

ATASCOOCITA Forest

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SNAKE BITES A CONCERN AS WEATHER WARMS UP

Warmer weather coaxes snakes out of hiding, and it's important to know what to do after a snake bite, according to a medical toxicologist at Baylor College of Medicine (www.bcm.edu).

"Many people don't realize how much of an issue snake bites are in this area of the country," said Dr. Spencer Greene, director of medical toxicology and assistant professor of medicine – emergency medicine at BCM. "In fact, our regional poison center reported 235 snake bites – including 148 from known venomous snakes – in the Houston area in 2012, and I am sure many more are going unreported".

According to Greene, the first step is avoidance.

"Never reach into a hole or a bush blindly, a snake may be resting there," he said. "It is also important to maintain an appropriate distance from a snake. Most pit vipers, which include rattlesnakes, copperheads and water moccasins, can strike at a target up to two-thirds of their body length when provoked."

If you are bitten by a snake, Greene suggests the following important steps:

- Stay calm.
- Call 911 immediately to be evaluated.
- Take off anything that is constricting the affected area, such as a ring or watch.
- Position the affected area at or above heart level. This means that if you are bitten on the hand, bring it to heart level, and if you're bitten on the leg or foot, elevate it if possible. This minimizes the amount of local tissue damage and swelling, which is the most common finding in pit viper bites.

- Go to the emergency room – the sooner the better.

Greene also dispels several myths about treating snake bites and suggests heeding the following advice:

- Do not apply a tourniquet or a constriction band.
- Do not apply ice; it can cause local tissue damage.
- Do not apply heat.
- Don't cut the affected area and attempt to suck the venom out – this increases the amount of local tissue damage.

- Don't use a commercially-available extraction device. These have also shown to be ineffective in removing venom and actually increase the amount of tissue damage.
- Don't use electrical therapy.
- Don't apply any type of lotions or ointments.

The management of snake bites has changed over the years and the newer type of anti-venom has proven to be very effective in reducing pain, bleeding complications, swelling and tissue damage, Greene says. Although anti-venom has been shown to have the maximum effectiveness within the first 12 hours of the bite, it can still be effective a few days after the bite.

At the hospital, physicians will determine if anti-venom and hospital admission is necessary.

"Ideally, patients should be evaluated by a medical toxicologist with experience in managing snake bites," Greene says.

If a patient requires anti-venom, he or she usually spends one or two days in the hospital. After hospital discharge, patients will need to follow up twice a week for two weeks to watch for any signs of recurrent toxicity.



ATASCOCITA FOREST

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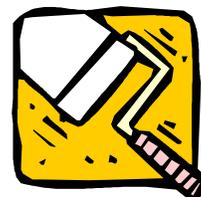
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HOA dues must be up to date to obtain a pool pass.

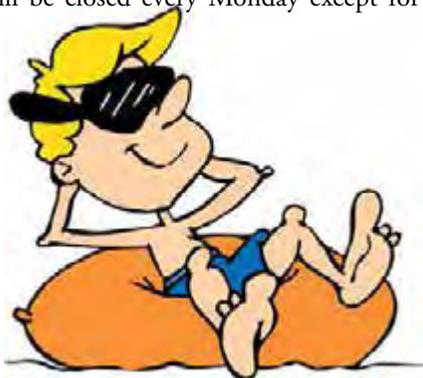
POOL SCHEDULE & HOURS

Open from May 27th to September 2nd

Tuesday – Saturday: 12pm to 7pm

Sunday: 1pm to 7pm

The pool will be closed every Monday except for holidays for maintenance.



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A photograph of a woman with her hair in a bun, wearing a blue and white striped tank top, smiling broadly while holding a young child. The child is wearing a yellow shirt with a colorful pattern and is also smiling. The background is a soft-focus outdoor setting.

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TRASH DAY ONLY: MONDAY

TRASH/RECYCLE: THURSDAY



Please Recycle by using your approved blue container or your own receptacle with the provided decal from the Waste Management company.

Recycle pick up is every Thursday!

Let's keep our neighborhood looking great by placing your containers out the night before pickup and by bringing them in the same day after pickup.

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# CONTROL YOUR WEIGHT, MINIMIZE CANCER RISK

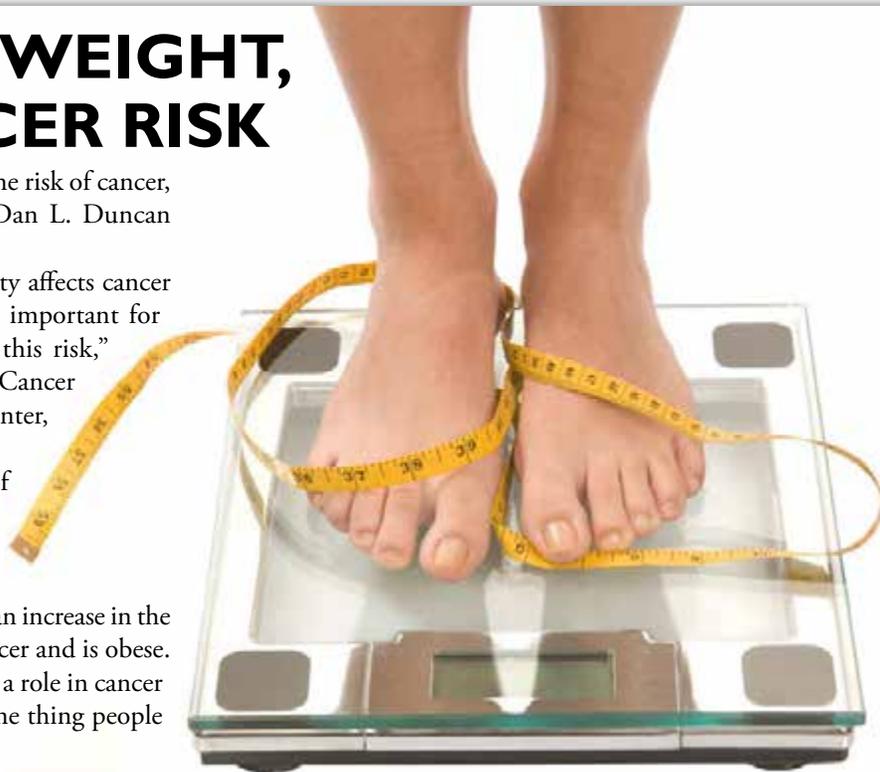
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.



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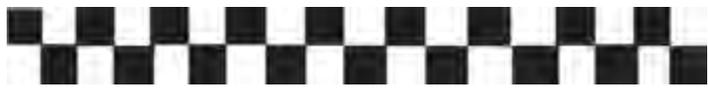
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# Ground Beef Gyros

## HEALTHY RECIPE



### Ingredients

- 1 (8 ounce) container plain yogurt
- 1/3 cup chopped seeded cucumber
- 2 tablespoons finely chopped onions
- 1 garlic clove, minced
- 1 teaspoon sugar

### FILLING

- 1 lb lean ground beef (I use ground turkey)
- 1 1/2 teaspoons dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt (optional)
- 3/4 teaspoon pepper
- 4 pita breads
- 3 cups shredded lettuce
- 1 large tomato, chopped
- 1 small onion, chopped

### DIRECTIONS

1. In a bowl, combine first 5 ingredients
2. Cover and refrigerate
3. In separate bowl, combine ground beef and seasonings.
4. Mix well.
5. Shape into 4 patties.
6. Grill, covered, (you can also use a toaster oven or broil these) over medium to high heat for 10 to 12 minutes or until meat is no longer pink, turning once.
7. Cut patties into thin slices.
8. Stuff into pitas.
9. Add lettuce, tomato, and onion.
10. Serve with yogurt sauce.



# SUMMERTIME is the BEST TIME to LEARN!



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- Are your child's grades starting to fall?
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- Have you noticed that your child shows an increasing lack of confidence and/or motivation?
- Has your child lost interest in learning?
- Does your child exhibit anxiety before tests?
- Are you worried about the STAAR Test?
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