



LAKES
ON ELDRIDGE
NORTH

Volume 7, Issue 1

January 2008

LOEN Autism Support Group: 1st meeting Jan 24th

Do you have a child with autism in your life? Do you want to connect with people who understand the joys, challenges, and juggling act? It's no wonder, with one in 150 children now being diagnosed with some form of autism, according to the Centers for Disease Control.

I'm a working parent of an 8-year old son with autism and am starting a support group for caretakers of children with autism right here in our community. Network, share resources, ideas, and information without driving to a meeting in the greater Houston area.

Please join us for our first meeting on Thursday, January 24th at 7:00 PM. Bring your ideas and a few photos of your family for a get-to-know you meeting. Address: 5711 Cielio Bay Ct in Lakes on Eldridge North. Directions: Enter LOEN at Tanner. Take 1st right onto Catalina Shores Dr. Take next right onto Monterrey Springs Dr. At stop sign take a right onto Bolero Point La. This street curves around and becomes Cielio Bay Lane. Take the next right (Cielio Bay Ct.). Number 5711 is on this corner.

For questions, information, or to RSVP, e-mail Kathleen at tas_@hotmail.com or call (713) 856-9968.

Help the Needy and the Homeless

Would you be willing to share your abundance with those who are less fortunate? The Mission Training Center (MTC), a mission of Houston's First Baptist Church, has an immediate need for hotel/travel size toiletries and men's gently worn casual clothing, especially jackets, sweaters and shoes. MTC provides food and clothing to needy persons from all areas of Houston. If you would be willing to donate or would like more information, please contact Carlon Thorpe at 713-466-0484 for pickup within LOE. Your donations are tax deductible and tax receipts are available. Thank you in advance for your help.

Golf Tournament January 14th, 2008

Saint Aidan's will hold its 5th Annual Golf Tournament to raise monies for ministries and a portion of the proceeds will go toward the Saint Aidan's Cy-Fair College Endowment Scholarship.

The tournament will be held at BlackHorse Golf Club on January 14th with 11am registration, noon shotgun start and 5pm dinner, raffle and prizes. The tournament will be a four person scramble with prizes for the top teams. Entry fee includes lunch, driving range and putting practice, a sleeve of Titleist BlackHorse logo golf balls, a BlackHorse bag tag, a BlackHorse ball marker and repair tool, a tournament shirt, two bottles of water and dinner.

The entry fee is \$130.00 for individual and \$500.00 for team of four. Registration forms are available on line at www.staidanshouston.org, or to become a sponsor or obtain more information contact the church at 281-373-3203 or email us at info@staidanshouston.org. Registrations are due by January 10th.



Lakes on Eldridge North

IMPORTANT NUMBERS

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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, 888-687-6444

LOEN Board Of Directors

Don Byrnes	President
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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.

ADS: Deadline for submitting ads is the 10th 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 for information on advertising.

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. The advertising deadline is the 10th of each month for the following month's newsletter.



Open House
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| 6 12519 Still Harbour | 22 5611 Lake Place |
| 7 12427 Summerland Ridge | 23 5718 Monterrey Springs |
| 8 12902 Watermist | 24 5702 Sapphire Vista |
| 9 12610 Wilbury Park | 25 12206 Bellavista |
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Lakes on Eldridge North

Houston Christian High School to Present West Side Story at the Berry Center



Houston, December 5, 2007: The Fine Arts Department of Houston Christian High School (HCHS) proudly presents the popular American musical, *West Side Story*, January 17-20, 2008, at the Berry Center, located at 8877 Barker Cypress Road.

Arthur Laurents, Leonard Bernstein, and Stephen Sondheim combined their talents to create this classic, unparalleled American musical — a modern retelling of Shakespeare's *Romeo and Juliet*. Set in the heart of gritty New York, two young idealistic lovers find themselves caught between warring street gangs, the American Jets and the Puerto Rican Sharks. Their struggle to survive in a world of hate, violence, and prejudice is one of the most innovative, heart-

wrenching, and relevant musical dramas of our time.

Director and HCHS drama teacher, Matt Logan, believes that "this show is especially important today as the immigration debate rages across our country." He continues by stating, "In the safety of the theatre, we can look at ourselves and try to make sense of our own prejudice, our own "turf" wars, and our own hope to find a love that will transcend."

Highlighting the talents of a young ensemble cast, *West Side Story* has found popularity in schools as well as professional theatres throughout the world. Its exciting, sophisticated score by Bernstein and Sondheim is often considered Broadway's finest. Bernstein's score for the musical includes "Something's Coming," "Maria," "America," "Somewhere," "Tonight," "Jet Song," "I Feel Pretty," "One Hand, One Heart," and "Cool." Over 70 HCHS students participate as cast, producers, directors, choreographers, and crew in this classic American musical. Additionally, this year marks the third year that HCHS students will compete for the prestigious Tommy Tune Awards, developed by Theatre Under the Stars, which honor musical theatre excellence at the high school level.

Show times are 7:00 p.m. on January 17-19, 2008, and matinee performances begin at 2:30 p.m. on January 19 and 20, 2008. Tickets range in price from \$20 to \$35. A special performance for students is scheduled for January 17 at 9:00 a.m.; discount tickets for student groups of 20 or more are available for this performance. For more information and to purchase tickets, contact Houston Christian High School at 713-580-6010.

Houston Christian High School is an independent, coeducational, day school, which educates students in grades 9-12. The school was founded in 1996 and began offering classes in August 1998. HCHS is dedicated to the highest academic standards for the development of moral character, the enrichment of spiritual lives, and the perpetuation of growth in Christian ideals.

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Cy-Fair College, "Perspective"

Register for Spring Semester Classes - Spring semester classes begin Jan. 14. Cy-Fair College provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to www.cy-faircollege.com.


Financial Wellness Talks Set for Children, Teens and Adults Celebrate Financial Wellness Month in January at the Cy-Fair College Branch Library on the Barker Cypress campus. Programs include a talk on the secrets of the Moonjar for ages 3 and older set Jan. 14 and Jan. 16, an "In Debt We Trust" documentary and discussion for teens and adults Jan. 17 and Jan. 19 and a presentation with radio's Hal "Captain Cash" Lynde Jan. 22 and Jan. 23. For information on any of these programs, contact Melanie Metzger at 281-290-3211.

Art Exhibition Gives Voice to "I Have a Dream" Speech- Umoja, an African American student organization, and the Bosque Gallery present an art exhibition focusing on work that gives a contemporary voice to Dr. Martin Luther King's "I have a Dream" speech. This exhibition, on display Jan. 29 through Feb. 21 will feature community members' art as well as that of guest artist and lecturer Henry Earl Price, Art Supervisor for the Caddo Parish School Board in Louisiana. An artist reception and lecture is set for 4:30 p.m. Jan. 31. The Bosque

Gallery is located in the Center for the Arts Building on the Barker Cypress campus. For gallery hours and information go to www.cy-faircollege.com/bosquegallery.

L.I.F.E. Lessons in January - The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) In January, learn a bit about yoga Jan. 9, NASA Jan. 16, saving money from radio's "Captain Cash" Jan. 23 and nanobots Jan. 30. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.

Courses for Ages 50 and Better Available - The Academy for Lifelong Learning (A.L.L.) at Cy-Fair College offers adults, 50 years and older, leisure classes, lectures and informal activities. A.L.L. class spring registration will be held at the Feb. 1 noon to 7 p.m. and again Feb. 4 and Feb. 5 from 9 a.m. to noon. The spring session will include classes on Internet tools, history, Bible study, acting for seniors, Dulcimer lessons, Qigong, ballroom dancing, medical and fitness issues and many others. A.L.L., a cooperative effort of volunteers and Cy-Fair College, has an annual membership fee of \$10 (September 2007- August 2008) which entitles members to student discounts. Register early as classes will fill up quickly. For more information, call Janet Taber at 281-290-5991.



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Lakes on Eldridge North

Cy-Fair ISD VIPS Calendar

January 17 – VIPS General Meeting – 9:30 a.m. - 12:00 p.m. - This meeting is open to all school staff, volunteers, parents and community members. Get the latest information on what is happening in the district and enjoy the opportunity to network with your fellow volunteers and share best practices. Desi McKinney, Cy-Fair ISD Ropes Program Coordinator will be leading us in some fun team-building exercises that will help us learn skills to cope with daily challenges and achieve success. You need not RSVP for this meeting.

January 22 – PIE Mentor Training – 9:30 a.m. – 12:00 p.m. – A mentor is an adult role model committed to serve as a guide and friend while helping a student with his/her educational and personal development. We ask for a commitment of approximately one hour per week for the duration of the school year for meetings on a school campus and during school hours (appointment times may be flexible). In addition to this training, an application and criminal background check are required.

January 23 – Junior Achievement Coordinator Training – 8:30 a.m. – 9:30 a.m. - This class specifically designed for campus JA Coordinators.

January 23 – Junior Achievement Training – 9:30 a.m. – 12:00 p.m. - Junior Achievement pairs its economic program with the Social Studies curriculum providing students with examples of jobs and skills needed to be successful. This is a training for volunteers from all career fields (as well as stay-at-home parents) who wish to go into the classroom to teach mini lessons appropriate for each grade level, K-12. All materials are provided for volunteers, including scripts. A commitment of approximately 30 minutes each week for 5 weeks is necessary.

All of these meetings are held at The Richard E. Berry Educational Support Center, 8877 Barker-Cypress (entrance two and follow the signs). Please reserve your seat and materials for all trainings at viprsvp@cfisd.net.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes on Eldridge North residents, limit 30 words, please e-mail articles@peelinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-989-8905 or advertising@PEELinc.com.

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Cypress Christian School Winter Banquet – Celebrating 30 Years

We at Cypress Christian School would like to cordially invite you to our 2008 Winter Banquet. Our 30th Anniversary Celebration will continue with this special event to be held on Saturday, January 26, from 5:30 to 8:30 p.m. at the Downtown Aquarium. This event will be a "laugh a minute" with our two special performers—David Ferrell and Susan O'Donnell. Through the generosity of sponsors, this evening is free to our guests.

For over 15 years, Christian comedian David Ferrell has shown audiences that comedy can be both clean and funny! In 2006 and 2007, David was nominated for Inspirational Comedy Act of the Year by the Inspirational Country Music Awards, sharing the honor with Mark Lowry, Chonda Pierce and Dennis Swanberg.

With comedy and a mix of testimony and song, Susan O'Donnell, KSBJ Christian radio host/comedienne/singer will take you on a roller coaster ride that takes you from belly laughs to tears and back to belly laughs again.

If you would like to RSVP, sponsor this event, or inquire about advertising opportunities, please contact our Development Office at 281-664-0211 or Lynnette.Anderson@CypressChristian.org. Banquet information is available on the school web site at www.CypressChristian.org.

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Lakes on Eldridge North

Aggie Moms

Start the New Year right by joining the Northwest Harris County Aggie Moms at the January meeting on Tuesday, January 8, 2008. CARPOOL will be the featured topic for the evening. The student-run program has provided free, safe, and non-judgmental rides to thousands of Aggies and other Bryan/College Station residents since its inception in 1999. Student volunteers operate CARPOOL between the hours of 10 p.m. and 3 a.m. on Thursday, Friday, and Saturday nights. Krissy Noack, Deputy Director of Sponsor Relations, and Ben Salines, Director of Endowment, will share details about CARPOOL with Aggie Moms in attendance.

CARPOOL is one of the many student organizations that comprise the Student Government Association (SGA) at Texas A&M. The Northwest Harris County Mothers' Club selected the SGA as this

year's club project. Beth Brinker, Executive Vice President of SGA will also attend the January 8th meeting and will update the members on Student Government. The January meeting is open to all Aggie Moms and will be held at the Houston Distributing Company, Inc., 7100 High Life Drive, Houston, TX 77066. Refreshments begin at 7 p.m. and the meeting begins at 7:30 p.m.

NWHC Aggie Moms will host a "Fabulous Fifties" Dinner and Auction at Wyndhaven Terrace on Friday, February 29, 2008. They will also host the Texas A&M Singing Cadets Concert at Foundry United Methodist Church on Friday March 28th. Come join us for these events!

For more information about these and other upcoming events, check our website at www.nwhcaggiemoms.com

Considering a Private School?

Come explore the rich variety of private educational opportunities in our community. The 6th Annual NW Private School Preview will be held on Sunday, January 20, 2008 from 3:00 to 5:00 PM. This free event provides the opportunity to visit with representatives from over twenty private, independent and parochial schools.

The event attracts families from all over the greater NW Houston area. The preview will be held at Champion Forest Baptist Church, located at 15555 Stuebner-Airline Rd.

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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

Cy-Fair High School Project Prom 2008 January Update

Cy-Fair High School Project Prom 2008 Booster Club would like to express its appreciation for the many area businesses and committed parents that have stepped up to donate money, time, and sponsorships. Our Project Prom event will be held on May 2-3, 2008, from 11:00 p.m. to 6:00 a.m., for up to 950 seniors and their dates. We still need to raise a significant amount of money for the Berry Center venue, refreshments, and entertainment. To succeed in this vast effort, we need the continued support of all parents and friends. Please note that we have a new website – the only change was from .com to .org: www.cyfairprojectprom.org. Please visit the website to register your senior if you have not already done so, and to sign up for email updates. If you have any questions, call CFHS Project Prom 2008 President Karen Fitzgerald at 281-304-8272.

General membership meetings. CFHS cafeteria at 6:30 p.m. on Jan. 28, Feb. 25, Mar. 24, and Apr. 21. Come, get involved, and patronize the Project Prom vendors.

Denim & Diamonds. Saturday, February 2, 2008, House Plantation, 7 p.m. to midnight. Dinner will be served from 7 to 9 p.m. by Harris County Smokehouse, The Lonely Road Band will provide country music, and there will be a silent auction. We need businesses and individuals to donate items and services for the auction and sponsor tables, refreshments, and entertainment. Contact Dina Thomas at dinarthom@yahoo.com or Vicki McCain at beamccain@comcast.net.

Cartridges and More Recycling. Bring your items to the designated bin in the Cy-Fair High School library in a bag or box marked with the senior's name. Items can also be brought to the monthly Parents meetings. See the Cartridges for Kids (CFK) website, www.cartridgesforkids.com.


Prom Dress Boutique. Contact Maureen Jerding at mjerding@counselip.com to find out how to donate gently-used formal gowns. Dresses (on hangers, in plastic bags) can also be brought to the monthly general meetings in January and February. They will be sold at an affordable price at the Cy-Fair College Library Prom Dress Boutique at the end of March.

The Busy Parent Fundraiser form on our website at www.cyfairprojectprom.org provides an easy way to contribute. Other individuals are welcome to contribute as well. We are a 501(c)(3) organization, and therefore contributions to CFHS Project Prom are tax deductible.

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Lakes on Eldridge North An Invitation to All the Women of the Community



Please join us on Tuesday, January 15th and every Tuesday for twelve weeks for an evening of study and fellowship with author Mindy Ferguson as she presents her study "Walking with God".

In this Bible study, you'll discover why walking with God means living your faith. It's trusting in Him and Him alone. It's seeing the giants, but stepping confidently into the future because

you believe the promises of Christ.

Walking with God is the difference between slavery to sin, and freedom in Christ. It's victory not defeat. It is living the promised life!

Good Shepherd United Methodist Church

Tuesday Evenings, 6:45-8:30pm

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Author and Cypress resident Mindy Ferguson will give live lectures at each session.

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A relatively common form of back pain, sciatica refers to irritation of the sciatic nerve, which is made up of five branches of nerves that come out of your lumbar and sacral spine.

In many cases, sciatica is caused by a herniated disc that is putting pressure on the sciatic nerve. A herniated disc, which is often brought on by a sudden twisting motion or injury, is sometimes referred to as a slipped, ruptured, bulging or protruding disc, or a pinched nerve.

For others, sciatica may be caused by a narrowing of the spinal canal, or stenosis, which can be congenital or may develop over time. In this case, lesions can form and protrude into the canal and press on the nerves. Sciatic irritation may also be caused by slippage of a vertebral body in front of another, a condition known as spondylolisthesis.

Poor biomechanics, curvature of the back, weak abdominal muscles or pregnancy can contribute to this slippage, which can press on the nerve.

Symptoms of sciatica

As the longest nerve in your body, the sciatic nerve runs down from your lower back through the back of your thighs, where it divides into two branches just above your knees. It further branches out into the muscles below your knees, all the way down to your feet.

Classic symptoms of sciatica often start out with back pain, which may improve over time. However, you may begin to feel pain in



one of your hamstrings or calves, and some numbness or tingling in your toes.

For some people, the pain from sciatica can be severe and debilitating. For others, the pain might be infrequent and irritating, but has the potential to get worse. While sciatica can be very painful, permanent nerve damage is rare.

Fortunately, because the spinal cord does not extend through the lumbar (lower) spine, there is no danger of paralysis from a herniated disc in this area.

(Note: If your symptoms include progressive weakness in the legs or bladder/bowel incontinence, this may indicate a serious condition called cauda equina syndrome, which requires immediate medical attention.)

Treating sciatica

How sciatica is treated depends on the severity of the problem. You should, of course, see your doctor for an evaluation

and diagnosis if the pain is keeping you from everyday activities.

Nerve pain is caused by both pressure and inflammation on the nerve, and treatment is concentrated on relieving both of these conditions.

For acute pain along the sciatic nerve, heat and/or ice packs can help relieve pain. Begin by applying heat or ice for about 20 minutes at a time, and repeating every two hours as needed. You can also alternate the two to see if this provides more relief.

For some people, taking oral steroids or an anti-inflammatory such as ibuprofen will help. If the pain is severe, your doctor may inject an epidural directly into the affected area to reduce the inflammation that is causing you pain.

Manual treatments, osteopathic or chiropractic, may help relieve the pressure. Your doctor may also suggest a physical-therapy program that includes back-strengthening or lumbar stabilization exercises.

Fortunately, most people with sciatica can expect their symptoms to improve within a matter of days. For others, relief may come within two to three months.

In a small percentage of cases, where pain is severe and the combination of manual and medical treatments have not provided relief, surgery may be necessary to help relieve both pressure and inflammation.



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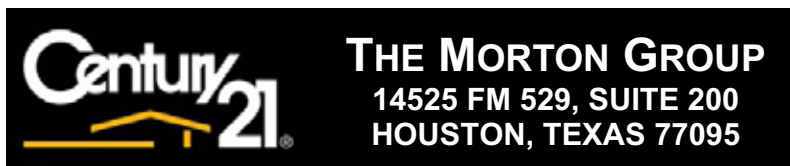
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A New Year's Resolution that Lasts

By Scott McKay

It's that time of year again...the time we think about the year which lies ahead and reflect upon the year we are leaving behind. Usually, this time of contemplation and reflection yields a host of thoughts and ideas about how to live well - how to make improvements in our lives that will benefit our health, our families, our work. These thoughts and ideas generally lead to the creation of an action plan for the coming year.

One thing we all seem to have in common is a desire to take better care of our bodies, particularly through exercise. As such, most action plans include activities we plan to start doing regularly to improve our health and fitness (ie. the workout).

Often, we make our plan and get off to a great start at the beginning of the year. After a few months, though, we find our interest, enthusiasm and commitment waning. What seemed like a great idea in January often feels too hard by March. The last thing we need is something else that feels like work, right?

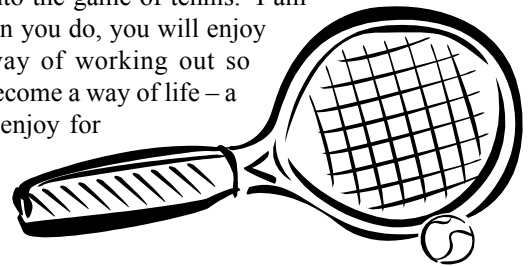
There is good news! There IS something that can put the fun back into your workout. This great game allows you to strengthen your body while also developing and strengthening relationships. (It's a great game for families...and a great way to create special family memories!) This game strengthens the heart of the player, too,

building inner character with qualities such as endurance, patience, persistence and perseverance.

This 'something' is tennis and, around the globe, people have been enjoying the game and reaping the benefits of play for nearly 140 years.

Did you know that you burn 7 calories a minute playing doubles and 14 calories a minute playing singles? Did you know that tennis strengthens the bones, thereby decreasing the risk of osteoporosis? Tennis is also a great way to relieve stress, which is a catalyst to many diseases. Studies show that tennis is one of the best ways to work out your body and maintain a high fitness level for a lifetime.

As you are considering how to get a healthy start to the year, consider getting into the game of tennis. I am confident that when you do, you will enjoy this fresh, new way of working out so much that it will become a way of life - a workout you will enjoy for years to come.



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Lakes on Eldridge North

5 Easy Steps to Avoid the Flu And Colds This Year

Submitted by Dr. Jim Pollard, D.C.

With winter holidays comes the cold and flu season. What's so special about this time of year that has so many folks falling victim to the common cold or flu? The answer may not be what you think. Why is it that some get sick and others don't? The answer is simple. Some are better fit to fight off the attack than others. So, how do you stay fit and avoid catching the cold or flu? Here are five easy steps to help you and your family stay healthy.

1. Wash your hands often.

Contagious sick people unintentionally spread their "bugs" wherever they go. Wash your hands regularly and avoid touching your hands to your face. No need for chemically anti-bacterial hand gels; simple water and soap will suffice.

2. Get plenty of rest.

When you physically exhaust yourself from work and all of the extra activity that the holidays bring, you leave your body with less energy to fight off an attack. In addition, your body does much of its maintenance and repair while you sleep. The more rest that you get, the better your body is able to fight off illness.

3. Support your immune system naturally.

Vitamin C, zinc and grape seed extract are powerful antioxidants. Silver ion is the most powerful natural antibacterial, antiviral and

antifungal known. Probiotics, such as those found in live-culture yogurts and kefir, are important in supporting immunity too, by protecting the "good bugs."

4. Maintain your exercise program.

I know, I know. It's difficult to maintain an exercise program routine this time of the year. There are only so many hours in the day. So abbreviate your usual routine. This is important because your body releases pent-up stress when you exercise. If left alone, this stress can lead to fatigue and physical breakdown. Exercise, also, releases beneficial hormones, improves immune response and helps you get a better night's sleep.

5. Maximize your immune response with Chiropractic.

A healthy nervous system is crucial to a healthy immune response. The nervous system is the "road" that the immune system uses to respond to an attack. Many people don't realize that regular chiropractic adjustments keep your "roads" clear. Those visits that keep your spine flexible and healthy may help you avoid the cold or flu this year.

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Recipe of the Month:



Oatmeal Cookies

1 cup shortening	1 tsp. vanilla
1 cup brown sugar	1 tsp. salt
1 cup white sugar	1 tsp. soda
½ cup chopped nuts	2 eggs
3 cups quick oats	1½ cup flour

Cream shortening, sugars, eggs, and vanilla. Add dry ingredients and nuts. Chill. Shape into walnut size balls. Roll in sugar and cinnamon mixture. Bake at 350° for 10 minutes.

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

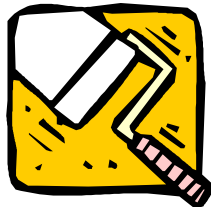
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Sudoku

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.

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

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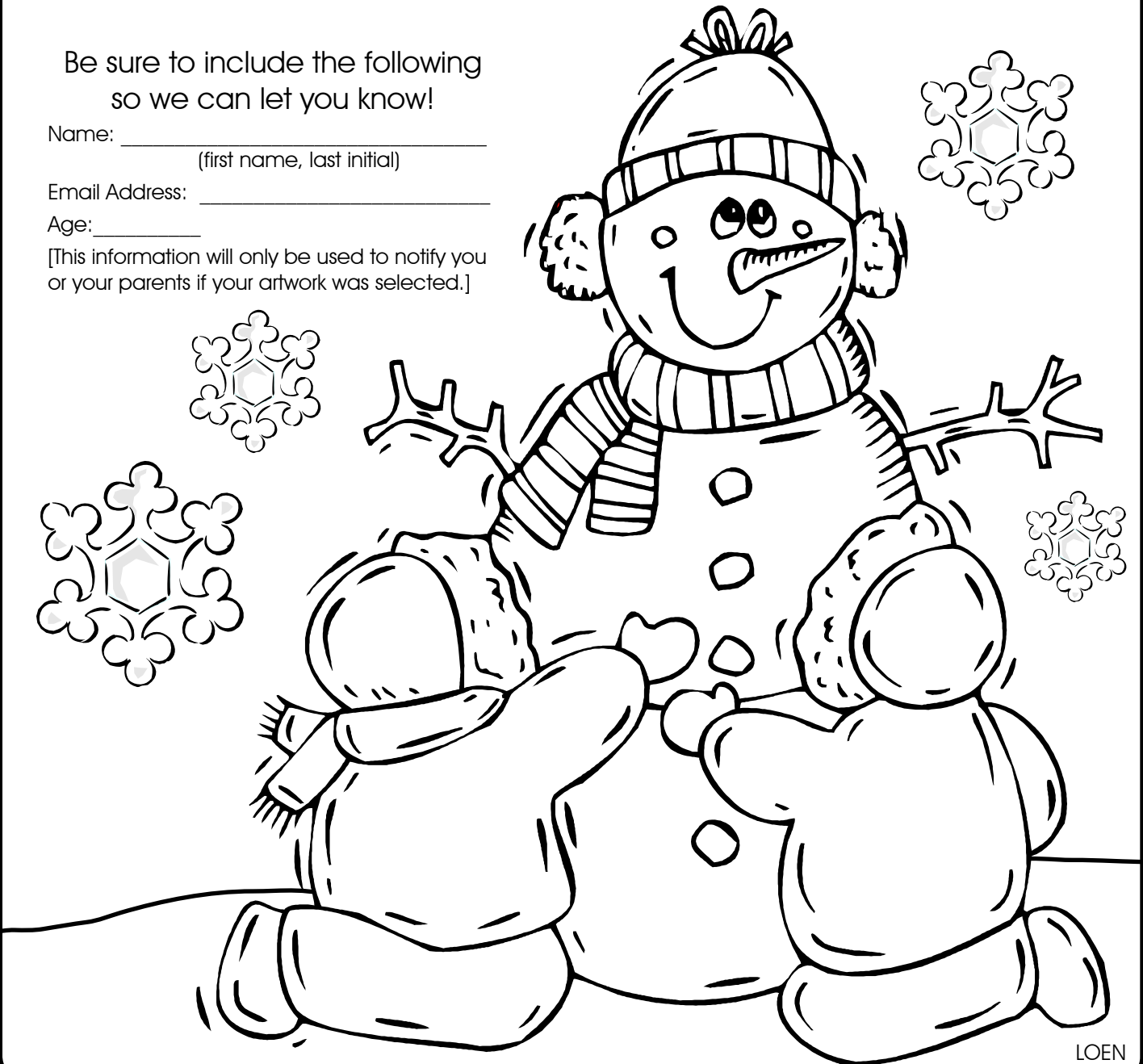
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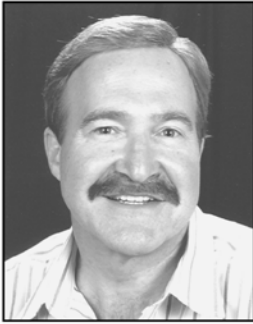
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