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Functional Fitness for Everyone at CrossFit Unity Seabrook

By now you've probably heard something about CrossFit. Maybe your friends tell you how they are "addicted" to CrossFit.

What? You may wonder. How can anyone become addicted to a workout system that shares principles with strength and conditioning programs used by police academies, military special operations units, champion martial artists, and elite and professional athletes?

"For an exciting and rewarding fitness transformation, please bring a friend and drop in. Once you try our brand of fitness you will immediately realize what you have been missing. Whatever your fitness goals, we can deliver."

-M. Shaun Holt MD, Founder of CrossFit Unity in Seabrook

THE ANSWER: CrossFit delivers fitness that is broad and inclusive—and life rewards this kind of fitness. The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. These same routines are used for elderly individuals with heart disease and top athletes.

"The CrossFit definition of fitness scales load and intensity, drawing upon three models that describe all parameters of human movement, coordination, development, and health," says sports medicine physician M. Shaun Holt MD, founder of CrossFit Unity Seabrook. "It merges elements of physical

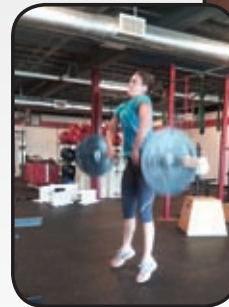
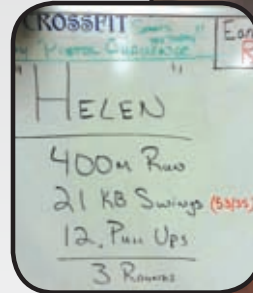
performance, development, and training into a comprehensive world class program."

At CrossFit Unity it's not just about getting bigger muscles or losing weight. It's about comprehensive fitness: increasing your strength, endurance, flexibility, power, speed, balance, and coordination. CrossFit workouts focus on functional movements using multiple muscle groups and they employ nearly every compound exercise on the planet:

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If you want to get stronger, you will. If you want to lose weight, you will. If you love variation, learning new things, a good challenge, and are ready to get your blood and sweat pumping, experience for yourself what the CrossFit buzz is all about!

You'll find a helpful family of friends at CrossFit Unity. And, CrossFit Unity features air conditioning, locker rooms, showers, and a room for kids to play during your workout.



Thanks to the positive reception given to CrossFit Unity by the Bay Area community, our facility has expansion plans in the works. Watch for more about the buildout of an additional 3600 square feet for a state-of-the-art strength and conditioning platform.



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YOU and YOUR TEETH

A Four-Part Series on ORAL HEALTH and DISEASE PREVENTION



In this informative series, we plan to discuss many aspects of dental treatment and oral health. Our goal is to help you become more aware of your mouth and teeth health, as well as how they look and feel. We will cover topics in a general manner, focusing on your interests and questions about everything from fears to fillings; brushes to braces; cavities to crowns; and x-rays to implants.

By Dr. Stacie Holt and Dr. Tracie DeVault

We begin our series with one of the most important aspects of dentistry—PREVENTION.

Why should you choose preventive dental care? Your teeth should last a lifetime! Regular preventive care can help you enjoy a lifetime of good dental health; one that is free of toothache pain or other dental discomforts. Your dental health affects your general health. A

A healthy mouth, with well cared for teeth, enables you to chew properly, speak clearly and smile confidently.

healthy mouth, with well cared for teeth, enables you to chew properly, speak clearly, and smile confidently.

By caring for your natural teeth, you are contributing to your general

wellbeing and enjoyment of life.

Remember, dental care is not expensive, but dental neglect is!

Preventive procedures begin on your very first visit to the dentist. You will probably have a full series of dental radiographs (x-rays) and photos taken. These give the dentist valuable information about the current condition of your teeth and their surrounding bone. The radiographs show existing fillings and decay, missing or extra teeth, as well as teeth that are present in the bone but remain un-erupted or

possibly impacted. The photos show fractures, defective or missing fillings, wear facets, and any abnormal findings in your soft tissues. The dentist combines information from your radiographs and photos with information from examining your mouth to diagnose existing and potential problems. Your dentist will discuss these with you and create several treatment options to restore your mouth to optimal health.

It is important to see your dentist regularly for exams which can detect: (1) very early decay (so it can be repaired before unnecessary tooth destruction occurs); (2) periodontal disease (disease of the gums and bone that surrounds the teeth); (3) developmental problems in children's teeth or jaws; (4) oral cancer. (Oral cancer is usually painless and often the patient is unaware that it has developed. Yet most oral cancers, if detected early, can be cured. Your dentist is trained to evaluate the tissues in your mouth and tongue to detect cancer in its earliest stages.)

Your regular dental "recare visit" will depend upon your needs. It usually includes a complete exam, teeth cleaning and x-rays as needed. A thorough dental exam every six months is recommended for most people with healthy mouths; however, your dentist will suggest a recare schedule based on the conditions in your mouth.

Join us next month, as we continue our series on Oral Health and Disease Prevention.

COSMETIC AND FAMILY DENTISTRY

Stacie L. Holt D.D.S.
Tracie L. DeVault D.D.S.
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About Dr. Holt, Dr. DeVault, and Your Perfect Smile

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**PUBLISHER'S
 MESSAGE**

Water and Wellness

Dear Friends and Readers,

I admit it. Some issues are just more fun than others—and this is one of them! Since I migrated south from the Midwest over 30 years ago, I have become completely enamored with life on the Texas Gulf Coast. And one of my favorite things our proximity to Galveston Bay offers is the amazing oyster!

Like many, I was reluctant to try one in the beginning and will never forget my first raw experience. My husband cut the slimy blob in half to make it less intimidating. Big mistake! Have you ever seen the inside of a raw oyster? Even less appetizing than the look of the whole creature! But my inner adventurous foodie won out, and I was hooked.

Since that day I've learned a lot about oysters, and the waters that produce them. It's important that we all increase our awareness about the Gulf, the smaller bodies of water that feed it, and the freshwater that is vital to our health and survival. Our Annual Water Issue is an informative one that aims to increase our understanding of the value of this precious resource.

Our waterfront community is huge. Our medical community is second in size only to the Texas Medical Center. And with the opening of Clear Lake Regional Medical Center's new patient tower, the availability of world-class healthcare services has grown tremendously. I always enjoy working with this group of professionals and I believe you will as well (p. 18).

Water and wellness go hand in hand. One of my favorite Gandhi quotes reminds us of this: "What we are doing to the oceans and the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another."

Drink up, jump in, and never take this liquid treasure for granted!

Thanks for reading,

Carla Medlenka

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Photo by Jack Tyler

A special thanks to Tommy Tollett for always including me at his annual Oyster Fest (Tommy's Restaurant and Oyster Bar). So much fun learning about and comparing oysters from different Galveston Bay reefs. And the Trefethen Chardonnay is the perfect oyster partner! (More on p. 50.)

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(Workforce Readiness Series Part III will continue in our August issue)



By Dr. Farid Noie

PROHIBITION *Never* WORKS

Drug addiction and incarcerations increasing in spite of the war on drugs

Last month there was another explosion of violence on the streets of Chicago. According to police reports, on June 18, dozens of people were shot in a matter of hours in the city’s drug hot spots. Many were killed execution style. Chicago, one of America’s greatest cities, has become as deadly as during the Al Capone era—experiencing the deadliest gang-related gun violence in 70 years. Chicago is not alone. Illegal drug use has now spread to every city and neighborhood, small or large. It is reaching epidemic levels despite all efforts by the DEA and other government agencies.

Drugs and the prison system

The overall crime rate in the U.S. has been declining steadily over the last 30 years. It would be reasonable to assume that less crime translates into fewer incarcerations, right? Wrong. Our prison population has ballooned to over two million inmates. In fact, no other country in the world has imprisoned so many of its citizens. How could this be? Another statistic may help solve this puzzle. Petty, drug possession-related arrest and conviction has increased three-fold during the same 30-year period. Never mind the staggering cost of keeping so many people

imprisoned (each prisoner costs tax payers over \$48,000 annually). After being released from prison, most of these otherwise ordinary and functional citizens have a hard time integrating back into society. They have far fewer employment opportunities due to their criminal record and interruption in work history. These factors combined push them further into an illegal world. Statistics show that over 60 percent of released prisoners end up back in prison within two years.

Substance-involved inmates comprise a large portion of the prison population. Illegal substance use also plays a role in the commission of other crimes: Approximately 16 percent of people in state prison and 18 percent in federal prison reported committing their crimes to obtain money for drugs. Additionally, the huge expense of incarceration reduces the resources available for investment in social structures like education and healthcare.

Our drug policy effects Mexico

Our prohibition of “soft” drugs, such as marijuana, has helped to create ruthless Mafia-style gangster cartels across the border in neighboring Mexico. These cartels have become more powerful than

most of the countries where they operate. According to the most recent survey by media watchdog groups, Mexico has become the fourth deadliest country, topped only by battle-plagued Syria, Somalia, and Pakistan.

Mexico has become the fourth deadliest country, topped only by battle-plagued Syria, Somalia, and Pakistan.

The majority of Mexicans face daily struggles to survive under a government that is often absent and corrupt. Lack of quality employment opportunities, plus the highest level of insecurity since the Mexican Revolution, provide ideal recruiting tools for drug cartels.

When asked why his government is not capable of rooting out the drug cartels, President Calderón of Mexico replied, “We have the misfortune of being next-door neighbors of the world’s largest consumer of illegal drugs and the largest manufacturer and distributor of legal assault weapons.”

From bad to worse

Crystal meth is a highly-addictive form of amphetamine. →

The views in this and other op-ed pieces do not necessarily reflect the views of Communities Creating Change magazine and are solely the opinion of the authors. We welcome your opinions and viewpoints as well. Please post them at the end of any article at www.ChangeMediaOnline.com.

The use of this drug is rising and the Association of Chief Police Officers (ACPO) predicts that it will reach epidemic levels soon. Meth was first made at the turn of the 20th century in chemistry laboratories in both Japan and Germany for use in medicine. Due to its highly addictive nature, its medical and clinical use was discontinued. Meth increases the level of dopamine in the brain by blocking dopamine re-uptake, prolonging dopamine activity. A large percentage of crystal meth can remain intact and active in the body for up to 12 hours. Meth is as dangerous as heroin. It can be “cooked” in an average household kitchen using over-the-counter ingredients like laundry detergent and lighter fluid. Meth cooks are learning from past misfortunes and becoming more cautious and cooking more pure crystals. In short, methamphetamine is cheaper, more easily obtainable, more addictive, and more potent than anything coming cross the border. Central American and Mexican cartels have begun manufacturing it in large scale.

Conclusion


History has shown us over and over again that prohibition does not work. The law of demand and supply has proven to be stronger than legally enforced prohibition. It did not work for alcohol or

prostitution, and it is obviously not working for mind-altering drugs either. The recent rumor of a ban on assault weapons led to record gun purchases and a sharp increase in gun prices. While I don’t advocate the use of any hallucinogenic drugs, I strongly believe we must be smart about dealing with this serious crisis. Over 40 years ago, Nixon declared an all-out war on drugs, yet drug use has been steadily increasing.

As a doctor, I have witnessed the crippling effects of both meth and prescription drugs on patients in my practice. Our current policy is simply not working. Albert Einstein reminds us that doing the same thing over and over again and expecting a different result is pure insanity. Maybe it’s time for a new approach. Six states have recently legalized some form of cannabis use and have already witnessed a drop in crime rate and a surplus in their budget.

I would love to hear your thoughts on this matter. 🍷

Dr. Noie has been in private practice in the Bay Area since 1996. He is a diplomate of the Int’l Congress of Oral Implantologists, Fellow of the Academy of General Dentistry and Assoc. Fellow of the American Academy of Implant Dentistry. He has completed his surgical training at New York University as well as the Medical University of South Carolina, Temple University and Wright State University School of Medicine. He completed his oral Anesthesiology training from the University of Alabama at Birmingham. He is a member of the American Academy of Cosmetic Dentistry.




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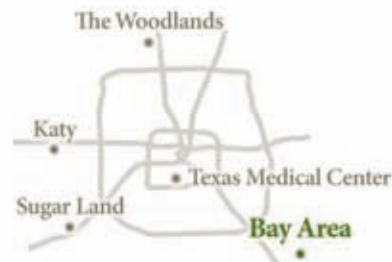
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<p>Job Search Seminar Series 2 pm-4 pm, thru July 30 Marge Jacobson Community Room Freeman Library 16616 Diana Ln, Clear Lake City 281.488.1906x132 mtanega@hcpl.net</p>	<p><i>Mark your calendar for</i> Hurricane Preparedness Seminar July 13, 11 am-1 pm Lakewood Yacht Club 2425 NASA Pkwy Free to the public 281.474.2511</p>	 <p>"Intro. to Windows 7" Class Begins HAL-PC Senior Learning Center Nassau Bay Call 281.333.1111</p>	<p>Bay Area Breast Friends Support Group Meets 6-8 pm Bay Area Regional Care Center 18100 St. John Dr Ste 320 713.745.2396</p>	<p>Summer Youth Program Presents "Robin Hood" July 9-13, 11 am July 13-14, 2 pm Clear Creek Community Theater Nassau Bay Tickets: 281.335.5228</p>	<p><i>Register for the</i> Lunar Rendezvous Honeywell 5K Run July 19 at 7:30 am at Space Center Houston Early registration \$18. T-shirts, refreshments for all participants www.signmeup.com, jay@ontheruntx.com</p>	<p>Shrimp Boil Benefiting The Rose 4-8 pm Pasadena Convention Center Live music, homemade desserts Tickets: www.therose.org</p>
<p>Galveston Arts Center presents Rock City Kelly O'Connor's large-scale collages and totemic sculptures Artwalk thru Aug. 18 409.763.2403 kellianna@galvestonartscenter.org</p>			<p>Riedel Red Wine Glass Seminar Exquisite wine-tasting experience 7 pm Lakewood Yacht Club www.wiredin.cc 281.380.3893</p>	<p>Project Reachout 10 am-12:30 pm Spirit & Truth World Outreach Church 522 W Nasa Pkwy www.stwoc.org www.jesstree.net</p>		
<p>Lunar Rendezvous Festival Sunset Service "Moonlight Over the Bay" 6 pm at University Baptist Church 16106 Middlebrook Kathy Arnold at kfa@swbell.net</p>	<p>Lunar Rendezvous Festival Fashion Show "Love You to the Moon" 10:30 am San Luis Convention Center Ballroom Galveston Tickets: joni@adimpressionsinc.com</p>		<p>Second Chance Pet Adoptions at JSC Federal Credit Union 10 am-2 pm 1330 Saturn Lane bday@jscfcu.org</p>	<p>Ladies Casting for Conservation Fishing Tourney Crystal Beach on Bolivar Peninsula Competitive fishing to benefit Galveston Bay Foundation Debby Ward at 713.598.8338 or GBF at 281.332.3381</p>		
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PERSONAL PURSUIT of HAPPINESS

Declaring your freedom means you choose to be happy...or not



By Harry Steven Lazerus

It's the Fourth of July this month. We celebrate the independence of our country. Last month, I wrote about the disconnect between the noble words of the Declaration of Independence and the actual situation in the colonies seeking their freedom. This month, I

sing the praises of one phrase in particular from that amazing document.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among

these are Life, Liberty and the pursuit of Happiness.”

Equality for all men (later expanded to include women) is necessary to have a just and peaceful society. But one can also have equality in a society of enforced conformity—where men’s dreams are routinely crushed. One can find equality in a prison, whether that prison is a building with actual bars or an entire country where the deadening hand of the state serves as the equal opportunity jailer of all.

Among the listing of unalienable rights is Liberty. But what is meant by liberty, by freedom? These are broad concepts. By 1776 the English philosophers Thomas Hobbes and John Locke had already offered competing definitions of liberty. The Bible itself has several references to Liberty.

In Leviticus, for example, it says: “Proclaim Liberty throughout all the Land unto all the Inhabitants thereof.” But that is within the context of the Jubilee Year, its laws and statutes, the freeing of slaves and the return of property to its original owner. The New Testament also has references to Liberty. For example, James 1:25: “But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.” Here liberty means remembering God’s Word and doing His work.

The Declaration of Independence, though the work of a philosopher and not a religious leader, has a status similar to the Bible in that it is one of the foundational documents of a whole society. And that declaration, in the third unalienable right listed, gets to the heart of what freedom means: The pursuit of happiness.

It is this clause, as much as the earlier equality statement in the Declaration, or the limits on government imposed by the Constitution, which has led to such an explosion of freedom in this country. It is the idea that the pursuit of happiness is a fundamental human right that has fueled the drive to open the gates of freedom and opportunity to all Americans, including those for whom those gates had been slammed shut.

And here is the crux of the matter. The pursuit of happiness is a right that can only adhere to and be exercised by the individual. This is what has made the individual the center of American society and government.

Only you can know what will make you happy. That is your responsibility and no one else’s. It is an awesome responsibility. It is the essence and the →

The freedom to fail and recover is one of the gifts this country gives to its people; it flows from the right of the individual to pursue his own happiness.



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burden of freedom. It can lead to great fulfillment or terrible alienation. It allows a man to succeed spectacularly or fail miserably.

It also allows a man to reinvent himself after failure. Not once, but many times. One of the best speeches I ever heard was the commencement address given by Senator John McCain at my daughter's graduation from the University of Pennsylvania in 2001. He said:

"There are a great many second, third, and fourth acts for Americans in all walks of life... Indeed, our history would not be so rich absent the presence of many thousands of politicians, generals, religious leaders, artists, businesspeople, inventors, scientists, who had gained historical prominence after failing, some times more than once, to make much of a mark in the world."

The freedom to fail and recover is one of the gifts this country gives to its people; it flows from the right of the individual to pursue his own happiness.

An all-powerful God can say: "Follow my rules and you will be happy, but if you don't I will make your life so miserable you will wish you were never born. (Or in

America said something different, something unique: An individual determines his own happiness.

some versions, suffer an eternity of torment.) An all-powerful State run by a dictator, (whether benevolent or otherwise,) or an all-powerful State run by an elite, (whether hereditary or technocratic,) can say: We know what men need and what makes them happy, and we will re-order society to achieve that goal for the greatest number of people. Conservatives can talk about "ordered liberty." Communitarians can talk about the value of community.

But America said something different, something unique: An individual determines his own happiness.

And so, whether you believe in one God, or many gods, or no gods; whether you believe that the path of every electron and elementary particle in the universe is determined by some self-aware all-powerful Entity or believe that our destiny is ultimately determined by the cold and pitiless Dice; on the Fourth of July, at least, you should give thanks that you were born or came to this great country of ours. ☘

Happy Independence Day! You are welcome leave a comment below if you're reading this online. If you're reading this in Change magazine's print version, you are welcome to visit the magazine's web site www.ChangeMediaOnline.com and leave a comment. Thanks, Harry

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-Eddie Espinoza

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Dr. Mohamed Shalaby
Cardiologist

Perfect Pawtnership Saving lives, two at a time

Pets and patriots go together like hands and gloves. Partnerships like these need a little help from their friends. So Flooring America stepped in to help Pets for Patriots, Inc., a registered 501(c)3 charitable organization that makes pet ownership achievable for the men and women of the U.S. military.

“This cause is near and dear to our hearts because pets have an amazing ability to bring joy and healing to our lives on a daily basis,” says Frank Chiera, VP of marketing for Flooring America. “Pets for Patriots connects at-risk shelter pets with veterans and current U.S. military personnel to give pets and people a second chance at life.”

On June 8, Flooring America in Webster held a special “Pets for Patriots” event in their showroom, featuring Corridor Rescue volunteers, The Pet Palace team, a BBQ lunch, and a photo booth for the public to bring their pets for pictures.

“Flooring America teamed up with Pets for Patriots because their mission is aligned with our core values: commitment to community, patriotism, and giving back to those who served our country,” Chiera adds. “Our goal as an organization is to raise over \$250,000 for their support.”

“Our Webster event raised over \$500, and brought awareness to the community and all who attended,” says Mike Furin, branch president at My Flooring America in Webster. “We are continuing to raise funds through our challenge to match every dollar donated by our patrons in all five of our Houston-area retail stores. We plan to do additional events later in the year.”

My Flooring America has been in business for 41 years. Over the years they have given back to the communities they serve—from donating over 50 rolls of carpet to those affected by tropical storm Allison and hurricane Ike to helping with food drives, women’s shelters, Go Red for Women and more.

Contact My Flooring America to get involved.
www.MyFlooringAmericaWebster.com/PetsForPatriots



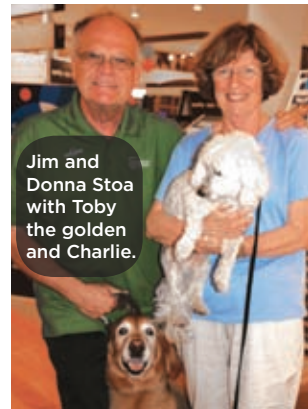
Keith Spano, pres. Flooring America; Scott Steel, co-president My Flooring America; Mike Furin branch president; Kelby Frederick, co-president; Frank Chiera, VP marketing; and furry friends.



Angela Bivens (left), Pet Palace owner, and friends.



Corridor Rescue volunteers with one of their adoptable shelter dogs.



Jim and Donna Stoa with Toby the golden and Charlie.



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Dr. Juan Serrato, orthopedic surgeon fellowship-trained in sports medicine, is embracing the next generation of patient care to inform, educate, and communicate with his patients at their convenience.

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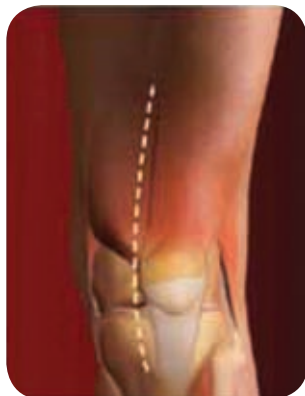


Traditional Incision: 8-10 inches
Surgical dislocation of the hip can cause tearing of the external rotators

EVOLUTION® vs Traditional Knee Surgery



EVOLUTION® incision 4-6 inches
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Traditional Incision 8-12 inches
Quadricep muscles (responsible for straightening the knee) are cut



Dr. Serrato's new, interactive website, www.JuanSerratoMD.com, features lots of useful information to assist patients and their referring physicians in several ways:

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COVER
FEATURE

Clear Lake Regional MEDICAL CENTER

NEW PATIENT TOWER Opens at CLEAR LAKE REGIONAL

Enhanced services and facilities continue commitment to best serve Bay Area Houston communities

By Diana Dunne

When you have your health, you have everything. Unfortunately, every one of us will suffer health issues and need professional healthcare at some point during our lifetime. When illness or injury touches us, or someone we love, we are fortunate to have the largest, most comprehensive hospital in Bay Area Houston—Clear Lake Regional Medical Center.

With the completion of Clear Lake Regional's new patient tower, everything you need to maintain and regain your health is right here, close to home. The

\$92 million expansion includes a 155,000 sq. ft. new patient tower, as well as 90,000 sq. ft. of renovations to existing hospital facilities.

"Our overall goal is to provide the same level of care as you would expect in the Texas Medical Center," says Stephen K. Jones, Jr., Clear Lake Regional Medical Center CEO. "This expansion brings the highest level of sophisticated equipment, modern facilities, and state-of-the-art technology to the Bay Area to complement our highly skilled, professional staff."



Members of the CLRMC medical staff are pictured in the ICU waiting room in the new patient tower. Front row—Nancy Robinson, MD; Beth Files, MD; Anthony Maioriello, MD; Vicki Schnell, MD; Paul Alberto, MD; Hoang Q. Pham, MD. Middle row—Eduardo Ramirez, MD; Stephen Kimmel, MD; Stephen K. Jones, Jr., CLRMC Chief Executive Officer, In Soo Yo, MD; Bassem Maximos, MD; Gabriel Rodriguez, MD. Back row—Mahmood Dweik, MD; Rod J. Turner, MD; Patrick Koons, MD; Majd Alnas, MD; Charles Laird, CLRMC Chief Operating Officer.

THE PROFESSIONALS

“We are proud that our healthcare team is comprised of world class physicians—trained in the best medical schools—as well as an accomplished, competent clinical and support staff,” Jones says. “Without these professionals, and the services they provide, these are just buildings. The people make the difference and bring greater purpose to the new patient tower.”

Physicians with advanced skills, in partnership with cutting edge technology, offer patient services not found in any other hospital outside of the Texas Medical Center. Some of these services include scarless, single-site robotic surgery; the most advanced spine surgery program; a sophisticated endovascular neurosurgery program; the most comprehensive women and children’s services; and the only children’s emergency room in the region.

Clear Lake Regional also boasts a comprehensive safety program that is unparalleled. “As healthcare quality data is more transparent and available on the internet, individuals should compare this information before choosing a hospital,” Jones says. Clear Lake Regional is in the top 10 percent nationally on core measures of complication and mortality rates—well below the government’s measure of expected rates. “This is a reflection of our strong emphasis on patient safety, care, and successful treatment outcomes.”

In order to provide the most positive experience for their

patients, the superior medical team at Clear Lake Regional played an integral role in the planning of the new patient tower. With the utmost concern for the well being of patients, valuable input from physicians helped bring the very best equipment and design to the new building.

THE TOWER

Though a technological marvel, the tower greets patients and visitors with a “softer side”—large floor-to-ceiling windows provide bright, natural sunlight; cheerful décor and live plants enhance inviting waiting areas; photography showcasing the beauty of the Texas Gulf Coast is featured in hallways. These extra touches help to create a healing environment.

Each unit of the new tower was designed with the same attention to detail. Dedicated patient services include:

16-Bed Observation Unit

The observation unit cares for patients who have come through the Emergency Room. “When the patient is evaluated in the ER, and the physician does not believe the patient is ready to be sent home, they may come to our observation unit for continued diagnostics and further assessment to determine whether they can safely return home or should be admitted to the hospital,” explains Brenda Kotal, Medical/Surgical Director.

Before, these patients did not have their own private area for care. With the new Observation Unit, they have the personalized, undivided attention of a dedicated staff, 24 hours a day, 7 days a week.

“We are very excited about having the only space in the Bay Area that truly functions as an exclusive observation unit,” says Michelle Kesler, Observation Unit Director.

“We can closely monitor these patients until their condition becomes more clear.” →



Clear Lake Regional Directors and Nurse Managers are excited about all the tools the new patient tower offers for the highest level of patient care. (Left to right) Brenda Kotal, RN, BSN-Director, Medical-Surgical Service Line; Lynne Slaton, RNC-Director, Surgical Service Line; Michelle Kesler, RN, MSN-Director, Observation Unit, PICC Team/Infusion Center, DAC, and Wound Team; Michael Cromika, RN-Nurse Manager, Intensive Care Units ICU; Tina Smith, RN, BSN-Nurse Manager, Observation unit; Becky Gadmer, RN, BSN-Director Intensive Care Units ICU; Carter Powell, RN-Director, Critical Care Service Line; Yvonne D’Amico, RN, BSN-Interim Manager of Surgical Services & Robotics Coordinator.



Yvonne D'Amico, Interim Manager of Surgical Services & Robotics Coordinator, explains the latest advances in robotic surgery technology offered at Clear Lake Regional Medical Center. The new patient tower features 10 new operating rooms and two daVinci® robotic surgical suites.

Surgical Suites

With 10 new operating rooms (totaling 20 in the hospital), 25 post-operative rooms, two daVinci® robotic surgical suites, two dedicated gastroenterology suites, a dedicated bronchoscopy suite, and dedicated pediatric pre- and post-operative suites, this new surgical service

“This expansion brings the highest level of sophisticated equipment, modern facilities, and state-of-the-art technology to the Bay Area to complement our highly skilled, professional staff.”

-Stephen K. Jones, Jr., Clear Lake Regional Medical Center CEO

line offers today’s most innovative technology—from lighting and beds to surgical equipment and monitoring devices.

“One of the enhancements is the new electronic whiteboard,” says Lynne Slaton, Surgical Services Director. “The whiteboard is our navigation system—a flow chart for patient care that keeps our entire team functioning and streamlines communication.”

Electronic instrument tracking follows surgical equipment for instant access when needed for critical surgery cases. New OR tables provide optimum patient positioning with the touch of a button. High-intensity lighting and new monitors aid physicians during surgery.

“Our new monitors project large, live images on the wall for greater clarity, allowing surgeons to have better views of patient radiology images,” Slaton says. “There are just so many enhancements. In pediatric pre-op and post-op, we’ve created colorful rooms and have iPads to help children feel more comfortable and to help reduce their anxiety. Patient care, comfort and safety really are at the core of everything we do!”

Intensive Care Unit

This 30-bed adult unit provides state-of-the-art care for

medical conditions that require 24-hour observation.

“We have an enormous, new ICU now, and we are proud to have the latest in technology for our patients,” says Becky Gadmer, ICU Director. “This expanded unit will help us more effectively and efficiently manage the most critical patients while assuring they receive the highest quality of care.”

Some of the enhancements to the ICU include the most advanced bedside monitoring systems, overhead lifts for patient safety, spacious rooms for family members’ comfort, and family consult rooms for private conversations with physicians.

In addition to the new patient tower, Clear Lake Regional Medical Center is renovating its existing Women’s and Children’s Center facilities with a new Antepartum Unit, new cesarean suites; remodeled patient rooms, and a newly remodeled Labor and Delivery Unit. With the hospital delivering about 4,000 babies a year, providing a comfortable and compassionate environment for women and families is important.

“All of this expansion and renovation is a continuation of the commitment that Clear Lake Regional Medical Center began more than 40 years ago—to meet the healthcare needs of our community today and in the future, with the highest level of care and compassion,” Jones says.

The new tower at Clear Lake Regional Medical Center is officially open for patient care on July 8. 🍀

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Interfaith Caring Ministries' inaugural "Spread the Love" Peanut Butter Drive wrapped up May 17 with immense participation from individuals, organizations, local businesses, schools, and places of worship, collecting more than 1600 jars for low-income parents of children enrolled in the free and reduced meal program. The ICM Peanut Butter Champs were Rick and Janice Gornto (top), donating 593 jars. The Albemarle Bayport and Clear Lake sites' employees collectively donating 291 jars.



For the past 48 summers, the Lunar Rendezvous Festival offers the Bay Area many events to commemorate the Lunar Landing and our unique area. Royals who will preside over this year's festivities are (front to back): Queen Caitlin Huston, Captain John Thomey, Queen Alternate Kristen Bush, and King Dr. Greg Smith (photo courtesy of j pamel photography).



Chris Kinard and Ann Hacker

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Guests helped turn the tide for mental illness awareness on June 6, at the summer fundraiser which included dinner, dancing, live and silent auctions, and raffle drawing. This year's event raised \$22,000 to support the young patients in Devereux's care.



Ron Masters with Maxim Group (second from left) with friends.



Yoshi Estrada, Vanessa Estrada, Myrian Atchley, Marissa Jimenez.



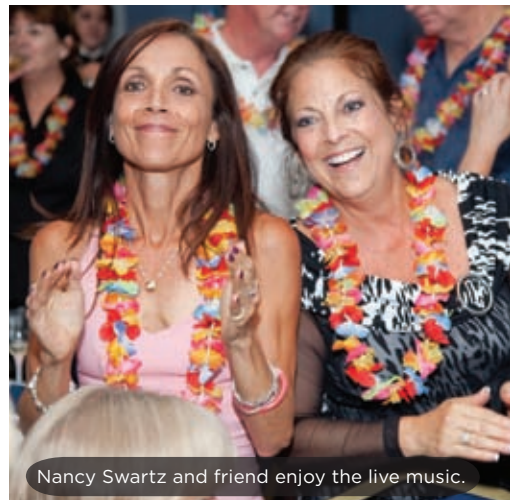
Devereux Texas Advisory Board—Roy Green, Larry Strader, Erik Carrington, Pam Helm (executive director), Dan D'Armond, Lori Ginsburg, Robert Reeves, Joni Robertson (director of development).



Trisha Barita, Carol Keough



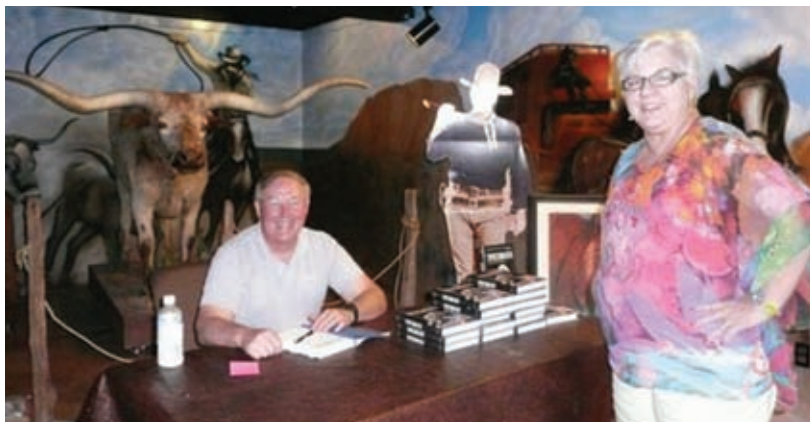
Janice Gunnin, Nancy Rivera, Nancy Richards



Nancy Swartz and friend enjoy the live music.

“When you stop giving and offering something to the rest of the world, it's time to turn out the lights.”

- George Burns



Astronaut and author of *Space Walker*, Jerry Ross signs books at Butler Longhorn Museum with Annette of Annette's Emporium in League City.

BOOKS from Your Backyard

Local authors spin yarns for summer reading

By Holly Beretto

What's better than taking along a great book to the beach this summer? How about a great book by an author who's from where you live, who's writing about places you know, and things you care about? We talked with Bay Area writers about their new works. Read on for summer reading suggestions.

The Drowning House

by Elizabeth Black

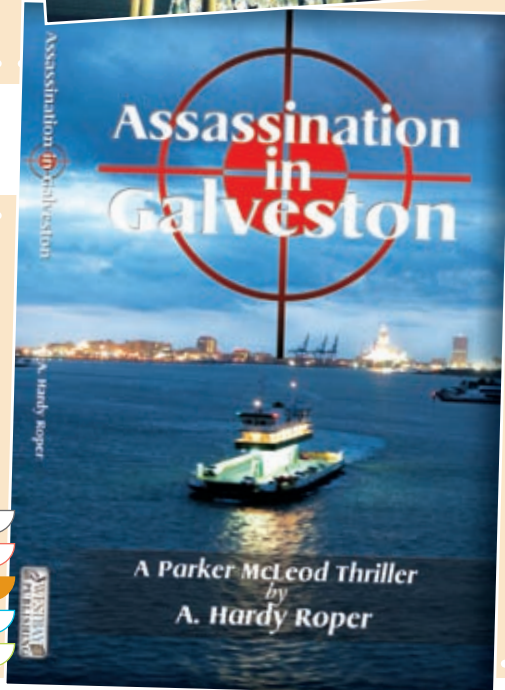
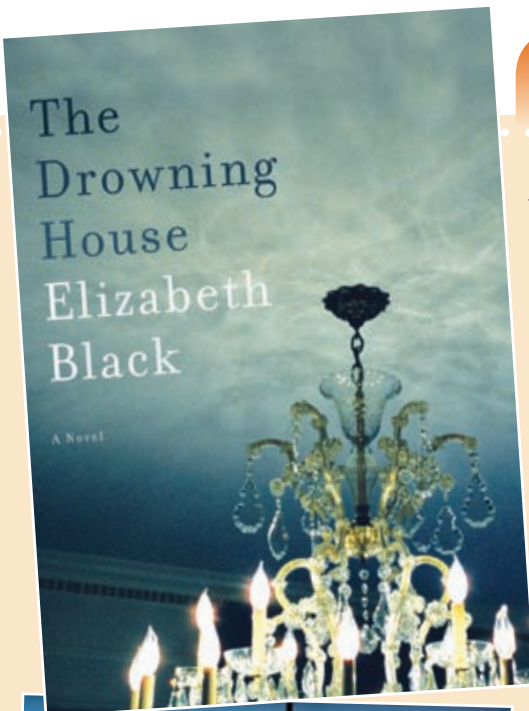
It took Elizabeth Black nearly three years to write *The Drowning House*—a taut, suspenseful debut about Claire, a photographer who returns to her hometown of Galveston in the wake of a crumbling marriage only to uncover even darker family secrets. Black, who grew up in New England, was captivated by Galveston—especially its faded Victorian splendor and tenacious stories of survival. “To me, it’s a place where the ghosts of the past collide head-on with the present,” she says of the city she loves so much.

Many are praising her first effort, and she says she feels “deeply grateful” for the success. She’s woven into it the idea of how we all look at our lives with fresh eyes when we’ve gone away and are forced to return to the place of our birth. “Claire’s journey is very much about the notion that as we’re growing up, we believe what we’re told by those around us. When we’re adults we often go away from our birthplace, but when we return home, we have to look at things differently and discover for ourselves what’s really true.” With a backdrop that showcases not only Galveston, but a haunting story of the Storm of 1900, this page-turner is a crowd pleaser both for its fresh, literary voice and its tense mystery.

Assassination in Galveston

by A. Hardy Roper

“Galveston has everything from pirates to buried treasure to mobsters,” says A. Hardy Roper. “There’s a lot of intrigue and mystery there.” That’s why there’s no better place to set his mystery series featuring reluctant sleuth Parker McLeod, a Gulf War veteran with special operations experience. This latest installment finds McLeod running down World War II history, embroiled in the story of a captured German officer who spent time at a Galveston prisoner of war camp, and the officer’s grandson, who’s come to town looking for a lost fortune. With the pacing of a movie thriller, *Assassination in Galveston* promises a wild ride, with twists and turns that offer historically accurate glimpses of Galveston’s past. “It’s been a lot of fun,” says the native Houstonian who’s lived off and on in Galveston over the years while writing his series (the first Parker McLeod book is *The Garhole Bar*).



Spacewalker

by Jerry Ross



After spending 30 years as an astronaut, Friendswood's Jerry Ross retired from NASA on his 64th birthday and finally wrote down all the adventure stories people had been begging him to tell. The result is a loving tribute to both the U.S. space program and his connection to both the space shuttle and International Space Station missions. *Spacewalker*, (written with John Norberg) combines the easy readability of a fast-paced thriller along with poignant reflection on Ross' life as an aerospace engineer and a Christian.

"It's very difficult to capture in words the experience of looking down on the earth from space," he says. "And seeing how peaceful and perfect and fragile it is. During one mission I had taken a break and was looking out at the stars and I suddenly felt I was one with the universe," he says.

Both space enthusiasts and lovers of a good story will appreciate Ross' memoir. "I wanted to tell behind-the-scenes stories of the space program," he says. →



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Oleanders of the San Leon

by Andy Upchurch

"I've lived the Jimmy Buffett life," says Andy Upchurch, who finally anchored his boat and traded his keyboard for carpentry tools when he decided to build a house on a little plot of land in San Leon. "And I always said, maybe one of these days I'll write a book."

Write one he did—a humorous memoir called *The Oleanders of San Leon* that tells the story of how he built his home on what he calls an "itty bitty part of Galveston Bay." He recounts the travails of this massive DIY project, from clearing weeds with a \$2 machete to learning patience, something he says he's "woefully short on," and eventually watching his dream become a reality.

Through it all, Upchurch retains his joy about life, and his endless excitement about learning new things, both about building and about himself. Readers will get a kick out of how he keeps his sense of humor and learns how not to take running water for granted. ●



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more BOOKS

Looking for something equally captivating by a couple of Houston-area authors? Check out Miranda James (pseudonym of Dean James) and the new *Cat in the Stacks* mystery, *Out of Circulation* draws on both James' Mississippi background and his life in Houston. The story involves a librarian, Charlie Harris, and his Maine coon cat, Diesel, working together to determine who killed a patron of the library fundraising gala.

Amanda Stevens' *The Graveyard Queen* series offers a Gothic setting with a contemporary spin. Begin with *Restorer* and delve into the dark secrets of Amelia Gray, a cemetery restorer who sees greedy, ravenous ghosts preying upon the life force of the humans that surround them.

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—Kathleen M. Griffis, MD

Dr. Perry Fulcher Sr.

"After nearly 30 years as a faculty member and practicing physician at UTMB, I still find my greatest satisfaction in providing personal care to my patients. I feel so privileged to have been given the trust and responsibility of caring for my pregnant patients, and also for my gynecologic patients who have needed surgery, or just a regular yearly check-up. It has been a special privilege in recent years for me to have delivered the babies of some of the patients whose own delivery I performed years ago. I appreciate the trust from one generation to the next, and will always strive to earn that trust with each patient who comes to me for their care."

—Perry L. Fulcher Sr, MD



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High Tide AND High Adventure

Kemah's history from fishermen haven to high roller heaven

By Katherine Adams

The Karankawa Indians inhabited the Texas Gulf Coast from Galveston Bay as far south as Corpus Christi. Their numbers were great and they were a powerful force for centuries. The Spanish explorer Cabeza de Vaca encountered the well-established, populous tribe in 1528, when he was shipwrecked in Galveston. Although most historical records describe this tribe as hostile, de Vaca's account reveals that he lived peacefully among the Karankawa for years.

But by 1840, there were only about 50 Karankawa left; victims of war, loss of territory, and disease. Within the next 15 years, the last of this indigenous, nomadic band would die. Their pivotal role in Texas history is undeniable, but after the mid-1850s, the Karankawa became extinct without leaving much evidence of their existence. They did; however, manage to leave one indelible mark on our community—they gave their small settlement just south of Seabrook the name “Kemah” which, in the native Karankawan language, means “wind in the face.” So it has remained.

Stephen F. Austin “Colony”

According to Kemah Historical Society president Pepper Coffey's book *Kemah*, the town's recorded history began when a labor (an antiquated unit of measure equaling about 177 acres) of land was granted to Michael Gouldrich in 1824 by the Mexican government, to whom Texas still belonged. The

“colony,” led by the Empresario Stephen F. Austin, gave 300 grants of land to Austin, who in turn sold them inexpensively to immigrant settlers in an effort to populate the area with ranchers and farmers. Gouldrich was listed as one of Stephen F. Austin's “Old Three Hundred”—a reference

to the first 300 families to settle in Texas. After the land was divided and sold, a widowed settler named Elizabeth Scobey Justice acquired part of the original property in 1853. She later married Abraham Kipp and their daughter married James Bradford. The Kipp and Bradford families ultimately acquired the rest of the Gouldrich labor, as well as other land.

The Bradfords and the Kipps subdivided the land after the Southern Pacific Railroad line was built and passed through. In 1898, the two families tried to establish a new township and call it Evergreen, but that name was already taken. In 1907, the residents voted to keep the Karankawan name, Kemah, and the tiny fishing village became a haven for summer vacationers. It makes sense—today, Kemah is a waterfront hotel and restaurant destination featuring the Kemah Boardwalk, which opened in 1997 and attracts thousands of people who enjoy “wind in the face.”

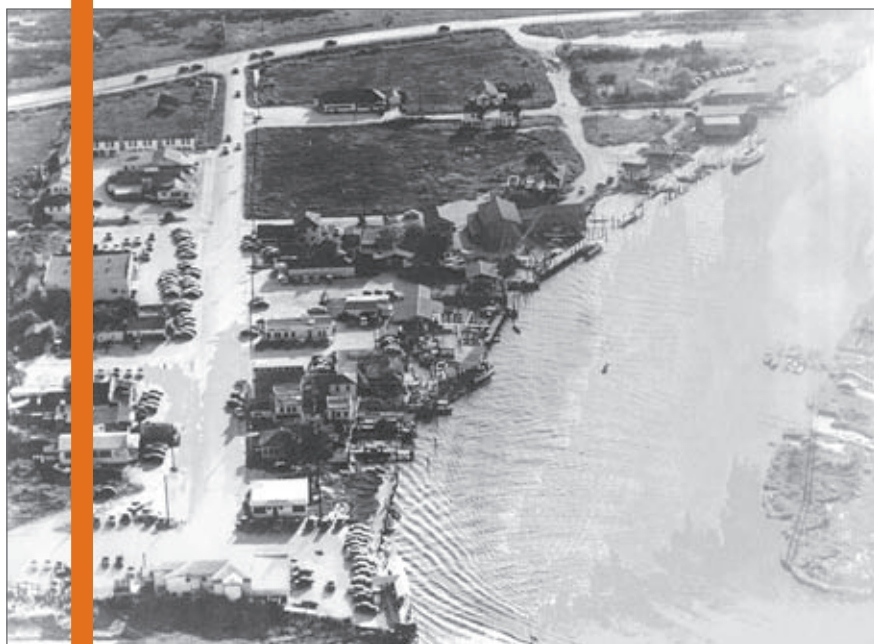
During the day, (Kemah) was practically a ghost town—just a quiet little fishing village. There were only about 500 people here. There were very few cars in the daytime. But there were 29 nightclubs and bars!



From the top: One of Kemah's most famous restaurants, Jimmie Walker, had its grand opening on March 17, 1950. Later it was purchased by Tilman Fertitta and became Landry's; Aerial view of Kemah in the 1940s; This drawbridge was completed in 1964, replacing the one-arm bridge that caused traffic delays and was blamed for lack of development in Kemah.

The “Blankety-Blank” Bridge

In the early decades of the last century, Kemah didn't even have a grocery store. Neighboring Seabrook had small family-owned grocery stores and other essentials for living—so close, and yet so far. “The only way across to Seabrook was by ferry,” says Coffey. “That’s how you got across until 1929, and then there was a one-armed bridge that carried two cars at a time. Later, there was a six-car ferry, but it was very slow and was pulled by a rope.” When George Vance moved to Kemah in 1950, there was a single-sided drawbridge with the controls on the Seabrook side. “It was not high off the water,” says Vance, a retired real estate broker who’s since moved to Illinois. “The second drawbridge was built in 1964. It was more modern, so bigger sailboats could go through, but the boats went about 3 mph and they’d stop traffic for miles on either side. You could wait a half-hour for a sailboat to go through.” Locals were seethed with irritation by the delays and inconvenience caused by the “blankety blank” bridge until finally, the Kemah Causeway was built in 1983. “That’s when people finally wanted to move here,” says Coffey. “Before that, no one wanted to wait around for that bridge.” →





From the top: Frank and Fay Mabry inside their malt shop, Mabry's, on the corner of 146 and Eighth St. ca 1950; This Gulf station was owned by R.B. Oliver, who was also a Galveston County Constable. The station had a slot machine which was always hidden in time to avoid discovery during Texas Rangers' raids; The home of Sylvia Barker Streater at 601 Kipp St., which now houses Sylvia's Cozy Corner.

Kemah at Night

George Vance says he had a fascinating childhood in his grandparents' home on the corner of 7th and Kipp St. "Kemah in the 1950s was unique," he says. "During the day, it was practically a ghost town—just a quiet little fishing village. There were only about 500 people here. There were very few cars in the daytime. But there were 29 nightclubs and bars! On weekends, you couldn't even get into a place like the Chili Bowl. Liquor by the glass was illegal, but in Kemah you could get anything you wanted." Vance says his mother was a close friend of the owners of the famous Jimmie Walker's restaurant. "They also leased the original Edgewater Restaurant, now called Landry's, from 'the mob.' They had a dumbwaiter and the waitress used to run food up to the second floor, where the mob ran slot machines and craps tables."

Sylvia Barker Streater has lived her entire life in Kemah. The retired CCISD elementary teacher, who now owns Sylvia's Cozy Corner at 601 Kipp St., says her mother was a waitress and her father was a seaman. "My standout memories from childhood were in the area where the Kemah Boardwalk is now," she says. "There were cafés and beer joints there. My family owned several of →



them over the years. We called that area ‘The Strip’ or ‘Skid Row’ because of all the illegal drinking and gambling that went on over there.”

She remembers that each place on the strip had a place on street level that people could see, and then upstairs there was another place just for gambling. “Above all those beer joints, there was card playing, dice tables, and slots. There was plenty of organized crime here—the Maceos from Galveston and the Salvatos from Dickinson were in charge of Kemah.” She says that Sam and “Dummy” Salvato (so named because he was deaf and mute) took money from the slot machines and put them in paper rolls. “I would watch and whatever was left over, I used to get,” she says. “My mother and stepfather, Jewel and Henry Thompson, owned a place called the Beach House, which was behind what is now Landry’s. There was beer, soda water, a dance floor, a juke box, and a slot machine. My job when I was about eight was to walk to the Chili Bowl with a few hundred dollars to get change for the slot machines. I was all weighed down with quarters I carried back. I really thought I was something!”

The Texas Rangers paid many a visit to Kemah to raid drinking and gambling establishments, but often without much result. “The Oliver family had a Gulf station in Kemah that had a slot machine,” adds Streater. “The Sheriff’s Department would tip everyone off when the Rangers were coming to raid. They’d hide the slot machine in the restroom and put an ‘Out of Order’ sign on the door.”

Sylvia’s Cozy Corner is more than just a local gift shop, it’s Streater’s childhood home. “I grew up in this house and went to the Kemah School (now the Kemah Visitor’s Center). When I was a girl, I crossed the street to Mabry’s, where T-Bone Tom’s is now, to buy my lunch for 50 cents. I’d get a hamburger and malt. Mr. Mabry would wait on me, but Mrs. Mabry gave me bigger scoops of ice cream than he did.” Streater taught at the Kemah School, then the new brick school in West Kemah until 1965, when it became Stewart Elementary School. She retired in 1987. “Kemah is all I’ve ever known,” she says. “It was a wonderful place to grow up.”

Pepper Coffey says that she authored the book, *Kemah*, because the town’s history was being destroyed by hurricanes. “We do not have a library or museum here,” she says. “People didn’t know what to do with their old family pictures. Hurricanes destroy all the records. I put a notice in the paper to ask people to bring their family photos, and I scanned them, listened to their stories, and took notes. If I didn’t, our history would be gone.”

Kemah is available at Sylvia’s Cozy Corner and the profits go to the Kemah Historical Society.

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WaterSmart Park Comes to League City

The Ghirardi WaterSmart Park is currently under construction on Louisiana Street in League City. Scheduled for completion later this summer, this space is much more than just a park. The 3.75 acre neighborhood space has a pavilion, walking trails and a playground. It also has special features including rain gardens, a cistern to collect rainwater for irrigation, a green roof on the pavilion and WaterSmart landscapes. The park is also home to the 100-plus-year-old Compton Oak tree that was moved there in 2012.

The Ghirardi WaterSmart Park design is based on the three principles of WaterSmart Landscapes:

Water Conservation: The recent drought served to remind all of us that water is precious. Collecting and using rain water for irrigation instead of turning on the hose, using native plants that are adapted to our unique climate, and having more native areas and less lawn are all water conservation strategies that will be used at the park.

Water Quality: Most of the bayous and creeks in our area have degraded water quality according to the Texas Commission on Environmental Quality. Collecting and filtering water running off the land in rain gardens and



swales is an attractive way to improve water quality.

Habitat: Our expanding communities take up more and more open area every year, making it harder for wildlife to find homes. Including native plants and water sources in the park provides food, water, and shelter for butterflies, dragon flies, hummingbirds, and song birds.

This Park is funded by the City of League City and grants from the Texas Commission on Environmental Quality.



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HOW TO Drought-Proof a Community

Desalination technology may quench thirst for fresh water

By Todd Kinsey
League City Council Position 4

My path toward politics began when I was 14, when my friend and I founded the Young Republicans Club in our school. We entered an essay competition, and the prize for the winners was the opportunity to meet President Reagan. We won, and our club was thrilled and honored to meet one of the greatest presidents in history. From then on, I always knew that I would be involved with politics. After serving five years in the U.S.

Army, my wife and I settled in Texas and began raising our young family. I decided that I could be more effective by getting involved in politics than remaining in the military. I became active in League City politics, where I thought I could make a difference. In November 2012 I was elected League City Councilman, Position 4.

I believe there are quite a few pressing issues to address as we move through 2013. Our city is growing by leaps and bounds, but our water supply is not keeping up. In the next 20 years, League City will need to double its water capacity from 20 million gallons per day to 40 million. There are significant hurdles to overcome in order to meet these demands, as well as a number of solutions—each with pros and cons. Water, as a commodity and a natural resource, is becoming

every bit as precious as oil. To that end, I am an outspoken proponent of bringing a desalination plant to the Gulf Coast.

We are constantly dealing with drought issues and, although the ocean presents a ready source of water, the desalination process can be extremely expensive, as chemicals must be extracted from the water as waste. One company, Salt of the Earth, has a unique business model that appears to be the most cost-effective method to desalinate water. Salt of the Earth Energy, a desalination company in San Antonio, has a new technology to desalinate water and make good use of the waste produced in the process. Salt of the Earth Energy removes waste chemicals from saltwater—then sells them to petrochemical companies that use them. The by-product of this process is pure water. This process is environmentally safe, and is changing the way we're looking at solving our fresh water supply issues. It's a win for the petrochemical industry, for the environment, and for those who need pure water. →





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LOVING

After Divorce

Enter a new phase of life stronger, wiser, and in control

By Trey Yates

As a board certified family law attorney practicing in the area of divorce and related family law matters since 1986, I have had the professional and personal pleasure of working with many women as they face one of life's greatest challenges—divorce.

Find "The Five Keys" to unlock the door to your best life following divorce at www.GuideToGoodDivorce.com.

At a time when many feel they have lost control over almost every aspect of their lives—financial, emotional, and

spiritual—they are thrust into an unfamiliar legal maze and are called upon to make important, irreversible life-changing decisions.

The sense of security they once knew is yanked out from beneath them and the loneliness of their journey can be overwhelming. I have found that some women going through the transition known as divorce fare better than others. Those who see divorce as a catalyst to propel them into their next best life can emerge stronger, wiser, and in more control of their destinies than ever before.

One of my clients, Pat P., was unhappily married for more than 25 years. For many of those years she expected to someday be divorced. When the time came, Pat faced a variety of challenges and fears about her future.

"The very moment divorce was a certainty, fear appeared," Pat told me. "I don't scare easily, but the intensity of it got my attention. I dealt with it by identifying exactly what the fear was and then deciding how to manage it."

Not unlike many of my clients, Pat's concerns were primarily about money and her changing identity. Would she have enough to live on after the divorce? Would she need to rely on her new business that was just barely up and running? Who was she now that she wasn't half of a couple, or someone's wife?

"To address my money fears, I made a conscious decision that I would do my best to ensure I got everything that I was due by law," Pat said. "I didn't want any more



than my fair share, but I absolutely wouldn't take a penny less. This meant I had to completely understand the financial part of our community property."

It wasn't easy, but Pat worked hard and sought the help of others to fully understand her legal and financial rights while going through divorce. She engaged in the process and believed in herself and her capabilities. I saw a dramatic transformation in Pat as she took control of her life.

"I started running again," she told me one day. "I used to love running and now I am back into it."

She soon announced she was learning to eat better to get the results she wanted from running. Pat was changing right before my eyes.

"I feel better, look better, sleep better, and deal with stress better," Pat told me further into her divorce process. "I also started playing the piano again, meditating, spending more time with good friends, and reconnecting with some I had lost touch with. I have even updated my wardrobe."

Pat's story is just one of many I have witnessed over the years as my clients work through the divorce process. In fact, their stories have been so inspiring to me, I now lead seminars for women to assist them in collectively finding the tools, or keys, they need to find the same success Pat and others have found post-divorce.

Called *The Guide to Good Divorce*, our seminars are designed to empower women to successfully navigate through divorce toward a fuller, healthier, and happier life. The program focuses on The Five Keys I believe can unlock the door to a woman's best life following divorce: securing expert legal representation, sorting out finances, refreshing life skills, attaining wellness, and making new connections.

At the seminar, attendees have access to experts on the law of divorce in Texas, divorce financial planning, life skills, and physical and spiritual wellness. In addition, they can meet and share with others facing similar challenges in order to start building new communities of support.

I often remind my clients about the story of the butterfly. Once a humble caterpillar crawling around on the forest floor, the butterfly emerges beautiful, graceful, soaring above the trees, above the forest itself—free, unrestricted, and fulfilled as her true self. What was discomfort for the caterpillar was a divine discontent—the need for a better life. Her instincts told her that where there is true desire, there will be fulfillment.

For more information and to register for the next *Guide to Good Divorce* half-day seminar on July 20, visit www.GuideToGoodDivorce.com.

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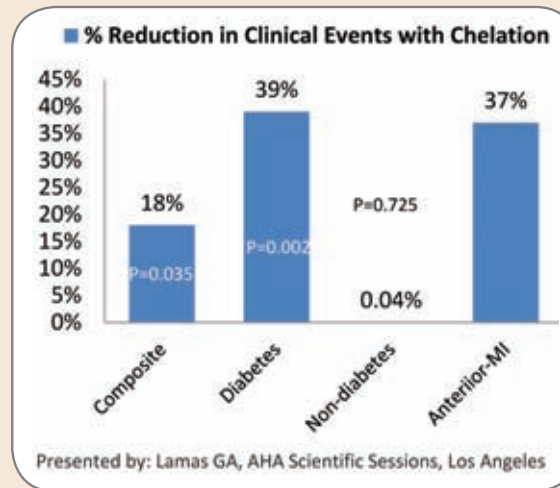


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CARDIAC ARREST in KIDS and TEENS

By Katherine Adams

Know the risk factors before your young athlete hits the field

Throughout the school year, students dream of summer vacation. When it finally arrives, there's plenty of swimming, baseball, and outdoor play in the summer heat. The last thing any kid or their parent expects is for an idyllic summer day to end in tragedy. Yet, each year, apparently healthy teens and children die of cardiac arrest under the summer sun. "Five in a million children collapse and die this way annually," says Dr. Ashraf Aly, Director of Pediatric Cardiology at UTMB. "It's a fairly big number, and it's concerning."



Dr. Ashraf Aly

What's happening in the heart

"There are so many possible causes of sudden death in a young athlete," explains Dr. Aly. "At the top of the list is hypertrophic obstructive cardiomyopathy, or HOCM. It's an abnormal thickening of the heart muscle that is usually hereditary. HOCM is often unnoticed and has no symptoms. The most common presentation is chest pain or fainting with exercise, or sudden death. That's an extreme spectrum of symptoms—which is why it's scary." Dr. Aly adds that generally HOCM develops very slowly over time and commonly shows up in athletic teens.

"Many teens don't see a doctor regularly and, even if they have a heart murmur, it could be overlooked."

Dr. Aly says that HOCM patients have a genetic defect that affects the heart muscle. "In a healthy heart, the muscles are arranged in very uniform layered 'sheets' of cells. In HOCM patients, their heart muscles are in disarray. The protein myosin affects the contractibility of the heart muscle, and when that is defective, the heart muscle becomes thick."

As the heart contracts vigorously in sports, the obstruction gets worse and the blood and oxygen supply to the thickened muscle of the heart are greatly diminished. "The heart begins to beat very erratically (ventricular tachycardia) and the patient could lose consciousness and may die if not resuscitated instantly."

Talk to your pediatrician

When your child is enrolled in an athletics program, get a thorough history and physical examination. "Step one is to find

out the family history,” Dr. Aly advises. “Is there a close relative who died suddenly under age 50? That’s a red flag. Next, do a complete physical examination. If a child has a heart murmur, frequently it’s benign and kids will outgrow it. If a child has a loud murmur while lying down, but it goes away when he stands up, it’s likely benign. But if the murmur is louder standing up, there’s probably an obstruction. Some general pediatricians might do an EKG, but many aren’t trained to read it. If there’s a problem, the child needs to see a specialist.”

Diagnosis and treatment

Dr. Aly’s young patients get a complete history, physical exam, and an EKG. “The definitive test is the echo-cardiogram,” he says. “That actually shows the heart. We can see exactly how bad the obstruction (thickening of the heart muscle walls) is. If it’s mild or moderate, then exercise must stop. We advise screening of all other family members. We may prescribe medications to decrease the contractile force of the heart. We can send the patient to the cardiac catheter lab for an alcohol ablation, which kills some of the thickened cells. An implantable cardioverter defibrillator (ICD) is recommended in select patients. But this problem is genetic, so although it can be managed, it cannot be cured.”

HOCM affects about 1 in 500 people. Pediatric cardiology at UTMB offers a pre-participation screening

program. “While we encourage kids to be active and participate in sports, we have to pay careful attention to those at higher risk of sudden cardiac death,” Dr. Aly says.

“I started my career getting a doctorate in genetics, but during training met doctors doing EKGs and other tests on patients, and I wanted to explore those methods. I felt I was putting pieces of a puzzle together—in cardiology, you can make a diagnoses based on real pictures. That’s why I became a pediatric cardiologist. It’s possible to make a definitive diagnosis and really do something to help the patient. This is why I’m here.”

UTMB's pediatric clinical services are growing quickly in Victory Lakes and Bay Colony. If you're concerned about your child's heart health as he or she participates in sports this summer, be aware of the risk factors of HOCM. Disclose all relevant family history to your child's pediatrician.

- Hypertrophic obstructive cardiomyopathy affects males and females equally, but males seem to have a higher incidence of death because they tend to exercise more intensely than females.
- African Americans tend to have a higher risk for sudden death from HOCM.
- About half the children of parents with HOCM will inherit the genetic mutation for this disorder.
- Siblings and close relatives of those with HOCM are at high risk and should be screened.



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Part II of III
Read Part I in our
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www.ChangeMediaOnline.com



Story by
Harry Steven Lazerus

Illustrations by
Monique Saldana

1921 (Cont'd from Part I)

Mr. Coleman's restaurant was a converted railroad car. How he got it there I don't know. It was freshly painted red and black, with blue trim around the curtained windows. Gunmetal gray rail steps led up from the sidewalk to the front door. Mr. Coleman had driven there in his new 1921 pale gold Daniels Speedster; I in my 2-year-old black Model T.

Inside, a long counter with stools faced the door. Along the opposite wall were booths of plush red and black leather. The restaurant was clean and smelled of freshly cooked food. Staff and patrons, all of them colored, stared at me with surprise and curiosity as I entered. I felt out of place and uncomfortable. Mr.

Coleman placed a hand on my shoulder and led me to a booth in the corner. We sat down facing each other.

The waiter, a very dark young man in a starched white shirt, took our order. At Mr. Coleman's suggestion I asked for the pork chops, roasted potatoes, and greens. We washed the meal down with several cold beers. The food was too good to distract from by talking. We ate in silence. When we finished Mr. Coleman ordered a dessert of strawberries and vanilla ice cream. When that was finished he pulled out two cigars and handed me one.

"Havana cigars from Ybor City in Florida," he said.

I nodded, sighed, and then said: "Well, you were right. The restaurant is clean and the food is as good as I've had anywhere. Thank you for your hospitality and a delicious meal, Mr. Coleman." It felt strange to treat this colored man as an equal. What else could I do? If I behaved otherwise I would be a barbarian.

Mr. Coleman smiled. He lit my cigar and then his own. As we took our first puffs he leaned back and began his story.



1873: James Coleman's Story

A 7-year-old black boy stood outside the one-room schoolhouse. His nose was pressed against the back window. He stared at the teacher and pupils inside and was filled with longing, and then regret as he looked down at his own dark brown arm.

What wonderful things that teacher must be learning those white children, he thought. Amazing things, beyond even his imaginings, he was certain.

It wasn't just that pane of glass keeping him from his promised land, little Jimmy Coleman knew.

"Daddy, can I go to school?" he asked his father.

Jimmy Coleman's father looked sadly down at his son in response and shook his head. He ran a finger over Jimmy's arm, over the black skin, and said, "That's why you'll never be more than a rancher's hand, son. Ain't fair, but that's the way it is and that's the way it will always be. That school's for white kids only."

The lord of the land, Augustus Jefferson Wythe, had concluded that education would determine the future of the new America. AJ, as he was called, had made up his mind that his brood would receive the education he never had. So he built a school and hired a teacher from his native Louisiana and he sent his sons and daughters, as well as the neighbors' sons and daughters, to learn what they could so they would be able to deal with all the changes the past war had wrought to their way of life.

The fact that the school was for whites only didn't stop Jimmy from surreptitiously standing outside and peering through the impenetrable barrier, hoping that magically some of the learning would make its way to him.

He did that for three days, always making sure that he arrived after the children had begun their lessons and running away before they were dismissed from school. But on this day, one of the children turned and caught a glimpse of the black face staring in at them. In a moment a sea of white faces turned to stare back at him.

Jimmy Coleman froze.

The school door opened and a big white boy came toward him.

"Get out of here," the boy said. "You have no business being here. This school's for white kids, not colored ones."

Jimmy didn't move. He stared back at the white boy.

"Go on, get out of here," the white boy threatened. "If you don't, I'll whip you."

"Just try it," little Jimmy Coleman said, balling up his fists, glaring at the bigger boy, knowing full well he didn't stand a chance. →

“I’m AJ’s son,” the older boy said. “You’ll get out of here if you know what’s good for you.”

Jimmy started to beat a reluctant retreat. He had not gone more than a few steps when the schoolhouse door opened and a young white woman stepped out. To Jimmy Coleman it seemed that an angel had descended from the clouds of heaven.

“Thomas Wythe,” she scolded, “you get right back in that classroom or I’ll give you a whipping!”

Thomas Wythe lowered his head in defeat. “Yes, ma’am,” he said meekly and trudged back into the school.



The teacher turned to Jimmy.

“Now what are you doing out here, peeking through the window?” she asked.

“I want to go to school, ma’am,” Jimmy said.

“Now why would you want to do that?”

“I want to learn,” Jimmy answered. “I want to learn as much as I can.” He spread his arms wide. “I want to learn everything!” His voice throbbed with excitement.

“Now what’s a colored boy going to do with all that learning?” she asked skeptically.

“Anything a white boy can do,” Jimmy answered bravely.

“What’s your name?”

“Jimmy Coleman, ma’am,” he replied, and then quickly corrected himself. “It’s James Coleman, ma’am.”

“Well, Master James, my name is Miss Alma. I’ll let you sit in my classroom and try to learn if you promise to behave and not jump around like a little monkey.”

James was stunned. He could go to school!

“Thank you, ma’am!” James said excitedly.

“Thank you so much.” Then, more solemnly, he added, “But I’m not a monkey. I’m a person.”

A smile crossed Miss Alma’s face. Her blue eyes twinkled.

“I can see that, young man.” She pointed a graceful finger at him. “I hope you do me proud, Master Coleman, because you have no idea what a hornet’s nest I’m stirring up by letting you into my school.”

.....

All the children in the classroom gasped as Miss Alma led James into the school. Their astonishment grew when she sat him down at an empty desk at the rear. Then she walked to the front and said:

“Master James, will you stand up?”

James stood.

“This is James Coleman. He will be joining our class. If any of you see fit to bother, harass, or torment Master Coleman on account of the color of his skin I will turn your pretty white skin as deep red as Chief Quanah Parker’s. Is that understood, Master Thomas?” And with that she rapped her desk hard with her thick wooden ruler.

Even James Coleman trembled.

.....

After the white students were dismissed Miss Alma offered to tutor James in the work he had

missed since school started. James gratefully accepted.

It wasn't very long into that first private session that the door swung open and a man strode purposefully into the nearly empty classroom.

Mr. AJ Wythe was tall and imposing, with sharp dark eyes, a flowing mustache and a gray-flecked beard. He carried himself with authority and looked like the Confederate cavalry officer he had been during the War. James knew that Mr. Wythe had once owned his father—as if his father were a piece of property and not really a man. But he had never owned James.

AJ Wythe stared sternly at James. The same glance moved to Miss Alma but softened considerably when it reached the young woman.

“Why, good afternoon, Mr. Wythe,” Miss Alma said sweetly. “What brings you to my classroom?”

“You know very well, Alma. What’s a colored boy doing in my school?”

“Why, Mr. Wythe, young James Coleman here expressed an interest in attending my school,” Miss Alma replied.

“A colored boy doesn’t need an education,” Wythe replied harshly.

“James,” Miss Alma said, “you run along home now. And make sure you’re on time for school tomorrow. I don’t like my students coming in late.” And here she rapped the desk with her ruler.

“Yes, ma’am,” James said, hurrying toward the door, his eyes wide and watchful on the frightening figure of Mr. Wythe.

James didn’t know what happened in that one-room schoolhouse after he left. It was beyond his understanding, but from that point on he would be permitted to attend school as long as Miss Alma was the teacher.

.....

James loved school. He excelled in all his subjects: reading, writing, arithmetic, history, and geography, gobbling up every scrap of knowledge like a starving man whose food might be taken from him at any moment. In truth he outshone the white students, but he was careful not to lord it over them. Miss Alma had warned them about his color but her protection would not save him if he sassed any of them or acted uppity.

For three months James was in heaven and Miss Alma was his guardian angel. Then summer approached, and Miss Alma announced that she had to return to Shreveport for a few weeks to care for a sister that had taken ill with fever. She assured the students that she would return soon enough. They all whooped with joy at the unexpected vacation, all except James, who knew he would sorely miss the lessons.

James did not have a vacation. His father took him to work with him.

“You’ll be a ranch hand like me,” he assured his son.

No, James thought, I’m going to be rich like Mr. Wythe.

And all through Miss Alma’s absence James could not wait to get back to school.

But the weeks turned into a month and then two months without Miss Alma. James grew restless. When would Miss Alma return?

Rumors began to spread that Mrs. Wythe, not Mr. Wythe, was looking for another teacher. James closed his ears against such tales, but they worried him.

At last he could stand it no longer. One day he saw Mr. Wythe on the street ahead of him. Screwing up his courage, James ran to him.

“Mr. Wythe, sir, Mr. Wythe, sir,” he called.

AJ Wythe turned.

“Yes,” he asked coldly.

“When is Miss Alma coming back?”

AJ Wythe stared at James Coleman for a long time. James could see tears starting to form in Mr. Wythe’s eyes.

“Never,” he said, his voice flat and dead.

.....

End of Part II

Read Part III, the final installment of our Summer Read mini novel, in our August issue.

Wetlands



GALVESTON BAY FOUNDATION **MARSH MANIA 2013**

is the nationally-recognized, signature community-based wetlands restoration and education event of the Galveston Bay area. The goal of Marsh Mania is to involve local citizens in hands-on wetlands restoration activities while increasing their awareness and appreciation of wetland habitats and functions.

On April 27, 150 volunteers joined together at Candy Cain Abshier Wildlife Management Area in Smith Point for Marsh Mania 2013. All marsh vegetation planted during Marsh Mania was donated by NRG Energy. Photos provided by Gene Fisseler, NRG Energy.



**Connecting and caring—
with the great outdoors and
for our resources**

“We need the tonic of wildness...We can never have enough of nature.”

-Henry David Thoreau,
Walden: Or, Life in the Woods



(Top) Tony Napolillo with the Green Mountain Energy™ Sun Club™ (right) presents Moody Gardens General Manager, Robert Callies, with a \$50,000 check to help fund new solar-powered recycling stations, trash compactors, and maintenance carts. This donation contributes to Moody Gardens' goal of reducing landfill-bound waste production by 75% in 2015. (Bottom) Armand Bayou Nature Center Executive Director, Tom Kartrude (left), accepts a \$30,000 check from Tony Napolillo to help fund a new, solar-powered education building that will teach environmental stewardship to visitors.

Ten-year-old Caleb Morales is a tagged redfish winner in this year's CCA Texas STAR Fishing Tournament. He will receive a \$20,000 scholarship from the Texas Ford Dealers, plus a Haynie 23' BigFoot boat and trailer.



Marlee Maxiner, Chelsea Tremmell, Alysa Mathews, and Jordyn Hayley represent 20 fourth and fifth grade students in the Science Club at Stewart Elementary that held a rain barrel fundraiser to raise awareness about water conservation. Students went through a WaterWise program presented by the Galveston County Subsidence District demonstrating the importance of water conservation.



Local Rain Garden Flowering Plants



Louisiana Iris



Crinum Lilies



Louisiana Iris



Texas Star Hibiscus

Rain Gardens: Beautiful and Beneficial

**Valuable landscape amenity improves our waterways
and reduces flooding**



The rain garden near Butler Longhorn Museum in League City. When it rains, you can see the garden “in action” as it filters storm water from the parking lot, improving the water quality before it drains into our bayous and Galveston Bay.

Photos courtesy of Chris LeChance



Louisiana Iris



Giant Yellow Coneflower



Crinum Lillies



Button Bush

By Susan Burnell

“And I wonder, still I wonder, who’ll stop the rain?” wrote **Creedence Clearwater Revival’s John Fogerty**. The question isn’t answered in his song, but there is a way for you to stop the rain.

Granted, you can’t keep drenching storms away. But by building a rain garden, you can stop rainwater from rushing directly into storm drains. A rain garden is a bowl-shaped area filled with porous soil and plants that tolerate wet and dry conditions. Rain gardens in private and public landscapes help to slow down the excess rainwater that runs off parking lots, roads, driveways, lawns and roofs. By giving water time to seep into the soil, rain gardens help to filter out pollutants and replenish the aquifer.



“Rain gardens are a fairly new concept in this region,” says Chris LaChance, WaterSmart Landscaping Program Coordinator with the Texas A&M AgriLife Extension Service and Texas Sea Grant. “They are a pretty standard practice in other parts of the country, including the Pacific Northwest, Michigan, and the Northeast. Rain gardens are part of managing rainwater, or storm water, as we call it. The whole idea is that municipalities and individuals can play a role in the effort to manage the quality of the water released into our waterways.”

Cleaner lakes, bayous, and bay

Water from our watershed—including Clear Creek and Armand Bayou—all ends up in Galveston Bay. The Bay and the estuaries around Bay are part of the local economy and quality of life. So any effort to protect the water quality helps to maintain a healthy Bay for fishing, recreation, and tourism.

“Many people have the misconception that storm water goes somewhere and gets cleaned up,” says LaChance. “In developed areas, it doesn’t. Impervious surfaces like asphalt, concrete, roofing, and compacted soil prevent storm water from soaking in. So it goes directly from the storm drains into the nearest body of water—our bayous, lakes, rivers and Bay.” →

Create Your Own WaterSmart Rain Garden

The best time to plant any garden, including a rain garden, is in late fall so plants become acclimated before our dry, hot summers begin. Early spring would be the next best time. Like any new garden, a rain garden needs regular watering during the first two years to allow root systems adequate development.

A location in full sun is best—it allows for the greatest selection of flowering plants and water is able to evaporate and be absorbed more quickly.

RESOURCES

www.raingardens.org

Chris LaChance, Program Coordinator
281-935-6124 • c-lachance@tamu.edu

WaterSmart Landscapes for the
Upper Texas Gulf Coast • www.watersmart.cc

Impervious surfaces collect pollutants, and whenever it rains, those pollutants wash into storm drains. Pollutants can include oil, trash, sediment from construction sites, and chemicals like synthetic fertilizers and pesticides from treated lawns.

Rain gardens are a way for individual homeowners or commercial and public entities to manage storm water right where it falls, says LaChance. “A rain garden can capture runoff from a roof, sidewalk, parking lot, or street. That’s important, because that ‘first flush’ of storm runoff contains the most pollutants. Particles in the soil can actually bind to some of the pollutants the water contains, and plants can even take up some toxic heavy metals without harm. Rain gardens can do a really good job of cleaning up the water before it reaches the Bay.”

Excavate and let percolate

“Not every yard is conducive to a rain garden—it needs a bit of a slope,” LaChance explains. Instead of a typical

A WaterSmart Rain Garden

A rain garden is a bowl-shaped, planted area designed to collect, absorb and filter stormwater, or rainwater, that runs off impervious surfaces such as roofs, parking lots and streets.

How does a rain garden work?
Stormwater from impervious surfaces is directed into the rain garden. This slows the flow and gives it a chance to soak into the soil. As the stormwater moves through the rain garden, the soil, plants and mulch filter-out pollutants. Any stormwater leaving the rain garden is cleaner as it enters the stream/drain or nearest body of water.

How will a rain garden help?
Rain gardens protect water quality by helping to remove pollutants from stormwater runoff. At the same time, less water is lost to runoff—more of the stormwater remains where it falls. A rain garden is an attractive landscape feature.

What plants are used in a rain garden?
Native plants adapted to periods of both wet and dry conditions are best. Using native plants also helps to create a beautiful wildlife habitat.

Rain Garden in Action
Native trees, shrubs and perennials
Stormwater inflow
Temporary ponding area
Mulch
Compost-enriched soil mix
Stormwater infiltration
Overflow
What about mosquitoes?
Rain gardens rarely have standing water for more than 24 to 48 hours.

watersmart.tamu.edu

Logos: TAMU, Sea Grant, RAIN-BIRD, TAMU A&E NATURE EXTENSION, Girl Scouts of San Jacinto, Houston Endowment.

raised-bed garden, a rain garden is excavated to make a shallow depression. Water is directed downhill into the rain garden where it is allowed to sit for a while and soak into the soil.

LaChance offers guidelines for rain garden construction in presentations she gives to community groups, including homeowners’ associations. She has also helped to develop rain gardens in public spaces with the help of volunteers. She encourages residents to visit these for ideas. (See sidebar, “Visit a Local Garden.”)

The soil in rain gardens should be amended with porous materials for better water absorption and compost for nourishment. The best plant choices are native trees, shrubs, and perennials. For the lowest point of the garden area, LaChance recommends plants typically found in wetland areas, which can withstand being inundated periodically. For the sides, choose plants that can handle having “wet feet” some of the time. Plants that can thrive in drier conditions can be planted around the edges. “When we use native plants, rain gardens can become wildlife habitats, attracting butterflies, hummingbirds and other birds,” she says.

And what about mosquitoes when you have standing water? “When designed properly, a rain garden will not have standing water for more than 24 to 48 hours,” LaChance says. “And the native plants will attract dragonflies, which are voracious mosquito eaters.”

Beyond their functional use, rain gardens can be an esthetically beautiful and valuable landscape amenity. So go ahead. Stop the rain for a while, beautify your yard, and protect the Bay, all at the same time. ☘

Visit a Local Rain Garden



UNIVERSITY OF HOUSTON-CLEAR LAKE
 (near Entrance 3, in front of the
 Environmental Institute of Houston)
 2700 Bay Area Blvd., Houston, Texas 77058
www.uhcl.edu

CLAUDE BURGESS CENTER
 4200 Kalwick, Deer Park, TX 77536
www.deerparktx.gov



ARMAND BAYOU NATURE CENTER
 (at the Visitors' Center)
 8500 Bay Area Blvd., Pasadena, Texas 77507
www.abnc.org

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www.butlerlonghornmuseum.com

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Oysters from several different Galveston Bay reefs



ELM GROVE
(East Galveston Bay)



WHITE HEAD REEF
(East Galveston Bay)



RED FISH REEF
(Central Galveston Bay)



HODGES REEF
(Trinity Bay Galveston)

Oysters

Ascending

Partnership stirs up a sea change in the local oyster market

By Jack Tyler

Clean, sweet, buttery, briny, metallic—practiced palates describe oysters this way just as oenophiles describe wine. As “terroir”—soil composition, climate, and slope of the land—infuse grapes with distinct taste and fragrance characteristics, the essence of its watery home fashions of the flavor of every oyster. In the industry it’s called “merroir,” the sense of place that defines these bivalves. Oysters drink whatever water comes their way—as much as three gallons per hour—extracting oxygen, nourishment, and flavor.

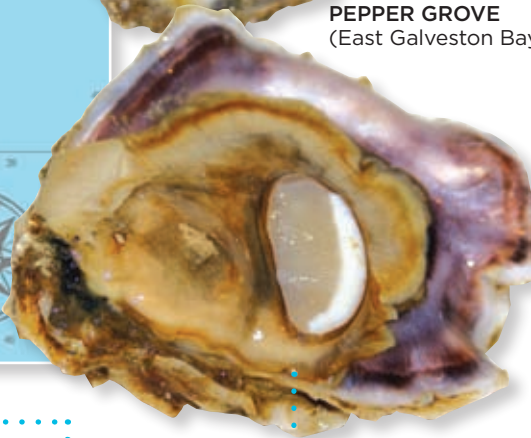
Oysters from the Northeast and Pacific Coast have earned a place in upscale dining establishments with recognizable names like “Chesapeake” and “bluepoint,” designations based on appellation—the name of the reef they are harvested from.

Here in the Houston-Galveston area, we typically just order “oysters.” However, Galveston Bay has many reefs, and each produces a unique tasting oyster. The differences come from the characteristics of each reef, including the salinity of the water surrounding the reefs. The shells even differ from reef to reef. There’s a marked difference between our oysters and those harvested along our nation’s east coast. Galveston Bay oysters are more plump and tasty. So, why don’t Galveston Bay appellations get any respect? I believe that it’s merely the half shell marketing by producers in those areas.

Thankfully, some local oyster cheerleaders are working to ensure that Galveston Bay appellations gain the reverence they deserve. Tom Tollett, owner of Tommy’s Restaurant and Oyster Bar in Clear Lake, Galveston Bay Foundation staff and volunteers, and the team →



PEPPER GROVE
(East Galveston Bay)



RESIGNATION REEF
(Central Galveston Bay)



HAWKINS CAMP REEF
(Central Galveston Bay)



DRUM VILLAGE
(East Galveston Bay)

Get Educated with these Local Oyster Resources:

Tommy’s Restaurant and Oyster Bar
www.tommys.com

Galveston Bay Foundation
www.galvbay.org

Jeri’s Seafood
www.jerisseafood.com



Photos from this year's annual Oyster Fest, held at Tommy's Restaurant and Oyster Bar, which benefits Galveston Bay Foundation and raises awareness about local oyster populations. Pictured clockwise from top left: Peter Bowman samples oysters displayed by reef designation; (l-r) Galveston County Commissioner Ken Clark, Kathy Trussell, and Rick Gornto support the cause—which includes eating oysters by the plateful; (l-r) Tom Tolett, owner of Tommy's Restaurant with Jeri's Seafood owners Betty and Ben Nelson; Trey Bartsch and Jessica Curran with Galveston Bay Foundation.

at Jeri's Seafood, have joined together to help increase awareness—about oysters and about keeping Galveston Bay healthy. Each year they sponsor an Oyster Fest celebration, comparing oysters from 12 different reefs in Galveston. Those who attend can attest to the fact that, when served side by side, the differences in taste, shape, texture, and appearance are quite surprising. This includes shell shape, salinity, minerality; as well as the flavor you taste when you first place the oyster in your mouth (usually reflecting the salinity of the water around the reef); the flavor of the oyster itself when you chew it; and the aftertaste.



Commercially harvested oysters are usually around 3-years-old. Note the three rings on this shell, indicating approximately three years of growth.

On my first limited comparison of Galveston Bay oysters, I sampled vast differences between Pepper Grove, Stephenson Reef, and the standard “Texas Gulf Coast generic oyster.” Stephenson Reef oysters benefit from their proximity to Smith Point in northeastern Galveston Bay where the runoff of fresh water from the marshes and Lake Surprise, create relatively low salinity (especially after a rainy season). They also have a pleasant minerality, and a sweet taste while chewing, as well as a sweet aftertaste. My favorite of the three. Pepper Grove oyster reef is in the southeast of Galveston Bay, very close to the Gulf of Mexico (thus they have slightly more salinity). In my tasting, I found the flavor profile of the Pepper Grove to be very similar to Stephenson Reef. The other oyster was not from Galveston Bay; it was from San Antonio Bay and makes up a large percentage of the oysters that are simply sold as “Texas Gulf Coast oysters.” The reef is situated between the mouths of the Guadalupe River and the San Antonio River. The reef is protected from the Gulf of Mexico by Matagorda Island and is 55 miles north of Corpus Christi. I found the oyster (in this tasting) to lack the plumpness and the pleasant minerality of the other two; high in salinity and slightly more flaccid.

Most Houston area restaurants that serve “flights” of oysters provide them with glowing talking points—mostly of northeastern, or Pacific coast origination. There will not be a single local oyster on the plate. Not so at Tommy’s Restaurant. Tollett proudly provides a local oyster experience and promotes the health of Galveston Bay.

The local oyster experience may be simplified into a four-pronged fork:

- 1 • The first prong is the health and preservation of the Bay itself. What’s good for oysters is also good and necessary for all life in the Bay. The Galveston Bay Foundation promotes a healthy Bay. In 2012, GBF recycled an estimated 54 tons of oyster shells from Tommy’s Restaurant alone. Much of the shell collected is used to make reefs that will enhance oyster habitats adjacent to GBF’s Sweetwater Preserve in West Bay. This year, GBF is working to expand its oyster shell recycling program to multiple restaurants. →

The “R Months” Myth

Great news for oyster lovers! Oysters are safe to eat all year around. Eating them in the summer months poses no danger. No one is sure where the “R months” myth came from. In pre-refrigeration days, shipping oysters great distances in the heat of summer was dangerous.

Summer is oyster-spawning season. As any oyster aficionado knows, a fertile oyster can turn thin, milky and flaccid—far from ideal, but not dangerous. They’re just very busy and not worrying much about their appearance.

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For information contact Jack Wootton
at 281.333.8854 or
jack.wootton@christushealth.org

Shotgun start at 10am.
Awards lunch, prizes, and auction at 3pm.



Tommy's Restaurant sells more than 10,000 oysters a week and recycles more than 110 tons of shells annually in Galveston Bay reefs, in cooperation with the Galveston Bay Foundation.

- The second prong is the responsible harvesting and distribution of our oysters. Jeri's Seafood on Smith Point (near Anahuac, Texas) harvests and distributes oysters from reefs throughout Galveston Bay, overseeing quality control to market oysters by reef name, or appellation, to restaurants. In partnership with the Galveston Bay Foundation, Jeri's returns their oyster shells to the reefs to promote new growth and reef preservation. Oysters require about three years to mature to commercial viability.
- The third prong is the seafood restaurateur. Whenever you order oysters in a restaurant, ask what reef they are from. They may tell you that they are simply "Galveston Bay oysters." Demand more information, and educate your waiter and the management. Ask if the restaurant has a partnership with Galveston Bay Foundation and whether they recycle their oyster shells to help improve the Bay and the oyster population. The more awareness their clientele brings to their oyster experience, the more restaurateurs will cater to demands.
- The fourth prong is you, the consumer. As the list of oyster bars that work with Galveston Bay Foundation grows, support these restaurants. Educate yourself and your oyster bar about your love for the unique taste and characteristics of our local oysters. 🍷

WWW.TOMMYS.COM

Tommy's

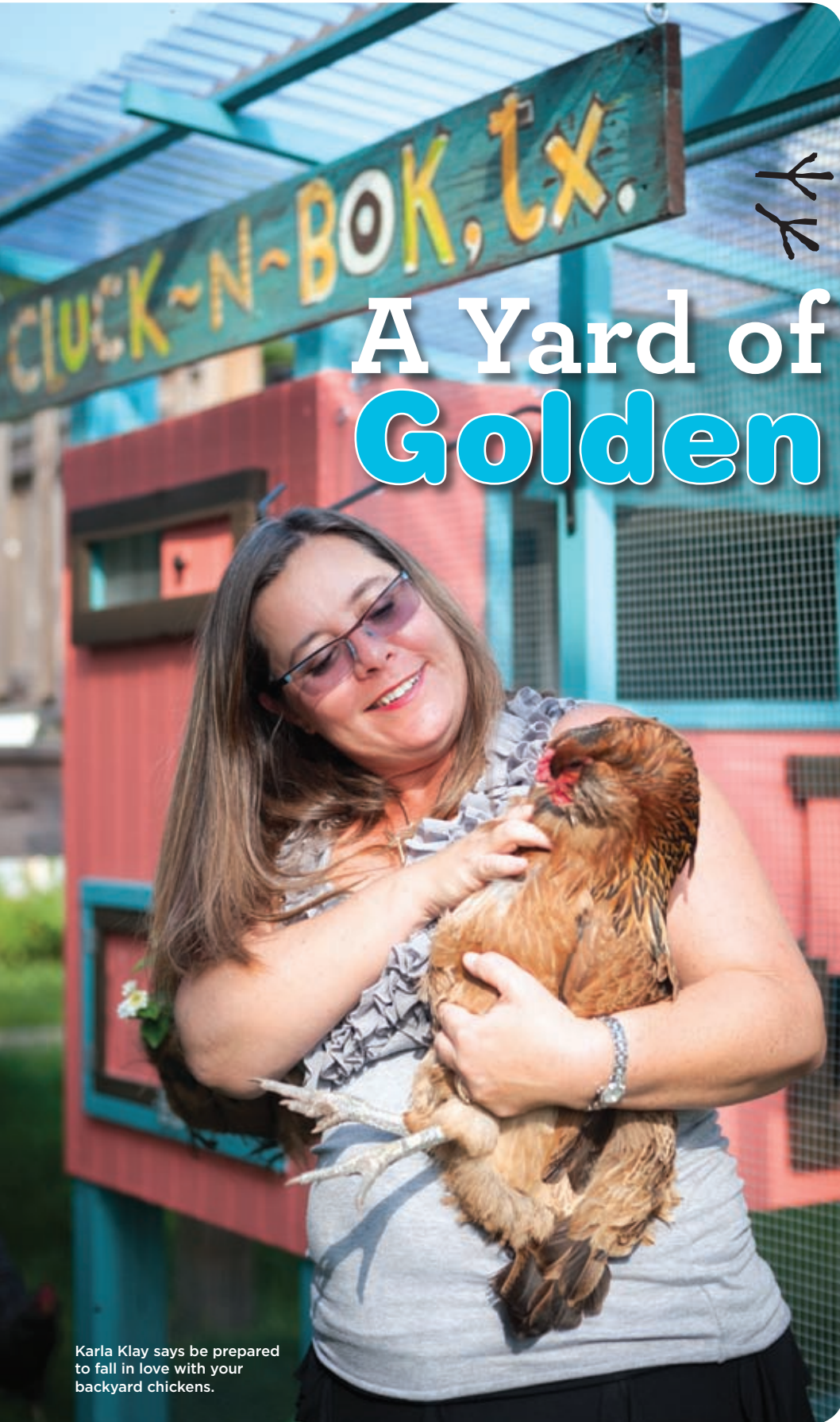
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Karla Klay says be prepared to fall in love with your backyard chickens.

A Yard of Golden Eggs

Eggs

Raising chickens is easy, popular, and rewarding

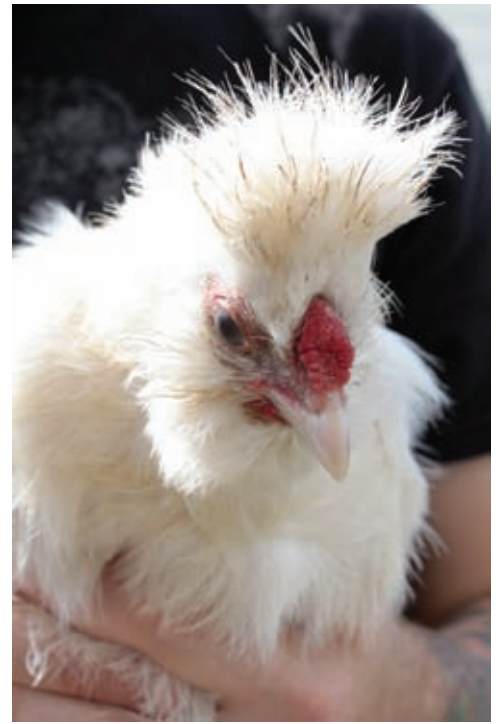
By Donna Gable Hatch

Which came first, the chicken or the egg? If you ask the growing number of backyard chicken farmers, you'll get different answers.

For some, the first time they taste a freshly laid egg, they're hooked. For others, the thought of raising their own small flock of chickens is enough to get the egg rolling, so to speak.

"Fresh chicken eggs are so much creamier and richer, and they taste a lot better," says Galveston resident Karla Klay. "We are very disappointed with store bought eggs. We get three or four eggs a day from our chickens. What we don't eat, we share with our neighbors." She and her husband Kristopher Benson have four hens in their flock: Hetty, Lucy, Blanca, and Alba. →

Left to right: Hetty, who's got copper feathers and black trim, is a Barnvelder hen named for Klay's grandmother. Her brown feathered friend is Lucy, who's an Americana hen. Both were purchased from Craig's List; Alba is a Chinese breed—she's social and enjoys being held; Carmelita and Madonna are 7-month-old sisters. They are Barred Rock hens and they were purchased at Wabash Antiques and Feed store in Houston.



"I am surprised by how much I love them! They follow us around, they sit next to me, and they each have their own personality. We have shy ones and moody ones. They each have a different voice and sound. We can tell which one is clucking."

Raising backyard chickens is easier than you think, and it's becoming increasingly popular for a number of reasons, says Robert McPherson, who acquired his first flock in the early 1970s and immediately began sharing his knowledge with others. "I have seen a real surge in interest," he observes. "At a recent Saturday seminar sponsored by the Galveston County Extension program on the urban farmstead, most of the attendees expressed a more than passing interest in backyard chickens."

In response to the growing interest, Galveston resident Alicia Cahill organized Galveston's first Chicken Strut Tour. The event, which was held in March, provided an opportunity for those contemplating starting a backyard chicken coop to speak to residents who own small flocks, get a look at a variety of poultry breeds, and to show children that eggs don't come in cartons from the grocery store shelf. "I think people are actively looking for alternatives to commercially grown food," says Cahill, owner of The Kitchen Chick, 528 23rd St. in Galveston. "Keeping chickens goes hand in glove with vegetable gardening, composting, and eating local."

More than 300 North American cities, including Galveston, permit residents to keep a small number of hens in suburban areas. Roosters, however, are not permitted in many locations, including Galveston, →



This year's Galveston Island Chicken Strut proceeds helped the Artist Boat's Project SIT (Seawall Interpretive Trail). The project's mission is to beautify 70 benches on the Seawall with hand painted tiles spotlighting our coastal heritage. Each bench needs a sponsor. Artist Boat is a nonprofit organization dedicated to promoting awareness and preservation of coastal margins and the marine environment through the disciplines of the sciences and the arts. Visit www.artistboat.org.



citing noise as an issue. “Each city within Galveston County has established its own policies regarding the establishment and maintenance of poultry houses within city limits,” explains Phoenix Rogers, County Extension Agent for Agriculture & Natural Resources, Galveston County.

We are very disappointed with store bought eggs. We get three or four eggs a day from our chickens. What we don't eat, we share with our neighbors.

“For example, most municipalities require that poultry houses and yards be located at least 100 feet from any occupied building or residence. Individuals who are considering raising

backyard poultry should review local ordinances to see what the policies are within their municipality.”

So, what do you need to get started? “Before pursuing any livestock or poultry enterprise, small or large, you should make a plan,” Rogers advises. “Ask yourself why you want to raise animals, what are the resources you will need and how will you get them, what is your budget, what is your end product, and how will you market it? There is no one right answer; some people love animals and have a small animal operation just for the fun of it while others want to produce a food source for their family and neighbors.”

“Chickens are generally low maintenance,” McPherson says. “As long as they have a coop, food, water, a safe place to strut their stuff, and are protected from the weather and predators, you're in business. If you let your chickens scratch outside the coop, be sure to secure them each evening.”

Klay says it's imperative that owners take precautions to ensure their chickens are as safe as possible. “We had two Rhode Island Reds, Cluck and Bok, and they were so sweet,” Klay remembers. “I just loved them. They kept going under the gate, and a stray dog got them. I cried for three hours! So be prepared to fall in love with your chickens, because you will. 🍌

Additional information about poultry production practices is available at the Texas A&M AgriLife Extension Service Poultry Science department at posc.tamu.edu/texas-agrilife-poultry-extension-specialists.

Benefits of a Backyard Chicken Coop

- Backyard chickens are healthier because they are fed a natural diet and are not kept in confined areas.
- Eggs from a backyard coop are more nutritious and better tasting. Store bought eggs can sit on the shelf for a week or more. Backyard chicken eggs contain more vitamins and are a better source of heart-healthy omega-3 fatty acids. Their whites are firmer and their yolks are super bright orange, which will make your recipes taste better.
- Chickens are great for your garden and improve your compost. Chicken poop is high in nitrogen, which is great for composting. They are natural foragers, so free-range chickens will scratch the soil, thereby aerating it, find and eat the bugs that eat your summer vegetables, and accelerate the decomposing process.
- Chickens are a great teaching tool. Children learn to be connected to their food and understand the food-to-plate chain. They'll love collecting eggs daily and feeding the chickens.



Chickens are generally low maintenance as long as they have a coop, food, water, a safe place to strut their stuff, and are protected from weather and predators. This is where Karla Klay's chickens hang out.



Galveston Co. Sheriff Gean Leonard and League City Officer Tammy Spencer.



Steve and Charla Pratt, owners of Esteban's Cafe and Cantina.

ESTEBAN'S IN LEAGUE CITY

Celebrates 25 years!

Steve and Charla Pratt threw a party to celebrate their restaurant's 25th birthday on May 31 at Walter Hall Pavilion. Guests danced to the Navigators and enjoyed Esteban's great margaritas and Mexican food!



Cheryl Leonard, Dale and Suesie Hardy

Mark Conrad (back row left), owner of Bay Area Houston and Galveston Express offices, and volunteers spent time working a food drive to collect and donate more than 853 pounds of non-perishable food and \$230 to Galveston County Food Bank.



Memorial Hermann Southeast Hospital was honored to have the American Legion Post 554, from League City, participate in an inspiring Memorial Day celebration on May 24. They led the flag ceremony to honor veterans and military service members and brought memorabilia for viewing.

Surgeons at Memorial Hermann Southeast are breaking new ground in the quality outcomes arena thanks to a new da Vinci® Si™ surgical system for robotic-assisted, minimally invasive surgery and an upgraded perioperative unit featuring a state-of-the-art hybrid operating-endovascular suite. (l-r): Doug Dow, MD, Urology; Matthew Hoggatt, MD, Urology; John Dalrymple, MD, Gynecologic Oncology; Michael Byrd, MD, Otolaryngology.



**Business gives back
to our community
and causes**

“I’ve always respected those who tried to change the world for the better, rather than just complain about it.”

-Michael Bloomberg



On May 31, more than 20 volunteers from the MD Anderson Regional Care Center in the Bay Area came out to Eastern Regional Park in Dickinson to support and encourage local cancer survivors at the 2013 Relay For Life of Greater Bay Area. At this year’s event, 43 teams and 777 participants raised more than \$96,000.



Dr. Brannen, Dr. Shah, Dr. Samman, Dr. Patel



Teresa Ehrman-CLRMC Marketing Director and husband Jamie; Julie Leggio, Andrea Davis; Cody Owen; Megan Owen-CLRMC Director of Physician Relations



Peter Wuenschel, Communities in Schools with Honorable Floyd Myers, Mayor of Webster.



Smrithi Grover, Dr. Yo, Melinda Marcum

CLEAR LAKE REGIONAL NEW PATIENT TOWER *Grand Opening Event*

The medical community and Bay Area communities came together on June 13 to celebrate the new \$92 million hospital expansion that will enhance healthcare services to local communities.



Dr. Gautam Malkani, Dr. Nadir Ali



CLRMC CEO Stephen K. Jones, Jr. is joined by Chief of Staff Dr. Hammond, Clear Lake Chamber President Cindy Harreld, HCA Gulf Coast Division President Maura Walsh, and others for the official ribbon cutting.

at the COAST



This barrier, part of the Deltaworks that protects The Netherlands, are similar to the barrier that could be used to protect Galveston Bay from a storm surge.

By Katherine Adams

At least half the world's population—about 3 billion people—live in coastal regions vulnerable to the worst effects of hurricanes and floods. The nearly two million Bay Area Houstonians who live within a hurricane's strike zone need no reminder of the environmental devastation and the \$40 billion economic blow suffered after Hurricane Ike struck in September of 2008. We enter each new hurricane season with trepidation and uncertainty.

If we had a coastal barrier to protect us from the storm surge, we may rest a bit easier during hurricane season, says Dr. Bill Merrell, chairman of maritime science at Texas A&M in Galveston. Merrell's brainchild, a coastal spine protection project known as the Ike Dike, could be the solution to a terrifying problem that has plagued the Gulf Coast since before the Great Storm of 1900 left its indelible mark on the people and the economy of the Texas Gulf Coast.

Proven global solutions to local problems

Half a world away, Dutch coastal engineers faced the same flooding and saltwater surge problems that assail us in the Bay Area after each hurricane. The Netherlands has had its own painful history with violent storms and flooding since 21 percent of the country is below sea level, and 50 percent lies only one meter above sea level.

Merrell, whose proposed Ike Dike project would protect the Houston-Galveston area from a storm surge, says that the Delta Works project in The Netherlands has a proven record of success with building dikes and floodgates, both from an environmental and technological standpoint. "We had such a hard time recovering after Ike," Merrell says. "We need to change our philosophy from 'recovery' to 'prevention.' We can't prevent the wind damage, but we can prevent the floods. I'm patterning

CATCFT

The Ike Dike could save lives, property, and economy in a hurricane



The Dutch are at the forefront of sound environmental practices, which are the cornerstone of our proposed strategy.

my design after the Dutch, who are renowned experts at dealing with this problem. They've had barriers and floodgates for 25 years and they've managed to keep their cities from flooding while keeping their bay very healthy. The Dutch are at the forefront of sound environmental practices, which are the cornerstone of our proposed strategy."

A coastal spine to protect people and assets

Merrell explains that the Dutch approach is to shorten the coast by combining gates and barriers to keep the storm surge out of the internal waters. This means that an image of an ugly barrier that hugs the coast, encircling Galveston Bay, coming close to shore, and detracting from enjoying the beach, is incorrect. "The proposed Ike Dike would be 60-70 miles long, about 17 feet tall, and would extend the protection afforded by the existing Galveston Seawall along the rest of Galveston Island and along the Bolivar Peninsula," says Merrell. He adds that the addition of floodgates at Bolivar Roads, the entrance to the →

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Left to right: Jerry Mohn, President of the Galveston West End Properties Association; Helen Young, Deputy Commissioner, Texas General Land Office; and Bill Merrell, George P. Mitchell Chair in Marine Sciences at TAMUG, at the Maeslant Gate Closings at the Port of Rotterdam in September 2012.

Houston, Texas City, and Galveston ship channels, and at San Luis pass would complete a coastal spine that would provide a barrier against all Gulf surges into the Bay. “We could build this dike using the existing, proven technology we’ve learned from the Dutch experts, who are in close consultation with us on this,” continues Merrell.

Merrell says the Ike Dike would afford coastal residents excellent protection. “It preserves the appearance of the coast, and because we are not below sea level, we don’t need a pumping station. Our problem is much simpler than in The Netherlands, or even in New Orleans. We only have to hold the storm surge outside the bay for about six hours. We’ve got to catch it at the coast, because if the surge gets in the Bay, things turn from terrible to catastrophic.”

Galveston Bay is the second most productive bay in the U.S. (behind Chesapeake Bay), and our assets in the petrochemical industries are the most important in the country. “We think of Ike as a terrible storm, but if we had a hurricane comparable to Katrina, we could lose up to \$73 billion in gross product,

\$61 billion in income, over 800,000 jobs, and seriously impact the country’s economy,” explains Merrell. “We are struck by a major hurricane about every 15 years.”

“The barrier would protect the bay’s natural resources as well as our economy. It occupies a minimum footprint, and its protection is comprehensive,” says Merrell. “This barrier is socially just. That means it protects everyone, not just those who have bigger, sturdier homes. The barrier affords everyone in the community the same protection. That’s why we should have this barrier. The concept works. It’s technically feasible, economically sound, environmentally friendly, and socially just.”

Merrell continues that London and Venice are considering similar dikes tailored to their own purposes, and after Katrina, New Orleans built a \$15 billion dike. “Their economy is one-eighth the size of ours. There are 30,000 people in New Orleans as compared to 2 million in our surge zone,” he adds. “We will continue to study this for about another year, and then it will take another two to three to build it. But if it’s built, I think people will release their fear factor and see a real peace of mind set in, for their own safety as well as for the economic development in our communities. When people think about expanding, those hurricanes are always on their mind. The threat of the surge curtails new development.”

The Ike Dike strategy is to keep the ocean surge out of Galveston Bay by using a grated coastal barrier.

The first component of the Ike Dike already exists—the Galveston Seawall.

The second component—Land Extensions offer the protection afforded by the Seawall.

The third component—Flood Gates.



Rendering of the Ike Dike.

Economic impact on Bay Area Houston and beyond

The Ike Dike proposal is expensive, and could exceed the projected cost of \$2 to \$4 billion. “Let’s talk about what that money really means,” says Bay Area Houston Economic Partnership (BAHEP) President Bob Mitchell. “Houston is home to the largest and most important concentration of petroleum refining and petrochemical processing plants in the U.S. So, is that a lot of money when we’re talking about protecting 26 percent of the gas produced in the U.S.? Think about every jet that takes off and lands in this country—46 percent of that jet fuel comes from here. And 40 percent of all feedstock, as well as the plastics that you find in shampoo, the coverings that makes pills easier to swallow—are produced here. These aren’t just Texas’ assets, they’re America’s assets.” Mitchell says that if Hurricane Ike had hit just 17 miles further west, all those plants would have been under 20 feet of water, and

it would have taken anywhere from 18 to 36 months to get them all back up. “If we’d had the industrial base we now have back in 1961 when Hurricane Carla struck, we’d have been wiped out. If we were struck by another Ike, it would affect everything in the country,” he says.

Mitchell adds that the dike could improve homeland security. “Imagine if half the commercial and military jets that fly were grounded. And if you think gas prices are high now, imagine losing 26 percent of our fuel inventory.” He continues that \$35 billion of the approximately \$40 billion in damages post-Ike were due to storm surge. “Only about \$5 billion came from wind damage. The Seawall in Galveston did its job, but most of the flooding came from the Bay side. Of course the proposed barrier would protect the residents and the coastline, but we need to protect our economic assets as well.”

Investors are understandably hesitant to put their money in a community that lies prone to a hurricane’s devastation. “People would want to move here if they see we have invested in a barrier to protect our assets. This Ike Dike would take a big red ‘X’ off our coastline,” Mitchell explains. “We’re talking about spending this money to protect about 5 percent of the country’s GNP. That’s how important Houston is to the entire country.”

Think about every jet that takes off and lands in this country—46 percent of that jet fuel comes from here. And 40 percent of all feedstock, as well as the plastics that you find in shampoo, the coverings that makes pills easier to swallow—are produced here. These aren’t just Texas’ assets, they’re America’s assets.”

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Naomi Judd

Shares Her Story

CHRISTUS St. John LiveWell Conference keynote speaks from the heart

By Carla Medlenka

Naomi Judd has a message for women: “Know your story.”

When I sat down with this legendary entertainer at the CHRISTUS St. John LiveWell Conference for Women in May, she was open and honest, with a carefree sense of self that permits her to say what’s on her mind without the least bit of concern about what others think. She is a woman who is comfortable in her own skin.

Judd easily speaks of the chronic depression that’s challenged her throughout much of her life, as well as her feelings of rejection and being unloved by her mother. Her medicine, she says, consists of: Getting your meds right, surrounding yourself with other women who support you, and learning your own story.

“Researchers have found that Americans right now are the most unhappy, isolated, and depressed that they’ve ever been in the history of humankind,” Judd says. “Materialism, greed, lack of spirituality, technology—these are all symptoms. The root problem is, we don’t know who we are.”

Judd has been studying neuroscience and human behavior for 23 years (Dr. Francis Collins, director of the Human Genome Project at the National Institutes of Health, is her good friend), and has found professional therapy helpful with healing her depression. This combination taught her to be proactive in her personal health. “One of the first things my therapist had me do, which I initially thought was crazy, was to go back as far back as I can remember and look closely at my kin to find out a little bit about them. Your parents and early caregivers really set your self esteem and your opinion of the world,” Judd says. “What I discovered was that everyone on one side of my family had mental issues. Then a shift happened. I realized I am a survivor. That’s who I am. I’m not defined by my past.”

An understanding of her story, plus connecting with other women and sharing their stories, helps to keep her balanced, Judd says. “What people need is a good listening to. We desperately need these types of events

where women come together. Something about them not only makes us all feel known, we share our stories—which connects all of us. I free fall into the hope that my story will prompt others to start thinking about their story.”

Judd says she doesn’t own a cell phone or computer. She calls these “weapons of mass distraction” and believes we live in an ADD society where media influences our behaviors. “Media portrayals of women make us feel inferior,” she says. “We’re constantly comparing ourselves. We become followers and wear masks. We know more about celebrities than our own families sometimes. Wisdom comes from our own experiences. We get that by spending time alone.”

Judd advises everyone to, “Open your mind and become a detective about how you were raised and about the generations that came before you. This helps you realize why you do what you do.” Once you decide you don’t want to be a certain way, Judd assures you change can happen. “Only a third of our genes determine how healthy and happy we are, and how long we’re going to live. That’s huge. That means we get to choose who we are everyday.”



UHCL president Dr. William Staples shares a laugh with Naomi Judd at this year’s LiveWell Conference.

The Road to **WELLNESS**

Five-step program helps cancer patients achieve optimum health



Matthew Ballo, M.D., is a radiation oncologist at MD Anderson Cancer Center Bay Area. Dr. Ballo created the Road to Wellness program to support wellbeing and promote a healthy lifestyle for cancer survivors.

CHRISTUS St. John Sports Medicine and the University of Texas MD Anderson Regional Care Center in the Bay Area offer lifestyle rehabilitation programs to transition patients from active cancer care to a healthy post-treatment life.

The Road to Wellness, developed by Matthew Ballo, M.D., a radiation oncologist at MD Anderson in the Bay Area, uses education aimed at exercise, nutrition, massage, stress management, and smoking

cessation to promote wellness and reduce stress and fatigue.

While working with patients receiving radiation, Dr. Ballo observed that fatigue is a common problem. Since there were few active interventions to address the issue at the time, Dr. Ballo created solutions to relieve fatigue. He soon realized that there are several additional quality of life issues that patients faced.

“Cancer survivors have unrecognized and untreated after effects of cancer treatment,” Dr. Ballo says. “We put two and two together and created a program that addresses fatigue and the global issues of quality of life in cancer patients undergoing treatment, as well

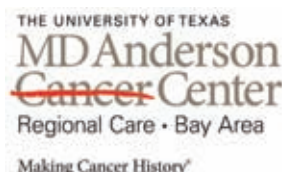
as post treatment. Road to Wellness equips them with the tools necessary to be healthy cancer survivors.”

The Road to Wellness is a five-step program that addresses key issues for achieving optimum health post cancer treatment. These include:

- Lifestyle Counseling
- Tailored Exercise Regime
- Nutritional Consultation
- Massage & Stress Management
- Smoking Cessation



When Julie White (pictured above, right), Wellness Coordinator at CHRISTUS St. John Sports Medicine, was diagnosed with breast cancer in 2010, she experienced firsthand what it's like to navigate the long road to wellness. She says it's helped her work with patients who have had cancer or are going through cancer treatment. “When they find out I've had cancer, my patients relax and feel comfortable working with me,” Julie says. “I explain to them that exercise helps them to regain the energy they need to get through their treatment. Many of them have expressed that getting back to exercise helps them feel less like they are sick and helps speed their recovery. Exercise also helps them to feel better about themselves. Studies have shown that people who exercise have a lower reoccurrence rate.”



For more information on the Road to Wellness program please call 713.563.0670, ext. 2. To learn more about the CHRISTUS St. John Sports Medicine center visit www.ChristusStJohnSportsMedicine.com.

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