



# LAKES

ON ELDRIDGE  
NORTH

Volume 6, Issue 2

February 2007  
Official Newsletter

## Mark Your Calendars

### *Lakes on Eldridge Dolphins Swim Team Registration is Coming Soon!*

The LOE Dolphins Swim Team is gearing up for another exciting swim season, and it's time to get ready! The team will hold registration at the Lakes on Eldridge Beach Club on the following dates:

- Sunday, March 25 from 4-6 PM – Registration for Returning Swimmers Only
- Wednesday, March 28 from 6-8 PM – Registration for New & Returning Swimmers
- Sunday, April 1 from 4-6 PM – Registration for New & Returning Swimmers

For new swimmers, no previous swim team experience is necessary. Swimmers from age 4 to 18 are welcome to join – the only requirement is that the swimmer can swim from one end of the pool to the other (25 yards) without assistance (brief stops at the wall or on the lane ropes along the way are ok).

We are especially pleased to announce that we have a new coach, Kyle Horne, this year. Kyle has an impressive resume including coaching both summer league teams and all-star teams. He is currently the Head Coach for the Cy-Ridge High School swim team. Everyone will have a chance to meet Kyle at registration.

Beginning in February, as we get closer to the registration dates, we will post up to the minute information on the LOE Dolphins web site, [www.loedolphins.org](http://www.loedolphins.org).

***Don't want to wait for the mail?***  
**View the current issue of the  
Lakes on Eldridge North  
Community Newsletter  
on the 1st day of each month  
at [www.PEELinc.com](http://www.PEELinc.com)**

## Bible Study at Lakes On Eldridge

“Becoming a Woman of Grace” Bible study at the Lakes On Eldridge Beach Club meets every Tuesday morning from 9:15 to 11:30 A.M. This is a non-denominational group. All are welcome to come and make new friends, study God's Word, and pray for one another. Our subject this session is “Becoming a Woman of Grace” by Cynthia Heald, a dedicated and knowledgeable Bible teacher. The subject of grace is often misunderstood. This study clarifies the meaning of grace, God's grace to His children, and the grace His children can attain to glorify Him.

Please join us for this enlightening study and share the opportunity to find the love, joy, and peace that understanding God's Word brings. Study guides are available on site. There is no need to register, just come and enjoy the morning. Lakes On Eldridge is located on North Eldridge Parkway between West Little York and Clay Roads across from Twin Lakes. Once you enter through the gate, turn left at the stop sign, then at the next stop sign, turn right. The clubhouse is on the right nestled between the lakes. We look forward to seeing you there any Tuesday morning.



# Lakes on Eldridge North

## IMPORTANT NUMBERS

RealManage  
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*(Extended call hours from 7:30 am to 9:00 pm)*  
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 Cy-Fair Fire Department - (emergency) ..... 281-466-6161  
 (non-emergency) ... 281-550-6663  
 Poison Control ..... 1-800-764-7661  
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 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  
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## LOEN Board Of Directors

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## Article Submissions

Please e-mail articles and/or photos to [articles@PEELinc.com](mailto:articles@PEELinc.com).  
 Submissions must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

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

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 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) for information on advertising.

## RealManage Contacts

Customer Service 1-866-473-2573  
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# LAKE S

ON ELDRIDGE NORTH

## FEBRUARY EVENTS



### **The Houston Livestock Show & Rodeo Parade**

**February 2, 2007 to March 1, 2007**

The world's largest rodeo fills Reliant Park with dazzling competitions, award-winning barbecue and concerts by music superstars. Thousands of trail riders come from all over the country to kick off the annual tribute to Texas traditions. The downtown parade includes marching bands and imaginative floats. For more information: Telephone: (832) 667-1000 [www.rodeohouston.com](http://www.rodeohouston.com)



### **The River Oaks Garden Club's Azalea Trail • February 28, 2007**

It's just not spring until the azaleas are in bloom. For more information: Telephone: (713) 523-2483 [www.riveroaksgardenclub.org](http://www.riveroaksgardenclub.org)

## **Ann Knoche**

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# Lakes on Eldridge North

## COW PLOP FESTIVAL AT CYPRESS RIDGE HIGH SCHOOL CLASS OF 2007 AND RAMS AFTER PROM 2007

COME SUPPORT THE CLASS OF 2007. THERE WILL BE FOOD AND GAMES PROVIDED BY VARIOUS BOOSTER/ ORGANIZATIONS CLUBS AND CRAFT VENDORS. PLEASE PLAN TO COME AND ENJOY A FUN FILLED DAY!

PURCHASE A COW PLOP CERTIFICATE. This will give you a chance to win \$1,000 if the cow plops on your plot of land. Surrounding squares will win \$100. The SENIOR that sells the grand Prize of \$1,000 will win \$100 and the SENIOR that sells the surrounding squares will win \$25. You can choose to put CY-RIDGE instead of a Senior name and the incentive money will go back to the school.

**WHEN: SATURDAY, FEBRUARY 24, 2007, NOON TO 6:00 PM  
(RAIN DATE MARCH 3rd, 2007)**

**LOCATION: FFA BARN NEXT TO CYPRESS RIDGE HIGH SCHOOL  
7900 N ELDRIDGE PARKWAY**

CERTIFICATE \$10 EACH

FIELD WILL BE PLOTTED FOR 800 SQUARES

GRAND PRIZE - \$1,000 GIFT CARD

SECOND PLACE PRIZE - FOUR WINNERS - \$100 GIFT CARD EACH TWO PLOPS ARE PLANNED. PLANTS WILL BE RANDOMLY ASSIGNED.

NAME \_\_\_\_\_

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E-MAIL ADDRESS \_\_\_\_\_

SENIOR STUDENT NAME OR CY-RIDGE \_\_\_\_\_

\$10.00 x \_\_\_\_\_ COW PLOP CERTIFICATES = \$ \_\_\_\_\_

RETURN THIS FORM WITH PAYMENT - CHECKS MADE OUT TO "RAP 2007", MAIL TO: CY-RIDGE HIGH SCHOOL, ATT: RAP 2007 7900 N ELDRIDGE, HOUSTON TX 77041. PARTICIPANTS DO NOT NEED TO BE PRESENT TO WIN. WE WILL CONTACT THE WINNER BY PHONE OR E-MAIL, ANY QUESTIONS CONTACT RICKI LANGE RLANGE4463@HOTMAIL.COM OR ROSA CLAY ROSACLAY@SCBGLOBAL.NET



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# Cypress Christian School Enrollment Events

**K-12 Prospective Family Night Open House –  
Tuesday, February 6, 7:00 – 8:30 p.m.**

Prospective families are invited to attend a general assembly at 7:00 p.m. and then tour the campus. School and application information will be available. In addition, families may visit with CCS Administrators, the Athletic Director, Fine Arts Faculty, Academic and College Advisor, Curriculum and Learning Center Directors. Mark your calendars for this important evening, and invite your friends, neighbors and relatives who might be interested in Christian Education at CCS.

**New Applications Accepted – Tuesday, February 6**

This is the first day that new families may submit their child's application for enrollment. Application forms may be obtained from the Admissions Office or downloaded from the school web site at [www.CypressChristian.org](http://www.CypressChristian.org).

**Kindergarten Round-Up –  
Tuesday, February 20, 7:00 – 8:30 p.m.**

Join us for an overview of the Kindergarten Program at Cypress Christian. Moms and dads will meet teachers, hear from guest speakers and enjoy snacks and fellowship with other parents. Visiting children will enjoy hearing a story from the Kindergarten teachers and coloring a masterpiece for their parents, and they will be delighted by a puppet show performed by CCS drama students. For more information or to register for free childcare (ages 2-5), contact the Admissions Director.

**K-12 Prospective Parent Open House –  
Tuesday, March 6, 9:00 – 11:00 a.m.**

Prospective parents may visit classes and gather information. A map and list of classes will be available at the registration tables in the foyer of both the Elementary Building and Secondary Multi-Use Facility.

**K-12 Prospective Student Visitor Days  
Tuesday, February 13, Thursday, March 22,  
and Wednesday, April 11, 9:00 a.m. – 2:00 p.m. each day**

Students considering attending CCS in the fall may attend school all or part of the day. Parents must register their child and provide emergency information. We suggest that kindergarten and first grade parents visit each classroom with their child for 30-45 minutes only.

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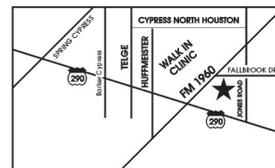
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# Lakes on Eldridge North

## Cy-Woods' Wildcats 1st Annual "New Cat in Town"

### Classic Golf Tournament

Cypress Lakes Golf Club • April 30, 2007

**REGISTER NOW** for Cy-Wood's High School 1st Annual "New Cat in Town" Classic Golf Tournament at Cypress Lakes Golf Club on Monday, April 30, 2007. Your team will participate in a day of golf, a great dinner and an array of prizes. Player spots are limited to 144 so we encourage you to sign up today! For more information and registration form, please contact hreichert@houston.rr.com.

FOUR-MAN SCRAMBLE FORMAT (Registration at 11:00 a.m.)  
12:30 PM SHOTGUN START  
AFTER TOURNAMENT (Bar-b-que Meal, Awards, Silent Auction & Door Prizes)

#### SPECIAL EVENTS:

Hole-in-one Contest; Longest Drive; Closest-to-the-pin; Beat the Bandita; Putting Contest  
COST

Golf Entry Fee of \$150 per player (\$600 per team)

Includes: Green Fees & ½ Cart, Golfer's Gift Bag, Meal, Range Balls, Refreshments

**All proceeds benefit the CY-WOODS "All Sports" ATHLETIC BOOSTER CLUB**



#### Tournament Sponsorship Levels are Available:

**\$5,000 Wildcats Sponsorship:** Receives 2 foursomes, a Wildcat Sponsor gift bag including a pair of golf shoes and a Cy-Woods golf shirt for each player, 4 hole signs, and special acknowledgement throughout the tournament.

**\$2,500 Crimson Red Sponsorship:** Receives 2 foursomes, a Cy-Woods golf shirt for each player and 4 hole signs.

**\$1,500 Gold Sponsorship:** Receives 1 foursome, a Cy-Woods golf shirt for each player and 2 hole signs.

**\$1,000 All Sports Sponsorship:** Receives 1 foursome and 2 hole signs.

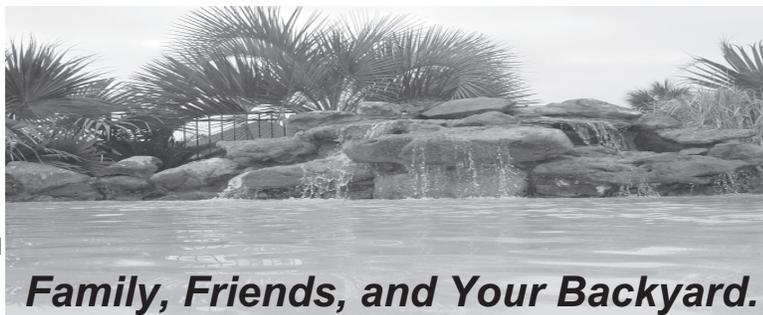
**\$125 HOLE SPONSORSHIPS:** Receives recognition at a designated hole.

*For more information on sponsorships, donating items for the silent auction and the golfer's gift bags, please contact Dee Ann Creach at 281-304-8828 or [dacreach@yahoo.com](mailto:dacreach@yahoo.com).*



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2006	117	112.92

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# Lakes on Eldridge North

## Service with Love

February is the official month to celebrate the gift of "love," and many people will celebrate that gift in their life with those they hold dear. The students, administration, and faculty of Cypress Christian School challenge you to express God's love to those less fortunate than yourselves this month.

There are many ways to show others that they are loved. For example, get involved in a community project like Habitat for Humanity, serve at your local food bank/mission, write a letter to someone who needs encouragement or bring food and flowers to an elderly person who might be lonely and missing family members. No matter what you do, your actions will be greatly appreciated and will serve as an encouragement to that person or group.

The mission of Cypress Christian School - "to produce students from Christian families



who are academically prepared with a biblical worldview to take their place in the world as servants of Jesus Christ" - includes the goal of teaching students to serve. In recent months, students have helped build a house, collected food and supplies for a local food bank, visited and entertained residents in an assisted living facility, collected gifts for children whose parents are in prison, served at a home for incarcerated youth, and more.

As we strive to serve others in our community, we hope you, too, will join the effort to make those less fortunate feel loved through acts of kindness - small or large. To partner with our school in a service project or suggest a service project for our students, please contact Todd Clark, Chaplain, at 281-469-8829 or [todd.clark@CypressChristian.org](mailto:todd.clark@CypressChristian.org).

## 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 our Sales Office at 888-687-6444 or e-mail [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following month's newsletter.

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- Clean counters
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- Load dishwasher

#### Bathrooms

- Clean sinks, counters; change towels
- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

#### All Rooms

- Pick up and straighten
- Dust sills, ledges, wall hangings
- Remove cobwebs
- Dust/vacuum furniture
- Vacuum floors, carpets
- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

#### Windows

- Clean entry window & one set of patio door windows
- Clean window over kitchen sink

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# Lakes on Eldridge North



*Yorkshire Academy Parent Education Series recently featured Belinda Kaylani, owner of RoomMarkable Redo. Ms. Kaylani gave numerous practical tips on how you can spruce up your decor for little or no money. For more information you can visit [www.yorkshireacademy.com](http://www.yorkshireacademy.com) or [belinda@room-markableredo.com](mailto:belinda@room-markableredo.com).*

## Cy-Fair Area Y-ME Breast Cancer Support Group

Are you a Breast Cancer Survivor? Please join us for the Cy-fair Area Y-Me Breast Cancer Support Group. We meet the second Thursday of each month @ Kindred Hospital Houston Northwest from 6 p.m. – 7 p.m. For more information please contact Tere Kelly@ 281-517-1008.



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**Important Enrollment Dates for 2007-2008**

**PROSPECTIVE FAMILY NIGHT OPEN HOUSE**

Tuesday, February 6, 2007 7:00-8:30 p.m.

**KINDERGARTEN ROUND UP OPEN HOUSE**

Tuesday, February 20, 2007 7:00-8:30 p.m.

For more information [www.CypressChristian.org](http://www.CypressChristian.org)

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# Lakes on Eldridge North

## CHRYSALIS ANNOUNCES NEW FACILITY/OPEN HOUSE

Chrysalis: A Grace Place for Children, a ministry of Messiah Lutheran Church, announces the opening of a new Learning Center. The Chrysalis program includes Chrysalis, A Christian Preschool and Chrysalis After School Enrichment. 2007 is a time of new beginnings at Chrysalis as the new Learning Center is opened. The bright, new Learning Center contains well-equipped classrooms and administrative space. In addition, much of the previously used Chrysalis space has been freshened and updated.

Chrysalis offers a Christian preschool with a unique variety of options for the convenience of families and working parents for ages infant through PreKindergarten. (Infant space is limited.)

The Chrysalis After School Enrichment program offers homework assistance, games, and activities for elementary-aged children from 2:15-6 PM. New enrichment programs are being planned.

Alison Harley is the director of Chrysalis: A Grace Place for Children. She has twenty years of experience in childcare administration, and welcomes you to stop by and visit the new facility at 11522 Telge Road, across the street from Lamkin Elementary, one-half mile north of Highway 290, 281-807-0764.

Chrysalis: A Grace Place for Children, is a ministry of Messiah Lutheran Church. All people are welcome at Messiah, [www.messiahlc.org](http://www.messiahlc.org).

## ALPHA!

### *Questions about Christianity?*

Do you have unanswered questions about the Christian faith? Have you been looking for an opportunity to search a bit deeper? Perhaps you'd like to brush up on the basics of Christianity?

If you have answered yes to any of the above, have we got a program for you! Alpha is a 12 week course designed to explore the Christian faith in a non-threatening atmosphere. There is no charge for registration. Alpha is supported by all the main Christian denominations, including the Evangelical Lutheran Church in American (ELCA). The evening starts with dinner, moves to an engaging video, and ends with a group discussion. Ideas are shared in a non-judgmental environment. More than four million people all over the world have completed the Alpha course in the last 10 years, and now it's coming to Messiah Lutheran! The course begins Thursday, March 1, at 6 PM and continues for 12 consecutive Thursday evenings.

If you are interested in attending Alpha, please contact the church. 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 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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## *The Brick*

About ten years ago, a young and very successful executive named Josh was traveling down a Chicago neighborhood street. He was going a bit too fast in his sleek, black, 12 cylinder Jaguar XKE, which was only two months old.

He was watching for kids darting out from between parked cars and slowed down when he thought he saw something. As his car passed, no child darted out, but a brick sailed out and - WHUMP! - it smashed into the Jag's shiny black side door! SCREECH!!!! Brakes slammed! Gears ground into reverse, and tires madly spun the Jaguar back to the spot from where the brick had been thrown. Josh jumped out of the car, grabbed the kid and pushed him up against a parked car. He shouted at the kid, "What was that all about and who are you? Just what are you doing?!" Building up a head of steam, he went on. "That brick you threw is going to cost you a lot of money. Why did you throw it?"

"Please, sir, please. . . I'm sorry! I didn't know what else to do!" Pleaded the youngster. "I threw the brick because no one else would stop!" Tears were dripping down the boy's chin as he pointed around the parked car. "It's my brother, sir," he said. "He rolled off the curb and fell out of his wheelchair and I can't lift him up." Sobbing, the boy asked the executive, "Would you please help me get him back into his wheelchair? He's hurt and he's too heavy for me."

Moved beyond words, the young executive tried desperately to swallow the rapidly swelling lump in his throat. Straining, he lifted the young man back into the wheelchair and took out his handkerchief and wiped the scrapes and cuts, checking to see that everything was going to be OK. He then watched the younger brother push him down the sidewalk toward their home.

It was a long walk back to the sleek, black, shining, 12 cylinder Jaguar XKE -a long and slow walk. Josh never did fix the side door of his Jaguar. He kept the dent to remind him not to go through life so fast that someone has to throw a brick at him to get his attention. . . Some bricks are softer than others. Feel for the bricks of life coming at to you.

For all the negative things we have to say to ourselves, Life has positive answers.



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## Use Only Water In Sippy Cups Or Increase Cavity Risk

*AAPD Highlights Importance of Proper Use of Toddler Drinking Device*

(NAPSA)-Most parents are well aware of the importance of taking care of their children's teeth, so it comes as a shock when they learn their toddlers have cavities during a checkup.

Tooth decay among young children is on the rise-and many experts believe that sippy cups containing sugary beverages are responsible.

### The Misuse of Sippy Cups

Because sippy cups prevent spills, they're often used by children for long periods of time over months and years-rather than as a transitional drinking device, a purpose for which they were intended. "Sippy cups were created to help children transition from a bottle to drinking from a regular cup, but they're too often used for convenience," says American Academy of Pediatric Dentistry (AAPD) President Philip H. Hunke, D.D.S., M.S.D. "When kids sip for extended periods on sugared beverages, they're exposed to a higher risk of decay. Sippy cups should only contain water unless it's mealtime."

In fact, a report from the Centers for Disease Control and Prevention (CDC) comparing the dental health of Americans in 1988-1994 and 1999-2002 found that while cavities decreased among older children, cavities in two- to five-year-olds actually increased 15.2 percent.

### A Child's First Visit

Hunke views the misuse of sippy cups as just the symptom of a larger issue-the fact that many parents wait too long before taking their children to the dentist for the first time. The AAPD recommends that a child's first dental visit occur shortly after the first tooth erupts and no later than the child's first birthday. But according to the 2005 National Survey of Children's Health (NSCH), only 10 percent of 1-year-olds and 23.8 percent of 2-year-olds had been taken for a preventive dental care visit in the past year.

At the first visit, the pediatric dentist provides information about proper sippy cup use as part of the presentation of a complete program of preventive home care. The dentist also checks the child's teeth to make sure they're developing properly.

"Studies show that children with poor oral health perform worse in school and have less success later in life," says Hunke. "Establishing the right oral care habits early helps get kids headed on the path to a lifetime of good oral health."

For more information about how to keep children's teeth healthy or to locate a pediatric dentist in your area, visit [www.aapd.org](http://www.aapd.org).

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# Lakes on Eldridge North

## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

		9					2	5
6			2	8				9
	6	4						3
			9	7				
	8						4	
			1	4	3			
		1	6			5		2
	3				8			

Solutions can be found on [www.PEELinc.com](http://www.PEELinc.com)

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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.*

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- Window Washing
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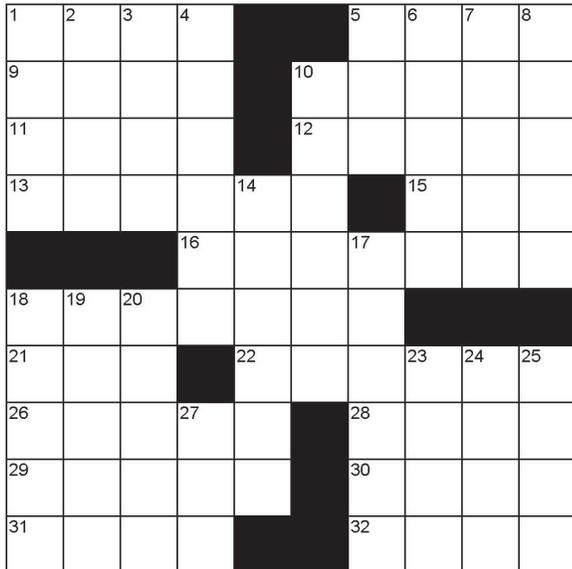


## Texas Events - February 2007

- 10—BAY CITY: MCBNC Coastal Bike Migration Raises funds for the Matagorda County Birding Nature Center. Cyclists can choose from three routes that wind through Bay City and Matagorda County. Bay City Civic Center, 201 7th St. E-mail: [mcbnc@tisd.net](mailto:mcbnc@tisd.net) • [www.mcbnc.org](http://www.mcbnc.org) 979/245-3336
- 10—EDNA: Valentine Crafts Begins at 2 p.m. Lake Texana State Park. 361/782-5718
- 10—SANTA FE: Haak Port & Chocolate Affair Reservations are limited to 40. Haak Vineyards & Winery, 6310 Ave. T. [www.haakwine.com](http://www.haakwine.com) 409/925-1401
- 10—VICTORIA: Black History Festival & Parade Parade begins at 10 a.m. at Patti Welder School on North Street then proceeds to the Victoria Community Center. The festival follows. 361/576-5650
- 10-11—KATY: Katy Antique & Collectible Market Merrell Center. E-mail: [info@cwgs.com](mailto:info@cwgs.com) • [www.cwgs.com](http://www.cwgs.com) 512/441-2828
- 10-11—LA PORTE: Remember the Maine Visit encampments depicting various eras of our nation's military history. Memorial service is held on the bow of the ship at 3 p.m. Saturday and noon Sunday. Battleship Texas State Historic Site. 281/479-2431
- 10-May 10—CLEAR LAKE AREA: Bones, An Exhibit Inside You Learn how doctors see bones inside us, and walk through a bone brought to life. See games, tools, jewelry, musical instruments and art made of bones. Space Center Houston. [www.spacecenter.org](http://www.spacecenter.org) 281/244-2100
- 14—SAN BENITO: El Second Weensdee The Narciso Martinez Cultural Art Center presents an oral history series on conjunto music. 225 E. Stenger St. 956/361-0110
- 15-18—PORT ARTHUR: Mardi Gras of Southeast Texas/Holiday Razzle Dazzle Includes parades, headliner bands, carnival, food and craft vendors, and strolling street entertainers. Downtown Port Arthur. [www.portarthur.com/mardigras](http://www.portarthur.com/mardigras) 409/721-8717
- 15-Mar. 22—NASSAU BAY: National Society of Artists National Juried Exhibition Arts Alliance Center. [www.taaccl.org](http://www.taaccl.org) 281/335-7777
- 16—VICTORIA: Country Opry Begins at 7:30 p.m. Victoria Community Center Annex. 361/552-9347
- 16-17, 23-24—VICTORIA: Dinner Theatre Nave Museum. 361/575-8227
- 16-17, 23-25—BAYTOWN: Blythe Spirit Baytown Little Theater. 281/424-7617
- 16-18—BEAUMONT: Mardi Gras on the Neches Includes parades and activities. Held in conjunction with the Crockett Street's existing Mardi Gras celebrations. 409/724-0450 or 409/543-4220
- 17—KEMAH: Yachty Gras Boat Parade Boaters sail Clear Creek Channel and by the Kemah Boardwalk, showering revelers with beads. Begins at 7 p.m. [www.kemahboardwalk.com](http://www.kemahboardwalk.com)
- 17—PORT ARANSAS: Rotary Club Shrimp Boil Proceeds benefit local youth activities and scholarships. Civic Center. 361/749-6222
- 17—VICTORIA: Livestock Show Parade 361/576-4300
- 17—WEST COLUMBIA: Barn Day Fun Journey into the past with demonstrations of traditional crafts and food preparation techniques from the turn of the century while exploring Texas history. Hours are 10 a.m. to 2 p.m. Varner-Hogg Plantation State Historic Site. 979/345-4656
- 17-18—KEMAH: Mardi Gras Kemah Celebrate Mardi Gras all weekend with beads and zydeco music. Kemah Boardwalk. [www.kemahboardwalk.com](http://www.kemahboardwalk.com)
- 18—GALVESTON: Galveston Symphony Orchestra Includes music from Bach, Stokowski, Stravinsky and Beethoven. Begins at 7 p.m. The Grand 1894 Opera House. [www.thegrand.com](http://www.thegrand.com) 800/821-1894
- 18—KEMAH: Krewe du Lac Kemah Truck Parade Parade winds around the Kemah Lighthouse District and ends at T-Bone Tom's Backyard for Mardi Pardi with a gumbo cook-off, live music and more. Parade begins at 1 p.m. [www.krewedulac.org](http://www.krewedulac.org)
- 18—SANTA FE: Bluegrass with Pet Rooster Hours are 2 to 5 p.m. Haak Vineyards & Winery. [www.haakwine.com](http://www.haakwine.com) 409/925-1401
- 20—PORT ARTHUR: Fat Tuesday Mardi Gras Party This is the final party of the Mardi Gras season and includes music, dancing and bead throwing. O.C.A.W. (PACE) Hall. 409/962-9860
- 20—SAN BENITO: Mardi Gras Ball The Crusers perform. Begins at 7:30 p.m. Fun 'N Sun RV Resort. 956/399-5800
- 22—NASSAU BAY: Open Mic Jazz Nite Musicians, vocalists, poets and music lovers are invited to step into the spotlight with seasoned professionals Ben Atkinson (drums), Tom Borling (piano) and David Klingensmith (bass). Arts Alliance Center at Clear Lake. [www.taaccl.org](http://www.taaccl.org) 281/335-7777
- 22—PORT ISABEL: Oral History Program: Telling Our Stories Topics involve the history, natural history and culture of the Laguna Madre area. Begins at 7 p.m. Treasures of the Gulf Museum, 317 E. Railroad Ave. [www.portisabelmuseums.com](http://www.portisabelmuseums.com) 956/943-7602
- 22—WHARTON: Sheriff's Wild Game Dinner in the Crescent Wharton County Fair Grounds. 979/532-1550
- 22, 24-25—HOUSTON: Life & Laughter (Winter Repertory Program) Houston Ballet. Wortham Theater Center. [www.houstonballet.org](http://www.houstonballet.org) 713/227-2787
- 22-26—VICTORIA: Livestock Show Auction is Feb. 26. Victoria Community Center Dome, Grounds, Annex and Arena. 361/576-4300
- 23—GALVESTON: Lost in Yonkers — Montana Repertory Theater Begins at 8 p.m. The Grand 1894 Opera House. [www.thegrand.com](http://www.thegrand.com) 800/821-1894
- 23—LAKE JACKSON: Boston Brass in Concert Begins at 7:30 p.m. The Clarion at Brazosport College, 500 College Drive. [clarion.brazosport.edu](http://clarion.brazosport.edu) (no www) 979/230-3156 or 979/230-3658
- 24—BAY CITY: Matagorda County Fair BBQ Cook-Off [www.matagordacountyfair.com](http://www.matagordacountyfair.com) 979/245-2454
- 24—BEAUMONT: Saxophonist Ashu The Symphony of Southeast Texas presents Saxophonist Ashu. Begins at 7:30 p.m. Jefferson Theatre. [www.sost.org](http://www.sost.org) 409/892-2257
- 24—RANCHO VIEJO: American Heart Association Heart Gala Includes music, dancing and dinner. Begins at 7 p.m. Rancho Viejo Resort & Country Club. [www.playrancho.com](http://www.playrancho.com) 956/984-1213
- 24—SAN BENITO: Park-wide Garage Sale Hours are 8 to 11 a.m. Fun 'N Sun RV Resort, 1400 Zillock Road. 956/399-5800
- 24—SAN BENITO: The Platters Concert Fun 'N Sun RV Resort. 956/399-5800
- 25—GALVESTON: Elton John & Tim Rice's Aida The Grand 1894 Opera House. [www.thegrand.com](http://www.thegrand.com) 800/821-1894
- 27-Apr. 7—TEXAS CITY: Museum Quilt Exhibit Features more than 100 quilts. 409 6th St. E-mail: [tcmuseum@prodigy.net](mailto:tcmuseum@prodigy.net) • [www.texas-city-tx.org](http://www.texas-city-tx.org) 409/643-5799
- 28—SAN BENITO: 14 Kart Country Concert Begins at 7 p.m. Fun 'N Sun RV Resort. 956/399-5800
- 28-Mar. 3—BAY CITY: Matagorda County Fair & Rodeo Includes a PRCA rodeo and all the county fair exhibits. [www.matagordacountyfair.com](http://www.matagordacountyfair.com) 979/245-2454

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## Crossword Puzzle



### ACROSS

1. What children make
5. At sea
9. Little Mermaid's love
10. Non \_\_ (not welcome)
11. At hand
12. Old show
13. Member of an American Indian people
15. Sum
16. One of NT Gospels
18. Dauber
21. Used to be
22. Musical "slow"
26. Group of eight
28. Cut hair short
29. Sandwich cookies brand
30. Soaring plaything
31. Opp. of yeses
32. Bridge

### DOWN

1. Not women's
2. Canal
3. Gemini
4. Outline
5. Be
6. \_\_ Lee (pie brand name)
7. Composition
8. Root beer brand (3 wds.)
10. Annoyed
14. Weight units
17. Goes after
18. Pass out
19. Big
20. Sugar-free brand
23. Clasp
24. Small particle
25. Commence
27. Goddess

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# Lakes on Eldridge North

## Don't Let Stress Make A Mess Of Work And Home Life

By Eugene Baker, Ph.D.

(NAPSA)-Statistics don't lie. The facts are in and research suggests that stress is making Americans sick. According to the National Institutes of Health, 80 to 90 percent of all illnesses are either directly or indirectly caused by stress.

In another study conducted by the Center for the New American Dream, researchers found that more than 50 percent of Americans would be willing to take a day off work without pay in an effort to feel less stressed and have more time with their families.

And ongoing public opinion research finds that the majority of stress that people feel is directly related to work issues such as time management, deadlines, and dealing with difficult co-workers. Fortunately, there are action steps that people can incorporate into their daily routines to help them regain control of their lives.

Here are some tips for relieving workplace stress.

- Eat Right. Avoid eating unhealthy snacks. Eating healthy food can increase your energy.
- Drink Less Caffeine. Drinking lots of coffee and sodas can increase your stress levels. If you can't cut out caffeine beverages completely, try to alternate your caffeine intake with healthier beverages or snacks.
- Exercise. Exercise is a great way to relieve stress, so try to take a brisk 10-minute walk during the day, even if it means a walk around the office or building. Walking will help to get your blood moving and give you a mental break from your tasks.



*According to the National Institutes of Health, 80 to 90 percent of all illnesses are caused by stress either directly or indirectly.*

- Stretch. Stretching can help to relieve stiff muscles, which can hold tension and make you feel more stressed.
- Simplify the Morning. Getting up 15 minutes earlier, and packing lunches or laying out clothes the night before, can help create a routine and get you organized.
- Think Positive. Take a few minutes to reflect on the good things in life. Taking stock of what you have can instantly improve your mood and outlook.
- Breathe. When we are stressed, we have a tendency to take shallow breaths, which can result in feeling more tense. Start by inhaling deeply through the nose for a count of eight, then exhaling slowly for a count of 16. Concentrate on your counting and breath.
- Rest. Be sure you are getting enough sleep at night. Not feeling rested can add to your stress level and make you feel more overwhelmed. If you have been experiencing recurring sleepless nights, consult your

physician for guidance.

- Do Things You Enjoy. Try to do something you love every day to give yourself something to look forward to.

Most stress arises due to feelings of life being out of control. By taking time to get yourself organized, and taking care of yourself, you can begin to gain control and ensure that your workday is as relaxed as possible.

- E-mail Stress-out. E-mail has become one of the most common forms of communication but it can also be one of the most stressful. Opening a full e-mail box can be overwhelming, not to mention time consuming.

Learn how to use your e-mail software, so you can organize your in-box and file away all those important messages in a way that makes them easier to access. Also, don't forget to trash any spam or useless e-mails.

Change your habits so that instead of leaving a message in your in-box until it's completed, try placing the task from the e-mail on your task list along with the contact information, then filing the e-mail away until you are prepared to reply.

Eugene Baker, Ph.D., is the vice president for employee assistance programs for United Behavioral Health, a UnitedHealth Group Company. The company provides behavioral health services to more than 43 million members to improve their total health and well-being. To learn more, visit [www.unitedbehavioralhealth.com](http://www.unitedbehavioralhealth.com).

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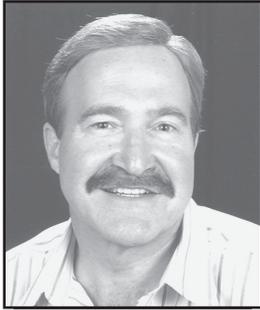
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