



LAKES

ON ELDRIDGE

Volume 11, Issue 4
April 2012

Official Newsletter
www.lakesoneldridge.net

APRIL YARD OF THE MONTH

Calloway & Cornelius Good Neighbor Program Welcome Spring!

With all the rain we have had over the past few months, many yards are looking beautiful with all of the vibrant flower colors. Now is the time to roll those sleeves up and beautify your landscaping! Congratulations to the following residents:

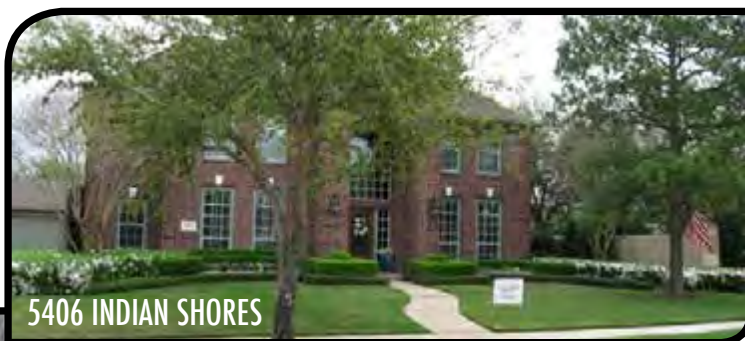
WINNER - VICTORIA BARBRE, 12903 CORAL CREST

WINNER - KIM and BARRY TREAS, 5406 INDIAN SHORES

HONORABLE MENTION - BETH & GEORGE MULQUEEN- 13118 SHERMONS POND

HONORABLE MENTION - MELISSA HUNZEKER- 5303 GREEN COVE BEND

*Congratulations to all of you for a job well done! Winners,
please allow 8 weeks for receiving your gift certificate from Cornelius.*



Timely Tips for April Gardeners

Celebrate Earth Day this month and go “green” with Cornelius Nursery. We offer many organic products to help you develop a “greener” environment. We also offer traditional solutions but for the gardener who is exploring the “greener” side here are a few ideas.

A successful garden begins with good soil. Organic material is important to the soil composition. It helps with drainage and increases the soil microbe population. Expanded shale is used to break up hard, compacted clay soils. Calloway's Organic Fertilizer contains seven food-grade meals and can be applied to your lawn and other plantings. Applying molasses will help stimulate microorganisms and energize your plants. Top dress your flowerbeds and containers with organic mulches. They not only break down slowly putting organic material back into the soil but, they also prevent weeds, conserve moisture and cool the soil during the heat of the summer. Other organic insecticides and fungicides are Neem Oil, Diatomaceous Earth and Insecticidal Soaps. These are products which are safe to use around pets and children. There are also beneficial insects available such as Ladybugs, Lacewings and Beneficial Nematodes! These guys will attack the pests and take care of them “naturally”.

*If you need specific help with your next gardening idea or project, please join us for **FREE** in-store gardening clinics this month. Clinics begin at 10:15 a.m. and are facilitated at every store.* (Continued on Page 2)

IMPORTANT NUMBERS

AMI	713-932-1122
Gate Attendant.....	713-937-8825
Waterfowl, Betty Burkett.....	713-302-9929
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)	
SouthWest Water Company	713-405-1750
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
CenterPoint (gas)	713-659-2111
Center Point (street light).....	713-207-2222
(give pole # of street which is out)	
Comcast.....	713-341-1000
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
Cy-Ridge High School	281-807-8000
Newsletter Publisher	
Peel, Inc.	advertising@PEELinc.com, 888-687-6444

LOE BOARD OF DIRECTORS

To contact a member of the Board of Directors, call Richard Lowstetter with AMI at 713-932-1122. Leave the number where you can be reached. Your message will then be forwarded onto one of the following board members:

Bronson Clay	President
Carlton Thorpe.....	Vice President
Heather Von Sternberg.....	Secretary
Cory Hammond	Treasurer
David King	At large

Visit the Association Website: www.lakesoneldridge.net

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Timely Tips for April Gardeners- (Continued from Cover Page)

- **Saturday, April 7: Proven Winners for Texas (10:15 a.m.)** - See the collection of superior varieties bred for Texas conditions, from Proven Winners®.
- **Saturday, April 14: Perennials-Old Friends (10:15 a.m.)** - Enjoy lasting gardens that come back every year. Learn to sequence bloom times to enjoy color throughout the year. See an array of the finest, from Monrovia® Growers.
- **Saturday, April 21: A Garden in Motion (10:15 a.m.)** - Celebrate Earth Day and create a garden that attracts butterflies and hummingbirds!
- **Saturday, April 21: Gardening Naturally (2:15 p.m.)** - Celebrate Earth Day and learn to create healthy, pest-free lawns and flower beds!
- **Saturday, April 28: Awaken Your Senses (10:15 a.m.)** - Explore the use of plants to excite vision, smell, sound, taste and touch!

For more information, visit www.calloways.com.

Hope to see you in the garden soon!

Lakes on Eldridge Dolphins Swim Team News

We hope that by now you have visited the team website and registered for the new season! Registration ended on March 31, and once again we had a great response. If you have, remember that LOEST cannot function without parent involvement, so each family will be required to fulfill a volunteer commitment.

Please mark your calendars for these upcoming events:

LOE DOLPHINS 2012 CALENDAR

April 23-27	Pre-Season Swim Clinic
April 30	Regular Practices Start
May 12	AWAY – Winchester Time Trials
May 14	Picture Day (No Regular Practices)
May 19	HOME – LOE “A” vs. LOE “B” Intra-squad Meet
May 26	AWAY – Spring Cypress
May 28	No Practices on Memorial Day
June 02	HOME – Fairfield
June 09	AWAY – Coles Crossing
June 16	AWAY – Wortham
June 23	DIVISIONALS – Location TBD

Please visit our website at www.loedolphins.org for the latest on the calendar and lots of other useful information! To contact one of the Board members by email, click on “About Us” at the upper left, then on “Board of Directors” near the bottom.



Mother's Day

PLANT & GIFT SALE

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Located in Brookshire, Texas, 40 miles west of downtown Houston, The Brookwood Community is a non-profit residential facility and vocational program for adults with disabilities.

We see every individual as a unique creation of a wise and loving God, deserving not only of our abiding patience and respect, but of boundless awe. We cherish diversity in all forms and eschew narrow-minded notions of normalcy.



WHEREVER LIFE MOVES YOU
CALL ON ME

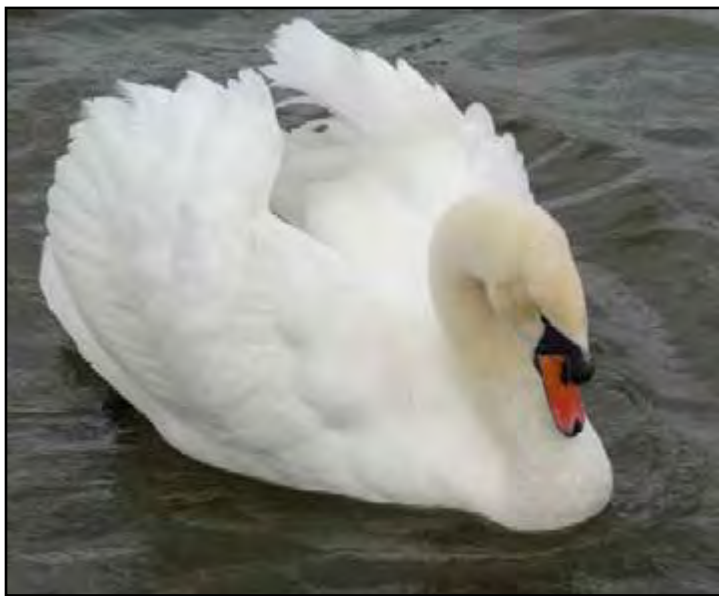
H E R I T A G E T E X A S . C O M



Lakes on Eldridge

Swans Can Be Dangerous!

This time of the year, Mother Nature provides our LOE swans with some common sense. It is for them mating, nesting, then egg-laying season, and they feel the need to protect their territory against predators including humans, dogs, and other 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. The pairs of swans that are old enough to produce young (cygnets) are normally gentle and can be fed while posing no threat. However, the males (cobs) will become aggressive and territorial in trying to protect their mate and their 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 do not attempt to feed him but stay away. In fact, walk to the other side of the street as he is in ATTACK position! Please warn your nannies and sitters not to stroll babies around the swans. We must try to remember that the swans are protecting their territory and readying it for their young. To antagonize, tease, throw objects at, or injure the swans is a felony and we need to be as cautious of them as they are to us. Thank you for your cooperation!



LOE Residents are World Class Sport Fishing Celebrities

Jerry and Deborah Dunaway, 12 year residents of LOE, are known worldwide for their accomplishments in deep sea fishing and, in particular, catching world records for "Big Fish" on light and ultra-light fishing tackle. All of their world records were awarded to them by the International Game Fish Association.

From 1985 through 2001, the Dunaways visited 18 different countries in their quest for world record fish. During that time frame they captured 48 world records: 18 for Jerry and an amazing 30 for Deborah. Most of these record catches were for Marlin, Sailfish and Swordfish – some of the largest fish in the oceans. Their record catches were made on Jerry's 48 ft. sport fishing yacht and for their home away from home, Jerry also owned a 110 ft. mother ship. The mother ship stocked up to 6 months in food and provisions and 48,000 gallons of diesel. This combination allowed visits to very remote locations.

Over 55 feature articles about the Dunaways have been published in various fishing and boating magazines and in 2005, each received IGFA World Record Lifetime Achievement awards. In 2006, Jerry and Deborah were both inducted into the Texas Salt Water Fishing Hall of Fame.

The IGFA has a very special club known as the "Billfish Royal Slam Club". This club is for any angler/fisherman that catches all nine species of billfish in the oceans. These species are Atlantic and Pacific Sailfish, Atlantic and Pacific Blue Marlin, Black Marlin, White Marlin, Striped Marlin, Swordfish and Spearfish. At present, only 23 anglers have qualified for this special club. Deborah is one of these anglers, but with a very special difference: She is the "only person in the world" to catch a world record in every one of the 9 species!



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INVENTORY IS LOW AND BUYERS ARE ACTIVE



Our market is alive and well and as we approach the end of the first quarter of 2012, inventory remains low. This leaves us with a list of buyers looking for that perfect home and no inventory to show. LOE in general has been very strong and the buyer/tenant interest is growing with each passing week which will get even better due the peak selling season.

I'd be happy to meet with you in person to discuss the market conditions and the value of your property. I look forward to hearing from you!!

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Lakes on Eldridge

BOOK CLUB

If you haven't read *How to be Lost* by Amanda Eyre Ward yet, the book club highly recommends it. We had a great discussion about this book. Now, we move on to more places and times. If you would like to join our literary journey, contact Celeste Fritz at celeste.fritz@gmail.com to find the location of each meeting.

UPCOMING MEETINGS

March 26 - *Year of Wonders* by Geraldine Brooks

This has been a national best seller and NY Times and Washington Post Notable Book. It tells the story of one small village in England dealing with the plague. When an infected bolt of cloth carries plague from London to an isolated village, a housemaid named Anna Frith emerges as an unlikely heroine and healer. Through Anna's eyes we follow the story of the fateful year of 1666, as she and her fellow villagers confront the spread of disease and superstition.

April 23 - *Up Country* by Nelson DeMille

The last thing Paul Brenner wanted to do was return to work for the Army's Criminal Investigative Division, an organization that thanked him for his many years of dedicated service by forcing him into early retirement. But when his former boss calls in a career's worth of favors, Paul finds himself investigating a murder that took place back in Vietnam thirty years before. Now, returning to a time and place that still haunts him, Paul is swept up in the battle of his life as he struggles to find justice.

May 23 - *The Cat's Table* by Michael Ondaatje

In Ondaatje's best novel since his Booker Prize-winning *The English Patient*, this richly characterized new novel begins at "the cat's table" of the Oronsay, where 11-year narrator Michael and his divorced mother share meals and the company of others as they journey from Sri Lanka to England. As the ship cuts its path on the high seas, young Michael and his youthful mealtime friends plot freewheeling adventures onboard. In quieter moments, he seeks the counsel and company of his warm-hearted older cousin Emily. Only later, when he jolts forward into adulthood do all the implications of this adolescent journey play out on his personality.

June 25 - *A Tale of Two Cities* by Charles Dickens

We celebrate the 200th birthday of Charles Dickens by adding a classic to our reading list. Perhaps one of Dickens' best novels, the book is set in London and Paris before and during the French Revolution. The novel depicts the plight of the French peasantry demoralized by the French aristocracy in the years leading up to the revolution, the corresponding brutality demonstrated by the revolutionaries toward the former aristocrats in the early years of the revolution, and many unflattering social parallels with life in London during the same time period.

Yoga Practice

After a long day, come stretch and unwind with some gentle yoga. No experience or flexibility needed except for a willing heart and open mind, and it is open to all residents free of charge. Wear comfortable clothing and bring a mat (borrowing mats are available at the class).

Upcoming meetings will take place at 7:30 pm in the Lakes on Eldridge Club House, on Tuesdays and Thursdays in April and May (except no class on May 15 and class by the pool weather permitting on May 22). Contact Jennifer Adams, adamsjenn@gmail.com and 832-628-5425 for more information.

New Study for Lakes on Eldridge Bible Study Group

Want to simplify and purify your devotion to Christ? Popular speaker and author of the "Becoming a Woman Of ..." series of Bible studies offers a fresh perspective from the Bible on how to find a simple, quiet spiritual peace in our hectic everyday lives in her book *Becoming a Woman of Simplicity*. The Lakes On Eldridge Bible study group began this study on March 27 and will continue until May 1, 2012. It is not too late to join. Just come to the Beach Club at Lakes On Eldridge on Tuesdays Mornings from 9:15-11:30 and enjoy fellowship, singing, scripture discussions, prayers, and refreshments.

The study guide costs \$10.00 and is available at the meeting. If you need additional information contact Stephanie @ leggettstephanie@ymail.com. We hope you will take time to come and deepen your devotion to our Lord.

CONSIDER CARRYING AN ID

Several years ago Mary, a LOE resident, went out for a run taking only a key to her house. Mary lived alone. While on the run, she collapsed probably due to a massive heart attack. Whoever found her did not know her. 911 was called, she was taken to a hospital and she died. Since she had no ID, no one was called. The next day her adult children knew something was wrong when she did not show up at a birthday party. They finally found her at the hospital but she was already dead. Please carry ID! Having an ICE(In Case of Emergency) listing on your cell phone may not help if the phone is password protected. People as well as pets need ID!

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Lakes on Eldridge

Butterfly Festival Fun for Family

Messiah Lutheran Church is hosting its annual Butterfly Family Festival on Sunday, April 22, 12-3:00 PM at 11522 Telge Road in Cypress. The event will include a barbecue lunch, a silent auction, a raffle, a live butterfly release, and games and activities for all ages. Raffle items include an iPad 2 and other popular electronics. The silent auction includes great items, large and small. There will be lots of free activities, including two free shows with a professional puppeteer and a chance to meet a clown and her friend! This year there will be an opportunity to view Messiah's staff locked in combat via sumo wrestling, and even participate if you choose!

The day's events will benefit Chrysalis, A Grace Place for Children, featuring a Christian preschool, after school, and summer camp programs. Chrysalis Christian Preschool admits students of any race, color, and national or ethnic origin. Bring the whole family to see the butterfly release, eat some great food, and have some fun! Craft booths are invited. Call 281-807-0764 or go to www.messiahlc.org for further information.

NW Flyers Track Club

The Northwest Flyers Track Club will host two free open house / registration sessions for all middle and high school athletes and their parents interested in joining for the 2012 season. The events will be held on Thursday, April 5, and Friday, April 20, from 7:00 – 8:30 PM at Cypress Creek High School, 9815 Grant Rd., Houston.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who currently compete on their middle school or high school track teams.

The club was founded 25 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. Last year, the Northwest Flyers sent 62 young athletes to compete at U.S. Junior Olympics National Championships in Wichita, Kansas and Myrtle Beach, South Carolina. Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442, or linette.roach@sbcglobal.net.



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Cypress United Methodist Church Donates Thousands to Local School

\$8K TO GO TOWARD ADAM ELEMENTARY'S (CY-FAIR ISD) RUNNING TRACK

People normally think of church as a place that accepts donations, but this week Cypress United Methodist Church is giving a donation of \$8,000 to Adam Elementary School to be used to complete their running track. The check presentation ceremony was Wednesday, February, 29, at 11:30 a.m. at Adam Elementary, 11303 Honeygrove, in Houston.

"Our theme for our Christmas Eve offering was 'Give It All Away,'" says Jerome Brimmage, Senior Pastor at Cypress UMC. "We felt led to give 100% of our Christmas Eve offering to support local and global missions. Locally, that portion of the money is going to Adam."

The track project at Adam has been in the works for eight years, but had stalled due to lack of funding.

Cypress UMC "adopted" Adam Elementary in 2011, and has been instrumental in providing backpacks, school supplies, and volunteers to help the students and staff at the school. The program has been so successful; other local schools have contacted Cypress UMC, to see if they can be adopted as well.



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Lakes on Eldridge

Cypress Christian School K-12 Spring Preview

On April 17, 2012 from 7-8:30 pm, prospective families will be given the opportunity to visit the campus of Cypress Christian School (at 11123 Cypress North Houston Road, Houston, Texas 77065) and gather information. The evening will include a general assembly and private tour. For information go to www.CypressChristian.org.

Northwest Houston Moms of Multiples Holds Sale

The Northwest Houston Moms of Multiples group is having their bi-annual Buy/Sell on Saturday, April 21, 2012, 7am-12pm. We will be selling every kind of baby gear, baby clothes, kids clothes, maternity clothes, toys, furniture, games, household items and more! Come see us at The KidsRKids parking lot, 10740 Barker Cypress, Cypress, Texas. 77433. Come early and bring cash! This is a Multiple Family sale with lots of great stuff. See you there!

Stitch & Chat

Members of Stitch and Chat meet every Thursday from 10 a.m. until 12 noon at the LOE Beach Club House. We knit, crochet, do needle point, embroidery, and counted cross stitch, plus mend items and sew on buttons that we have put off much too long. We make quilts for family members, shawls for cancer patients, and caps for newborn babies. We would love to have you join us for coffee and conversation. We would be happy to help you get started on any project that you have always wanted to do.

You do not have to be a resident of Lakes on Eldridge to join us. For more information contact: Catherine Spellings at CTSpellings@aol.com, or call 713-628-7083 or 713-896-1652.

Bunco Junkies

Members of Bunco Junkies meet & play at the LOE Beach Club House on the 1st Thursday of each month from 12 noon until 2 pm. We must have 12 players each month to be able to play. Please speak to your friends & neighbors and ask them to join us in this easy and fun game. Players do not have to be residents of Lakes on Eldridge to play.

For more information contact Catherine Spellings at CTSpellings@aol.com, or call 713-628-7083 or 713-896-1652.

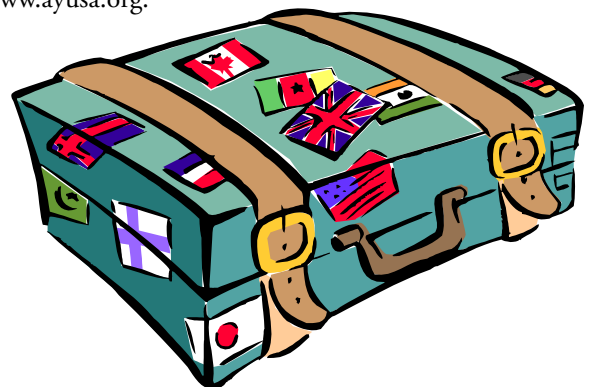


Travel the World without Leaving Your Hometown by Hosting a Foreign Exchange Student

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams. There is a way to give your children the world – without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State. Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family. Ayusa is currently accepting applications for families to host an exchange student for the [20XX-20XX] school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



TIME FOR A MARKET UPDATE!

Searching 12 months
prior to 12/14/2011

	LOE			LOEN		
	# Sold	DOM	\$/ft.	# Sold	DOM	\$/ft.
3 Bedrooms	2	47	\$109.03	6	47	\$122.06
4 Bedrooms	38	50	\$106.92	53	84	\$111.85
5+ Bedrooms	7	86	\$114.08	13	67	\$112.65
1 Story	7	25	\$114.45	17	67	\$119.88
2 Story	40	61	\$106.97	55	81	\$110.67
Without Pool	24	47	\$105.06	43	86	\$106.49
With Pool	23	64	\$111.23	29	66	\$122.27
Built 1990-1999	42	54	\$106.33	3	78	\$113.69
Built After 2000	5	62	\$122.80	69	78	\$112.81
Never Lived In	0	0	-	0	0	-
1500-2000 sq. ft.	0	0	-	0	0	-
2000-2500 sq. ft.	1	26	\$111.22	0	0	-
2500-3000 sq. ft.	14	48	\$104.85	9	47	\$116.65
3000-3500 sq. ft.	16	52	\$106.17	24	81	\$112.81
3500-4000 sq. ft.	6	60	\$111.03	22	85	\$109.84
4000-4500 sq. ft.	10	43	\$115.11	12	79	\$114.80
4500+ sq. ft.	4	113	\$111.29	5	84	\$114.69
Waterfront	1	8	\$115.00	1	165	\$153.57
Waterview	2	24	\$123.50	1	68	\$118.44
Cul-de-sac	25	60	\$106.55	25	73	\$115.65
Other	19	54	\$108.10	45	79	\$110.26

All information obtained from HAR mls data.



*Wishing you and yours
a prosperous 2012!*

DANIELLE GEBARA

Resident of Lakes on Eldridge North

832-788-6002

danielle@dgebbara.com

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**NOT AVAILABLE
ONLINE**

Tips for a Diet that promotes Healthy Teeth

Of course we all know that a healthy diet is good for our bodies, but did you know that what you eat affects your teeth as well? Here is a list of simple ways you can improve your oral health by paying close attention to your diet. Brushing and flossing are vital to keeping your teeth healthy, but what you eat and drink in between your daily cleaning rituals also plays an important role in your oral health.

Plaque – an invisible, sticky layer of bacteria – regularly coats your teeth. When the starches and sugars present in many foods come into contact with this bacteria, acid is produced. This acid breaks down the enamel that protects the outside of your teeth, and over time can cause tooth decay. If you choose your foods wisely, you can decrease the amount of acid that attacks your teeth. Here are some diet tips for keeping your teeth healthy:

Limit foods and drinks that are high in sugar, like cookies, candies and sodas – remember even unsweetened fruit juices are high in sugar. **Read packaging labels** to find out how much sugar is included, and make educated choices in the products you purchase. **Limit dried fruits**, which are sticky and cling to the teeth – instead, eat fresh fruit, especially apples, which serve as natural tooth cleaners.

Avoid snacks between meals – but if you must snack, replace sugary treats with crackers, cheese, yogurt, nuts, and celery or carrot sticks, which produce less acid. If you do drink sugary liquids (soda, sports drinks, juices), **avoid sipping slowly** over a long period of time as this extends the period that acid attacks your teeth.

If you're a regular coffee or tea drinker, **reduce or eliminate added sugar**. If your children snack at school, be sure they have **access to healthy snacks** (veggies, fresh fruits, cheese) instead of packaged foods that are high in sugar. If you occasionally treat yourself to a sugary snack, **brush your teeth afterwards** to reduce the acid effect – if you aren't near a toothbrush, **rinse with water or chew a piece of sugarless gum** to stimulate saliva, which helps clean your teeth.

Your diet also affects your overall health, which helps determine how well your body can fight off infection. If you aren't getting certain nutrients, the tissues in your mouth may not be as resistant, leaving you more prone to periodontal (gum) disease.

If you have any questions about your diet and its effect on your oral health, let us know. We'll be happy to guide you toward healthier eating habits.

Submitted by Dr. Flury



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Early Packing List: When to Get Travel Vaccinations

PLANNING AHEAD IS THE KEY TO SAFE, HEALTHY GLOBE-TROTTING

Submitted by Laura Guerrero, M.D., medical director for The Austin Diagnostic Clinic's Travel Clinic

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended, and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."



THE RIGHT VACCINE AT THE RIGHT TIME

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero. Recommended vaccinations will also depend on where you are traveling. The CDC lists vaccine information about specific destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

"We will update your shot record so we know what vaccines you should be receiving," says Dr. Guerrero. "And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure." As far as required vaccinations

go, international health regulations currently only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

"Even if you do not get your travel vaccines in time, it's always a good idea to see your doctor before you travel abroad because you can still benefit from medications and other information about how to protect yourself from illness and injury while on vacation in another country," adds Dr. Guerrero.

HEALTHY TIPS WHILE ABROAD

Once you have followed the vaccination schedule exactly, there are many other health considerations to take into account, Dr. Guerrero says. If you are taking prescription medications, for example, make sure you bring enough to last your entire trip and that you keep them stowed in their original containers. It's also a good idea to bring medicine for diarrhea, and to be cautious about drinking from local water supplies or eating things like raw seafood or other uncooked items.

"Part of ensuring a memorable travel experience abroad is making sure you are prepared for any potential health situations," explains Dr. Guerrero. "For example, if you have a preexisting health condition, it's always a good idea to know what your emergency care options are if something were to happen abroad. By taking the proper health planning measures, your trip of a lifetime can be filled with good memories instead of bad ones."



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RECIPE OF THE MONTH

Carrots au Gratin

Ingredients

- 2 lbs. carrot, sliced
- 1/8 tsp. pepper
- 1/2 Cup chopped onions
- 1 1/2 C milk
- 1/4 Cup oleo, divided
- 4 oz. processed
- 3 T. flour
- American cheese, cubed
- 1/2 tsp. salt
- 1 T. dried parsley

Cook carrots until tender crisp. Drain. In saucepan saute onions in 3 T butter. Stir in flour, salt, & pepper. Gradually add milk and bring to boil. Cook for 1 minute or until thickened. Stir in cheese until melted. Add carrots and parsley. Pour in greased 2 quart baking dish. Melt remaining butter and pour over carrots. Bake at 350° 20-25 minutes or until bubbly. (8-10 servings)

Enjoy!

CROSSWORD PUZZLE

ACROSS

1. Abbreviate (abbr.)
5. Mom
9. Rubber cement, for example
10. Confuse
11. Snaky fish
12. To that time
13. Residential district
15. East southeast
16. Freedom
18. Firearms
21. Extra-sensory perception
22. Group of four
26. Ooze
28. Move gently
29. Singing voice
30. Level
31. Sulk
32. Marrow

DOWN

1. Gets older
2. Type of cheese
3. Flower start
4. Ensue
5. Males
6. Not before
7. Slightly wet
8. Awry
10. What a gum chewer blows
14. Troublemaker
17. Believe
18. Vermin
19. Small island
20. Chine
23. Praise
24. Afloat
25. Indent
27. Cut grass

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