



# LAKES

ON ELDRIDGE  
NORTH

Volume 4, Issue 1

January 2005

## Tailgating off of West Little York

Please take precautions to prevent tailgaters from entering our Community.

By following closely behind your vehicle, unauthorized vehicles are gaining entrance from the West Little York resident gates. Currently, the gate company has shortened the time frame for the closing of the entrance and exit gates. However, it may help if we all stay aware of tailgaters. Please do not get out of your car or confront anyone trying to tail gate. Simply contact the Sheriffs non-emergency number and report them as trespassing on private property. Working together, we can limit this occurrence.

## School Boundaries Update

A new elementary school is under construction on West Little York Road. The boundaries set for this elementary school will effect the population of students and volunteers at Kirk Elementary where students from LOEN currently attend.

Since the last newsletter, three additional boundaries options were added for Lee Elementary bringing the total to eight. In two of these three, LOEN was rezoned to Lee instead of Kirk. Option 8 keeps LOEN and Eldridge Park together and moves them both to Lee Elementary. However, it is likely that the boundaries committee will scale back the number of options on the website before the decision is made on January 18<sup>th</sup>. It looks probable that both option 5 (LOEN and Eldridge Park remain at Kirk) and option 8 (both LOEN and Eldridge Park are rezoned to Lee) will remain as choices on the website. Option 5 provides the best possible makeup of students to Kirk Elementary with a population of disadvantaged students around 60%. Option 8 provides the best possible makeup of students to Lee Elementary with a population of disadvantaged students around 40%. There are many very active volunteers in both Eldridge Park and LOEN so either school is stronger with those two neighborhoods. There are pros and cons to attending the two different schools.

Please review the most recent boundaries option on the Cy-fair ISD website ([www.cfsd.net/aboutour/attend/boundary.htm](http://www.cfsd.net/aboutour/attend/boundary.htm)). Please provide feedback (<http://209.0.205.75/lee.htm>) supporting the option or options that you feel will be best for the children in our neighborhood. The most important thing is to make sure that LOEN and Eldridge Park stay together at either school. It is very important that the school board knows we care about what happens to our neighborhood. Thank you for your feedback and support in the past. Community feedback from this neighborhood played a large part in alerting the boundaries committee of the negative impact some of the options would have on Kirk Elementary. Please continue the crusade a little bit longer. A final decision will be made on January 18<sup>th</sup>. You can check the website after that date or wait for February's newsletter for final results.



# Lakes on Eldridge North

## IMPORTANT NUMBERS

|   |                |
|---|----------------|
| VanMor Properties, Inc. ....                          | 281-493-0668   |
| Fax .....   | 281-493-5654   |
| Kate Loeffler, Manager                                |                |
| Dorinda Obsta (Dori), Administrative Assistant        |                |
| Gate Attendant .....                                  | 713-856-6127   |
| Harris Co. 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 Services .....                                   | 713-983-3602   |
| (Service or emergencies 24 hrs) ....                  | 713-983-3604   |
| Harris County Tax Office .....                        | 713-224-1919   |
| Reliant Energy .....                                  | 713-207-7777   |
| (give pole # of street light 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   |
| Newsletter Publisher                                  |                |
| Peel, Inc. ....                                       | 806-385-6444   |
| Adver./Donna Sommer .dsommerPEELinc.com, 832-237-4684 |                |

## NEWSLETTER COMMITTEE

Jillian Barkley..... 713-856-5912 (LOEN)

**GOT NEWS???** *Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 15th of each month.. Submissions are subject to space limitations and editorial approval. E-mail your information to Jillian Barkley, jlbarkley@houston.rr.com, not VanMor.*

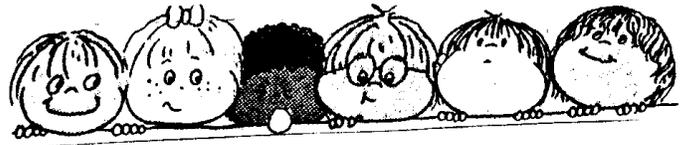
**PERSONAL CLASSIFIED ADS:** *Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Please contact Jillian Barkley, 713-856-5912, jlbarkley@houston.rr.com.*

**ADS:** *Deadline for submitting ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Please contact Donna Sommer, 832-237-4684, dsommer@PEELinc.com for information on advertising.*

## Vanmor Properties, Inc. Contacts

Manager - Kate Loeffler  
 Administrative Assistant - Dorinda Obsta (Dori)  
 1505 Highway 6 South, Suite 110; Houston, Texas  
 77077

## Mom's Club Houston



There seems to be a lot of stay at home moms / part time moms in our neighborhood that would like to meet other moms. This MOMS Club has been around for a while and is always looking for new members. They have playgroups, park days, moms night out, trips to the zoo, etc [www.momsclub.org](http://www.momsclub.org) and the Houston -west chapter contact is Barb Kennedy 713-827-8228 or email at [bvf98@hotmail.com](mailto:bvf98@hotmail.com).

**For up-to-date announcements and information  
 check our neighborhood website:  
[WWW.LOENHOA.COM](http://WWW.LOENHOA.COM)**



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# We are Getting the

*Word Out on...*  
**LAKES**  
ON ELDRIDGE NORTH  
**2004**  
**IN REVIEW**

67 Homes Sold in Lakes on Eldridge North

Avg. List Price.....\$357,018  
Avg. Sales Price.....\$345,915  
Avg. Price Per Sqft.....\$97.41  
Avg. Days on Market.....83  
Avg. Sale to List Ratio.....97%

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



**Ann Knoche**  
annpk@heritagetexas.com

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**Maureen Clemons**  
mclemons@heritagetexas.com

# Lakes on Eldridge North

## Lakes on Eldridge North Ladies Club

Have you made your New Years Resolution yet? Then let us help you...meet your neighbors and get involved in your community. Come join the Lakes on Eldridge North Ladies Club. We will be hosting an **Open House** on January 25, 2005 from 7-9 pm and invite all women of Lakes on Eldridge North to stop by the Recreation Center Club House. We will be signing up members- membership dues- \$25.00, creating committees- service and social, and toasting the New Year. So bring yourself and your neighbors and let's start the year off together!

RSVP to Becky 713-856-6130.

**ANGELS on LOEN** is a community service group starting up within the LOEN Ladies organization and we're looking for women interested in helping neighbors in need. The ANGELS on LOEN would be on call to provide occasional meals to families with newborns, assist an ill parent with carpool that day, or be open to other opportunities to help meet and care for our neighbors. If you're interested in becoming an ANGEL, don't call Charlie...call Jeanne Markham 713 466-7466.

## Recycling Effort

Dear Neighbors,

I am a Girl Scout Cadet with Troop 12310, Girl Scouts of San Jacinto Council.

We are planning a trip to Washington D. C. in the summer of 2006. In order to pay for this trip, our troop is collecting aluminum cans, and taking them to the recycling center.

Lakes On Eldridge North has not yet incorporated a recycling program as part of our weekly garbage pick-up.

I am asking my neighbors if they would be interested in assisting me, by placing their aluminum cans, (soda, juice, beer, etc.) in a separate bag and saving them for me to collect when the bag is full.

What I propose, is that when you have a bag or box full of cans, simply call me at the phone number below, and I will come by and pick them up promptly. You could even leave them on your front porch after you call and I will be by to collect them within 24 hours.

If you could help in this endeavor, I would greatly appreciate it, and you will be helping the environment by recycling.

Thank-you!

Kyrie Cassin

6006 Serrano Terrace Lane; Lakes On Eldridge North; 713-937-3535

*P. S. You may leave your name and address on our answering machine*



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# Lakes on Eldridge North

## Wine Club Update

The new contact information will be Cliff and Sherri Buster  
Ph. - 713-849-5393; E-mail - [LOENwineclub@houston.rr.com](mailto:LOENwineclub@houston.rr.com)

## Spring 2005 - Baseball Tryouts

The 2004 Super Series Summer National Champions, Sting Baseball, would like to cordially invite you to their spring 2005 Tryouts.

The Sting (13U) is a competitive tournament baseball team that plays in and around the Katy, Texas area.

The Sting recently won the Super Series Summer Nationals in Gulfport, Mississippi, where they went 10-1-0 to take top honors.

We are looking to improve our roster and continue to develop our talented group of Players to take a second run at the National Championship for 2005.

Candidates must have a firm understanding of the game, consider themselves above average and be ready to play competitive baseball.

Players will be selected on their skill level, positive attitude, determination and love of the game. And must be no more than 13 years of age, prior to July 31, 2005.

For more information, team accomplishments and or to request a try out, contact Steve Martin, Team Manager at 281-578-1147, email [sjmartn16@houston.rr.com](mailto:sjmartn16@houston.rr.com) or visit our website at [www.eteamz.com/stingbball](http://www.eteamz.com/stingbball)

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Greetings*



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# Lakes on Eldridge North

## Thyme Out for Gardening: General Tips for Tree and Shrub Pruning

Happy New Year! January is the month to make and break resolutions, and it's the month to prune/trim shade trees, summer-flowering trees, and summer-flowering and most evergreen shrubs. Prune in January and February when these plants are dormant, and only prune if necessary to shape the plant, remove dead or damaged branches, restrict growth, or improve the quality of fruit, flowers, or foliage.

As I've said before, you can minimize your pruning and other garden maintenance by knowing your plants and having the right plant in the right place: don't plant a 15-foot shrub where you really need a 4-foot shrub! But if you feel that there's a reason to trim a particular plant, then trim carefully and correctly. It's best to avoid extensive pruning of any plants during the hot summer months. Also avoid pruning during November and December because you don't want to promote tender new growth that could be damaged during a cold snap. Keep your pruning tools sharp and sanitize them frequently so that you don't spread diseases in the garden. Take all appropriate safety precautions when using your tools and climbing on stools and ladders.

Unless your landscape plan includes very formal clipped hedges and shaped topiaries, the main branches of trees and shrubs should never be simply sheared off in an attempt to reduce their size. This practice, known as "topping" (and "crape murder" when performed

on crape myrtles) creates unsightly bare stubs on the plant, promotes the development of weaker "watersprout" growth, and can also make the plant more susceptible to disease and insect problems.

If you must prune, then follow the natural shape of your trees and shrubs using a technique known as "thinning." Using hand clippers, loppers, or a saw, select a branch to remove and cut it back to its point of origin or to a point where a side branch is attached. Cut other branches using the same technique, spacing your cuts evenly around the plant in keeping with its natural growth pattern. Step back occasionally to check the plant's shape, and do not remove too many branches. Remove "suckers" by cutting them off at the point where they emerge from the base of a tree or shrub. Shrubs can be thinned by as much as 20 to 30 percent a year, but tree branches shouldn't be thinned by more than about 20 percent in a 3-year period.

When removing thicker limbs and branches from trees, use a "3 cut" technique to prevent the bark that will remain on the tree from tearing or stripping. If you're removing a limb from the tree trunk, for example, first make a partial cut on the underside of the limb about a foot away from the trunk. Second, place your saw a little further out on top of the limb and make a vertical cut all the way through the limb. The second cut removes the limb while the undercut prevents the weight of the limb from stripping the bark off of the tree trunk as

(Continued on Page 7)

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# Lakes on Eldridge North

## Thyme Out - (Continued from Page 6)

it falls. Now you can make a third cut to remove the stub: place your saw on the limb stub about 1/2 to 2 inches away from the tree trunk at the area known as the branch collar and make a complete vertical cut. The tissue in the branch collar will form a scar over the cut area, sealing it and protecting the area from pests and disease.

What about winter/spring blooming trees and shrubs? If necessary to maintain shape, the rule of thumb is to prune them right after they have finished flowering in the spring; prune any later on some plants such as azaleas and you risk disrupting the next year's flowers. Spring blooming roses are trimmed in the spring after blooming while repeat-blooming roses are traditionally pruned around Valentine's Day with flower deadheading as needed throughout the summer and fall. Herbaceous perennials that bloom for much of the year such as Lantana and Salvia can be trimmed back lightly after bloom cycles to maintain their shape, or simply be left alone. When the tops of these herbaceous perennials die back with the first frosts in winter, don't cut them all the way back - leave several inches of brown, dead stems on the plant to help protect the green tissue underneath.

As you can see, pruning is a complicated subject and an exhaustive discussion just isn't possible in the space we have here. If you'd like additional information on pruning, including detailed diagrams of the various shaping and cutting methods, visit <http://aggie-horticulture.tamu.edu/extension/pruning/pruning.html>.

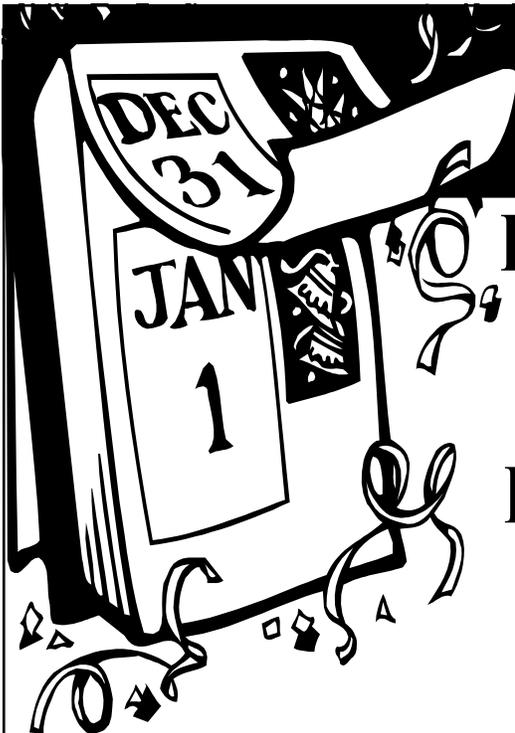
In the gardening news, the Master Gardeners have announced their

2005 schedule of events, including meetings (open to the public, interesting topics), training classes and plant sales. Many of the activities will be held at the Texas Cooperative Extension office in Bear Creek Park, making it very convenient for LOEN residents who want to learn more about gardening. If you're interested in growing citrus and other fruit in your back yard, don't miss the Fruit Tree Sale on January 22, 2005. The best fruit varieties for the Gulf Coast will be featured, including many that are hard to find in retail nurseries. For a complete list of all the upcoming Master Gardener events, e-mail me at the address below or call the Extension office at 281-855-5600 and ask for the Master Gardener hotline. Until next month, happy gardening!

By Lisa M. Rawl, Harris County Master Gardener  
[lmrjkk@earthlink.net](mailto:lmrjkk@earthlink.net)

## Fluoride Level Change

The fluoride level in our drinking water has changed to from 0.2 ppm to 0.4 ppm. The ideal amount is 0.7ppm for older children and 0.3 ppm for infants. Contact your pediatrician or dentist to see if fluoride supplementation is necessary.



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# Lakes on Eldridge North

## College Funds and Asset Allocation

by Paul Palmer and Kurt Box

Most investors know that they need to stabilize their portfolios as they approach retirement, but not many understand why. The same concept of stabilization for retirement withdrawals over 20 or more years is even more crucial for college funding where withdrawals are spread over 4 to 5 years. Retirement assets are not typically depleted after retirement whereas college funds are in most cases. It is the fear of outliving your retirement assets over more precise college funding targets.

In the 8 to 10 years before a child enters college, the uncertainty of the stock market makes the need to stabilize a child's college funds imperative. The reallocation of equities to bonds is not done all at once; rather it should be a gradual shift over time so that you avoid "timing" the stock and bond market peaks and valleys. Another reason that you need to stabilize a portfolio is that during the withdrawal period, downside of loss exceeds the upside potential of a similar size gain. This logic is supported in the example below where withdrawals of \$13,000 are made from two college funds, both having the same \$52,000 balance.

| Example #1        |            |                   |                |                  | Example #2        |            |                   |                |                  |
|-------------------|------------|-------------------|----------------|------------------|-------------------|------------|-------------------|----------------|------------------|
| Aggressive        |            |                   |                |                  | Conservative      |            |                   |                |                  |
| Age               | Withdrawal | Beginning Balance | Ending Balance | Portfolio Return | Age               | Withdrawal | Beginning Balance | Ending Balance | Portfolio Return |
| 18                | \$0        | \$52,000          | \$47,300       | -9.0%            | 18                | \$0        | \$52,000          | \$58,760       | 13.0%            |
| 19                | (\$13,000) | \$34,300          | \$30,888       | -10.0%           | 19                | (\$13,000) | \$45,760          | \$43,990       | -4.0%            |
| 20                | (\$13,000) | \$17,888          | \$20,571       | 15.0%            | 20                | (\$13,000) | \$30,990          | \$35,958       | 16.0%            |
| 21                | (\$13,000) | \$7,571           | \$7,268        | -4.0%            | 21                | (\$13,000) | \$22,958          | \$20,538       | -9.0%            |
| 22                | (\$13,000) | (\$5,732)         | (\$6,477)      | -13.0%           | 22                | (\$13,000) | \$7,538           | \$6,784        | -10.0%           |
| Annualized Return |            |                   |                |                  | Annualized Return |            |                   |                |                  |
| 0.43%             |            |                   |                |                  | 0.38%             |            |                   |                |                  |

\*These hypothetical examples are for illustrative purposes only and are not intended to represent any specific investment. The examples do not consider any costs associated with investing. Investments involve risk and you may incur a profit or loss. Seeking higher rates of return generally involves higher risks.

Interestingly, even though the annualized returns for these two college funds are almost identical, the family with the "Aggressive" portfolio will have to pay for the last semester out of pocket, while the family with the "Conservative" portfolio ends up with a small amount of money left. How can this happen, you ask? The answer comes in the timing and the variation in the returns. In a portfolio supporting withdrawals, early negative returns have a greater

| Example #1        |            |                   |                |                  | Example #2        |            |                   |                |                  |
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| Annualized Return |            |                   |                |                  | Annualized Return |            |                   |                |                  |
| 0.43%             |            |                   |                |                  | 0.38%             |            |                   |                |                  |

negative impact than negative returns in later years. Reverse the order of returns and you can see the results in the next example:

While the annualized returns are identical to the first example, the ending balances vary significantly. Now the Aggressive investor has a semester's worth of tuition left while the Conservative investor will be underfunded by a small amount. Since the returns are identical in both examples, we know that if we had simply started with \$52,000 and not taken withdrawals the ending balances for the Conservative and Aggressive investor would have been the same in both examples.

Of course, if you **knew** when the market was going to be up or down, this would not be a problem since you would be out of the market when it went down.

In 18 or so years you have to save for your child's college, you need to begin stabilizing the portfolio around age 8-10. In addition to using intermediate term bonds, we would suggest you use uncorrelated or low correlated investments. Investments typically thought of as having a low correlation to the U.S. stock market and the traditional U.S. bond market include real estate (through investments in Real Estate Investment Trusts, or REITs), foreign stocks and bonds (especially emerging market, although these are more risky and may include additional currency and country risk), Treasury Inflation Protected Securities (TIPS) and alternative investments. However, most 529 Plans do not offer these types of investments. Using a self-directed Coverdell (or Education) IRA in addition to a 529 Plan can provide access to these types of investment options.

As college approaches, additional stability can be added through supplementing with short-term bonds (a short-duration bond portfolio) and stable value investments.

(Continued on Page 9)

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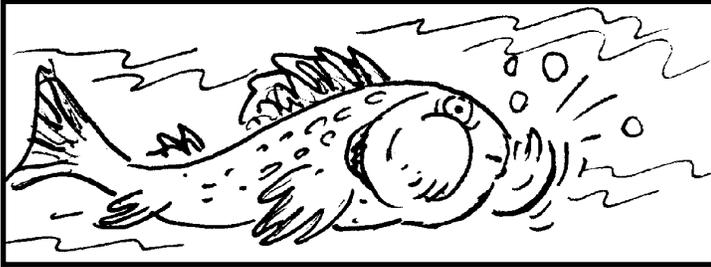
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**College Funds - (Continued from Page 8)**

You should keep in mind that when moving investments from an aggressive to a conservative posture, it does not mean the market value of the investment will not fluctuate. Bonds are not risk free. While bonds tend to be less volatile than stocks, the market value of bonds does fluctuate due to changes in current interest rates. Generally, when interest rates rise, the value of bonds especially long-term bonds decreases. Bonds are also subject to other risks, such as credit and inflation risks.



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# Lakes on Eldridge North

## Cy-Fair College Perspective

### 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](http://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](http://cy-faircollege.com/library) for other book clubs.

### Business Classified Ads

Business Classifieds are \$45.00. Please contact Donna Sommer, [djsommer@aol.com](mailto:djsommer@aol.com), 832-237-4684.



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# Lakes on Eldridge North

## Neighborhood Volunteers Needed

We are looking for someone to keep up with local class and athletic offering for the neighborhood newsletter. We need someone to keep in touch with the YMCA, local youth sports organizations, and any other locations for continuing education. This person would type up the information on a monthly basis to be included in the newsletter.

We also need someone to write up short articles each month on what is taking place at Truit Middle School and Cy-Ridge High School. If you have a child or are a student at one of these schools please consider helping us! Thank you!



## Northwest Harris County Aggie Mothers' Club

**January 11, 2005 - Second Tuesday of the month**

Does your Aggie like to jog, swim, play handball, or perhaps just do a little mountain climbing? How about basketball, volleyball, or good old fashioned exercise? The weather is too wet or chilly? Not at the Texas A&M University Recreation Center! Please join us as Mr. James Welford, Assistant to Director of the Rec. Center, tells us all the ins, outs, and benefits the Rec. Center has to offer your Aggie.

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)

For more information or carpool possibilities please call:

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# Lakes on Eldridge North

## 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 North

## 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 15)*

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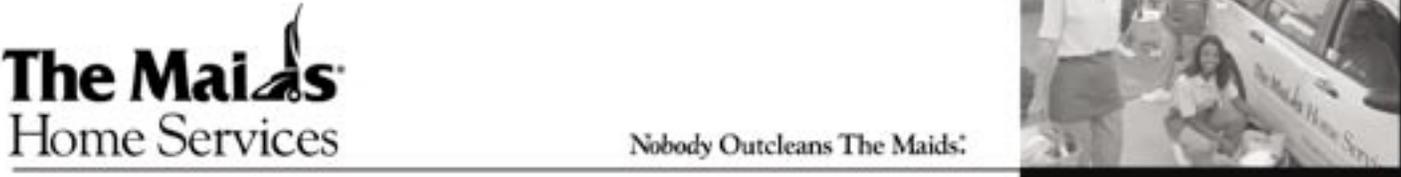
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**Veggie Fears** - (Continued from Page 14)

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.



### Tortilla Soup

- 1 Onion; Chopped
- 1/4 Cup Of Margarine (4 T.)
- 1/4 Cup Of Flour
- 6 Cans Of Chicken Broth
- 3-4 Chicken Breasts; Cooked and Chopped
- 2 - 4 oz. cans chopped green chilies
- 1 Can diced Rotel tomatoes or 1 Can diced

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.



### 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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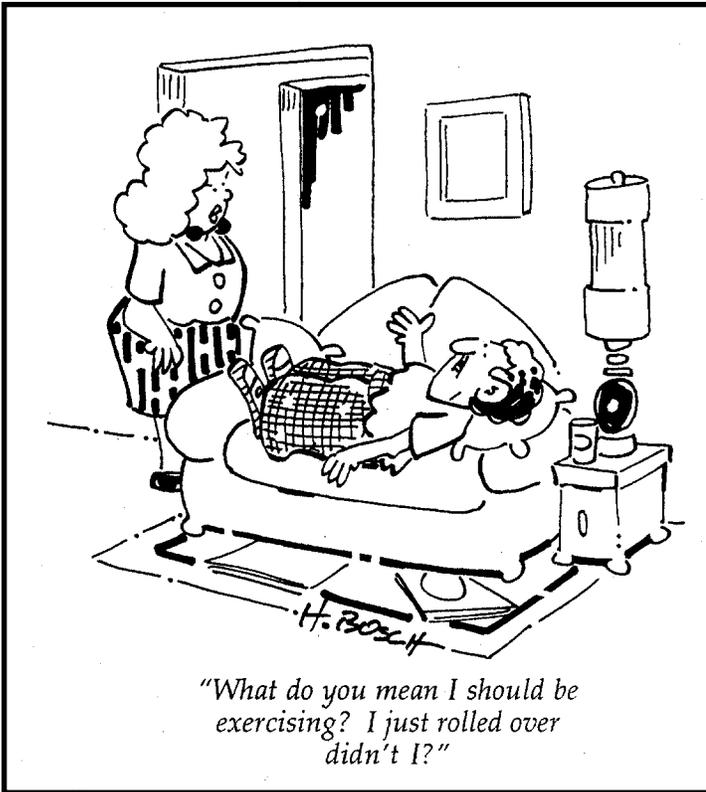
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## Teenage Jobseekers

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| Craig, 14       | • | 713-937-0288(LOE)                              |
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# Lakes on Eldridge North

\*\*\*

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

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

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**TYPE OF IMPROVEMENT/CHANGE**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Storage Building | <input type="checkbox"/> POOL              | <input type="checkbox"/> BASKETBALL GOAL |
| <input type="checkbox"/> Patio            | <input type="checkbox"/> Spa               | <input type="checkbox"/> Solar Screens   |
| <input type="checkbox"/> Patio Cover      | <input type="checkbox"/> Roof              | <input type="checkbox"/> Burglar Bars    |
| <input type="checkbox"/> Gazebo           | <input type="checkbox"/> Room Addition     | <input type="checkbox"/> Fence           |
| <input type="checkbox"/> Greenhouse       | <input type="checkbox"/> Sidewalk          | <input type="checkbox"/> Paint           |
| <input type="checkbox"/> Deck             | <input type="checkbox"/> Siding            | <input type="checkbox"/> Play Structure  |
| <input type="checkbox"/> Driveway         | <input type="checkbox"/> Major Landscaping | <input type="checkbox"/> Other           |

HEIGHT: \_\_\_\_\_ (FROM GROUND TO HIGHEST POINT)      LENGTH: \_\_\_\_\_      WIDTH: \_\_\_\_\_

MATERIALS: \_\_\_\_\_ COLOR OF STRUCTURE: \_\_\_\_\_

ROOF MATERIAL: \_\_\_\_\_ ROOF COLOR: \_\_\_\_\_

A LOT SURVEY OR TO-SCALE DRAWING SHOWING THE PROPERTY LINES, RESIDENTIAL BUILDING, EASEMENTS, FENCES, ETC. IS REQUIRED FOR ALL ADDITIONS TO THE PROPERTY OR HOME (I.E. BUILDINGS, DECKS, PATIOS, SIDEWALKS, DRIVEWAYS, PLAY STRUCTURES, BASKETBALL GOALS, POOLS, SPAS, ETC.)

**\*\* If you are building a structure with walls or a roof you must provide an elevation drawing.\*\***  
**For improvements such as painting, siding, burglar bars, solar screens, etc., provide the color.**

\_\_\_\_\_  
Signature of Owner

\_\_\_\_\_  
Date

**DO NOT WRITE BELOW THIS LINE**

Application Approval: \_\_\_\_\_ Conditions: \_\_\_\_\_

Application Denied: \_\_\_\_\_

**\*\*\* Approvals are valid for a period of 90 days. Any approved projects must be completed within the 90 day period. Failure to begin or complete the project will result in the need to reapply.\*\*\***

\_\_\_\_\_  
Signature of ACC Chairman/Date

\_\_\_\_\_  
Signature of ACC Member/Date

COMPLETE APPLICATION AND MAIL TO:  
VANMOR PROPERTIES, INC.  
1505 HWY 6 SOUTH, SUITE 110, HOUSTON, TEXAS 77077  
PHONE: 281.493.0668    FAX: 281.493.5654

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