



LAKES

ON ELDRIDGE
NORTH

Volume 4, Issue 9

September 2005
Official Newsletter

LOEN Ladies Club

We invite all women of Lakes on Eldridge North to join the LOEN Ladies Club. We are currently 74 members strong and growing. We would love to see new members join, get involved and bring together the community. The latest events include:

Designers Challenge

Are you a licensed Interior Designer and looking for a challenge? Would you like to showcase your design skills for all LOEN residents to see? The LOEN Ladies Club is looking for Interior Designers to donate their services by submitting their ideas and designs for the Recreation Center Club House.

With the completion of our neighborhood, the Recreation Center Club House will soon belong to the residents! So let's make it our own..... The winning Designer's name and business information will be prominently displayed in the clubhouse for all LOEN homeowners to see. The winning Designer will also be identified in the LOEN newsletter.

If you are interested, please Contact Becky at 713-856-6130 for more information.

Book Club

The Book Club will have a meeting on September 12th at the home of Jean Oldfield- "The Tapestries" by Kien Nguyen. Please contact Anne Glendinning with any questions 832-667-7298 aglendinning@houston.rr.com

Bunco

Bunco will meet September 13th from 7pm-9 pm at the home of Christine Bivins Please RSVP to christinebivins@hotmail.com.

Ladies Club General Meeting

The Ladies Club General Meeting will be September 27th from 7-9 PM, PLEASE NOTE: We are meeting at Oakwood School- "VIP" Kids Section- at the corner of Tanner and Eldridge. Please ring the bell when you arrive.

Kirk Achieves Recognized Milestone

Kirk Elementary has achieved a recognized rating for the second year in a row. The Tiger's were able to achieve this despite the overcrowding problem that plagued the school during the 2004 - 2005 school year. This sets high standards for 2006 with the reduced class sizes and student body that is approximately 250 students smaller.

The new Principal has made some changes over at Kirk this year with classrooms rearranged for better access to age appropriate learning tools and classes divided more according to academic ability. The students are already hard at work assimilating into the new organization.

A big welcome goes out to all the new Kindergarten students from the LOEN neighborhood. We have quite a big group of you and hope that helps build community spirit and friendships. Best wishes on a successful 2005 - 2006 school year.

Angels on LOEN



Angels on LOEN is a community service group within the LOEN Ladies Club. We are on call to provide short term assistance to our neighbors in need. You can call and ask for help or nominate someone you know. Do you have a newborn and would like some meals

provided? Has a death or illness in the family forced you to leave town suddenly and you need help getting the paper, walking the dog, watering the plants? Could you use a meal when you return? If you're laid up and could use some help with carpool or picking up groceries, we would love to help.

REMINDER: When nominating someone for Angels assistance, please provide their full name, street address and phone number so we can contact them promptly. Thank you! We'll take it from there! Contact angel coordinator Jeanne Markham at 713-291-9676.

RELOCATING? MOVING UP? SCALING DOWN?

LAKEs ON ELDRIDGE NORTH

1ST & 2ND QUARTER REAL ESTATE UPDATE

Homes Sold	33
Average Bedrooms.....	4
Average Lot Size.....	10,615
Average Square Footage.....	3712
Average List Price.....	\$409,149
Average Sales Price.....	\$391,055
List to Sales Price Ratio.....	0.96
Average Price Per Sq. Ft.....	\$105.35
Average Days on Market.....	93

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Based on HAR/MLS Data Jan. 1, 2005 to June 30, 2005



Lakes on Eldridge North

Thyme Out for Gardening: Roses Old and New, Part II

When we last left Archduke Charles, he was recovering from his abuse at the hands of a gardener who sometimes pushes her plants a little too far. Forcefully relocated by yours truly in the heat of the summer, Charles sat leafless in his planting hole for several weeks before shaking off his transplant shock and growing into his new space. A show of blooms the first week of August, much earlier than I expected, tells me that Charles is happy and healthy again and that maybe, just maybe, I've been forgiven for my most recent gardening "indiscretion."

As I said last month, Archduke Charles and his fellow antique roses and their new "modern" counterparts are as tough as they are attractive and are excellent, easy care plants for your landscape. What exactly do I mean by "easy care?" Treat them the same as you would most of your other landscape shrubs: plant them in a well-drained location in full sun, water them deeply to get them established and water every week or so during a drought, use compost and mulch to insulate the roots, and fertilize with an organic fertilizer in the spring and fall. Pruning is minimal; a light trimming once or twice a year might be necessary to help them keep their shape or to remove damaged branches, but you don't have to follow a strict schedule. Unlike some of our landscape shrubs, antique roses are seldom bothered by pests or disease when planted in the right location. They'll get aphids, particularly in the spring, and you might see some

black spot during wet weather. The plants will usually just drop some leaves and grow on through the problem – no treatment required. I don't even bother trying to wash the aphids off with a blast from the hose because the lady bird beetles will eventually take care of the problem for me.

If you do want to fuss over your rose bushes a little bit so that you can feel like you really earned those beautiful blooms, then go right ahead. Antique roses don't object to a little deadheading to remove spent flowers, nor do they object to an extra dose of seaweed extract or other "mild" organic fertilizer once in a while. But don't overdo it, lest they respond so well to the t.l.c. that you have to beat them back with a machete! And you don't have to keep these roses in special flower beds all by themselves; place them among your other landscape plants for maximum interest, or even use them as a flowering hedge.

Perhaps the most difficult part of growing antique roses and their modern, low maintenance counterparts, aside from avoiding the thorns, is deciding which one(s) to plant. Old roses come in a wide range of sizes and shapes, from plants that stay two feet tall to those that can climb a sturdy trellis. Smaller roses can either be grown in the ground or in containers. Flowers are available in an almost infinite number of pinks, reds, yellows, whites, apricots and combinations

(Continued on Page 5)

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You are cordially invited to the
WestLake Club Family Open House

Saturday, September 17, 2005

10am-2pm

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Enjoy a variety of activities including Games, Cakewalk, Face Painting, Basketball, Racquetball, Squash, Chair Massage, Group Exercise Demonstrations, Complimentary Food and Beverages, and a Raffle for a month of Membership.

The WestLake Club features the finest in Dining, Family Athletic Services and Programs, and Special Events.

Please contact Stacie Feith at 281-556-5100 to RSVP for this event. Less than 10 minutes from your Lakes on Eldridge North neighborhood.
www.westlakeclub.com



Lakes on Eldridge North

Thyme Out for Gardening - (Continued from Page 4)

thereof. There's even a green rose if you're looking for something a little different. Some roses bloom for just a few weeks a year, while other varieties bloom from March to November. The fragrance on some old roses can be almost overpowering, while others have little to no fragrance. Some rose plants are nearly thornless and there's even one (the Swamp Rose) that can tolerate the edges of ponds and areas with poor drainage. In our area, most roses will retain some foliage during the winter, and several rose varieties produce attractive fruit, known as "hips" that provide winter interest. These hips are also a good source of vitamin C and are used by many people to make tea and jelly when the roses are grown without the use of pesticides or other harmful chemicals.

So how do you decide which roses to plant? According to horticulturist Greg Grant, an old saying, "Polly wants all the tea in China" is an easy way to remember that the best classes of roses for the South are Polyanthas, Chinas, and Tea roses because they are more heat tolerant. Each of these classes contains excellent rose varieties for the Houston area, and there are many others to choose from. Decide what size roses will work best in your landscape and select your favorite colors and you're halfway to making your final selections. Then there's the matter of fragrance, bloom periods, hips... so many choices! Texas A & M has tried to make the task of deciding which roses to grow a little easier by identifying a number of old and modern roses as EarthKind™ roses. EarthKind roses are

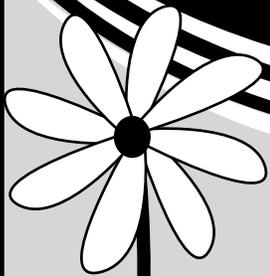
those that remain attractive with a minimum of care – they don't require a lot of water, fertilizer, or pesticides to look their best. To see the complete list of EarthKind roses, visit <http://aggie-horticulture.tamu.edu/earthkindrose>.

To give you a place to start when looking for roses for your LOEN landscape, below is a list of varieties that have grown well in neighborhood gardens. I've included my favorites, in no particular order, as well as the favorites of Linda O'Keefe, a LOE resident and Master Gardener rose expert. Most of the roses listed are antiques; a few are modern introductions. Most are also EarthKind roses. Here's the list: Archduke Charles, Belinda's Dream, Cecile Bruner, Ducher, Mrs. Dudley Cross, Knockout, Caldwell Pink, Old Blush, Carefree Beauty (aka Katy Road Pink), Highway 290 Pink Buttons, Bon Silene, Mrs. B.R. Cant, Maggie, Mutabilis, Duchess de Brabant, Nearly Wild, Martha Gonzalez, Red Cascade, The Fairy, Lafter, and New Dawn. I hope you'll give some of the antique roses a try even if you've never grown roses before. Experimentation is part of the joy of gardening!

For pictures and complete descriptions of many of the above listed roses, read *Antique Roses for the South* by William C. Welch. It's a "must-have" reference book for old rose enthusiasts. The Antique Rose Emporium website at www.antiqueroseemporium.com is also an excellent source of information and the retail locations in Independence and San Antonio are horticultural delights. Local

(Continued on Page 6)

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Thyme Out for Gardening - (Continued from Page 5)

nurseries such as Buchanan's, Arbor Gate (Tomball), and The Vintage Rosery (Needville) carry a wide variety of old and modern roses. And don't forget the Master Gardener Fall Plant Sale and Symposium at the Bear Creek Extension Office on September 24 (see Karen Breneman's article elsewhere in this newsletter). Master Gardener rosarians Linda O'Keefe and Clyde Cannon will have many old roses for sale and can answer all of your questions.

September Gardening Notes: Overcrowding and/or insufficient sunlight can reduce the blooms on your cannas, daylilies, and iris. If they didn't bloom well this year, now is the time to do something about it. If they're overcrowded, dig up the entire clump, carefully divide it, and only put part of the plant material back into the original planting area. It wouldn't hurt to throw a handful or two of compost into the area as you replace the soil. If insufficient sunlight is the problem, then move all or part of the clump to a sunnier location. Daylilies are more particular about drainage, so make sure they're planted in a well-drained area with their crowns above the soil line. What do you do with the extra plants that are created when you divide a clump? If you can't use them elsewhere in your landscape, then pass them along to your family, friends, and neighbors, or put them in the compost pile.

Plant more bulbs this month such as crinum, rainlilies, and oxblood lilies. For complete bulb information, read *A Gardener's Guide to Growing Bulbs on the Gulf Coast* by Sally McQueen Squires.

Try your hand at some fall veggies! If you don't have room for a dedicated vegetable garden, then try planting spinach, chard, kale, and collards in a sunny spot in your regular flower beds. Herbs such as dill, parsley, oregano, thyme, and chives also make nice landscape additions. And speaking of landscaping, get your plans, supplies and plants together this month because October is one of our best months to install new landscaping and maintain your existing plantings.

Do the Texas Two-Step either this month or next month and control those imported red fire ants. Use a broadcast bait across your lawn and flower beds, and spot treat mounds in high traffic areas with a different product. Treat mounds around edible plants with either a citrus oil product or by digging up the mound and dropping it in a bucket of warm soapy water. Brown patch "season" will be in full swing in lawns this month as the temperatures start to cool down. Once the brown patch fungus starts spreading, treatments won't dramatically improve the lawn's appearance and the grass should start to come back in on its own. Products that inoculate the soil with beneficial micro-organisms can help reduce the spread of the patch and improve overall soil health. Prevention is the best approach to fighting brown patch and other lawn problems: eliminate low or poorly drained area by raising them with some sandy loam topsoil in April and avoid over-watering and over-fertilizing. Use slow release organic fertilizers, leave mulched clippings on the lawn (don't bag them) and top dress the lawn with a ¼ inch layer of compost every year or so.

Until next month, happy gardening!

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

Service Minded Students at Cypress Community Christian School

From Vacation Bible School - just down the street from the school - to the inner city of Chicago, to a small village in South Africa, students from Cypress Community Christian School made wise use of their summer vacation by serving in their local community, their country and the world.

Several CCCS high school students who attend Cypress Bible Church ministered to younger students during a week long Vacation Bible School session held over the summer break. One of the lessons entitled, "From Me to We" encouraged the children to take their focus off of themselves and think about the needs of others. Among those who did just that by serving at VBS were Caroline Carthey, Elizabeth Crawford, Angie Frost, Sarah Crawford, Peyton Lambert, Josh Neuneker, and Jeremiah Neuneker.

Other CCCS students traveled to Chicago for a nation-wide conference on "how reach out to others in the community." While in the windy city, they used their new-found knowledge to participate in service projects in the inner city. These students plan to take action - right here in "Rocket Town, USA" - Houston, TX - to reach out whenever possible.

Senior Sarah Mathewes traveled a bit farther to serve others. She joined a group from her church, Houston First Church of God, on a mission trip to the Sekgopo Village in South Africa. While there, she and others offered their services by helping with the construction

of a new community center and by teaching in the classrooms. The best part of the trip according to Sarah was meeting the child she will sponsor over the next 10-15 years. Sarah said, "It was awesome to spend time with the people in the village and with my new friend, Precious. I highly recommend that if you sponsor a child in another nation, that you consider traveling to meet him/her. It will change your life forever."

The Administration and faculty of Cypress Community Christian School encourage students "to take their place in the world as servants of Jesus Christ" as stated in the school mission statement. As a result, many CCCS students regularly take time out of their busy schedules to help others in need - whether it is local or far away - and each of them testify that their lives were changed as a result of helping someone else.

Plans are underway for students to participate in projects with the Habitat for Humanity organization, Star of Hope Mission, Ainsley Court, Carenet Pregnancy Center and many other organizations that need assistance to accomplish their goals of helping others in need.

The faculty and students of Cypress Community Christian School welcome opportunities to serve in our community. If your organization or group has a need, please email of our Community Service Coordinators, Judy Holzman, at jholzman@cccs-hou.org or Todd Clark at tclark@cccs-hou.org.

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Motherwise Group to Begin New Study

The Motherwise group will kick off a study program of Dr. Kevin Leman's video seminar, entitled "Making Children Mind Without Losing Yours", with a dessert social on Monday, September 12, 2005, beginning at 7:30 p.m., at the home of Elizabeth Tobin, located at 12206 Summerland Ridge Lane (LOE-Indigo Falls). Motherwise is a non-denominational group and all are welcome and invited to attend.

Dr. Leman is an internationally-known family psychologist, author, and speaker. As a contributor to CNN's American Morning with Paula Zahn, the "relationship doctor" has also made appearances on Oprah, The View, Live with Regis and Kelly, and Today. Dr. Leman has also served as a consulting family psychologist for Good Morning America. Dr. Leman received his Bachelors degree in psychology from the University of Arizona where he also completed his Masters and Doctorate degrees.

Dr. Leman resides in Tucson, Arizona with his wife, Sande, and their five children ranging in age from 31 to 11. His personal experiences as a parent provide a practical approach to parenting. In each of his works, Dr. Leman set forth the tools to enable us to better understand ourselves and lead a happier life.

The Motherwise group meets every other Monday in neighborhood homes from 7:30 p.m. to 9:30 p.m. The evening begins with social time and light refreshments, followed by a segment of the video

seminar, followed by small group prayer time, and concludes with social time. The Motherwise meetings are a great way to meet other mothers in our neighborhoods and gain some spiritual enrichment.

The Motherwise group will hold seven meetings this fall on the following dates: September 12th (dessert social), September 26th, October 10th, October 24th, November 7th, November 21st, and December 5th. Complete schedules will be available at the dessert social or by calling one of the leaders listed below.

In January 2006, Motherwise will resume its meetings and begin Dr. Leman's video seminar entitled "Making the Most of Marriage". The group will hold seven meetings on the following dates: January 30th (home of Kathy Prusak, 12910 Watermist Lane LOE-Crescent Banks), February 13th, February 27th, March 13th, March 27th, April 10th and April 24th.

In addition to the monthly meetings, the Motherwise group participates in a Thanksgiving service project by filling food bags for the Bear Creek Assistance Ministries. The group also has a cookie exchange and luncheon in early December.

The leaders of the Motherwise group are Kathy Prusak (713-937-7707) and Elizabeth Tobin (832-467-1369). Please feel free to contact us for further information about Motherwise. Hope to see you at the dessert social!



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The Foundry Church's Craft Show and Tea Room

A Shopper's Heaven on Earth! The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Craft Classic on Saturday, October 15, 2005, 9 a.m. to 4 p.m. You'll find terrific values on a wide array of goods, including handcrafted items, fall & Christmas specialties, gourmet baked goods, children's toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you're hungry, be sure to stop by our Texas Tea Room, open 10:30 a.m. to 2:30 p.m., and enjoy salads, desserts, and coffees. Admission to the craft show is FREE; purchase tea room tickets at the show for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-½ blocks north of Hwy 290. For more information, call 713-937-9388 or see www.foundrychurch.org.

Clay Road YMCA Swim Team

Open House at the Lakes on Eldridge Clubhouse on Tuesday September 7th from 6:30 - 8:30 PM. Amy Nyert, Aquatics Director, will be on hand to answer any questions and take registration as will Manuel Robles another coach and Landrum Turner the Clay Rd. YMCA Senior Program Director to help with the membership questions and registration. Reminder to all that as an added incentive we will be waiving the normal YMCA joining fee giving your families a savings of anywhere from \$50 - \$175.

Advertising Information

Please support the businesses that advertise in the LOEN Newsletter. Their advertising dollars make it possible for all LOEN 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 LOEN Community Newsletter by advertising, please contact our Sales Office at 512-989-8905, advertising@PEELinc.com or sales representative, Donna Sommer at 832-237-4684, dsommer@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.



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BACK TO SCHOOL: Be Prepared For Dental Emergencies!

Accidents do happen, so it is important to be as prepared as you possibly can when the unexpected happens to your children at school or on the playground during a "friendly" sporting event. Be sure you know what number to call if the dental office is closed! Here are some guidelines to help your child during a dental emergency.

If a tooth is knocked out:

- Immediately attempt to find the tooth.
- If you find the tooth, do not try to force the tooth back in the socket!
- Rinse it in warm water and place inside the mouth between the cheek and gum, or carefully replace the tooth. Do not rub the tooth to clean it.
- If you can't place the tooth in the mouth, wrap it in a clean, moist cloth or place in a cup of milk or water. If the gum is bleeding, hold a clean cloth on the injured gum.
- Contact your dentist for an emergency appointment. The sooner you receive treatment the better, preferably within the first 30 minutes. Tooth-saver boxes, designed to hold and protect a knocked-out tooth, are available from pharmacies, such as Valu-Rite, for approximately \$11. The manufacturer of this product estimates 90% of teeth survive up to 24 hours.

If a tooth has been pushed out of position:

- Very gently push the tooth into its normal position.
- Do not try to force the tooth back in the socket!
- If the tooth is loose, carefully hold with a moist cloth.
- Use a cold compress to reduce swelling.
- Call your dentist as soon as possible and ask for an emergency appointment.

If the tooth is broken/cracked:

- Very gently push the tooth into its normal position.
- Do not try to force the tooth back in the socket!
- If the tooth is loose, carefully hold with a moist cloth.
- Use a cold compress to reduce swelling.
- Call your dentist as soon as possible and ask for an emergency appointment.

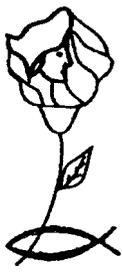
If the cheeks, lips or tongue have been cut:

Clean the area right away with water. If the wound is bleeding, put a clean cloth on the affected area and apply pressure. Call your doctor for advice on treatment. You may need to go to the emergency room for stitches.

If you suspect the jaw is fractured:

- Secure the jaw by tying something like a tie or belt under the chin to the top of the head.
- Gently hold a cold compress or ice pack against the injury.
- Go to the emergency room immediately!

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Lakes on Eldridge North

American Heart Association's Northwest Harris County Heart Walk

The 2005 American Heart Association's Northwest Harris County Heart Walk, a 5K walk, will take place at Cy-Fair College, 9191 Barker Cypress beginning at 7:30 am on Saturday, October 29. Refreshments and entertainment will be provided at the conclusion of the walk. Since 1924 the American Heart Association has helped protect people of all ages and ethnicities from the ravages of heart disease and stroke. These diseases, the Nation's Number One (1) and Number Three (3) killers, claim more than 949,000 American lives a year. The association invested more than \$364.3 million in fiscal year 2003-04 for research, professional and public education, and advocacy so people across America can live stronger, longer lives. No registration fees are required but walkers are encouraged to solicit donations for their efforts. Sponsors are also needed. Contact Carly Person of the American Heart Association at 713.610.5071 for additional information.

Alzheimer's Association's Tomball Memory Walk

The 2005 Alzheimer's Association's Tomball Memory Walk, also a 5K walk, will take place at the Texas Sports Medicine Center on SH 249 beginning at 8:30 am on Saturday, October 8. Food and entertainment will be provided at the conclusion of the walk. Since 1989, Memory Walk has raised more than \$175 million for programs and services for individuals with Alzheimer's, their families, and caregivers. Registration fees are \$25 for adults, \$10 for children and young people under the age of 18 and \$5 for dogs. Additional information is available by calling the Houston and Southeast Texas Chapter of the Alzheimer's Association at 713.266.6400 or 800.272.3900.

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Lakes on Eldridge North

Winter Green: Fall Master Gardener Plant Sale

by Karen Breneman

Yes, in Houston green plants during winter months are not only possible, but easy and fun. The temperatures are cooler and fewer insects are around to eat your hard work. Many plants prefer the cooler winter temperatures, including wildflowers, herbs, vegetables, bulbs and many perennials.

Fall is the best time to plant to ensure spectacular spring shows of wildflowers and many bulbs that do much better than the traditional daffodils and other spring bulbs that require special care. Several native and adapted crinum provide spectacular shows with minimal care.

Many vegetables require the cool winter weather, among these are the crucifers (broccoli, cabbage, mustard, kale, collard and radishes), beets, chard, lettuce, spinach. Garlic and onions thrive in the cool weather and make great borders around perennial beds.

Have trouble growing herbs? Fall and winter is a great time to grow arugula, parsley, dill and many of the thymes.

Perennials, those plants that come back every year, do very well when planted during the cool fall. Many native and adapted plants survive not only the winters in Houston, but once established also make it through the periodic droughts and floods that characterize Houston summers.

Healthy soil is the first step to a healthy garden. The Master Gardener Fall Plant Sale/Symposium offers expert advice to help build a healthy garden, ways to maintain the health of the garden, suggestions for suitable plants, vegetables and herbs.

The Master Gardener Fall Plant Sale and Symposium on Saturday September 24 begins at 8 am with Carol Brouwer, PhD, County Extension Agent-Horticulture, Harris County, presenting an overview of the plants available at the sale. All attending the sale are invited to attend this overview in the Extension auditorium. The gates for the plant sale open at 9 am and close at 2 pm-five great hours to shop.

The Symposium begins at 10 am. A fee of \$15 is required to attend the full day program with lunch and an information packet included. Pre-registration is recommended. Registration at the door is \$10 for all day, \$5 for half day, but lunch is not included.

The speakers and topics scheduled for the Symposium are: John Jacobs, PhD associate Professor and Environmental Quality Specialist Texas Cooperative Extension-“Building Healthy Soils”; Skip Richter, County Extension Agent-Horticulture, Travis County-“Earthkind Gardening Products and Techniques”; Bill Adams, County Extension Agent-Horticulture, Emeritus-“Fall Vegetable Gardening”; and Michael Bettler, Co-Owner, Lucia’s Garden-“Fall Herb Gardening”.

The Master Gardener Fall Plant Sale and Symposium on Saturday, September 24 at the Harris County Cooperative Extension 3033 Bear Creek Drive not only provides the plants, but also the experts on how to care for them. Don’t miss this opportunity to increase your knowledge and obtain great plants. For more information, call 281-855-5600.

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Search For 'Fountain Of Youth' Takes Time

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To grow old without looking or feeling old, start working on it while you're young.

According to Dr. Robert E. Roush, associate professor of medicine-geriatrics at Baylor College of Medicine (BCM) in Houston, all health professionals should be able to distinguish between normal aging and disease, and help patients follow preventative guidelines.

Some medical issues that occur with aging are part of normal age-related changes and others are major causes of mortality such as cardiovascular disease and cancer.

You cannot stop your hair from turning gray or a need for reading glasses, but you can stop age-related muscle loss by exercising or prevent heart disease with diet and other lifestyle changes, says Roush.

One lifestyle change is staying out of the sun as much as possible, applying sunscreen with SPF of at least 15, wearing protective hats and clothing in the sun and avoiding tanning booths, said Roush.

Skin cancers can arise from sunburns you acquire as a younger person due to the sun's ultraviolet radiation. Also, sun-exposed skin gradually loses moisture and essential oils, making it appear dry, flaky and prematurely wrinkled.

Roush's tips for a healthier life include:

- Exercise at least three times a week.
- Eat a healthy, low-fat diet.
- Use sunscreen from an early age to prevent dry skin, wrinkles and skin cancer.
- Maintain a proper weight.
- Do not smoke tobacco.
- Consume alcohol in moderation (less than 2 oz. per day).
- Invest in a good mattress for a good night's sleep.
- Have a wide circle of friends.
- Be adaptable; roll with the punches.
- Develop a positive outlook and zest for life.

The aging population should continue doing what they like, whether it be art, writing, working, playing music or being with family, says Roush, also director of the Texas Consortium of Geriatric Education Centers in the Huffington Center on Aging.



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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, 713-856-5912 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.	
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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, 17 ^{*▼+}	•	•	•					713-896-7941(LOEN)
Patrick, 14	•	•	•					713-937-0727(LOE)
Ryan, 15 ⁺	•	•	•					713-896-7941(LOEN)
Kelechi, 13	•	•	•					713-856-9495(LOE)
Benny, 12	•	•	•					713-476-3750(LOE)
Jared, 17	•	•	•					832-467-9336(LOE)
Katherine, 15 ^{**}	•	•	•					832-243-9893(LOEN)
Jessica, 16 ^{**+}	•	•	•					713-937-1383(LOEN)
Erica, 14	•	•	•					713-937-1383(LOEN)
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, 17	•	•	•					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 (LOE)
Joe, 18	•	•	•					832-876-4191 (LOE)
Rachel, 13 ^{**}	•	•	•					713-896-0065 (LOEN)
Samantha, 16	•	•	•					713-983-9706 (LOEN)
Max, 16	•	•	•					713-896-7941 (LOEN)
Madelin, 19	•	•	•		Summer & Holidays Only			832-230-5997 (LOEN)

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Beginner Swim Instructor		
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Piano Lessons		
Idil, age 15	713-896-1833	(LOE)
Guitar Lessons		
Katherine, 15 **	832-243-9893	(LOEN)
Swim Lessons		
Nicole, 16+ (Lifeguard Certified)	713-503-9931	(LOE)
Golf Caddy Certified		
Ryan, 15 ⁺	713-896-7941	(LOEN)



Like a chameleon, the grouper can change its color to blend with its surroundings.

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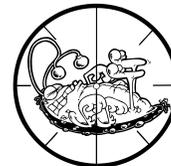
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The Truth About Steroids

Steroid abuse is still on the rise, and not just among professional athletes and bodybuilders.

Despite numerous educational efforts by health care officials, many amateur and high school athletes looking for that elusive competitive edge still believe they can get it from a syringe or a bottle of pills. What they don't realize is that steroids will give them a lot more than they bargained for.

Not worth the risk

Acne. Liver damage. Increased risk of heart disease. These are just a few of the side effects associated with anabolic steroid abuse. And there's more.

The side effects are severe. Men who use steroids also may develop gynecomastia (the development of breasts), priapism (painful prolonged erection) and edema from sodium and water retention. They also will be more prone to cardiovascular problems since steroids decrease high-density lipoprotein levels (HDL) or "good" cholesterol, and increase low-density lipoprotein levels (LDL) or "bad" cholesterol.

Coupled with hypertension and negative changes in myocardial tissue, steroid users are at an increased risk for heart attack as well.

Of additional concern are alterations in psyche and behavior (i.e., aggression, physical dependence) and decreased immune function. Changes in the reproductive system, such as a reduction in testicle size, sperm count and mobility, and a decrease in the levels of endogenous testosterone and other sex hormones are common.



Women at risk

Unlike men, whose side effects may be reversible once the abuse has stopped, women experience irreversible changes, such as a deepened voice, increased facial and body hair growth, enlarged clitoris and coarser skin. In addition, irregularities in, or cessation of menstrual cycle, increased libido, aggressiveness, acne and decreased immune function may occur.

Women are also prone to the cardiovascular risks and changes in psyche and behavior that men experience.

All risk, no glory

There is an even scarier risk of steroid abuse: death. Steroid users who share needles are putting themselves at risk for developing infections such as HIV, hepatitis or other viral diseases.

The terminal risks of steroid abuse are not fully known. Some published cases of tumors and other cancers related to steroid abuse have been reported. Even so, physicians and researchers do not know all the repercussions of steroid abuse on one's body and future health.

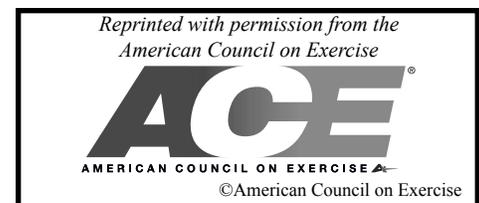
Controlled research is unethical and only information from abusers is usable; yet this data may be inaccurate since most users are not forthcoming about the full extent of their steroid use.

Since the late 1980s, the federal government has begun to crack down on steroid use and distribution. Possession of steroids with intent to distribute without a valid prescription is a felony and subject to prosecution. Likewise, steroid use is a violation of the rules of virtually all sports leagues and councils as well as the traditional ethics of good sportsmanship.

No substitute for training

What most steroid users don't realize is that they are placing themselves at risk for something they could achieve on their own. Many experts agree that the effects of steroids on strength and muscle mass of beginning weight lifters or athletes are minimal when compared with the effects of an intensive weight-training or conditioning program.

The best way to improve performance and increase muscle mass is to follow a well-designed program that challenges both your body and your mind. No drug can do that for you.





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Texas Events

1-18—HOUSTON: Invention Convention Allows children to explore how to use creativity and imagination to not only solve problems but also identify challenges that already exist. The Children's Museum of Houston, 1500 Binz. www.cmhouston.org 713/522-1138

1-18—HOUSTON: Pack Your Bags ... Animated exhibit lets kids travel to different homes, visit new places and take imaginary trips to places of their dreams. The Children's Museum of Houston. www.cmhouston.org 713/522-1138 t

1-25—HOUSTON: Bill Traylor, William Edmondson & the Modernist Impulse Exhibition includes about 50 drawings and paintings by Traylor and 25 sculptures by Edmondson. The Menil Collection. www.menil.org 713/525-9400

1-Oct. 2—GALVESTON: Perry House — 20/20 Features a selection of 20 works over 20 years by this Houston artist. Galveston Arts Center. www.galvestonartscenter.org 409/763-2403

4—KEMAH: Zydeco Festival Enjoy Cajun food and entertainment. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

3-4—SOUTH PADRE ISLAND: SPI Beach Volleyball/Labor Day Tournament Includes two-person open, men's, women's and co-ed divisions. 956/761-1235

4—PALACIOS: Larry Joe Taylor Labor Day Outdoor Concert Outrigger Restaurant's outdoor entertainment deck by Tres Palacios Bay. 361/972-2615 or 800/611-4567

4—WEST COLUMBIA: Candle-Making Demonstration Hours are 9 a.m. to 2 p.m. Varner-Hogg Plantation State Historic Site. www.tpwd.state.tx.us 979/345-4656

8, 10-11, 16-18—HOUSTON: Onegin Houston Ballet performs. Wortham Theater Center. www.houstonballet.org 713/227-2787 9—PORT ARANSAS:

Champagne Cruise/Mini Taste of Port Aransas Cruise the channel while sampling the cuisine of island restaurants. Fisherman's Wharf. 361/749-6222

9-Nov. 6—VICTORIA: Exhibit: Selections from the Joe Diaz Collection & Altars by Joe "King" Carrasco Nave Museum. www.viptx.net/museum 361/575-8227

10—LAKE JACKSON: Brazosport Relay Triathlon 979/238-5037

10—LAKE JACKSON: Xtreme Hummingbird Xtravaganza Gulf Coast Bird Observatory. 979/480-0999

10—PORT ARTHUR: Mexican Fiesta Celebrates Mexico's independence from Spain with food, music, dancing, folkloric dancers, various contests and a mariachi band. Port Arthur Civic Center. 409/724-6134

10—VICTORIA: George Carden Shrine Circus Victoria Community Center. 417/833-3588

10—WEST COLUMBIA: Brazoria County Bluegrass Concert Begins at 7 p.m. American Legion Hall, 213 N. 14th St. www.westcolumbia.org 979/265-4757

10—WHARTON: Fiesta Hispano Americana Parade & Fiesta Hours are 10 a.m. to midnight. Riverfront Park. www.whartontexas.com 979/532-0578

10-11—BAYSIDE: Hummingbird Hayrides View hundreds of hummingbirds feeding and resting during their migration south. Reservations required. Fennessey Ranch. 361/529-6600

(Continued on Page 19)

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Texas Events - (Continued from Page 18)

10-11—HOUSTON: Cactus & Succulent Show Houston Arboretum & Nature Center. 713/827-8545

10-11—HOUSTON: Camera Show Shop and swap cameras and photographic equipment, new and used. Marriott Hotel, Hobby Airport. 713/868-9606

10-11—HOUSTON: Sixth Annual Country Roots Music Festival Features down-home Texas, bluegrass and gospel music by many of Texas' most popular bands. Includes bushel baskets full of mouth-watering, country-style foods. Shop for country crafts. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500

10-11—KEMAH: Caribbean Luau Includes tropical Caribbean music and entertainment. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624 t

10-11—SABINE PASS: Dick Dowling Days Includes Civil War battle re-enactment and replica of the CSS Hunley. 409/866-1655 or 409/971-2559

10-11—SEABROOK: Bead Bazaar 1401 Second St. www.backbaymarket.com 281/474-3869

10-11—SEABROOK: Second Street Art Show Features original art in oil, acrylic, water color, photography, mixed media, jewelry and more. Hours are 9 a.m. to 5 p.m. Saturday and 11 a.m. to 5 p.m. Sunday. Harbor Room, Back Bay Bed & Breakfast Inn, 1401 Second St. www.backbaymarket.com 281/474-3869

15—HOUSTON: La Noche del Grito Celebrates Mexican heritage, music and dance. Miller Outdoor Theatre, Hermann Park. 713/284-8350

15-18—HOUSTON: 53rd Theta Charity Antiques Show Dealers bring a collection of antiques, antiquities and fine art. George R. Brown Convention

(Continued on Page20)



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Texas Events - (Continued from Page 19)

Center. www.thetaantiquesshow.com 713/622-3560 or 713/722-8410
 15-18—ROCKPORT: 17th Annual Hummer/Bird Celebration Festival features homes with multiple feeders, beautiful garden habitats and humming-banding. Includes lectures by nationally known speakers, 85 nature-themed vendors, boat tours, children's activities with butterfly tents and more. www.rockport-fulton.org 800/242-0071 or 361/729-6445
 16—VICTORIA: Country Opry Hours are 7:30 to 10 p.m. Victoria Community Center Annex. 361/552-9347 t
 16-17—VICTORIA: Silk Purse or Sow's Ear Hours are 10 a.m. to 4 p.m. Museum of the Coastal Bend. www.museumofthecoastalbend.org 361/582-2511
 16-18—CLEAR LAKE AREA: Gulf Coast Film & Video Festival Includes independent film showings and an award dinner with film and television celebrities. Film and TV star Armand Assante is this year's celebrity guest. University of Houston Clear Lake and The Art Alliance Center Clear Lake. www.gulfcoastfilmfest.com 281/333-5804
 16-18—HARLINGEN: Una Mujer-Maria This is a musical presented by Viva Teatro and performed by local people. Begins at 8 p.m. Friday and Saturday and 2:30 p.m. Sunday. Harlingen Performing Art Theatre. 956/412-7529 t
 16-18—PORT NECHES: Trade Days on the Avenue Features antiques, vendors (arts & crafts), entertainment, food and family fun. Port Neches Avenue. www.shoptradedays.com 409/722-4023 or 409/724-6166
 16-18—SAN BENITO: Annual 16 de Septiembre Celebration Features conjuntos, Tejano music, food, drinks and more. Hours are 7 to 10 p.m. The Narciso Martinez Cultural Art Center, 225 E. Stenger St. 956/361-0110
 16-18, 23-25—BROWNSVILLE: Cabaret Camille Lightner Playhouse. www.

camilleplayers.cjb.net 956/542-8900
 16-Nov. 28—MISSOURI CITY: Tree-riffic Treehouse Exhibit Treehouse designs become a public art display at Brushy Lake Park on Oyster Creek in Sienna Plantation. www.siennaplantation.com 281/778-7777
 17—BAYTOWN: Outdoor Concert Featured entertainers are No Justice and Django Walker. Hours are 6:30 to 10 p.m. Bicentennial Park. E-mail: pard@baytown.org 281/420-6597
 17—CROSBY: Harvest Moon Festival Features family fun, games, music, craft booths, plant booth, country store, live entertainment, bingo for baked goods, food and cooking contest. Crosby United Methodist Church. www.crosbyumc.org 281/328-2616
 17—EL CAMPO: Hunting & Fishing Extravaganza Taiton Community Center. 979/543-9123
 17—HOUSTON: Fiestas Patrias One of the largest and most colorful community-sponsored parades in the Southwest celebrates Mexico's independence. Celebration culminates with the crowning of Miss Fiestas Patrias. 713/926-2636
 17—PORT ARANSAS: Adopt-A-Beach Cleanup This is a statewide beach cleanup. Port Aransas Beach. Mustang and St. Joseph Islands. 361/749-7423
 17—SABINE PASS: Fall Adopt-A-Beach Cleanup Help keep Texas beaches beautiful. Hours are 9 a.m. to noon. Sea Rim State Park. 409/971-2559
 17—VICTORIA: Market Day Features more than 100 vendors from 9 a.m. to 4 p.m. Special Events Area in Riverside Park. www.victoriatx.org 361/485-3200
 17—WEST COLUMBIA: Adopt-A-Beach Clean Up Volunteers gather to clean up beaches along the Texas coastline. 979/864-1564

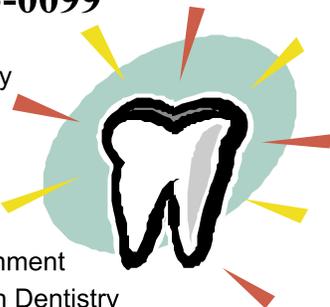
(Continued on Page 21)

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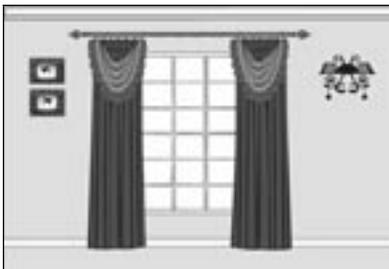
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Lakes on Eldridge North

Texas Events - (Continued from Page 21)

17—WEST COLUMBIA: Bells Across America Liberty bell is rung at 4 p.m., celebrating the signing of the Declaration of Independence. 214 N 14th St. www.westcolumbia.org 979/345-3123 17-18—HOUSTON: 10th Annual Metro Go-Texan Regional Cook-Off About 75 teams will compete with brisket, ribs, chicken, gumbo and showmanship. Includes a cake auction. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500

17-18—HOUSTON: Sixth Annual Houston Hot Sauce Festival Hours are 11 a.m. to 6 p.m. Saturday and noon to 5 p.m. Sunday. Houston Farm and Ranch Club. www.houstonhotsauce.com 281/558-3518

17-18—KEMAH: Fall Kids Festival Includes ice cream making, face painting, hands-on education, clowns, magic shows, live music, mad scientist, the Backyard Circus, street performers and more. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

17-18—VICTORIA: Victoria Dog Obedience Club Annual Show Victoria Community Center. 361/572-8371

18—HOUSTON: Doll Show Marriott Hotel, 9100 Gulf Freeway. 713/723-1762

19—ALVIN: Alvin-Manvel Chamber of Commerce Annual Golf Tournament Begins at 11:30 a.m. Southwyck Golf Club. 281/331-3944

20-Nov. 12—WEST COLUMBIA: Showing of the Quilts Miss Ima Hogg's family quilts are displayed throughout the Plantation House. Varner-Hogg Plantation State Historic Site. www.tpwd.state.tx.us 979/345-4656 Gulf Coast

22—HARLINGEN: Zonta Club of Harlingen Third Annual Golf Tournament This is an all ladies golf tournament. Stuart Place Country Club. 956/361-9764 Gulf Coast

22, 24-25, 30-Oct. 2—HOUSTON: Mentors & Prodigy (Fall Repertory Program) Houston Ballet performs. Wortham Theater Center. www.houstonballet.org 713/227-2787 Gulf Coast

23—HARLINGEN: Boots & Diamonds Third Annual Fund-raising Dance Hours are 9 p.m. to 1 a.m. Casa de Amistad, 1204 Fair Park Blvd. 956/423-9304 Gulf Coast

23-24—GALVESTON: The Kingston Trio & The Brothers Four Tribute to the folk-rock music of the 1960s includes songs from a time when folk music made the pop charts. Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894 Gulf Coast

23-24—HOUSTON: Houston Dance Coalition & Dance Source Houston Evening of contemporary dance at Miller Outdoor Theatre, Hermann Park. 713/284-8350 Gulf Coast

23-24—WINNIE: Texas Rice Festival BBQ Cook-Off IBCA-sanctioned cook-off includes live music, horseshoe pitching, Saturday Texas music concert and more. Winnie-Stowell Park. www.texasricefestival.org 409/296-4404 Gulf Coast

23-25—GROVES: Pecan Festival Includes carnival rides, arts & crafts, music and bands. Lions Park. Pecan Festival Pageant is Sept. 18 at the Port Arthur Civic Center. 409/962-3631 Gulf Coast

23-25—KEMAH: Eighth Annual Jazz Fest Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624 Gulf Coast

23-Oct. 1—ROSENBERG: Fort Bend County Fair Features big-name entertainment, youth and adult exhibits, midway rides, food vendors and pro-odeo events. Fort Bend County Fair Grounds, 4310 Hwy. 36 S. www.fbcfa.org 281/342-6171 Gulf Coast

(Continued on Page 23)



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Lakes on Eldridge North

Texas Events - (Continued from Page 22)

24—ALVIN: Phi Theta Kappa Septemberfest Hours are 8 a.m. to 4 p.m. Alvin Community College. 281/331-0082 Gulf Coast
 24—HARLINGEN: Fiesta of Freedom Dance/Auction Hours are 9 p.m. to 1 a.m. Harlingen Community Center, 201 E. Madison St. 956/399-9346 Gulf Coast
 24—HOUSTON: Fairfield Fall Garage Sale Benefits the Fairfield community and helps collect funds for children's programs. Traders Village. www.tradersvillage.com 281/890-5500 Gulf Coast
 24—PORT ARTHUR: Clouds of Glory Presents gospel music. Port Arthur Civic Center. 409/724-7168 Gulf Coast
 24—VICTORIA: Inez Volunteer Fire Department Fund-raiser Includes a meal and auctions. Begins at 4 p.m. Inez Community Center. 361/573-3076 Gulf Coast
 24-25—BEAUMONT: Golden Triangle Quilt Guild Show Beaumont Civic Center, 701 Main St. 409/962-1737 or 409/697-2829 Gulf Coast
 24-25—CORPUS CHRISTI: Seashore Marketplace Includes marketplace and live music. Balli Park Pavilion on North Padre Island. www.seashoremarketplace.com 361/332-9978 Gulf Coast
 24-25—LEAGUE CITY: Oak Tree Festival Features craft, jewelry and food vendors; live entertainment; children's area with clown, moon walk and train; and annual Little Miss and Little Mr. Oak Tree Pageant. Hours are 10 a.m. to 6 p.m. Saturday and 10 a.m. to 5 p.m. Sunday. League Park. www.oaktreefestival.com 281/332-3953 Gulf Coast
 24-25—SPRING: Old Town Spring Heritage Rod Run www.longhornrodandcustom.com 800/653-8696 or 281/353-9310 Gulf Coast

28-Oct. 1—WINNIE: Texas Rice Festival Enjoy great food, carnival, livestock show, farm equipment exhibit, top Texas and Nashville entertainers, vendors, arts & crafts and more. Winnie-Stowell Park. E-mail: trf01@alltel.net • www.texasricefestival.org 409/296-4404 Gulf Coast
 29—HARLINGEN: Fall Pops Concert Sponsored by South Texas Chorale. Begins at 8 p.m. Harlingen Municipal Auditorium, 1204 Fair Park Blvd. 956/428-6003 Gulf Coast
 29-Oct. 1—PASADENA: Livestock Show & Rodeo BBQ Cook-Off www.pasadenarodeo.com 281/487-0240 Gulf Coast
 30-Oct. 1—HOUSTON: Houston Grand Taiko Festival Enjoy traditional and contemporary Taiko drumming and classical Japanese dance at Miller Outdoor Theatre, Hermann Park. 713/284-8350 Gulf Coast
 30-Oct. 1—VICTORIA: Team Rope Victoria Community Center. 713/501-7423 Gulf Coast
 30-Oct. 2—CORPUS CHRISTI: Bayfest 2005 Brings people together in a colorful explosion of music, arts & crafts, children's activities, entertainment, fun, food and game booths. North Shoreline Boulevard. www.bayfesttexas.com 361/887-0868 Gulf Coast
 30-Oct. 2—LAKE JACKSON: Gulf Coast Golf Fest This 54-hole tournament is played at the Wilderness Golf Course, Riverside Country Club and Columbia Lakes Resort. 979/265-2505 Gulf Coast

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