



# LAKES

ON ELDRIDGE

Volume 11, Issue 1  
January 2012

Official Newsletter  
[www.lakesoneldridge.net](http://www.lakesoneldridge.net)

## Christmas Lighting Contest Winners

Congratulations to the winners of the 2011 Christmas Lighting Contest, and thanks to everyone who brightened up our neighborhood with their cheery displays. As in years past, a winner was selected from each of our neighborhoods by a panel of judges selected by the Social Committee. A big "thank you" goes out to Georgia Shotwell, Deborah Dunaway, Melissa Hunzeker, Carrie Loid, Rosa Clay, Angela Hammond, Charlotte Howell, Jackie Jurich, Phyllis Baker, and Jylan Maloy. Note that judges were eligible to win the contest so judges were not assigned to their own neighborhood!

Five overall winners were selected from among the neighborhood winners by Girl Scouts from the area. Special thanks to Julia Ammel, Jamie Ammel, Madie Carbajal, Ashley James, and Summer Folwell for their judging expertise!

### THE 2011 CHRISTMAS LIGHTING WINNERS ARE:

- Pelican Pointe: ..... Charlotte Howell, 5522 Lake Place
- Eagle Bend: ..... Claire and Andrew Miller, 12615 Wilbury Park
- Eagle Cove: ..... Robert and Phyllis Baker, 5510 Evening Shore
- \*Pebble Way: ..... Robert & Margaret Wegner, 12518 Whispering Sands
- Indigo Falls: ..... Cherie and Michael Viator, 12219 Summerland Ridge
- Eden Springs: ..... Michael Briggs, 12122 Laguna Point
- Crescent Banks: ..... Lana and Suleiman Nimri, 12906 Island Falls
- \*Crescent Cove: ..... Jylan and Joel Maloy, 12922 Lake Center Run
- \*Bristol Waters: ..... Cathy and Bill Barrows, 5110 Indian Shores Lane
- Crystal Falls: ..... Mike and Sheila Weber, 12331 Lake Shore Ridge
- \*Bay Meadows: ..... (name not available), 5403 Sterling Brook
- Auburn Shores: ..... (name not available), 5310 Emerald Brook
- \*Crescent Bay: ..... Thomas & Glenda Jamail, 12714 Waterside Way
- Lake Shore Estates: ..... Lorena and Bill Gomez, 5410 Morning Breeze
- Bristol Banks: ..... Deborah and Jerry Dunaway, 5310 Bristol Bank Ct

*\*Also won Overall Best Christmas Decorations*



# Lakes on Eldridge

## IMPORTANT NUMBERS

AMI.....	713-932-1122
Gate Attendant.....	713-937-8825
Waterfowl, Betty Burkett.....	713-302-9929
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)	
SouthWest Water Company.....	713-405-1750
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
CenterPoint (gas).....	713-659-2111
Center Point (street light).....	713-207-2222
(give pole # of street which is out)	
Comcast.....	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-Falls High School.....	281-856-1000
Cy-Ridge High School.....	281-807-8000
Newsletter Publisher	
Peel, Inc. ....	advertising@PEELinc.com, 888-687-6444

## LOE Board Of Directors

To contact a member of the Board of Directors, call Richard Lowstetter with AMI at 713-932-1122. Leave the number where you can be reached. Your message will then be forwarded onto one of the following board members:

Bronson Clay.....	President
Carlton Thorpe.....	Vice President
Heather Von Sternberg.....	Secretary
Cory Hammond.....	Treasurer
David King.....	At large

Visit the Association Website:  
[www.lakesoneldridge.net](http://www.lakesoneldridge.net)



**Come grow with us!**  
 St. Elizabeth Ann Seton Catholic School

*"Living, loving, and learning in Christ and the Church."*  
 6646 Addicks Satsuma Rd.  
 Houston, TX 77084  
 281-463-1444  
[www.seasc.org](http://www.seasc.org)

EXCELLENT CURRICULUM • ATHLETICS  
 COMPUTER & SCIENCE LABS  
 BEFORE & AFTER SCHOOL PROGRAMS

**Open House**  
 Feb. 1, 2012  
 9 am - 2 pm  
 6 - 8 pm

## LOE Children's Christmas Party a Success

The annual Children's Christmas Party and Santa's Toy Drive was held on Saturday, December 17th. Santa Claus made an appearance to ask our boys and girls what they wanted for Christmas and to pick up the many gifts donated by our families to less fortunate children. A big thank you goes to the many residents who so generously donated to this most worthy cause!

The weather was just perfect for the hay rides around the neighborhood to look at the wonderful Christmas lights. Back in the clubhouse, children had their photos taken with Santa, and enjoyed cookies and hot chocolate, coloring, and crafts. The adults also enjoyed the cookies and beverages, as well as good company!

Many thanks go to the tireless team who arranged and set up the event, brought food and beverage for all to enjoy, organized the hay ride, took photographs of the kids with Santa, and cleaned up after the party. A very special thank you goes to Georgia Shotwell whose efforts made the event and the hay ride possible.

## Lakes on Eldridge Bible Study

The LOE Bible study group will begin a Fresh Life Series Bible study of John 13-17, known as the upper room discourse, by Lenya Heitzig and Penny Rose. This is a twenty-minute-a-day study meant to draw its students into a more intimate relationship with our Lord. Jesus teaches His disciples (including His modern day followers) how to live lives that please God and give meaning to their Christian walk. His intimate relationship with His twelve apostles spills over into the life of every believer who understands what Jesus did for us and what He expects from us. The only way we can know what it means to be a Christian is to study the Bible and apply its teachings to our personal lives. Everyone who comes to this Bible study group says it is not like any other they have attended. We hope you will come and join in the love and fellowship we have shared for the last eight years.

The group meets every Tuesday morning at the Lakes on Eldridge Clubhouse from 9:15 to 11:30. The new study will begin on January 10, 2012 and continue through March 13. The workbook costs \$12.00 and is yours to keep. If you need additional information, contact Stephanie at [mrstjl10179@gmail.com](mailto:mrstjl10179@gmail.com) or call 713-560-0042.



**We'll do the work, You have the Fun!**

**the Pool Nanny**

**Weekly and Vacation Swimming Pool Maintenance**  
**281-858-4868**

WHEREVER LIFE MOVES YOU  
CALL ON ME

## Top 10 New Years Resolutions for Homes!

1. Clean out the old and de-clutter, what better way to start the year off!
2. Refinish the front door, it's your homes first impression.
3. Nothing says freshness like new paint, it is the most cost effective way to give a face lift to a room.
4. Update your kitchen with new faucets and hardware.
5. For a bigger kitchen face lift look into refinishing your cabinetry or painting it.
6. If kitchen appliances are needed, mark your calendar for September/October when the best deals can be had.
7. Lighten and brighten your home by replacing dated light fixtures
8. Make your bathroom shine by having old shower doors replaced
9. Power wash your patio, driveway, walkways, it will make everything look so fresh
10. When it is time to move call me! I can help you with all your Real Estate needs!



*Ann*  
**Ann P. Knoche**  
A Tradition of Serving Clients Since 1992  
Realtor® Associate

[annpk@heritagetexas.com](mailto:annpk@heritagetexas.com)

Office: 281.582.3911

Cell: 281.844.1111

"Whether or not you're selling or buying property, I take my role as a representative of your interests to heart. I am passionate about helping you obtain your goals."



H E R I T A G E T E X A S . C O M



# Lakes on Eldridge

## LOE 'Trash Inspectors'

The 'trash inspectors' are black vultures, a protected species. They have an excellent sense of smell, and chicken bones and meat scraps in trash bags smell like "dinner is served"! And no plastic bag can resist their eager beaks! Keep chicken bones and meat scraps out of the trash, or at least put them in well-covered trash cans for trash pickup. Do not blame the trash collectors for the mess caused by the 'trash inspectors'!



# Make an impact.

Call today to reserve this space.

 **PEEL, INC.**  
community newsletters

**512-263-9181**



---

# A REMINDER TO ALL HOMEOWNERS!

---



If you purchased a home in 2011 to use as your principal residence, you will need to file an application with the Harris County Appraisal District which will entitle you to a property tax reduction.

Feel free to call me if you need the form or any other additional information.

---

11689 Westheimer, Suite C  
Houston, Texas 77077



DEDICATION  
INTEGRITY  
ENERGY &  
RESOURCEFUL



**KAY HORSCH**

*Top Producer and  
Lakes on Eldridge Resident*

**713.703.8313**

kay@kayhorsch.com  
heritagetexas.com



*Royal Oaks*





## 4th Annual Junior Tiger Fun Run & Meet the Tigers

The 4th Annual Junior Tiger Fun Run will be on Saturday, January 28, 2012 at Klein Collins High School Track, 20811 Ella, Spring, TX 77388. Sign in is at 8:00 am, and First Run begins at 9:00 am.

This is the track and field season kick-off event and a fundraiser (sponsorship opportunities available) for the Klein Collins Cross Country and Track and Field Teams. Open to all kids from K through 6th grade, the "Junior Tiger Fun Run" is a one-mile fun run for youth in Kindergarten through 4th grade and 1.8 miles for grades 5 - 6. Prizes will be awarded to Top Five finishers in each category. First 150 participants to register will receive a fun-run t-shirt and goodie bag! Join us immediately following races for Meet the Tigers Event!

Entry Fee for runners K-6 is \$15, with pre-registration required. Entry is free for Spectators! For more information and online registration, go to [www.kcxctrack.com/jr\\_tiger\\_fun\\_run.html](http://www.kcxctrack.com/jr_tiger_fun_run.html), or contact David Windsor at 832-797-1230, [windsordavid@sbcglobal.net](mailto:windsordavid@sbcglobal.net).



**Contact Sam at  
713.408.0828**



**Get Your Pool  
Serviced by a Pool  
Professional & Resident of  
LAKES ON ELDRIDGE!**

**713.408.0828**  
**info@poolcleanup.com**  
**www.poolcleanup.com**

<b>Installations</b>	<b>Chemical Only</b>
<b>Weekly Service</b>	<b>Repairs</b>
<b>Bi-Monthly Service</b>	<b>Plumbing Leaks</b>

## Bashans Painting & Home Repair

Commercial/Residential  
Free Estimates

**281-347-6702**



**281-731-3383 cell**



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

**References Available • Fully Insured**  
**NO PAYMENT UNTIL COMPLETION**  
[bashanspainting@earthlink.net](mailto:bashanspainting@earthlink.net)

## Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

### SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

[www.pickupthepile.com](http://www.pickupthepile.com)

## Expansion Joint Replacement

- Driveways
- Sidewalks
- Patios
- Pools
- Residential
- Commercial
- Sales
- Installation

### Call Larry Services LLC

Distributors fo Expansion Joint Solutions  
281.597.9097 :: [calllarryservices.net](http://calllarryservices.net)  
Dealers Wanted - Call Today



### Trimming to Take-Downs

Trimming • Removal of Debris  
Hedge Trimming • Stump Grinding  
Professional Tree Health Care

Bonded & Insured Since 1987

Call David

Ph: 281-469-0458

Cell: 281-703-5729



Mention this ad for a Spring Special! Senior Citizens Receive an Additional Discount.

FREE ESTIMATES

[jonesroadtreeservice.com](http://jonesroadtreeservice.com)



**Yorkshire Academy**

Learning for a Lifetime

14120 Memorial Drive  
Houston, Texas 77079  
Phone: 281.531.6088  
[www.yorkshireacademy.com](http://www.yorkshireacademy.com)



These are just a few of the words we at Yorkshire live by.

In the hallways and classrooms of Yorkshire Academy, these words are brought to brilliant life through the actions and achievements of our staff, students and parents. As a result, the students of Yorkshire are filled with a passion for learning and a spirit that embraces the world around them. We invite you to share in their ongoing story by visiting Yorkshire yourself.

18 months – 5th grade | Full-time care available

**FREE**  
**CARBON MONOXIDE TEST**  
Keep your family safe this winter

Available with every heater check-up (That's a \$49 value at no cost to you!)

**A-PLUS**  
**MECHANICAL SERVICES**

Air-Conditioning & Heating

**281-970-5200**

*your* **HEATING**  
*and* **COOLING**  
**EXPERTS**

**Same Day Service**

TACLB014192E



## Book Club

It looks like our book selections in 2012 will take us to many places and times. We try to cover a wide variety of topics so we each get out of our comfort zone and read something different. Each book is available through the Harris County Library. Consider joining us to discuss them! We meet on the 4th Monday of each month at a member's home. Call Celeste at 713-896-6942 for location or additional information. Also, if you have a book recommendation, please drop her note at [celeste.fritz@gmail.com](mailto:celeste.fritz@gmail.com). (Note that we sometimes change our selection between the time the newsletter information is published and our meeting.)

### UPCOMING BOOKS:

January 23 - The Glassblower of Murano by Marina Fiorato. Our first stop this year is Venice. A newly divorced woman in the present searches for her past, including her famous ancestor who was a noted glassblower. Past and present intrigue and romance are mingled with historical detail that brings Venice to life.

February 27 - How to Be Lost by Amanda Eyre Ward. Our literary tour now takes us around various places in the present-day U.S. The family that "has it all" has their secrets exposed and falls apart when 5-year old Ellie disappears.

March 26 - Year of Wonders by Geraldine Brooks. We again move overseas and back in time. A national best seller and NY Times and Washington Post Notable Book, Year of Wonders tells the story of the struggle of one village in England dealing with the plague in 1666. Inspired by the true story of the village of Eyam, this raises issues for dealing with the pandemic threats of today.

## NOTES FROM THE NOVEMBER BOARD MEETING

### DIRECTORS PRESENT

Carlton Thorpe, President  
Cory Hammond, Vice President  
Patrick Johnson, Secretary  
David King, Treasurer  
Gary Fehsenfeld, Director

### IN ATTENDANCE

Richard Lowstetter and Heidi Flores, representing the Managing Agent, Association Management, Inc.

Jon Massie, Quality Assurance Manager, representing Industrial Security Services Corporation.

### HOMEOWNER FORUM

No homeowners were present.

### DISCUSSION WITH INDUSTRIAL SECURITY SERVICES CORPORATION (ISSC)

D. King requested that Jon Massie address the following homeowner concerns with ISSC staff:

- Avoid sitting in one place too long
- Traffic violations (speeding and running of stop signs)
- Guards must be more visible outside of guard house to address not only guests but residents also

### MANAGERS REPORT

Financials Statements: The Board reviewed the financial statements for the month ending October 31, 2011 at which the Association had a cash balance of \$ 163,324.47 in the Operating Fund and \$383,544.74 in the Replacement Fund. For the month ending October 31, 2011, the Association showed total operating income of \$956,231.90 and year to date operating expenses of \$951,864.74 thus resulting in income exceeding expenses by \$4,367.16 year to date. The Board of Directors accepted the October 31, 2011 financial statements as presented.

Delinquency Report: The Board reviewed the accounts receivable summary report which showed a delinquent balance of \$35,432.65 as of November 15, 2011. Current delinquency rate for the association is 3.74%.

On a motion duly made, the Board approved a payment plan for an outstanding balance and 2012 assessment to be paid over a twelve month increment.

Service Request One Liner Report: The Managing Agent presented the one-liner report outlining all of the work orders and deed restriction violations open for the association; there were a total of 94 active service requests.

Citation Report: The Managing Agent presented the citation report outlining all citations issued from October 18th thru November 9th; there were a total of 10 citations issued during this time frame.

### ADDITIONAL BUSINESS

**Election of Officers:** On a motion duly made, the Board elected the following officers to serve thru the 2012 annual meeting: Carlton Thorpe: President; Cory Hammond: Vice President; Patrick Johnson: Secretary; David King: Treasurer.

Assignment of Director Duties: On a motion duly made, the Board distributed the director duties as follows:

**Landscaping** – C. Thorpe (Chair) , G. Fehsenfeld (Committee member)

(Continued on Page 10)



# TIME FOR A MARKET UPDATE!

Searching 12 months  
prior to 12/14/2011

	LOE			LOEN		
	# Sold	DOM	\$/ft.	# Sold	DOM	\$/ft.
3 Bedrooms	2	47	\$109.03	6	47	\$122.06
4 Bedrooms	38	50	\$106.92	53	84	\$111.85
5+ Bedrooms	7	86	\$114.08	13	67	\$112.65
1 Story	7	25	\$114.45	17	67	\$119.88
2 Story	40	61	\$106.97	55	81	\$110.67
Without Pool	24	47	\$105.06	43	86	\$106.49
With Pool	23	64	\$111.23	29	66	\$122.27
Built 1990-1999	42	54	\$106.33	3	78	\$113.69
Built After 2000	5	62	\$122.80	69	78	\$112.81
Never Lived In	0	0	-	0	0	-
1500-2000 sq. ft.	0	0	-	0	0	-
2000-2500 sq. ft.	1	26	\$111.22	0	0	-
2500-3000 sq. ft.	14	48	\$104.85	9	47	\$116.65
3000-3500 sq. ft.	16	52	\$106.17	24	81	\$112.81
3500-4000 sq. ft.	6	60	\$111.03	22	85	\$109.84
4000-4500 sq. ft.	10	43	\$115.11	12	79	\$114.80
4500+ sq. ft.	4	113	\$111.29	5	84	\$114.69
Waterfont	1	8	\$115.00	1	165	\$153.57
Waterview	2	24	\$123.50	1	68	\$118.44
Cul-de-sac	25	60	\$106.55	25	73	\$115.65
Other	19	54	\$108.10	45	79	\$110.26

All information obtained from HAR mls data.



*Wishing you and yours  
a prosperous 2012!*

**DANIELLE GEBARA**

Resident of Lakes on Eldridge North

832-788-6002

danielle@dgebbara.com

Proud to be involved!



# Lakes on Eldridge

---

November Board Meeting - (Continued from Page 8)

**Access Control** – D. King (Chair)

**Architectural Control** – G. Fehsenfeld (Chair), C. Hammond (Non-voting Advisor)

**Parks & Pool** – P. Johnson (Chair)

**Lakes & Wildlife** – C. Hammond (Chair)

**Communication** – C. Hammond (Chair)

**Audit:** Managing Agent presented Board with draft Financial Statements and Auditor's Report for Lakes on Eldridge Community Association, Inc. for years ending December 31, 2010 and 2009. Representation letter was signed by following Board Members: C. Thorpe, C. Hammond, D. King, P. Johnson.

**Capital Projects:** On a motion duly made, the Board elected to table pool renovation and deck resurfacing projects to allow Managing Agent to obtain additional proposal.

**P. Johnson, Pool Committee Chair,** to request commitment from Board of Directors of Lakes on Eldridge Dolphin Swim Team towards pool renovation project.

**Gates / Security:** On a motion duly made, the Board elected to purchase replacement printer for guard house.

**R. Lowstetter** recommended formation of Gate/Security Committee to research viable access control options for Lakes on Eldridge. C. Hammond requested that Managing Agent provide past proposals and data obtained from previous board members in 2008 for review by current board in order to thoroughly document all efforts, and to be prepared to present to the community the studies that have already been made. P. Johnson volunteered to research camera alternatives.

**Lake:** On a motion duly made, the Board approved to replace "No Fishing" signage if required by Municipal Utility District.

Lake Pro, Inc. proposal dated October 26, 2011 for repair to Lake "A" Waterfall Pool Weirs and Piping tabled to allow G. Fehsenfeld the opportunity to initiate site visit with Lake Pro staff for review.

**Landscape Issues:** C. Thorpe informed Board that rye grass will be installed on North Eldridge to match existing at Twin Lakes.

On a motion duly made, the Board approved Water Management Specialist proposal dated November 15, 2011 for irrigation consulting with condition that a physical on-site zone by zone analysis be performed versus a partial irrigation audit as listed in scope.

**Yoga Classes:** R. Lowstetter informed Board that yoga classes will no longer be held at club house effective December 1, 2011.

**Proposals:** On a motion duly made, the Board approved Elite Contractor Services proposal LE1117 for repairs to pedestrian bridge.

**Resolutions:** The Board opted to table the resolutions drafted by association legal counsel regarding new statutes passed in the 82nd Texas Legislative Session. The Board agreed to engage association legal counsel for response to concerns and questions directed by G. Fehsenfeld to Managing Agent regarding these resolutions.

## SCHEDULING OF NEXT MEETING

The next Board of Directors meeting is scheduled to be held on December 20, 2011, at 6:00 PM at 12750 Lake Run Center Run, Houston, TX 77041.

## Northwest Private School Preview

Come explore the rich variety of private educational opportunities in our community at the 10th Annual NW Private School Preview, to be held on Sunday, January 29, 2012 from 3:00 to 5:00 p.m. This free event provides the opportunity to visit with representatives from over twenty private, independent, and parochial schools which represent all grade levels including high schools.

Sponsored by the Cypress Creek YMCA, Kid's Directory, G. Michael Photography, and St. Luke's Hospital at The Vintage, the event attracts families from all over the greater northwest Houston area. The preview will be held in the Youth Center at Cypress Creek YMCA located on 19915 SH 249 @ Cypresswood Drive. Register to win a \$500 tuition voucher to use at one of the participating schools!

---

## Cypress-Tomball Democrats January 18th Meeting

The Cypress-Tomball Democrats will hold their monthly meeting on Wednesday, January 18th, at Rudy's Grill and Cantina, 11760 Grant Rd. at Lakewood Forest Dr., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m. January's guest speaker will be Robert M. Stein, Ph.D., the fellow in urban politics at the Baker Institute and the Lena Grohman Fox Professor of Political Science at Rice University. He will discuss "Hispanic voting potential in the Cypress-Tomball area."

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](mailto:cytomdems@yahoo.com).

---

## Stitch & Chat

Members of Stitch and Chat meet every Thursday from 10 a.m. until 12 noon at the LOE Beach Club House. We knit, crochet, do needle point, embroidery, and counted cross stitch, plus mend items and sew on buttons that we have put off much too long. We make quilts for family members, shawls for cancer patients, and caps for newborn babies. We would love to have you join us for coffee and conversation. We would be happy to help you get started on any project that you have always wanted to do.

You do not have to be a resident of Lakes on Eldridge to join us. For more information contact: Catherine Spellings at [CTSpellings@aol.com](mailto:CTSpellings@aol.com), or call 713-628-7083 or 713-896-1652.



Prudential Relocation Worldwide Offices

List with Karen Parker  
and Prudential GARY GREENE, REALTORS®  
and take advantage of our worldwide brand.

Since Houston is an international city, chances are great that a buyer for your home could come from anywhere in the world. Trust the sale of your home to a worldwide brand and a resident Realtor® who has represented buyers and sellers successfully in this community.



*Contact me today for a FREE,  
no obligation Home Market Analysis.*



Prudential

GARY GREENE  
REALTORS®

**Karen Parker**  
REALTOR®, Lakes on Eldridge Resident  
281.610.4866 | [karen.parker@garygreene.com](mailto:karen.parker@garygreene.com)

©2011. An independently owned and operated member of The Prudential Real Estate Affiliates, Inc. Prudential is a registered trademark of The Prudential Insurance Company of America. Used under license. Equal Housing Opportunity. If your property is currently listed by another broker, please disregard this offer. It is not our intention to solicit the offerings of other real estate brokers.



# Lakes on Eldridge

## U.S.A. Track Olympian to Speak:

*at Northwest Flyers Youth Track Club Registration Breakfast on February 4th*

The Northwest Flyers Youth Track Club will celebrate its 25th Anniversary Season by hosting its annual free information / registration breakfast on Saturday, February 4, 2012, for all boys, girls and their parents who are interested in joining for the 2012 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 free breakfast is the opportunity for youth athletes to register for the club's 2012 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 organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, 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, shot put, discus and javelin. The Northwest Flyers has approximately 275 members. The club was founded 25 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](mailto:linette.roach@sbcglobal.net).



**Brilliant Energy = Seriously LOW Electricity Rates**

**Brilliant Energy's Electricity Rates Challenge The Rates of Every Other Electricity Provider in Texas!**

**Lock-in a low electricity rate for up to 3-years!**

**Easy Online Sign-Up at [BrilliantElectricity.com](http://BrilliantElectricity.com)**

**USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL**



**Brilliant Energy is recommended by Texas Energy Analyst, Alan Lammey the host of the 'Energy Week' radio show on NewsTalk 1070 KNTH!**

**Ask the "Energy Analyst":  
281-658-0395**



**Great Business Rates Too!**

Brilliant Energy Texas PUC #10140

FIND OUT WHAT'S HAPPENING IN LAKES  
ON ELDRIDGE....

***WHENEVER YOU WANT!***

WE NOW OFFER CONTINUOUS  
REPORTING OF SALES ACTIVITY

***ON LINE.***

***ANY TIME.***

**Clive and Nancy Gardner**

**Your Neighborhood Realtors since 2001**

281-460-3168 (Clive): 713-870-3169 (Nancy)

ngardner@garygreene.com



***CliveAndNancy.com***

# Lakes on Eldridge

## Jazzercise Thanks the Community

The Bear Creek Copperfield Jazzercise Center and the Northwest Jazzercise Center Jazzercise are grateful to the community for their outpour of generosity for the 25th annual Toy and Food Drive held December 5th-17th at both the Bear Creek Copperfield and Northwest Jazzercise Fitness Centers. Once again truckloads of donations were distributed to the Bear Creek and Cypress Creek Ministries.

For more information, contact Mary Wadsworth at 281-855-3488. For further information and worldwide class information, go to [www.jazzercise.com](http://www.jazzercise.com) or call (800)FIT-IS-IT.

### PLEASE LET US KNOW!

If you know of a LOE resident who has had any outstanding awards, milestones or accomplishments, please let us know at [news@lakesoneldridge.net](mailto:news@lakesoneldridge.net) so they may be recognized in the newsletter.

## WANTED

BY PEEL INC.

ENERGETIC SALES REPRESENTATIVES

➔ **REWARD** ➔

COMMISSION BASED INCOME

WANTED FOR WORKING FROM HOME,  
EARNING EXTRA INCOME, AND  
SELLING ADS IN YOUR NEWSLETTER

VISIT [WWW.PEELINC.COM](http://WWW.PEELINC.COM) FOR MORE INFORMATION

888-687-6444 [www.PEELinc.com](http://www.PEELinc.com)

## Bunco Junkies

Members of Bunco Junkies meet & play at the LOE Beach Club House on the 1st Thursday of each month from 12 noon until 2 pm. We must have 12 players each month to be able to play. Please speak to your friends & neighbors and ask them to join us in this easy and fun game. Players do not have to be residents of Lakes on Eldridge to play.

For more information contact Catherine Spellings at [CTSpellings@aol.com](mailto:CTSpellings@aol.com), or call 713-628-7083 or 713-896-1652.



## The Branch School

PRESCHOOL - 8TH GRADE



SACS Accredited

**MAKE THE CHOICE.**

**DISCOVER THE DIFFERENCE.**

**SEE HOW STUDENTS LEARN.**

- Small class size and nurturing environment
- Science, Technology, Engineering and Math (STEM)
- Preparing students for 21st century challenges
- Advanced educational technology
- Project-based, integrated learning
- Critical-thinking, peacemaking and problem-solving skills
- Outdoor Classroom program (nature studies)
- Community Service



Open House!  
Jan. 14<sup>th</sup>  
2 pm - 4 pm

Located in West Houston - close to Energy Corridor

713-465-0288 ■ [www.thebranchschool.org](http://www.thebranchschool.org)





**RE/MAX**

**Professional Group**

832-478-1205

## *Lakes on Eldridge*

**T  
H  
A  
N  
K  
Y  
O  
U**



It is a wonderful “one Stop Shopping or Selling experience”. You give a call and The Flory Team will handle the rest in a very professional way.....

- John Zhang -



**David Flory**

**Direct line:**

**281-477-0345**

**WWW.SUPERDAVE.COM**

- **#2 Realtor in Houston & Texas\*\***
- **#7 Realtor in United States\*\***
- **Selling Over 500 Homes A Year**

\*\*Realtor Teams per Remax 9/2008, 3/2009

Each Office Independently Owned and Operated

**NOT AVAILABLE  
ONLINE**

## Setting S.M.A.R.T Fitness Resolutions

By Hjalmar Perez, BS, CPT, LMT  
and Humberto Estrada, CI-PT, MTI

Oh YES! Another New Year. Time to turn over a new leaf, to start fresh, to renew, to revive! We've heard it all, year after year. How could this year be any different than the others? A study conducted by Franklin Covey concluded about one in three people fail at maintaining their resolutions by the end of January and about four out of five individuals ultimately end up giving up by the end of the year. The top reasons: taking on too much and lack of commitment. So, what can you do to increase your chances of completing your goals for 2012?

The answer, get back to basics and being S.M.A.R.T. Studies have shown goals should be Specific, Measurable, Attainable, Relevant, and Time-bound. Let's revisit each, so grab a pen and paper and let's prepare you with your own S.M.A.R.T resolutions.

### 1. SPECIFIC

First, make goals are clear and unambiguous. Make them specific by clearly stating what you expect to achieve. Think about why your goal is important. How do you plan to accomplish it? For example, setting a goal to get stronger or have more energy is too vague. Instead, come up with a statement that leaves no doubt about what you are trying to accomplish. For example, to get stronger so I can take my family on a hiking trip to Colorado or to start exercising so I can run my first 5k. Now that has purpose and clarity!

### 2. MEASURABLE

Second, set criteria for measuring progress along the way. This one is all about answering "how much or how many" in order to quantify your results. For example, stating you are going to lift weights and do cardio is not as effective as deciding you are going to lift weights for 40 minutes 3 times a week. The latter one leaves little room for misinterpretation. Therefore, by the end of each week you should be able to easily determine if you are moving towards your goal.

### 3. ATTAINABLE

Third, goals should be realistic and attainable! Come up with goal that is challenging. However, be realistic about factors such as your skills level, your current knowledge and how much time you can reasonably devote. You're looking to be committed to your goal by making it attainable. Allow it to take you slightly pass your comfort zone and have a support system to assist you if you happen to side step it!

### 4. RELEVANT

Next, the goal must be important to you. Furthermore, you must believe you can accomplish it and you must take ownership for completing it. Asking family members or friends for their input is perfectly fine. However, we often put the responsibility of our goals on others. Using phrases as "my wife says I need to exercise"

or "my doctor wants me to lose weight" shifts the ownership of the goal away from you. There is good news; studies show those who take an active role in defining and owning their goals are likely to have a higher level of commitment and success!

### 5. TIME-BOUND

Last, set deadlines, keep it moving! Focus in setting daily, weekly and monthly mini-milestones to serve as guideposts for your journey. This strategy provides you with a chance to regularly assess how you are progressing and to adjust if necessary. Here's a quick example: you've decided to lose 10 pounds. So establish a daily goal to decrease your caloric intake by 200-300 calories, a weekly goal to lose one half to one pound & a monthly goal to complete 10 miles of walking. Mini-milestones provide you with guidance on specific actions you can take to move closer to your future goal while decreasing the failure rate!

By applying the principles of S.M.A.R.T you prepare yourself to achieve your New Year resolutions. Also, it is highly recommended to consult with your physician before beginning any exercise program.

*Cheers to a New You and a New Year!*

**DID YOU SAY  
FREE?**

**YES! YOUR NEWSLETTER IS PROVIDED  
100% FREE OF CHARGE TO YOUR HOA**

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

[www.PEELinc.com](http://www.PEELinc.com)

**PEEL, INC.**  
community newsletters





# REACHING YOUR NEIGHBORS

*and many others...*

## AUSTIN

Avery Ranch  
Barton Creek  
Bee Cave  
Bella Vista  
Belterra  
Canyon Creek  
Cedar Park Town Center  
Chandler Creek  
Cherry Creek on Brodie Lane  
Circle C Ranch  
Courtyard  
Crystal Falls  
Davenport Ranch  
Forest Creek  
Hidden Glen  
Hunter's Chase  
Highland Park West Balcones  
Highpointe  
Jester Estates  
Lakeline Ranch  
Lakeway  
Lakewood  
Legend Oaks II  
Long Canyon  
Lost Creek  
Mayfield Ranch  
Meadows of Bushy Creek  
Pemberton Heights  
Plum Creek  
Ranch at Brushy Creek  
River Place  
Round Rock Ranch  
Sendera  
Shady Hollow  
Sonoma  
Steiner Ranch  
Stone Canyon  
Teravista  
Travis Country West  
Twin Creeks  
Villages of Westen Oaks  
Vista Ridge  
Westside at Buttercup Creek  
Wood Glen

## HOUSTON

Atascocita CIA  
Blackhorse Ranch  
Bridgeland  
Chelsea Harbour  
Coles Crossing  
Copperfield  
Cypress Mill  
Cypress Point  
Eagle Springs  
Enchanted Valley  
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  
Normandy Forest  
North Lake Forest  
Riata Ranch  
Riverpark on the Brazos  
Shadow Creek Ranch  
Silverlake  
Southgate  
Steeplechase  
Stone Forest  
Stone Gate  
Summerwood  
Village Creek  
Villages of NorthPointe  
Willowbridge  
Willowlake  
Willow Pointe  
Winchester Country  
Winchester Trails  
Windermere Lakes  
Wortham Villages

## DALLAS FT. WORTH

Brook Meadows  
Timarron  
Woodland Hills

## SAN ANTONIO

Fair Oaks Ranch  
Olmos Park  
The Dominion  
Wildhorse

**FOR ADVERTISING  
INFORMATION**

*Call Today*

**512-263-9181**

[www.PEELinc.com](http://www.PEELinc.com)  
[advertising@PEELinc.com](mailto:advertising@PEELinc.com)

**PEEL, INC.**  
community newsletters



## HEALTH BRIEFS + JANUARY 2012

### IT'S OKAY TO SKIP YOUR WORKOUT, IN SOME CASES

Although exercise should be a part of your daily routine, it's important to know when your body needs a break, according to an expert at Baylor College of Medicine. It's not ideal to work out when you're sick because you're stressing your system out, said Dr. David Green, assistant professor of orthopedic surgery at BCM.

The same thing is true after a recent surgery; your body is trying to recover from the surgery. If you still want to stay active, consider using simple things such as arm bands for gentle exercises, but stay away from heavy aerobic exercises, he said. If you're experiencing some joint or muscle pain, it's your body's way of telling you that you're overdoing it, so you should back off. Try using a heating pad or taking anti-inflammatory medication to help with the pain, said Green.

In general, be sure to have some type of snack about an hour before a workout; do not try to exercise on an empty stomach. If you're over the age of 40 and just starting heavy exercise for the first time, be sure to consult with your physician first. Also consult with a physician if you've had any respiratory, cardiac or joint issues in the past. Look out for hidden calories in holiday drinks.

While many people think twice before taking a second serving of a delicious holiday dessert, they may not do the same when it comes to that holiday beverage. But liquid calories can quickly add up, said a nutrition expert at Baylor College of Medicine.

### SOME TIPS TO REMEMBER INCLUDE:

- Combine alcohol with a diet mixer or low-calorie tonic
- Remember to pace yourself and alternate alcoholic beverages with a glass of water or club soda with lime
- When it comes to popular cocoa and coffee drinks, choose non-fat milk, skip the whipped cream
- Pay attention to portions; different beverages are served in different size glasses and cups so be aware of what you are drinking and how many servings you consume at one time. Remember that after drinking alcohol, the desire for salty foods is also enhanced, said Reeves.

### HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

The typical craziness of the holiday season can offer an emotional boost for a chronically ill child. The holidays usually are very hectic, but the benefit of seeing family and friends outweighs the hassles of travel and preparation, said Dr. Ernest Frugé, associate professor of pediatrics at Baylor College of Medicine and director of psychosocial programs at Texas Children's Cancer Center.

It's no different for a child in a chronic illness. Planning ahead is the key to travel success, whether it is allowing for extra breaks on a long road trip or reminding older relatives about childproofing needs. Parents should always consult with their child's physician before the trip, pack all medications in their original prescription containers and bring along a copy of appropriate medical information.

Involving the child in the planning and preparations for trips and gatherings reinforces the importance of reconnecting with family and friends, said Frugé. Keeping children away from the usual holiday traditions because they have been ill would separate them from what is a normal experience for the family, he said.

### GET THROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

Menopause is called "the change" for a reason. As hormone levels begin to change, so do health concerns, such as osteoporosis, said experts at Baylor College of Medicine. Decreasing estrogen levels can affect bone mass, making a woman more susceptible to osteoporosis, said Dr. Elizabeth Nelson, associate professor of medicine and director of the Women's Center for Comprehensive Care at BCM. Osteoporosis is a condition that can develop if bone is not replaced as quickly as it is worn away, leaving behind porous or weak bones.

Many factors can affect this condition such as heredity, age and nutritional intake. Modify your risk factors by limiting alcohol intake and not smoking, which can increase bone loss by 10 percent. Exercising three times a week and increasing calcium and vitamin D intake can also improve bone health. However, since each woman's health care needs differ as they enter menopause, it is important to talk to a doctor to be sure what course of action will be the most beneficial. Screening for osteoporosis should begin at age 65, but many times women will have a screening done at age 50 to use a baseline for future tests.





**PEEL, INC.**

308 Meadowlark St.  
Lakeway, TX 78734-4717

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

LE

## **YOUR LAKES ON ELDRIDGE NEIGHBOR HOUSES ARE SELLING! NEED LISTINGS! CALL ME!**



**STEVE  
HARDCASTLE  
#1 IN LOE SALES!!**



**RE/MAX Westside Realtors  
281-925-3047**

- **RE/MAX Westside #1 TOP PRODUCER for 22 years in a row!! (1989 - 2010)**
- **Top 1% of all Realtors in North America**
- **Certified Residential Specialist (Designation held by only 4% of all Realtors)**
- **RE/MAX Hall of Fame & Lifetime Achievement Award**
- **Broker License, BBA, Relocation Expert, Over 30 Years of Real Estate Experience**

**[www.stevehardcastle.com](http://www.stevehardcastle.com)**

**email: [stevehardcastle@earthlink.net](mailto:stevehardcastle@earthlink.net)**