



LAKES

ON ELDRIDGE
NORTH

Volume 4, Issue 2

February 2005



Easter Egg Hunt

The Annual Easter Egg Hunt is right around the corner since Easter is early this year. If you would like to help, please contact Jillian Barkley at jbarkley@houston.rr.com. We will need egg drop locations in all sections (we have Sago Park, Sierra Brook, Monterrey Springs, and Collina Springs covered).

Elementary School Boundaries Are Final

It's official, the boundaries are set for the new elementary school outside our back gate on West Little York. Our neighborhood will remain at Kirk Elementary on Tanner Road. Kirk Elementary will continue to serve students from LOEN, LOE, Twin Lakes, Eldridge Park, and Carverdale. We lose students from Concord Bridge, Villages at Lake Point, and McKendree Park, and no additional students are added. Our student population will go down by approximately 200 students, and we will maintain a large portion of our very strong volunteer base by keeping Eldridge Park together with our neighborhood at Kirk. Next year promises to be a great year without the issues we faced with over crowding during the 2004-2005 school year. Many thanks to all those who participated in our boundaries option campaign. Our effort paid off and we were able to get the best possible scenario for Kirk Elementary.

If you are considering sending your children to Kirk and would like more information, please call the school, at 713-849-8250, and ask to leave a message for the PTO President. She will call you back to answer all of your questions.



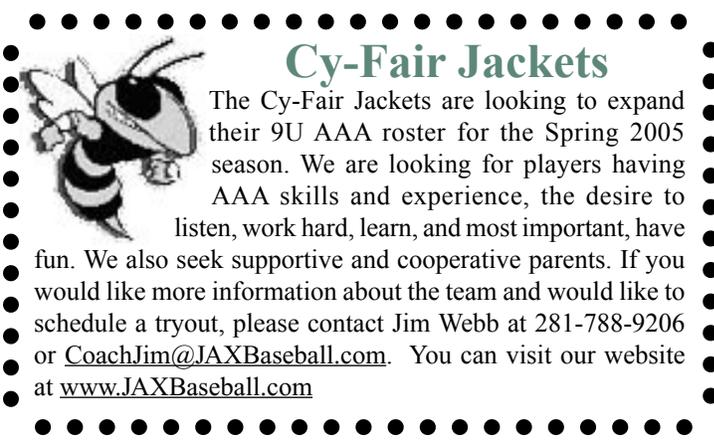
CURB CUT ALERT!

Please remember that curb cuts are not permitted in our community. The design guidelines for Lakes on Eldridge North require that the curbs remain intact, and no curb may be broken, cut or damaged for the purpose of draining pool decks or landscape beds.

Drainage improvements to lots are encouraged, but they must be underground with a "pop-up" installed adjacent to the street curb. Pop-up style underground drainage is becoming popular in high-end communities such as ours. However, be aware as a consumer that illegal curb-cuts are preferred by contractors because they are fast and cheap to install.

A few curbs in our community have been cut, after purchase, by homeowners. These curb cuts are in violation of the neighborhood requirements and are being addressed.

Remember that the curbs and streets in our community are private, and we all share in the cost of maintaining them in the years to come. By enforcing a "no curb cut" requirement, the integrity of our streets will be upheld, and a lower maintenance cost for the community will be ensured.



Cy-Fair Jackets

The Cy-Fair Jackets are looking to expand their 9U AAA roster for the Spring 2005 season. We are looking for players having AAA skills and experience, the desire to listen, work hard, learn, and most important, have fun. We also seek supportive and cooperative parents. If you would like more information about the team and would like to schedule a tryout, please contact Jim Webb at 281-788-9206 or CoachJim@JAXBaseball.com. You can visit our website at www.JAXBaseball.com

View the Lakes on Eldridge North Community Newsletter each month online at www.PEELinc.com

Lakes on Eldridge North

IMPORTANT NUMBERS

VanMor Properties, Inc.281-493-0668
 Fax281-493-5654
 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, jbarkley@houston.rr.com, not VanMor.*

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

ADS: *Deadline for submitting ads is the 10th 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
 Phone - 281-493-0668 • Facsimile - 281-493-5654

For up-to-date announcements and information
 check our neighborhood website:

WWW.LOENHOA.COM

LOEN Homeowner's Directory

Denis Wolf recently took over maintaining the LOEN Homeowner's Directory from Kimberly Fisher and published a January 2005 update. Distribution is made by e-mail and is available in PDF format in two versions, a sort by last name and a sort by LOEN section. Denis reports that many of the e-mail addresses originally provided are no longer valid and requests that anyone who originally signed up for the directory and did not receive a January 2005 update should contact him via e-mail at dpwolf@sprintmail.com. Having your information listed in the directory is strictly voluntary. If you are not currently listed, you can pick up a directory form at the main recreational center or request the form from Denis.

Wine Club Update

The new contact information will be Cliff and Sherri Buster
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Fax: 281.493.0003

All entries must be received by February 10, 2005.

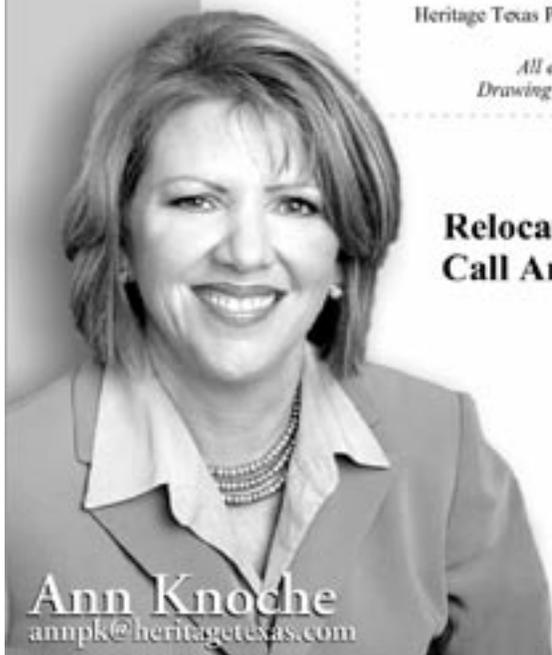
Drawing will take place February 11, 2005. A \$75.00 Value

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Lakes on Eldridge North

Thyme Out for Gardening: Encouraging Wildlife, Part I

I've always lived in neighborhoods with mature trees and an abundance of birds, butterflies and other wildlife. It's one of those quality of life benefits - I've always been able to enjoy songbird serenades and watch colorful butterfly displays as I drank my morning coffee or worked in the yard. Therefore, when we moved into LOEN in 2002, I was distressed by what I perceived as a lack of all things natural. The farming of this property before it became LOEN and the new neighborhood construction process had really taken its toll on the land. I knew that we'd eventually have more wildlife, especially birds, because of the lakes, Turkey Creek and our location near Bear Creek Park and the reservoirs, but I wondered how long we'd have to wait until they came back: five years? Ten? Until all of the houses were finished? Or until the trees and shrubs matured?

Well not that long, apparently, because to quote a line from Jurassic Park, "nature finds a way." After the construction was finished on our street, the mockingbirds and doves showed up. This wouldn't exactly impress the Audubon Society, but it was progress! As I took walks around the neighborhood, especially along Turkey Creek, I began to see more and more species of birds. As the construction moved out of our section completely and everyone's trees and shrubs began to grow, I saw more nests and other evidence that birds were really settling back into the neighborhood. The baby ducks in the lake and baby Killdeer along Turkey Creek were adorable and gave me hope for the future of wildlife in our community. In 2003, my husband and I changed the landscape in our yard to improve the soil

and install wildlife friendly features and plants. I'm happy to report that we've seen a growing variety of birds, butterflies, dragonflies, toads, and lizards.

Just to give you an idea of the wonderful wildlife diversity that is returning to or migrating through LOEN, following are lists of some of the interesting species I've seen in the past couple of years.

Birds: Red-winged Blackbird, Loggerhead Shrike, Great Blue Heron, Little Blue Heron, Yellow-crowned Night Heron, Great Egret, Snowy Egret, Cattle Egret, Black-bellied Whistling Duck, Muscovy Duck, King Rail, Blue Jay, Ruby-throated Hummingbird, Rufous Hummingbird, Yellow-rumped (a.k.a. Myrtle) Warbler, American Robin, and Roseate Spoonbill (in the interest of truth in journalism, my sister came over one afternoon and saw this one as it flew over the bridge on Acacia Arbor and it was gone by the time I could get over there to look for it).

Butterflies & Moths: Gulf Fritillary, Monarch, Black Swallowtail, Giant Swallowtail, Cloudless Sulphur, and Hummingbird Moth.

Reptiles: Red-eared Turtle, Midland Smooth Soft-shell Turtle, Chicken Turtle, Snapping Turtle, Green Tree Frog, Squirrel Tree Frog, Rio Grand Chirping Frog, Eastern Narrow-mouthed Frog, Southern Leopard Frog, Bullfrog, Gulf Coast Toad, Green Anole Lizard, and Mediterranean Gecko.

This wildlife list will naturally grow somewhat as the LOEN landscape matures, as long as we all do our part to take good care

(Continued on Page 5)

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Lakes on Eldridge North

Thyme Out - (Continued from Page 4)

of our neighborhood environment. We'll eventually see more Blue Jays and some Cardinals in our yards, for example. But wouldn't it be wonderful to also have some Carolina Chickadees or Tiger Swallowtails around to really bring our landscapes to life?

If you want to start attracting a greater variety of wildlife to your yard this year, your landscape must provide food, cover, and water. These are the three basic requirements for wildlife survival and they are the keys to creating a wildlife-friendly habitat. In the next couple of columns, we'll talk more about these requirements and discuss the techniques and benefits of gardening for wildlife.

February gardening reminders: Our thoughts have usually turned to spring by the end of February, but late season cold fronts can sometimes bring freezing temperatures. Although it's tempting to cut back those brown stems, wait until early March to prune frost damaged foliage. Your lawn probably won't need fertilizing until next month either. The rule of thumb is that you should not fertilize until you have been able to mow your lawn twice - this means you've cut "real" grass and not just weeds. February is a good month to plant shrubs, and you can still plant cooler season vegetables and flowering plants like Swiss chard, mustard greens, petunias, larkspur, and sweet alyssum. Prune all grafted roses and prune antique roses only if they need it. Prune your azaleas and other spring blooming shrubs, if necessary, after they've bloomed. Give tropical hibiscus a light "haircut" and some fertilizer at the end of the month to

encourage flowering.

February is also the month to start your tomatoes and peppers, and you don't need to have an "official" vegetable garden. Plant tomatoes and peppers in a sunny, well-drained spot in your flower bed, or grow them in 5-gallon containers on a sunny patio. For all the latest planting information and the very best selection of tomato and pepper plants for our area, don't miss the Master Gardener sale on February 26, 2005 at the Bear Creek Extension Facility. The Tomato and Pepper Sale usually opens at 9:00 a.m. and always attracts a big crowd, so get there early! Until next month, happy gardening!

By Lisa M. Rawl, Harris County Master Gardener
lmrjkk@earthlink.net

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Lakes on Eldridge North

Top 10 Ways to 'Lighten Up' in 2005

Baylor College of Medicine

HOUSTON -- (Jan. 13, 2005) – Resolving to shed post-holiday pounds? You don't have to resort to a crash diet, say weight-loss experts at Baylor College of Medicine in Houston.

Molly Gee, a nutritionist at BCM, suggests that a few simple guidelines can help you lose or manage your weight:

- Don't arrive hungry to restaurants or parties.
- At restaurants, split an entrée or order an appetizer as a main course.
- Eat less; talk more – leave food on your plate.
- Move more – take the stairs instead of escalators or elevators
- Wear a pedometer to keep track of a goal of 10,000 steps per day
- Get a buddy for lifestyle changes in diet and physical activity
- Slow down your eating – use a salad fork or chopsticks
- Choose more fruits, vegetables, whole grains and low-fat dairy foods
- Lighten up on gravies, sauces, dressings and butter or margarine where fats hide
- Set realistic goals for weight loss (0.5 lbs/week) or prevent putting on pounds

A BCM website featuring interactive resources and health and fitness articles is available at <http://www.bcm.edu/pa/fatfree.htm>

Book Clubs for Teens to Adults Available

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



Don't Miss Out on L.I.F.E. at Cy-Fair College

L.I.F.E at Cy-Fair College will cover the creation of Valentine cards Feb. 2, a field trip to "Forbidden Gardens" Feb. 9, the ancient healing practice of acupuncture Feb. 16 and insights on antiques Feb. 23. These weekly programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) 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.

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Lakes on Eldridge North

Valentine's Day Facts The Reason for Valentine's Day

Early History of Valentine's Day:

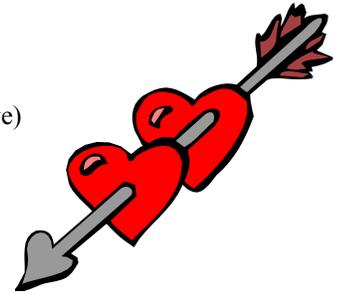
- One thought is: The early origins of Valentine's Day can be traced back to the ancient Roman celebration of Lupercalia, which was held on February 15. The celebration of Lupercalia honored the gods Lupercus and Faunus and the founders of Rome.
- Another thought is: There were two saints named Valentine and a priest named Valentine. One saint was executed on February 14th and 227 years later, Pope Gelasius named February 14, Valentine's Day for him. The priest named Valentine disobeyed the Emperor and secretly married couples.
- And another thought is: Birds and fowl select their mates on February 14th.

Modern History of Valentine's Day:

- Began in France and England.
- The first box of Valentine's candy was in the late 1800's.
- The Duke of Orleans (a Frenchman) sent the first Valentine, after being captured in 1415. He sent it on Valentine's Day to his wife. (source: Sunniebunniezz.com)
- "The oldest known greeting card in existence, is a Valentine card made in the 1400's and can be admired at the British Museum (London)." (source: NetOGRAM)
- Commercial Valentines were introduced in the 1800's.

Symbols of Valentine's Day:

- Cupid (The Roman God of Love)
- Doves
- Love Birds
- Roses
- Hearts
- Arrows
- Lacy Doilies



Facts About Valentine's Day:

- Over 1 billion Valentine cards are sent in the U.S. each year.
- Some of the countries that celebrate Valentine's Day:
 - The United States
 - Canada
 - Mexico
 - United Kingdom
 - France
 - Australia
- Over 50 million roses are given for Valentine's Day each year.

Information retrieved from <http://familyinternet.about.com/library/blvalentinesdayfacts.htm>, January 16, 2005.



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February 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2  Groundhog Day	3	4	5
6	7	8	9	10	11	12
13	14 	15 Newsletter Deadline	16	17	18	19
20	21 President's Day	22	23	24	25	26
27	28					



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Lawn Maintenance Tips

1) You can start to trim back your Crepe Myrtles, anytime between now and the end of February. It is best to lightly trim back only what has grown this past year- no more than 18" inches to 2'ft or you will lose that multi-trunk tree look. Make sure to remove any rubbing branches, unsightly weak branches, and sucker growth. As far as fertilizing, the best type is any fertilizer that you would use for Azaleas or Camellias.

2) During freezing weather, make sure to use cloth material to cover your plants instead of plastic material. Plastic will allow a plant to freeze more quickly than conventional cloth. Also, always water extremely well prior to any freeze. This will also help keep plants from freezing because it will reduce the amount of stress the plants are under.

3) Just because it feels cool and there is no rain, doesn't mean that your grass and shrubs are OK. Unless it is raining, they still need to be watered on a regular basis - usually 2-times per week. However, that time could be decreased depending on location, saturation, and evaporation, etc.

4) Yes, even though it is cold, you can still plant just about any type of shrub and or tree this time of year. Planting now will help get the roots established and ready for the hot summer heat. Also, it is an ideal time to plant as you do not have to worry about plants suffering from heat.

Happy New Year!



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Lawn Care Tip Of The Month

If you are planting a groundcover under trees with a root system close to the surface, add about 15 centimeters of topsoil along with your 10 centimeters of organic matter. Then spread bone meal at a rate of two kilograms per 10 square meters to promote root development. Turn the bed to a depth of about 20 centimeters (the depth of a garden fork); mix thoroughly, then rake smooth.



Cheryl A. May
Certified Public Accountant
6143 Sienna Arbor Lane
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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 Jillian Barkley, 832-243-0000 or e-mail jbarkley@houston.rr.com (LOEN) *All information must be received by the 10th 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)
Kate, 13	•	713-466-6878 (LOEN)
Joe, 18	•	832-876-4191 (LOE)

*First Aid Certified with Boy Scouts

** Red Cross Babysitting Program

***Fluent in Spanish

Beginner Swim Instructor

Katie, age 16713-896-7941 (LOEN)

Piano Lessons

Idil, age 15 713-896-1833 (LOE)

Guitar Lessons

Katherine, 15 **832-243-9893 (LOEN)

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Spring Film Series Under Way

Among some of the February features of the Cy-Fair College's Spring Film Series are "Scotland, PA"; "Hero"; "The Gold Rush"; "A Day Without a Mexican" and "The Killing Fields." Professors and student organizations host the films and discussions at Barker Cypress campus and Fairbanks Center at no charge to students or the community. The film series, which is part of an effort to promote cultural activities on campus, is also offered as a free continuing education class. Go online at: http://faculty.nhmccd.edu/robobrien/Film_Series.html for information.

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	<u>LOE</u>	<u>LOEN</u>
Current Listings	38*	46*
Price Range	\$234,000 - 829,000	\$244,000 - 979,000
Sold in 2004	53	76
Sales Price Range	\$195,000 - 905,000	\$235,000 - 885,000
Avg Days on Mkt	117	97

* As of 1/7/05. Source HAR/MLS *

MY PRIORITIES ARE SIMPLE:

They are yours!

If you have questions, I have answers. Call me!!

Lakes on Eldridge North

Botox May Help People With Movement Disorders

Baylor College of Medicine

HOUSTON – (Jan. 11, 2005) – The long-term effects of botulinum toxin type A (Botox) in patients with severe movement disorders confirm the safety of the toxin's use in controlled dosages, according to a recent study at Baylor College of Medicine in Houston. The study's results are reported in today's online edition of Movement Disorders.

The study, in which Dr. Joseph Jankovic, professor of neurology and director of BCM's Parkinson's Disease Center and Movement Disorders Clinic, served as the principal investigator, analyzed the use of Botox in patients with neurological disorders involving dystonia, characterized by involuntary, repetitive muscle contractions. All 45 BCM patients who participated in the study had used Botox for at least 12 years, and some were treated for up to 19 years.

"Botulinum toxin is not only used to smooth out wrinkles but is used to treat very serious and potentially disabling disorders," said Jankovic. "There are virtually a hundred different indications for the therapeutic use of Botox."

Mild side effects, such as transient difficulty swallowing or droopy eyelids, occurred in roughly one-third of the patients over the course of about 16 years. Researchers noticed that a gradual increase in dosage over time resulted in more effective alleviation of symptoms.

When botulinum toxin, one of the most toxic substances known to mankind, is purified and injected in small amounts by a skilled

clinician, it relaxes muscle tissue and prevents involuntary muscle spasms. Jankovic and other neurologists at BCM pioneered the use of Botox as a therapeutic method for dystonia patients in 1981. Approximately 3,100 patients have since received Botox at BCM's Movement Disorders Clinic.

"In addition to this report of our longitudinal follow-up we also analyzed the long-term effectiveness and safety of this treatment based on reported studies," Jankovic said.

In that systematic review of 90 clinical studies, in which patients were asked to rate the outcome of their treatment with botulinum toxin type A, patients consistently reported that the treatment significantly improved their ability to function and participate in daily activities, quality of life and their overall satisfaction with treatment. The first-ever review, which included studies across a diverse array of 24 medical conditions and cosmetic uses, was recently published in the peer-reviewed journal *Clinical Neuropharmacology*.

"While we have an enormous amount of data showing that botulinum toxin type A is an extremely safe and effective treatment for a variety of therapeutic and cosmetic uses, the important thing for patients is whether this translates into meaningful improvements in their daily lives," said Jankovic. "Our review makes clear that treatment with botulinum toxin type A accomplishes this across a wide range of chronic and debilitating disorders and conditions."



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- Do you have children who are struggling in difficult science classes like Biology, Chemistry and Physics?
- Do you have children who need help in basic math and grammar?
- Do you have children who are taking Advanced Placement courses and need an extra edge to get ahead?
- Do you have children who are struggling with basic SAT math?
- Do you have children who are bored with school and need a lot of motivation?

If you answered "YES" to any of the questions above, then I AM the solution for your child.

Hello Neighbors,

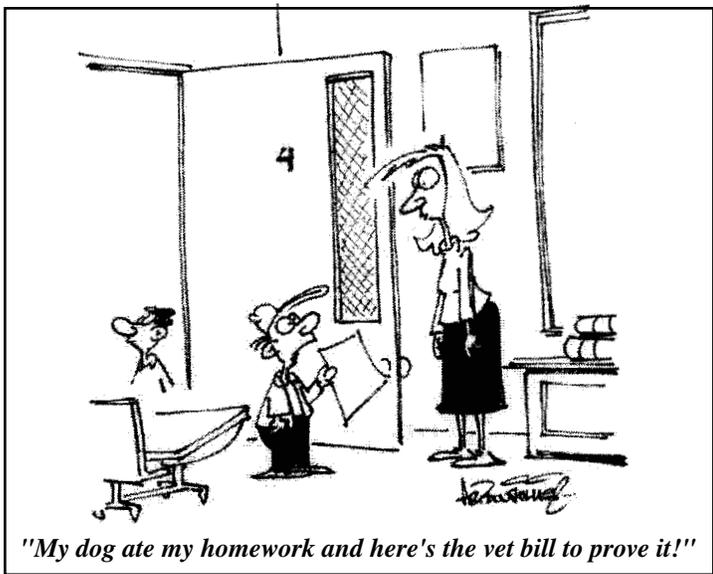
My name is John Hui Kwon and I have recently graduated from Baylor University with Phi Beta Kappa distinction. I have earned a B.S. degree with a major in Biology and minor in Chemistry. During the fall of 2005, I will attend Baylor College of Medicine to pursue a M.D. degree. I have excelled in standardized tests such as the SAT and MCAT. I have numerous teaching experiences with students ranging from the 5th grade level all the way up to college students preparing for the MCAT examination. My specialty is in math and science but I have also helped these students excel in their history and foreign language classes by teaching them the best studying strategies.

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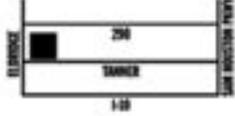
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