



# LAKES

## ON ELDRIDGE NORTH

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News for the Residents of  
Lakes on Eldridge North

Volume 15, Issue 7

July 2016

## Northwest Harris County Aggie Mom's Club

### CALLING ALL AGGIE MOMS!

If you are a mom, step-mom or guardian to a student at Texas A&M, please join us in making a difference in student's lives. The NWHC Aggie Mom's club will be hosting, Summer Mixers.

This is an opportunity for you to meet other Aggie Mom's and find out what our club is all about.

Please join us at one of our informal Summer Mixers details can be found on our website.

### SAVE THE DATE:

**JULY 7 AND JULY 14 SUMMER MIXERS**  
**HOWDY PARTY-AUGUST 9, 2016**

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 6:30 pm at 7100 High Life Drive. Refreshments are served at 6:30 with meeting beginning at 7:00. For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact: Summer Perkins, Club President at [summer@nhh-realty.com](mailto:summer@nhh-realty.com).

## CYPRESS AREA FOOD PANTRY

### Times and Services

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:30 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

Computerized job search and resume preparation and printing are also available.



## USA Fit Champions Ready to Get Aspiring Runners Marathon/Half Marathon-Ready by January

With many winter long distance races to look forward to, USA Fit Champions seeks to get Spring and Northwest Houston area residents "marathon-ready." The local full and half marathon training group is currently taking registrations through Aug. 30 at [www.ChampionsFit.net](http://www.ChampionsFit.net) for its new season, which kicks off with two orientation/in-person registration events at 7 a.m., Saturday, July 9 and 16, at the D. Bradley McWilliams YMCA in Spring. Now, Co-Organizer Roy McDonald says, is the perfect time, no matter a runner's ability level, to start training for January races such as the Chevron Houston Marathon, Aramco Half Marathon and Memorial Hermann USA Fit Marathon.

"Most people don't believe they can complete a full or half marathon for various reasons," said McDonald. "Our mission at USA Fit is to show people they absolutely can succeed by providing training plans for every fitness level in a fun, non-intimidating and safe environment."

*(Continued on Page 3)*

# Lakes on Eldridge North

## IMPORTANT NUMBERS

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Texas DPS.....	713-681-1761
Waste Management.....	713-695-4055
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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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## Article Submissions

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

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

(Continued from Cover Page)

McDonald himself joined USA Fit's Houston group 25 years ago when he and four fellow employees at his company discussed running a marathon. It was a goal he had never entertained. At the time, he weighed 240 pounds and at the end of his first marathon training with the group dropped to 185 pounds. In addition to gaining a lifelong love of running, McDonald gained a lifelong friend in member and now co-organizer Mitchell Garcia, who was one of the employees who had initially joined him.

McDonald and Garcia both hope as organizers and coaches to bring the same motivation and encouragement that their coaches and fellow members had given him to help runners and walkers around the Champions area reach their own personal goals.

According to McDonald, the top myths about marathon running include:

- Marathoners must be young.
- Marathoners must be athletes.
- It is not possible to walk 13.1 or 26.2 miles.
- Running long distances is dangerous to one's health.
- Runners must be a certain weight or size to successfully run a full or half marathon.

He said that members of USA Fit Champions defy all of these myths and have gone on to complete half and full marathons during their very first seasons with the group as well as meet personal health and fitness goals.

"The most rewarding part of our job as coaches is to see members achieve so much more than they thought possible, no matter their fitness level or stage in life," said McDonald. "The only thing we ask our members to show up with is a goal and the passion to meet it. We take care of the rest."

Registration for USA Fit Champions is \$140 for new members and \$100 for returning members. Runners meet Saturday mornings for ability-based group trainings, enjoy weekly seminars and social events throughout the season and benefit from the encouragement and expertise of certified coaches. To learn more and to register, visit [www.ChampionsFit.net](http://www.ChampionsFit.net) or contact Roy McDonald at [info@championsfit.net](mailto:info@championsfit.net).

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# Lakes on Eldridge North

## FACT OR HOGWASH?

By Cheryl Conley, TWRC Wildlife Center

I think we've all heard that one should never touch a baby bird or the mother will not accept it again or may even kill it. This is simply not true. There are many misconceptions about wildlife. Let me help you separate fact from hogwash on a few of the most common ones.

### MYTH: MOTHER BIRDS WILL ABANDON THEIR BABIES IF TOUCHED BY HUMANS

**FACT:** Mother birds will not abandon their offspring if touched by a human. For this to be true we would have to believe that birds can pick up on human scent. In fact, most birds have a rather poor sense of smell. For more information on what to do if you find a baby bird, see our website.

### MYTH: IF YOU FIND A FAWN ALONE, IT HAS BEEN ABANDONED.

**FACT:** It is common to see fawns alone. Since they are incapable of keeping up with mom, she will leave the fawn, sometimes for hours, while she goes off to eat. The doe will visit the fawn two to three times a day. This will continue until the fawn is about 4 weeks old. It's best to leave fawns alone unless you know that the mother is dead and/or fawns are crying incessantly.

### MYTH: IF YOU SEE A RACCOON OUT DURING THE DAY, IT'S RABID

**FACT:** Raccoons are typically nocturnal but are opportunistic creatures and can appear whenever food is around, day or night. In spring and summer when the mother's energy levels are depleted by nursing cubs it is not uncommon to see them out during the day. However, if the animal is acting disoriented or sick, such as circling, staggering or screeching — in addition to being seen during daylight hours — contact TWRC Wildlife Center or animal control.

### MYTH: RACCOONS WASH THEIR FOOD

**FACT:** Raccoons have very sensitive feet and it is believed that dipping their food in water heightens that sensitivity so they can better feel the food before they eat it. They will also use water to soften food.

### MYTH: IF YOU GET CLOSE TO A SKUNK, IT WILL SPRAY YOU.

**FACT:** Skunks only spray to defend themselves, such as when a dog runs up and grabs them. Before they spray, they will stamp their front

(Continued on Page 6)

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## July Meeting

The Cypress-Tomball Democrats monthly meeting for the month of July will be held on Tuesday, July 19th 2016, at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 p.m. to 8:00 p.m. Dr. Mark Thorsby, Professor of Philosophy, at Lone Star College (Cy Fair) will be our Guest Speaker. He would be speaking on "History of Liberalism, in the context of Political Philosophy".

Everybody is welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings foster great fellowship and feature informative guest speakers. For further information, visit the website [www.cytomdems.com](http://www.cytomdems.com); contact Cris Hernandez at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com); Follow us on Facebook at Cypress-Tomball Democrats.



## Cy-Fair Republican Women

Cy-Fair Republican Women's General Meeting on July 12th will be a tribute to our Military & Veterans and CFRW's 11th Anniversary. Bring a photo of your family members in uniform.

Our guest speaker is Teri Poulton, Board of Directors, Lone Star Veterans Association (LSVA), the largest organization of post-9/11 veterans in Texas.

LSVA goal is to collaborate with other service providers to help returning service members.

10:30 AM - Noon. (Second Tuesday each month)

Meeting is \$3 -- Meeting w/Lunch at Noon is \$20.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

Enjoy likeminded fellowship and getting to know our candidates.

All are welcome! Candidates, we want to get to know each of you. Please RSVP to [www.cfrw.net](http://www.cfrw.net) by 7/5/16.

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# Lakes on Eldridge North

(Continued from Page 5)

feet as a warning to get you to back off. Skunks are also nearsighted so if you come across one, simply talk softly and back away.

## MYTH: LIVE TRAPPING AND RELOCATING ANIMALS IS HUMANE

**FACT:** Most animals are very territorial. Residents of an area will more than likely attack and kill a newly relocated animal.

## MYTH: OPOSSUMS LIKE TO HANG BY THEIR TAILS

**FACT:** The opossum's tail is capable of grabbing onto a limb to help with balance but it is not strong enough to support the animal's weight.

## MYTH: TOADS CAUSE WARTS

**FACT:** Warts on people are caused by a herpes virus, not toads! Toads do, however, have wartlike bumps behind the ears that contain a poison that can irritate your skin.

## MYTH: OPOSSUMS ARE DIRTY ANIMALS AND ARE VICIOUS

**FACT:** Opossums are fairly clean when compared to other animals. They groom themselves frequently. While in the care of a rehabilitator, they can even be trained to use a litter box. Like any other wild animal, they are more afraid of you than you are of them. They hiss and show teeth to scare you away, so, GO AWAY!

## MYTH: IF AN ANIMAL IS FOAMING AT THE MOUTH, IT HAS RABIES

**FACT:** There are other reasons why an animal may be foaming at the mouth. Some of them are distemper, ticks, worms, diabetes, liver failure, poisoning, and many others.

TWRC Wildlife Center is currently looking for volunteers to help at our center in Houston. If you have a passion for animals and are looking for a worthy organization to help, check our website at [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org) or call 713-468-8972.



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## KIWANIS CLUB OF CY-FAIR HOUSTON

If you live or work in the Cy-Fair area, we would welcome the opportunity to meet you and tell you about the service the Cy-Fair Kiwanis Club gives to our community. Be our guest at our meeting on July 12, 19, and 26.

Time and place: Meetings are held at the Hearthstone Country Club. Lunch is served at 12:15pm, followed by a brief, informative program. Adjournment is at 1:15pm.

What is Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. 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. In addition, Kiwanis members actively participate in many service projects in their home communities.

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. Enjoy the pleasure of being a part of this service.

VISIT THE CY-FAIR KIWANIS CLUB WEBSITE AT:  
[WWW.KIWANISHOUSTONCYFAIR.COM](http://WWW.KIWANISHOUSTONCYFAIR.COM)

For more information, call John Carroll at 281-463-0373; George Crowlat 832-467-1998; or Peggy Presnell at 281-304-7127.

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# Lakes on Eldridge North

## Pet of the Month

Now just looking at this little cutie makes me smile. She is a tiny little girl (not sure of her weight yet but tiny) and sweet as can be. How can you look at her face and ears and not get happy? Her name is Sammie. For a quick cure from your bad day just think of coming home and having Sammie greet you!! Sammie needs a loving forever home.

*Please contact: E-Rescue Houston  
infoerescuehouston@gmail.com*



## TEXAS CHRISTIAN HIGH SCHOOL WINS BASKETBALL STATE CHAMPIONSHIP



You are looking at the 2016 Varsity Boys Texas Christian Athletic League 2A State Champions. The Tiger Team had an amazing season with a record of 37 and 6 against public, private and national teams. Texas Christian beat Bryan Allen Academy who has won the state record 5 years in a row. The Texas Christian Family is ecstatic about the Tiger Team's accomplishment and their outstanding season. Great job Tigers!!!



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# Lakes on Eldridge North

## Northwest Houston Chapter of Business Professional Women

The July meeting of the Northwest Houston chapter of Business Professional Women will take place on Thursday, July 21st, at 11:00am at Northgate Country Club, 17110 Northgate Forest Drive, Houston, Texas (off FM 1960 between TC Jester & Kuykendahl).

Join other professional businesswomen for networking, lunch and learning with a speaker who will impart pertinent information on a specific area of business from a woman's perspective.

The cost for our luncheon is \$25.00 for members and guests. Reservations received after Tuesday, July 19th will cost \$30.00. Inquiries may be sent via email to: [nwhoustonbpw@yahoo.com](mailto:nwhoustonbpw@yahoo.com). Please include your name and contact information.

Reservations can be made on our website: [nwhoustonbpw.com](http://nwhoustonbpw.com)



## VENDOR OPPORTUNITY AWAITS!!

St.Elizabeth Ann Seton Ladies Auxiliary will be holding their 24th annual Gingerbread Village Holiday Market on October 29th, 2016. The show will be held from 9 A. M. to 4 P. M. at 6646 Addicks Satsuma Road, Houston, TX. If you are interested in showcasing your various arts, crafts or other unique offerings, please contact [fae@krenekprinting.com](mailto:fae@krenekprinting.com).

## Women Empowering Women Express Network

Expand your network, grow your business skills, reach a new audience, or advance your career with the Women Empowering Women Express Network of the American Business Women's Association (WEWEN). WEWEN meets the first Wednesday of each month from 11AM-1PM in the West Dining Room of Lone Star College-University Park at 20515 State Hwy 249, Houston, Texas 77070. Open networking begins at 11:00AM, followed by an informative program and lunch from 11:30AM-1:00PM. Additional details and registration (\$25) are available at [wewen.org](http://wewen.org). Contact [communications@wewen.org](mailto:communications@wewen.org) with questions.



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# Lakes on Eldridge North

## FINDING RESOLVE

I hear you have joined me as a proud member of the Bit-the-Dust Club. This club consists of people who have "bit the dust" either physically or metaphorically in life. Whichever holds true for you, I want you to know you are not alone, and to share a few important tidbits that are frequently neglected after an incident occurs.

First, this happens to nearly every person at some point. People fall, fail, and are bound to be disappointed at some point in their life. You aren't unique in the club--in fact you were the exception to the rule when you were a "nonmember".

Second, the old saying that you need to, "Dust yourself off & get back into the saddle" after a fall is actually true. Most people don't fully realize the psychological/emotional impact a trauma; like a fall off a horse, losing a job, or divorce, etc., has on them. So, as scary as it might feel, it's a good thing to get back up & give it another go.

Of course, there are always exceptions to this rule. You'll want to make sure you are okay enough to "climb back into the saddle". If you have any concerns that you may be injured or really not ready--wait! Talk it through with your friends & they'll help you find a comfortable way to work through the situation before putting

yourself out there again. It's actually a good thing to be able to recognize whether or not you're stable enough to move on.

Finally, get back out there! Your friends and family are there to help you get past any underlying fears and get back on track. One thing that we tell riders (which holds true for the everyday person as well) is that it is so important to understand this one huge truth: it's not true that real horsemen never fall. A real horseman is someone who has learned how to push past the pain and into the pressure. Now is the time to find your resolve and push into pressure.

Welcome to the club;)

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## Emerald Ash Borer found in Texas

Emerald ash borer, often referred to as EAB, is an exotic pest from Asia. This beetle is a serious threat to ash trees. Emerald ash borer was accidentally introduced into the United States and was found in Michigan in 2002.

Four beetles were found in a trap located in NE Texas (Harrison County) in late April 2016. There are currently no confirmed cases of ash trees that are infested. The beetles will continue to be monitored throughout the state.

Larvae bore into trees under the bark and cut off the water and nutrient conducting vessels. Larvae are creamy white, legless with a flattened body. Larvae are 1- 1 ½ inches in length when fully developed.

As an adult, the beetle is elongated and cylindrical with the pronotum (a part of the thorax) extended back as a lobe towards the abdomen. Most notably, these beetles are bright, metallic green with reddish hues. Adults are about 1/2 inch in size. If the wings are removed or lifted, the upper side of the abdomen is bright coppery-red which can help differentiate this beetle from closely related species in Texas.

In infested trees, canopy die back is often seen in the top one third of the canopy and then moves down until the tree is bare. Epicormic shoots (leafy shoots coming off the trunk of the tree) may also be seen.

Vertical fissures may appear on the bark and galleries may be able to be seen through openings. If bark is peeled off, serpentine galleries packed with frass (excrement) may be seen. Adult beetles produce a d-shaped exit hole (1/8 inch diameter). Woodpeckers may cause damage to trees infested with EAB. Look for flaking bark and uneven holes caused by the woodpeckers feeding on larvae and pupae.

If EAB activity is confirmed for ash trees within an area, it is recommended that a systemic insecticide treatment is given to ash trees of high value. If more than 50% of an infested ash tree crown remains, then treatment with a systemic insecticide may slow the attack. If less than 50% of an infested ash tree crown remains, the tree should be removed.

For great information on emerald ash borer within Texas see the following site: <https://tfsweb.tamu.edu/eab/>

This information is to have you watch for this beetle on ash trees in your area. Only 4 beetles have been found currently and only in NE Texas. No trees have yet been confirmed to be infested.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at:

[www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)



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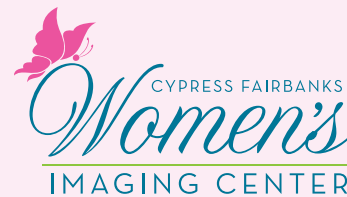
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