



# LAKES

ON ELDRIDGE

NORTH

Volume 5, Issue 5

May 2006  
Official Newsletter

## THE 2006 SPRING FLING COMMITTEE WISHES TO THANK OUR GENEROUS CASH DONORS

*Many, Many Thanks!*

The LOEN Ladies Club would like to thank everyone who made the 2006 Family Fest a huge success. Without the following donors, the Spring Fling would not have been possible. The cash donors for this year's event were:

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We would also like to send a huge thanks to our raffle donors:

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- GREAT SHAPES
- STEVE TRIGGS
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## Sprint Into Health Community Blood Drive & Health Fair

(Houston, Texas—June 8, 2006) Come out and be a part of this effort toward a healthier community. You will be exposed to better diet tips, a variety of screenings, community resource guides, children's attractions and a community blood drive.

The Health Fair & Blood drive will take place on Thursday, June 8, 2006, 10 am to 2 pm, at Kindred Hospital Houston Northwest, 11297 Fallbrook Dr., in the 290/1960 Jones road area. For more information please call 281-517-1008.

Health screenings will include blood pressure, blood sugar testing, diabetes education, cholesterol, body fat, bone density, pulmonary function testing, vision screening, children's fingerprinting, fire safety, breast cancer awareness, Heart health, pet safety, pool safety, women's health, foot screenings, dental health, Ask the Doctor booth, children's games and much more.

All attendees will be eligible for one of many door prizes. Please join us in donating blood, "the gift of life" if you are in general good health and over 17 years of age.

**ALL SCREENINGS ARE  
FREE OF CHARGE**

View the  
**Lakes on Eldridge North  
Community Newsletter  
each month on-line at  
[www. PEELinc.com](http://www.PEELinc.com)**

# Lakes on Eldridge North

## IMPORTANT NUMBERS

VanMor Properties, Inc. ....281-493-0668  
 Fax .....281-493-5654  
 Kate Loeffler, Manager  
 Kim Stewart, 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 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. .... advertising@PEELinc.com, 512-989-8905  
 Adver./Donna Sommer..dsommerPEELinc.com, 832-237-4684

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Submit at [www.PEELinc.com](http://www.PEELinc.com)  
**PERSONAL CLASSIFIED ADS:** Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Submit classified ads at [www.PEELinc.com](http://www.PEELinc.com).  
**ADS:** Deadline for submitting ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter.  
 Please contact Peel, Inc. Sales Office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) for information on advertising.

### Vanmor Properties, Inc. Contacts

Manager - Kate Loeffler  
 Administrative Assistant - Kim Stewart  
 1505 Highway 6 South, Suite 110  
 Houston, Texas 77077  
 Phone - 281-493-0668  
 Facsimile - 281-493-5654

## LOEN Board Of Directors

Steve Woodall ..... President  
 Faheem Khawaja ..... Vice President  
 Lisa Carpenter ..... Director  
 Victor Elgohary ..... Director  
 Don Byrnes ..... Director

## Reminder

A gentle reminder for all residents of LOEN to stop by the office and pick up a LOEN windshield sticker if you haven't already done so. This sticker identifies you as a resident to the front gate attendants saving their time and allowing quicker entrance. It also identifies you as a resident to other residents who may be using the un-manned West Little York entrance.



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# Lakes on Eldridge North

## Pool Hours

### Catalina Shores Pool

Open weekends only in May

#### June - August 8<sup>th</sup>

Tuesday - Saturday 10 am - 8pm,

Sunday Noon - 8pm

(Lifeguards gone during the week days after public school starts)

### Sonora Canyon Pool

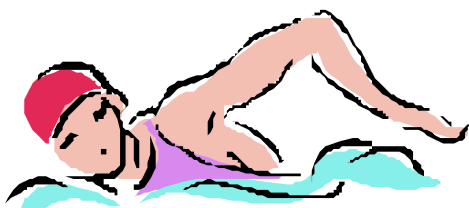
Open weekends only in May

#### June - August 8<sup>th</sup>

Monday, Wednesday - Saturday 10am -8pm

Sunday Noon - 8 pm

until August 8th - then pool open week days 4-8pm and full time on sat and sun through Sept 24th.



# Fiesta!

## – VBS – Fiesta: Where Kids Are Fired up about Jesus

Messiah Lutheran Church invites Children to attend Fiesta: Where Kids Are Fired Up About Jesus! This Vacation Bible School program is scheduled for June 12 - 16, from 9:00 until Noon.

Fiesta is fun for all ages from our youngest group of 3 year-olds to our older groups of 5th grade students. Our Fiesta program will include plenty of action as children will enjoy making crafts, playing exciting games, experiencing stories, eating tasty snacks, and singing catchy songs as they learn about God's love for them. Fiesta is an exciting way to make new friends while learning important lessons of life and love.

Registration forms are available through our church office. Children will receive a Fiesta T-shirt, make a different craft each day, receive a Fiesta Learners Book, nibble on Maraca Munchies, and collect Buddies each day to remind them of the daily treasure verse. CD's and Tapes of the songs that will be learned are also available. As always scholarships are offered, just let us know when you register that you would like to be considered for one. We encourage you to register early, do not let your children miss out on this great adventure.

On Friday evening, June 16, there will be a special closing program to celebrate the end of a fun filled week. The children will sing some of the new songs they have learned and share some of their favorite memories from the week. We encourage family and friends to join in this celebration.

We look forward to seeing you at Messiah the week of June 12-16 from 9:00 AM until noon. Reserve your spot today and bring a friend!

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular worship times are 5 PM on Saturday evenings (a casual service of song and sacrament), and traditional worship at 8 and 10:30 AM on Sundays. The Education Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or [www.messiahlc.org](http://www.messiahlc.org). All people are welcome at Messiah.

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# Lakes on Eldridge North

## Vacation Bible School

Jersey Village Baptist Church, 16518 Jersey Dr., is having Vacation Bible School on June 5–9 from 9:00 a.m – noon. VBS is a free week filled with fun activities for children who have completed PreK (4 years old by 9/1/05) to 5th grade (completed). This year’s theme is “Trek North to the Artic Edge: Where Adventure Meets Courage”. Registration forms are available at [www.jvbc.org](http://www.jvbc.org) or at the church office. For more information call 713.466.6102. All are welcome!

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## WHILE DRIVING AROUND

Due to the wet weather and cool temperatures the past couple months many homeowners are facing problems with mildew growing on siding and stucco – especially on the north or shaded portions of their homes. Left untreated the mildew is not only unsightly but can seriously damage paint and stucco resulting in expensive repairs.

Mildew, however, is easily removed when treated early. One of the simplest methods is a 10% solution of bleach and water applied with a garden sprayer. Wait 10 or 15 minutes and re-apply as needed. The typical pump-up garden sprayer will reach quite high on a house and the mildew most often disappears. Just spray with plain water afterward to rinse away any residue. Tougher problems may require stronger measures where a pressure washer is needed. Any number of contractors can safely provide this service if you have never used one (or don't care to!). Of course you want to be careful to cover any sensitive landscaping that might get hit by the spray or the run-off.

Treating mildew early keeps your home and community looking its best and helps avoid repainting more often than really needed. Check your home today to see if you are affected.

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# Lakes on Eldridge North

## HURRICANE PREPARATION

June 1 through November 30 is the Atlantic Hurricane Season. If a hurricane is predicted for the Houston area, the Houston/Galveston Weather Service Offices and the local Emergency Management Coordinator (Civil Defense Director) will release statements to the news media on the position and the intensity of the hurricane and their recommendations of which areas should be evacuated.

AMI hopes that the following checklist will assist you should a hurricane emergency arise:

### HURRICANE CHECKLIST

- \_\_\_ Have you planned and evacuation route? Do you know where the nearest shelter is?
- \_\_\_ Trim dead or weak branches from trees.
- \_\_\_ Do you have flood insurance? There is a 30-day waiting period before coverage is effective. Property insurance normally excludes flood.

### DURING A HURRICANE WATCH: LISTEN TO THE RADIO OR TV FOR HURRICANE PROGRESS REPORTS.

- \_\_\_ Check to be sure you have emergency supplies.
- \_\_\_ Fill all your cars with fuel.
- \_\_\_ Bring in all outdoor objects like lawn furniture, toys, garden tools, etc. Anchor objects that cannot be brought inside.
- \_\_\_ Protect your windows. While permanent shutters are the best protection, ½" plywood panels may be cut to fit each window. Mark which board fits which window and screw them into pre-drilled holes 18" apart.
- \_\_\_ Turn refrigerator & freezer to coldest settings. Open only when absolutely necessary.
- \_\_\_ Move boats to a designated safe place, or moor them securely. Secure boats to trailer with chain or rope. Use tie-downs to anchor the trailer to the ground.

### DURING A HURRICANE WARNING: KEEP YOUR RADIO OR TV ON AT ALL TIMES.

- \_\_\_ Get to shelter. When inside, avoid elevators and stay away from windows, skylights and glass doors.
- \_\_\_ Fill all bathtubs, jugs, bottles, pots & pans with water.

### IF POWER IS LOST, TURN OFF MAJOR APPLIANCES TO REDUCE POWER SURGE WHEN ELECTRICITY IS RESTORED.

#### IF YOU MUST EVACUATE:

- \_\_\_ Leave as soon as possible, avoiding flooded roads. Watch for washed out bridges.
- \_\_\_ Unplug all appliances. Turn off electricity and main water valve.
- \_\_\_ Tell someone outside the storm area where you are going.
- \_\_\_ If time permits, elevate furniture to protect it from flooding.
- \_\_\_ Take emergency supplies, warm protective clothing and blankets or sleeping bags with you.
- \_\_\_ Don't forget your cellular phone and battery pack for recharging.

### EMERGENCY SUPPLIES TO HAVE ON HAND...

- \_\_\_ Flashlight with extra batteries
- \_\_\_ Portable radio with extra batteries
- \_\_\_ First aid kit
- \_\_\_ Emergency food & water (bottled water and food that doesn't require refrigeration or cooking)
- \_\_\_ Hand operated can opener
- \_\_\_ Essential medicines (at least a 5 day supply)
- \_\_\_ Cash & credit cards (to buy necessities for at least 5 days)
- \_\_\_ Sturdy shoes and work gloves

### AFTER THE STORM:

- Avoid loose or dangling power lines and report them immediately to the power company, police or fire department.
- Beware of snakes, insects or animals driven to higher ground by floodwater.
- Check gas, electrical and water lines for damage. Wear heavy shoes and work gloves to protect against debris and broken glass.
- Open windows and doors to ventilate and dry your home.
- Check refrigerated foods for spoilage.
- If you sustain any damage from the storm, report it as soon as possible to your insurance agent.



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# Tim Ziifle

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## Landscaping Tips

- 1) If you haven't fertilized your lawn, this needs to be done now! Below are some other items you can do as well.
- 2) With St. Augustine grass in full growth pattern right now, we can start filling in low areas with sand (no more than 1" at a time) and lightly rake in. Doing this after your grass has been cut, makes things a lot easier. After this you can fertilize your grass.
- 3) Dethatching and aerating your grass (if needed) should be done now. Lower mower height down as low as you can get it with out going into dirt. Dethatch first, then pick up debris left over, make sure you clean up real well. Afterwards you can go ahead and aerate. Any plugs that are left over can stay in the grass, as they will dissolve. You can fertilize after these functions.
- 4) Make sure that you are on a regular watering program at least 3 to 4 times per week, etc.
- 5) The fertilizer that you use is recommended

- for St. Augustine grass or Bermuda (Southern Grasses), like a 28-5-10 or equivalent, slow release fertilizer that will last about 3 to 4 months.
- 6) You can also start treating for Chinch Bugs, Sod Webworms, Grubs, etc. (right around the corner and needs to be treated for prevention), your local Nursery, Home Depot, Loews, etc. will have these products. This will also take of any ant problems at the same time, treat all areas of your lawn.
  - 7) You still have at least through April and May to fertilize your Azaleas, after May you should stop, no more fertilizer unless it is Iron to help in greening. If Azaleas have finished blooming go ahead and trim back fairly heavy, because you do not want to trim any later due to any blooms that may have developed for fall or early Spring blooms, etc.
- \*Please note that the Dethatching and Aeration machine can be rented at most Rental Stores.  
Thank you, Todd May

### Advertising Information

- Please support the businesses that
- advertise in the Lakes on Eldridge
- North Newsletter. Their advertising
- dollars make it possible for all Lakes
- on Eldridge North residents to receive
- the monthly newsletter at no charge.
- No homeowners association funds are
- used to produce or mail the newsletters.
- If you would like to support the
- newsletter by advertising, please
- contact Peel, Inc. Sales Office at 512-
- 989-8905; advertising@PEELinc.com.
- The advertising deadline is the 10th of
- each month for the following month's
- newsletter.

### Classified Ads

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# Lakes on Eldridge North

## Texas Events - May 2006

10—SAN BENITO: El Segundo Weensdee Enjoy an oral history series on conjunto music. Begins at 7 p.m. Narciso Martinez Cultural Art Center, 225 E. Stenger St. 956/361-0110

11-13—HOUSTON: Grand Prix of Houston Offers three days and nights of speed and entertainment featuring world-class Champ Car and American Le Mans Series auto racing. One Reliant Park. www.grandprixofhouston.com 713/659-7223 or 713/867-3180

1-14—POaRT NECHES: Riverfest "Thunder on the Neches" Features boat races, food and craft vendors, carnival and more. Port Neches Park. E-mail: pncoc@swbell.net • www.portnecheschamber.com 409/722-9154

12—HARLINGEN: Sixth Annual Chamber Golf Tournament Format is a three-man Texas scramble. Shotgun start is 1 p.m. www.harlingen.com 956/423-5440

12-14—CRYSTAL BEACH: Texas Crab Festival Celebrate Mother's Day Weekend with live music, Crab Legs Contest, crab races, Texas Crab Festival Weiner Dog Nationals, shopping, carnival, festival foods and a cook-off of the tastiest crab dishes on the Texas Gulf Coast. Gregory Park, Hwy. 87. 409/684-5940 or 800/386-7863 Gulf

2-14, 18-19—VICTORIA: The Odd Couple (Female Version) Shows are 8 p.m. with a 2 p.m. Sunday matinee. Leo J. Welder Center

13—HARLINGEN: "Blues on the Hill" Features blues music with several bands performing. Lawn chairs and beach towels are welcome. Hours are 6 to 10 p.m. McKelvey Park, 1325 S. 77 Sunshine Strip. 956/427-8870

13—HOUSTON: Everyones Art Car Parade Showcases Houston's most outlandish folk art creations on wheels. The Fruit Mobile, a 1967 Ford

station wagon, started the craze in 1986. www.orangeshow.org 713/926-6368

3—PASADENA: Bayou Boil Annual fund-raising event includes crayfish boil, silent and live auctions, music and crafts demonstrations. Armand Bayou Nature Center, 8500 Bay Area Blvd. www.abnc.org 281/474-5221

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

13-14—PORT ARANSAS: Anglers on Wheels Sponsored by Door in the Wall Inc., this fishing tournament is for the physically challenged. Woody's Sport Center. 210/637-8316

14—BROWNSVILLE: Pedal to Padre! Adventurous bicycle tour begins at the Brownsville Event Center and ends at Louie's Backyard on South Padre Island. www.RiverRockets.com 956/451-1500

15—PORT ARANSAS: Songwriter's Showcase Local singers/songwriters perform in the courtyard of the historic Tarpon Inn. 361/749-7334

18—HARLINGEN: Golden Palms Luau Reservations required. Golden Palms Retirement & Health Center. www.goldenpalmsrgv.com 956/389-4014

19—VICTORIA: Victoria Country Opry Community Center Annex. 361/552-9347

19-21—INGLESIDE: Round Up Days Festival dates back to 1974 but was fashioned after the Great Cattle Round Up of the 1800s. Live Oak Park, 1874 Port Ave. www.inglesidetxchamber.com 888/899-2906 or 361/776-2906

(Continued on Page 17)

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# Lakes on Eldridge North

## Texas Events- (Continued from page 16)

19-21—PASADENA: Strawberry Festival Offers a wide variety of food, arts & crafts, activities and entertainment for the whole family to enjoy. Pasadena Convention Center & Municipal Fairgrounds, 7902 Fairmont Parkway at Red Bluff Road. [www.strawberryfest.org](http://www.strawberryfest.org) 281/991-9500

19-21, 26-28—BROWNSVILLE: The Graduate Camille Lightner Playhouse. [www.camilleplayers.cjb.net](http://www.camilleplayers.cjb.net) 956/542-8900

20—BAYTOWN: Giant Yard Sale Hours are 9 a.m. to 4 p.m. Bicentennial Park. [www.baytown.org](http://www.baytown.org) 281/420-6597

20—LAKE JACKSON: Brazosport Symphony Orchestra Concert Begins at 7:30 p.m. The Clarion at Brazosport College. 979/265-7331

20—LAKE JACKSON: Gordon the Grouper's Birthday Party Hours are 10 a.m. to noon. Sea Center Texas. 979/292-0100

20—PORT NECHES: Trade Day on the Avenue Port Neches Avenue. 409/722-4023

20—RICHMOND: A Day on the Farm George Ranch Historical Park. [www.georgeranch.org](http://www.georgeranch.org) 281/343-0218

20—WHARTON: Southern Pacific Railroad Depot Restoration Dedication & Parade 979/532-8550

20-21—HARLINGEN: Super Rolling Thunder USSSA Tournament Begins at noon. Sports Complex Ball Park, 3139 Wilson Road. 956/245-0264

21—LA PORTE: 16th Annual Monumental Bug Bash The Bay Area Volkswagen Club hosts this annual car picnic. All makes and models of VWs are welcome. Hours are 9 a.m. to 4 p.m. San Jacinto Battleground State Historic Site. 713/398-0183 or 281/479-2431

23-Jun. 4—HOUSTON: Bombay Dreams Hobby Center for the Performing Arts, 800 Bagby. [www.tuts.com](http://www.tuts.com) 713/558-TUTS or 888/558-3882

24-Jun. 11—HOUSTON: Nickel & Dime: On (Not) Getting by in America Play adapts Barbara Ehrenreich's New York Times bestseller. [www.stagestheatre.com](http://www.stagestheatre.com) 713/527-0123

25, 27-28—HOUSTON: Classical X 3 Includes the American premiere of Stanton Welch's hyper-kinetic tutu ballet Velocity; company premiere of Play, Welch's quirky take on modern city life set to the music of DJ/techno artist Moby; and Sir Kenneth Mac Millan's neo-classical masterpiece Gloria rounds out the program. Wortham Theater Center. [www.houstonballet.org](http://www.houstonballet.org) 713/227-2787

25-Aug. 20—HOUSTON: Frank Stella 1958 Exhibition tracks the many changes of a young painter experimenting with the wide array of styles and formal possibilities available to him at a vital juncture in American art history. The Menil Collection. [www.menil.org](http://www.menil.org) 713/525-9400

27-29—PORT ARTHUR: S.A.L.T. Fishing Rodeo Pleasure Island. 409/735-4488 or 409/718-8787

29—BAYTOWN: Memorial Day Ceremony Honors veterans and heroes. Begins at 11 a.m. Veterans' Plaza at Bicentennial Park. [www.baytown.org](http://www.baytown.org) 281/420-6597

29—FREEPORT: Memorial Day Regatta Bridge Harbor Yacht Club. 979/233-2101

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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 submit at [www.PEELinc.com](http://www.PEELinc.com). All information must be received by the 10<sup>th</sup> of the month.

	Babysitting	Pet/Plant Sitter	Lawn Care	Car Washing	Window Washing	Golf Caddy Certified	Website Design/PC Assist.	Beginner Swim Instructor	
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Jessica, 16	•	•	•	•	•	•	•	•	713-937-1383
Erica, 14	•	•	•	•	•	•	•	•	713-937-1383
Thomas, 11	•	•	•	•	•	•	•	•	713-856-7372
Steven, 14	•	•	•	•	•	•	•	•	713-856-5666
James, 16	•	•	•	•	•	•	•	•	713-466-8298
Courtney, 12	•	•	•	•	•	•	•	•	713-493-0288
Tom, 14	•	•	•	•	•	•	•	•	713-466-6878
Elisse, 17	•	•	•	•	•	•	•	•	713-896-9495
Leslie, 11**	•	•	•	•	•	•	•	•	832-467-4842
Greta, 19	•	•	•	•	•	•	•	•	713-896-4170
Rachel, 13**	•	•	•	•	•	•	•	•	713-983-9706
Samantha, 16	•	•	•	•	•	•	•	•	713-983-9706
Max, 16	•	•	•	•	•	•	•	•	713-896-7941
Madelin, 19	•	•	•	•	•	•	•	•	832-230-5997
Mathilde, 17	•	•	•	•	•	•	•	•	713-849-5050
Katie, 17	•	•	•	•	•	•	•	•	713-896-7941

\*First Aid Certified with Boy Scouts      \*\*\*Fluent in Spanish  
 \*\* Red Cross Babysitting Program      + CPR (Red Cross WSI certified)



**May 14 is Mothers Day!**

***DON'T FORGET to remind Mom how much you appreciate all she does for you.***  
 Happiness, like most things, comes from mothers.  
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 Paradises aren't found with others,  
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 Yet even after paradise, we find  
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 However we find love, it can be only  
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 Retained from when we never could be lonely,  
 'Ere we left our mother's outsized knees.  
 So good it is to have that happiness  
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 Yearning backwards towards a mother's sigh.

*Nicholas Gordon*

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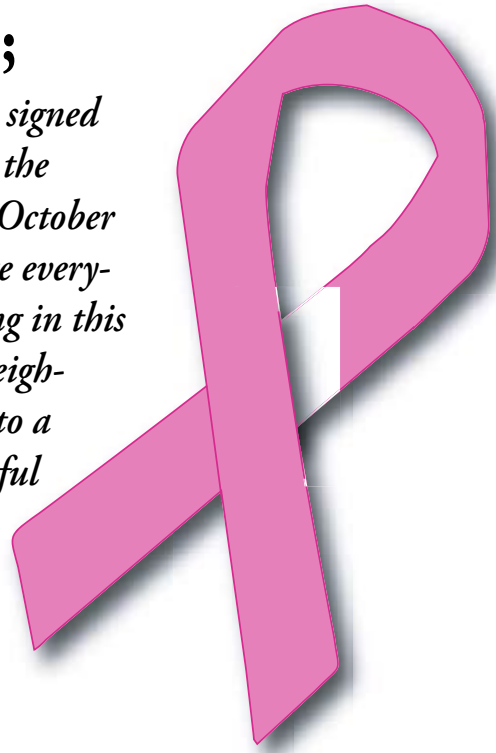
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## Dear LOE and LOEN residents;

*I am very excited to share with you that I have signed up to participate in the 3 day walk, organized by the Susan G. Komen Breast Cancer Foundation, on October 26-29 in Dallas/Fort Worth. I would like to invite everyone of you to join me in training and participating in this event. Training schedule, training walks in our neighborhood and support are available. If you are up to a challenge, ready to meet and train with a wonderful group of neighbors this is a great opportunity! For more information about the event you can visit the following web site: [the3day.org](http://the3day.org) and for our neighborhood training group, please call me directly at 832 788 6002.*



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# Lakes on Eldridge North

## Don't Let Your Body Follow Your Bicycle Downhill

Baylor College of Medicine

HOUSTON – (April 20, 2006) – You don't have to be an athlete or athletic to participate in this year's MS 150, but nutrition researchers say it is important to prepare your body for such a strenuous event.

"Intense exercise for long periods of time can take its toll on your body if you don't prepare correctly," said Dr. Deborah Thompson, assistant professor of pediatrics at Baylor College of Medicine. "It's not only important to train your body physically, but also to make sure that you give your body the proper nutrition to sustain itself during the event."

The night before the race, you may have the pre-race jitters, but it's important to get a good night's sleep and adequate fuel and fluid for the next day.

"Limit high fat foods and excessive amounts of caffeine and alcohol," said Thompson. "The meal the night before should be high in carbohydrates and low in



fat. Be sure to drink several glasses of water with your meal to help ensure your body is hydrated."

On race day, ideally, bikers should get up early enough to eat breakfast three to four hours before the start of the race. Thompson, also a nutritionist at the USDA/ARS Children's Nutrition Research Center at

Baylor and Texas Children's Hospital, offers these suggestions: cereal with skim milk and fruit, low-fat yogurt with fruit, or a low-fat, low-fiber muffin and a glass of skim milk. Avoid foods high in fat, fiber and/or sugar immediately before an event.

Thompson warns bikers against experimenting with different foods and fluids the day of the event; your body may react in unexpected ways, causing gastrointestinal distress that could limit both your performance and enjoyment of the event. Experiment during training to find foods that work best for your body.

**Fluids are also important for optimal performance.**

"When your body is dehydrated, even slightly, you will not perform your best," Thompson said. "It's important to consume fluids before, during and after a ride, especially long rides."

*(continued on pg. 16)*

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LOEN RESIDENTS

# Lakes on Eldridge North

## Don't Let Your Body - (continued from pg. 15)

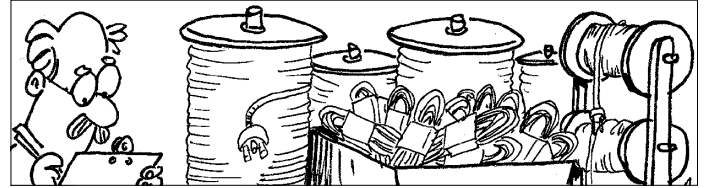
For rides exceeding 60 minutes, Thompson recommends drinking sports drinks, but for those less than 60 minutes, water is usually adequate. In situations where dehydration becomes severe, heat exhaustion or heat stroke may occur.

Once you've crossed the finish line and the race is complete, Thompson suggests drinking fluids immediately and eating as soon as your body can tolerate food, preferably within two hours.

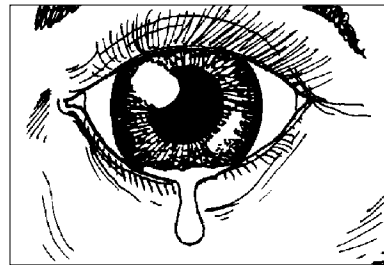
Immediately after an event, try drinking water or a sports drink, and eating a piece of fruit, like a banana or slice of melon. Eating a high carbohydrate meal, like pasta and salad, a little later will help your body replenish its glycogen stores.

A rule of thumb to help you replace fluid losses is to weigh yourself before and after the event. For every pound lost, drink two cups of fluid. For example, if you weigh two pounds less after an event, drink four cups of fluids. Try to replace losses over the first four to six hour after the event if possible. Water, sports drinks, and/or juice are all good choices to replace fluid losses.

## Did You Know?



*Most of the copper produced in the world is used by the electrical industry, chiefly in the form of wire, because copper is the best low-cost conductor of electricity around.*



*Tears, idle tears? Not quite. In addition to clearing your eyes of dust, hairs and such stuff, your tears contain substances that fight bacteria and proteins that combat eye infection.*



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# Lakes on Eldridge North

## Fit Facts™

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### Kids In Motion

By the time they reach high school, 63 percent of children are no longer physically active. Why?

If your kids fall within this group, you don't have to shake your head sadly. You can set a good example, be a role model and do the right things so your kids will, too.

Get off the couch and on a bike with your kids. Introduce them to exercise that's fun. Eat healthy. Instead of high-calorie foods and snacks, turn to fruits and low- or non-fat foods. And once you get kids moving in the direction of fitness, chances are they'll keep going for the rest of their lives.

#### Start 'em young

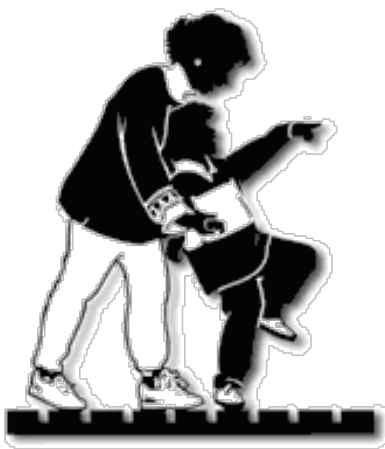
Did you know that physically active children have fewer chronic health problems than kids who are sedentary?

Children who are fit have other statistics in their favor, too. They're better able to meet the demands of daily physical activity. They do better in physical-performance tests. They have a stronger self-image and more self-confidence, and they demonstrate greater improvement in skill- and health-related fitness.

When you consider the facts, it makes good sense to encourage physical activity when your children are young. Parents, teachers and fitness professionals all have a role to play. Each can help kids think positively about exercise and motivate them to make regular physical activity a lifetime pursuit.

#### Mom and dad are the best motivators

As a parent, it's up to you to play the biggest part - bigger than a teacher, more important than a fitness professional. Your child looks to you for examples on how to talk, dress, act and lead a physically active - or a non-physically active - life.



Set a good example for your kids. Instead of spending the evening in front of the television, find some activity that will keep you moving. In warm weather, bike outdoors; if it's too cold, get a stationary bike, a treadmill or a trampoline.

And it's never too late or too early to help your kids build strength and endurance. Push-ups and pull-ups are an excellent way to build upper-body strength. Jungle gyms and monkey bars are great for kids because they utilize their own body weight. And they're loads of fun.

Keep in mind that kids are not always naturally limber and that their muscles may be tight and vulnerable to injury during the growth spurts that occur during the elementary years. Be sure to include stretching as a part of your fitness activities.

Make sure that you concentrate on the positive aspects of exercise. It's a chance for a family to be together, to share good times and fun. Avoid competition, discipline and embarrassment - things that can turn good times into moments of dread. And praise your children for trying. Praise them for doing.

#### It's really up to you

You can't tell kids that being active is fun. You have to show them. So take your kids hiking, biking, dancing, sledding, swimming and in-line skating. Skip rope or shoot baskets with them.

Plan outings and activities that involve walking, like a trip to the zoo or the park, a nature trail hike, or even a walk through the mall. It's really up to you. If you want your kids to be healthy, happy teens and adults, it's up to you to do something about it.



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## Increased Antioxidant Capacity Reverse Some Effects Of Aging

*Baylor College of Medicine*

HOUSTON -- (April 13, 2006) - Decreasing oxidant levels by increasing the amount of an antioxidant enzyme can reverse declining memory skills and other pathological effects of old age, say researchers at Baylor College of Medicine (BCM) in Houston. The findings are reported in the current issue of *Journal of Neuroscience*.

"This is one of the first studies showing that a genetically engineered mouse that overexpresses an antioxidant enzyme actually performs better when they age with respect to memory," said Dr. Eric Klann, principal investigator of the study and professor of molecular physiology at BCM.

The study is one of the first to assess memory performance among aging mice genetically engineered with an abundance of an antioxidant enzyme called extracellular superoxide dismutase. As this group of mice aged, they performed better on memory tasks and demonstrated cellular improvements in the hippocampus, a part of the brain required for memory.

Conversely, the same experiments in younger mice showed that high levels of the antioxidant were detrimental to memory function.

Previous studies have concluded that oxidative stress contributes to aging and aging-related impairments in memory. Klann conjectures

that high antioxidant levels, within reason, could promote longevity and reduce the risk of dementia associated with normal aging and neurodegenerative disorders such as Alzheimer's disease.

Klann's study advances the debate over the utility of antioxidant supplements, which some claim eliminate hazardous free radicals from the body and reduce the risk of cancer, among other disorders. On the other hand, recent reports claim that excessive intake of vitamin and mineral supplements pose no benefit and can even do harm in some cases.

"The balance of oxidants is very important," said Klann. "In animal studies, it's bad to have too much or too little. That could be part of the reason for conflicting findings on antioxidant supplements in humans."

Klann says further research in mice will be necessary to approximate ideal antioxidant levels and whether antioxidant enzymes can prevent dementia and other aging-related impairments.

Daoying Hu and Dr. Faridis Serrano at BCM and Dr. Tim D. Oury at the University of Pittsburgh Medical Center also contributed to this paper. The study was funded by the National Institutes of Health and the Cynthia and George Mitchell Foundation.

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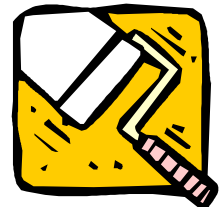
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# Lakes on Eldridge North

## Protein In Your Pantry

### Pass The Peanuts, Please!

(NAPSA)-Most people are familiar with the use of peanuts in snacks, desserts and in Asian cuisine, but did you know that peanuts and peanut butter are cholesterol-free sources of protein that offer 13 vitamins and 26 minerals? Now you can enjoy them knowing that you are making smart choices. Check out the following Peanut Pointers about why you should pop more peanuts:

1. Peanuts' and peanut butter's combinations of fiber and mono-unsaturated fat satisfy for hours, which means fewer cravings for empty-calorie snacks.
2. Peanuts have no cholesterol. They are also a good source of protein, fiber and other nutrients like vitamin E.
3. Scientific evidence suggests that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

4. Peanuts contain resveratrol, a naturally occurring phytochemical also found in red wine, which has been associated with reduced cardiovascular disease and reduced cancer risk.

5. Harvard School of Public Health researchers reported in 2002 that consuming one tablespoon of peanut butter or an ounce of peanuts five or more times a week is associated with a 21 percent and 27 percent reduced risk of developing type 2 diabetes, respectively.

In a nutshell, peanuts are a sweet and savory food that you can enjoy knowing they are beneficial. Keep peanuts in your pocket, purse, desk drawer, car or even under your pillow so you can always have a natural and nourishing snack handy. Peanuts are helpful in the kitchen too-add them to meals for an extra punch of protein.

Try roasting your own peanuts at home for a personal spin on flavor:

Place raw peanuts, in-shell or shelled, one layer deep in a shallow baking pan. Roast in a 350°F oven-15 to 20 minutes for shelled and 20 to 25 minutes for in-shell peanuts. Remove from heat just short of doneness desired, as peanuts continue to cook as they cool.

Eat your homemade peanuts plain, or while they are still hot, add some extra flavor. For delicately sweet peanuts, add sugar and cinnamon. Or add grated Parmesan cheese and chopped parsley. You can spice things up by adding spices such as paprika and cayenne pepper. Be creative! One big batch of roasted peanuts can be put in separate bowls with different flavors for a peanut party.

For more recipe ideas, nutrition information and other fun facts, visit the National Peanut Board at [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org).

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**ESPRESSO, CAPPUCCINO, LATTE, ESPRESSO MACCHIATO, AMERICANO, ANY FLAVOR YOU DESIRE!**

We also feature Blended Drinks, Italian Sodas, and 100% Fruit Smoothies

\* While you are doing your **Postal Business**- Pick up lunch and Enjoy a **Sandwich or Fresh Salad!**

\* **Fresh Baked Daily:** Kolachies, Muffins, Danish, Croissants, & Cinnamon Rolls.

\* For the Chocolate Lovers, we feature **SOUTHBEND CHOCOLATES!!!**

\* Fresh Baked Cookies... **DAILY**

We have a **WIDE** selection of Delicious Cheesecakes, and a **VARIETY** of Gourmet Cakes & Pies  
 ENJOY IT BY THE SLICE OR TAKE ONE FOR YOUR NEXT EVENT!!!!!!!



**IT'S NOT JUST COFFEE...  
 WE FEATURE FRESH ROASTED KATZ COFFEE!  
 AND  
 "IT IS DELICIOUS!"**

**IN A HURRY? NO PROBLEM! TAKE ADVANTAGE OF OUR DRIVE-THRU SERVICE**

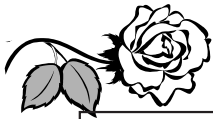
*So come by, take care of all your postal needs, and ENTICE YOURSELF!*

*See you at The Eagle!*

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# Flowers Bloom



E	C	B	L	D	K	I	N	N	L	N	V	H	M	N	S	F	O	L	L
L	K	A	J	X	H	M	T	E	N	N	O	B	E	U	L	B	O	I	R
K	D	I	L	O	B	X	M	Q	F	N	J	G	S	P	Q	B	L	A	O
N	U	F	M	I	H	Q	U	P	E	M	K	S	A	Q	Y	L	I	S	S
I	G	M	L	W	L	F	V	Y	C	G	I	H	F	R	Y	L	W	P	E
W	A	S	B	P	P	I	S	P	E	C	K	F	A	Y	D	I	G	Z	F
I	R	G	A	I	H	U	Y	N	R	J	U	S	K	M	T	P	G	U	N
R	D	D	Y	F	C	O	I	A	H	T	N	I	C	A	Y	H	A	W	I
E	E	W	R	K	F	R	N	L	E	S	V	D	X	F	N	G	W	N	Y
P	N	D	L	Y	I	R	U	N	K	R	K	L	E	C	Y	T	U	L	S
O	I	E	A	S	G	S	O	S	T	X	K	O	Y	N	L	H	Z	J	E
R	A	L	E	N	Z	U	Z	N	J	B	Q	G	I	T	B	L	X	S	Y
M	E	U	T	R	D	D	A	F	F	O	D	I	L	H	K	G	O	F	N
O	W	D	A	P	O	E	Y	S	I	A	D	R	I	R	E	R	V	Q	O
V	K	V	N	Y	O	F	L	E	I	H	D	A	N	R	M	F	I	K	E
W	P	M	S	E	L	P	S	I	L	V	R	M	A	I	D	Y	O	R	P
R	Y	N	L	L	V	M	P	D	O	E	P	N	R	O	S	G	L	I	R
S	A	M	C	B	T	A	D	Y	B	N	I	P	W	Q	X	T	E	X	E
P	K	G	R	J	Q	I	L	J	V	U	W	Z	M	J	S	H	T	N	Y
S	U	N	F	L	O	W	E	R	M	K	G	U	T	K	T	U	L	I	P

BLUEBONNET  
DANDELION  
HONEYSUCKLE  
LAVENDER  
MARIGOLD  
TULIP

PEONY  
PRIMROSE  
SNAPDRAGON  
VIOLET  
ROSE  
SAFFRON

DAFFODIL  
GARDENIA  
HYACINTH  
LILAC  
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DAISY  
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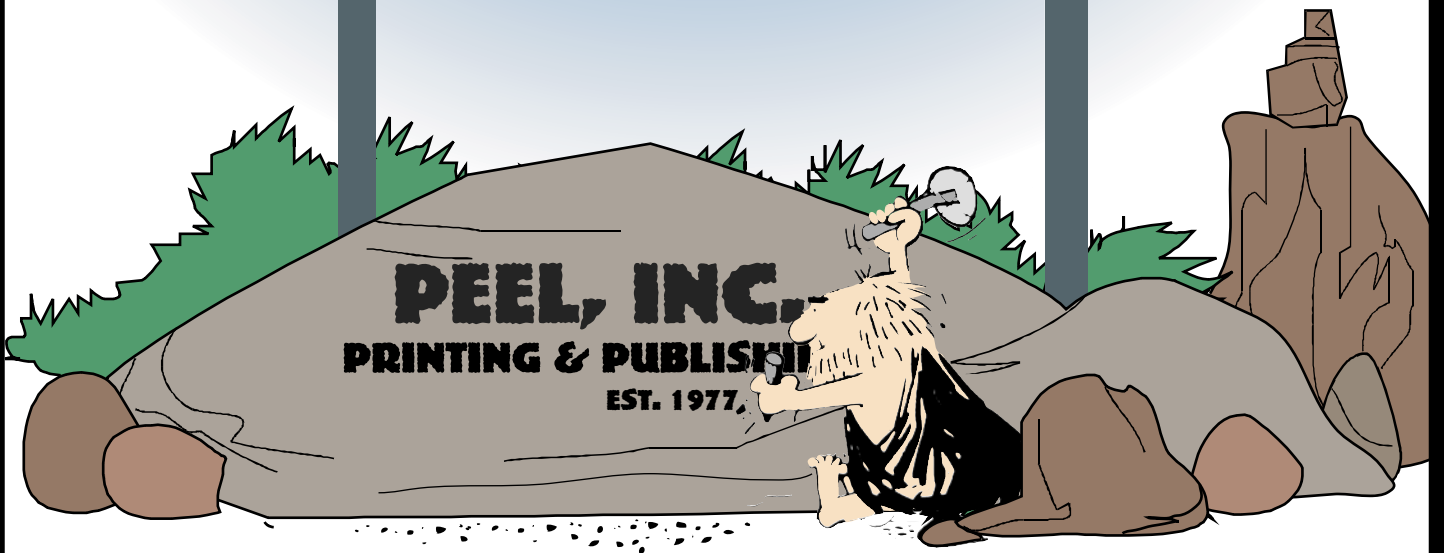
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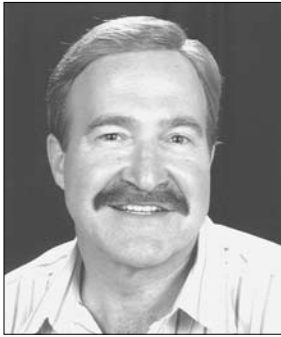
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