



# LAKES

ON ELDRIDGE  
NORTH

Volume 5, Issue 10

October 2006  
Official Newsletter

## The Foundry Church's Craft Show and Tea Room

A Shopper's Heaven on Earth! The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Craft Classic on Saturday, October 21, 2006, 9 a.m. to 4 p.m. You'll find terrific values on a wide array of goods, including handcrafted items, fall & Christmas specialties, gourmet baked goods, children's toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you're hungry, be sure to stop by our Texas Tea Room, open 11 a.m. to 2 p.m., and enjoy salads, desserts, and coffees. Admission to the craft show is FREE; purchase tea room tickets at the show for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-½ blocks north of Hwy 290. For more information, call 713-937-9388 or see [www.foundryfamily.org](http://www.foundryfamily.org).

## WE'LL BE SEEN ON TV!

*Hello neighbors!*

We wanted to let you know that the Lakes on Eldridge, the Lakes on Eldridge North and the Royal Oaks Country Club communities will be featured on the HGTV show House Hunters. My husband Jeff and I recently moved from Chicago, and the show will cover our house hunting experience in Houston. Our segment will air the week of November 13, when a special "House Hunters Texas" runs all week. Which house did we choose? ... we can't say, but you will find out in November!

Regards,

Jeff and Carrie Hoye

## MARK YOUR CALENDARS!!!

### The Fairfield 5K for Life Benefiting the Leukemia Lymphoma Society is Back

Saturday morning, October 28, 2006 is the date for the 5th Installment of the Fairfield 5K for Life Fun Run/Walk. It's a Walk, It's a Run, It's a Party! So put on your costume, get your friends and family, and grab your shoes to help us have a good time for a good cause!

Plan on joining us at the Fairfield Athletic Club early Saturday morning for a jaunt through Fairfield's beautiful hike and bike trails and then stick around afterwards for refreshments, a costume contest and award ceremony.

You can go online now and register at [www.active.com](http://www.active.com). Click the link for Individual Sports and enter Fairfield 5k for Life.

For sponsorship information, call Jane Lakatos at 281-373-9767. All proceeds benefit the Leukemia and Lymphoma Society helping to cure blood-related cancers.



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

# Lakes on Eldridge North

## IMPORTANT NUMBERS

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Fax .....281-493-5654  
Kate Loeffler, Manager  
Kim Stewart, Administrative Assistant  
Gate Attendant .....713-856-6127  
Harris Co. Sheriff - (non-emergency) .....713-221-6000  
Cy-Fair Fire Department - (emergency) .....281-466-6161  
(non-emergency) ...281-550-6663  
Poison Control .....1-800-764-7661  
Texas DPS .....713-681-1761  
Waste Management .....713-695-4055  
(trash collection Mondays & Thursdays)  
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  
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  
Newsletter Publisher  
Peel, Inc. ....advertising@PEELinc.com, 888-687-6444

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. Submit at [www.PEELinc.com](http://www.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. Submit classified ads at [www.PEELinc.com](http://www.PEELinc.com).

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Please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto: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 Board Of Directors

Steve Woodall ..... President  
Faheem Khawaja ..... Vice President  
Victor Elgohary ..... Treasurer  
Don Byrnes ..... Secretary  
Lisa Carpenter ..... Director

## Classifieds

### FOR SALE: LOE resident making some Decor changes.

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# LAKE S

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## OCTOBER FUN EVENTS

If you are looking for a great place to take the kids to enjoy some fall family fun, look no further than...

### **The 21<sup>st</sup> Wings Over Houston Airshow**

October 21-22

It features precision flying and aerobatics  
[www.wingsoverhouston.com](http://www.wingsoverhouston.com)

### **8<sup>th</sup> Annual Halloween Boo-Bash**

October 21-22, 28-29

Houston's largest Halloween celebration.  
It takes place at the Houston Zoo  
[www.houstonzoo.com](http://www.houstonzoo.com)

### **International Quilt Festival**

October 27-30

Quilt Festival antique and contemporary  
quilts at the George R. Brown  
Convention Center  
[www.quilts.com](http://www.quilts.com)

### **Texian Market Days**

October 28-29

The George Ranch Historical Park's Texian  
Market Days bring 100 years of local  
history to life. Enjoy a chuckwagon lunch,  
entertainment and crafts  
[www.georgeranch.org](http://www.georgeranch.org)

### **Healthy Halloween Party**

October 28-29

Healthy Halloween Party at the Health  
Museum, a healthy and safe alternative to  
trick-or-treating  
[www.thehealthmuseum.org](http://www.thehealthmuseum.org)

## Ann Knoche

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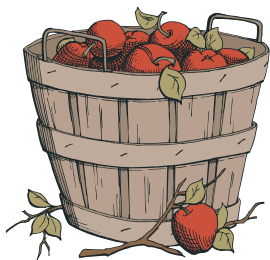


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# Lakes on Eldridge North

## LOEN Ladies Club



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](http://www.loenladiesclub.com)  
*Our latest events include:*

### Book Club

We are working on our book list for 2007- come join us! We meet the 1st Monday of the month in the evening.

Please contact Anne Glendinning with any questions 832-667-7298 or [aglendinning@houston.rr.com](mailto:aglendinning@houston.rr.com)



### Bridge

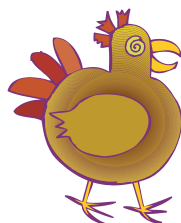
Our sessions are formally on the second Wednesday of each month at 1:00 pm. However, due to increasing interest, we are expanding our horizons for more frequent play. This is really a great group—very enthusiastic.

If you would like to join us, or if you desire further information, please call Babs Clingo at 713-983-7345.

### Evening Bridge

Our sessions are the first Friday of each month and begin at 7:00 pm. We have a very compatible group of players and invite newcomers to join us.

If you would like to join us, or if you desire further information, please call Babs Clingo at 713-983-7345.



### 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](mailto:kvogel2263@aol.com) (713-856-6130).

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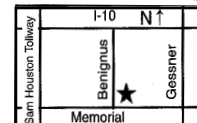
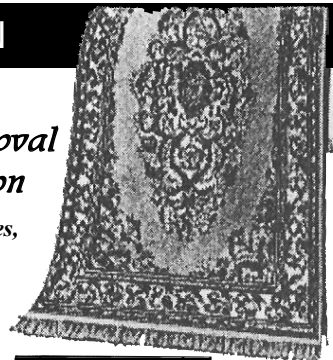
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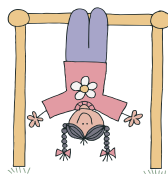
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## LOEN Ladies Club

### 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.



Contact the Playgroup Leaders for all the fun events!

Dina Agarwal: Playgroup Coordinator, zgolf@aol.com

Tracy Johnson: Infant (0 – 18 months) Playgroup leader, gippersmommy@houston.rr.com

Kris Vallee: Toddler (19 months to 2 years) Playgroup leader, krisvallee@aol.com

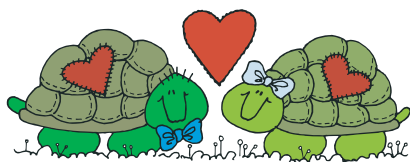
Lisa Killough :3 + Playgroup leader, lr\_killough@yahoo.com

### Girls Night Out

Looking to get out on the town with just "The Girls?" Dying to attend the symphony, the ballet, Shakespeare 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



### 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

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### Kick Your Way to Fitness

#### Are you bored with your current fitness routine?

It may be time to kick your way to one of the hottest workouts around. Kickboxing, also referred to as boxing aerobics and cardio kickboxing, is a hybrid of boxing, martial arts and aerobics that offers an intense cross-training and total-body workout.

It blends a mixture of high-power exercise routines that strengthen the body and mind, decrease stress and hone reflexes while increasing endurance and cardiovascular power. While kickboxing's roots are in full-contact fighting, it has found a safe and very effective niche in the fitness community.

While some estimates of kickboxing's calorie-burning potential have reached as high as 500 to 800 calories per hour, ACE-sponsored research suggests that only very large individuals working out at exceptionally high intensities are like to burn that many.

Instead, a 135-pound person is likely to burn 350 to 450 calories during a typical 50-minute class that consists of a warm-up, aerobic period and cool-down. There are, however, other important factors to consider before taking the first kick.

#### What is your current fitness level?

Keep in mind that many clubs may not offer classes that are based on progression. Even if your current routine features a hearty combination of cross-training workouts, you may want to take it easy at first, then build as your body adapts.

For this reason, an hour-long session may not be the wisest choice for someone who isn't used to this level of concentrated activity.

#### Familiarize yourself with the basics

Remember, adequate warm-up and close attention to proper technique are paramount. Classes should begin with basic stretches and a light cardiovascular warm-up such as pushups and jumping jacks.

A typical aerobic kickboxing routine involves a series of repetitive punches alternating with hand strikes, kicks and then a combination of all three. The repetitions help participants focus on proper technique while engaging several muscles groups and getting a fierce cardiovascular workout.

After the main section of the routine, stretches and floor exercises are commonly performed as a cool-down.

Don't forget to wear loose clothing that allows freedom of movement during your kickboxing workout and drink plenty of water.

#### Beginner beware

When attending your first class, try to avoid these common mistakes:

- Wearing weights or holding dumbbells when throwing punches, which puts your joints in danger of injury
  - Locking your joints when throwing kicks or punches
  - Over-extending kicks (Beginners should avoid high kicks until they get used to the routine and become more flexible.)
  - Giving in to group peer pressure and exercising beyond fatigue
  - And of course, you should ask your instructor about their training.
- Cardio kickboxing is a combination of martial arts and aerobics, and employs different techniques from a "pure" martial arts class.

Many teachers may have boxing or martial arts training, but may not have the appropriate class experience or be properly certified by an organization such as ACE. Finally, once you understand the basics of this stress-relieving, total-body workout, you can kick your way to a new level of fitness.

#### Basic moves and equipment

It may seem awkward at first, but the basic moves in a kickboxing class can be mastered with time, patience and practice.

A prepared class will have mirrors, a punching or "heavy" bag and hit pads for participants to use. Here are two basic lower-body kickboxing moves that work the hamstrings, gluteals and quadriceps:

- The roundhouse kick - Starting from a basic stance (side of body facing bag, knees slightly bent, shoulder-length apart), lift your right knee and point it just to the right of your target. Pivot on your left foot as you extend your right leg. Kick the target with the top of your foot.
- The side kick - From the basic stance, pull your right knee up toward your left shoulder. Pivot on your left foot as you snap your right leg into your target. Strike with either the outside edge of your foot or your heel.



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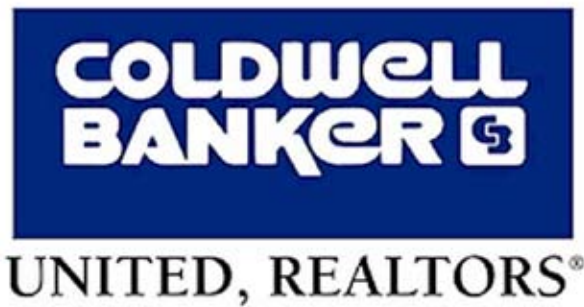
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# Lakes on Eldridge North

## MUD 341

*Items of interest to LOE residents taken from MUD 341 minutes.*

These notes were taken from HARRIS COUNTY MUNICIPAL UTILITY DISTRICT NO. 341 OF HARRIS COUNTY, TEXAS Minutes of Meeting of Board of Directors August 14, 2006. Full minutes can be found at [www.lakesoneldridge.net](http://www.lakesoneldridge.net).

### **2007 Budget**

Ms. Phillips next presented and reviewed with the Board a proposed operating budget for the District's fiscal year ending August 31, 2007, a copy of which is attached to the bookkeeper's report. After discussion of said budget, upon motion made by Director Ruttenberg, seconded by Director Hoover, and unanimously carried, the Board approved the proposed Operating budget for the fiscal year ending August 31, 2007.

### **Operations**

Mr. Lindsey next advised the Board that Aqua Services has encountered an issue during the installation of the new flow meter at the District's lift station. In that regard, he reported that the electronic sending unit of the said meter will need to be buried approximately six (6) feet underground and therefore will need to be water proof in order to function properly. Mr. Lindsey advised that design efforts are underway by Aqua Services to modify the meter.

### **Engineer's Report**

Regarding the review of proposals relative to the installation of an underground pipe system to alleviate the excess water being drained

into back slope drainage systems by individual homeowners, Mr. Saour reported that Benchmark will obtain two (2) more proposals to perform the work since the cost of the project is expected to be in excess of \$15,000.

### **Review and approval of residential curbside solid waste collection agreement amendment**

The Board next considered the review and approval of a Residential Curbside Solid Waste Collection Agreement Amendment by and between the District and Waste Management of Texas, Inc. ("Waste Management") relative to the addition of recycling services within the District, a copy of which is attached hereto as Exhibit J. Mr. Cohen presented and reviewed with the Board the subject amendment and reported that Waste Management's cost to provide once per week curbside recycling services will be an additional cost of \$3.90 per single-family residence per month, effective October 1, 2006, as set forth on the proposed amendment.

Mr. Cohen further advised the Board that the proposed amendment also provides for the inclusion of a provision regarding storm debris. In that regard, he advised that he has provided comments to Waste Management relative to his concerns regarding the storm debris language provided for in the subject agreement, and that as of today's meeting date, he has not received a revised amendment

*(Continued on Page 15)*

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# Lakes on Eldridge North

## MUD 341- (Continued from page 14)

from Waste Management which addresses these concerns. Mr. Cohen then recommended that the Board approve the subject amendment, subject to finalization of the storm debris language included therein. After discussion on the matter, Director Edmonds moved that the Amendment to the Residential Curbside Solid Waste Collection Agreement, as set forth above, be approved, subject to finalization of the storm debris language included therein, and that the President be authorized to execute same on behalf of the Board and District. Director Ruttenberg seconded said motion, which carried unanimously.

The Board additionally considered the review and approval of an Amendment to the Residential Solid Waste Collection Agreement by and between the District and Waste Management, attached hereto as Exhibit K. Mr. Cohen reported that the amendment does not provide for an increase in the garbage fuel surcharge being charged to the District, which is currently 6.3% (\$0.60 for each occupied single family residence); however, provides for the addition of a \$0.25 (6.3%) fuel surcharge attributable to the \$3.90 per month per connection charge for recycling resulting in a total fuel charge of \$0.85 to be charged to each occupied single-family residence. After discussion on the matter and subject to the conditions set forth above regarding the prior amendment, Director Edmonds moved that the Amendment to the Residential Solid Waste Collection Agreement, as set forth above, be approved and that the President be authorized to

execute same on behalf of the Board and District. Director Ruttenberg seconded said motion, which carried unanimously.

Mr. Cohen advised the Board that the District's Rate Order includes the solid waste collection fee in the residential sanitary sewer rate, which is currently a flat monthly fee of \$25.08 and advised that the Board will need to amend the District's Rate Order to increase its residential sanitary sewer rate by \$4.15 per connection (\$3.90 plus the \$0.25 fuel surcharge) to \$29.23 to account for the addition of said recycling services and related fuel surcharge, effective October 1, 2006. The Board concurred to amend the District's Rate Order to pass the costs associated with the addition of recycling services to the District's customers at its next meeting.

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# Lakes on Eldridge North



## Attention All Crafty Women

The LOEN Ladies Club is hosting a vendors boutique on October 28th at the Recreation Center Club House. If you have a craft that you'd like to sell, or other merchandise that would work well in a booth-type of market, please consider joining us for our "Market by the Lakes". All proceeds will benefit "Goodfellows", the Houston Chronicle Christmas charity.

*Some details for you to consider:*

- Booth rental fee is \$50 (earmarked for "Goodfellows") and all booth display materials and equipment must be provided by the vendor
- LOEN Ladies Club will sponsor all pre-event advertising, targeting shoppers within and outside of our neighborhoods
- Festive, pre-Christmas environment with food and fun for our shoppers
- Booth space is limited, so please reserve early by contacting Jude Ann Yehl at [jyehl@houston.rr.com](mailto:jyehl@houston.rr.com)



## LOEN Garden & Nature Club News

The LOEN Garden & Nature club is a group of neighborhood residents (guys and gals) who are interested in learning more about landscaping in our community, finding good resources, addressing yard and pest problems, learning new planting techniques, exchanging plants and participating in fun community activities. We would love for you to join us!

We meet every second Tuesday of the month at the clubhouse from 7:00 pm until 9:00 pm. If you are interested in joining, send Lisa Carpenter an email at [lisacarpenter@houston.rr.com](mailto:lisacarpenter@houston.rr.com).

Our guest speaker in September is Anita Nelson from Nelson's Water Gardens. She will be discussing how to "Jazz up your Back Garden". Anita is a very popular speaker around town and we are very lucky to have her accept our invitation to speak to the club. This will be a very popular event so please come early for a good seat! You won't want to miss this one!

Our guest speaker in October is from Cabrera Farms and he will talk to us about growing Bonsai. Bonsai is an art of growing trees and plants in miniature forms. Have you ever wondered how they do that? Well come join us and find out!

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- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

#### All Rooms

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- Remove cobwebs
- Dust/vacuum furniture
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- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

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- Clean window over kitchen sink

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## Looking Out For Water-Damaged Used Cars

(NAPSA)-Approximately 600,000 cars were water damaged during 2005's hurricanes and tropical storms. It may surprise you to learn that many of these autos are now flooding the market-and a number of consumers are being taken for a ride.

Experts say that each year, unscrupulous auto sellers round up thousands of cars that have been "totaled" by floods and resell them to car buyers. Typically, flood-damaged cars show little, if any, sign of physical damage-making them prime targets for unscrupulous sellers to clean up and put back on the road. A few inexpensive cosmetic repairs, and these vehicles can be sold at significant profits. Fortunately, there are ways to keep from buying a waterlogged wreck:

- Look For Damage-Examine the trunk, glove compartment and beneath the seats and dash for mud, rust or water damage. Discolored, faded or stained carpet and upholstery can be a sign of flood damage as well. Be certain the carpeting fits well



**Vehicle history reports can alert used-car buyers to whether a vehicle has been damaged by a flood.**

and matches the interior of the car. If it doesn't, it may be replacement carpet used to cover up water damage.

- Get A Free Flood Check-You can run a free check for flood damage at [www.carfax.com/flood](http://www.carfax.com/flood) or [NICB.org](http://NICB.org).
- Check The Car's History-Ask for a detailed vehicle history report before you buy. The reports can reveal hidden problems from

a car's past, including whether it was in a flood or whether a car was registered/titled in at-risk areas during floods or hurricane seasons. If the seller does not have a report, you can get the car's Vehicle Identification Number (VIN) and run one yourself at a Web site such as [www.carfax.com](http://www.carfax.com). The site searches a database of 4.5 billion vehicle records to provide detailed history reports on virtually every car or light truck registered since 1981.

- Test It Out-Test the lights, windshield wipers, radio, cigarette lighter and other electronic features to be certain they work. Also, check that all the gauges work. These items are often the first things damaged by floods.
- Follow Your Nose-Sit in the car and pay attention to its smell. Do you smell a musty odor or dampness? If so, flood damage may have occurred.

For more information or to run a vehicle history report, visit [www.carfax.com](http://www.carfax.com).



*Lori L. Blackmon*

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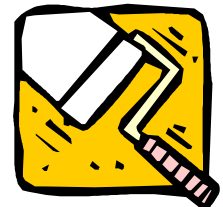
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## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

					5			
6		5	1	7				
	1						3	9
8			4					
			3	2		1		5
	2	6						
2			6	4				
3					1		2	8
		7		3		4		

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# Lakes on Eldridge North

## Best Bets In Beverages For Kids

HOUSTON – (Sept. 18, 2006) – When your kids need something to drink, reconsider reaching for that juice box.

“Many parents are confused about what is and what is not a fruit juice,” said Marilyn Swanson, registered dietitian at the Children’s Nutrition Research Center at Baylor College of Medicine and Texas Children’s Hospital. “If the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas.”

A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

“Given a choice between an orange and orange juice, go with the orange, given a choice between grapes and grape juice, go with the grapes,” said Swanson, also national program leader for maternal and child health for the United States Department of Agriculture. “There are other healthy components in fruit itself, for example, fiber.”

Healthy beverage choices are important throughout the day, said Swanson, to keep hydrated and can provide good nutrition. She suggests following a beverage pyramid, much like the well-known food pyramid.

“Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation,” she said, “limit sodas since they are full of sugar and have no nutritional value.”

Swanson offers parents two main strategies to get kids to make healthy beverage choices—make healthy options available and be a good role model.

“A child might choose soda or fruit drinks over milk or water if it’s in front of them,” she said. “And if parents are drinking sodas all the time, the kids will follow that lead.”

Making healthy beverage choices does not have to be all work and no play. Swanson suggests making a homemade smoothie with your kids as an afternoon snack. Blend 100 percent fruit juice, yogurt, pieces of your favorite fruit and ice for an easy-to-make treat.

“Transition can be slow for parents and children,” said Swanson. “I am not going to say never have a soda, just make it a special occasion beverage.”

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# Lakes on Eldridge North

## New Screening Process Aims To Reduce Alcohol And Drug Use

*Baylor College of Medicine*

HOUSTON – (Sept. 21, 2006) – Early identification of alcohol and drug use in the clinical setting can reduce the negative effect on public health, say researchers at Baylor College of Medicine (BCM) in Houston.

“Alcohol and drug use is a medical issue as opposed to a character or moral issue and there is a national movement to develop and adopt a ‘best practice’ approach to addressing it within the scope of routine patient care,” said Dr. Katherine McQueen, InSight medical director and assistant professor of medicine at BCM. “We hope that using the InSight simple screening and referral process will reduce repeat visits to the emergency room and outpatient clinics.”

As part of the InSight program’s model, medical professionals learn to accurately screen for alcohol, drugs and tobacco. The InSight screening practice uses a specialized model to establish screening, brief intervention, referral and treatment practices

It helps health care providers diagnose and treat patients with a more complete view of their overall health and it creates opportunities for patients to access objective, non-judgmental counsel on how alcohol and drugs affect their health.

Health care providers and staff are provided badge cards after a short training session on the InSight program. The card displays three simple questions which were developed to elicit honest and accurate responses

from patients. Patients who screen positive receive counseling, a referral or treatment, hopefully reducing the likelihood of repeat visits to the emergency room.

More than 50,000 patients have been screened at Ben Taub General Hospital for alcohol and drug use through the program. Of the 8,500 who received intervention, 71 percent of alcohol drinkers reduced the number of days they drank alcohol and 80 percent of drug users reported no usage in the past 30 days.

“Using this model at Ben Taub has proven effective. We hope to establish this in as many outpatient and emergency centers as possible,” McQueen said. “We hope to establish a system that will put an end to America’s top public health challenge.”

InSight is a collaborative program funded by the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration through a cooperative agreement with The State of Texas Department of State Health Services. Collaborators include the Harris County Hospital District, The Council on Alcohol and Drugs Houston, Baylor College of Medicine, The University of Texas Health Science Center at Houston and The University of Texas at Austin Addiction Research Institute.

For more information on the project, visit the InSight website at [www.insightforhealth.com](http://www.insightforhealth.com).

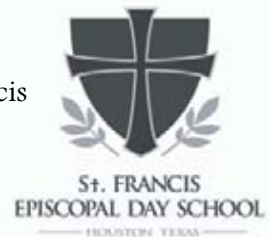


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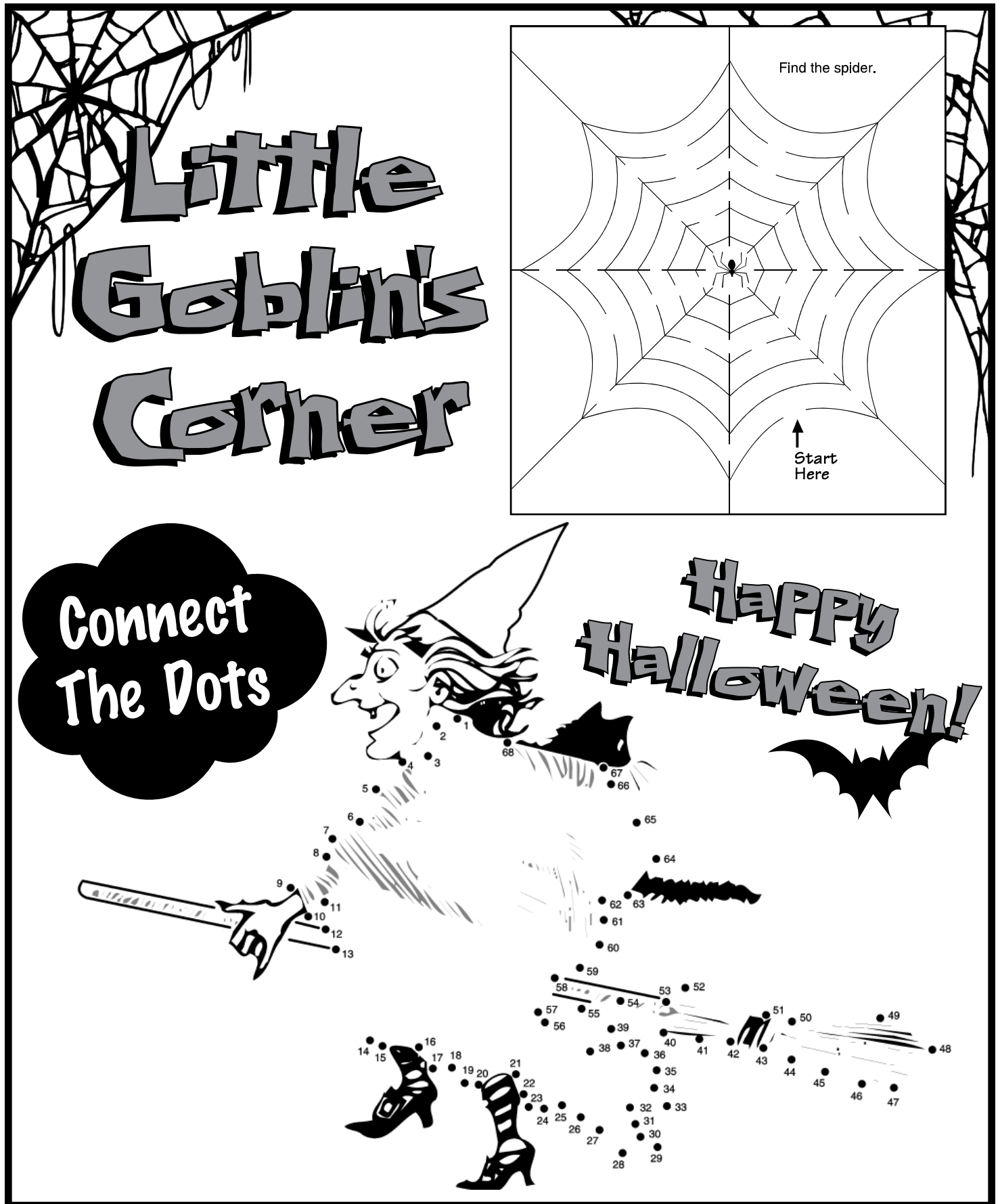


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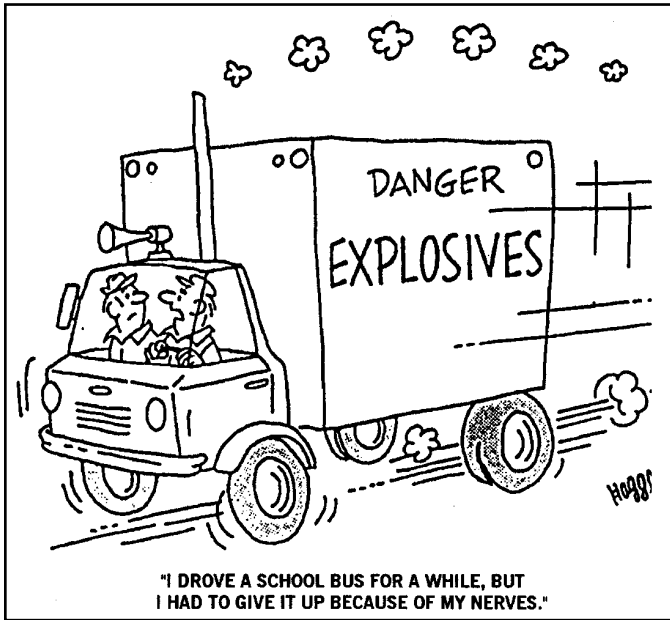
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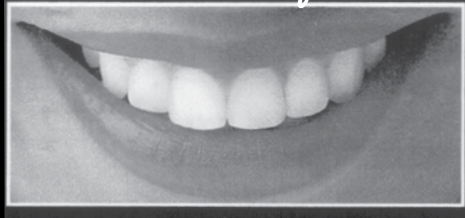
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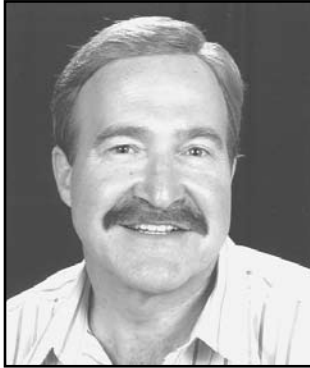
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