

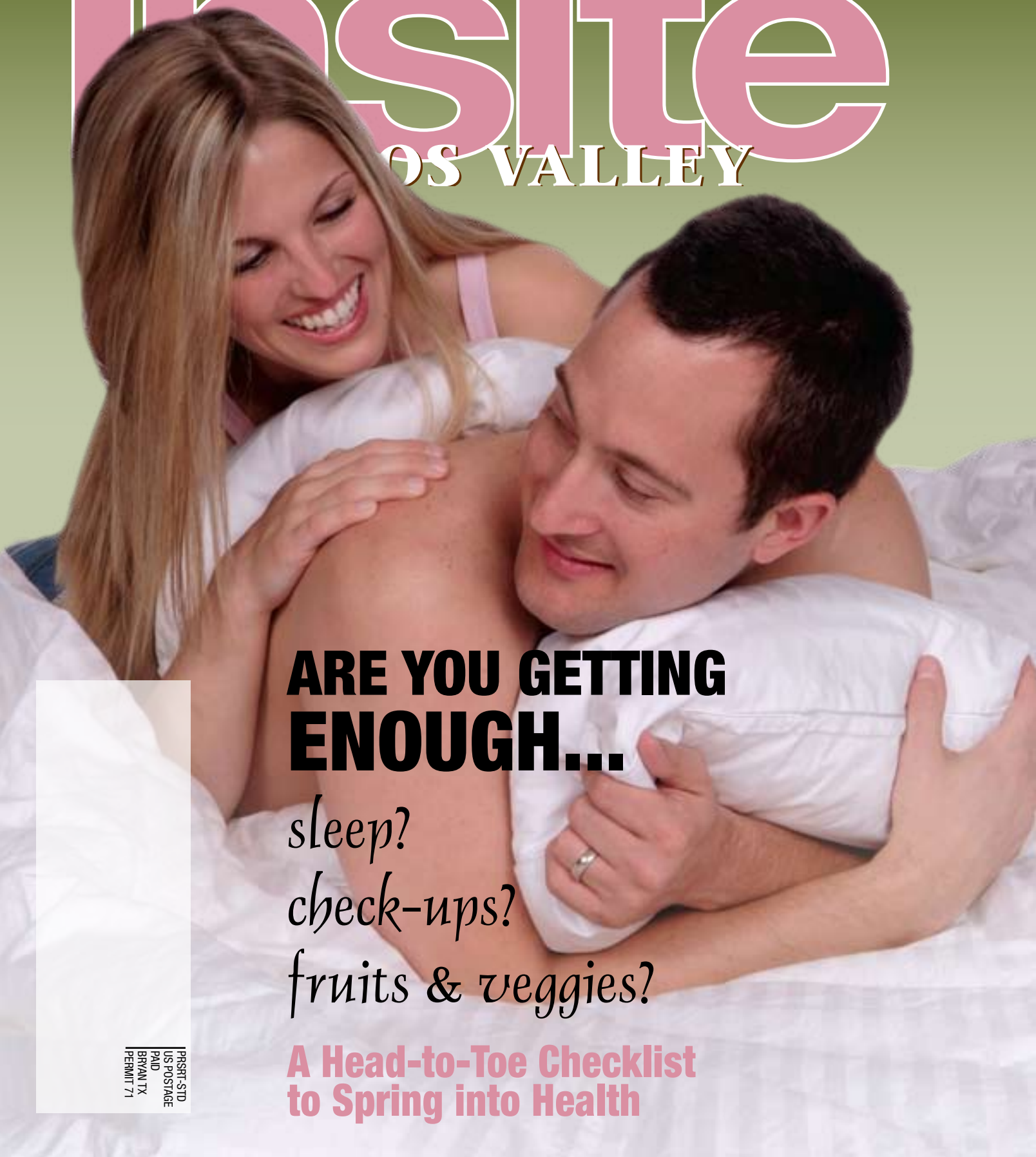


April 2009

\$1.95

Insite

BRAZOS VALLEY



ARE YOU GETTING ENOUGH...

*sleep?
check-ups?
fruits & veggies?*

**A Head-to-Toe Checklist
to Spring into Health**

PRSR-TSTD
US POSTAGE
PAID
BRYAN TX
PERMIT 71

“I had *no energy*, suffered from terrible mood swings, gained forty pounds, *craved sweets* and lost all my libido. I couldn’t sleep and I was *irritable* and hard to get along with. The more prescriptions I took, the *worse I felt*.



But my *Metabolic Makeover* changed my



life. I was much better in a matter of weeks. *I love how I feel now* and wish I hadn’t waited so long...and so does my husband.”

Call or log on to schedule your **FREE Metabolic Makeover** consultation.

David N. Bailey, DC, MPH
PH: 979-776-0072
MetabolicMakeover.org

 **BAILEY**
Health & Wellness Center

**Composite of patient accounts*



Have an urgent medical need and can't see your doctor?

We can help!

Leaving on a trip tomorrow but not feeling well today? Cut your hand on that do-it-yourself project Saturday afternoon? When you have a medical need but can't get in to see your family doctor, there's St. Joseph Express in Bryan and College Station for quick care - just drop in!

- Staffed by St. Joseph Physician Associates doctors.
- Accepting Scott & White Health Plan and most major insurances

- Minor injuries, cuts and burns
- Illnesses and sports injuries
- Lab and x-ray on site
- Occupational Health/Work Injuries

Open 7 Days a week!

M-F 8am-8pm

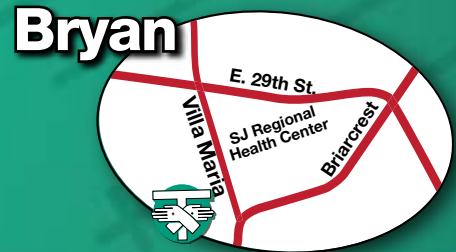
Sat 8am-4pm

Sun Noon-6pm

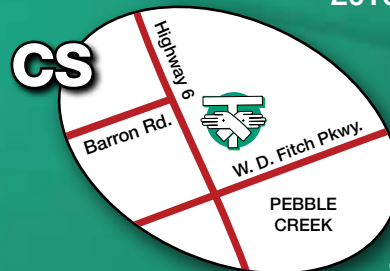


Bob Howard, M.D., SJ Express Medical Director

*Now open in
Bryan and
College Station!*



2010 E. Villa Maria Rd.
979.821.7373



4401 Hwy 6 South
979.731.5200



URGENT MEDICAL CARE

CHIROPRACTIC CARE, ACUPUNCTURE, SPORTS INJURY & DECOMPRESSION THERAPY



KAREN M. CAMPION, DC, CCSP, FIAMA
Certified Chiropractic Sports Practitioner
Certified Acupuncturist



WILLIAM B. RENNER, DC, NASM-CPT

FREE CONSULTATION
NEW PATIENTS SEEN SAME DAY
MOST INSURANCE ACCEPTED
MEDICARE ACCEPTED

SPECIALIZING IN

Sports Injury/Tendonitis ♦ Neck/Low Back Pain
Muscle Injuries ♦ Scoliosis ♦ Sciatica
Pregnancy Related Low Back Pain ♦ TMJ/Jaw Problems
Migraines ♦ Dizziness ♦ Whiplash ♦ Auto Accidents
Headaches ♦ Bursitis/Joint Pain
Non-Surgical Spinal Injuries ♦ Extremity Injuries

DTS SPINAL DECOMPRESSIONAL THERAPY NON SURGICAL RELIEF FROM PAIN

Effective For

Low Back Pain/Neck Pain ♦ Sciatica ♦ Bulging/Herniated Discs
Carpal Tunnel Syndrome ♦ Radiating Arm & Leg Pain
Gentle Approach for Children & Arthritis Conditions
Medical Referrals Welcome

U.S.A. POWERLIFTING TEAM DOCTOR • ACTIVE RELEASE TECHNIQUE

Call Today To See If DTS Spinal Decompression Therapy is Right For You.



693-6500

www.campionchiropractic.com

3120 Texas Ave. S. • College Station

**Free
Consultation**

publisher'sdesk

WHEN DR. DAVID BERZON offered me the opportunity to experience the College Station Medical Center's new Sleep Disorder Lab in order to write about the compelling link between good sleep and good health, I jumped at the chance. The experience was revelatory in several ways (see Sleep page 21). First, everyone I told about going to the sleep lab seemed to have sleep issues of their own. In my own unscientific survey, it seems that poor sleep quality is epidemic and most people's attitude about poor sleep quality is to shrug and assume that's the way it has to be. If you fall in that category, I strongly urge you to make haste to page 21.

Second, lots of people seem to hate their bed but don't know what to do about it. Me too. For the past couple of years my husband and I have been sleeping on a piece of memory foam on the floor. I sometimes joke that it's a way to make sure we stay limber as we get older, but the simple truth is we have bought – and gotten rid of – a startling number of supposedly great beds. Weeks or months after bringing them home, they have turned on us, engendering more pain than rest.

So it's noteworthy that the second question I asked upon awakening from my night at the sleep lab had nothing to do with the results of my recorded sleep. I wanted to know what kind of bed I had been sleeping on and where the lab bought it. When telling friends about my sleep lab visit, long before I could tell them anything medically relevant they too wanted the bed answer: What kind was it? Where did it come from? Did I buy one? Do I still like it?

For the record, the answers are: Simmons Weston Hotel bed; from Murray Carstens' Mattress Sleep Center; after consulting with Murray, we picked out a related Simmons Beautyrest from the Black Label collection; both my husband and I still like it. A lot.

Even the best bed can't cure a serious sleep disorder. But at least at my house, the right bed was step in the right direction to getting a good night's sleep, which is part of the right answer to how to enjoy good health. – **Angelique Gammon**

contents



6



21



25



14



28



31



34

areaevents | page 6 What's Happening

Music, theatre and more around the Brazos Valley
compiled by Lauren Williams

medicalmatters | page 14 Spring into Health

Your head-to-toe checklist for life
by Lauren Williams, Erin Hill Littlefield & Mike Downey

firstperson | page 21 Sleep, Precious Sleep

A revealing night in a sleep lab
by Angelique Gammon

compassionatecare | page 25 Brazos Valley Hospice

A lot of life to give
by Lauren Kern

citytalk | page 28 Smoking Ban

Bars are smokin' with new ordinance
by Amy Noesser

racefans | page 31 24 Hours of LeMons

Two local teams compete in mock LeMans
by Sarah Linebaugh

businesshealth | page 34 Business Betrayed

How did this happen to us?
by Nancy Hardeman

COVER CREDITS: Megan and Ryan Ewing, owners of Pita Pit and Northgate Vintage in College Station. Photo by Chandler Arden of Chandler Arden Photography.

INSITE Magazine is published monthly by Insite Printing & Graphic Services, 123 E. Wm. J. Bryan Pkwy., Bryan, Texas 77803. (979) 823-5567 www.insitegroup.com **Volume 26, Number 1. Publisher/Editor:** Angelique Gammon; **Account Executive:** Cynthia Kauder; **Graphic Designer:** Alida Bedard. **Insite Magazine** is a division of The Insite Group, LP. Reproduction of any part without written permission of the publisher is prohibited. Insite Printing & Graphic Services **Managing Partners:** Kyle DeWitt, Angelique Gammon, Greg Gammon. **General Manager:** Carl Dixon; **Production Manager:** Mike Hogeboom; **Pre-Press Manager:** Mari Brown; **IT Manager:** Glenn Richards; **Office Manager:** Wendy Seward; **Sales & Customer Service:** Molly Barton; Janice Hellman; Kim Hogeboom; Manda Jackson; Cynthia Justice; Marie Lindley; **Production:** Stephen Beatty; Joe Campise; Norris Carnes; Maria Constancio; Marilyn Carey; Don Coburn; Ricky Conchola; Armando Elguezabal; George Galloway; Brad Hillegeist; Margie Lowry; Doug Madison; Arthur Maldonado; Nora Milner; Frank Ramirez; Jimmy Welch.



MARCH events

April 20 at 7:30 p.m., **MSC OPAS** presents "The Wizard of Oz." The greatest family musical of all time twists its way to the Brazos Valley. For ticket information, call (979) 845-1234 or visit www.msccopas.org.

areawide

Beginning April 2 and continuing throughout the month, join **The Children's Museum of the Brazos Valley** for a variety of special programs and activities for children and parents. Highlights this month include **Earth Day**, the museum's 11th birthday and more. For a complete list of activities and times, call (979) 779-KIDS or visit www.mymuseum.com.

April 2-5, the **Unity Theatre** in downtown Brenham will present "Angel Street." Enjoy this Victorian thriller with performances Thursday at 7:30 p.m., Friday and Saturday at 8 p.m., and Sunday at 4 p.m. For ticket prices and details, call (979) 830-8358 or visit www.unitybrenham.org.

April 2 and 7 at 7 p.m., **Cross Reference Writers**, the new local Christian writers group, will meet in Room H207 at Blinn College. The meeting will include open readings

from members and further discussion of organizational business. Contact Tammy Hensel at (979) 204-0674 or [dedicated2him@gmail.com](mailto:dicated2him@gmail.com) for more information.

April 3-4 the **College Station Recreation & Parks** and the **Student Chapter of the Society for Conservation Biology** at Texas A&M University will co-host the **Annual BioBlitz** at Lick Creek Park. Call (979) 764-3486 or visit <http://blogs.tamu.edu/bioblitz/> for more information.

April 3 from 5:30 p.m. to 9:30 p.m., the **Frame Gallery** hosts **First Fridays**. Join the Frame Gallery in downtown Bryan on the first Friday of every month for local art, live music, horse drawn carriage rides, and fun. Jazz band starts at 6:30 p.m. For more information, contact Greta Watkins at (979) 822-0496 or visit www.downtownbryan.com.

April 4-5, the **Brenham Broadway Kids** present "Once Upon A Mattress." Performances are at 7 p.m. on Saturday, and 2 p.m. on Sunday. For tickets and more information, call (979) 277-6540.

April 4, **Don't Mess with Texas Trash-Off**, Texas' signature event for the annual **Great American Cleanup**, will serve as the largest one day cleanup event in the state. For more information, visit www.ktb.org/programs/dont-mess-with-texas-trash-off.aspx



*We Do All the Work,
You Have All the Fun!*

Free Estimates • Service & Repairs
Weekly Maintenance
Water Testing & Balancing
Salt Water Pools • Safety Covers

**PRISTINE
POOL
SERVICE**

(979) 693-2938
www.pristinepoolservice.net

The Fourth Annual Budweiser Duck Jam produced by Global Event Group

Activities for the whole family include:

CONCERTS

Clay Walker

Kevin Fowler

**Bad Company
former lead singer**

Brian Howe

BIG AIR SERIES

"DOCK DOGS"

As seen on ABC, ESPN
& The Outdoor Channel

LIL' QUACKS

KID AREA

Games & Concessions

Entertainment by
Trout Fishing in America

CRAWFISH BOIL

& ZYDECO MUSIC

DUCK ROW

BBQ COMPETITION



Duck Jam

April 25, 2009

**Wolf Pen Creek Amphitheater
College Station, TX**



Clay Walker

Tickets: \$20 Advance, \$25 at the Gates, Kids 12 and Under are FREE!

Purchase your Tickets at any area Kroger or Cavender's Boot City

Visit www.budweiserduckjam.com for more information.





April 19 from 5:30 p.m. to 8 p.m., **Central Baptist Church** will be holding their annual **Country Fair** on the front lawn of the church. The event is open to the community and includes food, hayrides, a rock wall and bounce booths, entertainment and more. For more information, call the Central Baptist Church office at (979) 776-9977 ext. 204, or visit www.cbcbryan.org.

April 4 at 9:30 a.m., the **Annual Easter Celebration** will be held at the Bush Library. The event will include fun and games, an **Easter egg hunt**, complimentary refreshments, and photos with the Easter Bunny. Visit bushlibrary.tamu.edu/museum/events.php?id=330 for more information.

April 6 through June 5, the **Brazos Valley Museum of Natural History** presents "**The Brogdon Hotei,**" featuring a collection of over 150 Hotei (Japanese god of

good fortune) statuettes, and "The Shogun Age in Japan" display that features treasures from the Tokugawa Art Museum in Japan. Also view the long-term exhibits, which include the Discovery Room, the Frithiof Fossil Collection and the Brazos Spring mural. For more information, call (979) 776-2195 or visit www.brazosvalleymuseum.org.

April 9-11, **Ringling Bros. and Barnum & Bailey** will join the **Bryan Public Library** and the **Larry J. Ringer Public Library** in hosting **Reading with**

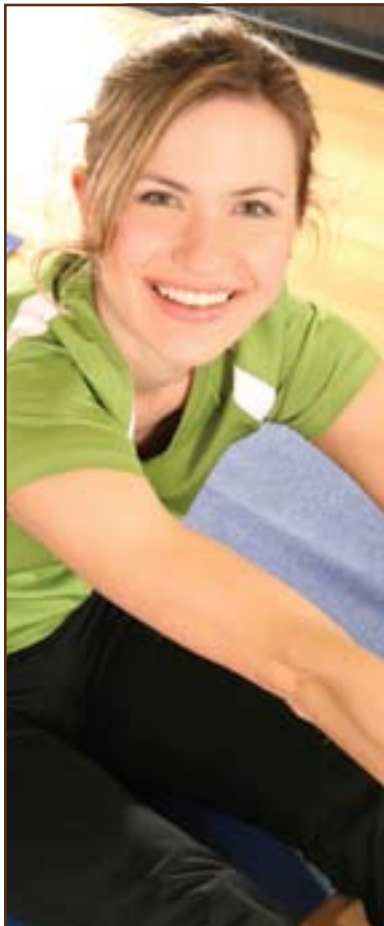
Ringling Bros. The reading program is fun and easy, and gives kids the opportunity to earn a free Ringling Bros. circus ticket. For more information on the program and the more than 300 libraries in Texas that are participating, visit www.ReadingwithRingling.com.

April 9 at 7 p.m., the **George Bush Presidential Library and Museum** presents "**Classic Film Series: It Happened One Night.**" Admission, beverages and popcorn are free. Call (979) 691-4000 for more information.

April 12 at 7 a.m., a special **Easter Sunrise Service** organized by the **Anderson Baptist Church, United Methodist Church of Anderson,** and the **McKenzie Chapel** will be held at the Fanthorp Inn State Historic Site in Anderson. Fellowship with refreshments will follow. For details, call (936) 878-2214 or visit www.birthplaceoftexas.com.

April 14 at 7 p.m., **Gene Kranz**, legendary NASA Flight Director, will present "**Houston, We Have A Problem,**" the story of Apollo 13 at the George Bush Presidential Library and Museum. For more information, visit bushlibrary.tamu.edu/museum/events.php?id=400.

April 16-18, 23-25, and April 30 through May 2 at 7:30 p.m., StageCenter presents "If it's Monday, This Must Be Murder." The same left-foot-in-the-gumshoe is back on



Get Healthy. Be Happy.

Strength Training & Fitness...For Life

Create your own wellness program that fits your schedule, goals and budget!
No membership fees – No initiation dues – No long-term commitments



Group Classes and Private Sessions

2423 Earl Rudder Frwy., Ste. 100
College Station, TX

www.studiofitbcs.com

Contact Sharon at 979.204.4546

All sessions are by appointment only.



We make it easy to eat better...

FRESH ORGANIC FRUITS & VEGETABLES



- Over 7000 new healthier choices plus all the same great grocery options you are used to.

- The largest assortment of natural, organic and better-for-you items in the Brazos Valley.

ALL NATURAL HOME BEAUTY PRODUCTS



GREEN CLEANING PRODUCTS



- The largest Gluten-Free department you may ever see.

- Fast, friendly pharmacy.

HEALTHIER PET FOOD OPTIONS



Research and shop online at:

www.villagefoods.com

NATURAL BULK BINS



Village Foods

Briarcrest & East 29th • Bryan

Store (979) 846-9600

Pharmacy (979) 846-8199

New Local Owners...

Same friendly employees.

No local jobs lost.



what's happening

the job again posing as a golf-playing psychiatrist at the Shady Meadows Country Club. For more information, including ticket purchase, call (979) 696-2787 or visit www.stagecenter.net.

April 17-19 and 24-26, the **Theatre Company** presents "**Big River.**" Performances are Friday and Saturday nights at 7 p.m., and Saturday and Sunday afternoons at 2 p.m. Tickets are available online at www.theatrecompany.com, at the Arts Council, 2275 Dartmouth St. in College Station, or at the Box Office. For more information, call the Arts Council at (979) 696-2787.

April 17-19, the **International Festival-Institute at Round Top** presents **Poetry at Round Top 2009**. For more information, call (979) 249-3129 or visit www.festivalhill.org.

April 17 at 11 a.m., and April 18 at 8 a.m., the **Brazos Valley Art League** is sponsoring the **Starving Artists Sale**, a sale for local artists to sell their art and extra art and craft supplies. For more information, visit bvartleague.org.

April 18-19, the **45th Annual Official Bluebonnet Festival of Texas** will be held in the historic town of Chappell Hill. Festival hours are 10 a.m. to 6 p.m. on Saturday, and 12 noon to 5 p.m. on Sunday. Admission to the festival is free. Parking is \$5 and no street parking will

be allowed. For more information, call 1 (800) 225-3695 or 979-836-6033, or visit www.chappellhillmuseum.org.

April 18 at 3 p.m., the **Brazos Valley Music Teachers Association** presents their **Bach Focus Festival Recital** at First Presbyterian Church in Bryan. Guest judge Jane Van Valkenberg will be performing. For more information, call the Arts Council at (979) 696-2787.

April 19 at 3 p.m., the **Brazos Valley Music Teachers Association** will host a "**Benefit Concert with Ed Kane**" at A&M United Methodist Church. Admission is \$10 for adults and \$5 for children. Proceeds will benefit local missions sponsored by the United Methodist Women. For more information, call the Arts Council at (979) 696-2787.

April 22 at 10 a.m., **Liz Mertz** will speak at the **Hospice Auxiliary Meeting** held at Pebble Creek Country Club. An optional lunch will be served at the meeting for \$15. For more information, call Judy at (979) 825-6493.

April 23 and 28, the **Brazos County Master Gardeners** will hold the **Caladium Program and Sale**. For more information, visit the Brazos County Master Gardeners website at brazosmg.com.

April 23 and 30 at 7:30 p.m., the **American Guild of Organists** presents their **Members Recital at A&M**

United Methodist Church. For more information call (979) 690-3593.

April 23 at 5:30 p.m., **College Station Medical Center** presents **Healthy Woman, Automotive 101**. The program will be held at Sterling Cadillac, Pontiac, Buick, GMC on Highway 6. Admission is free for all women, and door prizes, refreshments and wine will be served. For more information, visit www.csmedcenter.com or call (979) 764-5213.

April 25-26, **Bryan Public Library** will be hosting the **Friends of the Library Spring Book Sale**. Book sale hours on Saturday are from 9 a.m. to 10 a.m. for Friends of Library members who have paid 2009 dues (dues can be paid at the door); and from 10 a.m. to 1 p.m. for the general public; Sunday hours are 1:30 p.m. to 3:30 p.m.

April 25, the **Texas A&M Sports For Kids** organization will present **Sports Fest**, a one-day event designed for a large number of kids to participate in a variety of small clinics given by club and varsity athletes of Texas A&M. Visit sportsforkids.tamu.edu for more information.

April 25 from 9 a.m. to 4 p.m., the **Texas A&M College of Veterinary Medicine** is opening its doors to the public for the 16th annual Open House. For more information, visit www.cvm.tamu.edu/openhouse.

JOHN R. CLARK AND ASSOCIATES


Real Estate Services - Commercial • Land • Investment

FEATURED PROPERTY FOR LEASE NORTHPOINT BUSINESS PARK

- CONVENIENTLY LOCATED ALONG STATE HIGHWAY 6 IN BRYAN, TEXAS. NORTHPOINT BUSINESS PARK OFFERS INDUSTRIAL, DISTRIBUTION, OR WAREHOUSE LEASE SPACE.
- CURRENTLY AVAILABLE: 73,480 SF INDUSTRIAL SPACE AND 4 ACRES OF YARD OFFERS APPROX 585' X 103' FREE-SPAN SHOP FLOOR WITH OFFICES AND RESTROOMS IN 2 OFFICE PODS. CAN BE PAIRED WITH AVAILABLE 8,000 SF TLTWALL OFFICE BUILDING.



3828 S. COLLEGE AVENUE. • BRYAN, TX 77801
VOICE (979) 268-6840 • FAX (979) 268-6841
WWW.JOHNCLARK.COM • INFO@JOHNCLARK.COM



MODERN

Eccell Steakhouse, a flagship property of the EccellGroup of College Station, is an upscale steakhouse in a fashionable atmosphere. The Steakhouse features over 10 different cuts of beef, Certified Angus Beef and USDA Prime, the only infrared broiler in town, an extensive wine list featuring over 150 wines and more than 20 different bottled beers. Experience culinary excellence at Eccell Steakhouse.

HALF PRICE HAPPY HOUR IN THE LOUNGE OPEN TO CLOSE ON WEEKNIGHTS AND UNTIL 7PM ON WEEKENDS.
HALF PRICE APPETIZERS AND SIDES, \$3 BAR DRINKS, \$5 HOUSE WINE

LIVE MUSIC ON THE WEEKENDS

ECCELL STEAKHOUSE

980 University Drive in College Station next to Pei Wei
979.268.4101



May 4, the **Brazos Valley African American Museum 4th Annual Golf Tournament** will be held at Pebble Creek Country Club. Entry fee for the tournament is \$125 per person and includes green fees, golf cart, range balls, goody bag, raffle ticket, breakfast and lunch. The deadline to register is April 27. For more information, contact Barbara Walker Guillory at (979) 204-3489.

April 25 at 3 p.m., the **Fourth Annual City of Bryan's Family Campout** will return to Austin's Colony Park for the entire family to enjoy a great time outdoors. The cost is \$5 per person. For more information, call the Bryan Aquatic Center at (979) 209-5222.

April 25 at 9 a.m., The **Children's Museum of the Brazos Valley** and the **Aggie Angels** will be hosting the 1st Annual **"Run Around Reed" 5k Fun Run and Walk**. Check-in and Race Day registration will begin at 7 a.m. at the West Campus Gazebo by the Kleberg building. Registration is \$12 before April 25 and \$15 on race day. Register online by visiting www.mymuseum.com or in person at The Children's Museum. For more information, call (979) 779-KIDS or email Lindsay Byrd at specialevents@mymuseum.com.

April 26 at 4 p.m., experience the pure sound of the

Brenham Children's Chorus during their **Spring Concert** at the **International Festival-Institute at Round Top**. Call (979) 277-6540 or visit www.brenhamchildrenschorus.org for ticket information.

April 26 at 5 p.m., the **Brazos Valley Symphony Orchestra** presents **"Mendelssohn Celebration"** at Christ United Methodist Church. Special discount tickets are available for faculty, who will be recognized at the concert. To purchase tickets, call (979) 845-1234 or go by the MSC Box Office. For more information, call (979) 696-6100 or go to www.bvso.org.

April 29 at 10 a.m., join the **Brazos Valley Society of Children's Book Writers and Illustrators** for their monthly **Schmooze**. Schmoozes are informal monthly gatherings held in the Art corner at Barnes and Noble, with open discussion on a given topic, led by a facilitator.

For more information, email lizbmertz@gmail.com or visit www.scbwi-brazosvalley.org.

planahead

May 2 beginning at 8 a.m., **Junction 505** will host the **MayDay Challenge Bike Ride** benefiting the local non-profit, which finds employment for people with disabilities in our community. Rides range from four miles to more than 60 miles in the B/CS and Brazos County. For more information, contact co-chair Alice Martin at (979) 846-3670 or visit www.maydaychallenge.com.

May 2 from 10 a.m. to 5 p.m., the **Brenham Country Flavors Festival** will be held in downtown Brenham's historic square. For more information about the festival and its numerous treats, activities and tours, call 1-888-BREHAM or visit www.downtownbrenham.com.

May 2 beginning at 4 p.m. in the Hilton Hotel Ballroom, join the **Brazos Valley Symphony Society for Derby Day 2009**. Watch the Kentucky Derby, dine and dance to music by the Brazos Valley Symphony Orchestra with Michael Andrew and enjoy live and silent auctions and a hat contest. Register online at www.bvso.org or call (979) 696-6100 for tickets or more information.

May 2-3 and 9-10 from 10 a.m. to 6 p.m., the **Galveston**



Quality That's Better by the Yard.



Starting at
\$1,499*

John Deere LA100 Series Mower

- 19.5 - 26HP Briggs & Stratton engines
- 42" - 54" mower decks with the Exclusive Edge™ Cutting System
- Over 20 available attachments



John Deere Select Series™ Mowers

- X300 Series - (17HP - 25HP) recommended for up to 3.5 acres
- X500 Series - (25HP - 26HP) recommended for up to 5 acres
- X700 Series - (23HP - 27HP) recommended for up to 10 acres
- New 4-year limited warranty for all Select Series™

COUFAL-PRATER

Quality and Integrity at Prices You Can Afford.

COUFAL-PRATER EQUIPMENT LOCATIONS

BRYAN, TX
3110 Hwy 21 W
979-822-7684

NAVASOTA, TX
9819 Hwy 6
936-825-6575

TEMPLE, TX
2308 BARNHARDT ROAD
254-773-9916

CAMERON, TX
2401 N. TRAVIS AVE.
254-697-6551

*Offer ends 4/30/09. Prices and model availability may vary by dealer. Some restrictions apply; other special rates and terms may be available, so see your dealer for details and other financing options. Available at participating dealers. John Deere's green and yellow color scheme, the leaping deer symbol and JOHN DEERE are trademarks of Deere & Company. COU8X50401ISM-4C

Find a lot of great deals at WWW.CPEQUIPMENT.COM!

Breathe easy. Look beautiful.
For the health of your home.



Natura™ premium interior waterborne paint with ZERO VOCs and a virtually odorless formula that doesn't compromise on performance.

Dries fast. Excellent adhesion. Durable finish in an unlimited color selection and three sheens.

Only at Chapman's Paint – Your locally owned source for paint, carpet and experience to make every project a success.

Chapman's Paint Company

1700 Villa Maria Rd · Bryan · (979) 776-8191
www.chapmanspaint.com



Historical Foundation presents the "2009 Galveston Historic Homes Tour: a Celebration of Historic Galveston's Rebirth." For more information on ticket sales or the event, call (409) 765-7834 or visit www.galvestonhistory.org.

May 3 at 3 p.m., the **Brazos Valley Chorale & Brazos Valley Chorale Chamber Singers** and **Emily Pulley** present "Opera and Oratorio" at Christ United Methodist Church. Tickets are \$15 for adults and \$6 for students. Call the Chorale at (979) 776-1776 or visit www.bvcorale.org for more information.

May 8-9, attend the **119th Annual Maifest**, one of the oldest German festivals in Texas, for parades, pageants, food, crafts, exhibits and music in downtown Brenham. Call 1-888-BREHAM or visit www.maifest.org for more information.

May 9 from 10 a.m. to 5 p.m., attend the **Stagecoach Stopover** in downtown Anderson for historic tours, arts and crafts, music, food and more. Vendor spaces are still available. Contact the Grimes County Chamber of Commerce at (979) 825-6600 for more information. To schedule a music group or performers, contact Dwain at (979) 229-1005.

July 17-19, the **Bryan High School Class of '79** will be celebrating its **30 year reunion**. Contact information updates are needed. For more information, visit bryanhig79.com. *i*

GET IN TOUCH WITH INSITE MAGAZINE

Call for your
**FREE 3 month
trial subscription**
979-823-5567

Happenings & Around Town · Deadline to submit information is the 5th of the month preceding publication. Send Happenings to **Insite Magazine**, 123 E. Wm. J. Bryan Pkwy., Bryan Texas 77803 or email agammon@insitegroup.com

Electronic Submissions · All photos submitted electronically must be at least 3" wide at 300 dpi to be considered for publication. Be sure to include names and event description with photos. Email Business briefs, What's Happening events or Around Town photos to agammon@insitegroup.com

Mail · Mail business/event listings or photos with names and event description to **Insite Magazine** 123 East WJ Bryan Parkway, Bryan, TX 77803

Web · Read Insite On the Web
www.insitegroup.com

The Gift with a different Ring to it!

Other Bells Available
Mother • Daughter
Daughter-in-Law
Sister
Grandmother
Granddaughter
Friend • Love
Comfort • Bell of Christ
Prayer • Angel
And Many More!

Sterling Silver pendant with chain.

Available Exclusively at

Gifts & Gab
The Place to talk about

3812 S. Texas Avenue · Bryan
(979) 846-1448

Nurse's Bell

The University

that changes your life
in *four days*
instead of *four years*.

Considering joint replacement?

St. Joseph Regional Health Center offers **St. Joseph Joint University**, a total hip and knee joint replacement program that creates a new and unique experience. We optimize recovery in a supportive, learning, and fun environment so patients can most fully recover mobility and improve their quality of life. **Visit a St. Joseph Physician Associates specialist at one of our orthopedic clinics in Caldwell, Giddings, Madisonville, and Rockdale. Call (979) 776-2978 for more information.**



Barry Veazey, M.D. | Barry Solcher, M.D. | Brian Seabolt, M.D. | Mark Riley, M.D. | Thomas O'Shea, M.D. | Joseph Iero, M.D. | James Giles, M.D. | J. P. Bramhall, M.D.

TOP 10%
accredited
CHEST PAIN CENTER
in the United States

Time to treatment is critical if you have a heart attack. **St. Joseph Regional Health Center** ranks in the top 10% in the nation for fastest treatment of severe heart attacks.



What does this mean for you?
A *greater chance of survival* from heart attack
when you choose St. Joseph.

The Heart Pros
at St. Joseph

2801 Franciscan Drive • Bryan • Find out your cardiac risk: go to SJPrevention.com

A HEAD-TO-TOE CHECKLIST to Spring into Health

The media is so full of breaking medical news and updates it's hard to remember what the latest health recommendations are for all the different parts of your body. To simplify your start to a healthy spring, Insite asked area medical experts:

What's new in your medical specialty?

What annual screenings should people talk about with their family doctor?

What are the most common complaints that bring patients to your office?

With this head-to-toe checklist in hand, it's time to spring into health.

medical**matters** | by Lauren Williams, Erin

✓ Back/Spine (surgery)

Back pain is the most common type of pain in adults. Fortunately, most back pain does not require surgery and can be resolved through prevention techniques including maintaining physical fitness, using core strengthening exercises and avoiding activities that can cause aggravation, says Dr. Mukund I. Gundanna of Brazos Spine. For those who do need back or spine surgery, new medical technology and surgical procedures now allow less invasive surgeries that also are more effective.

"The key to spine these days is not necessarily surgery, but it is how we get there," says Gundanna. "The goal is the same, which is decompression of the nerves and stabilization of the spine, but the key is to get to the spine and get the job done without disrupting to the greatest extent possible any of the surrounding structures."

According to Gundanna, one of these new procedures is artificial disk replacement, and it allows doctors to replace a worn out disk in the neck and stabilize the spine without fusing and locking it up.

"Before this procedure we would use fusion, meaning we would remove the worn out disk and lock the bones together. This puts a great amount of pressure on the disks," he says. "Now if somebody has a worn out disk that is causing pain and is irritating the nerves, we can put a disk replacement in."

Other procedures many back and spine surgeons are currently using allow them to reach the spine through mediums other than through the back. AxiaLIF (Axial Lumbar Interbody Fusion) and XLIF (eXtreme Lateral Interbody Fusion) are two of these specific procedures that give surgeons the opportunity to reach the spine through entry near the tailbone and at the sides. According to Gundanna, AxiaLIF is a new innovation for lumbar treatment which allows doctors to get to the lumbar disks from below, next to the tailbone, and is a procedure that can be done in outpatient surgery. Similar, XLIF allows surgeons to get to the disks in the upper

lumbar region through entry at the patient's sides.

"The spine is equal distance from the back as it is from the front and sides," says Gundanna. "Because of this we can approach the spine from all directions that are not in the back, since the core of us is our back."

Hearing

Whether it happened in elementary school or later on in life for a check-up, at some point, just about everyone has had their hearing checked. Unfortunately, hearing is one of those things that deteriorate with age, and just because

your level of hearing was phenomenal in the first grade does not mean it is still at the same level. Hearing loss silently destroys a person's quality of life, and according to audioprosthologist Joe Crnkovic, only one in five people with hearing loss ever seeks professional help.

"Hearing loss occurs gradually, so the individual doesn't realize they're losing their hearing," he says. "The only reason people realize it is because friends and family members notice the difference."


To avoid becoming part of the large percentage of people with hearing loss who do not seek professional help, Crnkovic recommends people have their hearing checked every year, and they should become especially serious about regular hearing checks in their late 30s and early 40s.

Heart

If you had a dollar for every time your heart will beat in your lifetime, you would most likely be a multi-billionaire. That little thing in your chest beats on average 72 times a minute, so it is vital that you take care of your heart as

well as it is taking care of you. The first step is to lower your risk factors for coronary artery disease and decrease plaque build-up. Risk factors include smoking, diabetes, high cholesterol, family history and hypertension. Although some of these factors are genetic, there are ways everyone can lower their risk factors according to Dr. Mario Lammoglia, a cardiologist with BCS Heart. Start by:

- eating foods that are low in fat and cholesterol
- exercising at a brisk walking pace for at least 30 minutes every day
- not smoking
- tightly controlling blood sugar levels for people with diabetes
- maintaining good blood pressure control




Hope sees the invisible, feels the intangible and achieves the impossible.

- Unknown Author

At Hope Cancer Center our mission is to treat patients with compassion and personal attention. We provide:

- Up-to-date cancer treatments
- Spiritual support group
- Service to all of the Brazos Valley
- Service to St. Joseph Regional Health Center and the College Station Medical Center



979.693.2900
1602 Rock Prairie Rd. #130B
College Station

Usha Venkatraj, MD

When you need a helping hand!



- Companionship
- Light Housework
- Meal Preparation
- Errands & Shopping
- Personal Care
- Medication Reminders

Being able to live at home can be one of the most important comforts in a senior's life. Our carefully selected CAREGiversSM help make that possible, with a wide range of non-medical services, welcome companionship and a ready smile.


SENIOR CARE[®]
With a little help from a friend.

Bryan · College Station · Brenham
1908 Greenfield Plaza · Bryan, TX 77802
979-268-6880
www.homeinstead.com/409

Even people with low risk factors can suffer from some forms of coronary heart disease. People with atherosclerosis develop plaque build-up inside of the arteries, causing the arteries to harden and narrow over time. This makes it incredibly difficult for blood

stents have become very common within the past six years and lower the risk of the blockage returning to as low as 15% or less, compared with a 30% recurrence with original bare metal stents.

How can you tell if you have a blocked

are the most accurate tests available with a 95% accuracy rate. PET scans also are safe, easy and non-invasive.



Cancer

Cancer is a terrifying disease that claims the lives of more than 565,000 Americans every year. Practicing various forms of prevention and scheduling routine screening tests are still the best defense against cancer. According to Dr. Kumud Tripathy, a board certified medical oncologist, cancer prevention strategies include not smoking, maintaining an ideal body weight, exercising and eating more vegetables and fewer fat-laden foods.

40% to 50% of people do not have chest pain when they have a blockage, so it is important to see a cardiologist if you have two or more risk factors, especially if you are over the age of 50.

to pass through the artery and can lead to heart attack, stroke and death. If found quickly and early enough, cardiologists can insert a hollow, wire-mesh tube known as a stent into a blocked or narrowed artery, helping the artery expand and allowing blood to flow more freely.

Although stents are permanent, there is a chance the blockage will return to the artery. According to Lammoglia, stents known as drug-eluting stents – stents coated with slow-release drugs – decrease the likelihood of the artery re-closing. These drug-coated

artery, though? Lammoglia reports that 40% to 50% of people do not have chest pain when they have a blockage, so it is important to see a cardiologist if you have two or more risk factors, especially if you are over the age of 50. Cardiologists can perform various screening tests such as stress tests and Cardiac Positron Emission Tomography Scans (also known as PET scans) that can help identify blockages and establish the health of the patient's heart. According to Lammoglia, while plain stress tests are only 60% to 70% accurate, Cardiac PET Scanners

BCS Heart Introduces New State Of The Art Technology

ONLY THE 4TH FREESTANDING CARDIAC PET SCANNER IN TEXAS!

IMPROVED DIAGNOSTIC IN THE DETECTION
OF CORONARY ARTERY DISEASE

◆
LOWERS RADIATION EXPOSURE

◆
PRODUCES FASTER IMAGING

Cardiac Positron Emission Tomography (PET scan) is the gold standard in non-invasive cardiac testing.

The Siemens EXCEL Cardiac PET Perfusion Imaging with Cardio-Gen-82 now available at BCS Heart. It has a lower radiation exposure for patients compared to a SPECT, and offers faster imaging time, resulting in shorter procedure times and reduced patient wait time. In addition, it is much more accurate than the standard nuclear stress test.



Marcel Lechin, M.D. • Lane Miller, M.D. • Mario Lammoglia, M.D.
1721 Birmingham Drive, College Station, TX 77845
Phone: 979-764-1474 www.BCSHeart.com



Although these prevention steps will help lower your risks of developing cancer, the disease shows no mercy when it comes to exceptions making routine screening tests for early detection and diagnosis very important. Tripathy recommends colonoscopies to detect colon cancer every five to 10 years beginning at age 50 and also recommends mammograms for women once a year beginning at age 40 to screen for breast cancer.

✓ Rehabilitation

Everyone should strive for injury prevention, but should the worst happen there is still help available. Getting back to your pre-injury strength can be not only difficult, but painful as well. Fortunately, there are rehabilitation physicians who specialize in this type of treatment. As a Board Certified Rehabilitation Physician, Dr. Remon Fino specializes in the diagnosis and treatment of injuries to the spine, joints and nerves. Treatment can include physical therapy, medications and, if needed, injections.

The good news is that prevention can keep most people from needing his rehabilitation specialty. Back and neck pain, the most common types of pain, can be prevented through daily exercise, according to Fino.

“Low impact exercise like walking, stretching, and aerobic exercise programs for 30 minutes a day, three times per week, can prevent back and neck pain,” says Fino. “Good stretching that targets the arms and legs will also prevent low back pain, neck pain and joint pain.”



✓ Chiropractic Care

Sitting or standing, running or walking, pushing or pulling; no matter what the action is the spine is involved in every movement the human body makes. According to Aggieland Chiropractic's Dr. Karly Newbern, every

nerve in the human body exits from the spine. Chiropractors take advantage of this communal location in order to target the rest of the body to provide overall wellness and disease prevention. Chiropractic practices performed by a licensed chiropractor can also increase the strength of the immune system and allow the body to better prevent illness.

“We have learned so much about how people respond to chiropractic practices,” Newbern says. “There is a lot more research supporting how good chiropractic practices are for things such as migraines, ADD, colic in children, high blood pressure and preventing many forms of disease. – L.W.”



✓ Skin

In 2006, well-known author and filmmaker

DeCore
Fitness Studio

2748 Longmire Dr.
College Station
979-764-0814

www.decurefitness.com



Mention this ad and receive 1 **FREE** personal training session or 4 **FREE** group fitness classes.*

Transform... Your Mind

Transform... Your Body

Transform... Your Soul

Let our fitness experts help you...

Transform Your Life



Terri Gonzales - Owner

Aaron Anderson

Lindsay Burt

* Not valid with any other offer - expires 12/31/09

Norah Ephron hit the bestseller list once again with *I Feel Bad About My Neck*. Book clubs, women of all ages and Oprah fans all read Ephron's lament about aging and sagging skin ... and graying hair and slowing metabolism and so on ... Of course, when Ephron wrote that she now only wears turtlenecks to better to hide her folds of skin readers laughed at her comic exaggeration. But they also understood.

Our society values youthful appearance, and even though magazine covers may announce stories about "Beauty at Any Age!", the face and body in the mirror's reflection may not believe it's possible.

While Dr. David Teller doesn't promise the fountain of youth, he understands the concerns of his patients: problems like sun and age spots, frown lines, and crow's feet. He opened The Face Place in August 2008, in addition to his work at Central Texas ENT as the director of the Center for Facial Plastic & Reconstructive Surgery. Dr. Teller recommends, first, everyday application of sunscreen. He also recommends "a good skin care line, like SkinMedica."

"It's also a good idea to come in and get

a facial or microdermabrasion every four to six weeks."

The Face Place also offers the Fraxel Laser, an innovative laser skin treatment that does not involve invasive surgery, and it is the only facility in our community with this technology (www.thefaceplacemedspa.com).

"Everyone has been really pleased with the results," they report.

Other skin and cosmetic services offered at The Face Place include restylane and perlane fillers, and botox injections, all done by Dr. Teller himself, as well as laser hair removal, facials and peels, and surgical procedures. Clients appreciate Dr. Teller's board certification in facial and reconstructive plastics.

Dr. Malcolm Rude, also board certified in plastic surgery, understands the concerns of women, including the desire to look beautiful. Among other things, he performs breast enhancement surgeries at his Plastic & Reconstructive Surgery office (www.drrude.com). For his patients, the question of silicone implant safety arises. "The FDA has thoroughly studied

implants and reported that they are safe," he assures. The FDA also regulates breast implants. He also notes that implants do not change cancer detection "in terms of prognosis or stage." Dr. Rude recommends www.breastimplantsafety.org for more information.

He also cares for many patients with skin cancer of the face.

"I cannot overemphasize the importance of using sunscreen," he says. The chemical peels and lasers his practice offers can definitely improve a patient's skin, but nothing beats daily, year-round sunscreen application.

One innovation that Dr. Rude is excited about is integrated facelifts that improve facial volume using fat grafts and Radiesse filler. "As people get older, their faces can sag, but they also have a tendency to lose volume." Younger faces are not only less wrinkled but also more full. Such a procedure both lifts and fills the skin, creating a more youthful appearance that isn't tight.

That's news that could make even Nora Ephron feel good. - E.L.

*Home Health Services...
Getting the Help
You Need.*

- Patient & Family Education
- Medical Nutritional Therapy
- Wound Care
- Cardiac Care
- Home Health Aide
- Diabetic Care & Teaching
- Blood Pressure Monitoring
- IV Therapy
- Medication Management
- Catheter Care
- Tracheotomy Care
- Disease & Pain Management
- Physical Therapy
- Speech Therapy
- Occupational Therapy



EXCELLENCE
LOCALLY OWNED AND OPERATED
COMMITMENT



Bryan Wolfe
CEO/Administrator



Stuart Young
CFO/Chaplain

Traditions Health Care coordinates numerous aspects of patient care and offers a full range of in-home services by our quality clinical staff.



TRADITIONS HEALTH CARE
Providing a Tradition of Excellence & Commitment

979.822.5511 TOLL FREE: 888.360.5944
1706 E. 29th St., Ste. 101 Bryan, TX 77802 www.traditionshealth.com



✓ Dental

Braces are not just for the young anymore says Dr. J. Garland Watson, Jr. He has been seeing a trend of older patents in his orthodontic practice.

"We had a woman the other day who was 82," Watson said, "and we're seeing more and more patients in their 40s, 50s, and older."

Watson points out that patients don't just get braces; they get education and encouragement with their orthodontic treatment. One reason for the growth of older patients could be the increased realization of the positives of good dental health. While Watson noted there's no direct connection between orthodontics and something like sleep apnea, the repositioning of the jaw has shown improvements with such problems and other medical issues.

"People can get long-term benefits and a lifetime of good dental health for just a little hassle over 18 months," Watson says.

The most exciting new technique in orthodontics is the self-ligating appliance, also called SmartClip braces, Watson says. These braces require less effort by the patient, need fewer dentist visits, and produce good results with teeth, he says.

"We've been using the self-ligating braces for over a year now, and our patients really like their low-impact use," Watson said.

Dentistry will play a major role in the new arena of sleep apnea, predicts Michael K. Reece, D.D.S. "Obstructive sleep apnea is the number one chronic disease," Reece says. "It is more common that diabetes and asthma." Dentistry can be a good solution, with good performance for mild to moderate cases, Reece says.

Another area where Reece is seeing plenty of patients is dental implants and veneers. Many do not want the old removable dentures that their parents had, and people still want to improve their smile.

"We recently finished a veneer case on a lady that is 101 years old. I guess that means

it is never too late," Reece says.

✓ Surgical Weight Management



Bariatric surgery for the obese is not just a cosmetic thing; it's about improving quality of life, says Dr. Richard D. Alford of General and Bariatric Surgical Associates. He and his colleagues, Dr. Bryan D. Parrent and Dr. Michael W. Steines, are surgeons at the Bryan facility.

The surgery does promote weight loss, but it also benefits about 15 different medical problems from sleep apnea to increased risk of cancer, says Alford. "Bariatric surgery gives patients a positive spin on life."

Candidates for surgery are individuals with a Body Mass Index (BMI) of 35 or higher,

Lap-Band System[®], Gastric Bypass & New Gastric Sleeve Services

Change your Life today and start living!

Your only group of specialized physicians in this area for Full Bariatric Services.



Dr. Richard Alford



Dr. Michael Steines



Dr. Bryan D. Parrent

Francis



BEFORE



AFTER
*Actual Patient

For more information visit our website:
www.GBSABCS.com

St. Joseph Professional Building
2700 East 29th Street, Suite 105
Bryan, TX 77802
(979) 776-5631



When your doctor really cares...



...you know you're going to be all right

New Patients Welcome!



Donna H. Canney, MD PhD

Board Certified in Family Medicine
Fellow of American Academy of Family Physicians

936.825.1721

222 E. Washington Ave. • Navasota

Protect YOUR investment...



Serving your pest control needs for over **60 years**

Complete pest and termite control.
Bill Binford • Brian Bedford Class of '95

Call (979) 822-5524 • 1224 S. College Avenue • Bryan

www.binfordinsectcontrol.com

KRAGUPATHI

GASTROENTEROLOGY

Specialization in Diagnosis & Treating

- Abdominal Pain
- Gallstones
- Ulcers
- Diarrhea
- Constipation
- Hepatitis
- Pancreatitis
- Colon Cancer Screening
- Endoscopy
- Removal Intestinal Polyps
- ERCP
- Sphincterotomy
- Liver Biopsy

Dr. K. Ragupathi
Gastroenterology
(979) 693-6641

After Hours & Emergencies (979) 361-5082
1602 Rock Prairie Road • Suite 200 • College Station

Most insurance plans accepted

www.drkragupathi.com

medicalmatters

usually considered morbidly obese. The average BMI is about 28.

“Surgery is the tool these individuals have to make the right choices for a better lifestyle,” Alford says. Gastric bypass, the LAP BANDSystem, and the gastric sleeve procedure are the three surgical choices.

Nothing can take the place of surgery for morbidly obese individuals, Alford notes, since the failure rate for other methods is about 95%. Bariatric surgery, four decades old, is safer than the heart bypass and hip repair surgeries, Alford says. Since the surgery typically reverses several medical problems, it often pays for itself in three to four years, he adds.

“We have a comprehensive effort for patients from a seminar on the risk and benefits to support groups to helping them exchange the clothes they’ve outgrown,” Alford says.

✓ Gut Check

Increasing awareness for individuals to seek screening for colon cancer is a major focus for area gastroenterologists, says Dr. Henry Pham of Central Texas Gastroenterology Consultants.

“Colorectal cancer is still the second or third major cancer for those over 50 years of age,” Pham says. “Being proactive with a colonoscopy could eliminate 90 percent of these cancers.” Colon cancer has few warning signs, so often a screening is the first indication of any problem.

Pham is a member of a six-person team of gastroenterology providers in Bryan and College Station. Gastroenterologists diagnose and treat a wide variety of disorders of the gastrointestinal tract, liver, pancreas, and gallbladder. Besides colon cancer, Pham sees weight control as the next big medical issue for gastroenterologists. He predicts that over the next two to three decades the problem, after the focus on smoking, will attract more and more attention.

“As our population gets more overweight, we’ll start seeing problems like liver failure, even in the teen years,” Pham says. “Obesity will impact all medicines.”

The next advancement for gastroenterologists will be transluminal endoscopic surgery, Pham says. In this type of surgery, surgeons access internal organs through the stomach or colon leaving no scar tissue and shortening recovery times, he says.

“This is where gastroenterology is headed in the next decade – or sooner,” Pham says. – M.D. *i*

...dear to us ever is the banquet, and the harp, and the dance, and changes of raiment, and the warm bath, and love, and *sleep.* – Homer, *The Odyssey, Book VIII*

Unlike a lot of things I read in high school, this quote from Homer has stuck with me through the years for its erudite distillation of the good life. The only thing Homer fails to point out is that sleep – deep, restorative sleep – is what makes life's other glories possible. Didn't sleep well last night? Your family and co-workers can see it both on your face and in your demeanor. Chronically not sleeping well? Your family doctor is likely to find the evidence in the form of high blood pressure, high blood sugar and increased risk of heart disease and stroke.

Sleep is vital not only for a quality life, it's vital to life itself.

So, how are you sleeping these days? If you don't answer with a resounding "Great!" you're not alone. More than 35 million Americans complain of chronic insomnia according to the American Academy of Sleep Medicine. Insomnia is a symptom – like fever or a stomachache – and it's as important to visit a doctor to root out the cause of your sleep disorder as it is any other chronic health complaint.

"It's hard to convince people that paying attention to sleep is in the best interest of society as a whole," says Dr. David Berzon, medical director of The College Station Medical Center's new Sleep Disorders Lab. Recent studies linking disorders like sleep apnea to heart attack, diabetes, high blood pressure and stroke have generated media attention about why treating sleep disorders is important, but it's not a new subject for Berzon. In addition to his pulmonology and critical care specializations, Berzon is Board Certified by the American Board of Medical Subspecialties in Sleep Medicine, a new board certification. The Med's Sleep

Lab meets the newest American Association of Sleep Medicine (AASM) standards for the diagnosis and treatment of sleep disorders and Berzon is a board certified sleep physician.

There are more than 84 "disorders of sleeping and waking" and they can affect children as well as adults, says Berzon. Sleep deprive an adult and we feel sleepy during the day, suffer memory loss and are more likely to be in a car or workplace accident. As any parent knows, sleep deprive a child and they get wound up. Interestingly,

Berzon says new data suggests a link between apnea in children and the diagnoses of hyperactivity disorders like ADHD. Parents whose children snore and who also are concerned about hyperactivity in their child may want to explore the possibility of an undiagnosed sleep disorder with the family pediatrician, says Berzon.

The good news is that the link between good sleep and good health is so compelling that most insurance companies now cover referral to a sleep lab for the diagnosis and treatment of sleep disorders. The Med's

sleep quiz

If you answer true more than twice, you may want to discuss your sleep problem with your doctor.

- I feel sleepy during the day, even when I get a good night's sleep.
- My bed partner says I have pauses in my breathing at night.
- I often wake up with a headache and dry mouth.
- It usually takes me a long time to fall asleep.
- I often wake up very early and can't fall back to sleep.
- My legs often move or jerk during the night.
- I have had high blood pressure or diabetes.
- I sometimes wake up gasping for breath.
- My bed partner says my snoring keeps him/her from sleeping.
- I've fallen asleep while driving.

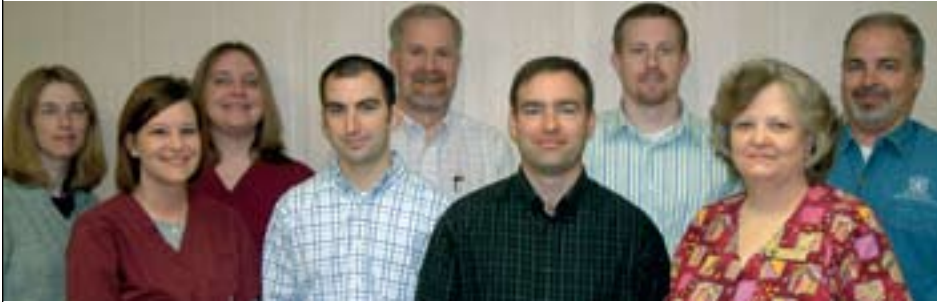
Courtesy of the College Station Medical Center Sleep Disorders Lab.

Thank you Brazos Valley physicians and allied healthcare providers for your vote of confidence in CTOP by allowing us to serve your patients.



Central Texas Orthotics & Prosthetics, LP

Serving the Brazos Valley for over 17 years.



Front: Kelly, Aaron, Billy, Georgia; Back: Ellen, Deidra, Kirk, Matt, Jonathan



(979) 731-1985
2112 E. Villa Maria • Bryan
www.ctopl.com



Medical director of The Med's new Sleep Disorder Lab, Dr. David Berzon modeled the lab's sleeping rooms on high-end hotel rooms to help clients relax during their sleep study.

sleep lab has been equipped with a state-of-the-art polysomnography system (PSG) to record sleep patterns. The most commonly diagnosed disorders are obstructive sleep apnea, primary snoring, insomnia, periodic limb movement disorder and narcolepsy. Berzon and his staff recently diagnosed a 24-year-old woman with narcolepsy – an extreme tendency to fall asleep – at the lab. For a woman so young, the treatment will mean decades of improved quality of life because her sleep disorder was diagnosed and treated early, points out Berzon.

Now that you're losing sleep worrying about which serious sleep disorder you may be suffering from, get ready to rest assured. Berzon says there is a safe, non-invasive and highly successful treatment for sleep apnea, the most common, and most serious, sleep disorder. Called Continuous Positive Airway Pressure, or CPAP, it uses a portable bedside machine to deliver a continuous stream of air that prevents sleep apnea.

Those suffering from sleep apnea stop breathing for anywhere from 10 to 60 seconds, sometimes up to 100 times per hour, a condition that can be life threatening if untreated, says Berzon. The AASM estimates that 1 in 25 men; 1 in 50 women; and 1 in 10 people over age 65 have some form of sleep apnea. A staggering 90 percent of apnea sufferers are undiagnosed.

Not everyone who snores has sleep apnea, but 95 percent of patients who have sleep apnea snore. People with obstructive sleep

100 miles from home
...coming in June

Promote your area attraction in the most complete guide to summer excursions & day trips in and around the Brazos Valley!

 **Auto Services Section also included**

Call 979.823.5567 or email ckauder@insitegroup.com for more information.

apnea repeatedly stop breathing when the tongue and soft tissue in the throat relax and block breathing. With the airway blocked, the oxygen level in the blood drops, causing a signal to be sent to the brain to startle the body just enough to awaken and open the airway. Spouses of apnea sleepers will recognize the snort that follows the silence as their bed partner's brain kicking in enough to open the airway. Apnea sufferers often don't

Like a lot of people who visit a sleep lab, I'm convinced I won't actually sleep. Also like a lot of people who visit a sleep lab, I'm wrong.

awaken enough to know they've been kicked in the brain by low oxygen saturation; they just know they wake up exhausted.

In years past, surgery to remove excess soft tissue in the throat was the treatment of choice for obstructive sleep apnea, says Berzon. No longer. While the surgery brought short-term relief from apnea, it often returned after a period of time, as tissue lower in the airway would create obstructions. CPAP therapy, along with weight loss, is the most effective and safest treatment for obstructive apnea, says Berzon.

Risk factors for apnea are obesity, facial or jaw structure anomalies, post menopause for women, hypothyroidism or growth hormone excess and use of alcohol or sedatives. Men with a neck measurement of 17 inches or greater and 16 inches or greater for women are at increased risk for apnea, says Berzon.

When Berzon invited me to sleep over at the lab to describe it for this story, I jumped at the chance. At 49, my sleep is less restful due to the hormone fluctuations of menopause and while I can get to sleep, I haven't been able to stay asleep or achieve deep sleep for months. Age, says Berzon, is partly to blame. As we get older, deep sleep decreases, which means our sleep can be more fragmented and we often find it harder to return to sleep when awakened during the night. Still, the opportunity to have medical

979.696.8000 1721 BIRMINGHAM DRIVE COLLEGE STATION
 FIND MORE INFORMATION AT: AOCBV.COM



Kelle Harper
FNP-BC

Mignone Bishop
Practice Manager

Ricardo Pocurull
MD, PA, CCD



ARTHRITIS & OSTEOPOROSIS CLINIC
OF BRAZOS VALLEY

RICARDO POCURULL, MD, PA, CCD
KELLE HARPER, FNP-BC

Why Choose AOC?

- * **Dr. Ricardo Pocurull - Only Board-Certified Rheumatologist in the Brazos Valley doubly certified (Internal Medicine and Rheumatology by the American Board of Internal Medicine)**
Also, TAMU Clinical Assistant Professor in Department of Internal Medicine
- * **State-of-the-art care for the Rheumatic diseases including musculoskeletal ultrasound, the latest IV treatments and IDXA bone density scan**
- * **Early Arthritis Clinic - recognizes and assertively treats rheumatoid arthritis, with goal of complete remission**
- * **Fibromyalgia Clinic - multidisciplinary approach helps many patients to significantly reduce their pain**

Wellpoint
Physical Therapy Services, P.C.
Karl Hermann, PT, PhD

- Care for Orthopedic, Sports, Neurologic, and Arthritic Conditions
- Comfortable Well-Equipped Environment

Now accepting Scott & White Health Insurance

50+
FITNESS CENTER

Monthly Memberships Available

LOCATED AT
Wellpoint
PHYSICAL THERAPY

An Exercise Facility Designed **EXCLUSIVELY**
For The Over Fifty Population.

690-1999
4095 State Hwy 6 South, Suite C • College Station

RESUME LIFE.



Enjoy the Benefits of Restored Vision with

'Quick Vision'
CATARACT SURGERY

Call today for a FREE cataract screening.

(979) 776-7564
or 1-800-338-7864

Vision for
the way you live.

WHEN EXPERIENCE COUNTS, WE'RE
THE ONES TO SEE.

Marr Eye Center

William H. Marr, M.D., P.A. • 2801 East 29th Street, Suite 101 • Bryan, TX 77802
At the corner of Memorial Drive and 29th Street

firstperson

science back up what I feel – that my sleep is crummy – is appealing.

Less appealing is the idea of trying to sleep while hooked up to a polysomnograph. Like a lot of people who visit a sleep lab, I'm convinced I won't actually sleep. Also like a lot of people who visit a sleep lab, I'm wrong.

Despite the bank of computer screens on which sleep lab patients are monitored during slumber, "lab" doesn't really describe the Med's new sleep center. The rooms are more on the order of a high-end hotel,

She fitted me with a CPAP mask in case I had apnea episodes in the night.

I was sure this was not relevant to whatever was causing my sleep disorder; again, I was wrong.

albeit one where the concierge is actually a registered sleep technician and when they tuck you in, you're wired for EEG, leg, eye and jaw movement and sound. The lab also has a room with a bariatric chair for clients whose obesity makes it life threatening to sleep lying down.

Daphne Handsaker, RPSGT, greeted me at 7:30 p.m. the night I reported to the sleep lab for my study. I watched a series of videos explaining the causes and treatment of sleep apnea while she wired the night's other sleep client. He was snoring – loudly – by the time she finished attaching leads to my face and legs and securing a strap around my chest that would measure my breathing. Before leaving me for the night, she fitted me with a CPAP mask in the event I had apnea episodes in the night. I was sure this was not relevant to whatever was causing my sleep disorder; again, I was wrong.

The rooms are equipped with white noise devices for those who need more help falling asleep. The fact that it was nearly midnight by the time I was wired up made falling asleep much easier than anyone could have convinced me was possible. I was told to sleep on my back, which I never do, but the bed

story continued on page 38

A Beautiful Smile
never loses its value

DRELMS
ORTHODONTICS

693-6300
www.drelms.com

A lot of life to live

Paul Bunch was kneeling on the floor of his Bryan home playing with his infant granddaughter when I arrived. His daughter was picking up toys around the living room, and his grandson was playing with the dog. Paul invited me to sit in a plush chair, smiling at his granddaughter as he took a seat on the couch. We sat talking about his life for nearly two hours until his wife Carol came home from work.

Sitting close to Paul's side, Carol smiled occasionally as she reminisced about friends who had given the two of them cake, flowers and a \$100 gift certificate to celebrate their recent 25th wedding anniversary. Paul talked about a family portrait they just had done with their children and grandchildren.

It was then Paul and Carol both paused to acknowledge the reality of their life: Paul

has a terminal illness. He is dying.

After 15 years of suffering from heart disease, Paul says he is living his life with a quality unlike ever before despite his

to enhancing the quality of life of the terminally ill through home care.

Paul has been a Hospice patient for nearly a year needing the care of two Hospice nurses to monitor his pain levels and medications twice weekly. "It's not all about your medical problems," Paul says. "They sit with you and talk to you. They treat you like a friend, not just a patient. They are like family."



"They're worried about the whole family, not just me," says Paul. "The disease affects everyone. They treat the whole family well and that's what I like about Hospice."

terminal illness. He attributes this to the outreach of nurses, social workers and chaplains with the non-profit organization Hospice Brazos Valley, an agency dedicated

Paul and Carol, along with their three children, have accepted Hospice as part of their family, and Hospice has provided care for each one of them. "They're worried about



Physicians Home Medical Equipment, Inc.

A Full Source for all of Your Medical Equipment Needs

- Oxygen
- Wheelchairs
- Hospital Beds & Rehab. Equipment
- Respiratory Equipment
- Medicare, Medicaid and Insurance
- Assignments Accepted



Joint Commission Home Care Accreditation



(800) 900-6899 • (979) 846-3831

1127 E. Villa Maria • Bryan

Locally Owned & Operated for 15 Years!

compassionate care

the whole family, not just me,” Paul says. “The disease affects everyone. They treat the whole family well, and that’s what I like about Hospice.”

Hospice goes beyond just medical treatment. His nurses were responsible for the gifts for Paul and Carol’s anniversary. They also arranged and paid for the sitting fee so Paul could have one last portrait taken with his family.

“They surpassed anything we ever could have imagined,” Carol says of Hospice’s kind gestures. “His quality of life would not be what it is if it weren’t for them.”

Living is just what Paul and Carol have been doing while being cared for by Hospice. When the pain does kick in, it’s just a reminder of Paul’s illness. “I’ve accepted it,” Paul says. “You have to play with the hand you’re dealt.”

Carol and Paul both play that hand and try to remain upbeat. Paul even jokes about his conditions including his pacemaker and says with a chuckle, “I’ll live forever if my battery just stays charged.”

helping more & more

Paul is just one of the 121 patients who currently are being treated by Hospice Brazos Valley. The non-

profit organization is celebrating its 20th anniversary this year. In the past 20 years, Hospice has served more than 8,000 patients in 17 counties. In 2008, clinical staff made more than 35,000 visits to 879 patients

from all walks of life. Hospice nurses, social workers and chaplains work to fulfill the needs of the terminally ill. Christine McDonald, community liaison for Hospice Brazos Valley in Bryan, and Craig Borchardt, president and CEO, are just two of the people who are committed to the Hospice mission.



profit organization is celebrating its 20th anniversary this year. In the past 20 years, Hospice has served more than 8,000 patients in 17 counties. In 2008, clinical staff made more than 35,000 visits to 879 patients

“We do the best we can at helping them live life in their last months or years in a way that they define it,” Borchardt says. “We have countless stories of fulfilling their last wishes.”

NEED SURGERY? OUR NEW SURGICAL FACILITY IS CLOSE BY IN BRENHAM!



Trinity offers a variety of surgeries, including:

- Orthopedic procedures including quad-sparing knee replacements
- Coblation and traditional tonsillectomy
- Laser Prostate Surgery
- OB/GYN procedures
- Laparoscopic Gallbladder Surgery
- Foot surgery (including the use of state-of-the-art OS staples)
- Colonoscopy
- Cataract Surgery

**TRINITY**
Medical Center
Sponsored by the Sisters of St. Francis of Sylvania, Ohio

979.836.6173 • 700 Medical Parkway, Brenham • www.trinitymed.org/

LET US GO THE EXTRA MILE.

Call us today!

One man wanted to go golfing one last time but was too weak to actually participate. Hospice arranged a golf cart tour of Traditions golf course. One woman wanted a spa day with her daughters. Generous community supporters made it possible. Another woman wanted to go on a hot air balloon ride and when Hospice

In the end, it's the little moments that add up and give peace to the terminally ill regardless of age, illness or financial background. McDonald says that Hospice refuses to turn anyone away. Last year, more than 40 indigent citizens became Hospice patients. "No one says we need to clothe them or help pay their bills," McDonald

Volunteers put in more than 20,000 hours including 6,500 hours of direct patient care. "Every one of our volunteers has a stake in making sure this non-profit succeeds," McDonald says. "And community support accounts for 24 percent of Hospice funding." During 2007, more than \$950,000 was given to Hospice through services, contributions and fundraising from the community. "The strength of our mission is a direct result of our community's involvement," Borchartd says.

"Every one of our volunteers has a stake in making sure this non-profit succeeds and community support accounts for 24 percent of Hospice funding."

—Christine McDonald, Hospice Brazos Valley.

relayed that wish to others, she made it to the skies.

"If there's something else we can do to capture a moment for a family one more time, we're going to do it," McDonald says.

says. "But we can because of community support. Hospice care is certainly important. And knowing that we provide patient care as well as bereavement and spiritual care says a lot about this community. "

a different Light

After receiving treatment through another program, Paul and Carol say that Hospice Brazos Valley has exceeded all their expectations for care of the terminally ill.

"God has truly blessed us with Hospice," Carol says.

"He brought us to the right place," Paul responds. *i*

Volunteers are an integral part of our hospice team.




Bryan: 979-821-2266
Brenham: 979-277-9525
La Grange: 979-968-6913
www.hospicebrazosvalley.org

Tired of Riding the Stock Market ?

Now Offering Fixed and Indexed Annuities

Educator's 403 (b) and Non-Qualifying Annuities

Call Patrick Baker

Trusted by Bryan ISD

Employees Since 1991

979-731-1990

800-605-5130

pabo6@suddenlink.net

Bryan Agent



Healthy Smiles - Healthier Lives



LJB Benefits - The Baker Group

Trusted in Bryan/College Station Since 1982

www.ljbbenefits.com



Make the most of your fitness experience.

Enlist the expertise of a personal trainer to help reach your fitness goals:

- Get in shape
- Bulk up
- Enhance muscle definition
- Gain strength after an injury

*We can customize
a program to meet your
needs, budget and schedule!*

health & fitness
Aerofit
CENTER

www.aerofitclubs.com

info@aerofitclubs.com

1900 West Villa Maria
823-0971

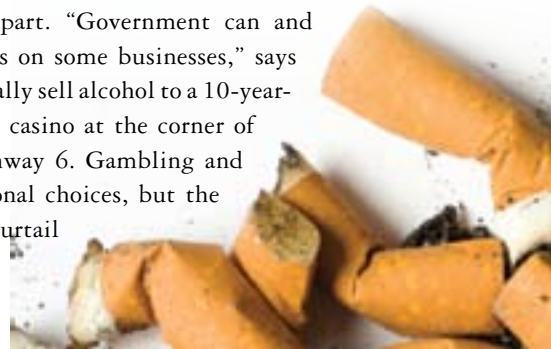
4455 Carter Creek
846-8724



College Station businesses up in smoke with new ordinance?

Bryan resident Tucker Young, 28, can now be seen enjoying a smoke-free good time in College Station bars on weekends. "I will definitely enjoy going out more now that I don't have to deal with everyone's secondhand smoke," says Young, an ex-smoker who applauds the City of College Station's recent vote to ban smoking in bars and restaurants.

Young understands that many people feel their personal rights are being violated but thinks the ban is a fair move on the city council's part. "Government can and will impose regulations on some businesses," says Young. "A bar can't legally sell alcohol to a 10-year-old, and I can't open a casino at the corner of Rock Prairie and Highway 6. Gambling and drinking are also personal choices, but the government sees fit to curtail



those behaviors to people of certain ages and make them available only in certain settings.”

Before the ban, College Station’s smoking ordinance allowed smoking in restaurants that seat more than 50 people between the hours of 10 p.m. and 6 a.m. Bars were exempt. The revised ordinance removes the exceptions and includes all workplaces. In what appears to be a peace offering to the opposition, the new ordinance reduces the distance from an entrance to legally smoke from 20 feet to 10 feet.

College Station Mayor Ben White says, ultimately, passing the new ordinance was a health issue. The city council, says White, made the best decision for the community as a whole for both smokers and non-smokers. For every eight Texans who die from smoke-related illnesses, one is a non-smoker, according to the American Cancer Society. Health care expenses increase when cigarette smoke is thrown into the mix – Texans spend \$349 million annually on secondhand smoke-related health care costs.

Since 20 percent of adult Texans smoke, there are bound to be residents who don’t appreciate the ban. “The anti-comments fall into


Though most CS bars say there has been no significant change in patronage, the Bryan bar Yesterday’s says it has gotten the good end of the CS smoking ban.

two categories,” says White. “First, there are those that simply enjoy having a cigarette with their beer and conversation. Secondly, there are anti-smokers that claim their personal rights have been violated.”


College Station resident Steve Johns, 29, is an occasional social smoker who says the government is overstepping its boundaries. “It is my opinion that the bar owners and business managers should be able to make these decisions for themselves,” says Johns.

Local businesses seem to be doing just fine since the birth of smoke-free College Station. Corner Bar is a three-story bar on quaint Northgate, and manager Joseph Guillot says not only do the employees like it better, but also they’ve been a little busier. “We were never worried,” says Guillot.

The Tap in the Woodstone Shopping Center says business hasn’t changed. The Tap’s clientele is an even mix of college students and permanent residents. “The only thing that’s different is I don’t cough all night anymore,” says manager Zach Gallander, laughing.



Health by choice, not by chance



Eliminate pain and
regain a healthy lifestyle

Aggieland Chiropractic & Wellness Center

Chiropractic Adjustments
Physical Therapy Modalities
Nutri-West Supplements &
Vitamins

Dr. Karly Newbern
Chiropractor
Aggie Class of '03
(979) 703-8090
505 University Dr. Suite 803
College Station, TX 77840
www.aggielandchiropractic.com

Because you expect only the best for your loved one...



- Lift Chairs
- CPAP - Oxygen
- Mastectomy
- Bath Aids
- Rehab Equipment
- 24 Hour ER Call
- JCAHO Since 1991
- Certified Respiratory Therapists

In business since 1981.

We have everything for one-stop shopping
“for mom coming home from the hospital: from bedroom & bath, to kitchen & living room.”

MEDI-CARE EQUIPMENT SPECIALTIES

2308 East Villa Maria • Bryan • 979-776-3776
Store Hours: Mon-Fri 8:30-5:30 • Sat 8:30-12:30



Texas Avenue Cigars, an establishment that boasts a smoking lounge where patrons can enjoy cigars, was at the front of the anti-ban contingency. Located at the intersection of Harvey Road and Texas Avenue in College Station, the store attracts college students, local businessmen and college faculty.

“The city council ended up giving us an exemption, since we are a specialty store,” says co-owner Sean Miller.

Though most College Station bars say there has been no significant change in patronage, the Bryan bar Yesterday’s says it has gotten the good end of the College Station smoking ban.

“I’m noticing a lot of people in here that were regulars at other bars,” says Yesterday’s bartender Jessica Heimen. “All the smokers are trickling down to Bryan.”

College Station resident Adam Mitchell, 25, says he will sacrifice the convenience of going out close to home and venture into Bryan bars to be able to smoke, but he’s not happy about it. “I’m mad because it forces me to go out of town to enjoy my night,” says Mitchell.

The City of Bryan’s current smoking ordinance is identical to

Denton Senator Myra Crownover currently is pushing for a statewide smoking ban, which would make smoking illegal in any public place in Texas.

the ordinance College Station recently modified. Heimen says if a similar smoking ban were to pass in Bryan it would significantly hurt Yesterday’s patronage. “I personally don’t smoke, and I don’t like it, but I welcome it for business,” says Heimen.

“We are open to discussion on the topic,” says Bryan City Manager David Watkins when asked if Bryan would consider a similar ban. However, Watkins points out that College Station has many more bars than Bryan, so it isn’t as pressing an issue in Bryan.

In the future, the city of Bryan and all other municipalities could lose the power to set individual city smoking ordinances. Denton Senator Myra Crownover currently is pushing for a statewide smoking ban, which would make smoking illegal in any public place in Texas. If passed, Texas would be smoke-free on September 1.

As for those who are considering lighting up illegally in College Station, contrarians might want to think again. The fine for smoking at a bar, restaurant or business within College Station city limits is \$140.

“College Station is a community whose citizens have high expectations and who enjoy a quality of life that is envied by many,” says White. “Making the city a non-smoking community is one more enhancement to that quality of life.”



DENTURES

ARE YOU HAPPY WITH YOURS?



Are they uncomfortable?

Are you embarrassed with loose, unstable, moving dentures that don't stay put?

Do you feel self-conscious?

Is eating out hard?

Dr. Reece can help with Dental Implants. He can secure and lock-down those dentures.

Call today and feel 100% better about yourself and live your best life. Dr. Reece can make it happen.



Michael K. Reece D.D.S.
EXCEPTIONAL DENTISTRY

1615 BARAK LANE • BRYAN • 979.846.6515 • DRREECE.COM

Celebrating 20 years in the Brazos Valley!

ORGANIC PRODUCE

GLUTEN FREE PRODUCT LINES

AUBREY & BURT'S BEES EARTH FRIENDLY BODYCARE PRODUCTS

BULK

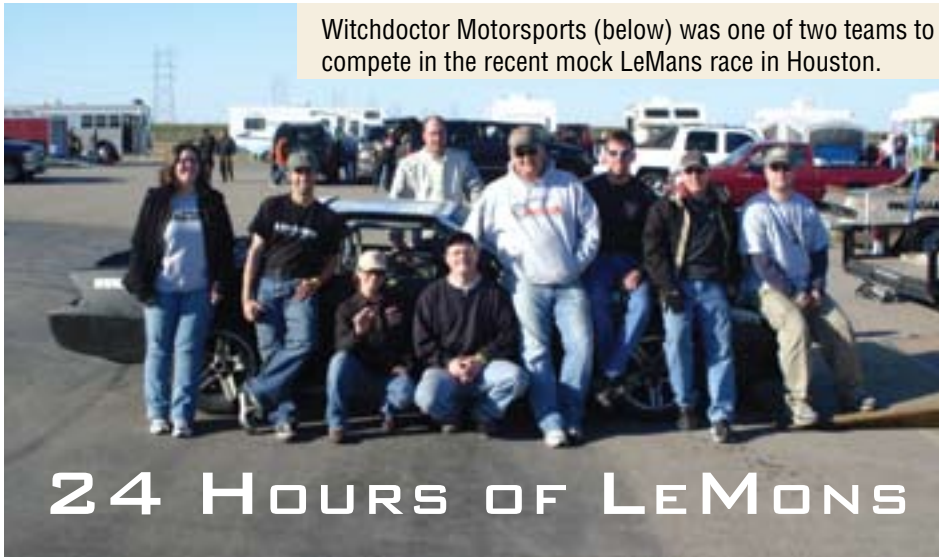
Bob™-BLESSD ORIGINS BEEF NO HORMONES OR ANTIBIOTICS, PASTURE RAISED

Gift Certificates Available

Brazos Natural Foods

4303 South Texas Avenue - Across from Luby's - Texas Ave. at Rosemary
Phone: (979)846-4459 - Fax (979)691-2733 - Email bnf@bcynat.com
Monday - Friday 9am-6pm - Saturday 9am-2pm
Serving BCS Since 1998

Witchdoctor Motorsports (below) was one of two teams to compete in the recent mock LeMans race in Houston.



24 HOURS OF LEMONS

RACING ISN'T ALWAYS ABOUT FAST, EXPENSIVE SPORTS CARS, PROFESSIONAL DRIVERS, AND TOP-OF-THE-LINE PIT CREWS.

Rami and Anna Cerone, David Ohendalski and Brandon Spears are members of two local racing teams that participated in the 24 Hours of LeMons, a 24-hour endurance race among beat-up clunkers. Their teams, Witchdoctor Motorsports and Zebra Razing, recently competed in the LeMons Gator-O-

Rama race in Houston finishing in 51st and 90th places, respectively.

"It was really fun," says Ohendalski, member of Zebra Razing and president and CEO of Agnitek, a College Station IT company. "It was the first time I had ever been on a track, and I learned a lot."

The race mocks the 24 Hours of LeMans, the prestigious French 24-hour sports car endurance race. LeMons racers may spend no more than \$500 on their vehicles before adding safety requirements. The last two years, the Brazos Valley has produced as many as five teams to compete in the 24 Hours of LeMons, including Witchdoctor Motorsports and Zebra Razing.

"It was a cheap way to get into racing, and it seemed like an idiotic, not-so-serious type of racing that sounded like it would be fun," says Rami, owner of Caffe Capri in downtown Bryan and member of racing team Witchdoctor Motorsports.

Zebra Razing raced a 1985 Toyota pickup truck painted with zebra stripes in the February race. "The reason why we got the Toyota, this race really isn't about speed. The top speed is maybe 60 miles an hour," says Spears, a member of Ohendalski's team and owner of local landscaping business Republic Landscapes.

Ohendalski says the team bought the truck for \$275 at an auction in San Marcos and then brought it home to do maintenance and give it some stealth upgrades.

"It barely started up. It sputtered quite a bit and gave a lot of trouble at the auction,"

Business
image
specialists —

Custom
embroidery services

for
Caps, Shirts,
Promotional Items
and much more



3735 East 29th Street • Bryan 77802

Retreat...right here.

Tucked behind Fries Financial Services in
The Garden District.



Massage, Facials,
Pedicures, Reflexology,

Manicures
& Waxing

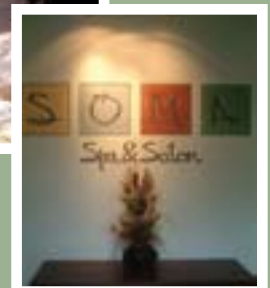
Full Hair
Services



SOMA Spa & Salon
108 E. North Ave., B
Bryan, Texas

Call for your appointment
Gail Gage (979) 846-4124

Gift Certificates and Packages Available



racefans

he says. "It went cheap, and we were able to get that and get it home."

Rami's team, Witchdoctor Motorsports, raced a Camaro his team found on craigslist.org. "We bought (the Camaro) for \$650 and sold enough pieces off of it to get it under \$500," he says. "We took out all the interior. One of the guys on the team built a roll cage for the car because that was one of the required items, and then we worked on it, just going through it making sure everything was connected, everything was tight."

Witchdoctor Motorsports had used the car in their previous LeMons race last October in Houston, winning second place. The team left the Camaro the way it was for the February race, with the exception of a new paint job to make the car look like an old Department of Public Safety vehicle. Anna, Rami's wife and fellow team member, says the team practiced for the race by participating in Autocross, a timed competition in which drivers navigate one at a time a course marked by cones. The Witchdoctor crew and other team drivers Todd Farris and Paul Costas all met during years of autocross with the Texas A&M Sports Car club.

A Houston LeMons racing weekend begins

with a Friday test day at the Mercedes-Benz of Sugar Land Road Course track. "We had a tech inspection to make sure we had all the safety requirements, which is the roll cage, a fire extinguisher, walkie talkie, things like that," Rami says. Cars also undergo a "BS" inspection to catch cheaters. If the judges suspect a team has

spent more than the \$500 limit, the team is required to make extra penalty laps.

Teams traditionally bring alcohol, food and plenty of creativity to bribe the judges so they look the other way when checking the car to avoid penalty laps if the judges think the team spent more than \$500. Rami says his team passed the October race's "BS" inspection with Anna's help – she wore a bikini for the inspection.

"They looked at the car. They looked at Anna. They looked around. They said we probably didn't even have a chance of winning, so they let us go with no penalty laps," Rami says. This year, Anna, who is a



Anna Cerone distracts the judges during a 'BS' inspection designed to catch cheaters who spent more than \$500 on their race car.

professional drag racer and model, wore a mock DPS outfit and handcuffed the judges together so they didn't get to walk all around the car checking it out.

Unlike most LeMons races, the Houston race is split into two parts because the track has no lights, with teams racing during daylight hours for seven hours on Saturday and seven hours on Sunday. The race's first day begins by having all cars lap the 1.3-mile track to make sure each car's transponder, which keeps track of the laps, is working. Because of the nature of the vehicles that race in LeMons, Rami says several of the cars broke down in the October race and had to

For him
The world really does revolve around you.

**Adoptathon
2009**

Half price adoptions on
spayed & neutered pets

**Saturday
May 2nd
10 am – 8 pm**

2207 Finfeather Rd. • Bryan, TX 77801 • (979) 775-5755 • www.brazosanimalshelter.org

The Zebra racing team was plagued by mechanical difficulties during the race, completing only about 60 of the 400 laps over two days.



be towed off the course, setting the race back an hour.

“When the checkered flag actually dropped, whatever was left of the 80 cars started lapping around the track like a real actual race,” he says. “We did this for seven hours on Saturday, probably about seven hours on Sunday. We’d stop to switch drivers, get gas, and go back out there.”

This year, however, things didn’t run as smoothly for Witchdoctor Motorsports. One of the tech inspectors lost a pen cap in their car’s fuel tank, causing them to lose several hours of track time.

“We went to start the race and after two

laps, the car dies on the track, so we get it towed back to the pits,” Rami says. “We changed the fuel pump, and then two laps later it dies, so we had to wait for the tow truck to bring it back again. We checked everything, but we couldn’t find anything wrong, so we pulled out the main line of the fuel cell and the pen cap fell out.”

Ohendalski says his team encountered some problems that set them behind as well.

“Our fastest lap time was not real bad,” he says. “We were just getting better and better as we went, and then the head gasket went out on Saturday. One of our team members has an auto shop in Houston, and we fixed it in his shop that night. On Sunday, we went back and started driving and blew a fuse. We got out there and started racing and lasted about 20 minutes before the rod bearing went out, so we only ran about 60 of the 400 plus lead laps.”

For Witchdoctor Motorsports, at least some small prize came out of their setbacks. “We got the ‘I got screwed’ trophy because of the tech inspector throwing his pen cap in,” Rami says. “It happens. There’s nothing we could have done about it, but we still had fun.”

Spears says participating in the LeMons

race was a way for him to gain more experience and to advance his passion for racing. “The best thing about this is that it’s a very low barrier to getting into racing,” he says. “You get a lot of track time. You pay a couple hundred dollars, and you might get two and a half hours a day of seat time, so it’s a much better return on your investment. It also gives you real racing as opposed to just running around the track against yourself.”

Rami says affordability for the average person is another great aspect of LeMons. “It doesn’t take much to get into it,” he says. “We were able to do it with a \$500 car, so if it’s something you’ve always wanted to do, there’s no reason to keep you off the race track. Money’s no longer an issue. It’s just fun. You just have to find the right venue for racing.”

Both teams plan on participating in the next Houston LeMons race in October, and as of now, both plan on using the same cars. Ohendalski says he wants to make the Brazos Valley aware that community members are getting involved in racing. “It’s a neat concept, the fact that we have people locally that are tracking it and following it and entering and participating in these out-of-town ventures,” he says. *i*

Make the right decision and enjoy *the best in life.*



Medicare gives you the right to choose the home health care provider of our choice. Choose the agency that gives you the most! Brazos Valley Home Health Service.

**Nursing • Home Health Aide • Physical Therapy
Occupational Therapy • Speech Therapy
Personal Care Attendants • Social Support**

Our services are available 24 hours a day, 7 days a week

Thank you Brazos Valley for voting us Best of the Brazos 2008

3900 S. Hwy. 6 South, Suite 109B • College Station
(979) 485-8252



- Assessment of Vital Signs
- Follow-up Post Hospitalization
- Administration of Insulin
- Pre-filled Insulin Syringes
- Routine Lab Work
- Infusion Therapy: IV, TPN, & Enteral
- Dressing Changes and Wound Care
- Catheter and Colostomy Care
- Medication Instruction
- Diet Instruction

DURABLE MEDICAL
EQUIPMENT ACCESSIBILITY
CERTIFIED NURSES AIDES
SPECIALTY SERVICES

- Anodyne Therapy-Neuropathy/
Wound Care
- Tele-Medicine Management
- Wound VAC
- Physical Therapy

4021 East 29th Street, Ste. 104
Bryan, Texas 77802

(800) 333-8545 Toll Free
(979) 260-6941
(979) 260-6969 Fax

Medicare and Medicaid will pay for Home Health Care services if the beneficiary has medical necessity and care is prescribed by a doctor.



The headlines have become almost appallingly ordinary. Another charity or non-profit has discovered that a trusted employee has been embezzling from their organization, perhaps for years. In the past two years, seven not-for-profit groups have reported being hit. At the end of every article about this kind of crime, there is a statement saying that the organization or business has “put new policies in place to prevent this kind of thing from happening again.” But the rest of us wonder, “What policies? What can we do to keep this from happening to us?” Five victims of this crime agreed to share what each of their organizations has learned in order to help prevent the rest of us from becoming victims ourselves.

Brazos County District Attorney's Office

The irony of being a victim of embezzlement is not lost on Bill Turner, Brazos County District Attorney. It is his job to prosecute those who abuse their position and steal from their employer. Turner vividly remembers the day that a Texas Ranger laid it all out for him: A trusted employee, a woman who had been the go-to expert on daily operations, had been systematically and consistently stealing from the department for nearly 20 years. “I became physically ill,” Turner said. “I had to go home. After years of seeing that reaction in other victims, I was faced with it myself. It was the betrayal. I trusted her; she was my friend.

“She was the most disciplined thief I’ve ever dealt with,” Turner remembers, “never stealing too much at any one time, making sure that victims were being paid so no one would be asking questions, producing enough paperwork to avoid drawing attention.” Even though the District Attorney has been successful in prosecuting many of the recent spate of thieves, he believes that prevention is better than prosecution and offers a variety of methods to protect your organization’s resources.

- 1 The person who writes the checks and the person who signs the checks must not be the same person. If possible, require two signatures for each check.
- 2 Someone other than the person who writes the check needs to open the bank statements and reconcile or assist in reconciliation.
- 3 Operate without credit cards. Reimburse for employee expenses or set up accounts with regular vendors and service providers. Bills



Where new technology combines with old fashioned service

Over 34 Years of Service in Bryan-College Station

Offering Much More Than Routine Prescription Dispensing...

- Special formula compounding
- Individual patient counseling

Training in the use of in-home monitoring & treatment devices

Now offering diabetic/therapeutic shoes

Convenient Drive-thru window

2300 De Lee Street • Bryan, Texas 77802

(979) 776-6800

(Across from St. Joseph Hospital)

2007 Newman 10, Eagle Reader's Choice 2006, 2007 and 2008,
BBB Torch Award 2006, and 2006 Chamber of Commerce Impact Award

Brazos Valley Long Term Care Pharmacy

The Brazos Valley's First Exclusive
Long Term Care Pharmacy

- Unit Dose Packaging
- Free Delivery
- Monthly Billing
- Pharmacy Consulting

2302 De Lee St. • Bryan • (979) 776-6813

should be examined carefully for items purchased. Reimbursements should require original receipts and be approved by supervisor or treasurer. No employee should approve his/her own expenses.

- 4 Require checks for payments; discourage cash payments. If accepting cash is unavoidable, require two staff signatures for cash receipts.
- 5 Put up signs reminding customers to ask for receipts.
- 6 Don't assume that everyone shares your passion for the cause.

Protecting your organization or business requires constant oversight. "Like locking your doors; it won't stop a determined thief but will discourage the one who is looking for easy money," says Turner. "Boards of charities are made up of busy people who want to promote their cause. They are volunteers and don't oversee the day-to-day operations, often leaving only one set of eyes to handle the money. They need a diligent treasurer to inspect the books on a frequent basis. If they know you will most likely catch them, they are less likely to take the chance."

The Arts Council of the Brazos Valley

The Arts Council has been the focus of media attention since the first hints surfaced of irregularities at the prominent arts organization. "The temptation is to be self-recriminating," says Board President Carol Wagner. "Soul-searching: How does this happen? Why didn't we see it sooner? But you get past that and then you start to focus on what you can do to change things, to protect yourself next time."

A single unexplained incident led to an examination of the books. Eventually, a forensic auditor was hired to examine the 34 binders of financial and other documents to track the money. This type of auditor looks at every transaction searching for fraud, and is too expensive for ordinary annual audits. "In our case," Wagner says, "it was the only way we could have found the many ways that money was taken."

The details of the case are well known locally. Dr. P. David Romei was convicted in November 2008 of felony theft for stealing \$7,400 and also for a misdemeanor involving misappropriation of funds. Included in his sentence was limited jail time and restitution totaling \$268,000. The verdict has been appealed.

This is what the Arts Council has changed as a result of this case:

- 1 Closely examine your financial policies and procedures regularly. If any procedure seems unclear or vague, it could be a doorway to theft.
- 2 Have invoices and checks approved and signed by two people, including at least one from the board.
- 3 Tighten up job descriptions, spelling out more clearly who is responsible for what duties.
- 4 Define rights and responsibilities of employees, including freedom to talk to board member about concerns or questions.
- 5 Mail, including credit card bills and bank statements, should be picked up and opened by someone other than the person who writes the checks.

"It has been long and stressful but it was our fiduciary responsibility," Wagner explains. "We had to do it. To walk away from it would have been so wrong. In spite of everything, you can't let something like this discourage your good work. If you do what is right, it will always be right."

Style + TECHNOLOGY

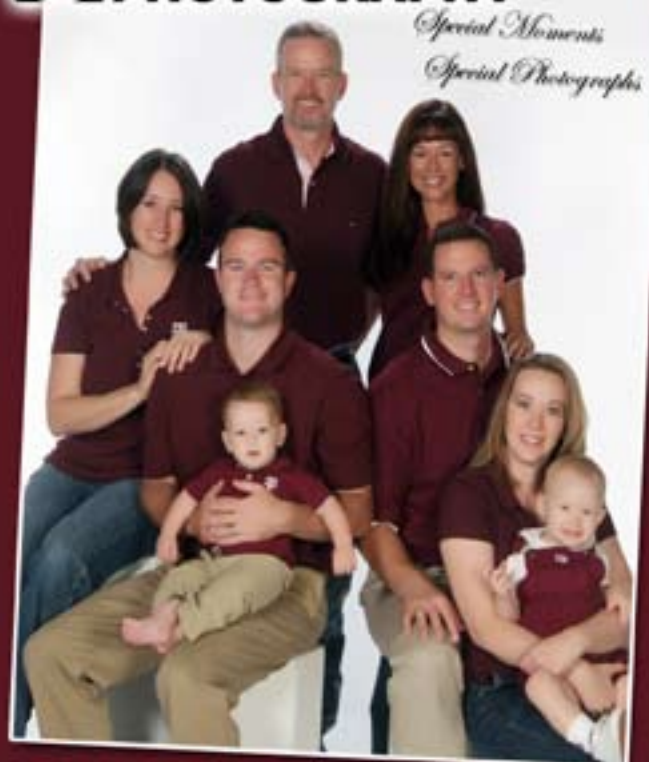


The modern design and style of the LX fits discreetly on the curve of your ear and the special color formula blends with your hair color and skin tone to be virtually invisible. The advanced technology of the LX adjusts automatically to a wide range of listening conditions. Casual conversations over dinner or soft sounds of nature are clear and crisp for the listener, thanks to the uniquely streamlined and engineered circuitry.

**Call today
for your
FREE
Hearing
Evaluation**

Audibel Hearing Center
2305 Cavitt • Bryan, TX 77801 (979) 779-3070
www.audibel.com

SPECIALTIES PHOTOGRAPHY



979-696-9898 524 University Dr E specialphoto.com

Voices for Children

"You don't think it can happen to you," says Charley Bankston, president of the board of Voices for Children: Court Appointed Special Advocates of the Brazos Valley. "Our mission is to help children; our motto calls for us to be 'a strong voice for children.' Who could look at these kids and see what they've been through and steal from them?"

Like many of the agencies that have been victims in recent months, a single act that couldn't be justified led to the discovery of their losses. A valued employee had gradually assumed responsibility for nearly all financial activities in the office and now stands accused of stealing tens of thousands of dollars. Adding to organization members' shock was the revelation that the employee had a criminal history that had not turned up during a routine criminal background check.

As the case is still pending, Bankston is unable to discuss details of the charges but offers a list of recommendations:

- 1 First, change the locks on the doors.
- 2 Obtain a post office box and advise all vendors, donors, and contacts to use

the box for all mail. Three different people alternate in picking up the mail on an irregular schedule.

3 Two people together should open the mail.

4 Bank statements are opened and reconciled by treasurer and executive director.

5 A three-person financial committee reviews all transactions monthly.

6 Checks over \$500 require two signatures.

7 Conduct annual audits but recognize that audits only cover information given to them.

"We're very stingy with the way we spend money," Bankston says. "Thanks to the annual Art for Children fundraiser and the fundraising golf tournament, Voices for Children has been able to move forward in spite of our losses. My advice to other Boards?

"We are all vulnerable. Trust – but verify."

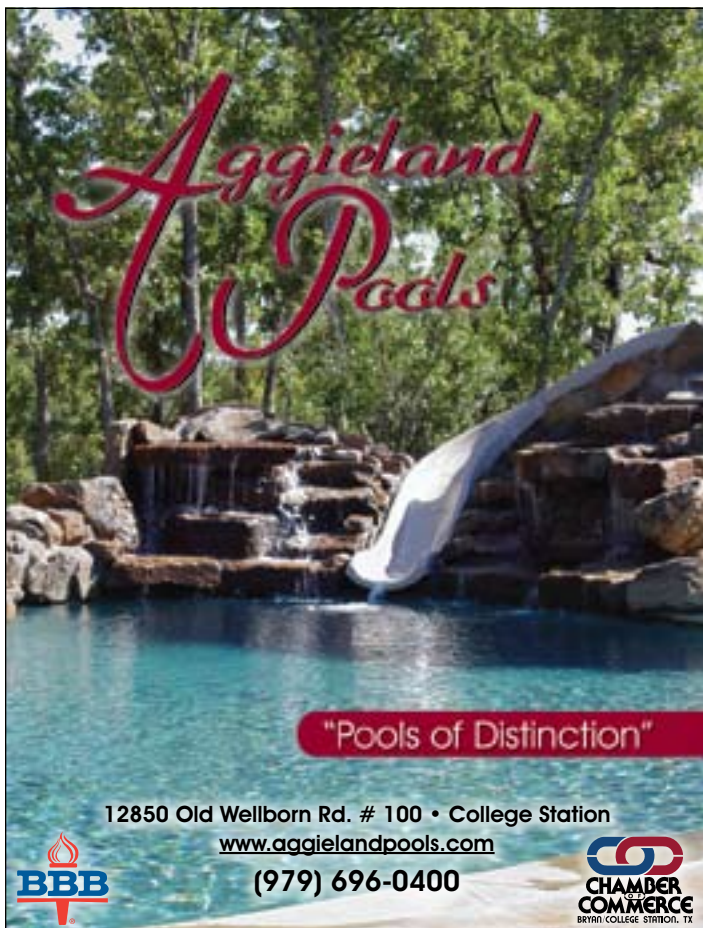
Brazos Animal Shelter

A lack of financial oversight, chaotic work conditions, and a director under fire

all created the ideal environment for an employee to steal more than \$50,000 in less than 18 months. Ashley Wesp was selected to be the new director of the Brazos Animal Shelter following the resignation of her predecessor and a major reorganization of the Shelter's board of directors. Her first priority was to bring order to the records and files of the organization. "There was very little comparative data from the years leading up to 2006," Wesp says. "So it wasn't until we had something to compare it to in 2007 that we were finally able to see that the numbers weren't making sense." The Shelter was taking in and placing approximately the same number of animals as in the previous year, but there was a downward trend in income. "Then we got a call from a donor stating that her gift had not been acknowledged and that drew our attention to the front counter. There was no record of the gift.

"We had started doing an in-house audit because of the lower numbers, but we were well into it when we realized it was theft," Wesp remembers. "Then we started analyzing every transaction on every animal. It took months."

Because the employee has not been charged, Wesp prefers to talk about the positive



Aggeland Pools

"Pools of Distinction"

12850 Old Wellborn Rd. # 100 • College Station
www.aggelandpools.com
 (979) 696-0400

BBB
 CHAMBER OF COMMERCE
 BRYAN, COLLEGE STATION, TX

Trusted by Patients and Their Families.



Comprehensive Services:

- Skilled Nursing (RNs & LVNs)
- Certified Nurse Aides
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Medical Social Worker

Payers:

- Medicare/Medicaid
- Most Insurance including S&W
- Long-Term Care Insurance
- Private Pay

Specialties:

- Wound Care/Wound Vac
- Orthopedic "Hip and Knee" Rehab Program
- "Good for the Soles" Foot Care Program
- Congestive Heart Failure Program
- Tele-Monitoring (especially for COPD, CHF, Heart Conditions & Diabetes)
- Pediatrics (Hourly & Visit)
- "Heart to Heart" Cardiac Program
- "Sure Steps" Fall Prevention Program
- Alzheimer's and Dementia Care Program

Interim
 HOME HEALTH CARE
 Serving the Brazos Valley

2901 East 29th Street, Suite 113
 Bryan, TX 77802
 Phone: (979) 260-1100
 Fax: (979) 268-4050
www.interimhealthcare.com

changes the Shelter has made in its financial dealings. "Our financial policies were written with the assumption that I could trust the people I worked with. I still have to be able to trust them, but I can't base the standard operating procedures on that."

In addition to funds provided by the two cities and Brazos County, the Shelter receives money from a variety of sources: fees paid by owners whose animals have been picked up and brought to the shelter; fees paid by those who adopt animals from the shelter; and donations given by those who want to support the work. The biggest change in procedure is in the handling of these funds:

- 1 Two people have to be at the front desk at all times and sign off on any cash receipts. If one is away from the desk, another person has to cover.
- 2 At the end of the day, all transactions are totaled and both staffers sign off on the sheet totals.
- 3 The bookkeeper then enters all data into QuickBooks and cross-references the computer printout with the animal transactions.
- 4 Signs have been put up telling visitors to expect a receipt.

Wesp also suggests that boards watch for the employee who won't take time off or gets angry if someone else works at his/her desk. "The hardest part of this whole thing," Wesp says, "is the pain involved in learning that you have been betrayed by someone you trusted. Our donations have remained steady – people still want to support the shelter – but it is hard to imagine how anyone can steal from dogs and cats. They have names and faces and stories. How can you steal from them?"

Covenant Presbyterian Church

When the leaders of Covenant Presbyterian Church in College Station realized that the financial shortfall in their Child Care Program was the result of embezzlement, it was hard to know what to do. "In difficult economic times like these," says Pastor David Elton, "people are more vulnerable to temptation. We as a church understand this, but we realized that we had a community responsibility to turn this [the theft] over to the authorities.

"We have a highly successful Day School Program," Elton says, "so we thought a child care program would be helpful to the

community. But we failed to put all the basic financial principles in place before we opened, and we gave too much power to one person. It costs a little more to put these healthy principles into place but it can cost far more not to do so. We left a gap open and it was abused."

Some of the organizational changes made by the church:

- 1 While checks were being signed by someone other than the person who wrote them, a higher level of backup and approval is now required.
- 2 A separate treasurer has been hired for the Child Care Program to provide oversight of day-to-day operations.
- 3 Closer review of bank statements, deposits and tuition payments conducted by treasurer or appointed board member.
- 4 Establish stronger lines of communications between church leaders and Child Care Board.

"People have been very gracious with us about this," Pastor Elton added. "The biggest concern we heard was the question, 'You're not closing, are you?' We aren't. This isn't going to stop us. We're just going to be more careful."

AGGIELAND Business Park

aggielandbusinesspark.com

Strategically located to accommodate the dynamic growth of the Brazos Valley

Proud member of the Research Valley Partnership

Jim Jett '66
979.571.4341

PERFECT LOCATION FOR MEDICAL SUPPLY/DISTRIBUTION BUSINESS

LOCATION, LOCATION, LOCATION!

Find Your Business Home Here -

Developed Lots Available Now
Sale • Build to Suit • Owner Finance



- 2.8 miles from Texas A&M University
- 1 mile from Easterwood Airport
- High speed internet access available through Verizon DSL
- Close proximity to TAM Health Science Center site (1.3 miles)



Flex space now available

What, exactly, is an audit?

Many charitable organizations are required to undergo an annual audit especially if they receive public funds. This can give a false sense of security to the boards of those organizations. “Most people assume that an audit would reveal fraud or irregularities in the books and assume that passing an audit means that everything is fine,” warns District Attorney Bill Turner. “Unfortunately, an audit is only as good as the information that is given to the auditor. And an auditor only does spot-checks. Even if errors are found, unless they are significant, they might not raise a red flag. You have to check the books yourself.”

Kay Dobbins, CPA with Thompson, Derrig and Craig, is an auditor. “The major denominator in cases of misappropriation of funds is from putting too much trust in a single employee and giving him or her unsupervised access to cash.” Dobbins best advice to those hoping to establish good financial systems in their organizations: require two signatures on checks and don’t let either one be the person preparing the checks. Other good procedures are those identified earlier:

- 1 Require original vendor invoices.
- 2 Have someone else open and look at bank statements as well as at checks and endorsements. “Often, the only one looking at the bank statement is the one stealing the money,” Dobbins adds.
- 3 Be suspicious if employee is unwilling to take time off or puts off having an audit.

It is important to understand that an audit is only “a reasonable assurance that financial statements are not materially misstated,” Dobbins adds. “Note that this does not say that the financial statements are 100% correct, or that the auditors found no sign of fraud or error. It is simply an opinion based on a random sampling of significant transactions and an analysis of account balances. Since the Enron collapse, auditors have been required to question management and employees to see if they are aware of any fraudulent activities. Much of the time, if fraud is discovered, it is as a result of these inquiries. “There is also a requirement to include an element of unpredictability in an audit. It isn’t geared to discover fraud but occasionally, it does,” Dobbins says. *i*

Sleep Lab continued from page 24

was so comfortable I was able to fall asleep, unnatural position, location, wires and all.

It was around 2:30 a.m. when Handsaker awakened me with the news that she needed to fit me with my CPAP mask; I was experiencing sleep apnea, she said. Dazed and sleepy, I remembered the advice from the videos: you have to want to make CPAP

Did I have any more apnea after I started sleeping on my side? No.

therapy work to be successful with the nasal pillow (a cute name for a mask) so I tried to be a good sleep soldier and relax. No go. I went from tingling fingers to feeling lightheaded. I told Handsaker over the intercom what I was experiencing and she adjusted the airflow, even trying the Flex setting, which relaxes the air pressure during exhalation. Still no go.

She came back into the room and asked if I wanted to sign a release saying I was refusing treatment with the CPAP. I told her I didn’t have enough information for that -- What was my oxygen saturation? Why was I lightheaded? What other options were there? I got the feeling that except for patients who ask questions for a living, most clients didn’t usually ask for such on-the-spot detailed explanations. After consulting with lab manager Fran Hicks by phone, it was decided I would sleep out the rest of the night without the mask. I asked if I could now sleep on my side and was told that was fine.

I briefly awakened twice more before Handsaker returned around 7 a.m. to liberate me from the wires. I was asked to fill out a questionnaire with my perceptions of my sleep that night: How long did it take me to fall asleep at the lab? Was that about normal for me? etc.

I had two questions for Handsaker: Did I have any more apnea after I started sleeping on my side? (No) and, Where did the sleep lab get the bed I just slept on? (She didn’t know, but offered to call Fran Hicks back to find out).

After a client undergoes a sleep study, Hicks prepares the recorded data for Berzon to review and a detailed analysis of the data

is sent to the client’s referring physician. For clients like the other sleeper the night I visited the lab, those diagnosed with obstructive sleep apnea are referred to a home health agency to receive a home CPAP device and be fitted for a mask. This is a crucial part of treatment, says Berzon, and it’s important to keep working to find a mask that fits, is comfortable and doesn’t leak air.

Most CPAP machines use a smart card

to track usage and efficiency during sleep. Typically, clients send their smart card to Berzon to monitor their progress about a month after learning to sleep with their CPAP machine. One of the people in the videos made the best analogy of learning to sleep with a CPAP: “At first, I couldn’t imagine wearing mask, but I’ve never felt so great. It’s like in sports – you need the right equipment, you need to be proactive, maintain your equipment, and sometimes you need some coaching.”

The benefits of effective treatment of sleep apnea with CPAP therapy are immediate and life changing, says Berzon. Beyond just reducing daytime sleepiness, 6 to 8 hours of quality sleep a night can improve diabetic control, lower high blood pressure and even reduce arthritis pain.

As for me, in discussing my sleep data with Berzon he tells me I fall in the gray area of sleep disorders: for those with very mild apnea and no co-morbidity issues, the current recommendations are not to treat. That means because I don’t have any other health issues, besides following good sleep hygiene, I shouldn’t sleep on my back. I did however get the answer to the question of where the sleep center bought the beds in the lab (Mattress Sleep Centers) and bought one the next day.

Like Homer, Berzon can wax poetic on the importance to your health of talking to your doctor about what ails your sleep. To get to the root of the problem, he suggests a visit to a specialized facility where you can, well, sleep on it. *i*

BRYAN-COLLEGE STATION

DINING

Blue Baker, www.bluebaker.com, 800 University Dr, CS (979) 268-3096; 201 Dominik, CS (979) 696-5055, Blue Baker is an artisan bakery and café featuring breads baked from scratch, pastries, sandwiches, soup, fresh tossed salads and brick-oven pizzas. Try some cookies for the perfect finish! M-F 7am-10pm, Sa-Su 8am-10pm

C&J BBQ, www.cjbbq.com, 105 Southwest Pkwy, CS (979) 696-7900; 1010 South Texas Ave., Bryan (979) 822-6033; 4304 Harvey Rd., CS (979) 776-8969. Voted Best BBQ in the Brazos Valley, C&J offers all your favorite Texas barbecue such as sliced beef, jalapeno sausage, pork loin, turkey, chicken, or ribs. Catering and banquet rooms are available. M-Th 10:30am-8:30pm; F-Sa 10:30am-9pm; Su 11am-3pm, Hours may vary among locations.

Café Eccell, www.cafeeccell.com, 101 Church Ave., CS (979) 846-7908. Café Eccell really is a true grill and fresh seafood bistro. Located in College Station's Old City Hall, the café offers fresh seafood daily and a kitchen that fires up with food that excites the senses. Lunch M-Th 11am-2pm; F & Su 11am-5pm; Sa 12pm-5pm; Dinner M-Su 5pm-10pm

Caffe' Capri Italian Restaurant, www.theplaceforitalian.com, 222 N. Main St., Bryan (979) 822-2675. Discover the unique flavor of the Cerone family kitchen with a blend of taste-tantalizing recipes of old. House specialties are constantly being created by adding savory touches to Italian classics. Lunch M-F 11am-2pm; Dinner M-Th 6pm-9pm; F-Sa 5pm-9pm

Carter's Burgers, 3105 S. Texas Ave., Bryan (979) 779-7000. For a pleasurable dining experience the entire family can enjoy, it's Carter's Burgers. They have a great menu including old-fashioned mouth-watering burgers and fries or onion rings. Top it off with a delicious shake or malt, or perhaps a scoop or two of Blue Bell ice cream. Open daily 10am-10pm

Casa Rodriguez, www.casasrod.com, 300 N. Bryan Ave., Bryan (979) 779-0916. Casa Rodriguez has been serving Bryan and College Station for more than 30 years. Their menu consists of traditional Mexican food recipes that have kept the locals and visitors coming back for more. Serving breakfast on weekends. M 11am-2pm; T-F 11am-9pm; Sa 8am-9:30pm; Su 8am-3pm

Chicken Oil Co., www.dixiechicken.com/chickenoil, 3600 S. College Ave., Bryan (979) 846-3306. Chicken Oil Co. opened in Bryan, Texas as a gas station and burger shop in 1977. Since then it has become one of the most unique restaurants in the world. It is most recognized for its delicious hamburgers, one uniquely called the Death Burger. Su-Th 11am-9pm; F-Sa 11am-10pm

Christopher's World Grille, www.christophersworldgrille.com, 5001 Boonville Rd., Bryan (979) 776-2181. A trip to Christopher's World Grille, in the historic Andrews House in Bryan, is a fine dining experience that can best be described as food with Mediterranean, Italian, coastal French, and South Pacific influences with a touch of Louisiana thrown in. Lunch M-Su 11am-2pm; Dinner Su-Th 5pm-9pm; F-Sa 5pm-10pm

Cenare Restaurant, www.gotocenare.com, 404 University Dr E, CS (979) 696-7311. Cenare offers a variety of authentic Italian cuisine and beautifully presented dishes. Whether you are looking for an intimate evening, a nice place for the entire family or a place to host your next event, Cenare is a great choice. M-Fr 10am-2pm; M-Fr 5pm-9pm; Sa 5pm-10pm

Dixie Chicken, www.dixiechicken.com, 307 University Dr., CS (979) 846-2322. Thirsty beer drinkers regularly flock to the Dixie Chicken to play bones, shoot pool, listen to their favorite Texas music and be with good friends. Choose from a variety of menu options including made to order burgers, hang down sausage, and cheddar cheese on the wheel. M-Su 10am-2am

Double Dave's Pizzaworks, www.doubledaves.com, 1410 Texas Ave., CS (979) 764-3283; 3505 A Longmire Dr., CS (979) 696-3283; 2305 Boonville Rd., Bryan (979) 822-3283. With three locations in B/CS, Double Dave's has become a popular restaurant to pizza-loving residents. In addition to their hand-tossed dough, Double Dave's is home of the famous Peproni Roll made from smoked provolone and pepperoni rolled in their delicious dough. Su-Th 11am-11pm F-Sa 11am-12am

Eccell Steakhouse, www.eccellsteakhouse.com, 980 University Dr. E., CS (979) 268-4104. Eccell Steakhouse is meant to excite the diner's senses and entertain the lounge patron. With an ex-

cellent selection of steaks and other favorites such as seafood and burgers, this College Station gourmet restaurant is already becoming a favorite in town. Brunch Sa-Su 10am-2:30pm; Dinner M-Sa 4:30pm-10pm

Global Event Group, CS, (979) 778-9101. For the small to large scale social event, Global Event Group creates custom menus that cater to their clients' vision with attention to detail and design. A unique combination of versatile style and culinary excellence enables them to create an event that is sure to resonate.

Jose's Restaurant, www.joses-zaraperestaurants.com, 3824 S. Texas Ave., Bryan (979) 268-0036; 308 North Main, Bryan (979) 779-8702. Discover the taste of Old Mexico at Jose's Restaurant. Choose from traditional dishes such as enchiladas and quesadillas, or savor specialties like pollo a la parrilla, steak ranchero, or carne asada a la tampiqueña. Mixed drinks are also available. T-Su 11am-9:45pm

La Bodega, www.bodegatacos.com, 102 Church Ave., CS (979) 691-8226. La Bodega is a Baja taco bar located on Northgate. Choose from their wide selection of tacos made from the freshest ingredients alongside specialty drinks and other great menu options. Live music can be heard W-Su nights. M-Su 11am-10pm

The Republic, www.therepublic1836.com, 701 University Dr. E., CS (979) 260-4120. Recently receiving the designation of AAA four diamond steak house, The Republic offers a variety of gourmet steak options, seafood, wine, and whiskey. Their focus is on the use of fine, locally grown foods and simple Texas cooking in an elegant setting. M-Sa 5pm-10pm

The Tap, www.tapbcs.com, 815 Harvey Rd., CS (979) 696-5570. The Tap is a former train depot transformed into a sports bar and restaurant. This local favorite has more than 30 TVs, darts, pool tables, NTN trivia, dominoes, two huge porches, occasional live music, and a piano bar. Their menu consists of lunch specials, burgers, sandwiches, and free peanuts. M-Sa 11am-2pm

SWEET TREATS

Sweet Memories, www.sweetmemoriescafe.com, 4001 East 29th St., Bryan (979) 268-2342. Sweet Memories is a quaint café in Bryan that serves freshly made breakfast in a warm, inviting atmosphere. Their decadent wedding and special occasion cakes are custom designed by talented cake artists. M-F 7am-5pm; Sa 8am-12pm

Truman Chocolates, www.trumanchocolates.com, 4407 South Texas Ave., Bryan (979) 260-4519. Truman Chocolates is your source for exquisitely handcrafted gourmet chocolates. Each chocolate is made of only the finest ingredients and carefully designed to maximize your sensory experience. M-F 9am-6pm; Sa 10am-3pm

ENTERTAINMENT

Bryan Golf Course, www.bryangolf.com, 206 W. Villa Maria, Bryan (979) 823-0126. This 18-hole municipal course is great for all types of golfers and convenient to the entire Brazos Valley. Their mature and well-manicured course is a pleasure to play year-round. A pro shop, chipping and putting practice areas, as well as a bar and grill are available. Open Daily.

City of Bryan Parks and Recreation, www.bryantx.gov, Bryan (979) 209-5528. With plenty of beautiful parks and walking trails to keep you entertained and exercised, Bryan Parks and Recreation has this and so much more. They have programs and camps for all ages, sports fields, pavilions for picnics, hockey rinks, and skateboard parks. Also, the aquatics program hosts a 175-foot waterslide at Bryan Aquatic Center and splash pads at Tiffany and Tanglewood Parks. Check website for information.

Play-N-Trade, www.playntrade.com/bryancollegestation, 3001 Wildflower Dr., Bryan (979) 776-4263. Play-N-Trade buys, sells and trades games and gaming equipment. To maximize patron satisfaction, customers are able to try any game, new or used, before purchasing it. Call about holding your child's next party at Play-N-Trade for a truly unique celebration! M-Sa 10am-9pm; Su 1pm-6pm

The Theatre Company, www.theatrecompany.com, Corner of Villa Maria and Texas Ave., Bryan (979) 779-1302. The Theatre Company is a community theater performance group dedicated to the presentation of high quality productions suitable for family audiences at an affordable price. The group strives to provide community enrichment for all ages. Call for production dates and times.

U Paint-It, www.upaintit.com, 900 Harvey Road, Ste. 5A, CS (979) 695-1500. U Paint-It is a contemporary paint-it yourself pottery studio. They provide the materials for you to design and paint your chosen ceramic piece. Then they glaze and fire your piece and in 5-7 days you'll have a personal masterpiece and keepsake! T 11am-8pm; W 10am-10pm Th-Sa 11am-8pm; Su 2pm-6pm

BURLESON COUNTY

DINING

K's Café, 100 S. Echols, Caldwell (979) 567-0500. K's Café offers gourmet burgers in a quaint café atmosphere. Choose from lunch specials, sandwiches and soups. Dine inside or on the patio for a relaxing change of pace. Sip a cool drink or enjoy beer or wine while watching your favorite sporting event on the many big screen TVs. M-Th 8am-8pm; F-Sa 8am-10pm

Mad Hatter's Tea Room, www.madhatterstearoom.com, 210 S. Echols, Caldwell (979) 567-3504. The Mad Hatter's cozy eatery provides tantalizing treats and generous portions bursting with flavor, a unique selection of gift items, gourmet coffees, and specialty teas. Open for breakfast and lunch and special events by appointment. W-Sa 8am-5pm

Masfajitas, www.masfajitas.com, 305 Highway 36 S., Caldwell (979) 567-4007. Masfajitas' Tex-Mex menu consists of all your favorites including a variety of fajita options, enchiladas, tacos, and nachos. Seafood entrees are also available for a taste tempting combination of flavors. Call Masfajitas for your next party or event. Su-M 11am-9pm

SHOPPING

Mad Hatter's Tea Room, www.madhatterstearoom.com, 210 S. Echols, Caldwell (979) 567-3504. The Mad Hatter's offers a unique selection of gift items, gourmet coffees, and specialty teas. Ladies' apparel, jewelry and accessories make for a pleasant shopping excursion. W-Sa 8am-5pm

Slovacek's, www.slovacek.com, 9423 Highway 60 W., Snook (979) 272-3333. In 1957, Uncle John Slovacek, a friendly guy from Snook, dropped his amateur status and turned professional sausage maker. Today, Slovacek's offers their great sausage in retail locations around the Brazos Valley, including their retail store in Snook. You'll find it alongside fresh meats and gourmet gift ideas. M-F 6-8; Sa 7-8; Su 10-8

ACTIVITIES AND ENTERTAINMENT

Art C's, www.artcgals.com, 17442 Hwy 35 S., Somerville (979) 596-2782. Art C's is an upscale art gallery and teaching studio in Burleson County. Customers are able to view and purchase incredible, ever-changing art or to work on their own artistic endeavor in the creative workspace Art C's provides. T-F 11am-5pm

Copperas Hollow Country Club, www.copperashollow.com, 995 Country Club Dr., Caldwell (979) 567-4422. Travel down the road to Caldwell for a day of fun at this 9-hole course with trees, creeks and expansive greens. Open to the public, Copperas Hollow is known for down home hospitality. Bring along a group of friends for some well-deserved R & R! Minutes from B/CS. T-Su 8am-8pm

WASHINGTON COUNTY

ATTRACTIONS

Antique Rose Emporium, 10,000 FM 50, Brenham (979) 836-5548 www.wEARoses.com Visit historic Independence and treat yourself to a true Brazos Valley treasure, a complete gardening experience, The Antique Rose Emporium. The beautiful themed display gardens are a nature lover's dream, showcasing antique roses, perennials, herbs and Texas natives. Sure to inspire! M-Sa 9am-6pm; Su 11am-5:30pm

DINING

Funky Art Café, 202 W. Commerce St., Brenham (979) 836-5220. Delicious and different, Funky Art Café in Brenham offers enticing entrees to please the palate. Or choose a sandwich or savory soup before shopping in its companion retail shop The Pomegranate to find trinkets, gift ideas and kitchen gadgets. M-Fr 11am-2pm; Sa 11am-3pm

Tired of sleepless nights?

Come see the sleep experts!



Beautyrest

RESTONIC
A good night's sleep starts with a great mattress.



Low Price Guarantee
Family Owned & Operated



OPEN

10am – 7pm
weekdays

10am – 6pm
Saturdays

1pm – 5pm
Sundays

Mattress SleepCenters

JAMES NOWAK • SPECIALTIES PHOTOGRAPHY

1402 HARVEY RD. (near the entrance to Post Oak Mall) • COLLEGE STATION • (979) 696-3900