



# LAKES

ON ELDRIDGE

NORTH

Volume 10, Issue 12

December 2011

## JOHN-ANTHONY "JAG" ROBINSON

John-Anthony "JAG" Robinson, 12 years old and Lakes on Eldridge North (LOEN) resident was named to the 3rd Annual Offense-Defense Youth All-American Bowl. JAG is an outstanding student-athlete receiving all A's on his report card and is an Offensive and Defensive Lineman for the undefeated junior level Cy-Fair Ravens. The Cy-Fair Ravens finished the regular season in first place with a record of 8-0 in the Texas Youth Football Association. After competing in post-season playoff games against teams from Houston, Austin and San Antonio, he will join dozens of his peers in his age group nationwide in the East meets West grudge match, that is part of a week-long series of events December 26-31, leading up to the nationally-televised All-Star game.

JAG was selected from a group of young athletes numbering in the thousands from across the country to participate in the prestigious All-Star game. This year's event will take place at Cowboys Stadium in Arlington, TX, home of the Dallas Cowboys. For more information visit [www.o-d.com](http://www.o-d.com).



## GIRL SCOUT

*Submitted by Melinda Riso*



Junior Girl Scouts earn a Stress Less badge by completing requirements that teach them about ways to relax. Some of the activities include: 1) Creating a personal stress kit that includes books, photographs, cartoons, music, a card or letter from a friend or relative, photo or picture from a magazine of a peaceful place. 2) Find a peaceful place in your home to relax and de-stress. 3) Learn how to identify your feelings and moods by writing your feelings down. 4) Do for others - is the best way to lesson your stress and focus on someone else, 5) Listen to music. 6) Read and Relax - Following a character's adventures can help you forget about your stress. 7) Move that stress away - Physical motion can release the tension in your body. 8) Practice elevator breathing - Deep, focused breathing can refresh your mind - inhale and exhale slowly.

### Ten Tips for Helping Children Deal with Stress

With news and conversations full of disaster, war and terrorism, children and teens may be feeling stressed and need you to help them cope. Children and teens may not have the combination of life experiences and critical thinking skills that can help adults deal with tragedy. But young people are generally resilient. These ten tips can help you recognize the signs of stress and prevent an overload of stress in young people.

# Lakes on Eldridge North

## IMPORTANT NUMBERS

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|--|--|
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| 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                                     |
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|  | (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                                     |
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| 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                                     |
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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Email Articles to [loen@PEELinc.com](mailto:loen@PEELinc.com).

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Email personal classifieds to [loen@PEELinc.com](mailto:loen@PEELinc.com).

ADVERTISING: Deadline for submitting ads is the 8<sup>th</sup> 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](mailto:advertising@PEELinc.com) *for information on advertising.*

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Please e-mail articles and/or photos to [loen@peelinc.com](mailto:loen@peelinc.com).  
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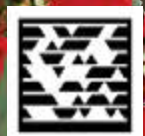
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# Lakes on Eldridge North

1. Recognize that children handle stress in different ways. Some show a regression in behavior – acting younger, more fearful, clingier. Outbursts of anger and aggression are also signals at all ages. A child or teen who withdraws or who seems constantly sad or has trouble sleeping or shows significant changes in appetite may also be showing signs of stress.
2. Encourage conversation. Look for opportunities to ask about feelings and opinions. Some of the best conversations happen in a car with the radio, CD player and cell phone off.
3. Think about your own reactions – are you feeling very stressed and is that being communicated to children? Find ways to relax yourself so that you can stay calm for them.
4. Look for creative ways to deal with stress. For younger children, puppets may help them act out their feelings. Teens could be encouraged to write their thoughts in a journal or diary. Reading books together not only provides valuable family time, but also gives everyone a deeper understanding of world events. Realizing how a character (real or fictional) coped with a disaster, war or difficulty can give lessons that can be emulated.
5. Plan for some exercise or sports activities that can be done together to release tension. From walking to swimming, biking or skating, getting everyone to move more makes a big difference in mental outlook as well.
6. Volunteer together or take a stand together. Look for opportunities in the community in which you can make a difference. Being able to contribute also helps your family or group to bond and understand what your family's and/or group's values are.
7. Try to acknowledge how a child may feel. Taking a child's or teen's concerns seriously, rather than minimizing them, builds a foundation for more open communication.
8. Answer questions honestly, and share what is age appropriate.
9. Don't make a promise that you can't keep. You can't tell your child that a natural disaster or terrorist attack will never affect your family or group. You can say that the chances are very small and that you will do whatever you can to keep everyone safe.
10. Keep tabs on what children are viewing and hearing – at home and at school. Know when to pull the plug on TV, and radio. When the news is on, try to view it together so you can discuss what you have seen and heard.

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# Lakes on Eldridge North

## Kick Off the New Year With NWHC Aggie Moms' Club 2012

"Kick Off" the new year with the NWHC Aggie Moms. Attend our New Year's meeting Tuesday, January 10th at 7 pm. The Aggie Moms' Club is finalizing details for a truly special January speaker. We're excited to share this experience with Aggie Moms, Dads, Grandparents, Alumni and students. Check us out at [www.nwhcaggie moms.org](http://www.nwhcaggie moms.org).



Meetings are the second Tuesday of the month at the Houston Distributing Company, Inc. at 7100 High Life Drive and Cutten Road near SH 249. Come join area Aggie Moms for networking, fellowship, drink, food, and fun! The NWHC Aggie Moms' Club brings area Aggie Moms together to support Aggie students with scholarships and donations to student run organizations at Texas A&M University.

Shop our Aggie Moms Boutique (located at our meetings) where you can find "one of a kind" Aggie gift items. Our beautiful, Traditions Pillow is professionally embroidered with memory icons that will warm the heart of any Aggie and is only available from the Northwest Harris County Aggie Moms.

We love to give away MONEY to Aggie students. Scholarships are our purpose and any Aggie student in our service area can submit an application. Review the eligibility requirements on our web site TODAY. The application deadline is FEBRUARY 7, 2012 (postmarked). Last year NWHC Aggie Moms' Club awarded over \$11,000 in scholarships and \$1,200 in book awards to future and current Aggie students.

Aggie Recording Artist, Kimberly Dunn will be at our annual spring fundraiser "Boots 'N Whoops!" Aggie or not, this is a concert you don't want to miss. Purchase tickets today for this private performance.



Sunday, April 22, 2012 at Red River Dance Hall (SH 249).

If you have an Aggie student in your life, you need NWHC Aggie Moms. To keep up with all we do, like our FACEBOOK and visit our web page at [www.nwhcaggie moms.org](http://www.nwhcaggie moms.org).

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## Attention Houston Northwest Area Delta Gamma Alumnae

Our annual Holiday Open House is set for December 17, 11:00 - 1:00 at the home of Janet Sanov - 7111 Mohave Hills, Houston, TX 77069, Champion Park North. This is a beautiful Holiday gathering for members and their legacies. Please contact Cindy Formas at [ckformas@sbcglobal.net](mailto:ckformas@sbcglobal.net) for more information on the Open House and the chapter's future events.



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## Veteran's Day Celebration

Yorkshire Academy students and recording artist and YA Mom, Shauna Coveny honor local veteran's, Norman Daigle, and Pat Adams as they sing the National Anthem and many other patriotic songs during Social Studies Night.



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# Lakes on Eldridge North

## Fashion with Passion

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- Thursday, January 26, 2012
- 6:30 - 10:00 p.m.
- Enchanted Cypress Ballroom
- 12603 Louetta Road
- Tickets are \$35
- Visit us on Facebook - "Fashion with Passion Fundraiser"
- Tickets can be purchased at Quance Design Studio

Jordan Merecka was born with multiple congenital heart defects, including Dextrocardia (his heart was on the wrong side of his chest). As a child, he experienced two open chest surgeries. Later, he received several surgical revisions and an implantable defibrillator. For many years after his early surgeries, Jordan was able to live an active childhood. As a teen, he enjoyed hunting and fishing with his father; and at school, he participated in FFA (Future Farmers of America). But, in September 2010, Jordan's heart began to fail, and he was placed on a waiting list for a heart transplant. With medical treatment, he was able to attend school as he waited. At the start of 2011, the senior at Cypress Woods High School was looking forward to three major milestones in his life: his prom on May 27, his eighteenth birthday on May 29 and his graduation on June 5. In April 2011, his health took a turn for the worse and he was admitted to Texas Children's Hospital with heart failure symptoms and kidney insufficiency. He critically needed a heart transplant. Over the weekend of May 21, all of his organs began to fail acutely and he could not breath on his own because his heart was so weak. On May 22, Jordan received the Total Artificial Heart that saved his life. Jordan missed his prom, but thanks to a diligent heart-failure team and the availability of the artificial heart, he celebrated his birthday at Texas Children's on May 29 -- a week after his surgery. On June 5, Jordan watched his graduation ceremony online while his 16-year-old sister walked across the stage to accept his diploma on his behalf. His class rose to their feet for a standing ovation. Jordan has been accepted at Texas A&M University Galveston and looks forward to studying marine biology. After much anticipation, Jordan recently received his new heart, and is doing well... gaining strength and endurance at Texas Children's to face his new life!

We invite you to join us in supporting this incredible young man and his family as they continue this journey. This fundraiser is an avenue to let the Merecka's see just how big this Community can be. Please join us Thursday, January 26, 2012 at Enchanted Cypress Ballroom for an unforgettable evening of dinner, silent auction and a fashion show.



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# Lakes on Eldridge North

## ADOPTION COALITION

Conner is a 10 year old energetic child who enjoys skateboarding, karate and playing basketball. He also likes to play with puzzles, action figures and lego's. Conner is very creative and loves to draw and paint. Conner needs a patient, committed adoptive family that will provide him with unconditional love and support. He will benefit most by being the youngest child in the home or the only child.

For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter at Adoption Coalition of Texas 512-450-8750 or stephanieberka@adopttexas.org



[adoptioncoalitiontx.org](http://adoptioncoalitiontx.org)

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## WASH YOUR HANDS

REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease—many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

### WHEN TO WASH YOUR HANDS

*The CDC recommends washing your hands every time you:*

- Prepare or eat food
- Use the restroom

- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

### HAND WASHING BASICS

*The CDC has issued specific guidelines about effective hand washing:*

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands,

fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)

- Rinse off soap under a stream of water

### WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/ or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands. °

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# Lakes on Eldridge North

## Cypress-Fairbanks I.S.D.

2011

JULY

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### Important Dates

- 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

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

FEBRUARY

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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 |    |    |    |

MARCH

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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

APRIL

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MAY

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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

JUNE

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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |



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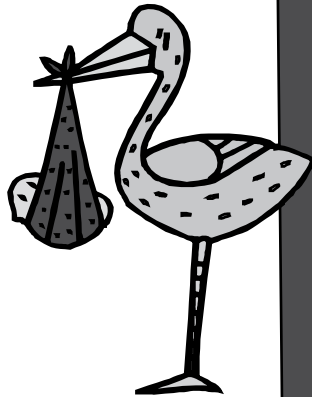
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to let the community know!



## Keeping Children Safe on Holiday Road Trips

As millions of families prepare for their annual holiday road trips, Texans In Motion at Scott & White Healthcare would like to encourage parents and caregivers to keep safety in mind as they travel. The National Highway Traffic Safety Administration estimates that three out of four car seats are improperly installed.

### **FOLLOWING ARE SOME TIPS TO ENSURE THAT YOUR CHILD IS RIDING SAFE:**

- ALWAYS Buckle Up no matter if the trip is long or just a quick ride into town.
- Keep your child in the back seat at least through age 12.
- The best car seat is the one that fits your child, vehicle and budget.
- Read car seat and vehicle instruction manuals to ensure proper installation.

- Safety seats should move no more than 1" from the car seat's belt path.
- Harnesses should be snug with the retainer clip at chest level.
- Booster seats are highly recommended for fourth to seventh graders who are under 4'9" tall and may not fit the adult seat belt.

Keeping these simple tips in mind may not reduce backseat sibling squabbles, but will help increase peace of mind when it comes to your child's safety.

Texans In Motion is an injury prevention program sponsored by the Trauma Center at Scott & White Healthcare, in cooperation with the Texas Department of Transportation. The program serves 11 Central Texas counties and focuses on child passenger safety. Our mission is to increase child passenger safety restraint use and reduce

the number of deaths and injuries to children in motor vehicle crashes through educational programs, activities and check-up events. Staff is certified under part of the National Highway Traffic Safety Administration's National Standardized Child Passenger Safety Training Program.

All services provided by Texans In Motion at Scott & White Healthcare are FREE. For more information about car seats or to find a car seat inspection event in your area, please contact Texans In Motion at Scott & White Healthcare at 512-336-3423 or 512-509-0200 or visit [sw.org](http://sw.org).



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# - Kids Stuff -

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



You lean over to whisper something to your friend and you can tell by the look on your friend's face that something is up. Could it be your breath? Maybe you shouldn't have put extra onions on your hamburger at lunch. What's a kid with smelly breath to do?

The good news is that bad breath happens to everyone once in a while. Let's find out how to detect it, prevent it, and even treat it.

#### What's That Smell?

Bad breath is the common name for the medical condition known as halitosis (say: hal-uh-toe-sis). Many different things can cause halitosis — from not brushing your teeth to certain medical conditions.

Sometimes, a person's bad breath can blow you away — and he or she may not realize there's a problem. There are tactful (nice) ways of letting someone know about bad breath. You could offer mints or sugarless gum without having to say anything.

If you need to tell a friend he or she has bad breath, you could say that you understand foods can cause bad breath because you've had it before yourself. By letting someone know that bad breath isn't something unusual, you'll make the person feel more comfortable and less embarrassed about accepting your piece of chewing gum.

If you suspect your own breath is foul, ask someone who will give you an honest answer without making fun of you. (Just don't ask your brother or sister — they just might tell you your breath stinks even when it doesn't!) Although everyone gets bad breath sometimes, if you have bad breath a lot, you may need to visit your dentist or doctor.

#### What Causes Bad Breath?

Here are three common causes of bad breath:

- foods and drinks, such as garlic, onions, cheese, orange juice, and soda
- poor dental hygiene (say: hi-jeen), meaning you don't brush and floss as you should
- smoking and other tobacco use

Poor oral hygiene leads to bad breath because when you

leave food particles in your mouth, these pieces of food can rot and start to smell. The food particles may begin to collect bacteria, which can be smelly, too. Plus, by not brushing your teeth regularly, plaque (a sticky, colorless film) builds up on your teeth. Plaque is a great place for bacteria to live and yet another reason why breath can turn foul.

#### Preventing Smelly Breath

So what's a kid to do? Don't smoke or use tobacco products, of course. And take care of your mouth by brushing your teeth at least twice a day and flossing once a day. Brush your tongue, too, because bacteria can grow there. Flossing once a day helps get rid of particles wedged between your teeth. Also, visit your dentist twice a year for regular checkups and cleanings.

Not only will you get a thorough cleaning, the dentist will look around your mouth for any potential problems, including those that can affect breath. For example, gum disease, also known as periodontal (say: per-ee-uh-don-tul) disease, can cause bad breath and damage your teeth.

If you're concerned about bad breath, tell your doctor or dentist. But don't be surprised if he or she leans in and take a big whiff! Smell is one way doctors and dentists can help figure out what's causing the problem. The way a person's breath smells can be a clue to what's wrong. For instance, if someone has uncontrolled diabetes, his or her breath might smell like acetone (the same stuff that's in nail polish remover).

If you have bad breath all the time and the reason can't be determined by your dentist, he or she may refer you to a doctor to make sure there is no other medical condition that could be causing it. Sometimes sinus problems, and rarely liver or kidney problems, can cause bad breath.

Usually, there's a less complicated reason for a kid's bad breath — like what you had for lunch. So keep up with your brushing and flossing and you should be breathing easy — and odor free!

Reviewed by: Lisa A. Goss, RDH, BS, and Charlie J. Inga, DDS

Date reviewed: September 2007

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](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



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