

Lupus Foundation to offer free program

On Saturday, Dec. 11 the Lupus Foundation of America and its Texas Gulf Coast Chapter will conduct a free educational program featuring several of the nation's leading experts on lupus, a chronic autoimmune disease that affects approximately 1.5 million Americans, mostly women. The experts will speak about the latest advances in managing and treating lupus, with a focus on systemic complications of the disease.

The program aims to educate both physicians and patients on the latest advances in the management and treatment of lupus. Lupus experts will discuss lupus genetics, skin disease, renal disease, and clinical challenges of managing lupus.

THE PROGRAM IS FREE! and

will be held at the Hyatt Regency Houston, 1200 Louisiana Street in Houston.

The free afternoon session is open to people with lupus, as well as their friends and family, and begins at 1 p.m. Leading lupus experts will answer questions in special breakout discussion groups.

A session for medical professionals only will be held in the morning beginning at 8 a.m.

For additional information, and to register online for this free education program, visit the Lupus Foundation of America website at www.lupus.org. Click on the link to register for "Lupus Now: State of the Art from Lupus Experts." To register by phone, call toll free at 1-800-374-0519.

My Favorite Book enriching our community

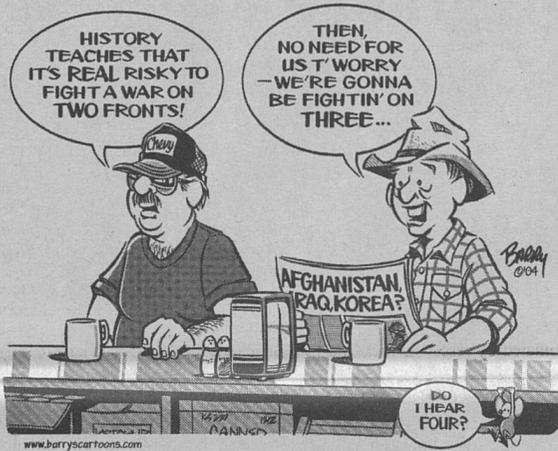
Many of our local first graders will have a new favorite book very soon. Thanks to The Ambassador Company and local sponsors, *My Favorite Book*, a beautifully illustrated volume expressive of moral values, is being made available in certain local schools as a gift to first graders.

With each distribution extra copies of the book are given to the school along with an interactive CD-ROM incorporating the themes of the volume. A copy of the volume goes home with the child to become his or her very

own. Printed in this book is a parent Guide explaining the values covered in the book along with suggested topics for family discussions.

Without support of local community leaders this program would not be possible.

The local school involved is Eagle Lake Primary School. Local sponsors are Trafco Industries, Inc., First National Bank of Eagle Lake, Class Concrete Corp., and Dulany Funeral Home #1775.



Texas A & M Grant

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rial even after cleaning to 100% purity. It's the same treatment as most bottled-water companies use, but because of its providence as a hazardous material, the water can't be used."

Burnett said that membrane filters are used to treat the oilfield brine.

Membrane filters come in a range of sizes, ranging from microfilter pore sizes, through nanofilter pore sizes to reverse osmosis filters (the tightest type of filter). Reverse osmosis membranes contain pores so small that 99 percent of the contaminants in the water are rejected and only pure water is recovered. The problem, however, is that the filters tend to build up contaminants on the surface of the membrane, reducing its efficiency.

So Burnett, along with Professor Maria Barufet and researchers with the Texas Water Resources Institute, are developing detergents and cleaners to remove the contaminants from the filter to increase the membrane's

efficiency. Two independent companies, SpacerTech Technology of Dallas and Cartwright Consulting of Minneapolis, are assisting the Texas A&M researchers. Burnett also has partnered with Argonne

National Laboratory's John Veil, a specialist in regulatory issues associated with water reuse in the energy industry.

Burnett is testing the membranes at the TEES Food Protein Research and Development Center and at the Texas Engineering Extension Service's Brayton Fire Training School. Firefighters training at the school use water from a nearby pond to extinguish diesel and oil fires. The water, contaminated with oily residue from the oil fire, drains back into the pond. The water passes through Burnett's membrane filters and is cleaned before it goes back into the fire hoses and is used to put out more fires.

Burnett said that all the technical obstacles for cleaning and reusing oilfield brine have been overcome, and that Texas A&M has made the treatment cost effective. He said it costs the industry the same amount of money to treat and reuse the water as it costs to reinject the water into the formation from which it came.

"We need to use this recycled water," Burnett said. "Why pay \$1.80 for a gallon of gas and \$3 for a gallon of water in Big Bend? We have more than enough water to take care of the needs of Texas for the next 100 years if we use these technologies."

Engstrom

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pineapple refrigerated dessert was served.

The hostesses presented Amanda with tall crystal vase.

Special guest was the bride elect's mother, Mrs. Kirk Engstrom.

Other guests included Miss Shanna Waligura, Miss Kristin Wesselski, Miss Misty Morales, Miss Jessica Engstrom and Mrs. Amy Engstrom.

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Second Nature Tourism Business Development Seminar to be held in Eagle Lake

Are you interested in starting a nature tourism business to generate some additional income from your land? Do you want to know who you need to speak to regarding small business financing? Want to learn how to write a business plan for a new business? Worried about the liability issues for your land? The answers to these questions and more will be offered at a seminar in Eagle Lake, Dec. 8, at the historic Farris Hotel just off the square at FM 102 and McCarty.

These are some of the comments

by those who attended the first seminar in Bellville: "This was great! The information given at the seminar is what I've been looking for" and "This really helped me to consider tourism for my farm", and "I will be able to use the information I got today to enhance and market my business".

The goal of the seminar series is to help area landowners find ways to diversify their agriculture operation and provide potential new revenue sources. The December seminar will be led by experts in helpful topics such

as liability issues for land owners, developing a tourism business, writing a business plan, business financing options and presentations by area nature tourism business owners. The seminar will run from 8:30 a.m. until 3 p.m. with registration beginning at 8:30.

The daylong presentation will focus on the nuts and bolts of starting a nature tourism business. The 3-part series is designed to allow individuals who are interested in starting their own business as well as those looking to improve and grow their enterprise the opportunity to hear from industry experts and success stories from other areas of Texas.

A \$49 fee will cover the cost of the seminar, all handouts and a lunch. To register for the December 8th seminar or for more information on these seminars, please contact: The Texas Leadership Institute at: 1-800-776-5272, ex. 3399, The Eagle Lake Main Street office at: 979-758-4103, or Loy Snearly, consultant to TLI at, 979-240-3512.

This seminar is co-sponsored by: The Texas Leadership Institute, LCRA, Texas Cooperative Extension, The County of Austin, San Bernard Electric Coop, The Chambers of Commerce of: Austin, Colorado, Fayette, Ft. Bend, Washington, Waller, and Wharton Counties.

Pneumonia – You Don't Want It

By Lois Quenneville

I've been there, done that and don't want to do it again! As some of you might already know, I got to spend a week in the hospital this past April dealing with a nasty case of pneumonia. During my recovery, a day didn't go by that a friend or family member wouldn't ask me, "What happened? How did you get it?" I had to admit, I didn't have a clue! I was just walking around and, wham!-It hit me right out of the blue!

Pneumonia means infection of the lung. There are a lot of things that can cause a lung infection—viruses, bacteria, fungus, microorganisms, - essentially anything that is alive and can be sucked down into our lungs. And we are always sucking things down into our lungs. Fortunately for us, our body has an incredible defense mechanism consisting of mechanical barriers [such as sticky mucous (or, "snot" as we so fondly call it) and ciliary hairs (now that's really gross!) lining all our air tubes], and our immune system. The mechanical barrier is like the walls of a castle and the immune system is the artillery. If you have a weakness in the defenses, or the number of organisms introduced is so large or the type of organism is so mean that it overwhelms the defenses, you got infection.

Now my mom thinks my immune system is rundown because I'm too busy. "You shouldn't be doing all the things you do," she yells, as she drops off a home-cooked meal for my family on her way to choral practice after she mowed her half-acre and planted a new 12'x24' rose garden. My best friend believes a mutant terrorist-designed bacteria attacked me and my husband thinks I just wanted more attention.

The kind of pneumonia I had was more than likely *lobar pneumonia* caused by the *Streptococcus pneumoniae* bacteria. *S. pneumoniae* usually lives in a very quiet life up in the noses and throats of most healthy people. But here's the catch, for what ever reason, and we still don't know why, the bacteria go on a rampage and get into the lungs where they don't belong! This kind of pneumonia can start with a bang! Shaking chills, high fevers, rapid breathing, and chest pain with shortness of breath and cough. Sometimes there's nausea and vomiting (I thought I had stomach virus the first eight hours of my illness) and muscle aches with tiredness. Left to its own devices, *S. pneumoniae* can spread to the blood and nervous system. The U.S. Centers for Disease Control and Prevention estimates that this bacteria causes 40,000 deaths and 500,000 cases of pneumonia every year in the U.S.; and in children

younger than 5 years old, causes more than 1 million deaths in children each year. The very young and very old are particularly at risk of death. Shoot, I consider myself a strong, healthy, young, middle-aged woman and I've got to admit that, at the height of my illness, I thought I saw that tunnel of light once or twice. (Come to find out, much to my relief, it was just the bathroom night-light glinting off the IV pole).

So what makes this pneumonia so nasty? You already now that if you can't breathe, you die. On a microscopic level, if you can't get oxygen into your blood, you die. *S. pneumoniae* rapidly block the smallest breathing tubes in your lungs resulting in a collapse of the air sacks, and as your body knows your lungs are pretty important for survival, it mounts a huge counter-attack. The blood vessels in the lungs dilate and start leaking a lot of fluid into the infected area. This is good and bad. The good part is that all the immunity infection-fighting stuff like the white blood cells rides in with the fluid. The bad part is that the bacteria love the fluid and actually reproduce in it. And you feel like you're drowning. Depending on how much of the lungs (thank goodness we have two!) get infected determines how badly you are going to feel and how quickly you will recover. If you already have a problem with your lungs, such as emphysema or chronic bronchitis, your symptoms may be much more severe and you will be at higher risk of complications including death.

How to avoid getting pneumococcal pneumonia? You've heard of the pneumonia shot-well, there you have it! Currently, the pneumonia vaccine is recommended for all adults 65 years and older. It is also recommended for any adults with certain chronic medical problems. Just in the last three years, children have begun to receive the pneumonia vaccine with their primary series of shots. (We hope to see a lot less of this potentially dangerous bug over the next decade). And take care of your lungs! If you smoke, stop! If you can't stop the first time, keep trying. On the average, people quit for good on their seventh or eighth try!

Hoorah for modern medicine and antibiotics! With a little (actually a lot) of help from the hospital staff, doctors, my friends and family, I have fully recovered and am back in play again!

Contact your physician or health professional to see if you need the pneumonia vaccine or a booster to prevent getting pneumococcal pneumonia. Believe me, you don't want the real thing!



Shown above is Bart Berich, left, and his supervisor, Ben Wagner, right.

Weimar MOCT/DCP Student of the Month for November

Bart Berich, a senior at Weimar High School, has been selected to be the MOCT (Multi-Occupational Cooperative Training)/DCP (Diversified Career Preparation) Student of the Month for November. Bart Berich is the son of Tony and Theresa Berich.

Bart is employed at Hollis and Elsie Taylor's Ranch. His responsibilities include feeding and caring for livestock, operating and maintaining farm equipment, building and maintaining fences, and other farm related jobs.

Bart is an active member of the Weimar FFA Chapter. He shows broilers at local and major shows.

Bart plans to attend Texas State Technical College in Waco to study electrical technology after he graduates from high school.

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