



LAKES

ON ELDRIDGE NORTH

www.loenhwa.com

News for the Residents of
Lakes on Eldridge North

Volume 13, Issue 6

June 2014

COME CHEER THE **LOE DOLPHINS SWIM TEAM!**



It's hard to believe that the season is half over already! The swimmers are off to a great start and there is still a lot more fun ahead for all involved! Thanks to our coaches for all of their hard work getting our swimmers ready for the meets and thanks to all of our volunteers for making all our events run smoothly!

Below is the season's remaining calendar for easy reference. For the latest information, go to our website www.loedolphins.org and click on "Meets and Events". Please give us your support and come cheer for all our wonderful swimmers!

REMAINING SCHEDULE FOR 2014:

May 3 • Pep Rally at LOEN Pool, 7:30 PM

May 31 • AWAY Bridgeland

June 7 • AWAY Lakewood Forest

June 13 • Pep Rally at LOEN Pool, 7:30 PM

June 14 • AWAY Woodland Waves

June 21 • Divisional Meet (*Location TBD*)

June 28-29 • Ponderosa Invitational (*Location TBD*)

June 28- 29 • Trinity Classic Invitational (*Location TBD*)

After the season is over we will be offering once again a Fall Swim Program for swimmers looking for conditioning and stroke development. Please check our website www.loedolphins.org in late June for more information. Our website also offers a "contact" link that you can use to send questions and comments about LOEST.

Lakes on Eldridge North

IMPORTANT NUMBERS

Gate Attendant.....	713-856-6127
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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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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.)

How to Get the Most of your ABWA Membership Keynote speaker shares tips at the June 26 CYFEN meeting

Come to the Cy-Fair Express Network (CYFEN) luncheon June 26 and learn how to enhance your American Business Women's Association (ABWA) experience.

This month's keynote speaker is Sheri L. Parrack, founder and President of Texas Motor Transportation Consultants, LLC. Not only does she have more than 34 years of experience assisting with transportation companies, leasing corporations, banking institutions, attorneys and individuals in motor vehicle tax law and regulatory compliance in 48 states, Parrack also has 34 years of ABWA experience and success.

Parrack is an enthusiastic businesswoman whose determination and commitment to hard work has earned her a reputation of providing quality service in a male-dominated industry. Her basic business philosophy has always been "walk your talk."

In 1980, when Parrack was asked to ABWA, she was also elected as delegate of her business league, Woman of the Year and attended her first national convention in Las Vegas. In addition, she was selected as a Top Ten Business Woman of ABWA and elected onto the National Board of Directors as District II Vice President and became ABWA's National President in 1996.

Parrack received the Vision Award in 2005 and is currently a National Ambassador and Charter Member of the following, CYFEN, Women of Vision, South West Area Professional Express Network, South East Express Network, and Houston Area Professional Express Network. Parrack was also the Charter President of HAPEN and The Charter VP of finance of SEEN. She is currently servicing as VP of Best Practices of HAPEN. She reached her Diamond Level of Inner Circle by sponsoring 88 members.

Today after three decades in business, Parrack continues her commitment to providing the same quality service to clients. For the past several years, her company has been selected One of the Top 500 Women-Owned Business in the United States, one of the TOP 100 Diversity Companies in the State of Texas and one of the Top 100 Women-Owned Companies in Texas.

All are welcome to join Parrack at this month's CYFEN meeting, which begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Monthly meetings are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd.

Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to www.CYFEN.org.

Lakes on Eldridge North



Cypress Texas Tea Party

The next meetings of the Cypress Texas Tea Party will be on:

Saturday, May 31, 2014 12:00 PM - 2:00 PM

Saturday, July 12, 2014 12:00 PM - 2:00 PM

The Cypress Texas Tea Party meets every three weeks on
Saturday

Noon until 2:00 PM at:
Spring Creek BBQ
25831 Northwest Freeway
Cypress, Texas 77429

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be found at our website, www.cypresstexasteaparty.org



Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May. Our next meeting will be on September 18, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Melinda Sims at melinda@mazzaroth.net.

We look forward to meeting you.



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A FOCUS ON SUNBURN

Protect Your Skin From Our Powerful Sun

By: Concentra Urgent Care

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

SYMPTOMS

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn.

FIRST AID

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as nonsteroidal anti-inflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

For more information, check out: www.cdc.gov/niosh/topics/uvradiation.





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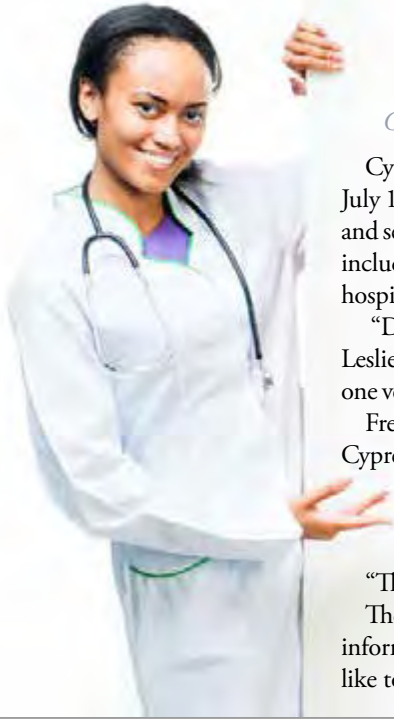
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Lakes on Eldridge North

HEALTH CARE EXPO EXPANDS TO PROVIDE RESOURCES FOR CY-FAIR COMMUNITY

Cy-Fair Houston Chamber of Commerce hosts Health Care Expo during general membership luncheon



Cy-Fair Houston Chamber of Commerce invites guests to attend its 2014 Health Care Expo on Tuesday, July 15 at the Berry Center. The event will offer health-related businesses the opportunity to market products and services to Chamber members and the community. There will be 40+ exhibitors from a variety of industries including medical offices, local hospitals, skilled nursing and rehabilitation facilities, assisted living facilities, hospice providers and nutritional service providers.

“Due to a demand from our membership and community, we have expanded our Health Care Expo,” said Leslie Martone, President of the Chamber. “The Expo will bring leaders in the health care industry together in one venue to answer questions, as well as provide referrals and resources necessary to businesses and individuals.”

Free medical screenings will also be offered by Event Underwriter, Memorial Hermann, and Event Sponsor’s Cypress Fairbanks Medical Center Hospital and North Cypress Medical Center. The Health Expo will remain open from 9 a.m. to 3 p.m. The general membership luncheon, from 11:30 a.m. to 1 p.m., will have a panel of health-related speakers discussing preventative medicine, insurance exchanges, health care reform for businesses and health care funding.

“This year promises to be the largest, most comprehensive Expo ever,” said Martone.

The public is welcome. General admission to the Expo is free; however, luncheon tickets are \$30. For more information or general inquiries, visit cyfairchamber.com or call the Chamber at (281)373-1390. If you would like to participate as an exhibitor or sponsor, contact Sara Cantrell at sara@cyfairchamber.com.

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Godspell Cast Gives Back to the Community

The cast of HFAC's recent production of Godspell wanted to practice what they were performing by giving back to the community. Godspell is a musical based on the parables of the bible. Since this musical has a pretty obvious message, the cast of Godspell and HFAC wanted to incorporate some real life giving to others into the production. So during the song "Bless the Lord", cast members passed the hat. The cast choose four local charities and each weekend of the run a different charity received the proceeds collected during "Bless the Lord". The run of Godspell was a success and so were there fundraising efforts with close to \$3,500 being raised during twelve performances.

Opening weekend's featured charity was the National Multiple Sclerosis Society. The National MS Society works to improve the quality of life for people affected by MS and raise funds for critical research. <http://www.nationalmssociety.org>

The following weekend the hat was passed for Cy-Hope. Cy-Hope is for every school in Cy-Fair ISD to earn Exemplary status by making life better for kids in our community. Their vision is to rally the entire community: businesses, education, churches,

civic organizations, hospitals, and individual volunteers to advance the goal of making life better for kids in Cy-Fair, serving the economically, spiritually and relationally disadvantaged children. <http://cy-hope.org>

The third weekend of Godspell saw donations come in for Houston Rescue & Restore Coalition. HRRC exists to prevent and confront modern-day slavery by educating the public, training professionals and empowering the community to take action for the purpose of identifying, rescuing and restoring trafficking victims to freedom. <http://www.houstonrr.org>

The phenomenal cast of Godspell closed their run by asking for donation for Star of Hope. Star of Hope is a Christ-centered community dedicated to meeting the needs of homeless men, women and their children. Positive life changes are encouraged through structured programs which focus on spiritual growth, education, employment, life management and recovery from substance abuse. <https://www.sohmission.org>

HFAC wants to thank the cast, crew and all the patrons of Godspell for their generosity in supporting other local non-profits.

YOGA Classes

Feel like giving yourself some time out? So much to do in your day that need some down time to recharge?

We offer private, semi private or group lessons for all levels, from the restorative and centering Yin yoga to the dynamic Ashtanga Vinyasa sequence. You will find a space on your mat to be present and mindful in your life!

For more details please contact Gabriela at gabmarbretto@hotmail.com (LOEN resident).

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Bring the World to your Child By Hosting a Foreign Exchange Student

If you've read the newspaper lately, you know that the world can be a scary place: wars, economic crisis, revolutions, climate change, border disputes, refugees, and protests. So, how do we teach our children about the world, and the variety of people in it, when most of the examples we read about in the press are so negative?

One life changing way to broaden your child's world view is to volunteer to host a HYPERLINK "<http://www.ayusa.org>" high school foreign exchange student. Foreign exchange programs have been around for almost 100 years, and their mission has always been the same – to educate people about different cultures through person-to-person exchange. What better message to pass on to your children?

There are quite a few misconceptions about foreign exchange programs – especially around who can host. The biggest misconception is that you must have high school aged children when you host a high school exchange student. Nothing could be further from the truth.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose

children have left home, single parents and non-traditional families," says Heather Wells, Senior Regional Director for HYPERLINK "<http://www.ayusa.org>" Ayusa, a non-profit promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Families with young children find that hosting an exchange student provides their children with an especially unique educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

"My daughter Kelsie feels as if Isabelle, our exchange student from Germany, is an older sister to her," said Melissa Hughes, an Ayusa host mom from Ashville, North Carolina. "They have confided in each other, have had movie nights together, and have gone to the

(Continued on Page 10)

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Lakes on Eldridge North

(Continued from Page 8)

... all together - much like natural sisters would do. Kelsie will never forget Isabelle and they have already planned future get-togethers when they are older.”

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

“In Tunisia, we always hear about Americans and American life style, in movies, media, songs, everything, and I know it is different, and I wanted to figure out this difference myself,” said HYPERLINK "http://www.youtube.com/watch?v=h8_px-f7mhY" Asma, a bubbly high school student from Tunisia who spent a school year living with the O'Donnell family in Anchorage, Alaska.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient

in English – and all high school exchange programs are regulated by the U.S. Department of State.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

“Hosting an exchange student is a life-changing experience – for the student, the host family, and the host community,” says Heather Wells. “There is no better way to teach your children about the world around them than through welcoming an international high school student into your home.”

Ayusa is currently accepting applications for families to host an exchange student for the 2014-2015 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at:

www.ayusa.org



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PLANT SELECTION AND CARE

Using native and well-adapted plants is one of the easiest ways to create a low-maintenance and environmentally sound yard.

The many advantages of using native plants include using less water, reducing the need for soil modification, and using little or no fertilizer. They are less susceptible to pest problems, and are tolerant of stressful environments such as drought.

Incorporate a variety of plants to provide food and cover for a variety of living things. Diversity also minimizes damage from pests because many of them attack only one plant species. Dense plantings can provide shade that keeps out invading weeds.

Avoid frequent or deep cultivation, which can damage plant roots, dry out the soil, disturb healthy soil organisms, and bring weed seeds to the surface where they can germinate. Cover all bare soil between plants with a solid mulch layer.

Visit www.KeepCyFairBeautiful.org to access free "Take Care of Texas" publications and a Guide to Native Plants

KIWANIS CLUB OF CY-FAIR HOUSTON

*YOU ARE CORDIALLY INVITED TO ATTEND
A Kiwanis meeting in June at the Hearthstone Country Club
At 12:15 pm. Reservations requested.
Call George at 832-467-1998.*

Dates: We meet the first, second, and third Tuesday each month. June meetings are the 3rd; the 10th; and the 17th. Join us for lunch, followed by a short, informative program. Receive an invitation to join the Club.

Why join Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide support to various other organizations in the community that serve children and families.

Upcoming Events: The Kiwanis Kids Triathlon on June 14th at the Langham Creek YMCA. For information call Louis Iselin at 281-256-1874.

What is Kiwanis? Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects.

Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and by attending district and international conventions.

**Learn more about the Cy-Fair Kiwanis Club at:
www.kiwanishoustoncyfair.com**



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FREE SUMMER LACROSSE IN CYPRESS

Lacrosse has been described as the fastest growing sport in America, and the fastest sport on two feet. The original American sport, it has been played for centuries on our continent, in many variations. The modern women's game has evolved into a fast-paced sport of finesse, power and skill that appeals to many types of athletes and spectators alike. The Cy-Fair Iron Maidens Lacrosse Club will be hosting a summer lacrosse program at Spillane Middle School on Tuesdays and Thursdays from 7pm-8pm all summer beginning June 10th. This will be the fifth year of the summer lacrosse program, with girls of all ages participating. There are plenty of parents, club alumni, and players on hand to answer questions about the sport, the club, and to demonstrate basic skills. There is never any obligation to join the organization, and everyone from current players to those just looking for something to do in the summer are welcome. Activities include individual drills, team-building exercises, and light scrimmages.



Who: School-age girls (Parents, siblings, friends, and club alumni welcome, but no pets, please)
 When: Tuesdays/Thursdays, 7pm-8pm beginning June 10th through August 21st
 Where: Spillane Middle School Athletic Fields, 13403 Woods Spillane Blvd, Cypress, TX 77429



What to wear: work-out gear, athletic shoes. All lacrosse gear provided at no charge
 What to bring: Plenty of water
 Be sure to check out the website for more info at www.cyfairironmaidenslacrosse.org.
 The Iron Maidens are a part of the Cy-Fair Lacrosse Association (www.cyfairlacrosse.org), a "501(c)3" non-profit organization chartered to promote youth sports, athletics and healthy competition through the sport of Lacrosse in the Cy-Fair area.

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