



LAKES

ON ELDRIDGE
NORTH

Volume 5, Issue 3

March 2006
Official Newsletter

LOEN Ladies Club

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

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

Our latest events include:

Angels on LOEN

Angels **on** LOEN is a community service group within the LOEN Ladies Club. We are on call to provide short term assistance to our neighbors in need. You can call and ask for help or nominate someone you know. Do you have a newborn and would like some meals provided? Has a death or illness



in the family forced you to leave town suddenly and you need help getting the paper, walking the dog, watering the plants? Could you use a meal when you return? If you're laid up and could use some help with carpool or picking up groceries, we would love to help. **REMINDER: When nominating someone for Angels assistance, please provide their full name, street address and phone number so we can contact them promptly. Thank you!** We'll take it from there! Contact angel coordinator Jeanne Markham at 713-291-9676.



Book Club

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

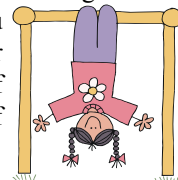
Bridge

The LOEN Evening Bridge Club met for the second time at the Maduskar home on Feb. 3, 2006 We again had a good turn-out, 3 tables, and everyone had a very nice time, although some got better cards than others. The next event will be March 3 at 7:00 pm at the home of the Balls.

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

Children's Play Groups

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



Infant Playgroup Events:

March 10th - 10:30am Hostess: Haddley and Brooke Obenhaus

March 22nd - 10:30am Hostess: Brandy and Ashlyn Pence

Contact the Playgroup Leaders for more fun events!

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

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

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

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

(Continued on Page 2)

Lakes on Eldridge North

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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
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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
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Truitt Middle School	281-856-1100
Cy-Falls High School	281-856-1000
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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Submit at www.PEELinc.com

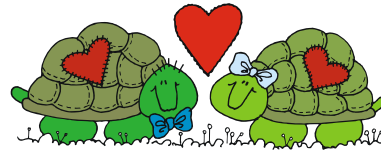
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Vanmor Properties, Inc. Contacts

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Facsimile - 281-493-5654

LOEN Ladies Club - (Continued from Page 1)



LOEN Couples Dinner Club

Join your neighbors and friends for an evening out.

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

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

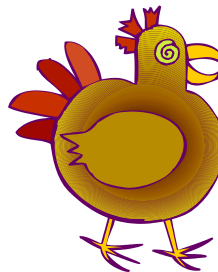
Reagan Vickich - 713-896-8133 reaganvickich@hotmail.com

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

Girls Night Out

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

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



Chickless Hens

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

LOEN Family Fest-2006

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

Ladies Club General Meeting

March 28th 7 PM, Recreation Center Club House.

All LOEN Ladies Welcome!

Come for a visit, meet your neighbors and get involved in your community.

View the
Lakes on Eldridge North
Community Newsletter each month
on-line at www.PEELinc.com

SPRING IS AROUND THE CORNER!

Here are some garden tips to help you get the most enjoyment out of your outdoor living space!

- Prepare beds for planting flowers.
- When purchasing perennials, try to buy them while not in bloom.
- Fertilize newly planted perennials with a slow-release product in spring or fall.
- Newly planted perennials should receive one inch of water a week during the growth season, either from rain or through irrigation.
- Mulch garden beds 2 to 3 inches deep with an organic mulch.
- Mulch around trees to reduce mower injury and conserve moisture, but be sure to keep mulch pulled back from the base of the tree.
- Newly planted trees and shrubs will need a total of one inch of water a week during the growing season. During periods of drought, water trees deeply every 10 days.

Keep in mind Spring is one of the most active times in Real Estate! Let me know if you are contemplating a move.

Ann Knoche

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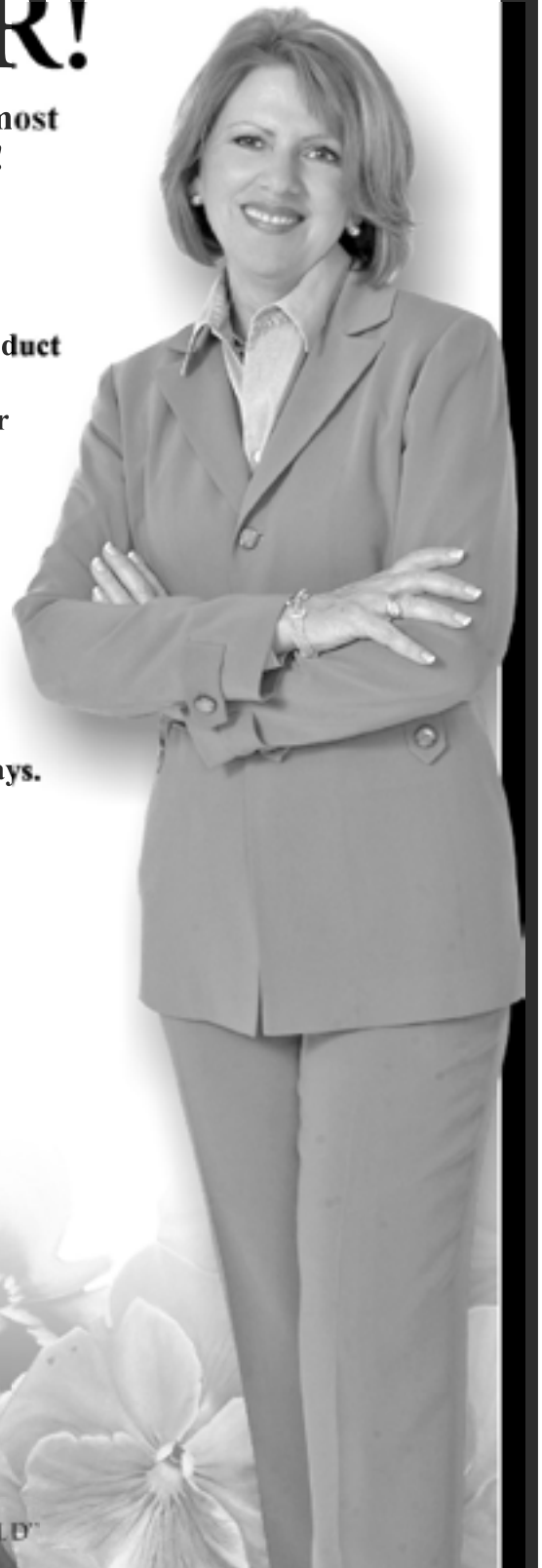
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Thyme Out for Gardening: March Gardening Notes

March is another busy month in the garden as we enjoy our brief period of spring weather and try and prepare our landscapes for the impending summer heat. If your shrubs and perennials need pruning and you weren't able to get to them in February, go ahead and check that task off your list in March. Azaleas should be pruned immediately after they bloom, before they set their blooms for next year. Fertilize azaleas at the same time with either an azalea formula or your favorite organic products.

Spring blooming roses should also be pruned back as they finish their blooming cycle. If you missed the traditional day for rose pruning, Valentine's Day, go ahead and cut them back now. Most repeat-blooming antique and Earthkind roses can be cut back by up to a third just about anytime during their growing season with few ill effects other than a little interruption in the bloom cycle. My 'Mutabilis' rose usually needs trimming 4 times a year.

Check your roses for aphids this spring, and watch for them on hibiscus and other perennials. With our "even milder than usual" winter this year, I suspect that we'll have even higher than normal numbers of aphids, scale, and mealy bugs in our landscapes. Healthy plants, including antique roses, will usually be able to grow through their bug problems with the help of lady bird beetles and other beneficial insects who feed on the true pests. If an infestation does seem to be getting out of control, try an integrated pest management (IPM) approach as we've discussed before. First identify the pest, then use the least toxic treatment necessary to achieve your desired level of pest control. Start with something as simple as manually removing the pests and squashing them or washing the pests off of your plants with a strong blast from the water hose. If you need something a little stronger, citrus oil, neem oil, or insecticidal soap should take care of the problem. Please read and follow all product label instructions carefully!

Ornamental grasses should be cut back to about 2 inches above the ground – they'll grow in again quickly. If your clumps of grasses have gotten too large or thick for their location, dig up the clump, divide it, and replant a portion of the clump in the same location. Most plants can be transplanted easily this month while the weather is still a little on the cool side. Adding a handful of compost to the planting hole and water well to add nutrients to the soil and help get your plants off to a good start. Keep watering and fertilizing your winter annuals as most of them can look attractive for another month

or two. If you planted violas, they'll probably continue blooming until the first of June and set seeds that will sprout next spring.

It's not too late to try planting some leaf lettuce or arugula seeds in a pot or in your flower beds – lightly rake the seeds in and make sure the area doesn't get too wet or too dry. The seeds should sprout fairly quickly and if you sow seeds every couple of weeks, you should enjoy salads through the end of May. Tomatoes and peppers can also be planted this month – just be on the lookout for a late frost and be prepared to cover the plants if necessary.

If you have a water garden, the end of March is a good time to clean it and divide and repot your water plants. String algae can be a problem during the spring months – keep it pulled out of your water garden and consult a water garden specialist about algae control products.

Add compost and mulch to your flower beds as needed to maintain a 2 to 3 inch layer around your plants' roots. This will nourish your soil, reduce water loss, and help reduce the weed population. Remember to avoid those mulch volcanoes – don't mound mulch or compost up on the trunks and stems of your plants.

Also remember that you shouldn't fertilize your lawn until it is actively growing – the rule of thumb is to wait until you've cut real grass, not weeds, twice. If you fertilize before the grass is actively growing, the grass will not be able to utilize the nutrients and the excess could end up washing down the storm sewers. At best, you will have wasted your money and at worst, contributed to the run off pollution that is damaging our waterways. I hope to further discuss lawn care in next month's column because it's an important topic from an environmental standpoint and because it's one thing that everyone in the neighborhood has in common.

Some birds started building nests in February, while others will start nesting over the next month or two. They'll be looking for construction materials in the form of twigs, pieces of vines and grasses, leaves, and even dog hair. You can help the birds by simply leaving some of these materials in your landscape when you trim your plants or remove dead stems and foliage. You can even create a small brush pile in an out of the way location so that the birds can pick and choose their favorite materials. If you insist on a pristine garden with nary a twig out of place, then place the materials in a basket and place it on your patio or hang it in a tree – the birds will find it!

Because of weather conditions and the life cycle of the imported red fire ant, April, May, October, and November are the months when fire ant control measures are the most effective. To help you decide what fire ant treatments are best for your landscape this year, Harris County entomologist Paul Nester will be speaking to the LOEN Gardening and Nature Club on Wednesday, March 8, 2006 at 7:00 p.m. If you're interested in attending, please send me an e-mail and I'll let you know where we're meeting.

Until next month, happy gardening!

By Lisa M. Rawl, TMG & TMN; lmrjkk@earthlink.net; All rights reserved.

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Lakes on Eldridge North

Students at Cypress Christian Collect “Pennies for Patients”

K-5th grade students at Cypress Community Christian School recently collected donations for the Leukemia & Lymphoma Society. They raised a total of \$3,396.58! All of the monies donated will be utilized right here in Houston. Hopefully, there will soon be a cure for these diseases: leukemia, lymphoma, melanoma, & Hodgkin's disease. A special thank you to everyone for their contribution!

The mission of Cypress Community Christian School is to “academically prepare students from Christian homes with a biblical worldview to take their place in the world as servants for Jesus Christ.” Service projects like “Pennies for Patients” and other community projects help to encourage students to make a difference in the lives of others both now and throughout their lifetime.

If you have a service project in which our students could get involved, please email Lynnette Anderson at landerson@cccs-hou.org. Cypress Community Christian School is located at 11123 Cypress N. Houston Rd. at Jones Road and serves families of K-12 students in northwest Houston. For more information, call 281-469-8829 or www.cccs-hou.org.

School Art Gallery Featuring Houston Area Artists

The Branch School is featuring local professional artists and jewelry artisans in a gallery format called “Art and Soul.” The gallery opening fundraiser will take place on Saturday, April 1st from 5 – 9 p.m and will continue on Sunday, April 2nd from 11:30 – 3:30 p.m. Branch School Art teacher Brandee Delaney says, “We feel this is a wonderful opportunity to feature local professional artists in a manner that both supports the arts and benefits the school.” Houston artists will be selling works in a variety of mediums including traditional and abstract oils, watercolor, surreal imagery, pottery, and one-of-a-kind designer jewelry. A portion of the proceeds will benefit The Branch School, a 501(c) (3) non-profit organization. The school is located north of I-10, on 1424 Sherwood Forest, 77043, between Wilcrest and Kirkwood. For information contact Martha Baker at 713-465-0288.

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*What creature can fly straight up like a helicopter?
Hmmm...a hummingbird.*

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Texas Events - March

1-12—HOUSTON: *An Infinite Ache* Taking its title from a Pablo Neruda poem, this play chronicles a love that spans 60 years. www.stagetheatre.com 713/527-0123

1-19—HOUSTON: Houston Livestock Show & Rodeo Combines world-class livestock and horse shows with action-packed rodeo and star-studded entertainment. Kicks off with the rodeo parade. All 20 championship rodeo competitions are concluded with entertainment by music superstars. Reliant Park. www.rodeohouston.com 832/667-1000 or 713/629-3700

1-19—PORT ARTHUR: Pat Kyser Quilt Exhibition Museum of the Gulf Coast. www.museumofthegulfcoast.org 409/982-7000

1-26—HOUSTON: Cowboy, Craft of the American West Exhibition at the Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848

1-Apr. 23—HOUSTON: *Eva Hesse Drawing* The exhibition features about 100 of the artist's finished drawings, as well as examples of her early drawings, major examples of Hesse's reliefs of 1965, a group of sculptural works and several "test pieces." The Menil Collection. www.menil.org 713/525-9400

1-May 7—CLEAR LAKE AREA: *Robots & Us* Meet the lifelike, intelligent machines known as robots — passionately created to maintain and extend human capabilities. Space Center Houston, 1601 NASA Road. www.spacecenter.org 281/244-2100

2—GALVESTON: *Broadway Jr.* Combining entertainment and education in one production, this performance introduces Volume One of Music Theatre International's condensed versions of genuine Broadway classics. Begins at 7 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or

409/765-1894

2—WHARTON: Sheriff Association Annual Wild Game Dinner Begins at 6 p.m. Crescent Fair Grounds. 979/532-15502-4, 9-11—LAKE JACKSON: *Cabaret* Live theater production. Brazosport College. 979/265-7731

2-5—FULTON: Oysterfest This salute to the oyster industry features plenty of food, entertainment, and arts & crafts. Fulton Navigation Park. 361/790-8362

3—GROVES: First Friday in Groves Celebration Lincoln Avenue. www.grovescofc.com 800/876-3631

3—ORANGE: *The Trip to Bountiful* Lutchter Theater. www.lutchter.org 409/745-5535 or 800/828-5535

3-4—ALVIN: AYLAA Youth Rodeo Begins at 7:30 p.m. AYLAA Arena, off FM 517 on CR 351. www.aylaa.org 281/388-1129

3-4—BRAZORIA: Brazoria Heritage Celebration Hours are 7 a.m. to 5 p.m. Old Brazoria Elementary School. 979/798-9250

3-5—BEAUMONT: 26th Annual Golden Triangle Home Show Ford Park, 5115 I-10 S. 409/951-5400

3-5—HOUSTON: Swan Lake Presents a spectacular new version of this ballet. Wortham Theater Center. www.houstonballet.org 713/227-2787

3-5, 9-11—VICTORIA: *Deathtrap* Shows are 8 p.m. plus a 2 p.m. Sunday matinee. Leo J. Welder Center for Performing Arts. www.theatre victoria.org 361/576-6277

4—ALVIN: Museum Gala & Silent Auction Hours are 6:30 to 9:30 p.m. St. John the Baptist Catholic Church Parish Hall. 281/331-5559

4—ALVIN: Phi Theta Kappa Arts & Crafts Show Hours are 9 a.m. to 3 p.m.

(Continued on Page 9)



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Lakes on Eldridge North

Texas Events - (Continued from Page 8)

- Alvin Community College, 3110 Mustang Road. 281/756-3784
- 4—GALVESTON: Horton Foote's *The Trip to Bountiful* Carrie Watts revisits her hometown in the low farmland of the Texas coast where she makes some discoveries. Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894
- 4—HOUSTON: Go Wild Enrichment Day Enjoy a rare opportunity to see a variety of environmental enrichment and training activities. Hours are 10 a.m. to 3 p.m. Houston Zoo. www.houstonzoo.org 713/533-6500
- 4—HUMBLE: NatureFest '06 Listen to noted speakers on birds, butterflies and wildflowers. Includes educational booths, touch tank, live birds of prey and live reptile exhibits, guided walks, pontoon boat tours and more. Hours are 9:30 a.m. to 4 p.m. Jesse Jones Park. 281/446-8588
- 4—MANVEL: Naked Rib Smokehouse Car Show Hours are 6 to 10 p.m. 19405 Hwy. 6. 281/489-1000
- 4—ROSENBERG: Railroad Festival Includes model railroad layouts, miniature train rides, gift and craft vendors, pony rides, petting zoo, shooting gallery, demonstrations, re-enactments of train robberies, carnival games, face painting, children's crafts, art contest and more. City's Historic Downtown District. www.rosenbergmuseum.org 281/633-2846
- 4—SURFSIDE BEACH: Irish Costume Contest Begins at 6 p.m. Stahlman Park. 979/233-2200
- 4—VICTORIA: Portraits: Art in Music with Dr. Jason Kwak, Piano Begins at 8 p.m. Victoria College Auditorium. www.victoriasymphony.com 361/576-4500
- 4-5, 11-12, 18-19, 25-26—KEMAH: March Music Madness Features live music. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880
- 4-5, 18-19—BEAUMONT: Academy Baseball Tournament Ford Fields, 5115

- I-10 S. 409/951-5400
- 4, 7, 10, 12, 16, 18, 24, 26—HOUSTON: *Send (Who are you? I love you) & La Voix Humaine (The Human Voice)* Houston Grand Opera showcases the operatic and Houston debut of four-time Tony winner Audra McDonald. Wortham Theater Center's Cullen Theater. www.houstongrandopera.org 713/228-6737 or 800/626-7372
- 9—BEAUMONT: Tony Waag's Tap City Backed by a trio of jazz musicians, the Tap City dancers perform innovative and original material. Begins at 7 p.m. Jefferson Theater, 345 Fannin. 409/835-5483
- 9, 11-12, 17-19—HOUSTON: Dance the World Round Includes a world premiere by Houston Ballet Associate Choreographer Christopher Bruce, Western Symphony choreographed by George Balanchine and Stanton Welch's Indigo. Wortham Theater Center. www.houstonballet.org 713/227-2787
- 10-11—SPRING: Old Town Spring Christian Music Festival Offers four stages of entertainment with local church groups, regional headliners and statewide talent. Includes children's events, Christian vendors and more. Hours are 6 p.m. to midnight Friday and noon to 10 p.m. Saturday. Preservation Park in Old Town Spring. www.oldtownspring.com 281/350-6678
- 10-12—BEAUMONT: Monster Jam Ford Arena is the site for maximum destruction when 10,000-pound monster trucks roll into town. Shows are 8 p.m. Friday and Saturday and 2 p.m. Sunday. 409/833-7747 or 713/629-3700
- 10-12—HOUSTON: River Oaks Garden Club Azalea Trail Features four private homes and gardens, as well as Bayou Bend, Rienzi and the River Oaks Garden Club Forum of Civics Building and Gardens. Hours are 11 a.m. to 5:30 p.m. www.riveroaksgardenclub.org 713/523-2483
- 10-Apr. 23—HOUSTON: FotoFest 2006 Includes photography exhibitions, art installations, film and video, portfolio reviews for artists, fine print

(Continued on Page 10)



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Lakes on Eldridge North

Texas Events - (Continued from Page 9)

auction, workshops and forums. E-mail: info@fotofest.org • www.fotofest.org 713/223-5522 ext. 19

10-May 7—HOUSTON: *David Levinthal: Blackface* Taking hundreds of photographs of objects, Levinthal has explored the many facades and characteristics of black memorabilia, creating a useful tool for researching, composing and rethinking the image of blacks in America. The Menil Collection. www.menil.org 713/525-9400

11—SURFSIDE BEACH: St. Patrick's Day Parade Begins at 1 p.m. Surfside Beach City Hall. 979/233-2200

11—WEST COLUMBIA: Brazoria County Bluegrass Concert Begins at 7 p.m. American Legion Hall, 213 N. 14th St. www.westcolumbia.org 979/265-4757

11-12—BEAUMONT: AFA Tournament Ford Fields, 5115 I-10 S. 409/951-5400

12—HOUSTON: Vienna Philharmonic Orchestra Begins at 2 p.m. Jones Hall. www.spahouston.org 713/227-4SPA

14-26—HOUSTON: Disney's *Beauty & the Beast* Hobby Center for the Performing Arts, 800 Bagby. www.tuts.com 713/558-TUTS or 888/558-3882

17—CLEAR LAKE AREA: Gulf Greyhound Park — Irish Stakes Race The best "Irish" greyhounds in Texas race during a daylong St. Patrick's celebration. www.gulfgreyhound.com 800/275-2946

17—GALVESTON: Tim Conway & Harvey Korman — *Together Again* Best know for their crazy skits from the Carol Burnett show, Conway and Korman share a rare comedic rapport. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

18—CLUTE: Brazosport Art League Gallery Opening: People's Choice Center

for the Arts & Sciences. 979/265-7971

18—FULTON: Harriet's Trash to Treasure Bazaar Enjoy baked goods, variety of white elephants, arts & crafts, antiques and collectibles. Hours are 8 a.m. to 3 p.m. Fulton Mansion State Historic Site. 361/729-0386

18—GALVESTON: *Die Fledermaus* — Helikon Opera Light-hearted story of revenge taken for a practical joke played years before. Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 409/765-1894

18—GALVESTON: St. Patrick's Day Bike Parade With parent's help, kids, age 12 and younger, decorate the bikes then parade through the campgrounds. Begins at 10 p.m. Galveston Island State Park. 409/737-1222

18—PORT ARTHUR: Taste of Gumbo Bob Bowers Civic Center. 409/727-3392 or 409/982-7716

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

18-19—FREEPORT: Texas Joy Ride Rod Run Freeport Municipal Park. 281/444-8680

18-19—HOUSTON: 17th Annual Auto Swap Meet Features more than 800 dealers with more than 1 million car parts and accessories, plus all types of classic and antique cars and trucks on display. Traders Village. www.tradersvillage.com 281/890-5500

18-19—SPRING: SpringFest 2006 Stroll along the streets, sample Texas wines and foods and shop the "art walk," featuring Texas artists. Old Town Spring. www.oldtownspringtx.com 281/288-2355 or 800/653-8696

19—LA PORTE: 23rd Annual Fords of the '50s Old Car Show & Picnic See hundreds of classic cars, none newer than 1980 models. Gates open at 8 a.m. San Jacinto Battleground State Historic Site. For registration, call David Jackson at 281/599-7920. www.fordsofthe50s.com 281/479-2431 or 281/599-7920

19—ORANGE: *Die Fledermaus* Lutchter Theater. www.lutchter.org 409/745-5535 or 800/828-5535

24—ALVIN: Seventh Annual Men Who Cook Begins at 6 p.m. Joe's Banquet Center. 281/331-5559

24—ORANGE: *Thoroughly Modern Millie* Lutchter Theater. www.lutchter.org 409/745-5535 or 800/828-5535

24-26—HOUSTON: Bayou City Art Festival This juried fine art event transforms Memorial Park into a magical gallery of 300 acclaimed artists from around the world. Enjoy music, entertainment and a variety of artistic media. Hours are 10 a.m. to 6 p.m. Memorial Park. E-mail: bayoucityartfest@aol.com • www.bayoucityartfestival.com 713/521-0133

25—WHARTON: Harley Benefit Fun for Morning Glory Ranch Features a poker run through Wharton County starting at the Wharton Courthouse and ending at Morning Glory Ranch. 979/453-5557

25-26—GALVESTON: *Thoroughly Modern Millie* The Grand 1894 Opera House. www.thegrand.com 409/765-1894

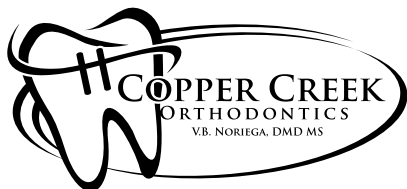
25-26—HOUSTON: Woodland Heights Home Tour Woodland Heights is one of the oldest neighborhoods in Houston, and it celebrates its 99th birthday in March 2006. The home tour focuses on the original bungalow-type homes and remodeling efforts. 832/814-9808

25-26—NURSERY: Trader Days Sixth Annual Antique Truck & Tractor Show Hours are 8 a.m. to 5 p.m. Saturday and 9 a.m. to 5 p.m. on Sunday. Hwy. 87, eight miles northwest of Victoria. 361/578-8484

31—BEAUMONT: Symphony of Southeast Texas — Pops Begins at 7:30 p.m. Jefferson Theater. 409/892-2257 or 888/849-7678

31-Apr. 1—GALVESTON: Missoula Children's Theatre — *Robin Hood* Casting 50-60 local area youth, MCT shapes the young talent into an original musical adaptation sure to please kids of all ages. The Grand 1894 Opera House, 2020 Postoffice St. www.thegrand.com 409/765-1894

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Normal Acetaminophen Dosage Can Trigger Liver Failure In Alcoholics

Baylor College of Medicine

HOUSTON — (Feb. 10, 2006) – It only takes a few pain pills to do life-threatening damage to your liver if you drink too much alcohol, say liver experts at Baylor College of Medicine (BCM) in Houston.

The equivalent of two or more alcoholic beverages daily, coupled with poor eating habits that reduce nutrition, greatly increases the risk of liver failure when the common pain reliever acetaminophen is used, according to Baylor Liver Health director Dr. John Vierling.

“These people may have lesser ability to detoxify acetaminophen and a greater likelihood of producing toxic byproducts even if they take acetaminophen for the right indications and do not exceed the maximum recommended doses,” said Vierling, also professor of medicine and surgery at BCM.

Acetaminophen, the active ingredient in hundreds of over-the-counter pain relief medications and fever reducers, can cause liver toxicity when daily doses exceed the maximum recommended four grams, or the equivalent of eight extra-strength Tylenol® tablets. Those who regularly consume alcohol or have a poor diet, however, should limit their acetaminophen intake to two-and-a-half grams per day, says Vierling.

According to Vierling, the best solution is prevention, which starts with improved public education about acetaminophen. Roughly half of all acute liver failure cases in the United States are now caused by acetaminophen overdoses, accounting for an alarming increase over the frequency a few years ago. Children are especially vulnerable to acetaminophen overdosage.

“One form of pediatric formulation may contain much higher amounts of acetaminophen than the next,” said Vierling. “People must read the labels carefully to be sure the dose being given is safe. Adults also must be more aware that acetaminophen is often found in prescription pain killers and over-the-counter cold remedies, which can lead to unintentional consumption of excessive amounts.”

In severe cases of liver failure caused by acetaminophen, liver transplantation may be the only life-saving hope, but even urgent transplantation is not always possible because the availability of donor livers is limited and some patients may become too ill to undergo transplantation.

Nevertheless, recent advances in intensive care of patients with acetaminophen liver failure have improved outcomes without transplantation by stabilizing the patient long enough for the liver to regenerate itself.

Vierling says that many patients with acetaminophen-related liver failure who might have required transplantation in the past are now surviving without the operation because of these advances in care.

“Acetaminophen can kill a large portion of liver and place a patient on death’s door, but with advanced intensive care, many, but not all, can be stabilized long enough to rebuild their liver without a transplant,” said Vierling. “We hope that future advances will make it possible for all patients with acetaminophen liver failure to survive with transplantation.”

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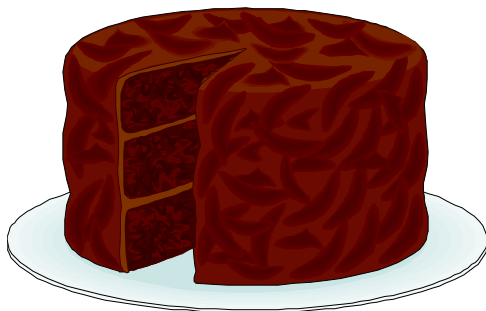
Lakes on Eldridge North

Recipe of the Month

Earthquake Cake

- 1 cup coconut
- 1 cup chopped pecans
- 1 - 2 layer pkg. German chocolate cake mix
- 8 ounces cream cheese, softened
- ½ cup melted oleo
- 1 - 1lb. pkg. confectioners sugar

Sprinkle coconut and pecans in greased and floured 8 x 14" cake pan. Prepare cake mix using package directions. Pour into pan. Beat cream cheese and oleo in mixing bowl. Add confectioners sugar; mix well. Pour over batter. Bake at 350° for 45 minutes or until cake tests done. Yield 15 servings.



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Cy-Fair College "Perspective"

Land Tejas Donates \$352,000 to Cy-Fair College Nursing Program

With a recent generous \$352,000 donation from Land Tejas Companies, developer of Canyon Gate Communities and Stone Gate, Cy-Fair College will be able to expand its Associate Degree Nursing Program to include additional nursing faculty and more than triple student admission. The donation distributions of \$176,000 in 2006 and \$176,000 in 2007 will be used to fund three additional nursing faculty members and will allow the ADN program to raise the number of students admitted from 30 to 100. For information on the Associate Degree Nursing Program, go to www.cy-faircollege.com.

Admissions and Financial Aid Sessions Set

Cy-Fair College will hold two high school student and parent information sessions in the College Center Conference Center rooms 152 and 153. This semester's last general admissions information session set at 7 p.m. and a general financial aid information session set at 8 p.m. will be presented in English April 12 and in Spanish April 13. Call 281-290-3200 for details.

Free Tax Preparation Assistance Available

Free tax assistance is available at the Cy-Fair College Branch Library, located at 9191 Barker Cypress Road, with AARP volunteers from noon to 4 p.m. every Wednesday and Thursday through April 13 in the library, room 131. Taxes will be filed electronically. For information on what documentation to bring, go to <http://cfclibrary.nhmccd.edu> and click on free tax assistance under news and activities.

Join the Great Decisions Series Discussions

Cy-Fair College's Foreign Policy Association and Windows on the World sponsor the Great Decisions panel discussion series this spring. The series continues Wednesday, March 8, at noon, with a discussion on energy supply and consumption as well as Wednesday, March 29, at 7 p.m. with a discussion on Turkey seeking membership in the European Union. This series is held in the Conference Center, room 152. For information, call Paul Cooke at 281-290-3246 or Buck Buchanan at 281-290-3919.

Check out the String Orchestra

The Cy-Fair College String Orchestra will perform "Music of the French Impressionists" at 7:30 p.m. Monday, March 6 in the Main Stage Theatre at the Barker Cypress campus. Tickets are \$5 for general admission and \$3 for students and seniors. Call 281-290-5201 for information.

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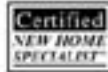
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Lakes on Eldridge North

The Ideas of March

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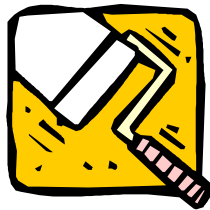
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The Ideas of March Word Search

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CABBAGE	CELEBRATE	CLOVER
PUB	SPRING	CORNBEEF
GOLD	GREEN	SHAMROCK
POTATO	IRELAND	IRISH
LEPRECHAUN	PINCH	SAINT
LUCK	PARTY	



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Flexible Benefits

We take part in aerobic activity to improve our cardiovascular endurance and burn fat. We weight-train to maintain lean muscle tissue and build strength. Those are the two most important elements of a fitness program, right?

Actually, there are three important elements. Often neglected is flexibility training. That neglect is regrettable, because flexibility training:

- Allows greater freedom of movement and improved posture
- Increases physical and mental relaxation
- Releases muscle tension and soreness
- Reduces risk of injury

Some people are naturally more flexible. Flexibility is primarily due to one's genetics, gender, age and level of physical activity. As we grow older, we tend to lose flexibility, usually as a result of inactivity rather than the aging process itself.

The less active we are, the less flexible we are likely to be. As with cardiovascular endurance and muscle strength, flexibility will improve with regular training.

Stretch for success

Before stretching, take a few minutes to warm up as stretching cold muscles can cause injury. Begin with a simple, low-intensity warm-up, such as easy walking while

swinging the arms in a wide circle. Spend at least 5 to 10 minutes warming up prior to stretching.

When performing any stretch:

- Start each stretch slowly, exhaling as you gently stretch the muscle.
- Try to hold each stretch for at least 10 to 30 seconds.



Avoid these stretching mistakes:

- Don't bounce a stretch. Holding a stretch is more effective and there is less risk of injury.
- Don't stretch a muscle that is not warmed up.
- Don't strain or push a muscle too far. If a stretch hurts, ease up.
- Don't hold your breath.

Fitting stretching into a compressed schedule

Time constraints keep many people from stretching. Some complain they just don't

have time to stretch; others hurry out of their fitness classes before the cool-down exercises are completed. Ideally, at least 30 minutes, three times per week, should be spent on flexibility training. But even a mere five minutes of stretching at the end of an exercise session is better than nothing. And all aerobic activity should be followed by at least a few minutes of stretching.

Here are some tips for fitting stretching into an overstuffed schedule:

1. If you don't have time to sufficiently warm up before stretching, try doing a few stretches immediately after a shower or while soaking in a hot tub. The hot water elevates muscle temperature enough to make them more pliable and receptive to stretching.
2. Try a few simple stretches before getting out of bed in the morning. Wake yourself up with a few full-body stretches by pointing the toes and reaching the arms above your head. This can clear your mind and help jump-start your morning.
3. Take a stretching class such as yoga or tai chi. Scheduling a class will help you to stick with a regular stretching program.



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