



LAKES

ON ELDRIDGE
NORTH

Volume 10, Issue 11

November 2011

Cy-Ranch FFA '11 2nd Annual Chili Cook-Off

The Cy-Ranch FFA Booster Club would like to invite the surrounding Cypress communities to come out and enjoy a fun-filled day of Great Chili cooking and tasting.

Saturday, December 3, 2011

**Cy-Ranch High School Parking Lot
9:00 AM to 12:00 PM**

If you can make a mean chili, enter your Cook-off team. Teams can range in size from 1 person to 4 maximum per team. Team members can consist of anyone. Over \$500 in cash and prizes will be given to the winning teams. For more information regarding entering your team, please see the entry form in this newsletter or go to WWW.cyranchffa boosterclub.com. Also, please go to the web site or email dwa95@att.net if you are interested in sponsoring the Cook-off.

(see entry form on page 18)



Project Prom Needs You!!

Come see what it's all about and how you can help. Mark your calendars for the following general Meetings held on the 4th Monday of each month:

All General Meetings 7:00 pm Cy Fair Cafeteria (4th Monday of each month)

- Oct. 24, 2011 • Feb 27, 2012
- Nov. 28, 2011 • March 26, 2012
- Dec. 12, 2011 • April 23, 2012
- Jan 23, 2012

Prom - April 27, 2012

Project Prom - April 27-28 - Dave & Busters

Graduation - June 2, 2012 - 7:30pm

Meetings begin at 7pm and are held in the Cy-Fair High School Cafeteria!

Come see how you can earn points for your son/daughter while learning about all the opportunities to help make Project prom 2012 a huge success

Make sure you check for updates on the Cy-Fair Project Prom 2012 Facebook page and www.cyfairprojectprom.org



CY-FAIR
PROJECT
PROM
2012

Happy Thanksgiving!



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 |
| Comcast Cable..... | 713-341-1000 |
| 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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| Don Byrnes | President |
| Jill Richardson..... | Vice President |
| John Kane | Treasurer |
| Peter Smart..... | Secretary |
| Jim Flanary | Director |

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.)

CY-FAIR KIWANIS CLUB

The 2011-2012 Board of directors and officers were installed at the October 4 meeting by Gwen Branch, Texas-Oklahoma District Lt. Governor. New officers are Andrew Lawrence, President; Louis Iselin, Vice-president; George Crawl, secretary; James Meadows, treasurer; immediate Past President, Steve Gleinser; and members of the Board: Paula Hoffman, Mike Larivee, Peggy Presnell, Tasmina Quddus, and Jeff Savoio.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crawl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

Cypress-Tomball Democrats

November 16th Meeting

The Cypress-Tomball Democrats will hold their monthly meeting on Wednesday, November 16th, at Luigi's Restaurant, 12779 Jones Rd., Houston, 77070. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

November's guest speaker will be Harris County Sheriff Adrian Garcia.

All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at cytomdems@yahoo.com.



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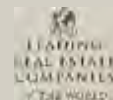
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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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Taking control of your Diabetes

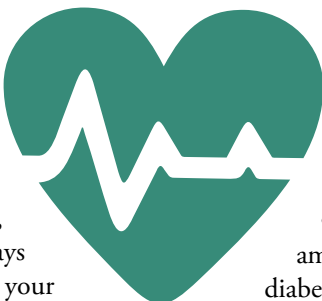
Improving Self-Management

By: Concentra Urgent Care

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death.

Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- Monitor your blood sugar and take your prescribed medications: By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- Watch your diet carefully: By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietician or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.



- Lose weight: The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietician can help you find ways to eat the foods you like while reducing your intake of calories.

- Increase physical activity: A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.

- Sleep well and reduce stress: Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: www.diabetes.org



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Lakes on Eldridge North

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Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or gracelindgren@adopttexas.org.

To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

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HEALTH BRIEFS - NOVEMBER 2011

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side effects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision

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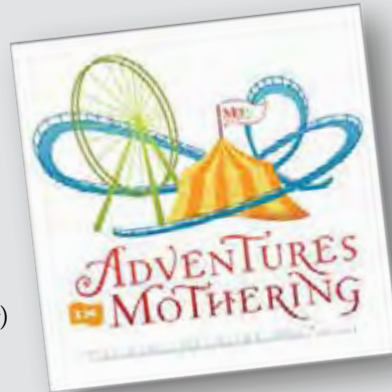
Lakes on Eldridge North

MOPS at The MET Registration

Join the Adventure! Get Connected...with MOPS!

If you need a listening ear,
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delicious breakfast buffets,
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then you need MOPS at The MET.

Two dynamic groups meet two
Friday mornings per month (August – May)
from 9:15 – 11:45a.m.



Childcare is provided upon registration.

Register online at TheMETonline.org/MOPS

or visit us at facebook.com/METmops

If you have any questions please call (281)890-1900.

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to loen@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Lakes on Eldridge North newsletter.

E-mail your pictures to loen@peelinc.com by the 8th of the month.



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- Fairfield
- Fairwood
- Harvest Bend The Village
- Kleinwood
- Lakemont
- Lakes of Fairhaven
- Lakes of Rosehill
- Lakes of Savannah
- Lakes on Eldridge
- Lakes on Eldridge North
- Lakewood Grove
- Legends Ranch
- Longwood
- North Lake Forest
- Riata Ranch
- Riverpark on the Brazos
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Lakes on Eldridge North

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2011

JULY

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Important Dates

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| Aug. 11-12 | | New Staff Orientation |
| Aug. 15-19 | | Professional Days |
| Aug. 22 | | 1st Day of School |
| Sept. 5 | | Student/Staff Holiday |
| Oct. 10 | | Professional Day / Elem. Parent Conferences |
| Nov. 21-25 | | Student/Staff Holidays |
| Nov. 21, 22 | | Inclement Weather Days |
| Dec. 21 | | Inclement Weather Day |
| Dec. 21-30 | | Student/Staff Holidays |
| Jan. 2-3 | | Professional Days |
| Jan. 16 | | Student/Staff Holiday |
| Feb. 20 | | Professional Day / Inclement Weather Day |
| March 12-16 | | Student/Staff Holidays |
| April 6 | | Student/Staff Holiday |
| May 28 | | Student/Staff Holiday |
| May 30 | | Last Day of School |
| May 31 | | Professional Day / Inclement Weather Day |

GRADING PERIODS

Elementary Schools

1st 9 Weeks: Aug. 22-Oct. 21
 2nd 9 Weeks: Oct. 24-Jan. 13
 3rd 9 Weeks: Jan. 17-March 23
 4th 9 Weeks: March 26-May 30

Secondary Schools






1st Semester

1st 6 Weeks: Aug. 22-Sept. 28
 2nd 6 Weeks: Sept. 29-Nov. 4
 3rd 6 Weeks: Nov. 7-Dec. 20

2nd Semester

4th 6 Weeks: Jan. 4-Feb. 17
 5th 6 Weeks: Feb. 21-April 13
 6th 6 Weeks: April 16-May 30

LEGEND

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

2012

JANUARY

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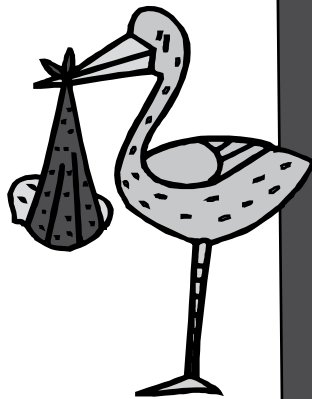
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Cy-Ranch FFA 2011 2nd Annual Chili Cook-Off



Cook-Off Team Entry Form

- Saturday, December 3, 2011**
- Cypress Ranch High School Parking Lot**
- Check-in & Setup: 9:00 AM**
- Cooking Starts: 9:30 AM**
- Judging / Tasting: 12:00 PM**

The Cy-Ranch FFA Booster Club would like to invite the surrounding Cypress communities to come out and enjoy a fun-filled day of Great Chili cooking and tasting.

- Cash prizes will be given to the winning teams.
- Cook-off teams can range in size from 1 person to 4 maximum per team.
- Team members can consist of anyone.

Team / Solo Cooker's Name: _____

Address: _____

Phone: Home _____ Work _____ Cell _____

Email Address: _____

Team Member's Names: 1. _____ 3. _____
2. _____ 4. _____

Please check which category(s) you will be entering: **Category A: "True" Chili** **Category B: "Anything Goes" Chili**

Entry Fees:

\$40 for one Category; \$70 for both Categories \$ _____

+\$15 per category if turned in after Nov 4, 2011 \$ _____

Enclosed is my total entry fee(s) of: \$ _____
(Please make checks payable to: Cy-Ranch FFA)

Please mail **entry form**, along with your **entry fee** to:

Cy-Ranch FFA Chili Cook-off
15201 Mason Road, Suite 1000, PMB 195, Cypress, Texas 77433

- Or -
Hand-deliver your **entry form** and **entry fee** to the AG Department at
Cypress Ranch High School

WAIVER: By completing this entry form and participating in this event, the undersigned, or agent, agrees to **HOLD HARMLESS** the Cypress Fairbanks Independent School District and Cypress Ranch High School, any of its representatives, agents, or volunteers affiliated with the production of this event, for any liabilities, injuries or damage which may incur while participating in the event.

SIGNED: _____ DATE: _____
Sole Cooker or Team Member #1 Printed Name

SIGNED: _____ DATE: _____
Team Member #2 Printed Name

SIGNED: _____ DATE: _____
Team Member #3 Printed Name

SIGNED: _____ DATE: _____
Team Member #4 Printed Name

The Cypress Ranch FFA Booster Club's purpose is to promote, support and enhance the Cypress Ranch FFA Chapter, its activities, and community programs. The Cypress Ranch FFA Booster Club is a separate entity from the FFA Chapter. All Booster Club actions (opinions, statements, suggestions) are to stay within the governing body of the Booster Club and are not the responsibility of the FFA Chapter members or advisors. Any questions relating to the Cy-Ranch FFA Booster Club should be directed to a member of the Booster Club board.

Feel the heat... and win some cash

For more information: cyranhffaboosterclub.com

- Kids Stuff -

Section for Kids with news, puzzles, games and more!



You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

REVIEWED BY: Steven Dowshen, MD

DATE REVIEWED: August 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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