



LAKES

ON ELDRIDGE
NORTH

Volume 4, Issue 12

December 2005
Official Newsletter

LOEN Ladies Club

We invite all women of Lakes on Eldridge North to join the LOEN Ladies Club. We are currently 85 members strong and growing. We would love to see new members join, get involved and bring together the community.

Check us out on the web! : www.loenladiesclub.com

Our latest events include:

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.



Book Club

Will meet 12/05/05 and discuss the book Please contact Anne Glendinning with any questions 832-667-7298 aglendinning@houston.rr.com



Bridge

Any interested players should contact Babs Clingo at (713-983-7345) or clinkle@sbcglobal.net

(Continued on Page 2)

Kindred Hospital Houston Northwest offers Free Support Groups and classes to the Community

Free Better Breathers Support Group meets the 4th Wednesday of each month at 10:30 am – 11:30 am in the hospital cafeteria. Better Breathers is a support group for individuals who suffer from chronic lung disease. The next meeting will be earlier in the month due to the upcoming holiday.

November 16th, "Eating Throughout the holidays", presented by Mary Ann Kinart, RD

Free Diabetes Support Group meets the 1st Tuesday of each month from 6:30 pm – 7:30 pm in the hospital cafeteria led by Sylvia Kircher, RN, CDE, CPT. **The next meeting will be December 6th.**

Free Diabetes Teaching Classes

These 3 classes will be given the 1st Saturday of each month. They can be taken all at once, one at a time or whatever is most convenient for your schedule. Our 1st Saturday is December 3rd in the hospital cafeteria. All classes led by Sylvia Kircher, RN, CDE, CPT

8:30 am – 10:30 am	Introduction to Insulin Pumps
10:30 am – 12:30 pm	Basics of Carb Counting
1:30 pm – 3:30 pm	Getting the most out of your insulin pump

For more information or to RSVP please contact Tere Kelly @ 281-517-1008
Kindred Hospital Houston Northwest is located at 11297 Fallbrook Dr.

Seasons Greetings



LAKES

ON ELDRIDGE NORTH

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LOEN Ladies Club - (Continued from Page 2)



LOEN Couple's Dinner

Join your neighbors and friends for an evening out. December 2nd - Couples Dinner Club Holiday Party - The Melting Pot, 6100 Westheimer, 6:30 PM. Please RSVP to Becky at kvogel2263@aol.com .

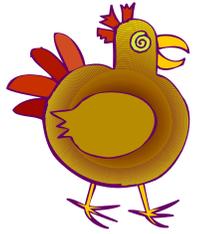
If you are interested in joining the group, call or email us.
Darla Kitchen - 832-243-9871 djkitchen@hotmail.com
Reagan Vickich - 713-896-8133 reaganvickich@hotmail.com
Becky Vogel -713-856-6130 kvogel2263@aol.com

Lunch Brunch

Meeting 12/07/05- - The Whistle Stop Tea Room, 107 Commerce in Tomball, 11:45 AM. Meet at the Recreation Center Club House at 10:45 Am for carpooling. We will be doing a little shopping afterwards! Please RSVP to Becky at kvogel2263@aol.com.

Chickless Hens Coffee

Are you "chickless"? Is your nest empty, or "nearly" empty? Join us December 2nd - Chickless Hens Heritage Park Christmas display tour with lunch to follow. Meet at the Recreation Center Club house at 9 AM for carpooling. A \$6.00 advance ticket is needed for this event.



**Ladies Club General Meeting

November 29th - Ladies Club Holiday Party, Goode Company Seafood, 10211 Katy Freeway, 7 - 9 PM. Join us in lieu of our regular meeting for food, drinks and making merry!

No December Meeting. Next meeting :January 31- LOEN Rec Center Club House 7pm.

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

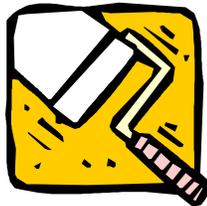
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Thyme Out for Gardening: Herbs, Part II



I hope you had a chance to plant some herbs in October or November. But if you didn't, it's not too late. You can still plant cilantro, fennel, parsley and dill and most of the perennial herbs. If the temperature drops too low one night, you might lose one or two newly installed plants but they should do just fine for the most part. In addition to the above mentioned herbs, many other culinary herbs will be available for you to

use all winter, once they've gotten established in the garden. These include bay laurel, chives, oregano, rosemary, sage, salad burnet, and thyme. Mints and lemon balm might look a little scraggly if we have an extended cold spell, but you can usually find a few good leaves to use. For those of you who have some herbs that you might like to use in your holiday cooking, we're going to continue our herb discussion this month by talking about harvesting your herbs. Next month we'll talk more in-depth about individual herbs to help you plan what herbs you might want to have in the garden this spring.

The most important thing to remember is that your culinary herbs are supposed to be used! The plants benefit from the light "haircuts" you give them when you pick a few sprigs to use in your cooking. But never stress your herb plants by cutting them too severely, unless you're harvesting an annual at the end of the season. Herbal flavor comes from

the essential oils in the leaves, and those oils are said to be the strongest early in the morning. Herbs release their oils when crushed or when subjected to heat through cooking or the noonday sun. For best flavor, herbs are supposed to be picked in the morning, just after the dew has dried. I seldom plan that far ahead, and find that the herbs I pick in the evening to use as I'm making dinner still taste good. If you are a "planner," you can cut your fresh herb stems in the morning, place them in a jar of water (just like a flower arrangement), and leave them on the counter until supper time.

Washing your herbs before using them is a source of debate. The issue isn't pesticides (since you shouldn't use pesticides around your herbs) but rather garden dust vs. flavor. Some cooks feel that losing the essential oils in the rinsing process affects flavor and don't wash their herbs at all. I've known other cooks (yes, they're "planners") who will spray their herbs with water in the early morning, wait for the leaves to dry, and then pick them because they feel that this provides maximum cleanliness and flavor. I usually just give my herbs a very quick rinse or dip in cool water right before I plan to use them and let them dry on a paper towel. Again, I haven't noticed a significant flavor loss.

The next step before cooking is to remove any discolored, bug-eaten, or otherwise damaged leaves. The remaining leaves should be removed from their stems if the stems are too woody to use in your recipe, and chopped as per the recipe's instructions. I sometimes just cut herb leaves into smaller pieces with kitchen shears. Bay leaves and herbs used for

(Continued on Page 6)

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during this beautiful holiday season and for the coming year!
Thanks for your business!!*



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Thyme Out for Gardening - (Continued from Page 5)

garnish are usually left intact. When making soups or stews, some cooks prefer to make bundles of entire herb sprigs or place them in cheesecloth for easy removal.

If you plan to preserve your herbs for future use, there are numerous approaches to freezing and drying them. My favorite method is air drying, using some trays John made for me several years ago. The trays are basically wooden rectangles with metal mesh screening tacked on as the bottom surface. Each tray has a one-inch "foot" on the bottom of each corner (this can be dowels or drawer knobs, whatever works) to allow for air circulation underneath. After I've rinsed the herbs, let them dry and removed the damaged leaves, I'll place entire sprigs, spaced in a single layer, on the screening and cover them with a paper towel to keep the dust off. For an herb with large leaves, I place the individual leaves on the tray. I put the trays in an out of the way spot in a spare room and let our a/c or heating system go to work on them. I check the herbs every 2 or 3 days just to make sure they're drying properly with no mold or mildew, and turn them. When they're crispy dry, which seldom takes more than a week, I take the leaves off of the stems (they come off very easily) and place them in small clean glass jars or store them out of the light. I usually check the jars in a few days to make sure no condensation has developed. Condensation indicates the herbs did not dry thoroughly. Although I've never found any bugs in my herbs, I also check the herb jars periodically to make that no little critters have made an appearance. These dried herbs keep well for at least 6 months - when they've lost their aroma, it's time to toss them in the compost

pile. The rule of thumb for using dried herbs in your cooking is to use 1/3 the amount that you would use fresh because dried herbs have a stronger, more concentrated flavor. If a recipe calls for 3 tablespoons of a fresh herb, start with 1 tablespoon of dried. You can always adjust the seasonings!

The seeds of annual herbs such as cilantro, dill, and fennel can be dried for culinary use or to start more herbs next winter. The seeds form once the herb flowers. It takes several weeks for the seeds to fully develop and for the seedpod or seed head to dry on the plant. For culinary purposes, I usually wait until the pods start to turn brown and then harvest them and let them finish the drying process on the trays. If you wait too long to harvest the pods, the pods will split and disperse the seeds into the garden. This is great if you prefer to let your plants decide for themselves where they want to come up next year, but you won't have the seeds for cooking this year. Check your drying seeds carefully for bugs - the seedpods are more likely to host little weevils and other insects than are the leaves. Once the seeds are thoroughly dry, place those you want to use for cooking in glass jars and store them in the freezer. The freezer keeps them fresher, and helps keep the bugs at bay. If you want to use the seeds for next year's plants, leave the pods on the plants until they look like they're about to lose the seeds. The seeds will often rattle inside the pods when they are ready and turn a darker brown. When ready, cut the pods and let them dry for a few more days inside. You can shake or open the seed pods into a brown paper bag to release the seeds. Put the dried seeds in a small paper envelope, seal it, and write the contents and the date on the outside of the envelope.

(Continued on Page 7)

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Thyme Out for Gardening - (Continued from Page 5)

I put the envelopes inside a jar or plastic container with a desiccant to absorb the moisture and store the whole container in the refrigerator. A tablespoon or two of powdered milk wrapped in tissue paper makes an excellent, non-toxic, moisture-absorbing packet.

As I mentioned, there are many ways to use and preserve your herbs and we haven't had the space to even mention potpourri and other herbal crafts! There are many excellent herb books on the market that can help you learn everything you need to know about herbs and the absolute best herb book for our area is Southern Herb Growing by Madeline Hill and Gwen Barclay, with Jean Hardy. First published in 1987 and still in print, this book is the "go-to" authority for growing, harvesting, and using herbs. It's filled with good advice, photographs and recipes and would make an excellent addition to your gardening (or cooking) reference library.

December Gardening Notes: Those of you who were here during 2004's white Christmas Eve know first hand how truly wacky our Gulf Coast winter weather can be. Although our winter temperatures are usually mild, they can vary from a balmy 80 degrees one day and drop into the 'teens a few days later. Our Gulf Coast gardens never take a "long winter's nap" and this leaves us with a wide range of gardening chores to choose from on any given day. If we're not covering plants or hauling them in and out to protect them from a frost, then we can be out deadheading, watering, and fertilizing our winter annuals or planting trees and shrubs. And then there's always my least favorite and never ending chore (more like an all out war, really) – attempting to eradicate

the pervasive and seemingly immortal purple nutsedge, a.k.a. "nut grass."

But enough about garden chores - it's the holidays! Take some time away from the working, and the shopping, and the cooking to simply relax and enjoy your garden. Watch the birds pick the berries in your hollies and listen to the breezes blow through your wind chimes. If it's a pleasant day, see if you can find some insects hard at work or maybe a lizard or two out sunning themselves.

Enjoy the benefits of your previous work in the landscape and bring the outdoors in – in the form of flower arrangements. Relax...I'm not talking about elaborate swags or garlands or sculptural creations. Just clip some branches from your favorite evergreen shrubs and put them in water in your favorite vase. Cut the base of the stems at an angle so they can take up more water, remove any leaves that may be below the water line, and change the water once in a while. It's that simple. Add a few flowers and/or a bow if you want to - you'll have a fresh arrangement that will last for weeks. If your flowers fade, change them out while keeping the same the greenery in the vase. Here are some suggestions for your arrangement: Wax Myrtle, any of the evergreen hollies (Yaupon, American, Burford, etc.), Boxwood, Nandina, Cherry Laurel, Pittosporum, Magnolia, Holly Fern, and Rosemary. Use them alone or in combinations, and feel free to experiment – look around your landscape and use your favorites.

Until next month, Happy Holidays and Happy Gardening!

By Lisa M. Rawl, TMG & TMN; lmrjkk@earthlink.net;

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Yorkshire Academy

Yorkshire Academy recently presented 'It's NOT Just About the Turkey', starring 2nd Grade with Kindergarten and First Grades having supporting/chorus roles.

MotherWise News

The MotherWise group will gather for a cookie exchange and luncheon on Thursday, December 1, 2005. The group will also have one regular meeting on Monday, December 5, 2005 before taking a break for the holidays. Also, in December, the group will contribute to the annual toy drive of the Bear Creek Assistance Ministries. MotherWise is a nondenominational bible study group and all are welcome and invited to attend any of the meetings. For further information about MotherWise, please call Kathy Prusak at 713-937-7707 or Elizabeth Tobin at 832-467-1369.

For up-to-date announcements and information
check our neighborhood website:
WWW.LOENHOA.COM

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for the Holiday season!!!*

“Real” facts about our neighborhoods:

In the last 12 months prior to November 10th, 2005 homes with a pool in LOEN and LOE sold for an average of \$5/sqft more than comparable homes without a pool.



Danielle Gebara

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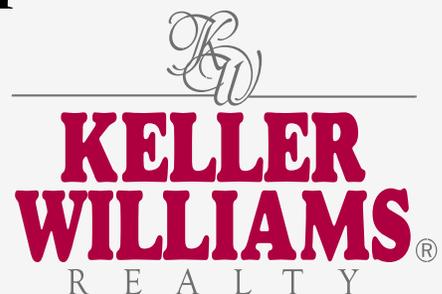
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Lakes on Eldridge North

Overweight and Your Environment

For years, people fighting overweight have been told that it's simple: limit the calories, increase the exercise, and the weight will come off. Well, it's simple all right, but not easy, and in trying to explain this perplexing difficulty, people have come up with a variety of theories to explain why a person becomes and stays overweight, from simple laziness, to addiction or genetics. In other words, many of the explanations lay the blame on the person. In some cases, these internal explanations may be accurate, but as recent research has explained, there may be other, environmental, factors involved.

Be aware of your environment

Your neighborhood is one example of an environment. A paper published in the British Medical Journal reports on a surprising relationship between obesity in adults with graffiti and greenery. We have all seen neighborhoods where there are more "incivilities" than in other neighborhoods. These incivilities (like pet messes, litter, graffiti, and the lack of trees and other plants) are factors that make life less pleasant. What the researchers found is that the more of these unpleasant factors in a neighborhood, the more likely its residents are to be obese or less physically active. In fact, in neighborhoods with high levels of incivilities, residents are 50 percent less likely to be physically active and about 50 percent more likely to be overweight or obese.

Another environment is your dining area, which for many folks includes a television. Many studies have noted a strong relationship

between television watching and overweight, including watching TV during meals. Several explanations have been offered for this, including that the more hours a person spends in front of a TV, the less active that person usually is; that watching TV during meals often continues beyond mealtime and expands the time spent sitting in front of a TV; and that TV advertising and programming encourages viewers to eat unhealthful foods. It's also been suggested that watching TV while you're eating distracts you from your body's signals telling you that you're full. Whatever the reason, the best strategy may be to turn off the TV during meals or even get rid of it.

An even smaller scale environment is your plate. A study on food intake by adults, this one published in The American Journal of Clinical Nutrition, shows that the more food there is on your plate, the more you're likely to eat, even if you stop being hungry. This suggests that if you're trying to control your food intake, the best approach is to decide what and how much you should eat, put that on your plate in the kitchen, and then take your plate to the table, leaving the serving bowls and platters behind.

This means also that eating out can be a particular challenge because you don't have as much control over the portions served on your plate. Eating at other people's houses, as many will do during the holidays, can be difficult for the same reason. In a restaurant, it's

(Continued on Page 11)

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Overweight and Your Environment - (Continued from Page 10)
 a bit easier, because you can ask the server to reduce the portions or simply not bring you the foods you've decided not to eat.
 Recognize the situation

So many of us have been brought up with the notion that whatever goes wrong is due to a character flaw or other fault within individuals. This fallacy, called the Fundamental Attribution Error, has stopped many from recognizing the power of a person's surroundings to affect behavior. But once you recognize it, you can take action to protect yourself and better your health.

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Guitar Lessons	
Katherine, 15 **	832-243-9893 (LOEN)
Swim Lessons	
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Ryan, 15+	713-896-7941 (LOEN)

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Texas Events - December

1—ALVIN: Festival of Lights 281/756-3686

1—BAYTOWN: Christmas Parade Tree lighting ceremony kicks off events at 6:15 p.m. Parade begins at 6:30 p.m. down Texas Avenue. E-mail: pard@baytown.org 281/420-6597

1—FREEPORT: Holiday on the Brazos Municipal Park. 979/233-3306

1—NASSAU BAY: Photography Exhibit The Arts Alliance Center at Clear Lake. 281/335-7777

1-4, 8-11, 15-18—DICKINSON: Beauty & the Beast Captivating musical is based on the Disney animated film. Shows are 8 p.m. Thursday through Friday and 2:30 p.m. Sunday. Bay Area Harbour Playhouse, 3803 Hwy. 3. www.harbourplayhouse.com 281/337-SHOW

1-15—HOUSTON: Exhibition of Works by Cuban Artist Kcho Since his first exhibition in 1986, Kcho — Alexis Leyva Machado — has taken the iconography and items from everyday life in Cuba and molded them into an artistic statement. New World Museum. www.newworldmuseum.org 713/426-4544

1-24—SPRING: Home for the Holidays www.oldtownspringtx.com 800/653-8696 or 281/353-9310

1-31—LA PORTE: Yuletide Texas See the battleship adorned with lights, ornaments and decorations in the spirit of the season. Battleship Texas State Historic Site, 3527 Battleground Road. 281/479-2431

1-Jan. 8—CLEAR LAKE AREA: Speed Presents a hyper-fast look into the physics and mathematics that impact speed in real situations. Space Center Houston, 1601 NASA Road 1. www.spacecenter.org 281/244-2100

1-Jan. 8—HOUSTON: The Surreal Calder Upon close examination, it is clear that Alexander Calder had strong surrealist origins. The exhibition consists of nearly 60 objects created between 1932 and 1947. The Menil Collection. www.

menil.org 713/525-9400

1-Jan. 14—HOUSTON: Klee & America Exhibition comprises about 80 works. Explores the reason's behind the German-born artist's enthusiastic reception in the United States, especially during the 1930s and 1940s. The Menil Collection. www.menil.org 713/525-9400

1-Jan. 22—HOUSTON: Robert Gober: The Meat Wagon The Menil Collection. www.menil.org 713/525-9400

2—HOUSTON: Jubilee of Dance: A Celebration of Movement Showcases the depth and range of the Houston Ballet company in a program of premieres and excerpts from signature works and beloved classics. Wortham Theater Center. www.houstonballet.org 713/227-2787

2-4, 9-11—BAYTOWN: Steel Magnolias Baytown Little Theater. E-mail: ellenbradj@aol.com 281/424-7617

3, 17—ALVIN: Peddler's Market 281/331-4491

3—LA PORTE: Pearl Harbor Ceremony Commemorates the Dec. 7, 1941, bombing of Pearl Harbor. Join in paying respect to those whose sacrifices saved our freedom. Begins at 11 a.m. Battleship Texas State Historic Site. 281/479-2431

3—MANVEL: The Naked Rib Smokehouse Car Show 281/489-1000

3—PASADENA: Yuletide Celebration The public is invited for a traditional celebration at a 1890s farmhouse. Armand Bayou Nature Center, 8500 Bay Area Blvd. 281/474-2551

3—RICHMOND: Miracle on Morton Street Features Santa making his grand entrance by rappelling from a water tower, street entertainment, vendors, visits with Santa and children's activities. Held in conjunction with the Candlelight Tour of the Historic John Moore Home. www.historicrichmond.org 281/341-8033

(Continued on Page 15)

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Lakes on Eldridge North

Texas Events - (Continued from Page 13)

3—ROSENBERG: Christmas in Rosenberg Features food and craft vendors, traditional Christmas entertainment, light parade, visits with St. Nick, Rosenberg Railroad Museum tours, SnowLand and more. Hours are noon to 9 p.m. Historic Downtown Rosenberg, between 2nd and 4th streets and Avenues F and G. www.rosenbergtourism.com 832/595-3520

3-4, 9-11, 15-24, 26—HOUSTON: The Nutcracker This ballet is a holiday treat. Wortham Theater Center. www.houstonballet.org 713/227-2787

3, 10—ALVIN: Breakfast with Santa 281/388-4300

4—PASADENA: Philharmonic Society Symphony Concert 713/941-3332

6—ALVIN: ACC Foundation Evening Annual Christmas Gala 281/756-3600

6-18—HOUSTON: Cats Create a new holiday memory with this Andrew Lloyd Webber classic. Hobby Center for the Performing Arts, 800 Bagby. www.tuts.com 713/558-TUTS or 888/558-3882

7-Jan. 15—HOUSTON: Baby: A Musical Three couples react differently to the news that they will have a baby. www.stagestheatre.com 713/527-0123

9-10, 16-17—RICHMOND: Campfire Christmas George Ranch Historical Park. www.georgeranch.org 281/343-0218

9-11, 16-18—HOUSTON: Winter Wild Festival Features music of the season, delicious holiday treats from Ms. Claus' Kitchen, unique "Sea Lions in Winter" show and more than 500,000 spectacular twinkling lights. Houston Zoo. www.houstonzoo.org 713/533-6500

10—CLEAR LAKE AREA: 44th Annual Christmas Boat Parade More than 100 beautifully lighted and extravagantly decorated boats travel leisurely through the lake and up the Clear Creek Channel to Galveston Bay. Begins at 6 p.m. Parade can be viewed along the shoreline in Seabrook and Kemah. www.boatparade.classroompages.net 281/338-0333 or 877/285-3624

10—FRIENDSWOOD: Holiday Lighted Parade The lights and music will put viewers in the holiday spirit. Take a picture with Santa. Begins at 6 p.m. South

Friendswood Drive. E-mail: fwdchmber@swbell.net • www.friendswood-chamber.com 281/482-3329

10-11, 16-18—HOUSTON: Christmas Revels 2005 This annual celebration of the winter solstice travels back to the 18th century to follow the journey of the "Voyageurs" as they canoe the Trois Rivieres of French Canada. Moores Opera House, University of Houston. www.revelshou.com 713/669-9528 or 713/668-3303

10-23—HOUSTON: The Toys Take Over Christmas Tells the story of Sunny, a rag doll, who comes to life when the Toymaker sprinkles her with magic dust. The Toymaker refuses to part with any toys, preferring to keep them to himself. Sunny makes an astonishing discovery that divides the loyalties of her newfound friends and jeopardizes the Toymaker's claim to be the "greatest toymaker in the world." www.stagestheatre.com 713/315-2525

16—ALVIN: Christmas Train Victory Camp. 281/388-2267

21—ALVIN: AYLAA Barrel Race www.aylaa.org 281/388-1129

31—BAYTOWN: The Complete Works of William Shakespeare (Abridged) Baytown Little Theater. E-mail: ellenbradj@aol.com 281/424-7617

31—CLEAR LAKE AREA: Fireworks over Clear Lake From a barge on Clear Lake, view this show that begins at midnight. Celebrate the New Year while watching this magnificent fireworks display. www.seabrooknow.com

31—DICKINSON: New York, New York! Spend New Year's Eve with the great music of Old Blue Eyes. Bash is complete with champagne breakfast, party hats, noise-makers and all. Bay Area Harbour Playhouse, 3803 Hwy. 3. www.harbourplayhouse.com 281/337-SHOW

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