



LAKES

ON ELDRIDGE

NORTH

Volume 7, Issue 4

April 2008

LAKES ON ELDRIDGE DOLPHINS SWIM TEAM

We would like to announce Laura Vassallo-Lee will be the Member at Large/Computer Board Member. We are glad to have her on board. Wendy Bordo and Sarah Dingwall are part of the computer team and are great assets for the success of our Computer Team. Thank You!! We have had great response to our on-line Registration. The on-line system has streamlined the entire process and it has made it easy for all. We are looking forward to an exciting and fun season! Below is a calendar of events, please cut and keep by the fridge for easy access or you can always visit us at www.loedolphins.org

LOE SWIM TEAM 2008 CALENDAR

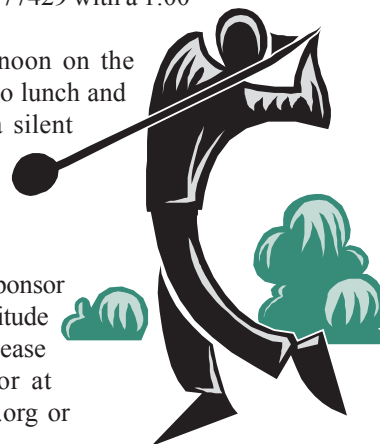
- April 3- Registrtrtion Officially Closed
- April 20- Parents Meeting @ LOE Beach Club @ 6:00 Pm
- April 21-25- One Week Swim Clinic - Visit [Www.loedolphins.org](http://www.loedolphins.org)
For Schedule Practice Times
- April 26 - Meet And Greet Party (Adults Only)
@ LOE Beach Club @ 7 Pm
- April 28- Swim Practice Starts- Visit www.loedolphins.org
For Schedule Practice Times
- May 3- Time Trials With Concord Bridge @ LOE Pool
- May 10- Rain Date For Time Trials With Concord Bridge
@ LOE Pool
- May 16- Pep-rally
- May 17- Non-div – Home Vs. Copperfield
- May 23- Pep-rally
- May 24- Away Vs. Concord Bridge
- May 26- No Practice - Holiday - Memorial Day
- May 30- Pep-rally
- May 31- Home Vs. Fairfield
- June 6 - Pep-rally
- June 7- Away Vs. Deerfield Village
- June 13- Pep-rally
- June 14- Home Vs. Jersey Village
- June 21- Divisional – Tomball Natatorium
- June 23- Banquet - Location TBA
- June 28- 29- Invitational – Red,white And Blue
Ponderosa - Location TBA

Cypress Christian School Annual Golf Classic

Calling all Golfers and Sponsors! Mark your calendar for Monday, May 5 to participate in the annual CCS Golf Classic. This year's Golf Tournament will be held at the Longwood Golf Club, 13300 Longwood Trace, Cypress, TX 77429 with a 1:00 tee-off time.

In addition to a great afternoon on the course, golfers will be treated to lunch and dinner. To add to the fun, a silent auction will be held with golfer-friendly/family-friendly items to be awarded to the highest bidder.

To play in the tournament or sponsor the event - which includes a multitude of advertising opportunities - please contact the Event Coordinator at Jody.Pollos@CypressChristian.org or 281-770-5326.



MAYFEST 2008

Saturday, May 3rd • 10 am to 4 pm

Mayfest is the annual spring festival and fundraiser in celebration of our mission work at Cypress UMC. We want everyone to join us for this day of fun, fellowship and support of missions in the process. Mayfest has something for everyone!

- Shop at over 40 craft booths
- Bid on fabulous items at our silent and/or live auctions
- Join in the fun and games which include 15 extreme inflatables
- Enjoy some great eats from local restaurants
- Live entertainment can be seen and heard all day

Through it all, Mayfest is about raising money to make a difference in the lives of those less fortunate, to bring hope and healing to hurting communities, and to touch lives with the love of Jesus Christ. You can make a difference in others lives through your support of Mayfest. Hope to see you there.

Lakes on Eldridge North

IMPORTANT NUMBERS

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 10th of each month. Submissions are subject to space limitations and editorial approval. Submit at www.PEELinc.com

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Submit classified ads at www.PEELinc.com.

ADS: Deadline for submitting ads is the 10th of each month for publication in the following month's newsletter.

Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com for information on advertising.

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 888-687-6444 or e-mail advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

LOEN Board Of Directors

Don Byrnes	President
Jill Richardson	Vice President
John Kane	Treasurer
Peter Smart	Secretary
Jim Flanary	Director

Article Submissions

Please e-mail articles and/or photos to articles@PEELinc.com. Submissions must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

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

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When: Friday • May 9th • 10-5pm
and
Saturday • May 10th • 10-5pm

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Lakes on Eldridge North

ATTENTION MATING SEASON IN LOE!



Remember our lovely swans can be dangerous at this time of year. It is mating, nesting, and egg laying season and they feel the need to protect their territory against predators such as humans, dogs and waterfowl. Please stay clear of their territory when walking past the lakes.

CyRidge After Prom Garage Sale Benefitting RAP '09 (Class of 2009)

CyRidge After Prom Class of 2009 will be holding their fundraising garage sale on April 19 at Trader's Village. We would like to accept your donations before the event, but are still working out the details at this writing. If you have items that you would like to contribute, please contact Sheila Schlesener at 713-854-4757 or email me at Sheila.schlesener@amec.com. We will not accept any clothes or shoes.

Please check the web site for more information – www.schools.cfsd.net/cyridge/Clubs/RAP09/rap_09.htm
OR go to www.cfsd.net. Click on the "Campuses" heading, then click campuses again. Click on Cypress Ridge. Click on the "Clubs" heading, then pick RAP '09.



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Happy 30th Birthday, Cypress Christian School

To celebrate 30 years of service to students and families in northwest Houston, Cypress Christian School is hosting two fun community events this spring. Please plan to join us! Complete event details are available on the school web site at www.CypressChristian.org or you may call 281-664-0211.

Psalms 126:2-3 "Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, 'The Lord has done great things for them.' The Lord has done great things for us, and we are filled with joy."

Community Carnival and Family Fun Day - Saturday, April 19, 2008 from 10:00 to 4:00

Rides, games, food and prizes galore are in store for everyone who attends this special event. The carnival will be held on the school grounds located at 11123 Cypress N. Houston

Rd at Jones Rd. Ticket and sponsorship information is available on the school web site.

Community Golf Tournament - Monday, May 5, 2008 at Longwood Golf Club

Calling all Golfers and Sponsors! Mark your calendar for Monday, May 5 to participate in the annual CCS Golf Classic. This year's Golf Tournament will be held at the Longwood Golf Club, 13300 Longwood Trace, Cypress, TX 77429 with a 1:00 tee-off time. In addition to a great afternoon on the course, golfers will be treated to lunch and dinner. To add to the fun, a silent auction will be held with golfer-friendly/family-friendly items to be awarded to the highest bidder.

To play in the tournament, sponsor the event - which includes a multitude of advertising opportunities - or donate an auction item, please log on to the school web site at www.CypressChristian.org or call 281-664-0211.

Recycle your Crocs

Learning Express is proud to announce our participation in the SolesUnited program. Started by Crocs, SolesUnited is the first of its kind footwear recycling program. Here's how it works:

1. Wear your Crocs shoes until the tread becomes worn or they reach their end-of-life.
2. Donate your worn-out Crocs at a participating retail location.
3. Once worn-out Crocs are received, they are sorted, ground up and made into new SolesUnited recycled shoes.
4. SolesUnited shipping partners work with organizations that assure the shoes will be delivered to those who need them.

To date, Crocs has donated more than 1 million pairs of shoes. Its goal is to donate 2 million pairs of recycled shoes in 2008. You can read more about the program at www.solesunited.com.

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Lakes on Eldridge North

Ladies, Do You Like To Sing?

Join Houston Horizon Chorus, an award-winning women's acapella chorus, for a three-week session of "Vocal REALity", an opportunity for you to sing with REAL women, produce REAL harmony and have REAL fun!

When: Tuesdays, April 15-29, 6:30-10 PM

Where: Grace Hall Education Center
Unity Church of Christianity
2819 Hillcroft, Houston

Cost: Free!

Visit this talented, friendly chorus and put the joy of music back into your life!

Go to: www.houstonhorizon.org or call 1-877-571-4465 to register.

Sustainable Living in Houston

Submitted by Jennifer Armentrout

General Meeting, May 8th from 7:00 – 8:00 p.m. at the Cy-Fair College Library. At this meeting, we will discuss who we are, what our mission and goals are, as well accept members and talk about upcoming events.

This is open to everyone, although we ask that parents leave their children at home for this meeting.

Cypress Assistance Ministries Antique and Collectible Sale

11202 Huffmeister • 281-955-7684

www.cypressassistanceministries.com

Don't miss Angels' Attic Antique and Collectible Sale, April 15th and 16th, 10am – 6pm. A fantastic assortment of vintage glassware, silver, linens and hard to find collectibles can be found at this great event! Donations for this successful, bi-annual sale are also being accepted. As you drop off your donation, please let the attendant know the donation is designated for the Antique Sale. Proceeds from the Antique and Collectible Sale benefit client services at CAM.

Interested in becoming a member of our dedicated volunteer team? Volunteer opportunities are available in Angels' Attic Resale Shop, the donation center, and the Food Pantry. To become a volunteer, contact Lisa at 281-955-7684 to sign up for an orientation.

Cypress Assistance Ministries provides an array of services to families in need within the Cypress and Northwest Houston area. For a description of all our services, volunteer opportunities or Food Pantry requests please see our web site, www.cypressassistanceministries.com.

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

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Lone Star College-CyFair Perspective

Bring the Family to the Annual Chili Cook-Off April 19

The Fifth Annual Emergency Services Chili Cook-Off, set 9 a.m. to 3 p.m. April 19, includes "Firefighter Combat Challenges" throughout the day, live entertainment, children's activities Life Flight demonstration and more. Pay \$3 to taste all the teams' homemade chili and vote on the winners. Hot dogs, chips and drinks will be for sale. Proceeds benefit the Emergency Services Scholarship Fund. Shuttle service will be provided from Barker Cypress campus parking lot to the Emergency Services Education Center parking lot. For information call 281-290-5900.

Look at the Talent Showcased in the Center for the Arts

The month kicks off with the Choral Department's annual spring "World Music Festival" April 4. Then enjoy a variety of talents at the "Hollywood Boulevard" talent show April 11. In the Bosque Gallery the work of student artists will be highlighted in the "Spring 2008 Student Exhibition" April 15 through May 8. Finally, the Theatre Department presents "A Piece of My Heart" – a riveting drama, for mature audiences only, set April 17 through April 27. For visual and performing arts information, go to cyfair.lonestar.edu/centerforthearts.

Diversity in the Information Technology Field Speaker Series

Come hear first-hand about the benefits and rewards of a career in IT from three minority guest speakers who have been successful in a field of Computer Information Technology, one of the fastest growing and constantly evolving industries in the country. Dr. Denise Chatam, Lone Star College-CyFair Dean of Technology and Institutional Research will speak April 8; Christopher Powe, business systems analyst with BP, April 9 and Janine Mahone, product manager with Symantec. For speaker series or LSC-CyFair Computer Information Technology program information, call Kimberly Hubbard, CIT Professor, at 281-290-3920 or go to cyfair.lonestar.edu.

Check out L.I.F.E. Lessons in April

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In April, programs feature real estate websites April 2, Harris County history with county district clerk Theresa Chang April 9, create your own Indian artwork April 16, learn about protecting our water supplies April 23, and history of political mud slinging April 30 (Recital Hall, ART 102.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to cyfair.lonestar.edu/library.

Spring Film Series Concludes This Month

The Lone Star College-CyFair Spring Film Series is a continuing education course called Film Appreciation. The series is presented at no charge. A professor or student organization at the college hosts each film and an in-depth discussion after the movie. April films include "John Q" April 3 at Barker Cypress, "High Noon" April 10 at the Fairbanks Center; and "The 11th Hour" April 23 at Barker Cypress. Registration is available at all the film events. For information, go to cyfair.lonestar.edu/filmseries.

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Lakes on Eldridge North



Cy-Woods' Wildcats 2nd Annual "New Cat in Town" Classic Golf Tournament



Cypress Lakes Golf Club ❖ April 28, 2008

REGISTER NOW for Cy-Wood's High School 2nd Annual "New Cat in Town" Classic Golf Tournament at Cypress Lakes Golf Club on Monday, April 28, 2008. Your team will participate in a day of golf, a great dinner and an array of prizes. Player spots are limited to 144 so we encourage you to sign up today! For more information and registration form, please contact ORedhouse@aol.com or COWIEWT@aol.com.

FOUR-PERSON SCRAMBLE FORMAT (Registration begins at 11:00 a.m.)

12:30 PM SHOTGUN START

AFTER TOURNAMENT (Bar-b-que Meal, Awards, Silent Auction & Door Prizes)

SPECIAL EVENTS:

Hole-in-one Contest; Longest Drive; Closest-to-the-pin; Beat the Pro; Putting Contest

COST

Golf Entry Fee of \$150 per player (\$600 per team)

Includes: Green Fees & ½ Cart, Golfer's Gift Bag, Meal, Range Balls, Refreshments

All proceeds benefit the CY-WOODS "All Sports" ATHLETIC BOOSTER CLUB

Tournament Sponsorship Levels are Available:

- **\$5,000 Wildcats Sponsorship:** Receives 3 foursomes, a Wildcat Sponsor gift bag including a pair of golf shoes and a Cy-Woods golf shirt for each player, 4 hole signs, and special acknowledgement throughout the tournament.
- **\$2,500 Crimson Red Sponsorship:** Receives 2 foursomes, a Cy-Woods golf shirt for each player and 4 hole signs.
- **\$1,000 All Sports Sponsorship:** Receives 1 foursome and 2 hole signs.
- **\$300 Flag Sponsorship:** Sponsor's name embroidered on flag. Flag given to sponsor after tournament.
- **\$125 HOLE SPONSORSHIPS:** Receives recognition at a designated hole.

For more information on sponsorships, donating items for the silent auction and the golfer's gift bags, please contact Natalie Oakes at ORedhouse@aol.com.



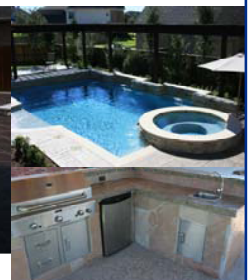
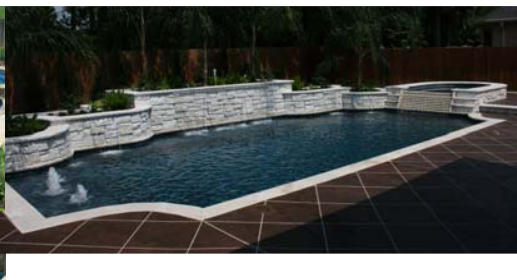
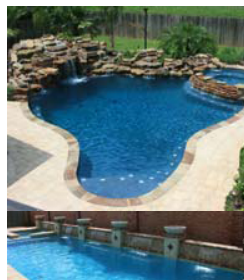
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Lakes on Eldridge North

HEEL PAIN

Dr. Judith E. Rubin

Do you ever wake up in the morning and struggle taking that first step out of bed because your heel hurts? You may be suffering from plantar fasciitis, a very common foot problem that a Podiatrist treats daily.

The plantar fascia is a thick band of fibrous connective tissue that is attached to the bottom of the heel and fans out into the ball of the foot attaching to the base of the toes; acting like a shock absorber by flattening out the arch with each step. It is responsible for helping to stabilize the foot while walking and doesn't stretch very much. The planter fascia is like a rubber band in that it stretches until it can't stretch anymore and then it breaks causing micro tears in the fascia at the heel bone which causes pain. Sometimes one forms a heel spur due to the repetitive process of walking and flattening out of the arch. The heel spur itself does not cause the heel plain but does signify that the fascia has been excessively stretched for quite some time. Also, through this inflammatory process the nerves can get irritated causing pain.

There are a number of different causes of heel pain including but not limited to heel spurs, posterior heel pain, stress fractures or fractures in general. Achilles tendonitis, bone bruises, tarsal tunnel syndrome, Sever's disease (seen in adolescents and children), bone tumors and inflammatory conditions like rheumatoid arthritis.

Risk factors for heel pain may be a flat foot or high arch foot type, obesity, standing on hard surface floors for long periods of time, wearing improper fitting shoes and engaging in strenuous activity.

Heel pain on the bottom of the foot tends to occur for no apparent reason. The most common patient complaint is pain with the first step in the morning or after getting up to stand after sitting. The pain may be sharp while standing and throbbing while sitting. Some have pain that radiates up the back of the leg or into the arch of the foot. Also if heel pain persists for quite some time prior to treatment there may be pain laterally on foot too. Other signs and symptoms include: inability to walk comfortable on the affected side, heel pain that occurs at night while resting, heel pain that persists beyond a few days, swelling or discoloration of the ball of the foot, signs of an infection including fever, redness, warmth or any other unusual symptoms.

Plantar fasciitis is diagnosed through a thorough history and physical exam. X-rays are useful in determining if a heel spur is present and to rule out other causes of heel pain such as a fracture, bone tumor or connective tissue disorder.

Heel pain treatment depends entirely on the cause of the problem. If you are unsure of your diagnosis or severity of your condition you

(Continued on page 13)

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Heel Pain- (Continued from Page 12)

should seek medical advice from a Podiatrist before beginning any treatment plan. For plantar fasciitis, the most common cause of heel pain, treatment consists of numerous modalities. Stretching is the key to alleviating symptoms. I have found over the years that soft padding and strapping of the affected foot along with oral anti-inflammatory medication taken on a regular basis for a short period of time is beneficial as well as icing the foot. If minimal or no improvement occurs then in addition to stretching and icing the foot, a cortisone injection to the heel may be needed. If still not 100% improved then custom molded functional orthotics should be considered. A custom orthotic is made by your Podiatrist which is worn in normal shoes but is made specifically for the patients' foot type and corrects abnormal pronation of the subtalar joint. Physical therapy and night splints are other possible treatment options. Surgery to correct heel pain is generally only recommended if all other treatment modalities have failed.

Heel pain is a condition that is very common and is successfully treated through conservative treatment options daily by your Podiatrist. If you are experiencing persistent heel pain please see your foot doctor/podiatrist to start treatment to begin the healing process and get you back to your everyday activities pain free.

Sandra Gary Cordova Attorney at Law

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Cy-Fair High School Project Prom 2008 Final Countdown

From now until May 2 is the final countdown to the Night of Project Prom. Check out the volunteer requests in this article and online at www.cyfairprojectprom.org so you won't miss out on the opportunity to be involved. In order to hold a successful event for up to **967 seniors and their dates**, we are asking the community as well as parents to donate money and refreshments. Parents are urged to visit the website to register your senior and sign up for email updates if you have not already done so, and to contact us to sign up for a Night of Project Prom volunteer shift. If you have any questions, call CFHS Project Prom 2008 President Karen Fitzgerald at 281-304-8272.

Final general membership meeting: Apr. 21, CFHS cafeteria at 6:30 p.m. Bring used printer cartridges, packs of bottled water, a case of soft drinks, and patronize the vendors.

Aramark events. We urgently need more people to join our team of parents to work at stadium events. This effort has a huge earning potential. Contact Teresa Cardamone at teresa.cardamone@cfisd.net.

Cartridges and More Recycling. Bring your printer cartridges, used cell phones, and other items to the designated bin in the Cy-Fair High School library or to April general membership meeting in a bag or box marked with the senior's name. For a list of items accepted, see www.cartridgesforkids.com.

Casseroles-to-Go. We need people to prepare casseroles for sale. Contact Maggie Machacek at r_machacek@sbcglobal.net.

Night of Project Prom Donations. We are collecting donations from area businesses and individuals for refreshments and prizes for the night of Project Prom. Visit our website and click on the tax deductible donations link in the "Important Announcements" section at the top of the main page.

The Busy Parent Fundraiser form on our website at www.cyfairprojectprom.org provides an easy way to contribute. Other individuals are welcome to contribute as well. We are a 501(c)(3) organization, and therefore, contributions are tax deductible.

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Residential - Pickup next scheduled day,
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Thanksgiving Day - Closed

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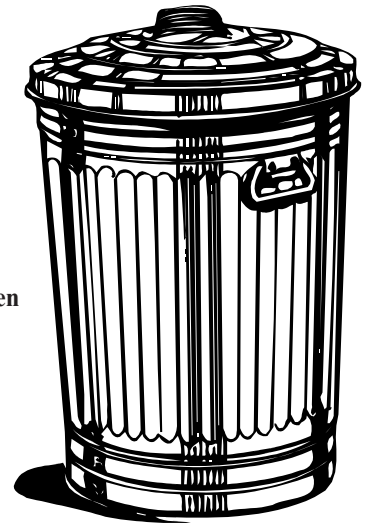
Day after Thanksgiving Day - Open

Day before Christmas - Open

Christmas Day - Closed

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Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes on Eldridge North residents, limit 30 words, please e-mail articles@PEELinc.com.

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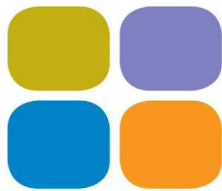
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Teenage Jobseekers

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

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Alternatives to Lawn Expense

By Dale Bulla

For a long time now, most American landscaping has focused on maintaining a manicured green lawn. This requires a lot of water and fertilizer. Native trees, shrub masses, ground covers, prairie or meadow patches, wildflower beds, and attractively mulched areas are better environmental choices for people and for wildlife. Below are some more reasons to consider reducing your lawn and the expense that goes with it.

If you are fed up with lawn maintenance, here are some alternatives to consider...

- water garden or pond
- native trees and/or shrub masses
- native annual or perennial beds
- native species of ground cover instead of grass
- butterfly or hummingbird garden
- rock garden
- mulched paths
- hedgerow
- meadow or prairie patch
- organic vegetable garden

Remember if Buffalo Grass is used instead of regular turf grass, no additional water is required after it is established. When it gets dry, it goes dormant, when it rains it greens up. It only grows about six inches high so mowing is not necessary. If you must water, the city recommends water every 45 days for Buffalo Grass to stay green. Mowing can increase weed infestation so hand weeding is recommended if you cut your Buffalo Grass.

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After the Marathon . . .

YOU MADE IT. YOU FINISHED A marathon. Whether it's your first or your fiftieth, the feeling is still the same: exhilaration, which, at some point, gives way to the tired, achy feeling that inevitably comes from having logged more than 26 miles in a single stretch.

Too often we try to ignore what our body is telling us and carry on with our regular training. This inevitably leads to that flat, "out-of-shape" feeling, illness, or worse, an injury that sidelines you for weeks or even months.

Take it Easy

Rest—which many athletes consider a four-letter word—is one of the most important components of a successful training program. Endurance events such as a marathon pose special challenges in replenishing hydration levels and fluid stores, repairing/remodeling cellular disruption in skeletal muscle and regaining a sensible mental drive. Other factors, such as environmental conditions (hot/cold, calm/windy, humid/dry), terrain (hilly/flat), intensity, and your own physical state (rested/fatigued, trained/untrained) also may affect the recovery process.

Here are some guidelines to help ensure your recovery process:

The First Few Hours

Keep moving and change clothes as soon as possible to stay warm. Resist the tendency to just stop and plop! A gradual cool-down is important and will enhance the recovery process.

Drink, drink, drink. Complete restoration of your fluid balance is a critical part of the recovery process, particularly in hot, humid conditions. A combination of water and sports drinks will help replenish lost fluids, sodium and electrolytes.

Alcohol and caffeine should be avoided during the rehydration process as both may potentially increase urine output.



Eat. Early food intake is essential to fuel replacement following endurance exercise, and also assists in restoring hydration levels. While complete reloading of muscular glycogen supplies may take up to 48 to 72 hours, a significant portion can be refueled in the initial 2 hours after the race.

Check yourself out. Look for blisters, rashes and other irritated areas that may require treatment to prevent infection and further injury.

Week One

Relax. This is your week to do "nothing." Give your musculoskeletal system a break, an opportunity to repair and remodel. Even if you do not experience excessive fatigue and soreness, resist the temptation to train. What's a week of rest compared to spending two to four months recovering from a major illness or injury? Studies have shown that muscular strength five days after an event is greater in athletes who completely rest than those who jog or exercise in the days following the marathon.

Additionally, continuing to exercise, even in a limited fashion, will only delay the refueling/rehydration process. And, as you move back in to physical activity, the temptation to start training harder again grows—too soon. Giving

in to the temptation to train harder at this point in time generally leads to an extended recovery from unnecessary injury.

Weeks Two to Four

Gradually return to your training routine, but remember that complete musculoskeletal recovery may take up to a month. Start out at 25 percent or less of your normal average training quantity at an easy intensity. Increase to 35 percent to 40 percent during week three and no more than 50 percent by week four. During weeks three and four, it is okay to consider doing one or two tempo-type training sessions. Don't be afraid to take a day or two off should you start feeling soreness and/or fatigue.

Maintain proper hydration and emphasize good nutrition throughout this recovery month. Your muscles need adequate fuel and protein intake to continue healing and adapting once again to the training routine. Pay attention to restoring flexibility and mobility, but be careful not to over-stretch. This is especially critical during the first two weeks following the competition. After the first month continue to gradually increase your training (10 percent to 15 percent per week) until you've eased back into your normal routine.

Good luck, and remember, rest means the opportunity to compete and train—an injury means watching from the sidelines.

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Local Neighborhood Doctor's Back and Neck Pain Solution Featured on ABC News

Maybe some of you remember the featured special on channel 13 news last month, "Healing Without Drugs or Surgery." If you were able to catch that story you would have seen that there is now a solution being offered for people to relieve the suffering from pain associated with Herniated Discs, Degenerative Discs, Lower Back Pain and Sciatic Leg Pain. Dr. Gina Zummo specializes in this therapy called Spinal Decompression that it is being labeled as "the great last resort before surgery." This procedure is FDA cleared and has been well documented as a safe and effective treatment for herniated discs. Dr. Zummo tells us that, "patients are learning that they now have an option to avoid invasive spinal surgery to treat disc disease and disc herniations. This really is something for back pain sufferers to get excited about."

Latest breakthrough in Spinal Care Offers Much Needed Hope

You may be shocked to learn that one of the most expensive health care problems in America is back pain. The number of people with back pain and the cost for treating that pain has increased every year for the past 20 years. This should be alarming because that trend is climbing despite the fact that Americans have back surgery more than twice as much as people in other countries. "Patients need to look at the facts, we have more back surgeries every year for the past 20 years and yet the numbers of people suffering with the pain are not reducing." What's worse is the numbers are actually increasing despite the surgical intervention. The statistics will only lead you to one conclusion; **Surgery is not a sure fix for back problems.** More and more studies are proving that back surgery should only be used as a last resort when all other methods have failed. According to Dr. Zummo, "it's natural for people to try to tough it out and get on with their lives when back pain begins. Some people hope if they ignore it long enough, it will go away. It's a common misconception that if it gets too bad, I can always have surgery to fix it. The reality is quite contrary to that, and what usually begins as a mild pain, eventually leads to chronic crippling pain years down the road that even surgery cannot reverse."

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Is Spinal Decompression Right For Me?

Patient's ask me all the time, "Does this really work?" Of course it works, but the better question would be "is it right for your individual case?" As Doctor's, we would like to help everyone, but unfortunately not every patient with a disc injury qualifies as a good candidate for this non-surgical option. Try this short self assessment. If you answer Yes to Any of the Following, then you may be a candidate for Non-Surgical Spinal Decompression and your long sought-after relief could be just a treatment away:

1. Do you suffer with chronic back or neck pain?
2. Do you have a Herniated or Degenerative Disc?
3. Are you tired of taking pain Medications?
4. Do you need answers/solutions for your pain?
5. Have you been told you need surgery?
6. Are you suffering from a failed back surgery?

Most people don't want back surgery. To have a surgeon cut you open to remove whatever they "think" is causing your pain is a drastic decision. Ask yourself, "What if they're wrong?" "What if my problem doesn't go away?" "What if it gets worse?"



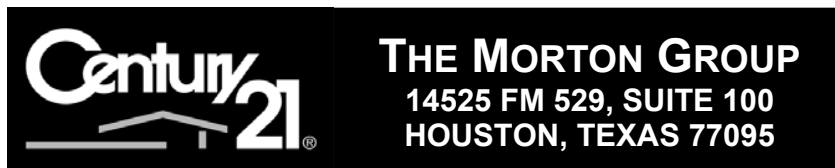
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Consequences Of Sleep Deprivation Can Add Up

Baylor College of Medicine

HOUSTON – (March 5, 2008) – Think you can get by on a few hours of sleep each night without any serious consequences? Think again.

Depriving yourself of sleep can have a detrimental effect on your overall health, said Dr. Shyam Subramanian, assistant professor of medicine at Baylor College of Medicine and a sleep expert.

“Research shows that several body functions are disturbed when you’re not getting enough sleep. This ranges from neuropsychiatric disruptions to general cardiovascular function,” he said.

Sleep deprivation can disrupt normal brain function and lead to short term memory loss, anxiety and even depression, said Subramanian. For someone who already suffers from a mood disorder, a lack of sleep can trigger more severe symptoms of the disorder.

Lack of sleep also affects how well the body functions. While you sleep, heart rate, blood pressure, adrenaline and platelet function slow down. Disrupting this slowdown can increase the risk of heart attack, stroke or blood clots, said Subramanian.

However, the body releases the hormones cortisol and leptin during slow-wave sleep, the period of deepest sleep. Cortisol regulates the immune system and plays a role in glucose regulation. The risk of diabetes and a poor immune system result with a lack of cortisol in the

body. Leptin plays a role in suppressing the appetite. Some research shows that sleep deprivation increases the risk of obesity and insulin resistance, a precursor to diabetes.

Insulin resistance is also a common symptom in women suffering from polycystic ovary syndrome. Women with polycystic ovary syndrome have fertility problems, irregular periods and weight gain, among other problems. Many women with this problem also stop breathing while they are asleep (apnea). For some, treating apnea relieves the symptoms of their disease, said Subramanian.

Signs of sleep deprivation include fatigue, falling asleep involuntarily throughout the day and constantly waking up at night, among others. Adults between the ages of 18 and 60 should get about seven and a half to eight hours of sleep each night. Children under the age of 5 years should get 11 to 12 hours of sleep each night. For each year after the age of 5, the number of hours of sleep needed will decrease by one.

Every hour of sleep you lose watching late night television or chatting on the phone will have an effect –the next morning and perhaps over your lifetime as well, experts say.



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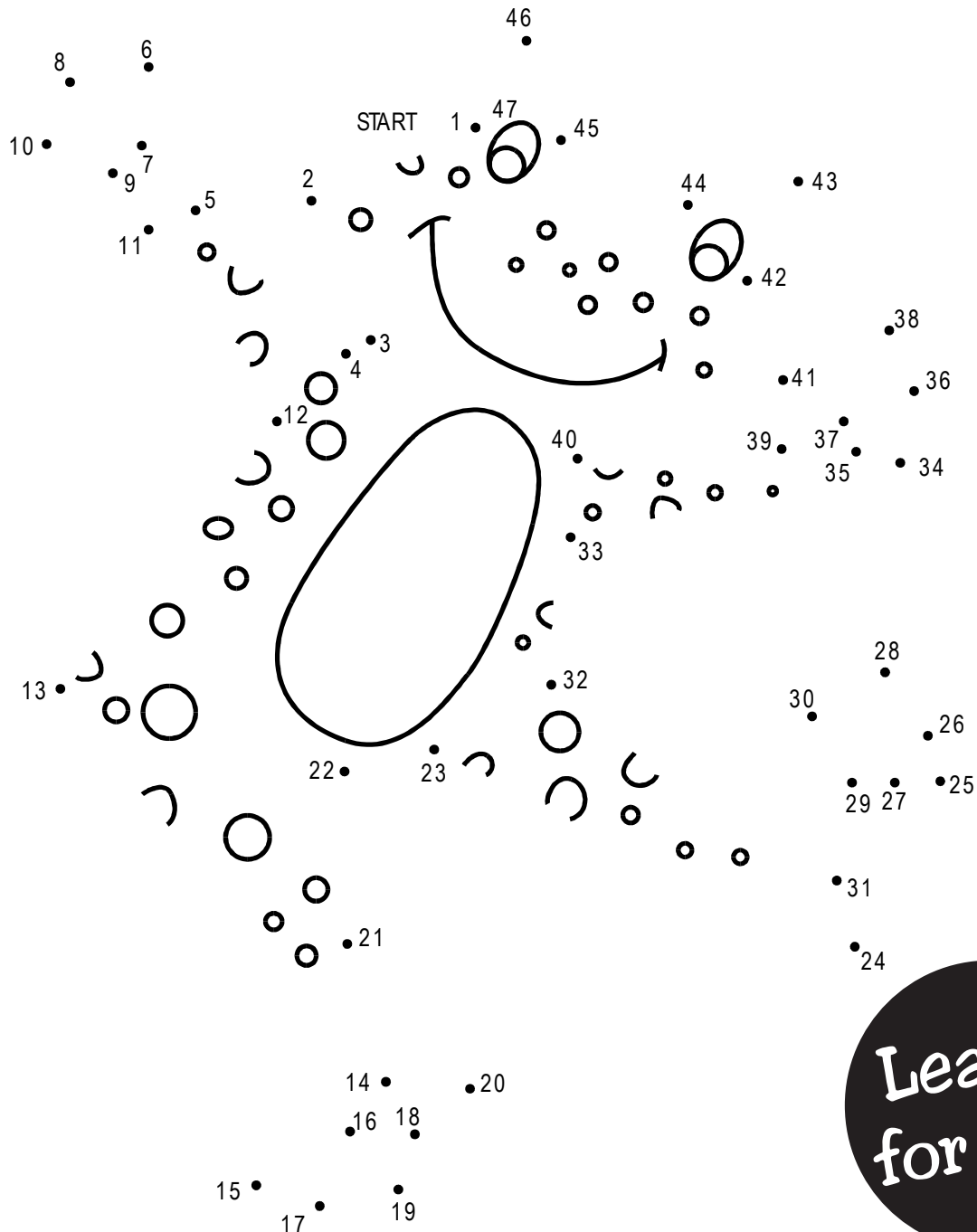


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Long term care: something to think about.

Submitted by Rich Keith

A recent Long Term Care National Poll revealed what people are thinking and doing about long term care. Genworth Financial reports from this poll that many people believe long term care is only for the very old and therefore are prone to ignoring the issues. But what are the important things to know about long term care?

The bottom line: Americans are not planning for possible long term care needs but are concerned about how they will pay for it. The vast majority of Americans are not prepared for the costs of long term care:

- Nearly 6 in 10 Americans (59% of survey respondents) are worried about being able to pay for long term care for themselves.
- 75% (3 out of 4) have made no preparations for their own or a loved one's long term care needs in case it is needed.
- Even if it meant saving \$25,000 a year, only 9% of respondents said they would place a loved one in a nursing home in another part of the state or in a neighboring state.

But the possibility of developing Alzheimer's disease motivates people to plan for LTC. 72% of respondents said that the possibility of developing Alzheimer's disease or another form of dementia is an important motivating factor in planning for long term care.

- The growing incidence of Alzheimer's disease is a motivating factor for long term care planning, especially for senior citizens. When informed of a new report that found Alzheimer's disease

prevalence has increased 10% in the last few years and that someone in America is diagnosed every 72 seconds, roughly half (49%) of survey respondents age 65 or older said the disease was a VERY important motivating factor in planning for long term care. In comparison, only 24% of seniors who were not informed of the recent Alzheimer's disease report were very concerned about being able to pay for long term care.

Consumers incorrectly believe the federal government or their health insurance will pay for their long term care needs

- Almost half of survey respondents (44%) incorrectly believe that Medicare or their private health insurance will pay for their long term care needs. Actually, health insurance and the federal Medicare program do not generally cover long term care.

People would prefer long term care in their home

- If given the choice between care in a facility such as a nursing home or an assisted living facility and care at home, 75% (3 out of 4) of respondents would prefer care at home.
- However, 43% of respondents incorrectly believe Medicare or their health insurance will pay for a home health aide.

Survey Information: The survey was conducted March 25-27, 2007 by Public Opinion Strategies. The poll of 800 registered voters across the country and has a margin of error of +3.46% in 95 out of 100 cases.

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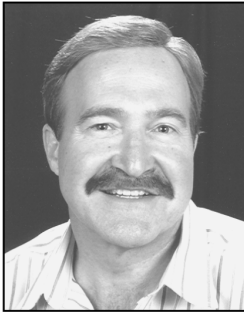


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