



# LAKES

ON ELDRIDGE

Volume 4, Issue 1  
January 2005

[www.lakesoneldridge.net](http://www.lakesoneldridge.net)

## LOE Wine Tasting – Mardi Gras!



Join your neighbors on Saturday, February 5<sup>th</sup> at 7:30 P.M. in the clubhouse to celebrate Mardi Gras by enjoying the tastes of various French wines. Please bring a bottle of French wine (white, red, or other) and an appetizer to share. RSVP or send questions to [loesocial@hotmail.com](mailto:loesocial@hotmail.com)

## LOE Santa's Toy Drive

On Friday, December 10th, Santa certainly did arrive in Lakes on Eldridge by fire truck. And in an effort to provide a positive presence in our community, spread good will, and help children who otherwise would not have gotten a Christmas gift, LOE conducted the first annual "LOE Santa's Toy Drive" which was a booming success.

When the fire truck arrived, the sirens announced Santa's arrival. The excitement and laughter of the children was amazing. Some 60-80 people showed up to see Santa and have their picture taken with him. There was hot cocoa, apple cider and Christmas cookies that everyone enjoyed. The children also enjoyed some Christmas coloring inside.

Two large plastic bags of toys was collected and presented to Cy-Fair volunteer fire department. These guys were awesome and we certainly plan to do this again next year, possibly helping them with the need for nonperishable food items.

Just a great day for all.

**THANK YOU ALL THAT ATTENDED AND CONTRIBUTED**

**TO THIS SUCCESSFUL, GREAT, REWARDING DAY!!!**

Special thanks to those who contributed to make this event a tremendous success: Suzy, Nicole, Jerry, Ryan, Rachel, Zak, Mikey, Jake, Tiffany, Jessie, Tanner, Elizabeth, Lorena, and Nahir.

*Thank You and Merry Christmas,  
Michelle Perez*

## Board Notes

November 2004

The Board of the Lakes on Eldridge Homeowners Association met on November 15, 2004. The following is a summary of the matters discussed.

The Board reviewed the financial statements dated October 31, 2004. The association had cash balances of \$102,498.62 in the operating and \$93,442.92 in the replacement funds. For the ten months ending October 31, income was \$730,093.76 while expenses totaled \$729,254.43, resulting in an operating surplus of \$839.33.

The crime awareness committee reports to be meeting with the deputy in our community and discuss ideas to assist LOE with community vandalism.

The landscaping committee reported on the replacement of 16 fixtures that will be replaced. Landscape images were in the process of filling tire ruts left in wet soil and reseeding bare areas with winter rye. Seasonal color was also scheduled for the entry along with new beds glancing each side of the entrance.

LOE will have its first toy drive with the Cy-Fair volunteer fire department.

The board made the following decisions:

- Request that Greater Houston Pool Management amend its proposal contract for 2005 including extending the term from 1 to 2 years.
- Approved the quote from Landscape Images in the amount of \$3,370.00 plus tax to provide and install Kiddie Kushion fall surface at the Auburn Shores and Beach Club playground areas.

Since the beginning of 2004, the board has completed 302 common area work items and resolved 416 deed restriction and architectural issues.

Board meetings are generally held on the third Monday of the month at 6:30pm at the Beach Club. It is recommended that homeowners who wish to attend confirm the dates with AMI since they change occasionally. In addition, homeowners are welcome to bring business before the Board but are required to inform AMI of their intension to do so in order to be placed on the agenda.

# Lakes on Eldridge

## IMPORTANT NUMBERS

AMI.....	713-932-1122
Gate Attendant .....	713-937-8825
Sheriff - (non-emergency).....	713-221-6000
Cy-Fair Fire Department - (emergency) .....	281-466-6161
(non-emergency) .....	281-550-6663
Poison Control .....	1-800-764-7661
Texas DPS .....	713-681-1761
Waste Management.....	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Source.....	713-983-3602
(Service or emergencies 24hrs).....	713-983-3604
Harris County Tax Office.....	713-224-1919
Reliant Energy .....	713-207-7777
(give pole # of street which is out)	
Entex (gas).....	713-659-2111
Time Warner Cable .....	713-462-9000
Houston Chronicle .....	713-220-7211
Metro Transit Info .....	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Falls High School.....	281-856-1000
Cy-Ridge High School.....	281-807-8000
Newsletter Publisher	
Peel, Inc.....	806-385-6444
Adver. Donna Sommer.....	djsommer@aol.com, 832-237-4684

## January Monthly Meetings of Interest

6, 13, 20, 27 - LOE Merry Stitches  
11 - Ladies Bible study  
17 - Board of Directors meeting  
27 - LOE Book Club  
28 - LOE Coffee Club

## Maintenance Fees

2005 Maintenance Fees are due and are late after February 28, 2005. Your Maintenance Fees fund the operation of the community such as landscaping, pool maintenance and repairs, insurance and reserving for the future major repairs or replacements. For more information contact AMI or mail your payments with your property address to:

AMI  
9575 Katy Freeway, Suite 130  
Houston, Texas 77024-1453  
Phone: 713.932.1122  
Fax: 713.932.6059  
E-mail: ami@amitx.com  
Web: www.amitx.com  
AMS: ams.amitx.com

## LOE Board Of Directors

To contact a member of the Board of Directors, call Alex Taylor with AMI at 713-932-1122. Leave the number where you can be reached. Mr. Taylor will then forward your message to one of the following board members:

Nikki Favero ..... President  
Bronson Clay ..... Vice President  
Bob Adams..... Secretary  
Lindsay Buchanan..... Treasurer  
Michelle Perez ..... At Large

## Clubhouse Update

The clubhouse is in need of some serious updating. Because this is a one time expense and to keep the assessment fees down, we are asking for volunteer donations of any amount for the clubhouse update. You may add this to your assessment fee or you may send a separate check to

AMI  
9575 Katy Freeway, Suite 130  
Houston, Texas 77024-1453

Your one-time donation will go a long way in helping improve our community and your generosity is greatly appreciated.

## Airport Noise

LOE is now in the flight pattern for both Intercontinental and Hobby Airports, which means air traffic has significantly increased. If you are concerned over the noise make a call to one or all of the numbers below. It is the number of calls and the people taking time to make them that make the most effective appeal for change for this situation.

- Houston Airport Noise Complaints Hotline: 281 233-3900
- Air Traffic Approach Number: 281 230-8441
- FAA Hotline: 1-800-255-1111

*If you would like to submit an article or any information for the Lakes On Eldridge Newsletter, you may do so by sending the information in **Word Format, Courier New, size 10, to mperez51@houston.rr.com**. This information should include your name. All information should be received **no later than the 12<sup>th</sup> of the month** and is subject to editorial approval as well as space limitations.*



Ann Knoche is

Getting the Word Out on...

**LAKES**

ON ELDRIDGE

**2004**

**IN REVIEW**

Relocating?  
Moving Up?  
Scaling Down?  
Call Ann Knoche

46 Homes Sold in Lakes on Eldridge

Avg. List Price.....\$350,318

Avg. Sales Price.....\$341,043

Avg. Price Per Sqft.....\$98.14

Avg. Days on Market..... 115

Avg. Sale to List Ratio.....97%

Source HAR/MLS 1/01/04-12/20/04



**281.582.3911**

[annpk@heritagetexas.com](mailto:annpk@heritagetexas.com)

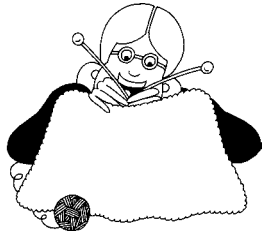


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# Lakes on Eldridge

## LOE Merry Stitchers



Catherine Spellings has started a great group of ladies in the neighborhood who love to stitch/sew. There has been more than 12 ladies that have come to the meetings. The group meets every Thursday from 9:30am – 12:00pm. There has been such a great response that the ladies have discussed getting some other activities going in the neighborhood from bridge to dinner to cocktail hour. So join us, January 6<sup>th</sup> for our first meeting of the year.

It isn't about what kind of stitching you like to do. It's about getting together and sharing the passion for sewing and this opportunity is open to anyone who wants to make friends with others and join in the fun of saying "I made it myself!"

So, if you are interested in joining this group, please call Catherine Spelling at (713) 896-1652 or 713-628-7083 or email [catherinespellings@msn.com](mailto:catherinespellings@msn.com).

We look forward to hearing from you.

## LOE Coffee Club

The coffee club was started in March and has had a great mix of ladies. This is an opportunity to get together for coffee, conversation, friendship and hopes of increasing community togetherness. We meet every 4<sup>th</sup> Friday of the month. If you have not attended yet, you are invited to our first meeting of the year, January 28<sup>th</sup>, 9:30 at the Clubhouse.

We look forward to welcoming you. If you want more information, please contact Michelle at 832-731-0943 or [mperez51@houston.rr.com](mailto:mperez51@houston.rr.com)



## Advertising Information

Please support the businesses that advertise in the Lakes on Eldridge Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales representative, Donna Sommer @ 832-237-4684 or at [dsommer@peelinc.com](mailto:dsommer@peelinc.com). The advertising deadline is the 10th of each month for the following month's newsletter.



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# Lakes on Eldridge

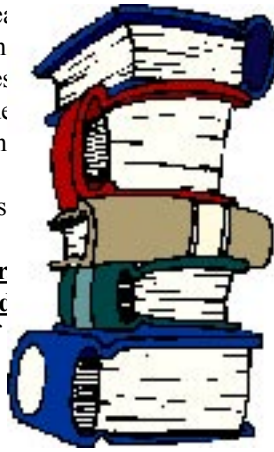
## LOE Book Club

The LOE Book Club is back in action for the new year! Our January meeting features a non-fiction book by the author of *Isaac's Storm*, and our February selection takes us into the turmoil of Afghanistan. We try to select a wide range of books, so keep checking and, if you see one that interests you, please join us.

We meet the 4<sup>th</sup> Thursday of each month in the clubhouse at 7:30 P.M.

January 27<sup>th</sup> – **The Devil in the White City: Murder, Magic, and Madness at the Fair That Changed America** by Erik Larson. The bestselling author of *Isaac's Storm* returns with a gripping tale about two men — one a creative genius, the other a mass murderer — who turned the 1893 Chicago World's Fair into their playground. Set against the dazzle of a dream city whose technological marvels presaged the coming century, this real-life drama of good and evil unfolds with all the narrative tension of a fictional thriller.

February 24<sup>th</sup> – **Kite Runner** by Khaled Hosseini. An epic tale of fathers and sons, of friendship and betrayal, that takes us from the final days



of Afghanistan's monarchy to the atrocities of the present. The unforgettable, heartbreaking story of the unlikely friendship between a wealthy boy and the son of his father's servant, *The Kite Runner* is a beautifully crafted novel set in a country in the process of being destroyed. It is about the power of reading, the price of betrayal, and the possibility of redemption. And it is also about the power of fathers over sons — their love, their sacrifices, their lies. The first Afghan novel to be written in English, *The Kite Runner* tells a sweeping story of family, love, and friendship against a backdrop of history that has not been told in fiction before, bringing to mind the large canvases of the Russian writers of the nineteenth century. But just as it is old-fashioned in its narration, it is contemporary in its subject — the devastating history of Afghanistan over the past thirty years.

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# Lakes on Eldridge

## Crime Awareness Committee: Advice for Parents

Guns have a certain fascination for young boys. Maybe they want to be hunters like their dads or uncles, or maybe it's a result of all the "shoot-'em-up" movies and videos they see on TV. But parents should know that it takes a lot of maturity to handle a gun safely and responsibly. Pellet guns, BB-guns and paintball guns are popular items that can be a lot of fun when used properly and under adult supervision. However, they can be dangerous weapons when used carelessly or at the wrong time or place.

If you choose to allow your pre-teen or teenager to have a pellet or paintball gun, please make sure that he uses it in a safe manner and in the proper setting. The Lakes on Eldridge community is NOT a proper place for the discharging of these weapons. The parks and greenbelt areas are for the enjoyment of everyone and are not appropriate places for firing bb-guns or paintball guns. Parents and legal guardians are civilly responsible for the actions of their under-17 children. Children 10 years old and older can be arrested for their actions. Persons 17 years and older are considered adults under the laws of Texas.

It is a violation of the law for children (or adults) to handle pellet guns or paintball guns in an unsafe or threatening manner, or to use them to create fear in another person. They must never be used in any manner to create mischief, such as shooting at lights or fountains or at the waterfowl in our lakes. If you should observe such behavior, call the Sheriff's Department at once (713-221-6000). Let's make Lakes on Eldridge the best community it can be!

Parents, give your kids the guidance they need; they deserve nothing less.

### Vehicle Decal

We cherish our life behind our gated community. It's quiet, pleasant, and private and it limits the amount of people who can come in. Therefore, all resident vehicles must display the proper LOE decal to enter the community. This is in effort to reduce the amount of unauthorized traffic in the community.

Vehicles that do not have a proper vehicle decal displayed will be asked to show identification to enter the community. If you need a decal, you can contact AMI at 713.932.1122.

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# Lakes on Eldridge

## Help Keep Our Lights On

All residents of LOE pay a maintenance fee, a large part of which is spent on electricity to light our streets. The fee is billed to us whether the light is working or not. If you see a light(s) burned out, please help us by getting an address, or intersection, and the number on the pole. You should fill out the form available at [www.centerpointenergy.com/outage](http://www.centerpointenergy.com/outage).

You can call this information into CenterPoint at 713-923-3213, but the electronic form is much faster as you won't be put on "hold". You can also report dim lights, leaning poles, etc. on the form as well.

Please also copy the email to the AMI office at [ami@amitx.com](mailto:ami@amitx.com) so they can keep a list of the lights reported.

Thanks for your help!!!

Please support the businesses that advertise in your newsletter. Their advertising dollars make it possible to provide your newsletter to all the residents in your subdivision at no charge. No homeowners association dollars were used to produce this newsletter.

## Volunteers Needed

We are always looking for volunteers in the community. You drive the policies and procedures. But without your involvement, this is left up to a handful of people. So if you are interested in helping the community, please visit the website, register as a member and list your interests to volunteer and we will contact you.

Visit the Association Website:  
[www.lakesoneldridge.net](http://www.lakesoneldridge.net)

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# Lakes on Eldridge

The following excerpt is from the minutes of the HARRIS COUNTY MUNICIPAL UTILITY DISTRICT NO. 341 Meeting of Board of Directors, November 8, 2004

## Request From Lakes On Eldridge Homeowner's Association Regarding Additional Back Slope Drainage Remediation

Mr. Saour next advised the Board that the Lakes on Eldridge Homeowner's Association ("HOA") has requested additional back slope drainage remediation for the District's existing detention facilities. In connection therewith, he advised the Board that two areas within the detention facilities are in need of additional modifications. In that regard, Mr. Saour presented and reviewed with the Board a map depicting the said areas in need of additional repair, being Area "A" and Area "B", and presented a preliminary cost estimate relative to the proposed drainage improvements to said Areas, copies of which are attached to the Engineer's report. Mr. Saour advised that the cost to complete the additional modifications to Area "A" will be approximately \$36,377.64, and the cost to complete the additional modifications to Area "B" will be approximately \$68,728.61, for a total additional project cost of \$105,106.25, less engineering fees. Mr. Saenger recommended that the work be performed by BSH and added to their existing contract by change orders. Mr. Cohen advised that since the proposed work exceeds \$25,000 and ten percent (10%) of the original contract amount the District will need to apply to the TCEQ for approval of the said change orders and use of surplus construction funds, after which, the District can then use surplus

construction funds to pay for the additional expenses incurred. Mr. Cohen then advised that, pursuant to the District's existing Detention Pond Maintenance Agreement with the HOA (the "Agreement"), the HOA may be required to pay for a portion of the current and proposed modifications and that he will review the said Agreement to determine the same. After further discussion on the matter, Director Edmonds moved that the proposed additional drainage modifications to Areas "A" and "B" be authorized by the Board, that Benchmark be authorized to prepare a change order to the District's current contract with BSH relative to the expenses incurred with the additional modifications, and that SPH be authorized to prepare an application to the TCEQ requesting approval of the change orders and the use of surplus construction funds, subject to Mr. Cohen reviewing the District's Agreement with the HOA and confirming that the HOA is not responsible for any of the costs associated with same. Director Rutenberg seconded said motion, which carried unanimously.

With regard to the review and approval of stormwater quality management plans related to construction contracts, Mr. Saour reported that there are no such plans to present to the Board at this time.

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<div style="border: 1px dashed black; padding: 5px;"> <p><b>\$4.00 OFF</b> REG. \$24.00</p> </div> <p><small>EXPIRES 02/15/05 WITH COUPON. NOT VALID WITH ANY OTHER OFFER.</small></p>	<div style="border: 1px dashed black; padding: 5px;"> <p><b>\$5.00 OFF</b> REG. \$59.00</p> </div> <p><small>EXPIRES 02/15/05 WITH COUPON. NOT VALID WITH ANY OTHER OFFER.</small></p>



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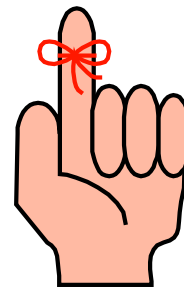


# Lakes on Eldridge

## Quick Reminders

- Have you removed your holiday decorations? All holiday decorations must be removed within 30 days after a holiday.
- Pet Owners – Please be courteous to your neighbors, clean up after your pets and walk your pets on a leash at all times.
- Please remember to place trash out on TRASH DAYS ONLY, and return cans to your storage location on the same day. Trash and trash containers should be visible on trash days only, and should not be set where they block the sidewalk. Trash should not be put out for extended periods of time.
- Vandalism is taken very seriously at Lakes on Eldridge. Anyone found vandalizing or causing damage to LOE property, including parks, playgrounds, nature areas, signs, lakes, etc., have and will continue to be prosecuted.
- As a reminder to all residents, any exterior modification, alteration, change or addition must be submitted and approved by the Architectural Committee prior to the start of construction. Forms and guidelines are available on the website [www.lakesoneldridge.net](http://www.lakesoneldridge.net)

[lakesoneldridge.net](http://lakesoneldridge.net) or at AMI. If you are considering any of the following, please contact the committee or submit application: playhouse or swing set, outbuildings, permanent or portable basketball goals, gazebos, front yard accessories, outdoor lighting, application for sealants, stains, or paint on fences, front yard school or youth affiliated sport signs.



- Please notify us of any unsafe conditions that need repair or maintenance via email.



*Running a toothpick through a clove of garlic before you add it to soup or stew will make it easier to find before serving.*

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# Lakes on Eldridge

## Kirk Elementary Boundary Options

The new boundary options for Kirk elementary are a great concern to our community. Kirk's academic rating has a significant impact on the property values in LOE, LOEN, Eldridge Park, and Twin Lakes. All but option 5 would decrease the number of volunteers and increase the "at risk" population at Kirk, which would negatively impact the school's academic rating, thus have a direct negative impact on our property values.

The Cy-Fair boundaries committee has been meeting and will make its final decision in January. Our neighborhood committee has reiterated that option 5 was the best option for Kirk Elementary. The Cy-Fair boundaries committee was extremely receptive to our concerns. They assured us that this process is not predetermined and our concerns and feedback are being strongly considered. They encouraged people to continue to provide feedback via the website, emails, or personal letters. All of that feedback is photocopied and distributed to the boundaries committee, administrative boundaries committee, and the CFISD Board of Directors. They did comment that the easiest form of communication for them to receive and read is that received directly from the website <http://209.0.205.75/lee.htm>.

So we urge you to please continue to provide your opinion and feedback regarding the boundary options on a regular basis. The website address is [www.cfishd.net/about/attend/boundary.htm](http://www.cfishd.net/about/attend/boundary.htm). AND please spread the word to friends and neighbors!



## Need To Post A Sign??

Every now and then you need to get information to the community in a quick manner. You type up your sign and tape it to the gates. It usually rolls or folds back because it is not very secure. Then when you are done, more than likely, there is tape residue left on the gate. Not a very pretty sight.

So here is a somewhat better solution. There will be black magnetic clips, and small poster board donated at the guardhouse. Type up your sign as usual, drop by the guardhouse, tape your sign to the poster board, and pick up 4 clips for each sign that needs to be posted. Use the clips at each corner of your sign and magnetically adhere to the gates. It's less messy, looks prettier and gives us a uniform style of posting information. When you are finished, please return all clips to the guardhouse.

If you need help typing up a sign, you can contact Michelle at 832-731-0943. If you would like to donate some clips or poster board, drop off at the guardhouse. (clips should be the black magnetic kind)

*Also, get your information to the Webmaster to post your information on our website. See article about website for information.*



*The WestLake Club Charity Committee recently hosted for it's members and guests a Monte Carlo Night on October 15, 2004.*

The WestLake club, which is the premier Business & Sports Club in West Houston is located in the WestLake Park complex on Memorial Drive. The Club supports the Jaycees Children's Center with their annual 'funny money' casino. The members and guests who attended this evening were treated to delicious culinary tables, and were able to play the slots and 16 other gambling tables while raising funds for the Jaycees Children's Center.

**The event raised over \$20,000.**



To learn more about [The WestLake Club](#) or the [Jaycees Children's Center](#) please contact Stacie Feith, Membership Director at 281-556-5100.






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# Lakes on Eldridge

## Cy-fair Isd Bond Committee Chair Makes Presentation To Chamber

HOUSTON (Nov. 11, 2004) – If it seems Cypress-Fairbanks Independent School District is always building new schools, it's because it is. Now, faced with continued explosive growth in enrollment, the district is placing a bond referendum before voters on Dec. 11.

Already the fourth-largest district in Texas, Cy-Fair ISD expects to add 16,000 new students within five years, which would bring the total enrollment to more than 95,000. At the current rate of growth, Cy-Fair ISD is projected to be the third-largest district in the state.

At the Nov. 4 Governmental Affairs Committee meeting of the Cy-Fair Houston Chamber of Commerce, Cy-Fair ISD Bond Steering Committee Chair Earl Spring outlined the bond issue and explained the need for additional facilities as well as renovation of existing schools.

The bond issue is divided into two propositions. Proposition 1 totals \$659.1 million and includes funds for student growth (new facilities, sites and buses), instruction/support facilities and instructional technology. Proposition 2, which is deemed a secondary yet important proposal, includes \$54.1 million for curricular and program enhancements including multi-purpose rooms at high schools and high school music facilities.

Springer noted that the bond steering committee met in August and September, carefully sifting through data and the district's needs. The committee, composed of community members, teachers and district staff members, met with parents and addressed PTA meetings.

"We have grown 29,000 students in the past 10 years, and 4,000 per year the last three years," he said. "When you consider a high school's capacity is 3,000 students, a middle school holds 1,200 students and

an elementary school has 900 students, you can see that we've got to build schools every year to keep up with the growth."

The district also has to plan ahead. Springer said it takes three years to complete construction of a high school. And Chamber President Darcy Mingoia noted that land for school development continues to escalate in cost.

"In the past when a big development was being worked on, there has been some donation of land or accommodation in price," she said. "But when several small developers are building homes, they can't afford to donate land. I am encouraged to see so many school sites being purchased and the district taking a proactive approach to buying school sites."

Proposition 1 would fund the construction of seven new elementary schools, two new middle schools and two new high schools. The bonds would also pay for repairs to 30 elementary schools and major renovations at Bleyl and Campbell middle schools and Jersey Village and Cypress Creek high schools.

Money is also needed for new computers to provide greater access to information technology to students.

Proposition 2 would add a multipurpose room to each high school. The school's existing multipurpose rooms are overbooked, Springer said. The district's high schools also lack adequate facilities for music practice areas; students now practice in the hallways, he said.

Should both bond proposals pass, the homeowner of a house valued at \$100,000 would pay an additional \$19.50 per year in taxes. If only Proposition 1 passes, the same homeowner would pay \$13 more per year.

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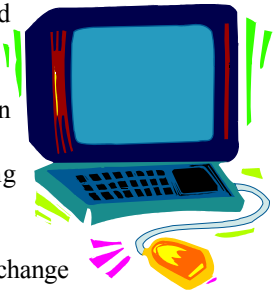
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If you require any assistance with the community website, please contact your webmaster 713-984-7252.

\*\*\*

**The only way to have a friend is to be one.**

**-Ralph Waldo Emerson**

\*\*\*

**The shortest answer is doing.**

**-Proverb**

\*\*\*

**Friendship is always a sweet responsibility,  
never an opportunity.**

**-Kahlil Gibran**

\*\*\*

**Real knowledge is to know the extent of one's ignorance.**

**-Confucius**

\*\*\*

## Lindsay Predicts Lively Legislative Session

HOUSTON (November 21, 2004) – While he doesn't expect an exodus of Democratic lawmakers such as what took place in 2003, State Sen Jon Lindsay (R-Houston) predicts the Texas 2005 legislative session in Texas will be anything but quiet and peaceful.

Lindsay spoke about the upcoming session during the general membership luncheon of the Cy-Fair Houston Chamber of Commerce on Nov. 16.

"I predict there will be a lot of heated debate, but I don't think you'll see anybody walking out of the state," he said. "I think Democrats will stay here and defend their positions. With all the contentious issues we're going to have on the table during this session and the fact that we have a very interesting primary coming up, it could be a very interesting time."

Lindsay predicted a possible Republican free-for-all in 2006 statewide elections.

"That could be just as tough a race in Texas for Republicans as it was nationally for the party in 2004," he said. "The action is going to come in the primaries in 2006. There's a possibility if (Sen.) Kay Bailey Hutchison decides to run for governor, we're going to see a domino effect where you see possibly the lieutenant governor running for United States Senate and the comptroller (Carole Keeton Strayhorn) running for the governor's job.

"There is the possibility of having every race contested with major contestants on the Republican side in the primary. This could be a real donnybrook."

Although Republicans will control both the House and Senate in 2005, reaching a consensus on a new school finance bill won't be easy, Lindsay said.

"During the last regular session, the Senate passed a school funding bill 31-0," he said. Lindsay added that the unanimous vote occurred only because senators knew the bill had no chance of passage in the House. He expects nothing of the sort next year.

"There's disagreement about school finance, not only between Democrats and Republicans, but between Republicans and Republicans," Lindsay said. "I doubt we're going to come to any early agreement on this."

Lindsay added that he would like to see a school finance bill that reduces ad valorem school property taxes from \$1.50 per \$100 valuation to 75 cents, while at the same time giving districts greater funding than now exists. However, Lindsay said he is not among those who want to do away with the so-called Robin Hood plan.

Other issues facing the legislators in 2005, he said, include revamping the workers compensation system and providing greater funding for Child Protective Services.

The Chamber's general membership luncheon is generally held on the third Tuesday of each month at 11:30 a.m. at alternating locations. For reservations and information, call 281-955-1100.

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# Lakes on Eldridge

## Check Out Center For The Arts

The Cy-Fair College Faculty Showcase Exhibition, set Jan. 20 to Feb. 23, features photography by Troy Huechtker and drawings and paintings by Robert McGehee. The next Main Stage Theatre production, set Feb. 10 to Feb. 27, will be "It Ain't Nothin' But The Blues", a sizzling musical revue in celebration of African American Heritage Month. Call 281-290-5201 for tickets and information.

## Start The New Year With L.i.f.e. Lessons

Cy-Fair College's Learning, Inspiration, Fellowship, and Enrichment programs are held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) January programs include making home-made bath salts Jan. 5; creating Power Point slide shows Jan. 12; studying music and politics of the South Jan. 19 and energizing through Feng Shui Jan. 26. February topics will include Valentine greeting cards, a field trip to the Forbidden Gardens, acupuncture and antiques. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at cy-faircollege.com/library.

## Library Staff Hosts Book Clubs For Teens And Adults

A variety of book clubs are held at the Cy-Fair College Branch Library for adults including: Voices of the Americas, Explore Women of the World, Go Time Travelin', I Love a Mystery and In Short: A Literacy/Literature Circle, which is new. Teen Librarian Elise Sheppard hosts book clubs for ESL students, middle school students and home schooled teens. Coming soon will be a Classics in Translation Book Club and Graphic Novel Book Club. Visit the library web site at cy-faircollege.com/library for other book clubs.

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## Brochure Reveals The Reality Of Women And Heart Disease

Baylor College of Medicine

Even the most mindful woman may not recognize her number one health threat — heart disease.

“Women and Heart Disease: Myths, Magnitude, and Management,” the recent edition of the We Care for You brochure series produced by the Office of Health Promotion at Baylor College of Medicine (BCM), provides the fundamentals of heart disease that are all too often ignored by women and the medical field.

“We are so worried about breast cancer that we tune out the fact that heart disease is the number one killer of women older than 25 years old,” said Dr. Karla Kurrelmeyer, assistant professor of medicine-cardiology at BCM. “Cardiovascular diseases kill twice as many women as all forms of cancer combined.”

Due to this lack of attention, women are generally under-treated for heart disease. To avoid becoming a statistic, Kurrelmeyer encourages women to take a proactive role in their health care. The following are simple ways women can reduce their risk of heart disease:

- Don't smoke.
- Eat a healthy diet.
- Exercise regularly.
- Maintain mental wellness.
- See a physician regularly.
- Get enough sleep.

“Although all women are susceptible to heart disease, they can manage their health through awareness, healthy behaviors, aggressive treatment, and a partnership with their physicians,” said Kurrelmeyer. “The controllable risk factors for heart disease can be improved through simple lifestyle changes.”

In addition to providing advice on how to stay healthy, the brochure provides information about the disease's risk factors, diagnosis and treatment. To order a copy of the brochure, call the We Care for You Hotline at 1-800-392-4444.



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# Lakes on Eldridge

## Scavenger Hunts And Smiley Faces Ease 'Veggie Fears'

Baylor College of Medicine

Vegetables can play an important role in healthy growth and development, but getting kids to eat them can sometimes be a challenge.

"To get kids to eat vegetables, they must be available when and where kids tend to eat, be very easy-to-eat and taste good," said Joan Carter, a registered dietitian at the Children's Nutrition Research Center at Baylor College of Medicine and Texas Children's Hospital in Houston.

To make vegetables more tempting to kids, Carter offers these tips:

- Offer the new vegetable at the beginning of the meal when small children are the hungriest and serve vegetables in new combinations. Children tend to favor peas, potatoes, carrots, beans and corn. Mix these vegetables with others they are less likely to eat, such as broccoli and cauliflower.
- Use a little fat, sugar and salt to make the healthy foods taste good to kids. "Kids are born liking sweet tastes, so use this to your advantage," Carter said. Cook carrots with a little sugar and chicken stock; make carrot 'slaw' with raisins; top broccoli with low-fat cheese sauce.
- Prepare vegetables in new ways. Try a stir-fry or add fresh vegetables to prepared soups. Mix a vegetable in with a favorite

food, such as peas in macaroni and cheese or blend soft cooked carrots into mashed potatoes. Add vegetables to pizza toppings or sautéed minced veggies like broccoli and red pepper and add to spaghetti and pizza sauces, meat loaf, and pureed soups.

- Make eating veggies fun and easy. For kids over the age of 4, keep veggie 'kabobs' with cherry tomatoes and cucumber slices or 'grab bags' with baby carrots, broccoli 'trees,' and celery sticks near low-fat dips or salsa on a child-level shelf in the refrigerator. Use cut-up pieces of vegetables to make a "smiley face" on mashed potatoes. Offer an edible spoon, such as a stalk of celery, to scoop up chili or stew.
- Enlist kids to help scour magazines for new veggie recipes that the family could try. Let kids use the recipe to conduct an "ingredient scavenger hunt" at the grocery store and later assist in preparing the recipe at home.
- Become a family of Farmers' Market 'explorers' who stop and ask growers about their produce, their farms, and how they cook their vegetables for themselves. Grow a family vegetable garden.
- Be a good role model. Eat your vegetables, and show your excitement about finding and trying new ones.

(Continued on Page 19)

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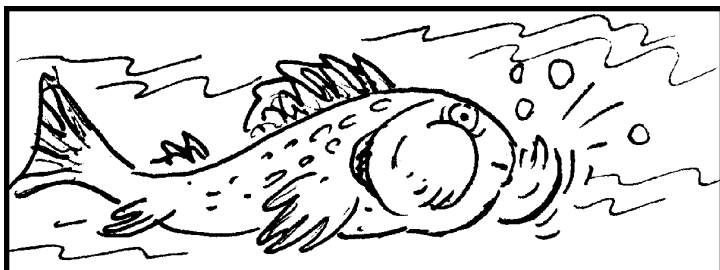
# Lakes on Eldridge

## Veggie Fears - (Continued from Page 18)

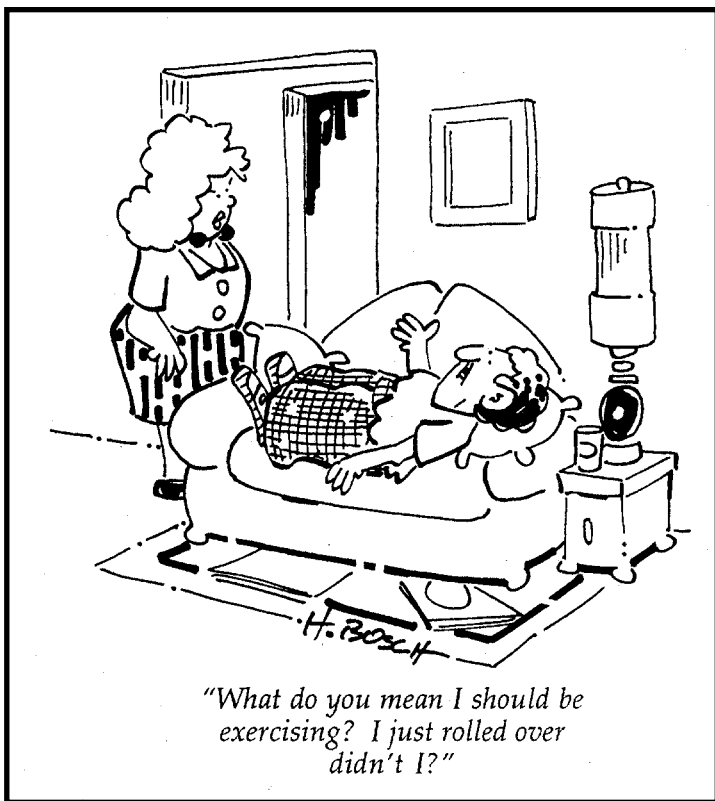
And what if despite your efforts, your children still turn up their noses at anything yellow, green or leafy?

"Don't give up," Carter said. "It may take some time before kids try a vegetable and it might take a lot of tries before they begin to like it." Young children can sometimes be afraid of new foods.

Continue to offer vegetables at each meal and encourage children to try one bite. If they don't like it, that's fine. Allowing young kids to stop at one bite can make trying new foods less scary, while forcing them to eat something they truly don't like will only make the situation worse.



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# Lakes on Eldridge



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Our meeting on January 11, 2005, will begin with a brief social at 7:00p.m. at the Foundry Methodist Church, in the Fellowship Hall, 8350 Jones Road, Jersey Village (one block North of Hwy 290)

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tomatoes

- 2 Tablespoon Of Chili Powder
- 2 teaspoon Garlic Salt
- 1 Tablespoon Cumin
- 8 Corn Tortilla Chips Cut Up
- 2 Chopped Avocados
- Shredded Monterey Jack Cheese

Combine margarine & flour and brown. Add broth, tomatoes, chilies, chicken, chili powder, cumin, garlic salt. Simmer for 1 hour. Saute onion and chips. Add to soup. Pour over cheese and avocados. Optional: add sour cream.



## Spicy Soup

- |                                   |                       |
|-----------------------------------|-----------------------|
| 2 lb. ground beef                 | 1 can green chilis    |
| 1 small onion, chopped            | 1 tsp. salt           |
| 1/2 tsp. pepper                   | 1 pkg. taco seasoning |
| 1 pkg. ranch dressing mix         | 1 can corn            |
| 1-15oz. can pinto beans w/juice   | 1 1/2 cup water       |
| 1-15 oz. can kidney beans w/juice |                       |
| 3-14 1/2 oz. cans stewed tomatoes |                       |

Brown meat with onion. Drain well. Add remaining ingredients and simmer for at least 30 minutes.

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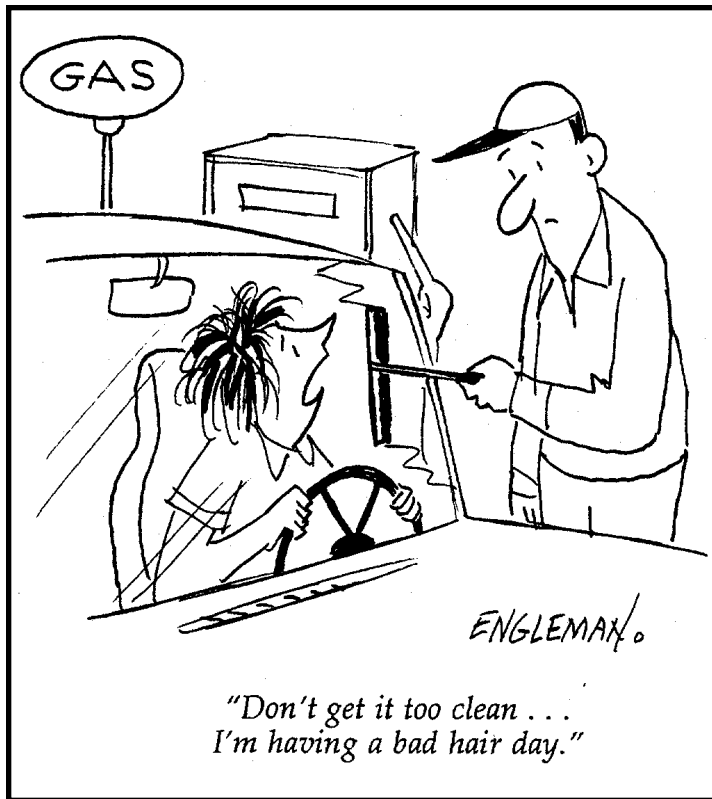
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# Lakes on Eldridge

## Teenage Jobseekers

The following young people are interested in making a little extra money. If you would like to be included, removed, or updated in the next issue, please contact Michelle Perez, [mperez51@houston.rr.com](mailto:mperez51@houston.rr.com). All information must be received by the 10<sup>th</sup> of the month.

	Babysitting	Pet/Plant Sitter	Lawn Care	Car Washing	Window Washing	Power Washing Driveways	Website Design/PC Assist.	
Michelle, 18								713-937-0727(LOE)
Eileen, 16								713-937-0727(LOE)
Courtney, 13								713-937-0288(LOE)
Craig, 14								713-937-0288(LOE)
Sage, 16								713-896-4933(LOE)
George, 16								713-467-0932(LOE)
Delania, 13								713-849-2812(LOE)
Gabby, 16**								713-849-4596(LOE)
Chelsea, 19			SUMMER ONLY					713-983-7252(LOE)
Chinyere, 14								713-856-9495(LOE)
Jessica, 17								713-849-3692(LOE)
Katie, 16								713-896-7941(LOEN)
Patrick, 14								713-937-0727(LOE)
Ryan, 14								713-896-794(LOEN)
Kelechi, 13								713-856-9495(LOE)
Benny, 12								713-476-3750(LOE)
Jared, 17								832-467-9336(LOE)
Ryan, 17								832-243-9893(LOEN)
Katherine, 15**								832-243-9893(LOEN)
Jessica, 13								713-937-1383(LOEN)
Erica, 12								713-937-1383(LOEN)
Brianna, 10								713-937-1383(LOEN)
Katie, 17								713-983-7717(LOE)
Thomas, 11								713-856-7372(LOEN)
Steven, 14								713-856-5666(LOEN)
James, 16								713-466-8298(LOEN)
Courtney, 12								713-493-0288(LOEN)
Tom, 14								713-466-6878(LOE)
Elisse, 16								713-896-9495(LOEN)
Leslie, 11**								832-467-4842(LOEN)
Erika, 12**								713-856-7192 (LOE)
Greta, 19			Christmas & Summer Only					713-896-4170 (LOEN)
Joe, 18								832-876-4191
Kate, 13								713-466-6878(LOEN)
*First Aid Certified with Boy Scouts								
** Red Cross Babysitting Program								
***Fluent in Spanish								
<b>Beginner Swim Instructor</b>								
Katie, age 16								713-896-7941 (LOEN)
<b>Piano Lessons</b>								
Idil, age 15								713-896-1833 (LOE)
<b>Guitar Lessons</b>								
Katherine, 15 **								832-243-9893 (LOEN)



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# Lakes on Eldridge

## Bcm Studies New Treatments To Unclog Blocked Arteries In The Legs

*Baylor College of Medicine*

HOUSTON – (Dec. 21, 2004) – Atherosclerosis can cause serious problems in the legs, as well as the heart, say experts at Baylor College of Medicine (BCM) in Houston.

As people age, the normal flow of blood through the legs and feet can be affected by the build up of plaque inside the leg's arteries and having pain while walking is the first sign of leg artery disease, or peripheral arterial disease (PAD).

Two current treatments for leg atherosclerosis include exercise programs and medication, and BCM is currently studying two new forms of treatment, an aggressive new combination of lipid management drugs for patients with less severe PAD and a gene therapy option for patients with advanced leg ischemia.

"We hope the new combination of medications consisting of three lipid-lowering drugs, compared to just one in standard medication therapy, will work to lower bad cholesterol and raise good cholesterol," says Dr. Alan Lumsden, a professor and chief of the division of vascular surgery and endovascular therapy at the Michael E. DeBakey Department of Surgery at BCM. "This new combination will work to reduce the chance of atherosclerosis in the heart and other arteries."

The gene therapy study for patients with severe leg blockage involves injecting a growth factor, a substance that the body produces naturally in the liver and other organs of the body, into the leg. The growth factor will have the ability to cause new blood vessels to grow from existing blood vessels.

"Only patients with severely reduced blood flow caused by blocked

arteries in the leg will be considered for the gene therapy study," says Lumsden.

A person's risk of developing peripheral arterial disease increases with age, with people over age 50 being at greatest risk of developing the disease. It affects 20 percent of people over 70 years of age in the United States and can be life-threatening if not treated properly.

"PAD refers to a partial or complete blockage of the circulation to the legs or the feet, and the first sign is cramping while walking because of blockage in the femoral artery," says Lumsden.

As the disease progresses, it starts involving blood vessels below the knee and patients may then have limb-threatening atherosclerosis in the legs.

"It is very common for someone with atherosclerosis in the leg to have it in the heart," says Lumsden. "More than 40 percent of patients with PAD will have coronary disease."

Factors that contribute to the risk of developing leg artery disease are:

- Smoking
- Hypertension, or high blood pressure
- Diabetes mellitus
- High levels of cholesterol or triglycerides in the blood
- Being more than 30 percent over one's ideal weight

For more information or to enroll in the lipid management study, contact Shawna Johnson at 731-798-2301. For more information or to enroll in the gene therapy study, contact Priscilla Miller at 713-798-3106.

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