

HEALTH | FITNESS | NUTRITION

MOTIVATE

MAY 2012

TRAINING TO THE LIMIT

Page 7

Cancer support group grows

Page 18

Eating Pure and Healthy

Page 12

ORGANIC AND NATURAL
RECIPES INSIDE!

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A look at what's **INSIDE**

PAGE 10: The Pathfinders' 2K fun run gives young runners a chance to wrap up a 26.2-mile journey in style.



PAGE 16: University of Texas diver and The Woodlands resident Drew Livingston claims second NCAA championship, sets sights on making Olympic team.

PAGE 12: Restaurant provides a wide array of organic and natural choices for those on the go.

PAGE 18: Breast Friends: A support group for women diagnosed with cancer and their friends and families continues to grow.

MOTIVATE

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A look at some of the **HOTTEST APPS** in health, food and fitness

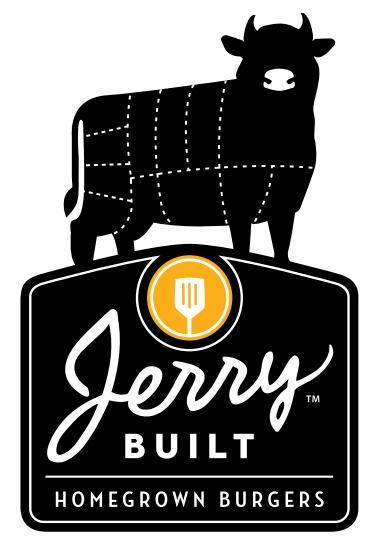
“ I just started using **Foodspotting**. It uses your phone's GPS to pull up pictures of entrees that are around you that people took on their phone; so, for instance, if you were at Pure and you pulled it up, it would show you pictures of entrees that people ate, along with a description and whether they liked it or didn't like it.

“ I also use **Map My Ride**; it's an app for running, so if you do triathlons or bike racing, it's good for that.”

-RODNEY COOK, CO-OWNER, PURE HEALTHY EATERY



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Danny Golden took up marathons and triathlons to "be healthier."

Pushing limits

Increased training helped marathon runner/triathlete reach lofty goals

BY JOHN FERRI

PHOTOGRAPHY BY ANTHONY HYNES

Casually glancing at an old photo of Danny Golden, you certainly wouldn't think, "Wow! This guy could stand to lose a few." Neither would you mistake the man in that picture for a world-class athlete.

It is precisely such perceptions that make the Woodlands health care administrator's transformation such an inspiration. Golden, who now runs competitively in marathons and triathlons, wasn't morbidly obese. He wasn't a potential "Biggest Loser" or "Fat Chef" television show contestant. He wasn't forced to drop pounds to save his life.

So, what prompted Golden to take up the grueling sport of marathon running, a 26.2-mile road race, and then step up to demanding Ironman triathlon training, which adds miles more of biking and swimming?

"I just wanted to be healthier," he said. "I have totally transformed my body and transformed my life. No supplements, no surgery, no artificial anything. Being in the health care industry, coming from that background, you understand that looking good on the outside is nice, but having a healthy body inside is what counts."

Now age 42 and a cut 182 pounds, Golden made the commitment to lifelong health at age 25.

"I had just gotten out of college," recalled Golden, who weighed 250 pounds back then. "I 'carried it well,' but I wanted to be healthy. I lost 52 pounds in two months when I started running."

His initial one-mile runs quickly grew to five miles, and with increasing distance as he gained stamina and shed pounds. As with any true weight-loss success story, diet played a huge role in Golden's transformation. In addition to exercising, he totally changed the way he ate.

"My friend was a dietitian," Golden recalled. "I went to him for help, and he told me, 'This is how much fat, starch and carbs you need to be eating.' It was about that balance, and portion control."

In 2000, Golden ran his first marathon, crossing the finish line in 4 hours, 56 minutes. By 2009, he was able to complete the same distance in 3:16:09. With that time — some 1 hour and 40 minutes improved — he had finally reached a huge milestone, qualifying for the Boston Marathon.

Aside from Golden, perhaps no one can better explain his drastic improvement than his coach, Kelly Liljeblad. Winner of the 2005 Houston Marathon, she is now a professional triathlete, in addition to her roles as a trainer and coach.

"What makes Danny's accomplishment so special is how he handled the gradual progression year after year," Liljeblad said. "He was not only patient but so structured in his training and left no stone unturned. It was a long-term gradual progression. He has a very demanding job, a wonderfully supportive wife and a son. The sacrifices he has made are to be commended."

She said that when she started training Golden, in 2006, the focus was on weekly consistency and light workouts.

"Danny ran 'organically' with regard to pacing," explained Liljeblad. "There were no pace charts or heart-rate monitors. I wanted him to get a feel for running and learn his internal limitations and effort levels."

The result of that first year of training was almost an hour improvement in Golden's personal record time. He clocked a 3-hour, 46-minute marathon.

"Our favorite quote is, 'D, get it done. D, don't tap

Continue on page 8



out," said Liljeblad. "He creates his success. He is the most mentally tough athlete I have ever worked with."

In 2007, Liljeblad added a speed and stamina session to Golden's training routine. She also increased his weekly distance from 30 miles to 35 to 40 miles.

"The result was a stronger and more well-rounded Danny," she said. "While he didn't [set a] personal record that year, he gained a tremendous amount of strength and stamina and formed the foundation for our work together in 2008."

With another year of intense training behind him, Golden set a personal record for marathons in 2009, running the Houston race in 3 hours, 29 minutes. That is when the Boston Marathon became his 2010 goal. To get into the race, he would need to break the qualifying time of 3 hours, 20 minutes.

"I knew we had our work cut out for us," recalled Liljeblad. "This was a lofty goal, and we needed to take his training to yet again new heights."

To that end, she again increased Golden's weekly mileage goals and added more stamina workouts. The runner and coach also developed a weight training program to help Golden handle the increased load without injury.

"He completed workouts he never thought would be possible," Liljeblad said. "The volume went up to 50 miles per week, and he handled this quite well. I knew he was 'on.'"

He was. In January 2010, Golden completed the Houston Marathon in 3 hours, 16 minutes, blowing right past the Boston qualifying time. This past January, he qualified for Boston again under the new, more difficult requirements. He finished the race in 3:13:07.

"It was an amazing experience, possibly one of the best two or three days in my life," Golden said.

So, mission accomplished, right? Guess again. Apparently running 26-plus miles is no longer challenging enough. Golden's sights are now set on triathlon: a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run.

"I have now made my focus Ironman. I have always wanted to do an Ironman, but always let the swimming, or lack of, get in my way," Golden offered. "I started triathlons last May ... I have since done several sprint and Olympic distances and completed my first half Ironman last October."

Golden finished that race in 5:38:10. Currently he's training for Ironman Texas, which will be held May 19 in The Woodlands. As a warmup, Golden raced April 1 in Ironman Texas 70.3, a half-distance

Ironman event in Galveston.

"I bettered my personal best by 11 minutes with a 5:27 flat," he reported. "It was a good day. The swim got a little choppy and the heat definitely played a factor on the run, but I ran well coming off of the bike and was able to stay under an 8-minute mile for my average for the half-marathon, so I was happy."

"Anyway, training is going well and we are getting close for the big day. I have done 13 marathons now and numerous halves, so they say that on race day for Ironman, it comes down to the running. ... I sure hope so."

Golden's example is certainly inspirational, but he takes pains to point out that he was no more predisposed to extreme-athlete status than the average person, and that is the point.

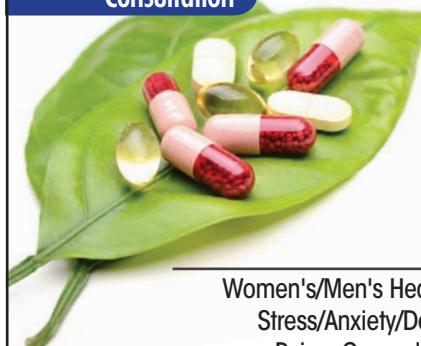
"I started with running one mile a day, like everyone else does," he said. "I'm not a natural athlete. None of this came easily. When I get my eye on something, I stay with it until I get what I want."

Offered Liljeblad, his coach: "To say Danny is dedicated and motivated is quite the understatement. Yes, he is. But the thing that makes Danny a true champ in my mind is his positive attitude and outlook — not only in training and racing but in life as well. He is always positive. He believes in himself and isn't afraid to take risks to achieve his dreams."

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“HEALTH TALK

WITH DANNY GOLDEN

Four strategies to stay safe while training and running in extreme heat

Run early or run late

That does not mean 3 to 5 p.m. The heat is perhaps at its most intense between 3 and 5 p.m. I try to run as the sun is coming up or after work, say 7 to 8 p.m. During the summer, it is lighter longer, so late running is sometimes easier to manage.

Drink, drink, drink — and I don't mean beer — while you run

Drinking and staying hydrated while running is a must. However, knowing when and how much to drink is the key. Since you can lose lots of salt during your run, make sure that you replace your fluid intake with drinks that contain electrolytes. It is best to perhaps mix up your hydration; for example, water then an electrolyte drink.

Consider drinking often and in smaller amounts during your run. Drinking an entire bottle of Gatorade or other drink during your run may make you feel full and bloated. Perhaps carrying one of the “hydration belts” during a

run with 6- to 8-ounce bottles gives you the opportunity to drink in small amounts but still stay hydrated. Lots of parks around the community offer plenty of chances to stop and fill up [at fountains] if you are out on a long run.

Dress appropriately: light-colored clothes and hats

Running with dark clothes just does not make sense. I recommend sleeveless, light-colored clothes to help keep you cool. If you are going out for long runs, a little sunscreen never hurts. A lot of athletes get so caught up in what to wear while working out that they forget to protect their skin out on the course.

Heat index

Finally, consider not only the temperature outside when you run but the “feels-like” temperature, or heat index, as well. Try to run in the shade when possible, as it can be 5 degrees cooler in the shade.

EVENTS



BRETT COOMER / HOUSTON CHRONICLE

MAY 19

Ironman Texas 2012:

Watch the beginning of the triathlon as athletes take the plunge into Lake Woodlands for a 2.4-mile swim. Following the swim, athletes will cycle westward on a 112-mile course through Texas farmland, followed by a 26.2-mile run that concludes on Market Street. Pictured above is last year's winner, Eneko Llanos, of Spain, who won the men's professional division with a time of 8 hours, 8 minutes and 20 seconds.



Employees of Pathfinder Pediatric Home Care with administrator Danny Golden, center.

Family fitness

Pathfinders' 2K fun run gives kids a chance to go the distance

BY JOHN FERRI

PHOTOGRAPHY BY ANTHONY HYNES

As an elite athlete and an active member of Houston's running and triathlon communities, Danny Golden was deeply involved with bringing back the My Fit Foods The Woodlands Marathon after a 19-year absence.

Combine that with Golden's role as the administrator for Pathfinder Pediatric Home Care, and coordinating a 2K fun run for patients and families as part of the larger race was a natural.

"We were looking for an event that would get everyone involved," said Golden, a physical therapy assistant who has been in practice since 1994, the past 16 years with Pathfinder. "We wanted to put together something for everyone to do together, so if you couldn't do a full marathon, maybe you could do a 5K. And the kids could certainly do two kilometers."

Golden, one of the directors and partners who

helped plan and organize the return of the marathon, was the perfect liaison for bringing Pathfinder on as a sponsor of the 2K event, which took place March 3.

Mary Kerschbaum, co-founder of The Woodlands Running Club's juniors running program, approached Pathfinder about making the 2K run the final leg of a "marathon" for the children.

"Our idea was for kids to run one to three miles per week and record their mileage in a log to train them in the adult way of learning to reach a goal," Kerschbaum said.

The young athletes' final 1.2 miles were logged by participating in the Pathfinder Pediatric Home Care 2K, where they earned a 2K medal as well as a marathon medal.

"We set the times of races so that the parents could come and watch their kids in the afternoon," Golden noted. "When we heard that there was going to be a 2K fun run, it made perfect sense for us to step up and

Pathfinder Pediatric Home Care

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www.pathfinderpeditiatrics.com

“ This teaches children and their parents that quitting is no option, perseverance is a key component to success, and these types of events can be life-changing,” Golden said.

DANNY GOLDEN

PATHFINDER PEDIATRIC HOME CARE ADMINISTRATOR

be the title sponsor. It was just right up our alley.”

Through the clinic, Golden involved clients. “I had a couple of families, about 15 people, four parents each with their kids,” Golden said. “It was really rewarding.”

Equally rewarding is the day-to-day work of Pathfinder within the community, and promoting that effort is one reason behind sponsoring an event like the 2K run.

Pathfinder is a home health care agency that specializes in providing physical, occupational and speech therapy to children with special needs. Serving Houston and the surrounding area, the company operates from locations in The Woodlands, College Station and Sugar Land. Golden said new locations are planned for South Houston and possibly Waco.

Pathfinder’s therapists see children in their homes for a variety of reasons, working with infants through age 21. Diagnoses include developmental delays, autism and more severe cases such as brain injuries. Depending on the specific needs of a child, Golden explained, therapists provide occupational, speech or physical therapy.

“What people often see is that speech therapy is identified as the first need,” explained Golden. “They go to the pediatrician, and he has them seen for speech therapy. If [the parents] don’t know that there is a problem from birth, then it seems to come up when they observe that their child is not talking as much as other children.”

Most of us think of physical therapy for recovering from something like a broken leg, an actual injury, said Golden. But for young special-needs patients, he explained, physical therapy can be as basic as building a strong core so that they can sit up on their own, or simply being used to develop balance that will benefit a child’s daily activity.

That explains the physical and speech therapy services Pathfinder provides. But why would children need occupational therapy?

“Adult occupational therapy is for work,” said

Golden. “With these kids, it is for activities of daily living. We teach them how to swallow or chew their food. We teach them to use larger spoons or forks.”

Much of the hard work between therapists and patients is accomplished through games and play, and running an organized race fits right in.

“This teaches children and their parents that quitting is no option, perseverance is a key component to success, and these types of events can be life-changing,” Golden said. “The patients that Pathfinder sees, not all of them are going to be able to do this [annual race], but it’s nice to have the opportunity to promote health and wellness in the community.”

FAMILY HEALTH EVENTS



MAY 12

Family Adventure Day

Families with memberships can join in this free day of fun 9:30 a.m.-3 p.m. at the outdoor adventure center of the South Montgomery County Creekside YMCA, 6464 Creekside Forest Drive, The Woodlands. Scheduled activities are nature hikes, eco-art, canoeing, climbing and others. For more information, call 832-698-1283.

MAY 18

Lunch & Learn

Enjoy lunch while Dr. Mila McManus shares her expertise on natural and effective health care options 12:30-2 p.m. at The Woodlands Institute for Health & Wellness, 26110 Oakridge Drive, The Woodlands. Learn about non-invasive rapid weight loss available at the Institute. Free. Register by calling 281-298-6742 or email admin@twihw.com.

MAY 18

Movie Night Under the Stars

Members of the YMCA and their guests may attend this monthly movie night at 6:30 p.m. at South Montgomery County Creekside YMCA, 6464 Creekside Forest Drive, The Woodlands. Bring lawn chairs and/or a blanket. Popcorn and lemonade will be served during the movie showing. For title and other information, call 832-698-1283.



Pure Healthy
Eatery recipes
page 14



With a diverse menu of sandwiches, salads and more, Pure Healthy Eatery now serves between 800 and 1,000 customers per week.

Pure & healthy

Eatery takes a wide approach to organic and natural options

BY MATTHEW RICHARDSON
PHOTOGRAPHY BY ANTHONY HYNES

Patrick Asuncion took a roundabout route to the restaurant business.

After spending a good chunk of life in a design career that took from him from Silicon Valley to New York, Asuncion decided to go back home to the Lone Star State.

"In all those years I was investing money in restaurants in Texas," he said, "and at one point I decided to put some work into all those things I'd been putting money into."

Asuncion spent the next several years working as a general manager at multiple fast-food locations. But that wasn't the right fit, so in May 2010 he opened Pure Healthy Eatery at 4223 Research

Forest Drive in The Woodlands, borrowing some concepts from a friend's establishment in WhiteStone, N.Y.

While the New York restaurant focused on workout nutrition, Asuncion's idea was to open a space with a more general appeal. So he took elements of the menu and worked with a local chef to add a more Southwestern style.

In late 2010, fitness professional Rodney Cook joined as a partner to help Asuncion carry forward Pure's vision.

"We focus on a healthy lifestyle," Cook said. "We are not focusing on a diet or weight-loss challenge, because they are not good for you. Instead, we teach



ASUNCION



COOK



"A lot of people, they cringe when they hear the word healthy," says Patrick Asuncion. "Our concept is to provide food for the masses."

Pure Healthy Eatery

4223 Research Forest Drive, Suite 350, The Woodlands

The menu features a variety of entrees, sandwiches, wraps, soups, juices, smoothies and desserts. Meals range from \$8 to \$13, while 16-ounce specialty drinks are \$4.50. A children's menu and catering services are also available.

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eating good, wholesome foods that are not just good for you but also taste great, and we do it without deep fryers, but all-natural ingredients that are made fresh to order."

And the formula has caught on, as Pure Healthy Eatery now serves between 800 and 1,000 customers a week.

Popular offerings include the Mediterranean wrap with shrimp and the salmon burger with chipotle mayo. If you're looking for something crispier, there's the chicken Parmesan or a side of potato fries; the two latter choices are prepared in an air fryer, but the kitchen will use oil at a customer's request.

Specifically, Pure aims to get at the heart of why so many people don't eat right.

"A lot of people, they cringe when they hear the word healthy, and they stay away," Asuncion said. "Our concept is to provide food for the masses; we don't want to limit ourselves to the triathlete who wants more of a plant-based diet. If someone wants a burger, instead of going down the block and getting one that's packed with saturated fat, we have a grass-fed bison burger. ... So if that triathlete wants to bring his friends in, we have options for them, too."

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LOCAL RECIPES

As supplied by Pure Healthy Eatery

Twice-baked sweet potatoes

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Ingredients:

- 2 large sweet potatoes
- 1 teaspoon extra-virgin olive oil
- 1 small onion, finely chopped
- ½ teaspoon ground cumin
- 4-5 button mushrooms, chopped
- Dash of low sodium or gluten-free soy sauce, to taste
- 1 teaspoon dried oregano
- Sesame seeds

Directions (Preheat oven to 375 F)

1. Bake the sweet potatoes whole for 40-50 minutes until soft.
2. Gently fry onions for five minutes in olive oil. Add mushroom and spices to pan and fry for another five minutes. Add oregano and soy sauce and remove from heat.
3. Cut each sweet potato in half lengthways; gently scoop out the flesh, being careful not to tear the skin. Add the flesh to the onion mixture and mix well, adding more soy sauce if you like.
4. Place the potato skins on the non-stick baking sheet, and fill with the onion mixture. Sprinkle with a few seeds. Bake in center of oven for 20 minutes. Serve immediately.



Pure Healthy Eatery

Butternut squash and pear soup

Serves six

Ingredients:

- 1 1-inch ginger root, peeled and minced
- 1 cinnamon stick
- 1 butternut squash, peeled, seeded and diced
- 1 sweet potato, peeled and diced
- 6 cups vegetable stock
- 1 tablespoon olive oil
- 1 onion, peeled and chopped
- 1/3 cup white wine
- 2 pears, cored and chopped
- 1/2 cup coconut milk
- 1 teaspoon sea salt
- 1 teaspoon white pepper
- ½ red pepper, diced

Directions:

1. Put the ginger, cinnamon stick, squash and sweet potato in a pot. Cover with vegetable stock. Bring to a boil, then reduce to a simmer.
2. While the vegetables are simmering, heat olive oil in a frying pan. Add onion and cook until caramelized, about five minutes.
3. Add white wine and chopped pears to the pan. Cook for five minutes until wine is reduced; add to the pot.
4. When the squash and sweet potatoes are cooked, about 30 minutes, add coconut milk, salt and pepper. Remove from heat. Take out cinnamon stick.
5. Puree with a hand blender.
6. Garnish with finely diced red pepper and serve.

Note: To enhance the pear flavor in the soup, leave the pear peel on. Yellow Bosc or green Anjou pears suit this soup well.

HEALTHY EATING EVENTS



BRETT COOMER / HOUSTON CHRONICLE

ONGOING

Hubbell and Hudson Market and Bistro

24 Waterway Ave., Suite 125, The Woodlands

A stroll into the Hubbell and Hudson Market and Bistro will reveal a host of cooking classes by Viking Cooking School. With everything from superfoods workshops to basic knife skills courses to sushi crafting, the classes cover the bases for beginners and more advanced techniques for seasoned, at-home chefs. Both morning and evening classes are available, but spaces fill up fast. Register early and enjoy.

MAY 19

Farmer's Market

Find healthy snacks and the building blocks to wholesome meals at the Grogan's Mill Farmer's Market each Saturday 8 a.m.-noon at Grogan's Mill Center, 2230 Buckthorne Place, The Woodlands. Fresh organic vegetables, artisan cheeses, local honey, breads, pastries and other delectables are for sale. Visit www.grogansmillvillage.com for more information or to apply to be a vendor.

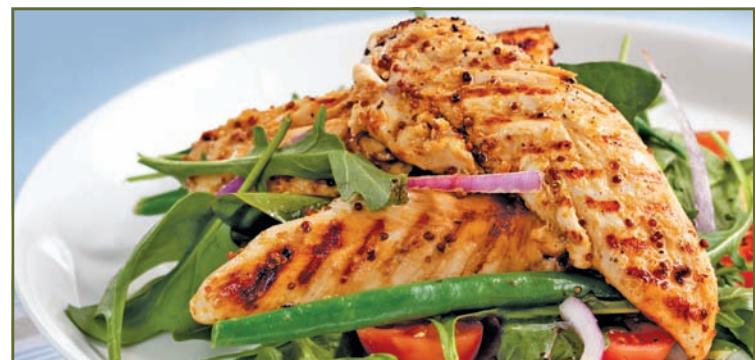


TONY BULLARD/
HOUSTON CHRONICLE

JUNE 7

HEB Wine Walk

A restorative glass of wine can be good for the heart, or so some say. Why not enjoy the fresh air and a bit of a stroll while you're at it? The HEB Wine Walk occurs 5:30-8:30 p.m. down Market Street. \$50 per person in advance and \$60 at the entrance, if space is still available. Visit www.wineandfoodweek.com for tickets.



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TEXAS ATHLETICS PHOTOGRAPHY

Visualizing victory

Livingston wraps up college career with another NCAA title

BY ROB PISKAC



LIVINGSTON

Drew Livingston, a 2008 graduate of The Woodlands High School, completed his senior season on The University of Texas swimming and diving team by winning another NCAA title in the 1-meter springboard. He is an NCAA diving champion, USA national champion and seven-time NCAA All-American for the Longhorns.

Q: How did you get your start in diving?

A: "When I was 6 years old, I got dragged to the pool to watch my sister's diving practices. (She was 10 at the time). I was annoying my mom, so she threw me into lessons so she didn't have to deal with me.

"I kind of just stuck with the sport until high school. Around that time I got serious about diving, practicing six days a week, and I took off. I always liked sports like baseball and basketball better when I was younger. I never really hit a growth spurt, so diving was a natural fit for me. If you told me what I would accomplish by 21 when I was 13, I wouldn't believe you. Diving has taken me to great places, and I'm thankful for everyone who has supported my journey."

Q: Do you have a routine that you use before diving meets?

A: "I always have to go get a big steak before a meet. That's a must. Other than that, I'll crank my favorite music, say the same prayer before the competition and visualize how I'm going to perform each dive. Visualization does wonders.

"Diving is a lot like golf. Golfers have their routines before each shot. They take their practice swings, visualize the shot and address the ball. Before each dive, I get my muscles warm, visualize the dive and get myself ready to perform. Not to mention there's a scoreboard in both sports, and I'm too competitive not to look at where I stand compared to the rest of the field."

SENIOR HEALTH EVENTS



THE FRIENDSHIP CENTER

Dance Club for Seniors

The Friendship Centers of The Woodlands and Conroe regularly host the 60+ Dance Club for seniors weekly 7-10 p.m. The music varies from big band sound to country western to golden oldies and there are line dances and mixers. Both singles and couples are welcome. \$3. Call the Conroe location at 936-756-5371 or The Woodlands location at 281-440-3362 for location and date information.

MAY 8

Strength Class

Instructor Tracy Lukk explores a variety of strength-training exercises made for active older adults in this class 10:45-11:45 p.m. each Tuesday at the South Montgomery County Branch YMCA, 6145 Shadow Bend Place, The Woodlands. For more information, call 281-367-9622.

MAY 10

Spinning Yarns @ The Library

Keep the mind active with knitting, crochet, stitching and more 9:30-11 a.m. at South Regional Library, 2101 Lake Robbins Drive, The Woodlands. All skill levels are welcome. Guests should bring their own projects to work on. For more information, please call 936-442-7727, ext. 6369.

MAY 14

Seniorcise

This workout includes cardiovascular exercise, balance, joint range of motion and flexibility training. The program is from 10:45-11:30 a.m. Mondays, Wednesdays and Fridays at the South Montgomery County Branch YMCA, 6145 Shadow Bend Place, The Woodlands.

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Speaking the language of love

Breast Friends support group has grown to nearly 200 members

BY HELENE ACHANZAR
PHOTOGRAPHY BY ANTHONY HYNES

While Valentine's Day often conjures feelings of love and warmth, Dr. Pamela Schlembach noticed the special day elicited a different response from women in her breast cancer support and survivorship group.

As the facilitator of Breast Friends, open to women of any age and all stages of breast cancer, Schlembach found a recurring theme: Several expressed sadness or resentment on Feb. 14 because it served as a reminder of relationships they had lost during their struggle with cancer.

That gave Schlembach, associate professor and radiation oncologist with MD Anderson Cancer Care Center in The Woodlands, an idea.

She decided to host an annual celebration with sensitivity to single, divorced and widowed survivors. Pamper Me Night, now in its third year, is a special evening to commemorate women living with breast cancer.

"We wanted women to feel pampered," she said, "so the night is full of things we all like: massages, facial treatments, gifts and food."

One of the goals of Pamper Me Night is to communicate in ways identified in *The Five Love Languages*, written by Dr. Gary Chapman. They are quality time, words of affirmation, gifts, acts of service, and physical touch.

"When local businesses and volunteers thought about helping people in their community who are survivors of breast cancer, they were happy to donate and help out," Schlembach said.

"This is our way of telling these women we care about them."

In 2009, Breast Friends had fewer than 15 regular attendees. Today, the group has grown to more than 170 members with

Continue on page 20



Dr. Pamela Schlembach is an associate professor and radiation oncologist with MD Anderson Cancer Care Center in The Woodlands.



Continued from page 18

monthly meetings that consist of up to 80 women. This year, there were more than 100 women and 55 volunteers who participated in Pamper Me Night, which was held at St. Luke's The Woodlands Hospital.

Breast Friends is open to all women in Montgomery County who have been diagnosed with breast cancer, regardless of where they are being treated. The meetings include small group discussions and an educational session that covers topics such as nutrition, sexuality, bone health, psychological issues, exercise and dealing with children.

Addressing the needs of younger members, Dr. Loren Rourke, a breast cancer surgeon, and Katie Borths, a physician assistant, lead a group discussion for women with small children. In addition, Mark Stanley, an oncology nurse, conducts a support group called "The Men of Breast Friends," which serves husbands, significant others and family members.



Breast Friends held Pamper Me Night at St. Luke's The Woodlands Hospital.

Breast Friends The Woodlands

Breast Friends The Woodlands meets on the second Wednesday of each month from 7-9 p.m at St Luke's The Woodlands Hospital, which is near Highway 242 and I-45. This group is open to women of all ages and all stages of breast cancer and has been in existence for more than 14 years. For more information, call 713-563-0050 and choose option 1 or 2.

HEALTH TIPS

Eating, fitness and health tips from the experts

Don't have time for exercise?

There's no need for a gym membership or a workout plan. Getting together daily with a friend or neighbor for a 30-minute brisk walk will do the trick. However, don't forget to practice sun safety. Unprotected skin can be damaged in as little as 15 minutes, so apply lotion or moisturizer with an SPF 30 before your walks.

Food plate

The USDA has replaced the food pyramid with a food plate that calls for a low-fat diet concentrating on fruits and vegetables.

HPV Research

New research shows that the human papillomavirus is not only associated with cervical cancer, but also with vaginal, vulval, anal and oral cancers. Have an annual pap smear, and tell your physician of any physical changes you notice.

EVENTS

WOMEN'S HEALTH CALENDAR

MAY 9

Bubbles and Botox

Join plastic surgeon Emmanuel De la Cruz for a night of wine and Botox 5-8 p.m. at GenuWine Tasting Room, 6503 FM 1488, Suite 401, Magnolia. Advance registration and a deposit required. To RSVP, please call 832-934-2675.



MAY 11

Stress Relief Acupuncture

Enjoy 20 minutes of acupuncture geared towards relieving stress 10 a.m.-1 p.m. at Spirit Walk LLC, 431 Nursery Road, Suite C500, The Woodlands. \$20. 281-292-2901 or nicollez@spirit-lifewalk.com.

Go Red Luncheon

The American Heart Association will be hosting its annual Houston Go Red for Women Luncheon 10 a.m. at the Woodlands Waterway Marriott, 1601 Lake Robbins Drive, The Woodlands. Proceeds from the event will benefit the fight against heart disease. \$100. 713-610-5061.

CONTINUE ON PAGE 22

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CONTINUED FROM PAGE 21

MAY 14**iGoPink Golf Classic**

The Breast Cancer Charities of America are set to host the iGoPink Golf Classic 11:30 a.m. at the Palmer Course, 100 Grand Fairway Drive, The Woodlands. The event will feature a golf tournament, activities and a silent auction. Funds raised will benefit The Help Now Fund. 281-296-5755.

MAY 17**Weight-Loss Surgery Support Group**

Those interested in learning more about weight loss surgery are invited to the Mended Hearts Support Group 6:30-8 p.m. at Memorial Hermann The Woodlands, 9250 Pinecroft Drive, Conference Center first floor, The Woodlands. Staff will discuss different procedures performed at the hospital. 713-222-2273.

MAY 18**Take Off Pounds Sensibly**

Nonprofit, noncommercial weight-loss support group Take Off Pounds Sensibly (TOPS) will meet 9 a.m.-noon in the Community Room at Faith United Methodist Church, 2406 Rayford Road, Spring. 936-520-7135.



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MAY 22 ▲**Yoga for Cancer Survivors**

Enjoy a special yoga series designed specifically for cancer survivors noon-1 p.m. at the Memorial Hermann The Woodlands Cancer Center, 9250 Pinecroft Drive, Conference Center 1st floor A/B, The Woodlands. Participants are asked to bring a yoga mat and blanket and allow at least one hour after eating. 713-897-4668.

MAY 23**Unified Taekwondo**

Unified Taekwondo classes are being offered 7:35 p.m. Wednesdays and Fridays at the Shadowbend YMCA, 6145 Shadowbend Place, The Woodlands. \$70 for members, \$105 for non-members. Late registration fees are \$80 for members and \$115 for non-members. Equipment purchased from instructor. 281-367-9622.

MAY 25 ◀**WholyFit Exercise Class**

Strengthen mind, body and spirit though the WholyFit program which incorporates strengthening and conditioning with Scripture and praise music 8:30-9:30 a.m. at HopePointe Anglican Church, 3333 S. Panther Creek Drive, The Woodlands. Participants are asked to bring a thin Pilates mat. \$5 per class or \$15 per month. 281-362-1144.

MAY 31**Life Line Vascular Screenings**

Life Line will be providing screenings for abdominal aortic aneurysm, peripheral arterial disease, carotid artery and atrial fibrillation 9 a.m.-5 p.m. at Memorial Hermann The Woodlands, 9250 Pinecroft Drive, Conference Center first floor, The Woodlands. The cost for all four screenings is \$139. An additional osteoporosis screening is available for \$10. Appointment and pre-registration required. 800-779-6353.

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For maps and information, visit woodlands.texaschildrens.org