



LAKES

ON ELDRIDGE

NORTH

Volume 5, Issue 4

April 2006
Official Newsletter

LOEN Ladies Club

Open House

We just kicked off the New Year with a fabulous Open House! We had the opportunity to meet with friends and welcome new members. We invite all women of Lakes on Eldridge North to join the LOEN Ladies Club. We would love to see new members join, get involved and bring together the community.

Check us out on the web! : www.loenladiesclub.com

Our latest events include:

Angels on LOEN

Angels **on** LOEN is a community service group within the LOEN Ladies Club. We are on call to provide short term assistance to our neighbors in need. You can call and ask for help or nominate someone you know. Do you have a newborn and would like some meals provided? Has a death or illness in the family forced you to leave town suddenly and you need help getting the paper, walking the dog, watering the plants? Could you use a meal when you return? If you're laid up and could use some help with carpool or picking up groceries, we would love to help. **REMINDER: When nominating someone for Angels assistance, please provide their full name, street address and phone number so we can contact them promptly. Thank you!** We'll take it from there! Contact angel coordinator Jeanne Markham at 713-291-9676.

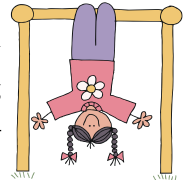


Bridge

There has been interest in a daytime bridge gathering. This is a work in progress. If you are interested in joining either of these groups, please call Babs Clingo at 713-983-7345.

Children's Play Groups

Some of the Moms of LOEN have formed playgroups and regularly get together to support each other and let our children get to know each other through fun group activities. We would love to get know other parents in LOEN and their children. If you are interested in joining us, please email Joy Baker at joy_a_baker@yahoo.com.



Contact the Playgroup Leaders for more fun events!

Joy Baker: Playgroup Coordinator & 0 – 18 months playgroup leader, joy_a_baker@yahoo.com

Jana Sloan: Baby playgroup leader (0 – 18 months), thesloans@houston.rr.com

Julie Kerr: 19 months to 2 years playgroup leader, juliekerr@sbcglobal.net

Char Herman: 3 to 5 year-old playgroup leader, scherman@flash.net



Book Club

Please contact Anne Glendinning with any questions 832-667-7298 or aglendinning@houston.rr.com

**View the
Lakes on Eldridge North
Community Newsletter each month
on-line at [www. PEELinc.com](http://www.PEELinc.com)**

Lakes on Eldridge North

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Kim Stewart, Administrative Assistant	
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Cy-Fair Fire Department - (emergency)	281-466-6161
(non-emergency)	281-550-6663
Poison Control	1-800-764-7661
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Waste Management	713-695-4055
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Aqua Services	713-983-3602
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Time Warner Cable	713-462-9000
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
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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. Submit at www.PEELinc.com

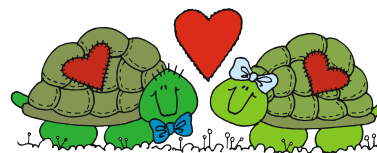
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Please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com for information on advertising.

Vanmor Properties, Inc. Contacts

Manager - Kate Loeffler
Administrative Assistant - Kim Stewart
1505 Highway 6 South, Suite 110
Houston, Texas 77077
Phone - 281-493-0668
Facsimile - 281-493-5654



LOEN Couples Dinner Club

Join your neighbors and friends for an evening out.

If you are interested in joining the group, call or email us:

Darla Kitchen - 832-243-9871 djkitchen@hotmail.com

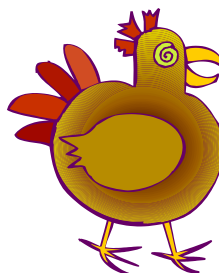
Reagan Vickich - 713-896-8133 reaganvickich@hotmail.com

Becky Vogel - 713-856-6130 kvogel2263@aol.com

Girls Night Out

Looking to get out on the town with just "The Girls?" Dying to attend the symphony, the ballet, Shakepeare in the Park, or some other Houston Happening and your spouse just isn't interested? We are the group for you!

Contact Lisa Ritchie for more information on the monthly Nights Out: lisa@pmc-usa.com



Chickless Hens

Are you "chickless"? Is your nest empty, or "nearly" empty? Join us Chickless Hens for lunch, field trips and lots of laughs. For more information contact Becky Vogel at kvogel2263@aol.com (713-856-6130).

LOEN Family Fest-2006

The day is approaching quickly- April 9th! If you have ideas or are interested in helping us plan this BIG day. Please call or contact Becky Vogel.

Reminder

A gentle reminder for all residents of LOEN to stop by the office and pick up a LOEN windshield sticker if you haven't already done so. This sticker identifies you as a resident to the front gate attendants saving their time and allowing quicker entrance. It also identifies you as a resident to other residents who may be using the un-manned West Little York entrance.

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Lakes on Eldridge North

Cypress Community Christian School Student Accomplishments & Upcoming Events

Spring is competition season at Cypress. Congratulations to the following group of students who have excelled and glorified God with their talents:

- High School Choir and Soloists who received the highest rating at the District Competition and will compete at the State level
- Computer Programming Team who will compete at the State level
- TAPPS 4A Back-2-Back State Champs – Varsity Boys Basketball Team
- District Champs – Middle School & Varsity Girls Basketball Teams
- Students selected to compete in TAPPS Art Competition including sculpture, drawing, photography, painting, mixed media, graphic arts, crafts
- Students selected to compete in TAPPS Academic Competition including history, current events, Spanish, ready writing, spelling, and persuasive speech.
- Students selected to compete in Math Olympics and Speech Meet
- Rodeo Art winners

Spring (or was that a swing?) is in the air at Cypress Christian. **Golfers** from all over Houston are making plans to gather on the private course at Raveneaux Country Club on Monday, May 8 to compete for a variety of prizes including a brand new Honda from John Eagle Honda! Don't miss your opportunity to invest in the lives of athletes of all ages and the programs that enable them to compete - all while enjoying a great day of golf, including lunch and dinner, for a mere \$150 entrance fee.

To reserve your spot, sign up a team, or access excellent sponsor/advertising opportunities, contact Carol Crawford at ccrawford@cccs-hou.org or 281-664-0212.

Students from the area are invited to attend Prospective Student **Visitor Day** on Wednesday, April 19 from 9:00 a.m. to 2:00 p.m. For more information on this event, please contact Vicki Moore at 281-469-7745 or vmoore@cccs-hou.org.

Information about these two events is available on the school web site at www.cccs-hou.org.

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Lakes on Eldridge North

No silver bullet to solve traffic congestion, Texas A&M researcher says

HOUSTON (March 6, 2006) – If you had 3.7 billion hours to spend, how would you spend it?

If you're like most Americans, one way you help spend the time is by sitting in freeway traffic jams. According to Dr. David Schrank of the Texas Transportation Institute (TTI), traffic delays totaled 3.7 billion hours in 2003.

Schrank was in Houston on March 2 to present an overview of TTI's 2005 Annual Urban Mobility Report to members of the Cy-Fair Houston Chamber of Commerce Transportation Committee. The report is a nationally known study of mobility and traffic congestion on freeways in 85 U.S. cities. The study measured trends from 1982 through 2003, the most recent year for which data is available.

Congestion on freeways is getting worse and is costing Americans \$63 billion a year, he said. Among the problems are traffic jams, unreliable travel times, long waits at traffic signals, navigating through construction zones, accidents and relatively few viable travel options other than driving on the freeway.

"The problem is getting worse," Schrank said. "The number of urban areas with more than 20 hours of delay per peak traveler has grown from five in 1982 to 51 in 2003."

In Houston, major freeway construction in the 1980s and 1990s has resulted in a slower growth of congestion than that of several other major metropolitan areas in Texas, he said.

Traffic congestion is a fact of life that won't go away as long as Americans commute to and from work between 8 a.m. and 5 p.m., Schrank said. But he added that reducing congestion to a manageable level is possible.

"If we can have our system be reliable, we would be happy with that," he said. "Reliability is the buzzword. We are not necessarily willing to live with the congestion that is out there now."

But there's no silver bullet for solving the problem.

"We can't build our way out of it," Schrank said. "We have only been able to build 40 to 42 percent of the road capacity we need to solve the problem. Carpooling and public transportation are also not the entire solution, but they are part of the solution."

HOV lanes have been an effective method of helping to ease the traffic burden, he said.

"HOV lanes carry a lot of people and do what they need to do," Schrank said. "Houston is a prime example of how they can work."

The Chamber has long been an advocate for a variety of mobility solutions and has been instrumental in such projects as the underpass on FM 1960 at Texas 249. Currently, the Chamber, through its 290 Passenger Rail Coalition, is leading an effort to bring commuter rail to the 290 corridor – a project that Schrank praised as being a proactive effort that could become part of the overall solution to reduce congestion on U.S. 290.

(continued on pg.9)

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No Silver Bullet Article - (continued from pg. 8)

One traffic management tool that has been proven effective in studies but is only lightly used in Houston is metered freeway entrance, he noted.

The solution is everything – multi-modal and managing everything very aggressively,” Schrank said. “We can’t stop the growth of congestion, but we can improve reliability and provide more options.”

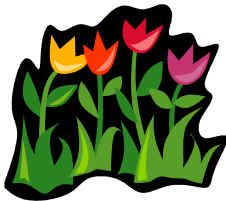
The entire mobility report is available online at mobility.tamu.edu.

The Transportation Committee of the Cy-Fair Houston Chamber meets on the first Thursday of each month at 8 a.m. at the Chamber office, 11050 FM 1960 West, Suite 100. All interested members of the public are invited to attend. Call 281-955-1100 for more information or visit cyfairchamber.com.

A Spring Fair is Coming ...

Hats Off to Spring Craft Fair

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St. John Lutheran
Church
(Corner of Spring



Cypress and
Huffmeister)
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call 832-423-8640

Swans Can Be Dangerous

This time of the year, Mother Nature provides swans with some common sense. It is mating, nesting, and egg-laying season and they feel the need to protect their territory against predators including humans, dogs, and waterfowl. Most of the swans in our neighborhood are not old enough to mate but some will go through the motions of even building a nest. Two pairs of the swans are old enough to produce young (cygnets) and these two pair are normally gentle and can be hand fed while posing no threat. However, one of our cobs (males) has become aggressive and territorial in trying to protect his pen (female) and nest. This is usually temporary until mating season is over. If you are walking past a lake and a swan swims to your side and follows you, BEWARE! If you see a swan with his neck back and feathers up such as the one in the picture, please stay away, do not attempt to feed him, and walk on the other side of the street as he is in his ATTACK position. Please warn your nannies and sitters not to stroll babies around the swans. We must try to remember that the swans are merely protecting their territory and readying the area for their young. We need to be as cautious of them as they are of us. Thank you for your cooperation.



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Lakes on Eldridge North

Yorkshire Academy Goes to Houston's Fine Arts Museum



Yorkshire Academy upper elementary students loved going to Houston's Fine Arts Museum, but particularly enjoyed the spaghetti-like sculpture just outside the entrance.

For up-to-date announcements and information
check our neighborhood website:
WWW.LOENHOA.COM

Advertising Information

- Please support the businesses that advertise in the Lakes on Eldridge North Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge North 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 Office at 512-989-8905 or e-mail advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

Business Classified Ads

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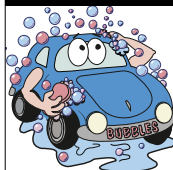
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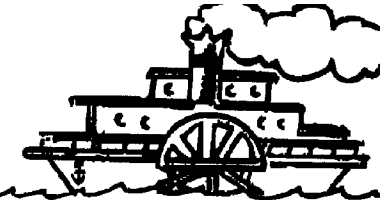
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Lakes on Eldridge North

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 submit at www.PEELinc.com. All information must be received by the 10th of the month.

Did You Know?



The first commercially successful steamboat was Robert Fulton's Clermont, built in 1807.

Until the 1700s, ballerinas wore long, heavy skirts, tight corsets and heeled slippers—all of which limited their ability to jump and perform other energetic movements.



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14-16—GALVESTON: Will Rogers Follies Showcases the life and career of America's "favorite son." The Grand Opera House. www.thegrand.com 409/765-1894

15—CORPUS CHRISTI: Spring Garden Festival & Plant Sale Includes seminars, children's learning area, plants, and arts & crafts vendors. Corpus Christi Botanical Gardens & Nature Center. www.cbobotanicalgardens.org 361/852-2100

15—EDNA: Easter Fun & Games Begins with an Easter egg hunt offered in four age divisions: 0-3, 4-6, 7-9 and 10-13. Afterwards, enjoy sack races, egg races, horseshoe tournament, volleyball tournament and more. Hours are 2 to 4:30 p.m. Lake Texana State Park. 361/782-5718

15—FULTON: Celebrate Texas History Entertaining and informative day celebrates our state's early history. Enjoy storytelling, live music, period games and demonstrations, crafts and more. Hours are 10 a.m. to 4 p.m. Fulton Mansion State Historic Site. 361/729-0386

15—HARLINGEN: Easter Egg Hunt Includes prizes, games and more. Begins at 9 a.m. Harlingen Sports Complex, 3139 Wilson Road. 956/536-4309

15—PORT NECHES: Trade Day on the Avenue Port Neches Avenue. 409/722-4023

15—RICHMOND: A Victorian Easter George Ranch Historical Park. www.georgeranch.org 281/343-0218

15-16—KEMAH: Easter Weekend Includes an egg hunt, egg decorating, giant egg pinata bust, pictures with the Easter bunny, sunrise nondenominational church service and more. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880

15, 18, 23, 25, 28, 30—HOUSTON: Bizet's *Carmen* Opera's most famous femme fatale returns. This is a co-production of Houston Grand Opera, Opera Pacific and Michigan Opera Theatre. Wortham Theater Center. 713/228-6737 or 800/626-7372

17-23—HOUSTON: Shell Houston Open Golf Tournament About 150 of the world's best golfers pursue the \$5 million-plus purse. Redstone Golf Club. www.shellhoustonopen.com 281/454-7000

19-23—WEST COLUMBIA: 52nd Annual San Jacinto Festival & Shrimp Boil Includes a carnival beginning Wednesday and barbecue cook-off on Friday. Features a parade, arts & crafts show, talent show, antique car show, and horseshoes and washers tournaments on Saturday. American Legion Complex. www.westcolumbiachamber.org 979/345-3921

20—VICTORIA: Downtown Rhythms Begins at 5 p.m. One

(continued on page 15)



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Texas Events - (continued from page 14)

O'Connor Pavilion. www.victoriasymphony.com 361/576-4500
 20-22—VICTORIA: Jazz It Up! Festival Downtown Victoria & Victoria College Auditorium. 361/574-5808
 21-22—HOUSTON: Waste Management Earth Day Festival Children can enjoy a variety of games and crafts from building environmentally friendly bird feeders to puzzling their way through the Migration Trail Maze. Learn how conservationists track migrating birds. Hours are 10 a.m. to 2 p.m. Friday and 10 a.m. to 3 p.m. Saturday. Houston Zoo. www.houstonzoo.org 713/533-6500
 21-23—HARLINGEN: Riofest 2006 International celebration of arts and culture features concerts, art displays, and craft demonstrations from northern Mexico and the Rio Grande Valley. Includes a children's area, music and entertainment. Hours are 5 to 10 p.m. Friday, 10 a.m. to 10 p.m. Saturday and noon to 8 p.m. Sunday. Municipal Auditorium and Casa de Amistad. www.riofest.org 956/425-2705
 21-23—MAURICEVILLE: Crawfish Festival Enjoy a canning show, contests, dancing, games, auction, carnival and crafts. Mauriceville Festival Grounds. 409/745-1202
 21-23, 28-30—CLUTE: *Steel Magnolias* Live theater production. Center for the Arts & Sciences. 979/265-7731
 21-23, 28-30—SPRING: 20th Annual Texas Crawfish & Music Festival Features music on three stages, rides, exhibits, kids area and food. 281/288-2355
 21-30—HOUSTON: WorldFest: Houston International Film Festival

Brings a blend of feature films, shorts, screenplays, TV commercials, music videos and documentaries to viewers throughout the area. www.worldfest.org 713/965-9955

22—ALVIN: Annual Alvin Area Garden Tour Visit several private gardens plus the museum and grounds. Includes vendors with patio/garden art, furniture, decorations and more. Hours are 10 a.m. to 4 p.m. Marquerite Rogers House Museum, 113 E. Dumble. E-mail: pdkl@hal-pc.org 281/393-1538

22—BAY CITY: Artisans in Nature Jubilee Features birds of prey, arts & crafts, wildlife and nature show, kayaking, fishing, hiking trails, music, nature gardens, educational programs and more. Matagorda County Birding Nature Center. www.mcbnc.org 979/245-3336

22—EDNA: Earth Day & Arbor Day Tree Planting Meet at the amphitheater and prepare to plant trees. Some trees are provided, but participants are encouraged to bring own. Call for a list of acceptable species. Begins at 2 p.m. Lake Texana State Park. 361/782-5718

22—HARLINGEN: 10th Annual Rio Grande Valley Jazz Festival Hours are 8 a.m. to 9 p.m. Harlingen Municipal Auditorium, 1209 Fair Park Blvd. 956/427-3687

22—LA PORTE: San Jacinto Day Festival & Battle Re-enactment Includes living history encampments, re-enactors, weapons demonstrations, children's activities and more. At 3 p.m., enjoy a re-enactment of the 1836 battle, which won Texas' Independence from Mexico. Hours are 10 a.m. to 6 p.m. San Jacinto Battleground State

(continued on page 16)

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Texas Events - (continued from page 15)

Historic Site. 281/479-2431

22—PASADENA: Earth Day at Armand Bayou Nature Center Includes environmental displays, demonstrations, children's activities, music, food and more. Hours are 10 a.m. to 6 p.m. Armand Bayou Nature Center, 8500 Bay Area Blvd. www.abnc.org 281/474-2551

22—PORT ARANSAS: Adopt-A-Beach Cleanup Mustang Island and St. Joe Island Beach. www.glo.state.tx.us 361/749-7423

22-23—HARLINGEN: Super Rolling Thunder Sports Complex Ball Park USSSA Tournament Sports Complex Ball Park, 3139 Wilson Road. 956/427-8870

22-23—HOUSTON: BP MS 150 Bike Tour More than 12,000 cyclists participate. Two-day bike tour takes riders from Houston to Austin to raise funds to fight MS. www.nationalmssociety.org/txh/home 800/344-4867

22-23, 29-30—HOUSTON: Houston International Festival Spotlights Jamaica. Downtown is filled with ethnic food booths, arts & crafts, kiosks, exhibits and 1,800 various performers. Features music and dance groups from around the world. Downtown Houston, including City Hall, Tranquility Park, Bagby Street, Upper and Lower Sam Houston Park and Allen Parkway. www.ifest.org 713/654-8808

22-23, 29-30

28—HOUSTON: BREAK! The Urban Funk Spectacular Show explores the past 30 years of hip-hop dancing. Begins at 7 p.m. Jones Hall. www.spahouston.org 713/227-4SPA

29—BEAUMONT: Larry Gatlin & The Gatlin Brothers Begins at 8 p.m. Jefferson Theater. 409/835-5483

29—BISHOP: Olde Tyme Faire Enjoy live entertainment, arts & crafts and game booths, little league and t-ball games, silent auction and more. Bishop City Park. E-mail: bishopcc@intcomm.net • www.bishoptx.org 361/584-2214

29—HOUSTON: Monteverdi's *The Coronation of Poppea* (L'Incoronazione Di Poppea) Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372

29-30—CORPUS CHRISTI: Seashore Marketplace Includes arts & crafts vendors from around Texas, specialty displays, live bands and more. On Padre Island. www.seashoremarketplace.com 361/779-6989

29-30—HOUSTON: 35th Annual Hal John & Judy Wimberly Memorial Chili Cook-Off Traders Village. E-mail: kdkone@aol.com • www.houstonpod.org 281/890-5500

30—ALVIN: St. John's Family Festival Hours are 11 a.m. to 7 p.m. St. John's Grounds, 100 E. South St. 281/331-3751

30—BEAUMONT: Lamar University Spindletop Film Festival 409/880-7222

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



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Fit Facts™

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I Need More Energy!

You're in the middle of a long workout and you're wondering how in the world you're going to muster up enough energy to finish. We've all been there. It's as though someone has unscrewed the cap and let all the fuel out of our tank.

So what should you reach for to help you comfortably finish your workout? Sports-product manufacturers have come up with all sorts of new items to help you do just that. But are they really any better than the old standards: water, a banana or a bagel?

Before we answer that question, a caveat: There is no single solution that works for everyone. Once you explore your options, you can determine which is the best for your body's particular needs.

Choices, choices, choices

There are few things more essential to maintaining performance than staying hydrated throughout your workout. Water is an obvious first choice, but you may need extra energy in the form of

carbohydrates to get through a particularly long or strenuous exercise session.

If this is the case, energy bars or gels and sports drinks may be the answer to your depleted energy supply. What follows is a breakdown of the pros and cons of each.

Water

Water is a calorie-free source of the fluid your body needs to keep going. There is no better way to compromise performance than to exercise while you're dehydrated. Research shows that your heart rate increases eight beats per minute for every liter of sweat lost during exercise. This can occur in as little as 30 minutes of exercise depending upon the environment and your intensity.



(continued on page 19)

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Lakes on Eldridge North

Fit Facts- (continued from page 18)

This increased heart rate, combined with inefficient cooling, causes your temperature to elevate. This not only compromises performance, but can lead to heat illness as well.

Most experts recommend drinking at least a cup (four to 10 ounces) of water every 15 minutes of exercise.

Sports drinks

Activities lasting longer than one hour can leave your body wanting more than just water. Sports drinks, which typically contain about 50 to 70 calories, plus vitamins and minerals, are an easy answer to both the fluid and carbohydrate drain that comes from prolonged activity. Research shows that runners and cyclers who consume a sports drink during races not only finish more quickly, but rate their exertion levels lower than those who consumed a placebo beverage.



It is important to realize, however, that this was true only during longer-duration activities. You should be able to complete your 30-minute run or 45-minute step class without the aid of additional carbohydrates.

Energy gels and bars

Energy gels are a relatively new alternative to traditional sports drinks or bars. They feel similar in texture to pudding and are easy to eat and easy for your stomach to digest. They typically contain

about 70 to 100 calories and may also include caffeine and other ergogenic aids.

Energy bars have been around forever and are eaten more often as a snack than as an energy replacement during exercise.

Today, the market is saturated with numerous flavors and types, each with a different ratio of fats, carbohydrates and protein. The key is to find one that tastes good and doesn't upset your stomach.



At 110 to 250 (or more) calories each, energy bars also provide extra vitamins, minerals and fiber, which ups their nutritional value considerably. But eating an energy gel or bar is not enough. You must consume enough fluid to replace what's been lost as well as to help speed digestion.

How you choose to refuel during a workout depends on your body's reaction to what you put in it. For sessions lasting less than an hour, water is sufficient so long as you consume at least four to 10 ounces every 15 minutes.



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Easter Word Searcher

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- April
- Baby Chicks
- Baby Ducks
- Basket
- Bonnet
- Chocolate
- Color



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- Lilies
- Parade
- Peter Cotton Tail
- Rabbit
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- Sunday
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- Easter Island
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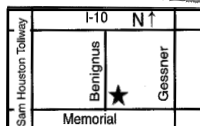
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Depression Hard to Spot in Children, Teens

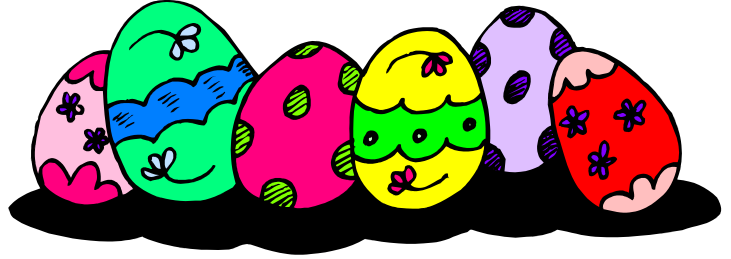
HOUSTON – Statistics suggest that more than 10 percent of the U.S. population experiences at least one episode of depression by the time they are 24 years old. Depression can be hard to spot in children and adolescents, but addressing it early can make all the difference in preventing development, learning, and additional emotional disorders.

“Many children and teens have somatic symptoms like head, stomach, and leg aches, as well as increased irritability and grumpiness or ‘whininess.’ Many times they suffer from antisocial behavior with friends and peers. Adolescents often suffer from feelings of guilt and indecisiveness,” said Dr. Flossy Eddins-Folensbee, associate professor of psychiatry and behavioral sciences at Baylor College of Medicine.

“We believe girls suffering from depression outnumber boys, because girls more often use their anger and frustration, while boys tend to use more outlets for their emotions, like sports and more aggressive leisure activities. This might also be due to the biological changes that happen during female adolescence,” said Eddins-Folensbee.

Clear diagnoses and target symptoms should be discussed and a plan developed for measuring and monitoring side effects and improvement.

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Lakes on Eldridge North

Teens seeking physical perfection at risk

HOUSTON - Glossy pages of magazines are filled with stunning celebrities and rail-thin models—leading more teens to experience eating disorders and distorted body images.

“Surprisingly, men are becoming increasingly preoccupied with their body image,” said Dr. John Sargent, professor of psychiatry and pediatrics at Baylor College of Medicine and director of child and adolescent psychiatry at Ben Taub General Hospital. “Teens who are extremely preoccupied with their looks may do excessive amounts of exercise or are extreme dieters, and these are major concerns.”

Some thin girls distort reality by seeing themselves as fat. This type of distortion is rampant and explains why so many women are susceptible to eating disorders, where the pursuit of thinness is driven by faulty perceptions rather than reality, Sargent said.

“A healthy desire to keep your body well and fit can be taken to an extreme and become unhealthy, and that’s what we need to guard against,” he said.

Cartoon Corner



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Metabolic syndrome: The disease of the new millennium Baylor College of Medicine

HOUSTON – (March 1, 2006) – A growing number of adults in the United States are afflicted by the fastest growing health condition in the world.

“Metabolic syndrome is the disease of the new millennium,” said Dr. John Foreyt, director of the behavioral medicine research center at Baylor College of Medicine (BCM) in Houston. “By the time you’re an adult, most of us have it. Its prevalence is increasing dramatically because of the rising number of people who are obese and inactive.”

Foreyt, also a professor of pediatrics at the Children’s Nutrition Research Center, says that in the United States almost 50 percent of adults age 60 and over have the syndrome, which may soon become the number one risk factor for heart disease.

Metabolic syndrome is characterized by several risk factors, including central obesity or large waist circumference, elevated blood pressure, high plasma levels of triglycerides and low plasma levels of high-density lipoprotein cholesterol and impaired glucose tolerance. Foreyt says that if you have any three of these characteristics you have metabolic

syndrome and are at risk of developing type 2 diabetes, coronary heart disease, or having a stroke or heart attack.

Lifestyle modification is an essential part of weight loss for people with or at risk for metabolic syndrome. Maintaining a healthy diet and weight, doing 30 to 60 minutes of moderately intense exercise every day and quitting smoking can all help reduce a person’s chances of developing heart disease.

Foreyt has created a “toolbox” of strategies that can be used to combat the syndrome. The strategies include setting reasonable weight loss goals, raising awareness, confronting your weaknesses, managing stress, thinking positively and realistically about losing weight, preventing relapses by developing coping strategies and having strong support from family members and close friends.

“It’s about changing your lifestyle,” said Foreyt. “No matter what age you are the emphasis has to be on adopting a healthy diet and getting more exercise.”



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