

Volume 3, Issue 9 September 2004

www.lakesoneldridge.net

## Fourth of July Family Festival

Well, we talked about the event in last month's newsletter, but we are delighted to have some pictures to share from our  $4^{\text{th}}$  of July Family Festival parade of bikes and wagons. Check out our cute little patriots.



## LOE Wine Tasting October 23<sup>rd</sup>

Celebrate Oktoberfest by joining us for an evening tasting German wines. Our fall wine tasting will be on Saturday,October 23<sup>rd</sup> at 7:30 P.M. in the club house. Please bring a bottle of German or German-style wine and a hors d'ouvres.

We have small plastic glasses, but if you prefer a real wine glass, please bring your own. R.S.V.P. to loesocial@hotmail.com





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Metro Transit Info
Kirk Elementary
Truitt Middle School
Cy-Falls High School
Cy-Ridge High School
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## **LOE Board Of Directors**

To contact a member of the Board of Directors, call Alex Taylor with AMI at 713-932-1122. Leave the number where you can be reached. Mr. Taylor will then forward your message to one of the following board members:

Bob Trimble	President
Nikki FaveroVi	ce President
Jim Wortsman	Secretary
Michelle Perez	
Jamie Powers	At Large

## **Airport Noise**

LOE is now in the flight pattern for both Intercontinental and Hobby Airports, which means air traffic has significantly increased. If you are concerned over the noise make a call to one or all of the numbers below. It is the number of calls and the people taking time to make them that make the most effective appeal for change for this situation.

- Houston Airport Noise Complaints Hotline: 281 233-3900
- Air Traffic Approach Number: 281 230-8441
- FAA Hotline: 1-800-255-1111

## Classified Ads

Business Classifieds are \$45.00. Please contact Donna Sommer, djsommer@aol.com, 832-237-4684.

#### LOE Book Club

Over the next two months, we'll be exploring the lives of other women. Join us in September to discover how Islamic women really live behind their veils. With the presidential election coming up, we thought it appropriate to learn about some of the women who shaped our country. Join us!

Members have decided to start meeting in a member's home each month. We will still get together the 4th Thursday of each month at 7:30 P.M. Call or e-mail Celeste Fritz, 713-896-6942,

cfritztx@houston.rr.com for the location and directions. Discussion is usually led by the person who nominated the selection for the month.

September 23<sup>rd</sup> – Nine Parts of Desire: the Hidden World of Islamic Women by Geraldine Brooks. Nine Parts of Desire: The Hidden World of Islamic Women is the story of Brooks' intrepid journey toward an understanding of the women behind the veils, and of the often contradictory political, religious, and cultural forces that shape their lives. The Harris County Library system has many copies of this book, for those who don't want to purchase it.

October 28th – Founding Mothers: The Women Who Raised our Nation by Linda Cokie Roberts. While the "fathers" were off founding the country, what were the women doing? This will be the story of some of those women, as learned through their seldom seen letters and diaries, and the letters from the men to them. Founding Mothers is essentially a series of entertaining mini-biographies and engaging vignettes. Roberts fleshes out familiar textbook figures like Abigail Adams or Dolley Madison, and rescues more obscure women from the footnotes of academic dissertations. If you don't have time to read the entire book, pick a few of the biographies and we'll share the discussion.

If you would like to submit an article or any information for the Lakes On Eldridge Newsletter, you may do so by sending the information in Word Format, Courier New, size 10, to <u>mperez51@houston.rr.com</u>. This information should include your name. All information should be received no later than the 12<sup>th</sup> of the month and is subject to editorial approval as well as space limitations.



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# Ann Knoche is

Getting the Word Out on...

# LAKES

ON ELDRIDGE

Back to School time at . . .

# Kirk Elementary

2004 Fall Semester • School/PTO Calendar\*

Sept. 1 PTO Meeting 9 am Sept. 6 Labor Day Holiday Sept. 8 VIPS Orientation 9:15am & 7pm Beich Fundraiser Kickoff Sept. 16 End of 1st 6 weeks Sept. 17 Fall Portraits Sept. 24 Sept. 28 Skate Night 6-8 pm Sept. 30 Beich Fundraiser \$ Due Oct. 2 Fall Festival 12-4 pm Oct. 4 PTO Meeting 7-8 pm Oct. 8 Professional Day/Conferences Oct. 11 Professional Day

Oct. 18 22 Book Fair

Oct. 26 Skate Night 6-8 pm

Oct. 29 End of 2<sup>nd</sup> 6 weeks

- Nov. 3 PTO Meeting 9 am
  Nov. 5 Picture Retakes
  Nov. 10 Fundraiser Pick-Up
  Nov. 18 Feast Days/ Skate Night 6-8 pm
  Nov. 19 Jump Rope for Heart
  Nov. 22-26 Thanksgiving Holiday
- Dec. 1 PTO Meeting 9 am
  Dec. 3 Class Spelling Bee
  Dec. 10 PTO Ornament Exchg & Lunch
  Dec. 13 VIPS Appreciation Lunch
  Dec. 14 PTO provides Staff Luncheon
  Dec. 16 Winter Parties/End of 1" semester

January 4, 2005 - 2nd Semester Begins
\*Dates/Times subject to change

Relocating? Moving Up? Scaling Down? Call Ann Knoche

281.582.3911

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#### RV PARK UPDATE

On July 14, a joint town hall meeting of the Lakes on Eldridge and Lakes on Eldridge North homeowners was held at Kirk Elementary School to discuss the proposed Silver Spur RV Park to be located on the site of the existing Neighborhood Storage Facility on Tanner Road. About 120 homeowners from both communities attended as did representatives of Ryko Development (developers of both LOE and LOEN) and MUD #341.

At issue is the impact on the value of our homes if the owner of the Neighborhood Storage Facility (hereafter referred to as the developer) were to build, as he proposed 57 spots for transient RV's with a club house, a retail strip center and expanded storage facilities on this land. The developer approached MUD #341 several months ago requesting it to consider annexation of the property so that he could receive at least partial reimbursement for the expense of installing water, sewer and drainage for the property. The MUD in turn asked LOE, its principal constituent, to indicate support or nonsupport for annexation. The LOE Board agreed in principal to annexation provided there were adequate restrictions imposed on the operation of the RV Park and subject to homeowner input at the town hall meeting. The rational for this decision was that by agreeing to annexation we could legally exercise some control over what happened on the property but could not without annexation. During

the entire process, the LOE Board worked closely with Ryko which has taken a strong leadership position in trying to make the best of this situation.

There was a free-wheeling discussion at the town hall meeting. At the end, it was apparent that the homeowners felt that the proposed development would be detrimental and that they wished to form a committee made up of members of both communities to explore options, including buying the property financed by a special assessment. The LOE and LOEN Boards subsequently agreed to that sentiment and also agreed that the chair of the committee should be an LOE resident while the vice-chair would be an LOEN resident.

At a date following all of this, the developer indicated to the MUD that he was no longer interested in annexation because the related costs were considered prohibitive. Instead, he would expand the storage facilities without the further development of the RV park concept at this time. Despite this, the boards of both communities feel that it would be beneficial to form a committee whose function, at a minimum, would be to be monitor development plans for the Neighborhood Storage Facility and be ready to with options to deal with them, if necessary.





#### LOE Yard of the Month

**Congratulations** to our July Yards of the Month. This award is given to a home each month that exemplifies landscaping that enhances the architecture of the home and reflects the setting of the property. LOE truly appreciates their time, effort and exceptional pride they have taken in their outside area.

Thank you for all your efforts in keeping our community beautiful!!



Category I winner for July is 5611 Lake Place Drive



Category III winner for July is 12718 Waterside Way

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#### Quest To Be Our Best.....Kirk Elementary 2004-2005

As unbelievable as it seems, by the time you receive this update, our Kirk Tigers almost will have completed their first six-weeks period. And it's clear that we have the makings of another excellent school year.

Our festivities in August were enormously fun, and the turn-out for "Back To School Night" was sensational. Everyone enjoyed Baskin-Robbins ice-cream and had the opportunity to meet our amazing staff. The first day of school went smoothly, as did the first couple of weeks, and we concluded August with our annual Fun Run. You should already have seen our Kirk students sporting their spiffy new, red-white-and-blue school t-shirts. We definitely are on a "Quest To Be Our Best," and we are fortunate to have the strong support of an amazing group of parents and a bonded community to help our Tigers every step of the way.

September is chock-full of activities, from pizza nights at Domino's (2<sup>nd</sup>) and Cici's (8<sup>th</sup>) to the kickoff of another fundraiser to a special 50's themed Skate Night at Bear Creek Roller Rink (28<sup>th</sup>). Our Tigers also will be smiling big for their fall portraits, and we'll extend a special welcome to author Amy McDonald on the 20<sup>th</sup>. That same day, we are hosting a special evening for our Carverdale parents, followed one week later (27<sup>th</sup>) by an evening for our bilingual parents.

We are anticipating an exciting October, as well, marked by our first Fall Festival on the  $2^{nd}$ . Please come spend the afternoon

enjoying games, activities, food, and music in the company of our Kirk families and neighbors. Tickets are \$5 per person and are available in advance through the school. Corresponding order sheets already have been sent home with our Kirk Tigers. Mark your calendars!

And in case you don't know or may not understand the real value of fundraisers like Fall Festival, please consider that there are many items/services available to our children that we sometimes assume are provided by the district. But that's just not true. It is through the combined efforts of our Kirk Tigers and the Kirk PTO that Kirk Elementary has such fabulous resources. In the 2003-2004 school year, they raised enough money to contribute to technology and workroom supplies; library books; dictionaries; phonics programs; equipment and supplies for Art, Music, and PE; supplies for our Nurse and Counselor; Science and Math programs; Staff Development and Teacher Appreciation; field trips; class celebrations; and a shade/canopy for the playground. The PTO also is pleased to have been able to provide Kirk Elementary with one of the first Visitor Tracking Systems to be used by the district.

So please don't ever think that your participation in a fundraiser isn't appreciated or well worth the effort. All of our Kirk Tigers are tremendously grateful for the support we receive from our families, neighbors, and business partners. GO KIRK TIGERS!



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## **Motherwise Announces its Fall Program**

The Motherwise group will kick off its fall Bible study program with a dessert social on Monday, September 13, 2004, beginning at 7:30 p.m., at the home of Wendy Craven, located at 12503 Still Harbour Drive (Crescent Bay). Motherwise is a non-denominational group and all are welcome and invited to attend.

Below are some answers to questions you may have about the Motherwise group.

#### What exactly is Motherwise and how did it start in LOE?

Motherwise is a Bible study for mothers of young children written by Denise Glenn. It strives to educate mothers, and enhance mothering skills, through the application of biblical principles.

About five years ago, three young mothers named Krista Wise, Wendy Petersen, and Julie Whitehurst built homes here in LOE. They sensed a need to bring the neighborhood mothers together to get acquainted and learn about Denise Glenn's Motherwise study program. The LOE group adopted the Motherwise name for itself.

#### When are the meetings held and what is the meeting format?

The Motherwise group meets every other Monday in neighborhood homes from 7:30 p.m. to 9:30 p.m. The evening begins with social time and light refreshments, followed by a segment of the Bible study, followed by small group prayer time, and concludes with social time. The Motherwise meetings are a nice way to meet other mothers in our neighborhood and gain some spiritual enrichment.

#### What is the title of the fall study?

The Motherwise fall Bible study is an audiotape series, authored by Mary Glynn Peeples, and entitled "A Stress Management Seminar". Mary Glenn Peeples, and her husband, Sam, live in Birmingham, Alabama. As a wife and mother of three grown children, she experienced all the typical, daily stresses and learned to rise above them. In the seminar, she offers practical and biblical based lessons to gain a positive outlook in all daily activities.

Mary Glynn Peeples has a degree in education, worked with Campus Crusade for Christ in the Philippines, developed a Leadership Training Center for Asian Christians, and conducted Bible studies in Washington, DC for Congressional wives and women in leadership positions.

#### What is the fall meeting schedule?

The Motherwise group will hold five meetings this fall on the following dates: September 13th (dessert social), September 27th, October 11th, October 25th, and November 8th. Complete schedules will be available at the dessert social.

#### Who are the leaders of the Motherwise group and how can I reach them?

The leaders are Kathy Prusak (713-937-7707), Bonnie Manar (713-937-7946), and Elizabeth Tobin (832-467-1369).

Hope to see you at the social!

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## **Annual Infertility & Adoption Symposium Offers Hope For Houstonians**

Houston, Texas – In support of National Infertility Awareness Week, a full day of education and support for couples struggling with infertility will be held during "Family Building Options: Exploring Paths of Hope". The annual Infertility & Adoption Symposium will be held on Saturday, October 2nd at the Crowne Plaza Hotel in Downtown Houston. The event is presented by Resolve of Houston, a volunteer-run, nonprofit 501c charity. Resolve offers timely, compassionate and informed help for men and women who are experiencing infertility and reproductive health issues in their lives.

With 32 scheduled workshops and more than 40 exhibitors, including 50+ medical specialists, consultants, adoption agencies and other professionals from across the nation – the program is designed to empower attendees to make important decisions surrounding these issues. There is also free drawing for pre-registered attendees (by9-25-04), which will include a **donated In-Vitro Fertilization cycle with Meds valued at \$10,000!** Other door prizes and silent auction items will be available throughout the event. The event is open to the public and will commence at 8:00 a.m. on October 2nd. The entire schedule of events as well as online registration can be found at <a href="https://www.resolveofhouston.org">www.resolveofhouston.org</a>.

Resolve offers monthly educational/support meetings on the  $3^{\rm rd}$  Wednesday of each month at Women's Hospital of Texas – details can be found at <a href="https://www.resolveofhouston.org">www.resolveofhouston.org</a>.

#### **Attention: Jersey Village H.S. Graduates**

Did you graduate from Jersey Village High School between 1975 and 1982? If so, we are looking for you! The Class of 1979 is hosting an all-class reunion on Saturday, October 2, 2004 at Tin Hall in Cypress, Texas. You can get all the details at one of the following websites: Classmates.com; TinHall.com or by contacting *Elaine Wernecke-Chandler* directly at ElaineChandler@promessage.com. Spread the word so that we can see all of our old classmates!

#### **CLASSIFIEDS:**

**For Sale:** "Rogers" Drum Set with seat. 2 years old and in good condition. Also includes drum sticks and sound absorbing pads. Price \$150 or best offer. Please call 713-856-9359.

**For Sale:** 2 - 20" Kids' bicycles for sale, like new condition. \$25 each; 713-983-9885.

**For Sale:** Rolex Watch, GMT Master II, All Stainless Steel, Purchased New. Excellent Condition. \$2500. 832-347-3600.

#### **Advertising Information**

Please support the businesses that advertise in the Lakes on Eldridge Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales representative, Donna Sommer @ 832-237-4684 or at dsommer@peelinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.



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## BOARD NOTES June 2004

The Board of Directors of the Lakes on Eldridge Community Association met on June 21 and again on June 31, 2004

The proposed RV park on Tanner Road was the only item of business discussed at the June 21st meeting. MUD #341 had asked the Board to indicate its support or lack of support for the MUD to annex the property the RV park property. Subject to further discussions with Ryko Development/ Lakes on Eldridge North Homeowners Association, including a joint town hall meeting, the Board agreed to support annexation.

The Board met again on June 30<sup>th</sup>. Having discussed its preliminary decision with Ryko and set the LOE/LOEN joint town hall meeting for July 14<sup>th</sup>, the Board notified MUD #341 that it would support annexation subject to inclusion of satisfactory restrictions, input from homeowners and compliance by the developer of the plan submitted to the MUD.

Other business discussed on June 30th included:

- It was reported that environmentalists, including the Audubon Society, are now involved privately in opposing further development of Addicks Reservoir. Other than that, there was nothing of significance to report on this subject.
- The Board dealt with several routine matters, primarily deed restriction related.



## BOARD NOTES July 2004

The Board of Directors of the Lakes on Eldridge Community Association met on July 19, 2004.

Based on input from homeowners who attended the joint LOE/LOEN town hall meeting about the proposed Silver Spur RV Park, the Board started the process of organizing a committee to explore options other than annexation by MUD #341. It was decided that the chairperson should be a LOE resident with the vice chair from LOEN. This arrangement was agreed to by Ryko/LOEN subsequent to the meeting and two members were asked to recruit a potential chair.

It was reported that the Architectural Control Committee had started the process of reviewing the Architectural Guidelines. The intent of this project is to update the guidelines to reflect the build-out of the community.

The call box at the front gate has been moved back in order to prevent it from being hit by incoming vehicles, a recurring problem in the past. The Gate Committee, whose members make minor repairs on the gates, received further training from Houston Gate. The committee is developing a list of minor repairs needed to put the gates in optimal condition and a list of parts to keep on inventory.

The Board agreed to review the guidelines for homeowner use of the Beach House and the pool rules. It also agreed to investigate purchasing additional chairs and tables for use in the Beach House.

With respect to landscaping, the Board requested estimates on a number of potential projects including re-sanding of the volleyball court and Beach House beach, the addition of soil on the Eldridge Parkway setback, clearing and reworking the beds near the front gate cleaning the Beach House and Gate House roofs. There is to be a preconstruction meeting to review various issues involved in the delayed but still pending drainage work around the lakes.

It was reported that there are three cygnets remaining from this year's births. The Board approved release of 20 wood ducks onto the lakes (they stay on the lakes and do not approach people). It also approved the trapping and releasing of turtles to other areas due to overpopulation.

The Board agreed to contract with the Managing Agent to provide internet services for a one-time set up charge of \$1000.00 and \$150.00 per month fee.

For the six months ending June 30, 2004, the Association had income of \$457,209.00 and expenses of \$458,818, resulting in a \$1,609 operating deficit. Operating Fund and Replacement Fund balances were \$344,762.00 and \$116,051 respectively.

The Board normally holds its meetings on the third Monday of each month at 6:30 pm at the Beach Club. Because this schedule sometimes changes, please confirm meeting dates with AMI. Homeowners are welcome to attend meetings as observer. If, however, you wish to bring business before the Board, please call AMI so as to be put on the agenda.

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## Cy-fair College Hosts Fall Film Series

Join Cy-Fair College professors and student organizations as they host more than 20 films this fall featuring a variety of Hollywood, independent and foreign releases followed with discussions and held at the Barker Cypress campus and Fairbanks Center at no charge to students or the community. The film series, which is part of an effort to promote cultural activities on campus, is also offered as a free continuing education class. Those interested may register at the film event.

September film schedule:

Sept. 1 (noon) - "Salvador"

Sept. 2 (7 p.m.) - "House of Sand and Fog"

Sept. 7 (7 p.m.) - "Pelle the Conqueror"

Sept. 9 (7 p.m. at Fairbanks) - "11'09'01-September 11"

Sept. 15 (2:30 p.m.) - "Like Water for Chocolate"

Sept 16 (7 p.m.) - "The Invisible Children"

Sept. 21 (7 p.m.) - "Pi"

Sept. 22 (2:30 p.m. at Fairbanks) - "It Happened One Night"

Sept. 30 (2:30 p.m.) - "The Contender"

Contact Robert O'Brien by phone at 281-290-3257, or e-mail him at robert.obrien@nhmccd.edu for information.

#### Back-to-School Eye Exams Deserve an A-plus

Back to school essentials: pens, pencils, erasures, and...eye exams? "Many elementary schools provide routine eye examinations, and as long as they are done correctly, they are a sufficient way to detect vision problems," says Dr. Evelyn Paysse, an associate professor of ophthalmology at Baylor College of Medicine (BCM) in Houston. "These examinations check for a certain level of visual acuity based on a child's age. For example, literate children are tested with lettered vision charts, while younger children are tested with picture charts."

In between eye examinations, parents can monitor their child's eye health by detecting problematic symptoms. According to Paysse, also a pediatric ophthalmologist at Texas Children's Hospital, the following are common indicators of eye disorders:

- \* Drooping of an eyelid.
- \* Intermittent or constant drifting of one or both eyes.
- \* Involuntary movement of the eyes.
- \* Misalignment of the eyes.
- \* Squinting of one or both eyes.
- \* Staring closely at visual material.

If parents suspect their child has an eye disorder, they should discuss their concerns with their primary care physician who can perform a vision and eye health screening. If any abnormalities are found, an appointment with an eye care specialist for diagnosis and treatment options should be made.

"If an eye problem is left untreated, permanent vision loss can develop," says Paysse.



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#### **Library Offers Free Computer Workshops**

Free Saturday Computer Workshops will be held at the Harris County Public Library Cy-Fair College Branch Sept. 11 with an "Introduction to Computers," Sept. 18 with an "Introduction to PowerPoint" and Sept. 25 with an "Introduction to Word." All sessions, designed for community members high-school age and older, will be held from 10 a.m. to 11 a.m. in LNRC 212. Classes are limited to 20 people, but walk-ins are welcome on a space-available basis. To register, call the Reference Desk at 281-290-3213 or e-mail cyfairlibrary@nhmccd.edu.

## **SPECIAL MAID SERVICES**



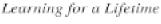
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#### **Teenage Jobseekers**

The following young people are interested in making a little extra money. If you would like to be included, removed, or updated in the next issue, please contact Jill Richardson, 832-243-0000 or e-mail OHIOWA@sbcglobal.net (LOEN) *All information must be received by the 10<sup>th</sup> of the month.* 

# Babysitting Pet/Plant Sitter Lawn Care Car Washing Window Washing Power Washing Driveways

Michelle, 18 •	713-937-0727(LOE)	
Eileen, 16 •		
Courtney, 13 • • •		
Craig, 14 • • •		
Richard, 17•••••		
Sage, 16 • •		
George, 16•••		
Delania, 13•		
Gabby, 15*** • •		
Chelsea, 19 SUMMER	` ′ 1	
Chinyere, 14• • • •		
Jessica, 14•		
Katie, 16• •		
Patrick, 14 • • •		
Ryan, 14•••		
Kelechi, 13		
Benny, 12		
Jared, 17		
Ryan, 17••		
Katherine, 15** • •		
Jessica, 13•		
Erica, 12•		
Brianna, 10•		
Katie,17•	713-983-7717(LOE)	
Thomas, 11••••	• 713-856-7372(LOEN)	
Steven, 14•	713-856-5666(LOEN)	
James, 16•	713-466-8298(LOEN)	
Courtney, 12 • •	713-493-0288(LOEN)	
Tom, 13••	713-466-6878(LOEN)	
Elisse, 16••	713-896-9495(LOEN)	
Leslie, 11**•	832-467-4842(LOEN)	
Erika, 11**••		
Greta, 19••		
Billy, 19 • • • • •	••713-896-9495 (LOEN)	
*First Aid SETTIFIED with Boy Scouts		
** Red Cross Babysitting Program	***Fluent in Spanish	
<b>Beginner Swim Instructor</b>		
Katie, age 16	713-896-7941 (LOEN)	
Piano Lessons		
Idil, age 15		
Guitar Lessons		
Katherine, 15 **	832-243-9893 (LOEN)	

## College Freshmen, Beware: 'Dorm Disease' Set To Return

High school graduates have more in common with newborn babies than one would think. Although departing the proverbial family nest, incoming college freshmen need vaccinations, too.

Meningococcal meningitis, the bacterium-induced inflammation of the lining of the brain, primarily affects first-year college students who live in dormitories. While health experts do not fully understand why this demographic is more susceptible than others, they have long believed that living in close quarters provides the most logical explanation.

"For reasons that are not completely understood, young adults are susceptible to being infected as they go away to school and live in dormitories," said Dr. David Tweardy, chief of infectious diseases at Baylor College of Medicine in Houston.

The culprit, a bacterium called Neisseria meningitidis, is transmitted person-to-person and settles in its hosts' nasal passages, where it can reside for days and even weeks at a time. The organism either remains in a harmless state or enters into the bloodstream and gains access to the brain where it causes infection. People whose immune systems have no prior exposure to the bacterium are the most susceptible to infection.

Out of approximately 3,500 cases of meningococcal meningitis each year in the United States, up to 10 percent of patients die within a few days to weeks of contraction. Even those who survive infection

may suffer from serious neurological repercussions like permanent hearing damage.

Detection of bacterial meningitis can be tricky because of its nonspecific symptoms, which may include fever, headache, malaise, nausea and vomiting. Photophobia, the fear of bright light, a stiff neck and a runny nose may also occur.

Although physicians are not always diligent about vaccinating graduating high school students, a growing number of colleges are treating incoming freshmen as soon as they set foot on campus.

"Getting vaccinated is a benefit to reduce the small but nonetheless real risk of getting this disease, which can be devastating," said Tweardy.

## **Community L.i.f.e. Programs** Have Something For Everyone

Cy-Fair College announces the Learning, Inspiration, Fellowship, and Enrichment program topics for September. This month's programs will help adults clear clutter Sept. 1, find the right words for important moments Sept 8, decorate a cake Sept. 15, "punch up" Power Point presentations Sept. 22 and research genealogy Sept. 29. These Wednesday, 10 a.m. programs held in the Cy-Fair College Branch Library, are free to adults in the community. Call 281-290-3213 for L.I.F.E. program information.

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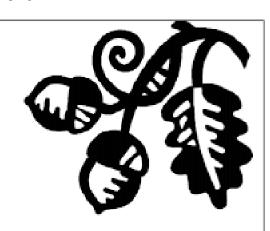
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#### Young At Heart, But Still At Risk

Active baby boomers who dread "getting old" can follow some simple lifestyle steps.

"As we age, our health risks increase," says Dr. Lawrence Chan, professor of medicine and molecular and cellular biology and chief of the division of diabetes, endocrinology and metabolism at BCM. "Today's baby boomers can lower their risks of illness associated with aging by adopting a healthier lifestyle."

The American Cancer Society, American Diabetes Association and American Heart Association recently announced four guidelines that can reduce the risks of developing cancer, diabetes, heart disease and stroke:

- Eat a healthy diet
- Be active
- Don't smoke
- See a physician

"I recommend a balanced diet that is low in simple sugars and high in fiber. Thirty minutes of moderate exercise, five days a week has also proven to lower the risk of developing diabetes," says Chan, the Houston spokesman for the American Diabetes Association.

Chan encourages baby boomers to attain their ideal body weight, but warns that a trim exterior doesn't always signify first-rate health. Regular visits to a physician are necessary to evaluate individual health risks.

The risk factors of cancer, diabetes, heart disease and stroke overlap, so decreasing the risk of one disease will essentially decrease the risks of others, says Chan.

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