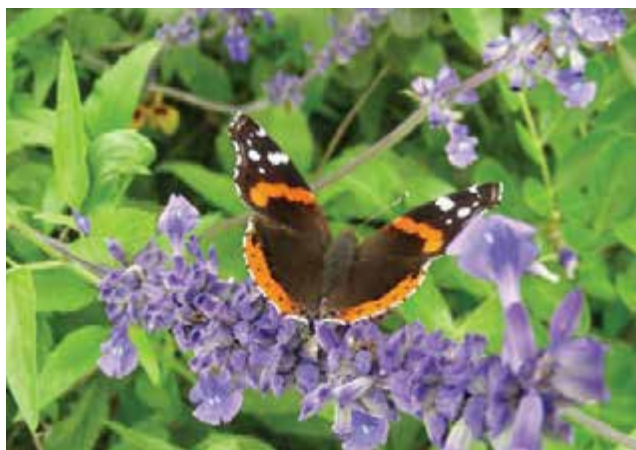
– Wizzie Brown, Texas A&M AgriLife Extension

There are many animal pollinators, most of those being insects. Probably the most well-known of pollinator insects are bees



and more specifically, honeybees. Honeybees are pollinators, but only make up a small portion of the bee population around the world. Most bees are solitary and nest in the ground. Solitary bees are not aggressive and many are stingless, so people should not be afraid of them.

Butterflies and moths are also important pollinators. Unfortunately, due to habitat destruction and other factors, their populations are on the decline. If you want to provide habitat for butterflies and moths, you need to be sure to fulfill the requirements of all life stages. Host plants are needed for egg laying and caterpillar feeding; nectar plants are needed for adult feeding; and overwintering sites are needed for various stages.



Flies are an often-overlooked pollinator. With their poor reputation for carrying diseases, many people consider flies to be pests. Flies can be beneficial by fitting into food webs, breaking down waste material, feeding on some species of insects, and pollinating plants (including some food crops such as apples and peppers).

Ideas to help conserve pollinators:

- Plant native plants that provide nectar blooms spring, summer, and fall
 - o Provide a variety of colors
 - o Provide a variety of flower/ bloom shapes
 - o Provide multiple levels of plants (groundcover, shrubs, trees,

(Continued on Page 6)

Albion Hurricanes FC (AHFC)

Albion Hurricanes FC (AHFC) established in 1989, is leading the way in South Texas youth soccer by inspiring and developing young men and women through world class coaching and innovative techniques, as well as instilling the proper framework, self-esteem, confidence and sportsmanship within our athletes.

The club invites all interested competitive players from the ages of 7 to 19, to the Player Evaluations & Tryouts and be a part of our success. AHFC. Evaluations and Tryouts will be the month of May We ask that all interested players pre-register before coming out to the fields. Please visit albionhurricanes.org for details about your particular campus.

Boys Director: Mark Rufo - mrufo@albionhurricanes.org

Girls Director: Dan Hill - dhill@albionhurricanes.org

ECNL/Elite Director: Steve Firth - sfirth@albionhurricanes.org

Southwest Campus Director: Paul Isaila - pisaila@albionhurricanes.org

Cy Fair Campus Director: Danny Parejo - dparejo@albionhurricanes.org

AHFC also offers Junior Hurricanes (a recreational program for 5 - 9 year old) at our Cy Fair and Central locations and offers additional training at Katy Friday Night Academy as well at Thursday Night Academy for players in the New Territory area

Visit albionhurricanes.org to register and for times and dates.



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etc.)
o Plant in clumps of the same plant to make it easier for pollinators to find them

- Reduce turf and replace with flowering plants
- Plant native bunch grasses to provide food and shelter for insects
- Allow fallen leaves to

remain on property to provide shelter

- Create areas of bare soil for ground nesting bees (choose sunny areas that will provide dry soil)
- Use integrated pest management to reduce pesticide use
- Provide water in a SAFE manner for insects; use shallow dishes with rocks, stones, sand, or some substrate to allow insects to drink without drowning

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

Senior Luncheon April 23rd at Foundry United Methodist Church



Foundry senior adults and residents of the local assisted living facilities stay connected to God and each other at free monthly luncheons featuring live entertainment! The Thursday, April 23rd

luncheon features Bingo games with prizes, and lasts from 11:30 a.m. – 1:30 p.m.

Join us at our Fellowship Hall at 8350 Jones Road, Houston, TX 77065. There is no cost to attend. Please RSVP to 713-937-9388 or t.garza1617@gmail.com by April 16th. <https://foundrychurch.org/primetime-ministry/>



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COOKING SUBSTITUTIONS AID IN CALORIE REDUCTION

Watermelon Salad



- 2 tablespoons white wine vinegar
- 1 lime, zested and juiced
- 1/4 cup extra-virgin olive oil
- 1 red onion, thinly sliced
- 4 cups seeded watermelon chunks
- 1 cup crumbled feta cheese
- 1/4 cup mint chiffonade
- 2 cups baby arugula

Directions:

Add the white wine vinegar, lime zest and juice to a small bowl. Whisk in the olive oil and season with salt and pepper. Add the thinly sliced red onion and let marinate for 5 to 10 minutes as you prepare the rest of the salad.

Add the watermelon, feta, mint, and arugula to a large bowl. Toss with the vinaigrette and serve immediately after dressing.

Recipe courtesy of The Neelys, www.foodnetwork.com

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.



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Lakes on Eldridge North

10 Easy Ways to Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and houseguests. Employ these effective tips:

1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.

2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.

3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of

procedures.

4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.

7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

10. Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.

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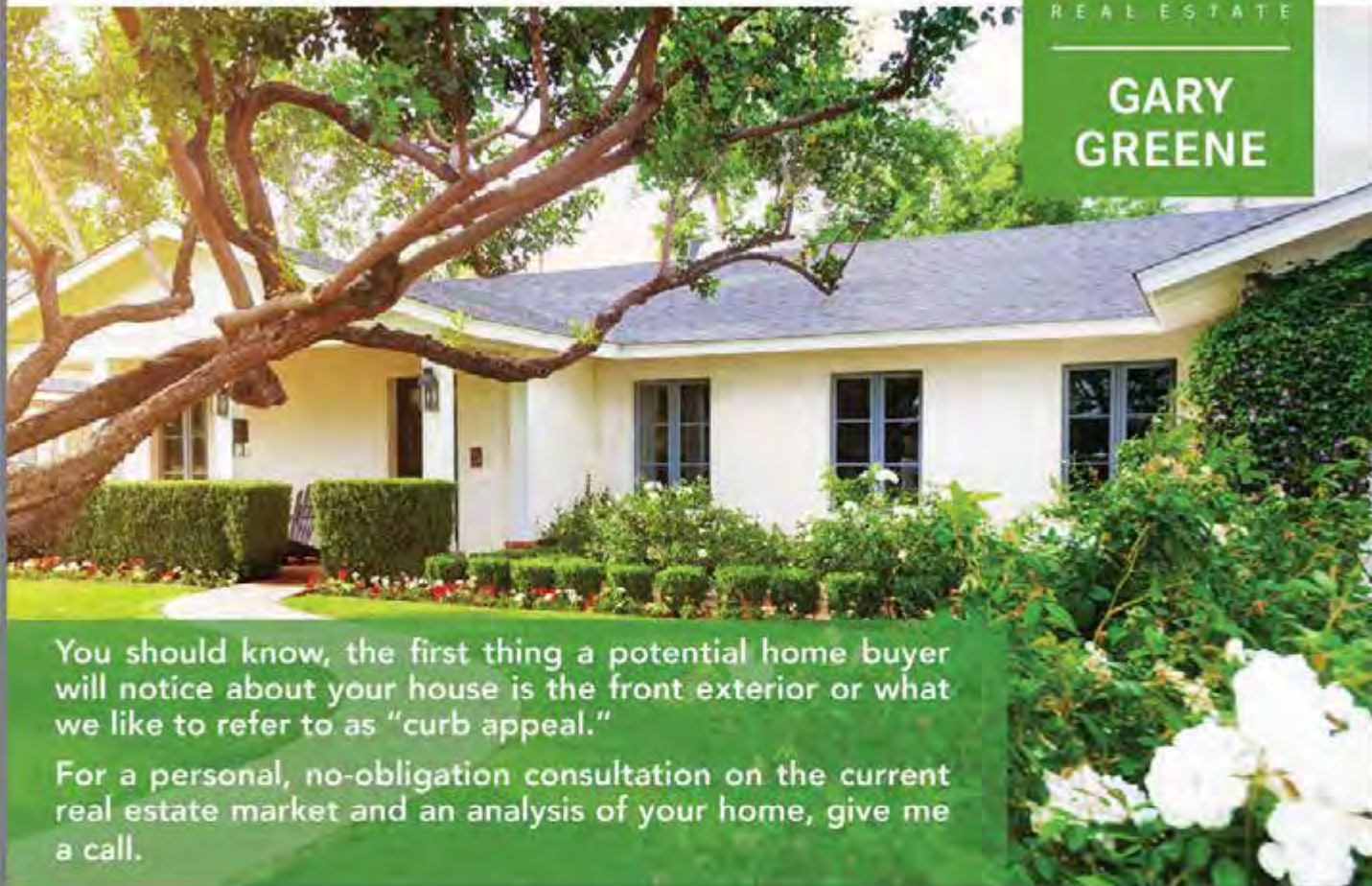
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Lakes on Eldridge North

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