



LAKES

ON ELDRIDGE
NORTH

Volume 6, Issue 10

October 2007

\$1,000 REWARD



WANTED FOR GATE VANDALISM

Early Saturday morning, August 4, 2007, the Ginger Ponds gate was vandalized and the exit side gate and controller were broken beyond repair. The LOE Board is offering a reward of \$1,000 to anyone who provides information that leads to the successful arrest and conviction of the person or persons responsible for committing this act.

Please call 713-932-1122 and ask for the Director of Single Family Communities. You will be given a unique code. On successful conviction, this code will allow you to claim the reward anonymously at the LOE designated bank.

If more than one person provides information critical to solving this case then the LOE Board will decide how the reward should be divided.

The Date is Set!

Saturday morning, October 27th, 2007 is the date for the 6th Annual Fairfield 5K for Life Fun Run/Walk.

Plan on joining us at the Fairfield Athletic Club on Mason Road right off of 290 early Saturday morning for a jaunt through Fairfield's beautiful hike and bike trails.

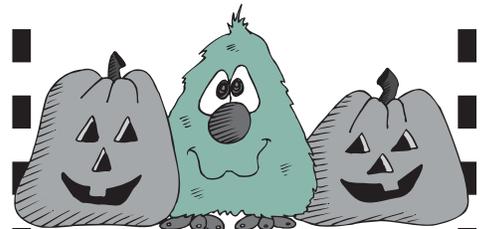
Look for entry forms at the Fairfield Athletic Club or you may register at Active.com. For sponsorship information or if you have any questions, call Jane Lakatos at 281-373-9767. This event benefits the Leukemia and Lymphoma Society helping to cure all blood-related cancers.

Kirk Elementary Pumpkin Patch & Festival

Friday, Oct. 26, 2007
4:00 PM - 7:30 PM

Kirk's Playground,
Pumpkin Patch, Games, Cake Walk,
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& Concessions!

Come & Enjoy a fun filled evening
with neighbors & friends.



Lakes on Eldridge North

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(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, 888-687-6444

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Article Submissions

Please e-mail articles and/or photos to 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 10th of each month. Submissions are subject to space limitations and editorial approval. Submit at www.PEELinc.com

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Submit classified ads at www.PEELinc.com.

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Public Open House

Tuesday, October 23rd, 9 am-2 pm and 6:30 - 8 pm

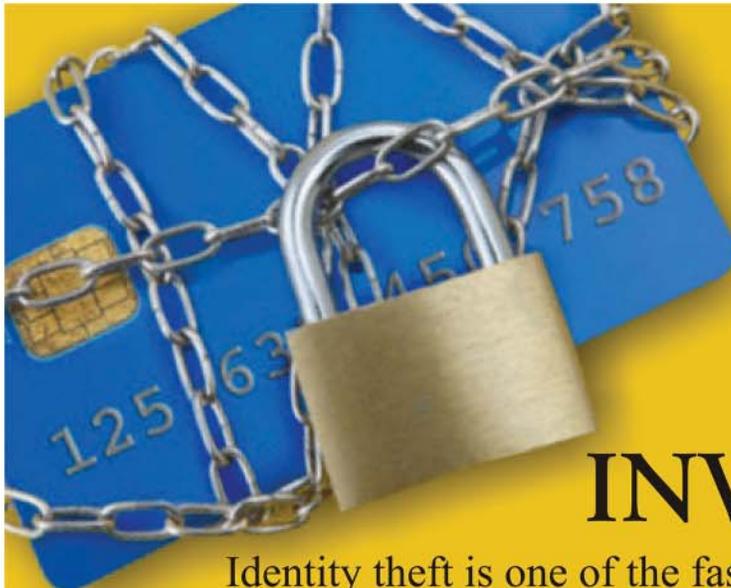


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PROTECT YOUR IDENTITY AND INVESTMENTS

Identity theft is one of the fastest growing crimes in America.
Here are a few tips to arm yourself against this crime.

- Check credit card and bank statements (at least) monthly for unauthorized activities
- Call the credit card company if a statement that you normally receive in the mail is missing. It could be an indication that a thief has recently obtained your information
- Utilize the Uni-ball® 207™ Gel Pen to write checks. It has a specially formulated gel ink to help prevent against a common form of check fraud known as “check washing”
- Unless you initiated the contact never give out personal information over email, Internet or phone
- Use intricate passwords for your computer, email and Internet accounts that include a combination of numbers, lower and uppercase letters
- If you have ordered new checks and they haven't arrived call, the vendor of the checks
- Never carry your Social Security card around with you
- Only give out your Social Security number when absolutely necessary. Ask if you can use a different form of identification
- Shred documents with personal information prior to disposal
- Get a copy of your credit report at least once a year to review for any unauthorized activity
- For more information go to the source: Federal Trade Commission at www.ftc.gov



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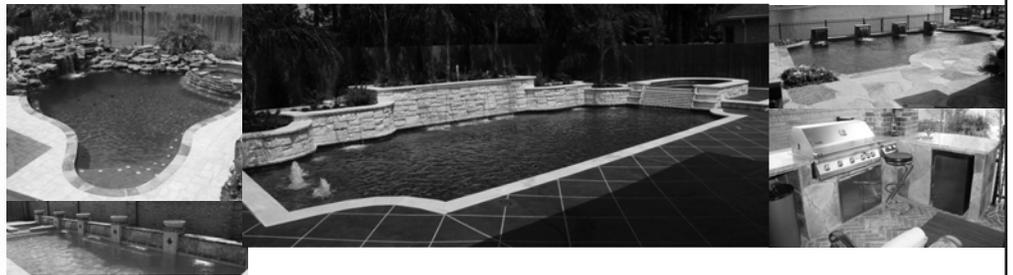


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HOME TIPS

from Kay

HOME
TIPS

If you are interested in improving the lighting in your home (adding value and making your home more appealing) simply:

- Install a ceiling or wall light in entryways and hallways
- Increase the wattage in darker rooms (use energy efficient bulbs)
- Add dimmer switches to make any room more inviting
- Install automatic lights in closets
- Select a pair of decorative wall sconces to flank the mirrors in a powder room
- Add a counter lighting to illuminate kitchen workspace

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Lakes on Eldridge North

Cypress Christian Students Serve Locally and Worldwide

From Mexico to Honduras to Viet Nam, from Spain to Guatemala, from England to Norway, from Texas to Louisiana to Mississippi and back home to Houston, students from Cypress Christian School made a difference in our community and the world this past summer!

Many CCS students served on missions and evangelistic teams throughout the summer. Recently, they shared how they helped to impact the lives of their fellow Americans, as well as those in other countries, by:

- Holding vacation bible schools and religion classes
- Handing out food and clothing
- Praying and sharing the gospel with others
- Performing puppet shows and making balloon animals for children
- Building new homes, painting and repairing old ones
- Visiting orphanages
- Leading worship

When asked to describe their experiences, these students responded, "Amazing," "Humbled," "Useful," "Excited," and "Life Changing." When asked if they would serve again, they enthusiastically replied, "YES!" Also, they highly recommended that others become involved because, as one student commented, "You will never be the same!"

We at Cypress Christian School wholeheartedly support and encourage service to others. In fact, it is part of our mission statement. Whether you are a student or an adult, we believe you will experience much joy by helping to provide for those in need.

A note to parents: Recently, a report was published stating that children who participate in service projects are more likely to volunteer as adults, because they have conquered their fear of the unknown and found joy in serving others. We hope you will encourage your son or daughter to become involved in such worthy endeavors, so that the tradition of service to others will be carried forward to the next generation.

Cub Scout Recruiting

Cub Scout Pack 1005 is recruiting new Cub Scouts and adults to become involved with activities. Pack 1005 will conduct its Recruiting Rally Night at Kirk Elementary on September 25th & October 23rd. The event is for recruiting new Cub Scouts and adults to become involved with Scouting activities. The event starts at 7 p.m. at Kirk Elementary Cafeteria. The recruiting effort targets boys in first through fifth grades

For information, call Michael Viator (713) 466-5517



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**

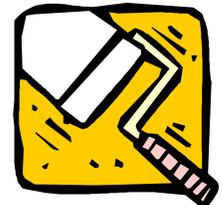
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Lakes on Eldridge North

The Foundry Church Craft Show and Tea Room

A Shopper's Heaven on Earth! The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Craft Classic on Saturday, October 20, 2007, 9 a.m. to 4 p.m. You will find terrific values on a wide array of goods from vendors offering handcrafted items, fall & Christmas specialties, gourmet baked goods, children, toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you are hungry, be sure to stop by our Texas Tea Room, open 10:30 a.m. to 1:30 p.m., and enjoy salads, desserts, and coffees. Admission to the craft show is FREE; purchase tea room tickets at the show for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-1/2 blocks north of Hwy 290. For more information, call 713-937-9388 or see www.foundryfamily.org.

14th ANNUAL WOW CRAFT SHOW

Good Shepherd UMC - Fairfield

SATURDAY, OCTOBER 13

9:00 - 4:00

This is your chance to get ahead of the holiday shopping rush. There will be indoor and outdoor vendors. Items range from jewelry, candles, purses, baby items, wooden arts, yard art, holiday decorations, etc. A sample of the vendors are:

Inspirational Arts
Kid in a Kandy Shop
Homeade Gourmet
Floral Bouquets
Discover Toys
Cookie Lee Jewelry
Creative Memories
Acrylic & oil paintings
& mural service

Two Sisters and a Friend
Longaberger Baskets & Pottery
Wooden crafts, bowls, pens, etc
Lia Sophia Jewelry
Scent-Sations
Wymstickle Creations
Ideal Jewelry
Holiday metal & yard sculptures
Wiltex Houston Wind Spinners

There will also be a Silent Auction, Bake Sale sponsored by Women of the Word, and food sold by Boy Scout Troop 533.

Also, the United Methodist Men will be sponsoring our annual Pumpkin Patch. So bring the kiddos to check out the pumpkins and capture that "Kodak" moment!

Admission to the Craft Show is \$1 for adults and kids are free. All proceeds go to support local and international missions.

Good Shepherd Church is located at 20155 Cypresswood Drive in the Fairfield Subdivision, off Mason Road and Highway 290 in Cypress.

Contact Leslie Doyle at 281-373-9579 or leslie.mark.doyle@sbcglobal.net for more information.

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Recognizing National Breast Cancer Awareness Month

Submitted by Mary Esther Middleton

October is National Breast Cancer Awareness Month (NBCAM). Since the program began in 1985, mammography rates have more than doubled for women age 50 and over and breast cancer deaths have declined.

While this is exciting progress, there are still women who do not take advantage of early detection at all. Others do not get screening mammograms and clinical breast exams at regular intervals.

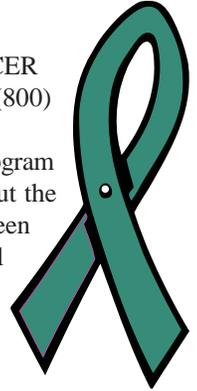
- Women age 65 and older are less likely to get mammograms than younger women even though breast cancer risk increases with age.
- Hispanic women have fewer mammograms than Caucasian women and African-American women.
- Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

If all women age 40 and older took advantage of early detection methods – mammography plus breast exam – breast cancer death rates would drop much further, up to 30 percent.

The key to mammography screening is that it be done routinely – once is not enough! For more information about NBCAM, please visit www.nbcam.org. For additional information, please call one of the following toll-free numbers:

- American Cancer Society (800) 227-2345,
- National Cancer Institute (NCI) (800) 4-CANCER
- Y-ME National Breast Cancer Organization (800) 221-2141

The National Breast Cancer Awareness Month program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.



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- Load dishwasher

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- 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

Understanding Prostate Cancer

What Every Man Needs to Know

Prostate cancer is the most common cancer among men and the second leading cause of cancer death in men. Understanding risk factors for the disease, being aware of screening options and learning the symptoms can help catch the disease in an early, treatable stage.

Rising Risk

“Cancer of the prostate, a gland located under a man’s bladder that produces a fluid found in semen, is most common in men 65 and older,” says Koushik Shaw, M.D., a urologist with The Austin Diagnostic Clinic. “After age 50, a man’s risk for the disease begins to sharply rise.”

In addition to age, family history can also play a role in risk. A man who has a father or brother that has been diagnosed with the disease is at higher risk, especially if those family members were diagnosed at a young age. It’s also important to note that prostate cancer is more common in black men than in white men, and that black men are twice as likely to die from the disease.

Although a man has no control over his age, family history or race, men with unhealthy eating habits may also be at higher risk for the disease. “Although no studies conclusively show that diet can prevent prostate cancer, a diet low in animal fat and meat, and high in fruits and vegetables may help lower risk. What is good for the heart is good for the prostate,” says Dr. Shaw.

Screening Simplified

There are two common screening tests for prostate cancer that can help find the disease in its early stages, before it has spread to any other organs. The prostate-specific antigen (PSA) test is a blood test that checks for higher than normal levels of PSA, a protein released by prostate tissue. Many doctors recommend that all men over age 50 who are at average risk for the disease have a PSA test each year. Men with a family history should talk to their doctor about starting annual testing by the age of 40.

“Higher levels of PSA may indicate prostate cancer,” says Shaw. “However, other conditions can cause a rise in the protein levels as well. That’s why a doctor will also consider other factors including changes in the PSA level over a period of time and whether or not a patient has other symptoms.”

The second commonly used screening test, often done in conjunction with a PSA test, is the digital rectal exam (DRE). The doctor inserts a gloved, lubricated finger into a man’s rectum to feel the prostate, which is located behind the rectum wall. Any lumps, unusually hard areas or other irregularities can be a sign of prostate cancer.

If either test suggests the possibility of prostate cancer, a doctor may order further tests, such as a biopsy. A biopsy, which involves the removal of a small amount of prostate tissue, is the only way to determine for sure if a man has the disease.

“The good news is that more than 90 percent of all prostate cancers are found at an early stage, when the disease has not spread,” says Shaw. “If the disease is found in a more advanced stage and has spread to other organs, the outlook is more positive than for other cancers. Many patients with an advanced form of prostate cancer respond extremely well to treatment.”

Symptoms

While most prostate cancers are found early through a PSA or DRE test, some men can develop symptoms if the disease reaches a later stage. Urinary problems are most common, including needing to urinate frequently or not being able to urinate; having a hard time starting or stopping the flow of urine; pain or burning during urination; or blood in the urine or semen.

“While these symptoms can indicate a prostate problem, they can also be caused by several other infections or diseases,” says Shaw. “If you have any of these symptoms, take them seriously and see your doctor, but don’t panic.”

If you are diagnosed with prostate cancer, numerous treatments, such as minimally invasive laparoscopic robotic surgery, radiation therapy, and others options are available depending on the size of the tumor, where in the prostate it’s located and whether or not the disease has spread.

“Prostate cancer is typically a slow-growing disease that can be found early and treated with excellent outcomes,” says Shaw. “The more men who understand their risk and have regular screening tests, the more unnecessary deaths we can prevent.”



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Infused Oils and Vinegars

Many people have seen the growing selection of oils and vinegars available at grocery stores and specialty markets. There is also the countless variety of decorative bottles at home stores with different herbs, fruits, and vegetables inside that make a great accent to any bare space in a kitchen or dining area. Infusing oil or vinegar is a fairly simple process that can really add some extra dimension to any dish they are added to.

They can be used in salad dressing recipes or stand alone as is. They can be used as dips for bread, vegetables, or many other things. They lend flavor to marinades or can be used to flavor foods after they have been cooked such as pastas or grilled meats. The odd shaped bottles that are filled with various things are eye pleasing, but not always safe for human consumption. Jars or bottles need to be able to undergo a sterilization process in order for them to be presentable and edible. We'll cover the less aesthetically appealing procedures for infusion. Extraction of flavor will be the main goal in the following recipes:

Garlic and Basil Oil

- 1 oz. fresh basil
- 2 oz. garlic cloves, crushed
- 1 T. peppercorns, crushed
- 2 C. extra virgin olive oil

Wash the basil and dry thoroughly. Roughly chop the basil. Place the basil, garlic, and peppercorns in a heatproof container. In a saucepan, slowly heat the olive oil but do not get it too hot. Carefully pour the oil into the container with the other ingredients. Allow

to cool to room temperature. Refrigerate at least overnight and up to a few days. Strain the mix and discard all solids. Keep oil refrigerated.

Ancho Chile Oil

- 4 each Ancho chiles
- 2 oz. garlic cloves, crushed
- 2 C. olive oil or extra virgin olive oil

Remove the stem end from the Ancho peppers. Split open and remove all the seeds. In a saucepan, lightly toast the Anchos for a few minutes or until they give a strong aroma. Do not cook for too long or it will burn and have an off flavor. Add the garlic and the oil. Cook on low heat for just a few minutes. Cool to room temperature. Puree the mix in a blender. Refrigerate overnight. Strain the mix and discard any solids. Refrigerate until ready to use. *This oil has a nice red color that can be used to garnish plates*

Lemon Thyme Vinegar

- 2 each lemons
- 1 oz. thyme sprigs
- 2 C. white wine vinegar or white vinegar

Wash the lemons and slice thinly. Wash and dry the thyme. Place the lemons and thyme in a jar or bottle. Heat the vinegar just to a light boil. Pour over the lemons and thyme. Make sure there is enough to cover the contents. Cool to room temperature. Cover the container and allow it to sit overnight or up to a few days. Strain the vinegar pressing on the thyme and lemons. Discard the solids. The vinegar should be fine at room temperature, but will hold longer under refrigeration.

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Recipe of the Month:



Peach Cobbler

- 1 stick margarine
- 1 C sugar
- 2 tsp. baking powder
- 1 C flour
- 1 C milk
- 1 quart peaches (sweetened)

- Melt margarine in baking dish in 350° oven.
- In another bowl, combine sugar, flour, milk and baking powder.
- Pour this mixture into the melted margarine and stir. Pour the peaches (and juice) into the dough mixture. Do not stir. Bake until brown.

If you would like to submit YOUR recipe to the Lakes on Eldridge North newsletter email it to articles@peelinc.com.

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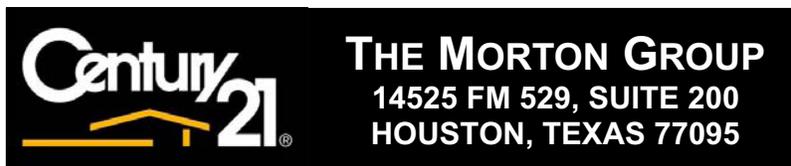
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9								
2		5		9				6
			4	3				
8			3					2
6		1					4	5
		3				7		9
		4			6			
			2					1
			1			5	7	

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Lakes on Eldridge North

Music Education and Your Child: Part 2 - How to Start Your Music Study?

By Cyrus Albertson

"When should my children begin music lessons? What instrument should they start with? How do I find the right teacher? Is music just a waste of time?" I hear these questions daily from concerned parents who want the best for their children. Over time, music education is being removed from the primary and secondary education curriculum, and more and more parents are finding themselves in the position of being responsible for their child's musical education.

To get started, first decide what instrument to pursue. The age of the student has a bearing on instrument selection. Many students as young as three years old can be successful with either piano or violin. Students should usually be at least 7 or 8 years old to pursue guitar, drums, or voice study. Woodwind and brass instruments are usually best undertaken after the age of 9 or 10. The cost of the instrument should have less bearing on the instrument choice, as rental instruments are readily available. Many parents choose to rent an instrument during the beginning phases of study, until they are sure that the students likes the instrument they have chosen. That way, parents can postpone a sometimes expensive purchase.

Regardless of the student's age, piano is an excellent first instrument for several reasons. First, children learn to read both treble and bass

clefs. Second, piano is a linear instrument which helps develop an understanding of musical scales and note reading. Third, piano is the only instrument that teaches both chords and melody, and how the two relate. Fourth, students don't have to be concerned about proper tuning of the notes - this is helpful because beginning students can be easily demotivated if the music they produce sounds bad because the notes are not in tune. Many parents are concerned about pursuing piano because of the size and cost of pianos. However children can begin their study on an inexpensive keyboard for the first few years. During that time, parents can make sure the child is interested in continuing piano study before purchasing one.

Once you and your child choose the instrument to study, the next challenge is finding the right teacher.

(Continued on page 17)





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Music Education- (Continued from page 16)

Unfortunately, too often, parents pick teachers for all the wrong reasons. Parents often choose teachers because they play their instrument well, because they have a master's or doctorate degree in their instrument, because they are located close by, or because they charge a low tuition rate. However, the most competent player or the most educated person may not interact well with children. The neighborhood teacher may not have any training in how to teach. The cheapest teacher is almost never the best teacher. So what should a parent look for when choosing a teacher? First, find someone with formal musical training, which will ensure that your child will be taught the correct fundamentals of music. Second, it is essential that you find a teacher who enjoys working with young people and can help inspire and motivate your child. Remember, this person will have a huge influence on your child. Third, ensure that the teacher you choose has been properly trained in the proper methods to use when teaching children. There is a good chance that your child will remember their music teacher for the rest of their life – choose wisely!

Cyrus Albertson is a concert pianist, taught in the secondary school System.



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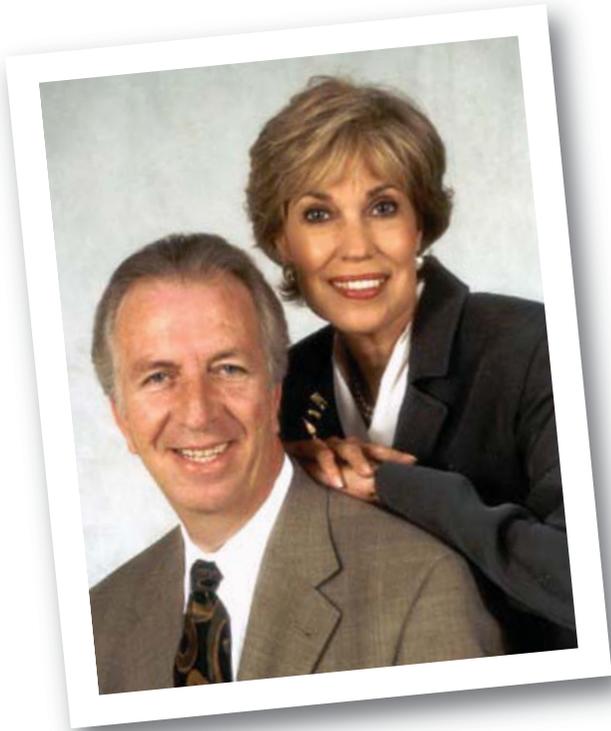
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