

CLAY ROAD BAPTIST SCHOOL NEWS

ACCELERATED READER AT CRBS

*1,859 Books and 10,667,233
Words Read This Year!*

Clay Road Baptist School (CRBS) sees great advancements in reading ability through the Accelerated Reader (AR) program.

Accelerated Reader (AR) is a computer software program that helps teachers manage and monitor students' reading. Students choose a book at their level, read it at their own pace and when finished, take a short quiz on the computer. Quizzes past for books read earn achievement points.

"The CRBS AR program helps our students in all areas of reading. Comprehension, fluency, and speed in reading all improve. The best part of the program is that it makes reading an enjoyable pastime," commented Kathleen Myers, CRBS Librarian.

Myers added that, "At CRBS the 100 Point Club has 3 members; the 50 Point Club has 5 members. In the 25 Point Club there are 19 members, and a whopping 49 members in the 10 Point Club."



CRBS Kindergarten Loves to Read!

GROWING CHANGE CAMPAIGN

Helps Grow Community!

Clay Road Baptist School's (CRBS) annual "Growing Change Campaign" ran from November 1-19 to collect change to support the school's Christmas service project.

A competition between the grades from Early Childhood Education through 8th grade, resulted in \$1488 in coins raised in 19 days beating the goal of \$1100! The grade with the largest percentage of money collected was Mrs. Garrison's 7th Grade which celebrated with an ice cream party and keeps the traveling trophy for the year.

The Christmas service project this year supports Cornerstone Family Ministries (CFM) located in the Spring Branch area. This ministry reaches out to local at-risk youth and their families with Christ-centered programs designed to enrich their lives. CRBS's goal is to provide 40 families with Christmas dinner and toys for children of those families.

The middle school classes will buy toys and turkeys with funds raised. The students themselves will give the gifts and food to the families on December 16 at the CFM Christmas party. In order to provide the meals, each grade is contributing specific items for the Christmas dinner.

"All the students are learning the importance of doing things for others. The full meaning will come on the 16th when the 8th graders experience the gift of giving. They will be able to see the impact of their gifts," Principal Kevin Thames stated. "The Growing Change Campaign helps grow community!"

Happy New Year!

Lakes on Eldridge North

IMPORTANT NUMBERS

| | |
|--|---------------------------------------|
| Gate Attendant..... | 713-856-6127 |
| Harris Co. Sheriff - (non-emergency) | 713-221-6000 |
| Cy-Fair Fire Department - (emergency)..... | 281-466-6161 |
| (non-emergency) | 281-550-6663 |
| Poison Control..... | 1-800-764-7661 |
| Texas DPS..... | 713-681-1761 |
| Waste Management..... | 713-695-4055 |
| (trash collection Mondays & Thursdays) | |
| Aqua Services | 713-983-3602 |
| (Service or emergencies 24 hrs) ... | 713-983-3604 |
| Harris County Tax Office | 713-224-1919 |
| Reliant Energy..... | 713-207-7777 |
| (give pole # of street which is out) | |
| Entex (gas) | 713-659-2111 |
| Time Warner Cable..... | 713-462-9000 |
| Houston Chronicle | 713-220-7211 |
| Metro Transit Info..... | 713-635-4000 |
| Kirk Elementary..... | 713-849-8250 |
| Truitt Middle School..... | 281-856-1100 |
| Cy-Ridge High School | 281-807-8000 |
| Newsletter Publisher | |
| Peel, Inc. | advertising@PEELinc.com, 888-687-6444 |

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. Email Articles to loen@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. Email personal classifieds to loen@PEELinc.com.

ADVERTISING: Deadline for submitting ads is the 8th 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.*

LOEN Board Of Directors

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Article Submissions

Please e-mail articles and/or photos to loen@peelinc.com.

Submissions must be received by the
10th of the month for the following month's issue.
(Advertising deadline is the 8th of the month.)

HEALTH BRIEFS

PARENTS: BEWARE OF HOLIDAY WEIGHT TALK

Adults should pay attention to how they talk about their weight during this time of year and what impact it might have on young children, according to an expert at Baylor College of Medicine.

"Parents should model healthy living and behaviors and use caution when using words such as 'fat' and 'overweight' around children," said Dr. Leng Bang, assistant professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Because children model what parents do, they may end up feeling guilt and shame in relation to food, said Bang. The most important thing to do is focus on the positive rather than the negative and beware of your influence on a child.

Bang suggests looking out for signs that a child may have a negative image of themselves due to their weight. Children may have a change in behavior and avoid school or social events because they worry about what people will think about them. They may feel anxiety or depression and use food to cope.

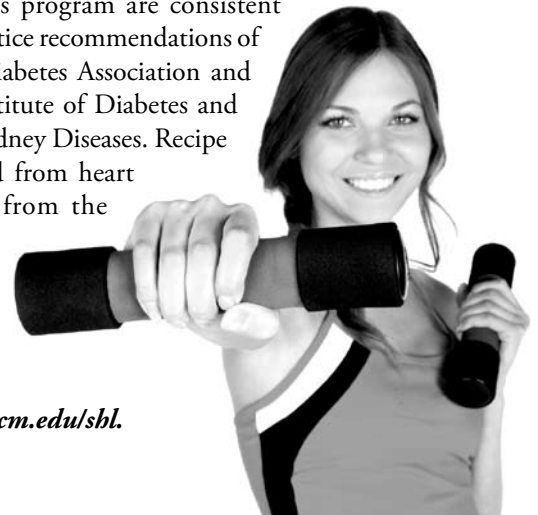
Consult a nutritionist or mental health professional if these signs are present, he advised.

SUGAR, HEART AND LIFE

A new program called Sugar, Heart and Life: A Guide to Living with Diabetes is available for people dealing with the disease. The interactive and fun program developed by Baylor College of Medicine's department of family and community medicine offers information on how individuals with type 2 diabetes can manage their diabetes. The SHL program includes recipes, practical tips and games on diet, exercise, and medication. The program allows users to follow a year in the life of the Gonzalez family as they learn more about managing diabetes and help them make decisions that will keep their family healthy.

All diabetes management recommendations contained in this program are consistent with clinical practice recommendations of the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases. Recipe Box was adapted from heart healthy recipes from the National Heart, Lung, and Blood Institute.

*Sugar, Heart
and Life can be
found at www.bcm.edu/shl.*





My TOP 10 New Years Check List!

- ☑ Clean out the old and de-clutter, it's a new year!!
- ☑ Have your Air Conditioning and Heating System checked and cleaned: if replacement is needed, January/February is the best times to purchase.
- ☑ Lighten and brighten your home: clean windows, replace burned-out bulbs, and replace dated light fixtures.
- ☑ Freshen the kitchen with new faucets and hardware, granite isn't always necessary.
- ☑ Make your bathroom shine; clean and repair grout in showers and tubs, consider having old shower doors replaced.
- ☑ Nothing says freshness like new paint, and often it is the most cost effective way to give any room in your house a face lift.
- ☑ For a bigger kitchen face lift look into refinishing your cabinetry or painting it. If it is time to update kitchen appliances, the most economical time of year is September/October.
- ☑ Check and maintain your front door's appearance and working condition; if the finish is worn have it redone. Cleaning the doors will help the finish last longer.
- ☑ Power wash your patio, driveway, walkways and house. It will make everything look fresh.
- ☑ Check potential water hazards by checking your sprinkler system, making sure the heads are not spraying windows. Repair and replace caulking around windows and joints as needed.

Enjoy your home to the max while you live there. When it's time to move, I can help with all your Real Estate needs!

Ann
Ann Pearson Knoche

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Lakes on Eldridge North

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The 3rd Annual Golf Tournament Fundraiser

LONGWOOD GOLF CLUB

Saturday April 16, 2011
Registration 11:30 a.m.
Shotgun Start 1:30 p.m.

Get your entry form at:
www.cypressranchmustangs.com

- o \$500 per foursome*
- o Closest-to-pin prizes
- o Putting contest
- o Dinner (after tournament)
- o Hole-in-one prizes
- o Beat the coach contest
- o Silent auction

* If a foursome enters before March 16, 2011, each player from that foursome will be entered in a Special Prize Drawing!!

If you or your company would like to be a hole sponsor, or if you need further information, please contact

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Lakes on Eldridge North

Rosehill Christian School *Participates in Operation Christmas Child*

Elementary students in grades K through 5 from Rosehill Christian School participated in Operation Christmas Child and donated 199 shoeboxes of gifts to be shipped to the needy children of Haiti. Operation Christmas Child is a ministry of Samaritan's Purse, a Christian organization run by Franklin Graham, the son of Evangelist Billy Graham. Their goal is to provide spiritual and physical aid to hurting people throughout the world. Operation Christmas Child is a program that allows the community a tangible way to help the needy children around the world. The shoeboxes were filled with new toys, school supplies, candy and a personal note. Rosehill Christian School had a goal of 155 boxes, one for each student enrolled in elementary school at RCS. Through the generosity of the students and parents, that goal was surpassed by over 40 shoeboxes. "I am constantly reminded that no child is too small to do the work of the Lord!" stated fifth grade teacher, Christie Newell. Middle school English teacher, Katie Davila, and her husband, Noe, graciously loaded up all 199 shoeboxes and dropped them off at Lifeway – a drop site for Operation Christmas Child. Newell was very pleased with the response of the students and acknowledged that this service project was "a wonderful opportunity to teach our young kids how to reach out to kids their own age who get nothing for Christmas". Rosehill Christian School is located at 19830 FM 2920 in Tomball, Texas.



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Lakes on Eldridge North

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

“iVolunteer”

“iVolunteer”! Do you? Or a better question would be “Do you want to volunteer?” And if the answer is “yes” or even “maybe”, here’s the perfect group for you. VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

The district VIPS Executive Board spearheads the business of the VIPS. This board is comprised of volunteers elected to take on specific responsibilities offering support, guidance, and training to all volunteers in the district. The VIPS Executive Board meets monthly to evaluate and address the needs of the district and distribute information relating to volunteer and community activities and strengthen parental involvement in education. *If you are interested in being involved 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.*

January 2010 Upcoming Events

- **January 11: Sooper Puppy Training** – 9:30 a.m. to 12 p.m., Berry Center. Sooper Puppy is a first grade class series dealing with age appropriate life lessons, facing dilemmas and arriving at solutions by making good choices.
- **January 13: VIPS General Meeting** – 9:30 a.m. to 12 p.m., Berry Center. Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn through networking!
- **January 14: PIE Student Mentor Training** – 9:30 a.m. to 12 p.m., Berry Center. Training for individuals committed to serve as a role model and friend to CFISD students. District approved mentors meet with students weekly during school hours on school campuses. Along with this two hour training, an application and criminal background check are required.
- **January 25: Junior Achievement Volunteer Training** – 9:30 a.m. to 11:30 a.m., Berry Center. The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics, and be workforce ready.
- **How to register for training:** Register for training by emailing the PIE office at vipsrvp@cfisd.net. Adults only please.

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| Cypress Mill | Silverlake |
| Cypress Point | Steeplechase |
| Eagle Springs | Stone Gate |
| Enchanted Valley | Summerwood |
| Fairfield | Village Creek |
| Fairwood | Villages of NorthPointe |
| Harvest Bend The Village | Willowbridge |
| Lakemont | Willowlake |
| Lakes of Fairhaven | Willow Pointe |
| Lakes of Rosehill | Winchester Country |
| Lakes of Savannah | Winchester Trails |
| Lakes on Eldridge | Windermere Lakes |
| Lakes on Eldridge North | Woodedge Village |
| Lakewood Grove | Wortham Villages |
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Lakes on Eldridge North



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Lakes on Eldridge North

U.S. Track Olympian *to Speak at Northwest Flyers Track Club Registration Breakfast on February 5th*

The Northwest Flyers Track Club will host its annual free information / registration breakfast on Saturday, February 5, 2011, for all boys, girls and their parents who are interested in joining for the 2011 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2011 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (ages 6 -18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 275 members, boys and girls. The club was founded 24 years ago by

Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



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2010

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Important Dates

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|-------------|-------|---|
| Aug. 12-13 | | New Staff Orientation |
| Aug. 16-20 | | Professional Days |
| Aug. 23 | | 1st Day of School |
| Sept. 6 | | Student Holiday |
| Oct. 11 | | Professional Day / Elem. Parent Conferences |
| Nov. 24-26 | | Student Holidays |
| Dec. 20, 21 | | Inclement Weather Days/ Student/Staff Holidays |
| Dec. 22-31 | | Student Holidays |
| Jan. 3-4 | | Professional Days |
| Jan. 17 | | Student/Staff Holiday |
| Feb. 21 | | Professional Day / Inclement Weather Day |
| March 14-18 | | Student/Staff Holidays |
| April 22 | | Student/Staff Holiday |
| May 30 | | Student/Staff Holiday |
| June 1 | | Last Day of School |
| June 2 | | Professional Day / Inclement Weather Day |

2011

| JANUARY | | | | | | |
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ELEMENTARY SCHOOLS






1st 9 Weeks: Aug. 23-Oct. 22
 2nd 9 Weeks: Oct. 25-Jan. 14
 3rd 9 Weeks: Jan. 18-March 25
 4th 9 Weeks: March 28-June 1

SECONDARY SCHOOLS

1st Semester
 1st 6 Weeks: Aug. 23-Sept. 29
 2nd 6 Weeks: Sept. 30-Nov. 5
 3rd 6 Weeks: Nov. 8-Dec. 17

2nd Semester
 4th 6 Weeks: Jan. 5-Feb. 18
 5th 6 Weeks: Feb. 22-April 15
 6th 6 Weeks: April 18-June 1

LEGEND

-  STUDENT/STAFF HOLIDAY
-  PROFESSIONAL DAY (Student Holiday)
-  FIRST & LAST DAY OF SCHOOL
-  PARENT CONFERENCES/
HOLIDAY FOR ALL STUDENTS/
PROFESSIONAL DAY
-  INCLEMENT WEATHER DAY

HOME TRENDS IN LOEN & LOE

| 2009 / 2010 | | LAKES ON ELDRIDGE NORTH | | | LAKES ON ELDRIDGE | | |
|-------------|-------------------|-------------------------|-----------------|-------------------|-------------------|-----------------|--|
| QUARTER | # of Homes Listed | # of Homes Sold | Absorption Rate | # of Homes Listed | # of Homes Sold | Absorption Rate | |
| Quarter 1 | 35 | 17 | 48.5% | 23 | 4 | 17.3% | |
| Quarter 2 | 27 | 21 | 77.7% | 27 | 16 | 59.2% | |
| Quarter 3 | 14 | 10 | 71.4% | 20 | 9 | 45.0% | |
| Quarter 4 | 20 | 6 | 30.0% | 13 | 6 | 46.0% | |
| Total | 96 | 54 | Avg: 56.9% | 83 | 35 | 42.1% | |

Absorption rate = sold/listed x 100

Thank You!

Special Thanks
to all who participated
in the food drive for
February & March.



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Resident of Lakes on Eldridge North

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Top Listing Agent in LOEN 2008 and 2009

Lakes on Eldridge North

Turning New Years Resolutions Into ALL Year Resolutions

by Sarah S. Jordan, MS

January is here, and so is the tradition of making New Year's Resolutions. And many times, the tradition of breaking those resolutions. We find ourselves excited and motivated for the start of a new year, and within a few months we often experience frustration because we simply cannot stick with the resolutions we set.

I have been teaching fitness classes, personal training, and coordinating fitness programs for over a decade, and I see it every year. Gyms are packed from January through March, and then many members just seem to disappear or give up.

Here is my question. What can we do to stick with exercise and making healthy choices for twelve months out of the year instead of just three? It is not easy, but laying

a proper and realistic foundation is the key. And remembering that if we do fall off the wagon, we need to hop right back on and not give up. As I have outlined in some of my previous articles, commitment, time management, setting measurable goals, and being realistic are all vital components to our success.

If a sedentary and overweight client begins training with me and says, "My goal is to lose 50 pounds in five weeks," that client is sure to fail before she even begins. That rate of weight loss is simply not healthy, realistic, or lasting. However, if the same client says, "My goal is to workout three days a week for 20-50 minutes each time and as a result, lose 50 pounds this year," she is off to a

(Continued on Page 13)



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Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

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Turning New Years Resolutions - (Continued from Page 12)

great start! That goal is specific, measurable, attainable, realistic, and time-bound.

People often ask me what my New Year's resolutions are, and to be honest, I don't really set them anymore. You see... I, too, have set resolutions many times in the past, and within weeks or months felt defeated and gave up because they were not realistic. Instead, I find myself setting little goals throughout the year, but they very rarely include numbers on a scale.

Setting "number goals" (ex: "I want to lose 20 pounds by May") certainly has its merit, but I encourage my clients to move toward setting the "How can I become a better and happier person/wife/mother?" type of goals. And why limit ourselves to January? If you find something you want to do or become in March, set that goal right then and there, and create a specific plan of action that will get you there. Keeping a positive and realistic spin on our goal setting throughout the year will allow us to experience more success. And that is what matters in the end, right? Feeling successful and improved because of the things we learn along life's journey.

Here Are A Few Tips To Setting All Year Resolutions.

- Set S.M.A.R.T. goals. They should be specific, measurable, attainable, realistic, and timely.
- Find what works for YOU. If joining a gym is not realistic for you,

find other activities, classes, and opportunities that don't involve a gym membership.

- Get support. That could be a close friend, spouse, personal trainer, meet up group, or coworker. Communicate your goals and have people in your corner cheering you on.
- Set goals that will better yourself and those around you. Ex: This month, I will go on more walks with my child. This month, I will clean up my eating. This month, I will start a gratitude journal. You will find that little changes equal huge improvements over time.
- If you set "number (weight) goals," remember that your beauty and worth do not lie in the numbers on the scale. Healthy weight loss is slow and steady at a rate of about one pound per week. To lose just one pound per week, you must burn 3,500 calories more than you consume, which is no easy task.
- Keep in mind that fitness and health are a lifestyle - not a one-month trial. Any movement is good movement, and many times, the hardest part of exercise is just getting it started.
- Nutrition is key. What goes into your mouth is just as important as the exercise you get.

We are all beautiful and have so much to offer this world. Here is to an amazing 2011!

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Meet Jermaine, Tibreauna, Keatrick, Jaderrion, and Treyveonne

Jermaine is 11 years old and his siblings; Tibreauna, Keatrick, Jaderrion and Treyveonne are 10, 5, 2 and 8 years old respectively. Jermaine enjoys all outdoor activities including riding his bike, scooter, and skateboard. Tibreauna is sweet child who enjoys school. She is protective and nurturing of her brothers. Keatrick is described as silly and funny and likes to play with his guitar and toy cars. Jaderrion is an incredibly cute, active toddler. Treyveonne is an outgoing child who enjoys all sports. The children need a loving family that can provide them with structure and stability. For more information contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter at the Adoption Coalition of Texas at 512-810-0813 or gracelindgren@adoptiontexas.org



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With all eyes on North Texas this year as they host the Big Game, you can join the Souper Bowl of Caring and help make this vision a reality! For more than 20 years, groups all over the country have joined forces to demonstrate the power of caring. To date, more than \$71 million in cash and cans has been collected and 100% was donated in communities throughout the U.S. Every penny stays local and every collection matters!

Last year, 1,900 schools, churches, businesses and grocery stores in Texas collected more than \$4.5 million for local charities that fight hunger and poverty. The need is growing and we need your help!

JOIN THE TEAM. GET STARTED TODAY!

1. REGISTER your school, church or business at tacklehunger.org and designate an organizer for your Souper Bowl of Caring event. You'll receive a free Resource Kit!
2. COLLECT money and/or canned foods anytime January 17-February 6, 2011. Super Bowl Sunday is February 6, 2011.
3. REPORT the amount of your collection to the Souper Bowl of Caring so it can be added to the national tally.
4. DONATE 100% of your collection to the charity of your choice in your own community.

Learn more at tacklehunger.org.



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Recipe of the Month

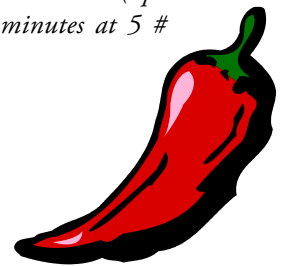
Picante Sauce

INGREDIENTS

- 1 lb. peppers (bell, banana, & jalapeno; according to how hot you want the sauce; the seeds of the jalapeno peppers add a lot of WARMTH!)
- 3 onions
- 3/4 C sugar
- 3 qts. tomatoes
- 4-5 cloves garlic
- 1 C vinegar
- 2 T salt

DIRECTIONS

Scald tomatoes and peel. Quarter and place in large pot. Chop peppers, onions, and garlic; and mix with tomatoes. Add sugar, vinegar and salt. Simmer slowly several hours until the sauce is the desired consistency. Pour into sterilized jars. Close and invert to seal. (*I pressure mine for 5 minutes at 5 # pressure.*)



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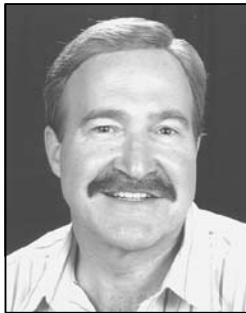
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