

Views Around The Lake

by Cindy Klopsteck

Strides Across Texas - Eagle Lake

"From that day on, if I was ever going somewhere, I was running...."

—Forrest Gump*

I have forgotten why Forrest Gump ran and ran and ran. It was a good movie, a long movie, and for a part of his interesting and historical journey through life, Forrest Gump was running. Most movie fans, however, have probably forgotten why.

A whole lot of people will not forget why Kevin Kline decided to run.

93Q Houston radio personal-

ity Kevin Kline is President of Snowdrop Foundation, which is "dedicated to assisting patients and families at Texas Children's Cancer Center through funding for research and scholarships for college bound pediatric cancer patients and survivors."

After making friends with many of the young cancer patients through various activities and after meeting Tim Borland, an ultra-endurance runner who had challenged himself with 63 marathons in 63 days for medical research, Kevin decided to run.

It was during his Strides Across Texas that Kevin raced through Eagle Lake on December 30th, and where I caught up with him as he completed the day's 36 miles, taking a well-deserved rest at Shoppa's Farm Supply parking lot.

It was about 3 p.m. that day that he approached the business on Hwy 90A, amid honking horns from interested and encouraging passers-by and shouts and greetings from fans and local supporters. His wife Trish and constant entourage of supporters quickly set up camp for an overnight stay.

After "cooling down" and relaxing his muscles, Kevin was ready to talk about his recent strides across the state.

It began in Dallas on December 20th, with Kevin and Tim racing their way through Austin and San Antonio, with plans to end the journey on January 1st at Texas Children's Cancer Center in Houston.

The goal: a 13 day run, completing 481 miles, to raise \$500,000 for pediatric cancer research.

I asked Kevin why was he running now, during the holidays.

"Cancer doesn't know it's Christmas or New Year's," he explained. "Cancer patients don't get a holiday."

As Tim bandaged a leg with some tendon problems, Kevin spoke about the endurance.

He had trained for a year, significant in that many cancer patients also experience a grueling initial year of treatment, requiring much more endurance than a run, he said.

Kevin and Tim mainly ran through Texas alone, but in many cities and small towns along the route, caring locals joined in the pace.

For each of the first 12 days of his run, Kevin ran in memory of a particular courageous child whose life had been taken too soon by cancer.

The 13th and final day he would be running for all cancer patients and survivors. The day he arrived in Eagle Lake, the 11th day of his run, Kevin and his team sported shirts in memory of Ryan "Batman" Williams.

I was privileged to speak with Ryan's parents, from Dayton, Texas, who spoke highly of Kevin and his commitment.

When asked about all the time and talents invested by so many for this cause, the Williams family responded, "This is what we all signed up to do. Ryan didn't sign up (for cancer)."

No tendon problems were seen the next foggy morning around 7:45 am, the last day of 2009, as Kevin and Tim and running supporters from Eagle Lake and East Bernard (the next pit stop on the journey) started out for another 36 miles.

"That day...I decided to go for a little run...I figured since I

had gone this far, I might as well just keep on running." — Forrest Gump*

Horns were again honking, supporters were holding signs and yelling their greetings of encouragement.

Shouts and waves brought gleaming smiles from the ever-moving Kevin and Tim, even though the dense fog, much like a growing cancer, tried unsuccessfully to defeat their resilience.

All in support of cancer research.

All in support of little superheroes, like Ryan "Batman" Williams, who face strong challenges every day in their fight against cancer

"Momma always said dying was a part of life. I sure wish it wasn't." —Forrest Gump*

Addendum: Kevin, with support of Tim and family and friends, successfully completed his goal of 481 miles on 01-01-10. Donations toward his \$500,000.00 goal are still being accepted. Eagle Lake was fortunate to have been a part of Kevin's worthwhile journey.

For more information, please consult the following websites: www.stridesacrosstexas.org, www.snowdropfoundation.org, or www.ryanbatmanwilliams.org.

*All quotes from the 1994 movie, "Forrest Gump"



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Cindy Klopsteck sits down and talks with 93Q Radio personality Kevin Kline while he was in town during a fundraising run.

What Everyone Should Know When Fighting Cancer

It's just about the worst news you can hear: you or a loved one has been diagnosed with cancer. What you do next can make all the difference.

Knowing what to ask the doctor and keeping up with new advances can help you and your family plot a course to fight off cancer.

"Our efforts against cancer, including prevention, early detection and better treatment, have resulted in profound gains," said Dr. Eric Kort, lead author of a new study in the journal "Cancer Research" that indicates cancer mortality rates have been dropping over the past three decades among both young and older cancer victims.

Educate Yourself About The Cancer

No matter what type of cancer has been diagnosed, educating yourself about it is critical. Find out exactly what type of cancer it is and whether it has spread. When researching the cancer, be sure the source you are accessing is trustworthy - whether on the Internet, in the library or at a doctor's office.

Learn About Recommended Treatments

For most cancers, the treatment options are surgery, chemotherapy, radiation therapy or watchful waiting. Before embarking on a path recommended by your doctor, learn exactly what the treatment is hoped to accom-

plish. Don't be afraid to ask questions or for second opinions.

Ask About New Treatments

Ask your doctor what new treatments may be available for the cancer - even if he or she doesn't necessarily offer it, or if it isn't available at your hospital or doctor's office. Just because your doctor isn't an expert on a new treatment or doesn't have access to it, doesn't mean you shouldn't pursue it.

For example, new radiation therapy systems, such as one called TomoTherapy, can be used to target certain tumors more precisely without damaging surrounding tissue, and therefore are more effective while causing fewer side effects. However, many hospitals and facilities don't yet

offer this new treatment.

When it comes to cancer drugs, there are many innovative treatments just becoming available.

One revolutionary drug called Reolysin is made from a common virus that causes stomach upsets and currently is being tested on patients with advanced head and neck tumors, and liver and breast cancer.

The company behind Reolysin, Oncolytics Biotech Inc., has become the first to reach an agreement with the Food and Drug Administration on a Phase III trial of a drug made from this type of virus.

When it comes to your personal war on cancer, you need to partner with your doctor to arm yourself with the best available knowledge.

Alzheimer's Tips

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As a prescription medical food, Axona is different than dietary supplements as it must be used under a doctor's supervision.

It's supplied as a powder to be mixed with food or liquids and is taken once daily following a meal.

Chris Freeman, caregiver to his 89 year-old mother who suffers from Alzheimer's, recalls how traditional drugs helped, but he wished to do more, so he researched new therapies. "My mother has been taking Axona in combination with her other medications for the past 2-1/2 months, and I have noticed a significant improvement in her memory and energy," he notes.

Physical exercise is also beneficial to patients and caregivers. Regular aerobic exercise like walking, biking, or swimming reduces the effects of stress on the body and can help the brain perform better by pumping oxygen-rich blood to it.

Mental exercises are key, as they stimulate neural pathways. Taking adult courses, learning a new language and doing crossword puzzles all can help.

There is a growing trend toward integrating traditional therapies, lifestyle-based approaches and adjunctive therapies like medical foods. For more tips about caring for an Alzheimer's patient visit www.about-axona.com.

Be A Part Of The Future Of Preservation In Texas

The Texas Historical Commission (THC) has ambitious plans for the future of preservation in Texas.

Every 10 years the THC, in collaboration with its partners, develops a Statewide Preservation Plan and the agency has created a survey, open to the public, to help in the planning process.

A new Statewide Preservation Plan is an opportunity to blaze a trail for Texans to preserve, protect and leverage its historic and cultural fabric for the betterment of local communities.

The purpose of this new plan is to outline realistic and achievable goals and become an online tool for preservation with local applications, resources, best practices and links providing beneficial information.

The first step in the planning process is identifying local issues

and needs.

To accomplish this, the THC developed a fast and simple online survey for the public to relay the important preservation issues affecting their communities.

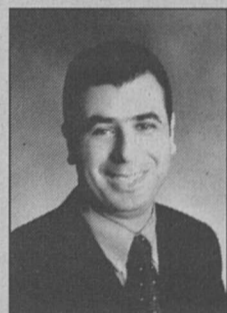
The survey is open for participation until Jan. 15, 2010 and input will help steer the direction of the Statewide Preservation Plan from the beginning.

Preserving Texas history and places means many things to many people and the THC anticipates an enthusiastic response.

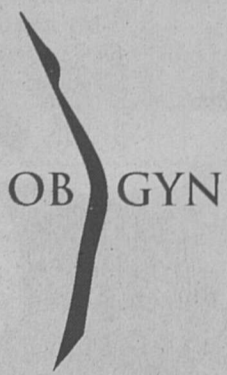
To learn more about the Statewide Preservation Planning process and take the online survey visit www.thc.state.tx.us and click on Making Big Plans for Texas.

For additional information contact the THC's Agency Planner Tracey Silverman at 512.936.9615 or tracey.silverman@thc.state.tx.us.

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