



LAKES

ON ELDRIDGE
NORTH

Volume 7, Issue 11

November 2008

Brandon Vick Memorial Run-4-Fun to be held on Nov. 7, 2008

The Brandon Vick Memorial Fun-4-Fun will be held on November 7 at Cypress Christian School. This event is dedicated in loving memory of Brandon Vick who passed away suddenly in the summer of 2003. Brandon would have been a senior this year.

“Brandon’s education at Cypress Christian School began in 1998. Brandon loved the Lord, loved his family, loved his school, and loved his friends. Whatever Brandon did, he did with all his heart, as was the case with the Run-4-Fun, year after year,” said Brandon’s parents, Dale and Celeste Vick.

“At the end of his 6th grade year, Brandon came home with a heavy heart and asked our family to pray for his friend who might not be able to attend school the following year due to financial reasons. Brandon was a very compassionate person. In keeping with his prayer, a fund was initially set up to assist with tuition needs in these situations.”

Cypress Christian School continues to keep Brandon’s memory alive through the Brandon Vick Memorial Run-4-Fun. Proceeds from this event have blessed the elementary school with items from their “wish list.” In addition, 10% goes towards tuition assistance for elementary students in need.

Proceeds from Run-4-Fun have provided the following items over the years:

- Elementary Computer Lab
- Library Enhancements
- Music Department Enhancements
- Art Department Enhancements
- Playground Equipment
- Technology upgrades
- New Televisions and Stand for the Classroom
- Cable and Wiring for the Classrooms
- Playground Enhancements/Playground Shade Structure
- Projectors for the Classrooms
- Laminating Machine
- Die Cut Machine and Various Stamps
- Elementary Performances and Competitions
- Teacher Classroom Supply Vouchers
- Map Rails
- Artwork Display Strips for Hallways

For more information on this event or how you can contribute to this fund, contact Jody Pollos at 281-770-5326 or Jody.Pollos@CypressChristian.org. Donations can be made on-line via the school’s website at www.CypressChristian.org under the “Support CCS” tab “On-line donations.”

*Happy
Thanksgiving*



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Lakes on Eldridge North

IMPORTANT NUMBERS

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(trash collection Mondays & Thursdays)	
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(Service or emergencies 24 hrs)	713-983-3604
Harris County Tax Office	713-224-1919
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(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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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

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Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com for information on advertising.

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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.)

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The feast, prepared by the Junior League of Houston, courtesy of Heritage Texas Properties, includes roasted turkey, cornbread dressing, giblet gravy, praline sweet potato casserole, vegetable casseroles, cranberry relish, rolls, pumpkin and pecan pies.

Dinner will be delivered to the Winning Entry
Wednesday, November 26th.

The winner will be notified on November 14th.

A special thank you to **BEAR** for the artwork on this mailer.

Heritage Texas Properties proudly supports BEAR
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For a chance to win, fill out this form and fax or mail it to me at the address below. The winner will be notified on November 14th. Dinner will be delivered to the Winning Entry on Wednesday, November 26th.

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Lakes on Eldridge North

Clay Road Baptist School News



CRBS and See You at the Pole

Clay Road Baptist School celebrated global See You at the Pole Day September 24th. The student-initiated event is about students taking time to gather at their school flagpoles to pray for their friends, teachers, government and nation. See You at the Pole began in Texas in 1990 with a single youth group and has grown to 3 million participants in more than 20 countries. Clay Road Baptist School is proud to participate in this annual event.

CRBS Go Wild about Reading

Clay Road Baptist School celebrated its annual Book Fair in September. This year's Safari theme "Go Wild About Reading" served as great inspiration for children and adults alike to expand their interests and read, read, read!

CRBS Grandparents Day

Clay Road Baptist School celebrated Grandparents Day on September 26th. Students from pre-school to 8th grade hosted the event with breakfast and a school wide student performance.



Donuts with Dad

Clay Road Baptist School celebrated Donuts with Dad on September 25th. This is the 7th year Clay Road Baptist School has celebrated Dads and their students with early morning donuts and fun.



CRBS Spaghetti Night

Clay Road Baptist School 8th graders hosted Spaghetti Night September 22nd, to raise funds for their annual trip to Washington DC. The dinner and raffle raised over \$2300 for the students.



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Cy-Woods High School

Submitted by Gia Rodriguez

Cy-Woods High School presents its very first musical, Crazy for You, featuring a book by Ken Ludwig and music by George and Ira Gershwin. The 1992 Tony Award-winning show has been called 'riotously entertaining' and includes such classic Gershwin songs as 'Embraceable You,' 'I Got Rhythm,' and 'Nice Work If You Can Get It.' 'I am very excited about the Cy-Woods Community coming together for such a large musical,' says Wendy Carrell, the director of the Cy-Woods Theater Program. 'We will have the choir, band, orchestra, and theater departments working together to make our 1st musical become a reality. I love the high-paced tap numbers and Ken Ludwig's sense of comedy. I wanted a classic musical that is written for today's audiences. It's going to be a blast.' Performances are on November 14, 15, 17 at 7pm and November 16 at 2pm at the Cy-Woods High School Auditorium, 16825 Spring Cypress Rd. Call 281-213-1901 or visit <http://destined.to/cywoods драма>.



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Celebrating our 18th Anniversary



Houston Repertoire Ballet and The Regional Arts Council Announce 2008 Performances of

The Nutcracker

Houston Repertoire Ballet (HRB), with The Regional Arts Council, will present its annual performances of The Nutcracker featuring guest artists Yuriko Kajiya and Jared Matthews of American Ballet Theater in New York, who will perform the roles of The Sugar Plum Fairy and The Cavalier.

Residents of Coles Crossing who will perform as members of HRB are Melissa Dooley, Chelsea Niemuth, Emily Parks, Leah Slavens and Rebecca Webb.

The performances will be held December 5-7 at Tomball High School Auditorium, 30330 Quinn. Since 1998, HRB's lavish, full-scale production of the beloved holiday classic has become a staple of Northwest Harris County's December festivities.

Performances will be held Friday, Dec. 5, at 7:30 p.m.; Saturday, Dec. 6, at 2 and 7 p.m.; and Sunday, Dec. 7 at 4 p.m. A special Arts and Education performance and educational seminar, suitable for younger audiences and youth groups, will be presented Sunday, Dec. 7 at 1 p.m.

Tickets may be purchased on-line at www.hrbdance.org or by calling HRB at 281-861-0199, or the TRAC office in Tomball at 281-351-ARTS (2787). Tickets prices are \$18 for adults, \$12 for seniors/students and \$8 for the Arts and Education performance.

HRB is a non-profit civic organization dedicated to the pursuit of excellence in the art of classical ballet. It provides young aspiring dancers the opportunity to discover within themselves a source of enrichment, beauty, and the means of aesthetic expression that will last a lifetime. HRB dancers have gone on to dance professionally with the New York City Ballet, Miami City Ballet, Atlanta Ballet, Walt Disney World, Texas Ballet Theater, American Ballet Theater (ABT), and Dayton Ballet. HRB flourishes under the artistic direction of Victoria Vittum, a nationally recognized teacher and choreographer who has been a faculty member of the Houston Ballet Academy and has served as Resident Choreographer for the Gwinnett Ballet Theater, in Atlanta, GA. She is the recipient of a Choreography Fellowship awarded by the Cultural Arts Council of Houston and the Texas Commission for the Arts for outstanding Choreographic merit and contribution to the City of Houston.



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Cy Fair Project Prom

Our wonderful volunteer parents have been very busy planning and fundraising for Project Prom 2009. The event will be held at Sam Houston Race Park from 11pm to 6 am May 1-2, with a graduating class of nearly over 650 students, we have a sizeable goal to reach in order to provide an exciting evening for the seniors and their dates. Your volunteer hours and money donated during the entire school year earn your senior valuable Project Prom \$\$Bucks to enter to win raffle prizes.

Even if you don't have a senior, or any school age children, you can still participate by making donations of cash, items, or services, or by purchasing items that interest you through our booster club, and you can designate a senior whom you know to receive credit. We are a 501(c)(3) organization, and donations are tax deductible as allowed by law.

General membership meetings: Please plan to attend our next meeting on Monday, November 17, in CFHS cafeteria at 7:00 p.m.

Riverboat Casino Night: Sunday, November 9, 5 to 9 p.m., Parkway Chevrolet. Tickets are \$25 each and include dinner, auction, prizes, and charity gambling. Businesses and individuals are invited to sponsor tables and donate items and services for the auction. Contact: Robert Thornton at 281-807-1816, RThorntontx@gmail.com, or Kay McGlamory, 281-955-2107, KMcGlamory@indpbantx.com.

Golf Tournament. Monday, December 8, 8:30 a.m., Houston National Golf Club. \$110 per golfer includes prizes and auction and FUN! Sign-up form online. Contact: Brett Bidinger, 281-304-8888, Brett@BidingerDesign.com.

Cartridges and More Recycling. We are collecting laser, fax, copier, and inkjet printer cartridges, as well as used cell phones, laptops, PDAs, and iPods. Items are remanufactured, refurbished or recycled. Bring your items to the Cy-Fair High School library. See the Cartridges for Kids (CFK) website, www.cartridgesforkids.com, for the list of items accepted. Through CFK, we will be offering Clubco starting in October, an online membership club that allows you to make purchases from many name brands with 5% of the purchases going toward Project Prom. The sign-up form will be available at general membership meetings.

The Busy Parent Fundraiser form on our website at www.cyfairprojectprom.com provides an easy way to contribute. Other efforts include Randall's grocery store card donations, Market Day orders, a collection of formal dresses for girls in need, and "Casseroles-To-Go!", Denim and Diamonds Dinner and Dancing, Lollipop Sales during lunch hour in our cafeteria, Spring Mulch Sales and several opportunities for vendors to sell their products and services at our meetings. Please visit our website www.cyfairprojectprom.org to email the appropriate chairperson if you can help.

This holiday season, you deserve some time off, too!



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Cy-Fair ISD & Volunteers in Public Schools (VIPS):

A Winning Combination

November / December 2008 Upcoming Events

Nov. 6 - Power Point - 10:00 a.m. to 11:45 a.m., ISC West

Learn to create on-screen color presentations and outline pages. Additional concepts – customizing slide shows with sound and animations. Administrator signature approval required to register for this free technology training.

Nov. 6 - Newsletters - 12:00 p.m. to 2:00 p.m., ISC West

Learn to create newsletters using Microsoft Word. Administrator signature approval required to register for this free technology training.

Nov. 7 - Multicultural Meeting - 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.

Nov. 7 - Galveston Bay Training - 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.

Nov. 12 - Intermediate Reading and Writing Training - 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, and parents. Techniques will be presented for volunteers to use when they assist teachers and students working to improve reading and writing skills in grades 2 through 5.

Nov. 19 - Excel - 10:00 a.m. to 2:00 p.m., ISC West

Learn spreadsheets to create simple budgets and other types of ledger sheets. Applications include creating and editing worksheets and formulas. Administrator signature approval required to register for this free technology training.

Nov. 20 - VIPS General Meeting - 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD.

Dec. 4 - Access - 10:00 a.m. to 2:00 p.m., ISC West

Explore the basics of database management. Administrator signature approval required to register for this free technology training.

Dec. 11 - Access - 10:00 a.m. to 2:00 p.m., ISC West

Learn how to create a web site using Dreamweaver software. Administrator signature approval required to register for this free technology training.

If you are interested in becoming part of the winning combination at Cy-Fair schools as a volunteer, and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

How to register for training - With the exception of all VIPS Technology Training, register for training by emailing the PIE office at vipsrsvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Volunteers interested in any VIPS Technology Training should contact the P.I.E. office at 281-894-3950 for registration forms and information. Adults only please.

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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

CAN EXERCISE REDUCE YOUR RISK OF CATCHING A COLD?

Sir William Osler, the famous Canadian medical doctor, once quipped, "There's only one way to treat the common cold — with contempt." And for good reason. The average adult has two to three respiratory infections each year. That number jumps to six or seven for young children.

Whether or not you get sick with a cold after being exposed to a virus depends on many factors that affect your immune system. Old age, cigarette smoking, mental stress, poor nutrition and lack of sleep have all been associated with impaired immune function and increased risk of infection.

KEEPING THE IMMUNE SYSTEM IN GOOD SHAPE

Can regular exercise help keep your immune system in good shape? Researchers are just now supplying some answers to this new and exciting question. Fitness enthusiasts have frequently reported that they experience less sickness than their sedentary peers. For example, a survey conducted during the '80s revealed that 61 percent of 700 recreational runners reported fewer colds since they began running, while only 4 percent felt they had experienced more.

Further research has shown that during moderate exercise, several positive changes occur in the immune system. Various immune cells circulate through the body more quickly, and are better able to kill bacteria and viruses. Once the moderate exercise bout is over, the immune system returns to normal within a few hours.

In other words, every time you go for a brisk walk, your immune system receives a boost that should increase your chances of fighting off cold viruses over the long term.

SHOULD YOU EXERCISE WHEN SICK?

Fitness enthusiasts and endurance athletes alike are often uncertain of whether they should exercise or rest when sick.



Although more research is needed, most sports medicine experts in this area recommend that if you have symptoms of a common cold with no fever (i.e., symptoms are above the neck), moderate exercise such as walking is probably safe. Intensive exercise should be postponed until a few days after the symptoms have gone away. However, if there are symptoms or signs of the flu (i.e., fever, extreme tiredness, muscle aches, swollen lymph glands), then at least two weeks should probably be allowed before you resume intensive training.

STAYING IN SHAPE TO EXERCISE

For athletes who are training intensely for competition, the following guidelines can help reduce their odds of getting sick.

- 1 Eat a well-balanced diet. The immune system depends on many vitamins and minerals for optimal function. However, at this time, there is no good data to support supplementation beyond 100 percent of the Recommended Dietary Allowances.
- 2 Avoid rapid weight loss. Low-calorie diets, long-term fasting and rapid weight loss have been shown to impair immune function. Losing weight while training heavily is not good for the immune system.
- 3 Obtain adequate sleep. Major sleep disruption (e.g., three hours less than normal) has been linked to immune suppression.
- 4 Avoid overtraining and chronic fatigue. Space vigorous workouts and race events as far apart as possible. Keep "within yourself" and don't push beyond your ability to recover.

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Inspiring Possibilities Fall Fundraiser

Inspiring possibilities, a non profit organization for children with special needs, is excited to host an adult only casino night and silent auction on Saturday, November 1st from 6 p.m. to 11 p.m. This event will be held at the Coles Crossing Clubhouse, located on the corner of Barker Cypress and Jarvis. The cost is \$50 per person which includes all alcoholic beverages, food and \$100 of casino play money. Please join us and join the fun in making this organization and event successful. Tickets may be purchased in advance by contacting Christy Lieder at 281-744-0568 or christy@allstarma.com. You may also visit our website at www.allstarma.com for more information on our program and donations.



HOLIDAY PET TIPS

Submitted by Melissa Todd

As you celebrate the season, it's important to keep your furry friends safe and stress-free.

Household changes and activity can be very hard on pets.

- Be careful with holiday decorations. Many plants and berries (poinsettias, mistletoe, ivy and holly to name a few) can be toxic to pets. Also be careful where you hang ornaments and decorations...the higher the better!
- Gatherings of people and holiday parties can frighten animals. Plan a safe place for them to retreat too when company arrives or when Halloween doorbells are ringing.
- Holiday leftovers can wreak havoc with your pet's digestive system. This is especially true with older pets. Turkey drippings, poultry bones and chocolate can all result in a trip to the emergency vet.



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Cypress Assistance Ministries
11202 Huffmeister - 281-955-7684
www.cypressassistance.org

Donations Needed

Angels' Attic Christmas Room is now open. The Christmas Room will be overflowing with one-of-a-kind Christmas tree ornaments, decorative accessories for the home, personal gift items and jewelry. Come find that one-of-a-kind gift for your family and friends. Funds received through the resale shop help support the ministry services and Food Pantry at CAM.

To brighten the holidays for a family in our community, please consider donating the following items to be used for Thanksgiving Food Baskets.

- Turkeys
- Canned sweet potatoes/yams
- Dressing mixes
- Canned pumpkin
- Evaporated milk
- Cake mixes and frosting

Donations of paper towels, toilet paper, diapers, and shampoo would also be greatly appreciated.

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, exists to provide a safe place for individuals or families to tell their story and be offered some measure of hope during difficult times. For a description of all our services and volunteer opportunities, please see our Web site, www.cypressassistance.org.

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

If you need further information, please give us a call at 281-955-7684 and ask for Kelly.

Recycle your Crocs

Learning Express is proud to announce our participation in the SolesUnited program. Started by Crocs, SolesUnited is the first of its kind footwear recycling program. Here's how it works:

1. Wear your Crocs shoes until the tread becomes worn or they reach their end-of-life.
2. Donate your worn-out Crocs at a participating retail location.
3. Once worn-out Crocs are received, they are sorted, ground up and made into new SolesUnited recycled shoes.
4. SolesUnited shipping partners work with organizations that assure the shoes will be delivered to those who need them.

To date, Crocs has donated more than 1 million pairs of shoes. Its goal is to donate 2 million pairs of recycled shoes in 2008. You can read more about the program at www.solesunited.com. Croc on!



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Lakes on Eldridge North

Adoption Coalition

Submitted by Tracy Eilers, Executive Director Adoption Coalition of Texas

I know you have seen Jarod's picture before, but since he is still waiting for a permanent home – a Forever Family – it is important to once again share his story.

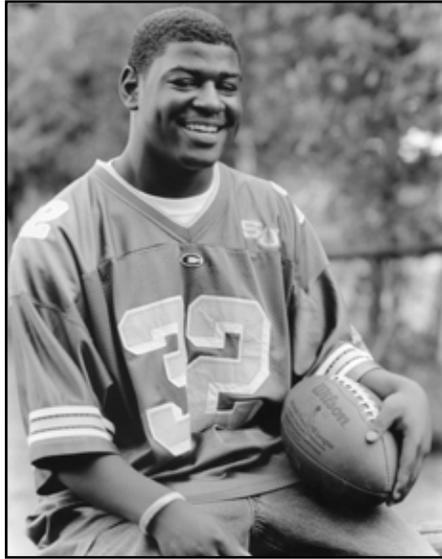
Jarod will turn 18 in December. While you may think 18 is the time when kids leave home and are on their own, it sometimes doesn't work that way for children raised in the foster care system. In fact, it usually never works that way. Although these kids may be on their own, there are ill prepared to live 100% self sufficient, as most kids are.

For Jarod, we would love to have a family in the Austin area. He is in school, enjoying the work and playing football, and wants to continue with his education and eventually, go to college or in the Marines.

If you are willing to learn more about adopting a teenager, or Jarod specifically, please call Tracy Eilers at 512-301-2825 or email the Adoption Coalition of Texas at info@adopttexas.org and put "Jarod" in the subject line.

A little more about Jarod...

Imagine growing up in an unstable environment. Imagine having to be responsible for yourself at a very young age. Then, imagine, at 10 years old someone removing you from the only environment you have known and putting you in foster care with strangers. While this is done for the safety and well-being of the child, it is often difficult for children to understand. Sometimes they are sad, hurt, frustrated and angry. They are angry for being in this situation in the first place, angry for being in a strange place, angry because the world has let them down, angry because they now have no control over their future. You see, kids connect to things rather easily, even if it is a bad situation...when that is all you know, that is all you know.



Meet Jarod

Fast forward seven years and several foster homes later and you are still in foster care, you are angrier than ever because of the lack of control and because you simply do not know how to handle things. You mistrust the system, have difficulty getting along with foster siblings who too come and go and you face a very uncertain future.

So, you have Jarod who is now 17. He is a good kid with a good heart who needs direction and desperately needs someone to love him. Loving him will help give him a foundation for developing self worth – you see, he figures that if no one loves him, what is there to love about himself. Jarod needs someone who is going to help him process his anger and feel stable. He needs a strong forever family with a strong male figure. He needs a family with patience who is going to allow him to work through school at

his pace, learn to trust at his pace. The family needs to be okay with baby-steps. Maybe there is a family out there with the mentoring spirit – willing to adopt Jarod and give him a permanent home with no timelines... someone willing to help him finish school and develop plans for the future... most importantly, someone who will allow him to back up and grow up in the right developmental manner, instead of being forced to grow up. You see, for many kids the lack of stability and a family is the foundation on which everything else is built. If you have that mentor spirit and the willingness to take baby steps, please consider Jarod. Adopting a teenager is not easy and you cannot expect him to even resemble 17 years old, he has missed a lot and needs the opportunity to be a youth longer. And, teenagers in general are not easy to parent/mentor. This will take a special family. Did you know you can be single and adopt? Did you know there are no fees to adopt from the foster care system?



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Texas Events - November

- 1-29—WEST COLUMBIA:** Farmer's Market (Began Sep. 1.) www.farmersmarketwestcolumbia.com 979/345-3921
- 2, 8, 12, 14—HOUSTON:** Beatrice & Benedict Houston Grand Opera. Brown Theater. www.houstongrandopera.org 713/228-6737
- 4—ORANGE:** W.H. Stark House Thanksgiving Exhibit Many holiday collections are on display. 409/883-0871
- 5—BEAUMONT:** Mamie McFaddin-Ward's Birthday Call for schedule and details for these tours of the McFaddin-Ward House. Reservations required. Starts at the Visitor Center. www.mcfaddinward.org 409/832-2134
- 5-9—HARLINGEN:** 15th Annual Rio Grande Valley Birding Festival Offers five action-packed days of expert-led field trips, seminars and the exciting Birding Bazaar. The premier birding festival in South Texas is set in Harlingen for a simple reason — great birds! www.rgvbirdfest.com 800/531-7346
- 6-8—ROCKPORT:** Second Annual Rockport Film Festival International in scope, but local in flavor. Rockport Center for the Arts at Main Street Arts, 902 E. Main St. www.rockportfilmfest.com 361/729-5519
- 7-8—EDNA:** Texana Chili Spill/Veterans Celebration Celebration on Friday honors veterans. Includes patriotic music, Texana Community Band, local entertainment and more. Brackenridge Plantation Park & Campground. www.brackenridgepark.com 361/782-5456
- 8—BEAUMONT:** 15th Annual Girls Haven Gumbo Cook-Off Live entertainment will be provided throughout the day with a kids area and carnival games. Gumbo tickets are sold on-site. 409/832-6223
- 8—EDNA:** Veteran's Day Flag Retirement Ceremony honors veterans. Begins at 2 p.m. Lake Texana State Park. 361/782-5718
- 8—GALVESTON:** Christine Ebersole & James Naughton These Tony winners sing the best of Broadway. The Grand 1894 Opera House. www.thegrand.com 409/765-1894 or 800/821-1894
- 8—HOUSTON:** Prairie Planting Day Come prepared to dig in the dirt and learn about native tall-grass prairie. Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800
- 8—NEEDVILLE:** Junior Angler Education Workshop Begins at 9 a.m. Brazos Bend State Park. 979/553-5101
- 8—PEARLAND:** Kid's Fish Fest Open to ages 3 to 16. Hours are 9 a.m. to 1 p.m. Pearland Bass Pro Shop, 1000 Basspro Drive. www.pearlandparks.com 281/652-1673
- 8—PORT ARTHUR:** St. Catherine of Siena "Taste of Culture" Includes food booths, silent auction and more. Bob Bowers Civic Center. 409/962-3011
- 8-9—HOUSTON:** 19th Annual Texas Championship Powwow Includes colorful tribal dance contests, Indian artist and traders arts & crafts tent, teepee, honoring ceremonies, dancing, singing and much more. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500
- 8-9—TEXAS CITY:** Model Train Festival Features model railroad, modular exhibits, interactive kids layout, food and more. 400 block of 6th St. www.texas-city-tx.org 409/643-5799
- 8-9—WHARTON:** Faith Christian Academy Craft Show Civic Center. 979/532-1862
- 8-Dec. 21—SPRING:** 28th Annual Home for the Holidays More than 150 shops offer gifts for Christmas and entertainment every weekend. www.oldtownspringtx.com 800/653-8696
- 13-16—HOUSTON:** Nutcracker Market Offers unique items for the entire family, including home decor, gourmet food, apparel, toys, garden items and more. Reliant Center. www.nutcrackermarket.com
- 14-16, 20-22—VICTORIA:** Arsenic & Old Lace Shows are 7:30 p.m. except for 2 p.m. Sunday. Leo J. Welder Center for the Performing Arts. www.theatre victoria.org
- 15—DEER PARK:** Creative Hands Crafts Sale Features a variety of vendors with homemade items, food and fun. Jimmy Burke Activity Center. www.deerparktx.gov 281/478-2050
- 15—GALVESTON:** Chubby Checker & the Wildcats The Grand 1894 Opera House. www.thegrand.com 409/765-1894 or 800/821-1894
- 15—GALVESTON:** Texas Aviation Hall of Fame Induction Gala Honors the Tuskegee Airmen. www.lsfm.org 888/359-5736
- 15—HOUSTON:** Houston Championship Chili Cook-Off Champion chili cook teams from across Southeast Texas compete for the title of Houston's Best Chili Cook. Traders Village. www.tradersvillage.com 281/890-5500
- 15—LA PORTE:** Hard Hat Tour Reservations required. Battleship Texas. 281/479-2431 ext. 234
- 15-Jan. 3—GALVESTON:** Festival of Lights Moody Gardens glistens with more than a million lights and dozens of festive scenes. www.moodygardens.com/seasonal_fun/festival_of_lights
- 16—GALVESTON:** 18th Annual Fly Day Features historic aircraft from WWII. Rides are available in the B-17, B-25, T-6 and Stearman. Lone Star Flight Museum. www.lsfm.org 888/359-5736
- 16—GALVESTON:** Gospel Stars Family quartet "raises the roof" with joyful music. The Grand 1894 Opera House. www.thegrand.com 409/765-1894 or 800/821-1894
- 20-23—KINGSVILLE:** South Texas Wildlife & Birding Festival Enjoy four days of birding and wildlife tours, speakers and exhibits. Methodist Life Center. www.kingsvilletexas.com 361/592-8516
- 21-22—GALVESTON:** Seaside Treasure Festival Features more than 100 arts & crafts vendors, silent auction, entertainment and more. Moody Memorial First United Methodist Church, 2803 53rd St. www.moody.org/stf 409/744-4526 ext. 783
- 21-22—LAKE JACKSON:** Festival of Lights Lake Jackson Civic Center & Plaza. 979/297-4533
- 21-Dec. 28—HOUSTON:** A Christmas Carol Charles Dickens' classic story follows Ebenezer Scrooge's journey with the three ghosts that visit him on Christmas Eve. Alley Theatre. www.alleytheatre.org 713/220-5700

(Continued on Page 17)

Lakes on Eldridge North

Texas Events - (Continued from Page 16)

- 22—**GALVESTON:** Itzhak Perlman This violin legend is accompanied by pianist Rohan De Silva. The Grand 1894 Opera House. www.thegrand.com 409/765-1894 or 800/821-1894
- 22—**KINGSVILLE:** Annual Ranch Hand Breakfast The King Ranch hosts a real cowboy breakfast cooked over an open fire with storytellers, poets and demonstrations of cowboy life on the ranch. King Ranch, Hwy. 141. www.kingsvilletexas.com 361/592-8516
- 22—**PALACIOS:** Palacios Market Days Find antiques, collectibles, arts & crafts, decor and more. Railroad Park. www.palacioschamber.com 800/611-4567
- 22—**TOMBALL:** Holiday Parade Features more than 175 entries. FM 2920. Miss Tomball Pageant is held at Tomball Intermediate School. www.tomballchamber.org 281/351-7222
- 25—**WHARTON:** Christmas Parade 979/532-1862
- 26—**BEAUMONT:** Crockett Street's Thanksfest Includes an outdoor stage with live bands, food and festivities. www.crockettstreet.com 409/832-2944
- 27—**EDNA:** Turkey Program Learn about the Thanksgiving bird in the morning and make a turkey to take home in the afternoon. Lake Texana State Park. 361/782-5718
- 27—**HOUSTON:** H-E-B Holiday Parade Begins at 9 a.m. www.hebparade.com

- 27—**HOUSTON:** Uptown Holiday Lighting Ring-in the holidays with twinkling lights, festive music, holiday characters, special appearance from Santa and a fireworks extravaganza. www.uptown-houston.com/about/events/upcoming.html
- 28—**ROCKPORT:** Karankawa Thanksgiving Begins at 7 p.m. Goose Island State Park. 361/729-2858
- 28-30—**CLUTE:** Elizabethan Madrigal Feast Begins at 7 p.m. the Center for Arts & Sciences. 979/265-7661
- 28-Dec. 28—**HOUSTON:** The Nutcracker Wortham Theater Center. www.houstonballet.org 713/227-2787 or 800/828-2787
- 29—**GALVESTON:** Oliver! The Grand 1894 Opera House. www.thegrand.com 409/765-1894 or 800/821-1894

Editors Note: Call ahead for information, in case events have been rescheduled or canceled due to Hurricane Ike

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



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Lakes on Eldridge North

The Green Corner Green the Holidays

By: Sheri Hicks

Thanksgiving will be here in a few weeks and following hard on its heels is the mecca of consumption – Christmas. I have a few tips that can help you feel easier about your carbon footprint during the holidays. This month I will focus on holiday food and Thanksgiving. In December, I will give you tips and ideas on how to green up your gift giving and holiday decorating.

The Thanksgiving Table: Before you shop, think sustainability. Both Whole Foods and Central Market sell organically grown, free range turkeys. Untreated with hormones, antibiotics and fed on whole grain feed, these turkeys can be purchased whole or partial (I buy a breast for my small family) for a meal designed specifically for your family. Add organically grown vegetables, and if possible heirloom varieties to increase nutritional value and green quotient.

I know, positively everyone says to go organic. But they rarely tell you why it is important. It isn't just that it is cool or fashionable to be organic (although it is chic to be green) but that organic food is grown and/or raised with sustainability in mind, something that is not taken into account by conventional farming methods. Every time we do something against nature, there is a ripple effect that is felt much farther than our back yard but ultimately comes back to bite us.

Conventionally raised turkeys (and any poultry, beef and most farmed fish) are kept in tight quarters, fed a diet of grains



and discarded animal products – usually from animals too sick to be used in human consumption- and fattened until slaughtered. The cramped quarters, lack of exercise, and poor quality food create a breeding ground for disease requiring the animals to be treated with prophylactic antibiotics. Hormones are used to increase the growth and yield of the meat. How is this unsustainable and downright harmful to us though? Over use of antibiotics have led to antibiotic resistant diseases like MRSA, a particularly nasty and deadly antibiotic resistant staph bacterium, and hormones are absorbed into the meat and ingested by humans or find themselves in our drinking water, creating all sorts of havoc in our bodies from suspected early onset puberty in girls to hormone induced cancers such as estrogen or progesterone positive breast

cancer. If all this isn't enough, the runoff from poultry farms is toxic and pollutes water ways destroying entire ecosystems and tainting drinking water with poisons, antibiotics, fecal matter and hormones.

Organic vegetables prohibit the use of synthetic fertilizers and pesticides. These products are known to cause cancer and neurological disorders in both humans and lab animals. Many vegetables carry toxic residue to your table and into your body. The toxic runoff from conventional farms pollute rivers, drinking water and create dangerous dead zones in the ocean where high levels of nitrogen kill beneficial algae and bacteria causing dangerous algae blooms like red tide that deplete oxygen levels and kill fish. Our own Gulf of Mexico suffers from a dead zone from the base of the Mississippi river all the way to Galveston that is approximately the size of Rhode Island. Dead zones disrupt oceanic hunting and feeding grounds bringing fish closer to shore which in turn brings ocean predators, such as sharks, closer to shore endangering ocean swimmers (not to mention makes the water just plain nasty).

Heirloom vegetables are great because not only are they fun (purple tomatoes anyone?) but they promote biodiversity which protects our food sources. Did you know the Irish Potato Famine occurred because the Irish relied on only a few species of potato plant as the basis of their food supply? All of which

(Continued on Page 20)

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"I am writing to thank you for all your help in successfully marketing & selling our US home as part of my transfer from Houston to Stavanger, Norway. Your professional, no-nonsense approach and sound pre-sale preparatory advice was much appreciated. Your knowledge and ability to navigate the intricate processes of international oil company sale procedures was also very helpful. Your experience and understanding of the north-west Houston market proved valuable in pitching our house appropriately."

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Ian W.

www.har.com/timziifle

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Lakes on Eldridge North

The Green Corner- (Continued from Page 18)

was susceptible to the fungus that attacked the plant and destroyed the food crop. The United States and modern conventional farming has gone the way of Ireland, relying on fewer and fewer species of plants planted in large monocultures to create the basis of our market vegetable selections and eliminating approximately 90% of plant genetic material that was available in 1900. Like Ireland, a simple disease could wipe out a large portion of our food supply and leave us on the brink of starvation. Heirloom vegetables keep genetic plant material alive and in the food source.

I know that organics are initially more expensive. But remember, with conventional products we have to pay to clean up the water to make it safe and drinkable again, to clean up the ocean for access to safe fish, to provide more and more research on how to keep our few remaining plant species from succumbing to disease and pests, medical bills when our bodies react to the environmental toxins, and disaster relief when gigantic storms caused from environmental disruption destroy communities. In the long run, organics are the cheaper way to go.

Avoid the consumption trap by avoiding Black Friday. Instead of shopping use it to decorate for Christmas. Thanksgiving leftovers make a nice picnic!

Cub Scout Recruiting

Cub Scout Pack 1005 is recruiting new Cub Scouts and Adults to become involved with Scouting.

Pack 1005 will conduct its Recruiting Rally Night at Kirk Elementary on October 21, 2008. The event starts at 7:00pm at Kirk Elementary Cafeteria. The recruiting effort targets boys in first through fifth grades. For more information, contact Michael Viator (713) 466-5517 or mike.viator@comcast.net.

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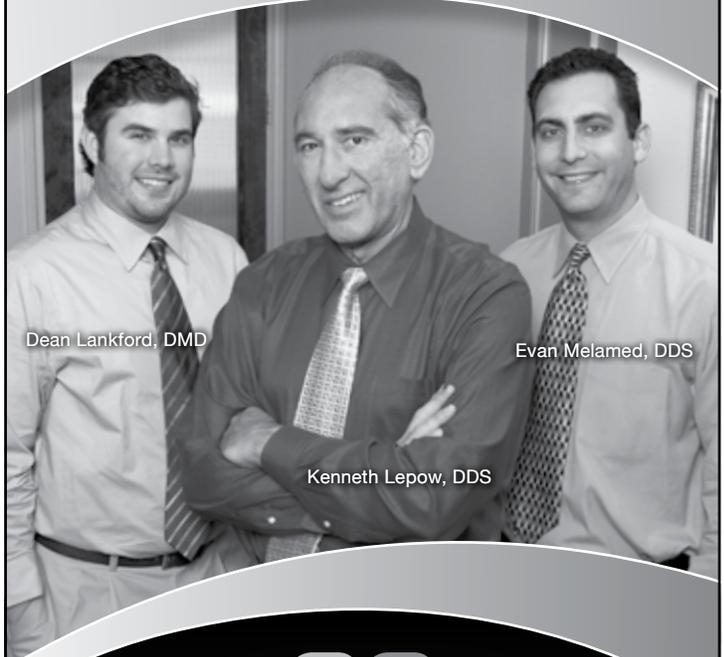
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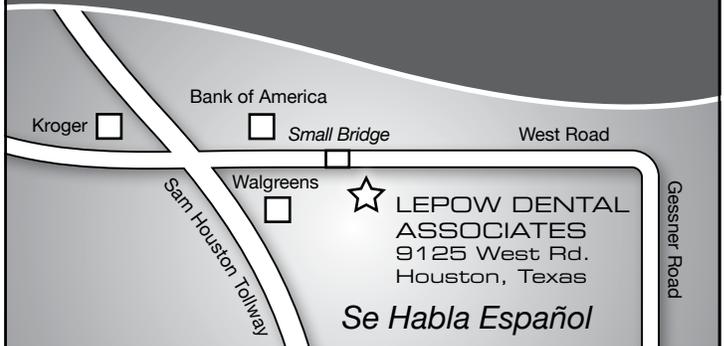
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Lakes on Eldridge North



Adventures in Mothering at BridgePoint Bible

Mothers of Preschoolers need a little encouragement and a whole lot of fun! BridgePoint MOPS is registering throughout the summer for the fall semester of MOPS. We are exploring "Adventures in Mothering". Join us this fall on Tuesday mornings from 9:30 am-12:00pm at BridgePoint Bible Church beginning September 9th. BridgePoint MOPS meetings include awesome speakers, creative crafts, encouraging discussion time, food and door prizes. Childcare is provided with registration. BridgePoint is located @ 13277 Katy Freeway, just west of Eldridge. Call Lynne Voncannon @ 713-849-3969 for more info.

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Protecting Your Children on the Internet

Submitted by Laurie Scott

Just as we try to protect our children from bullies and predators on the streets, as parents we need to be doing the same when it comes to the Internet. Before the internet much of our socialization was done on the telephone. We would talk on and on while our parents were telling us to get off the phone. But with the advent of the Internet has come online chat as well as popular social networking sites such as MySpace and FaceBook, which have provided a totally new way for kids to socialize but at the same time exposed them to a new world of dangers. There is no need however to panic, as there are steps you can take to greatly reduce any risks.

First, talk to your kids. There is no software or hardware that will better protect your children than you. Keep computers out of children's bedrooms and in a public area of the home. Kids should not be talking to people online that they don't know in person. They should enhancing existing relationships, not creating new ones online. Never should your child give out personal information such as a phone number, address, birthday, school, etc.

Netsmartz.org is a fabulous site run by the National Center for Missing and Exploited Children; they have lots of material for both parents and kids from K – High School. An excellent tool is their "Internet Safety Pledge" that you and your child can read together and sign as an agreement between you. For younger kids there are kid-safe web browsers such as "MyKidsBrowser" and "Kidzui". There are tools such as NetNanny and CyberSitter that can be installed on a computer to limit what programs can be run and what sites can be visited (be advised that clever teens seem to figure ways around them). OpenDNS is a free service that you can use to transparently control access for all computers in your home (though it does require a little technical knowledge to fully implement).

You tell your children not to talk to strangers and never get into a car with a stranger, using the same caution regarding strangers on the internet is a great first step in allowing your kids to enjoy the richness the Internet has to offer while minimizing the risks.



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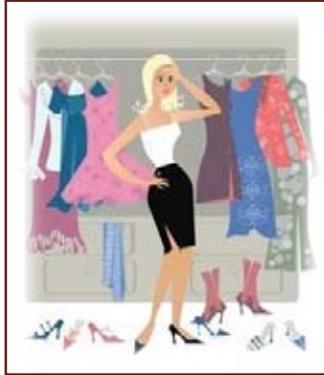
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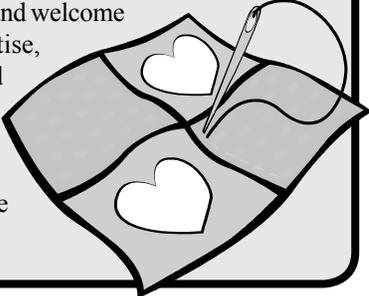
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Meeting Place: Fairfield Baptist Church, 27240 Highway 290
 just off Muescke Rd, Cypress, TX 77433-4907
 website: www.tricountyquiltguild.org
Established 2005

Some of our activities include Show & Tell, BOM's, Fabric Exchanges, Charity Quilts, Bees, Special Programs, guest speakers and more, with Door Prizes at every meeting!

We are a very friendly group and welcome quilters of all levels of expertise, from the Just Love Quilts and never sewn to the experienced and published. Visitors welcome!

Please check out our website for more information.



UT School of Public Health and Baylor College of Medicine to Offer Dual Degree Program

Baylor College of Medicine

HOUSTON – (Aug. 27, 2008) – Students studying to become doctors at Baylor College of Medicine will now have the opportunity to broaden their approach to patient care by earning a Master of Public Health degree from The University of Texas School of Public Health. The two institutions will offer the MD/MPH dual degree program, effective Sept. 1.

“It is a tremendous opportunity for both institutions to work with excellent students who want to further develop their approach to medicine and public health and want to have an impact at the community or population-level, whether that is local, national or international,” said Cynthia Chappell, Ph.D., professor and senior associate dean for academic affairs at the UT School of Public Health.

“This joint degree program will allow interested students to further their career path in both medicine and public health. BCM is enthusiastic about this new educational opportunity for its medical students.” said Dr. Stephen Greenberg, senior vice president and dean of medical education at BCM.

During the five-year program, participants will work toward their medical degree at Baylor while integrating public health training into their coursework. That training will include at least 33 credit hours from courses at the UT School of Public Health, plus an internship at a public health organization and a master’s thesis. The MPH degree program will require that students acquire skills and knowledge in five core public health disciplines, including social and behavioral sciences, biostatistics, environmental health sciences, epidemiology, and health services administration.

“Public health training can better prepare these students for many of the issues they will be facing in medicine,” Chappell said. “For example, with elderly patients, it isn’t enough just to treat their bodies. You need to know where they live, their family situation and so many other pieces of information that impact their health well beyond the aspects of medicine.”

Chappell said the dual degree program would be ideal for medical students who are interested in pursuing careers in international health, aging and/or multicultural health. “We plan to identify outlets for the students to experience the practice of medicine and public health in a community setting,” Chappell said. “That may be in Africa or here in our own backyard.”

Already, a half-dozen students who began classes in August at Baylor College of Medicine have expressed interest in the dual degree program with the UT School of Public Health. Chappell said they hope to enroll between 12 and 15 students per year.

The UT School of Public Health offers a similar dual degree program with The University of Texas Health Science Center at San Antonio and it is currently in the process of revamping its MD/MPH program with The University of Texas Medical School at Houston.



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Achoo!!!!

Submitted by Dr. Tenesha Weine

If you live in Texas and other allergen-laden locales, you are certainly familiar with the outward symptoms of airborne allergies. And if you've ever rushed to the bathroom after lunch, you may also be familiar with some food allergies and what they do to you. But did you know that depression can actually be a symptom of an allergy at work in your body? So can muscle aches, joint pain, anger and irritability, even an inability to think clearly. The list of allergy symptoms goes on and on.

The exact cause of allergies isn't known. Western science defines an allergic reaction as the body's defense mechanism against an allergen or foreign substance. The body's immune system takes over in an attempt to protect it. Ironically, your body is making you uncomfortable by fighting what are often benign substances.

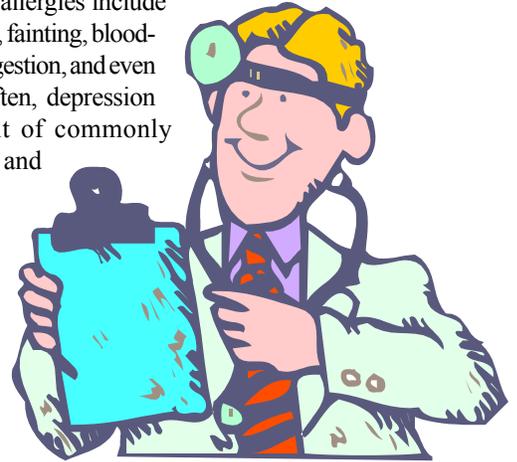
Allergies to airborne substances, ragweed, mold, dust, mountain juniper, are often indicative of inflammation somewhere in the GI tract. They are typically secondary to a food allergy that is creating the inflammation.

Some allergens are actually inherited, but these are few. In fact, allergic reactions to soy, peanuts, dairy products, and wheat appear to be the only genetic allergies. Changing the pH and calming the

inflammation of the bowels is the key to reducing or eliminating allergies. While it isn't an overnight process, the results are worth it—living without sinusitis, itchy watery eyes, headaches, pressure, fatigue, drainage, sinus infections, irritable bowels, spastic colon, diarrhea, and constipation.

You may be shocked to discover how many of your seemingly unrelated symptoms are actually allergies.

Other symptoms of allergies include migraines, heartburn, fainting, blood-sugar problems, indigestion, and even mood disorders. Often, depression is actually a result of commonly ingested allergens, and many people find they can reduce or eliminate their need for psychotropic medications by modifying their food intake.



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7. Measure temperature differences-Supply/Return
8. Inspect and adjust fan belt tension (if applicable)
9. Check thermostat for accuracy
10. Inspect for combustible material around furnace
11. Brush clean and vacuum burner
12. Brush clean and vacuum heat exchanger
13. Test furnace flame for proper burn
14. Clean existing filters as needed
15. Measure and adjust gas pressure for peak efficiency
16. Lubricate all moving parts, per manufacturer
17. Measure amperage and voltage of blower motor
18. Tighten and inspect all electrical wiring
19. Check for proper combustion air
20. Test for gas leaks
21. Clean furnace exterior

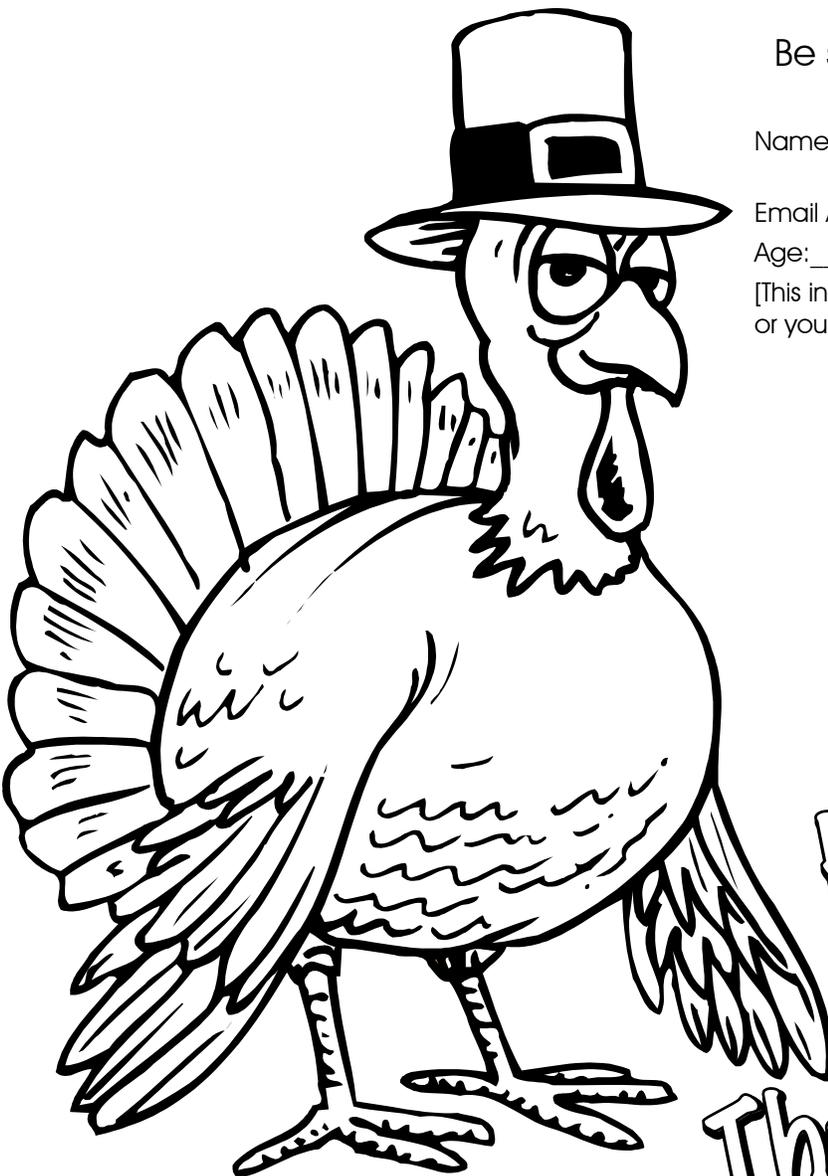


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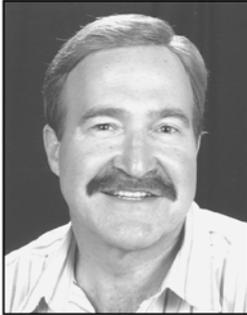
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