

# THE Current

## SHADOW CREEK RANCH

Volume 1 Issue 5

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May 2009

## HAPPY SPRING

I hope you are all enjoying the beautiful warm weather.

Check out information in this issue regarding the Shadow Creek Ranch Swim Team. Your fellow residents have worked extremely hard to form a Board and cover all necessary basis to bring your community its own swim team.

**ARC** - As this is the time to work on beautifying your yard and your home please remember that this is a deed restricted community. Some of the things that require architectural approval are: painting any portion of the exterior of your home, staining your fence or making any changes to your fence, changing or planting trees, removing and adding shrubs to the front of your home, adding landscape decorations and/or lighting etc. For more information please visit [www.shadowcreekranchoa](http://www.shadowcreekranchoa) and go to CC&R's. To register you will need the account number provided on your billing statement or you may send an email request to [kcartwright@amitx.com](mailto:kcartwright@amitx.com).

**Pool Access** - The pools will open Memorial Weekend. In this addition you will find a schedule of the pools. Remember that regardless of which village you reside in, you may enjoy any and all of the facilities. Those that are delinquent in their assessments will NOT be given

access to the recreational areas so please, if you have not yet paid your dues, be sure to do so. If you would like to have a pool party please contact B Cole Pools at 281-648-3349. Again, you must be current in your assessments.

**Parks/Pavilions** - We do not rent them out. They are available to you on a first come first serve basis. If you are planning a picnic or gathering at one of the pavilions be sure to get their early to set up. You MUST be sure to clean up after yourselves and leave the area as you found it.

**Tennis** - I would like to know how many of you would be interested in participating in a Shadow Creek Ranch Tennis Program. If so, please email me your name and contact information as well as your level, beginner, intermediate, advanced.

**Lawn Care** - As I always say, mow it, edge it and trim it. We spend a tremendous amount of time on inspections and deed restriction violation updates. If you are receiving letters, please address the problem and take care of it.

That's all for now. Enjoy Spring!

Melanie Smith,  
On-Site Manager  
[Msmith@amitx.com](mailto:Msmith@amitx.com)

## IMPORTANT: Curb Painting Notifications

There is a company soliciting their curb painting services. They are called Curb Appeal. Their notices may appear official however they are not affiliated with the HOA or the City of Pearland. Please note that if you choose to paint your house numbers on the curb you must submit an architectural application. You are in no way obligated to follow the instructions or requests of Curb Appeal.



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*and much more!!*

# SHADOW CREEK RANCH

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	281-331-9000

### SCHOOLS

Mary Marek Elementary .....	713-436-0180
Laura Ingalls Wilder Elementary .....	281-245-3090
Manvel Junior High .....	281-331-1416
Alvin Senior High .....	281-331-8151
Manvel High School .....	281-245-2235
Alvin ISD Administration .....	281-338-1130
Alvin ISD Transportation .....	281-331-0960

### UTILITIES

Electricity - Reliant Energy .....	713-207-7777
Gas - Center Point .....	713-659-2111
Trash Removal - City of Pearland .....	281-652-1600

### OTHER NUMBERS

Pearland Post Office .....	281-485-2132
Poison Control.....	800-764-7661
Brazoria County Health Department .....	979-864-1484
Animal Control.....	281-756-2265

### CITY

Pearland City Hall.....	281-652-1600
Pearland Utility Billing - Water Dept. ....	281-652-1603
Pearland Animal Control.....	281-652-1970
Pearland Police Dept - Non-Emergency .....	281-652-1100
Pearland Public Works.....	281-652-1900

### NEWSLETTER

#### Editor

Melanie Smith ..... msmith@amitx.com

#### Publisher

Peel, Inc. .... 512-263-9181

Advertising..... 512-263-9181

## MGMT COMPANY

### ASSOCIATION MANAGEMENT, INC.

#### Community Manager

Michael Martinez..... 713-931-1122

#### On-Site Manager

Melanie Smith ..... 713-436-4563

#### Assistant to On-Site Manager

Kimberly Cartwright..... 713-436-4563

#### Service Specialist

Vaness Aviles..... 713-984-7265

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## School Zones

School is in session and Shadow Creek has 3 schools that are in our area that have kids walking home. The school zones are there to protect our kids from unnecessary accidents due to people not following the speed limit. The school zones times for the morning is 7:15am - 8:15 am and in the afternoon it is 2:45pm until 3:45pm during this time in these zones the speed limit is 20 mph. Use caution when kids are in cross walks we have had kids hit in the cross walks by poor judgement by the drivers. Just because some area's have crossing guards does not mean to rely on the guard to know right from wrong. Us good judgement and our kids will arrive home with out being hit by a speeding car or a driver with poor judgement.

You can contact Lt. J Caballero 281-652-1132 to let him know of any issues regarding the school zones

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# SHADOW CREEK RANCH

## SOCIAL CLUB

### DISC

DISC celebrated a traditional Holi.

Holi, also called the Festival of Colors, is a popular Hindu spring festival observed in India. It is celebrated on the day after the full moon in early March every year, and young and old alike come together and celebrate the onset of Spring by throwing colored powder and colored water at each other.

This year as well DISC members got together and celebrated Holi in a traditional festive colorful manner. A wonderful addition this year was Kho Kho - an Indian sport played by teams of twelve players who try to avoid being touched by members of the opposing team. All in all it was a lot of fun for everyone with a lot of fun, frolic and great food of course!

### BRIDGE

Calling all bridge players. Come out for an evening of bridge and fellowship with your

neighbors here in Shadow Creek Ranch. All levels are welcome. If you haven't played in a while, or would like to know more about the game, this is a great way to get back into the game.

We play every second Friday of the month 7PM. For directions and more information call BARB at 713-436-6314 or e-mail [bfgiddens@hotmail.com](mailto:bfgiddens@hotmail.com).

### Scrapbooking

Do you like to scrapbook? Want to meet others that like to scrapbook? Want to learn how to scrapbook? Email Joan Riggs [RaisingAlexis@gmail.com](mailto:RaisingAlexis@gmail.com) or join the Yahoo group: <http://groups.yahoo.com/group/scrscrappers/> to find out more information.

### ADULT VOLLEYBALL

Every friday at 6PM at Half Moon Bay Rec Center.

Volleyball has begun! We meet every

Friday at 6pm at Half Moon Bay Rec Center.

### Spring/Summer/Fall Sand Volleyball

Where: Reflection Bay Rec. Center

When: Every Fri at 6PM (weather permitting)

Who: Anyone 14 and up (as long as you can get the ball over the net)

Check out the website info at <http://soccer.meetup.com/63>

Email me at [davidsayroo@yahoo.com](mailto:davidsayroo@yahoo.com)

### Adult 4 v 4 Summer Soccer League & Tournament

Visit <http://www.shadowcreeksoccer.org/> for more information and to register as an individual or as a team. 6 season games with week 7 single elimination tournament. Individuals registrants will form teams through a draft after a June 7 group play. Teams must register each individual on

*(Continued on Page 4)*

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# SHADOW CREEK RANCH

## TENNIS ANYONE?

The Pros are here, and we're forming the SCR Tennis Club. Director Christopher Morehouse and asst. director Richard Perreras, both SCR residents, are certified, insured teaching professionals. Both hold the USPTA's coveted PRO-1 rating.

We need your help tennis enthusiasts! Volunteer committee members needed: junior development, ladies teams/drills, mens teams/drills, tennis loving computer geek. (Geek gets free lesson....HELP) Together we'll generate player lists, ensure fairest reservation operations, plan "meet the players", "meet the pros" socials. We'll have clinics, drills, exhibitions and demonstrations. We'll keep the courts neat and we'll push for additional court construction. (We can show the need for more courts!!!! Can't wait for town.)

Tennis truly is a sport for a lifetime, and our community deserves top quality programming. The Pros are here, and we'll see you on court! Keep your eyes on the ball and on your emails, the SCR Newsletter and the court bulletin board for times and dates of upcoming events. Contact Chris at 713-436-5285 or cmorehouse12@yahoo.com to register interest or volunteer. Per The Beatles; "All You Need Is Love"

## Social Club- (Continued from Page 3)

website, indicate team name, and make payment individually.

Referees needed: \$20 per 40 minute game. Please inquire at info@shadowcreeksoccer.org

## BUNCO

Our 4th bunco group is growing fast, we need just a few more players to join. If you want to meet more ladies here in SCR then join our group! We will teach you how to play! We will play once a month in the evening from 7pm to 9pm or so. To join email angelicque@guzmanexpress.com

## PROGRESSIVE DINNER

Our next progressive dinner will be in July and the theme will be BBQ! Who doesn't love a BBQ so start think of what you want cook and plan on getting together one saturday night (I will email the date). We always love to have new people join us for an evening of fantastic food and a fabulous social time. If you would like to attend or host please email angelicque@guzmanexpress.com to be added to the list.

## LADIES LUNCH CLUB

Looking to try new restaurants and meet other ladies from SCR residents? Well look no further come out to lunch with us. We meet at different restaurants once a month and have great time. We have plenty of places here in Pearland that we have yet to try. So if yo would like to come out and have lunch email angelicque@guzmanexpress.com to be added to the list.

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# SHADOW CREEK RANCH

## SHADOW CREEK RANCH POOL SCHEDULE 2009

*Dates listed reflect the days the pool will be open.*

### **Emerald Bay- 11:00am-8:00pm**

May 23,24,25,30,31

June 5,6,7,9,10,11,12,13,14,16,17,18,19,20,21,23,24,25,26,27,29,30

July 1,2,3,4,5,7,8,9,10,11,12,14,15,16,17,18,19,21,22,23,24,25,26,28,29,30,31

August 1,2,4,5,6,7,8,9,11,12,13,14,15,16,18,19,20,21,22,23,29,30

September 5,6,7

8,19,20,21,23,24,25,26,27,28,30,31

August 1,2,3,4,6,7,8,9,10,11,13,14,15,16,17,18,20,21,22,23,24,25,27,28,29,30,31

September 1,3,4,5,6,7,10,11,12,13,14,15,17,18,19,20

### **Reflection Bay- 12:00pm-8:00pm**

May 23,24,25,30,31

June 5,6,7,8,10,11,12,13,14,15,17,18,19,20,21,22,24,25,26,27,28,29

July 1,2,3,4,5,6,8,9,10,11,12,13,15,16,17,18,19,20,22,23,24,25,26,27,29,30,31

August 1,2,3,5,6,7,8,9,10,12,13,14,15,16,17,19,20,21,22,23,29,30

September 5, 6, 7

### **Diamond Bay- 10:00am-8:00pm**

May 23,24,25,30,31

June 5,6,7,8,9,11,12,13,14,15,16,18,19,20,21,22,24,25,26,27,28,29,30

July 2,3,4,5,6,7,8,9,10,11,12,13,14,16,17,18

## SHADOW CREEK SWIM TEAM

Ages 6-11 (birth date 9.1.2002-9.1.1997).

Only 70 swimmers on team for first Summer. Your child's spot on the team will be based on 3 conditions: 1) be the first of 70 to register, 2) pay the \$100 fee, and 3) your child must pass the swim qualification test on 8am Saturday morning June 6. This test requires that your child be able swim one length of the pool with head in the water. No exceptions.

Details and registration at [www.shadowcreeksoccer.org/swim](http://www.shadowcreeksoccer.org/swim)



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# SHADOW CREEK RANCH

## Stork Report in Shadow Creek Ranch

Ava Phan Le  
Born 2/20/09 at 11:14 a.m.  
7 lb. 14 oz.  
20 inches  
*Proud Parents:*  
Ky Le and Julie Phan  
*Proud Big Brother:*  
Tyler Le

Gavin W. Gonzalez  
Born 3/25/09 at 10:44 a.m.  
8 lb. 6 oz.  
21 inches  
*Proud Parents:*  
Wes and Amy Gonzalez

Shayan Jarif Hasan  
Born 3/19/09 at 2:30 p.m.  
6 lb. 12.6 oz.  
19 inches  
*Proud Parents:*  
Sabneen and Jamil Hasan

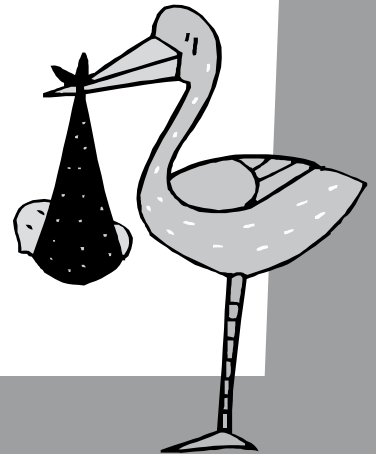
Nathaniel Carl Canela  
Born 4/01/09 at 6:47 p.m.  
8 lb. 5 oz.  
21 inches  
*Proud Parents:*  
Carlo and Hazel Canela

Petyon Wade Derrick  
Born 2/22/09 at 3:40 p.m.  
20 1/2 inches  
*Proud Parents:*  
Caleb and Sarah Derrick

Trevor Mitchell Fulkerson  
Born 3/16/09 5:51 p.m.  
8 lb. 20 inches  
*Proud Parents:*  
Mitchell and Melanie Fulkerson  
*Proud Big Sister:*  
Olivia Fulkerson

.....  
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.....

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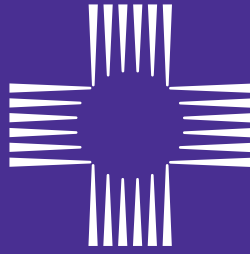
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## COOKING

### corner

#### Spinach & Strawberry Salad

Preparation Time: 10 minutes  
Serves 4 to 6

8 to 10 ounces fresh baby spinach leaves  
8 ounces fresh strawberries, stems removed  
1 cup Cookwell & Company Watermelon Vinaigrette  
½ cup Crumbled Feta Cheese  
½ cup Cranberry Jubilee trail mix (available in healthy living)

1. Slice strawberries. Place in a large salad bowl and toss with dressing.
2. Layer spinach and cheese over strawberries (don't toss yet). Cover and refrigerate until ready to serve. Toss right before serving & sprinkle with Cranberry Jubilee

#### Grilled Ribeye Steaks

Preparation Time: 5 minutes  
Cooking Time: 10 minutes  
Serves 4

4 Natural Angus Boneless Beef Ribeyes, cut 1-inch thick  
½ cup Cookwell & Company™ marinade of your choice  
3 to 4 Tablespoons Adams Reserve House Rub

1. Prepare charcoal fire or heat gas grill on High 10 minutes with lid closed.
2. Meanwhile, place steaks in a large non-reactive baking dish or on a platter, single layer. Drizzle 1-tablespoon marinade over top of each steak; let stand 10 minutes. Turn steaks over and drizzle remaining Marinade over second side; let stand 10 more minutes.
3. Sprinkle rub evenly over both sides of steaks; press to adhere (shake first to remove excess liquid). Grill steaks 4 inches above Medium heat (4 second hand count or 375°F grill surface temperature) 4 to 7 minutes per side. Remove when the internal temperature in center of steaks reaches 140°F or 155°F for Medium-Rare to Medium doneness.



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# SHADOW CREEK RANCH

## Simple Earth Friendly Home Ideas

*Submitted by A. Guzman*

1. Switch out your old light bulbs for Compact Fluorescent lamps (CFLs). CFLs consume a lot less electricity than old incandescent bulbs. One CFL, over its lifetime, can save you between 25 to 35 dollars. They last longer and reduce greenhouse gases as well.
2. Check your house for any sort of crack that outside air can come in. These cracks can be located anywhere in your house. While Windows and doors are the most obvious location, check any holes made for cable wires, pipes, and even electrical outlets. Use either foam or caulk to seal these cracks.
3. Turn off lights, unused appliances and electronics when you're not using them. Did you know unplugging electronics such as computers, tvs and dvd players can save you even more energy and money.
4. Make sure your water heater isn't working too hard. If your water heater is warm or hot to the touch then it is wasting energy. Consider getting an inexpensive water heater blanket that covers the unit to lessen heat loss. Also avoid keeping the water temperature too high, consider setting the water heater at a lower temperature. Chances are you don't need scalding hot water.
5. Make more use of natural sunlight. Rooms that face east can benefit from natural sunlight in the morning and rooms in the west benefit from the sun setting.
6. For rooms that get too much sunlight during the summer, consider planting a tree or a bush that provides some shade. If that's not possible consider tinting the windows to reduce radiant heat.
7. During the winter, consider wearing a sweater while at home. Also try sleeping with an extra blanket or comforter. This works great if you can program your thermostat to a lower temperature while you sleep before returning to a higher temperature just before you get up.
8. Check to make sure that there are no leaky faucets or toilets. This can waste several hundred gallons of water a year and it adds up on your water bill.



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# SHADOW CREEK RANCH

## The BEST Kind of Exercise

*Submitted by JC Guidry*

People ask me all the time "what is the best exercise - running, pilates, weights, etc. What is the best thing for me to do to get in shape and lose fat?"

My answer is ALWAYS the same: Do something you like. Because if you don't like it, you are not going to stick with it. If you hate to run, why on earth would you start a running program when you make the decision to get in shape? People do it all the time and they are just setting themselves up for failure.

If you want to get in shape and stay in shape - for life - you have to make it a lifestyle, and the word lifestyle brings to mind things we do by choice, things that make our lives more pleasant.

(And by the way, anytime I hear someone talk about an exercise "program" or "routine" or "regime", I know it isn't going to work, anymore than a "diet" is going to work. All

of these terms are used to describe things you do for a certain period of time, not for a lifetime, not as a lifestyle.

Let's face it, running miles on a treadmill or even outside, or counting reps and keeping track of specific weights, for example, are just not on most people's list of things that they choose to do because they are enjoyable activities. No, most people say they "have to go workout" or "have to go to the gym".

"Want to" and "have to" are about as far apart as they can be.

Think of your own life for example... when are you most successful, most happy, most "in the flow" in your life or in a certain activity or project? That's easy; when you enjoy it.

On the flip side, what is the success rate or longevity of anything in your life that is a "have to"? If you life or job doesn't depend on your doing the "have to", how long or how

## Fitness & Health Corner

successfully  
are you really going  
to do it?

It is for this very reason that "traditional fitness programs", the stuff we are being told to do for exercise, are not solving the problem, nor are they going to. They are just not something that most people enjoy and so they are just not something most people are going to stick with.

Do you have something you love to do for your workouts? Not just some passing fad, but something you've LOVED to do for years?

Or have you tried it all and not found something worth sticking with?

Let me know what workouts you do - what you like and what you don't. I'd love to hear what everyone is up to!

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## Picking Summer Flowers

*Submitted by A. Guzman*

Want to add instant color to your yard? Add summer flowers and bedding plants these plants start appearing in garden stores now. The best results for summer flowers is to purchase plants ready to plant rather than growing them from seeds.

For flowerbeds that spend the majority of the day in direct sunlight, you will want to choose heat-resistant, hardy plants. You may consider these full sun flowers such as marigolds, zinnias, petunias, and zinnia. Make sure you choose a variety of heat-resistant plants, since some full-sun varieties are prone to diseases, marigolds are one. To keep contrast and interest plant several types of flowers. This helps in the event that one variety does poorly or becomes diseased, this way you can pull the plants (roots and all) and cultivate your remaining varieties. If your plants become diseased, you need to pull them immediately to avoid spreading the disease to your other plants.

Your partial to full shade areas, impatiens, begonia, and vincas are a good choice. They come in assorted colors and grow well

in shady areas. Deciding colors for your flowering plants keep in mind that red colors make the plant seem closer and larger, while blue gives the illusion of smallness and distance. A single color of flowers in the flowerbed draws more attention, but several colors of flowers compliment one another. Purples goes with pink and white will blend with any color and as odd as it sounds red goes well with violet.

To ensure beautiful summer flowers prepare your flowerbeds before planting. Till the soil thoroughly and remove any weeds, roots and all. Fertilize your flowerbed before planting and for the first month after planting flowers, water every other day so that the roots of the plants will be properly nourished. Use mulch as a covering in your flowerbed to preserve moisture and do not over-feed your flowers. Use fertilizer exactly as directed on the package and avoid getting the fertilizer directly on the parts of the plant that are above the ground.

Happy planting!



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# SHADOW CREEK RANCH

## Shadow Creek Ranch Resident, Sherman, Seeks Election to Pearland City Council - Position #2

Did you know that Shadow Creek Ranch residents pay millions of dollars to the City of Pearland but have no voice on the City Council?

On May 9th we can change this by electing Scott Sherman, a Shadow Creek Ranch to the Pearland City Council. Scott, a Shadow Creek Ranch resident since 2003, is a candidate for Position #2 on the Pearland City Council. His candidacy provides Shadow Creek Ranch residents with an opportunity to elect someone to raise our concerns and fight for our priorities.

### Sherman supports:

- The construction of police and fire stations on the Westside
- Establishment of store front satellite police stations to provide an immediate and constant police presence.
- Reviving discussions with Metro regarding service to and from Pearland
- Incentives for residents who participate in car and van pools
- The effort to build a Westside Library
- Continued opposition to the Blue Ridge Landfill
- A Greener Pearland
- An open, honest and transparent city government



## Vote Shadow Creek Vote Sherman

### Early Voting

April 27th – May 5th  
Westside Event Center  
(2150 Countryplace Pkwy)

### Election Day

Saturday, May 9th  
Nolan Ryan Jr. High School  
(11500 Shadowcreek Pkwy)  
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*Sherman for Pearland, Carolyn Smith, Treasurer*



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### Summerfest! Music, Movies & More!

#### Free Concert!

Every Friday, May-June, 7-9pm

Southdown Park, 3150 Country Place Parkway, Pearland

Come out and relax to the tunes of a live band every Friday in May and June. Food vendors will be on hand selling a delicious variety of foods. The Splash Pad and Playground will be available for the kids. Bring your blankets, lawn chairs and picnic baskets; and sit back to enjoy an evening of fun and family entertainment sponsored by The City of Pearland Parks and Recreation Department.

For more information and band schedule, call 281-652-1673 or log onto <http://www.pearlandparks.com/>.

Angie Sanders

Recreation Specialist - Special Events

Pearland Parks and Recreation

2947 Broadway, Suite 200

Pearland, TX 77581

(o) 281-652-1775 (f) 281-412-2659

<http://www.pearlandparks.com/>

### Let Freedom Sing Vocal Talent Search

Ages 8-14 and 15 & up

April 18, 2009, 2pm

Pearland Town Center

Spark Energy Pavilion ... in front of a LIVE audience!

Pearland Parks and Recreation will host its 3rd annual "Let Freedom Sing" Talent Search. This year's competition will also include both adult and youth divisions. Two winners will then be selected to perform at the city-wide July 4th Celebration of Freedom at the Pearland High School football stadium. Call 281-652-1673 or log onto <http://www.pearlandparks.com/> for more info.



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Summerwood  
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**Kelly Peel, Sales Manager**

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# SHADOW CREEK RANCH

## RECYCLING

*Submitted by A. Guzman*

Recycling is the process of taking a product at the end of its useful life and using all or part of it to make another product. The internationally recognized symbol for recycling includes three arrows moving in a triangle. Each arrow represents a different part of the recycling process, from collection to re-manufacture to resale. Recycling reduces our waste sent to landfills, and making new products out of recycled ones reduces the amount of energy needed in production.

The U.S. EPA estimates that 75 percent of our waste is recyclable, which goes well beyond what you toss in your recycling bin at home or at school. Recycling serves two key purposes:

1. It keeps valuable material such as aluminum and paper **out of landfills**, so this material can be reused in other forms and not wasted.
2. It **prevents hazardous materials** and chemicals such as lead and mercury from ending up in landfills, which can contaminate soil and leach into our drinking water

It's important to recycle lots of products, including those that you might not initially think of recycling. This includes batteries, electronics, motor oil, paint and any product that has "Caution" or "Warning" on the label.

### Did You Know

Used aluminum beverage cans are the most recycled item in the U.S., but other types of aluminum, such as siding, gutters, car components, storm window frames, and lawn furniture can also be recycled.

### What to Recycle and Not

Obtain your recycling bin today at the Utility Billing department at City Hall, 3519 Liberty Dr. Find out more by calling 281-652-1603.

Curbside Recycling is available inside Pearland city limits only. For more information on recycling go to [www.keeppearlandbeautiful.org](http://www.keeppearlandbeautiful.org).

### PLEASE FOLLOW THE BELOW GUIDELINES FOR RECYCLING.

	Newspaper	Cans	Glass	Plastic
<b>Yes</b>	Newspapers	Aluminum Cans Steel Cans	Colored and Clear Bottles and Jars	Clear and colored Number 1 and Number 2 plastic bottles, i.e. soft drink and milk bottles
<b>How</b>	Place under other items in bin or in brown grocery sack beside bin	Rinse thoroughly	Remove lids and rinse thoroughly. Metal lids can be put into bin	Rinse thoroughly, remove lids and rings and discard
<b>No</b>	NO phone books, coated paper, office paper, envelopes, or magazines	No paint cans, scrap metal, aluminum foil, pie tins	NO light bulbs, plate glass, mirrors, ceramics, beverage glasses	NO plastic bags or plastic wrap

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## Support This Neighborhood Newsletter.

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to your neighbors.*

## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

4	5					3		
								5
	1					4		6
		9			7		6	1
2	7						3	
5				9				4
				7	1			
		4	9				2	
7		6	8		3			

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

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**Not Available On-Line**

### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Shadow Creek Ranch residents, limit 30 words, please e-mail [msmith@amitx.com](mailto:msmith@amitx.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).



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# SHADOW CREEK RANCH

## MEET TERRAIL



**DOB: August 1995**

Terrail is described as “a sweet and good child,” with no major behavioral issues. Terrail is generous and shows affection and compassion towards others. He is calm, easy going and affectionate. Terrail likes playing with his toys, drawing, coloring and playing outdoors. He is an explorer and a learner. He loves animals. Hamburgers and fries from McDonalds top his list of favorite foods. Terrail has made good progress in his development and behaviors while in the nurturing and consistent environment of his foster home.

He would love to be adopted; he wants a forever family. Terrail likes younger kids, another child his age or younger would do well with him. He needs a family who can offer him stability, patience and consistency.

For more information, contact Grace Lindgren, LMSW  
Wendy's Wonderful Kids Recruiter, Adoption Coalition of Texas  
[gracelindgren@adopttexas.org](mailto:gracelindgren@adopttexas.org), (512) 687-3209

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# - Kids Stuff-

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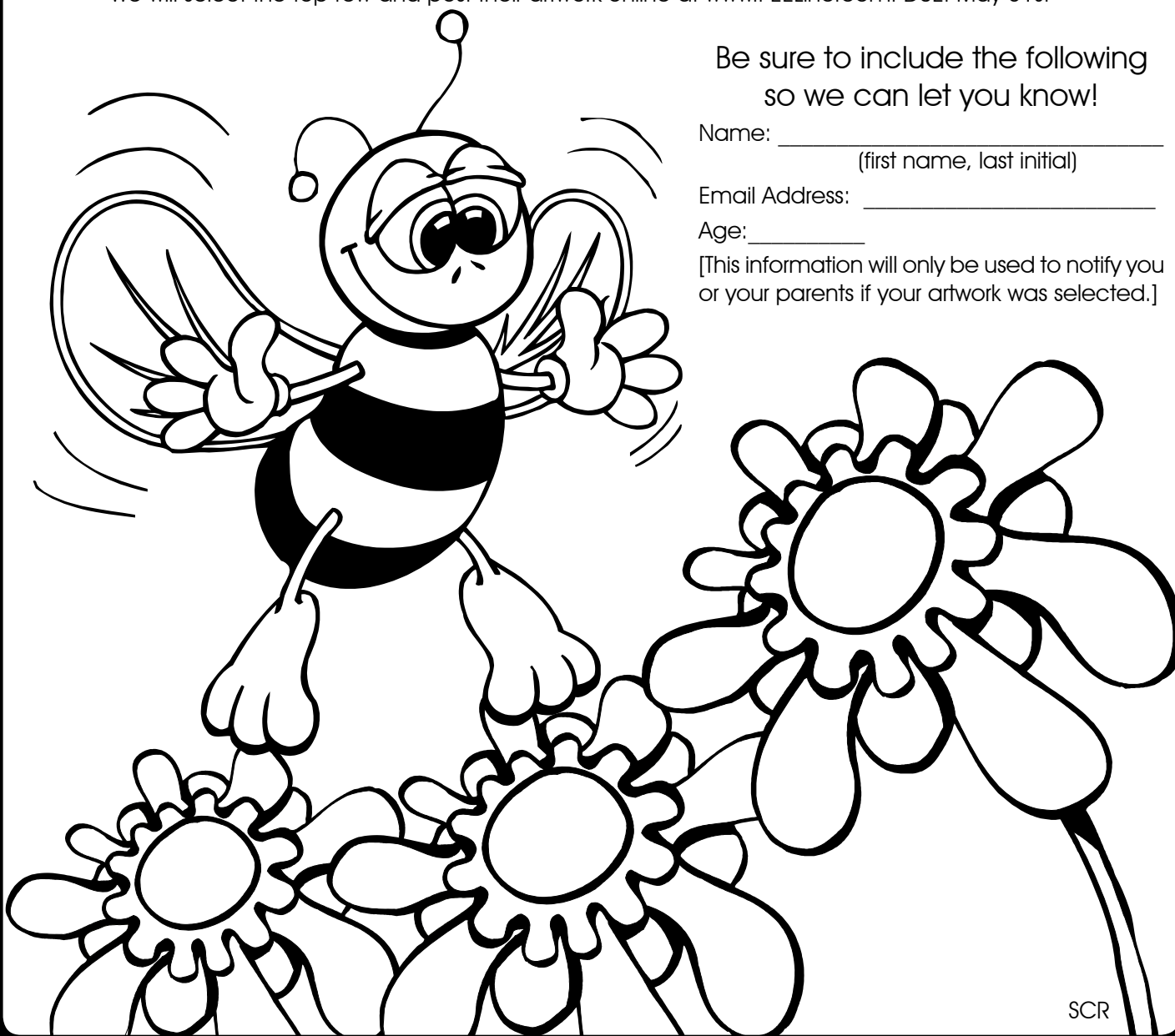
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## A Hyperactive Nightmare on Two Legs *Does This Sound Like Your Child?*

*Submitted by: Jeannette Quickenden S.A.C. Dip, MIGHT, AADP*

Screaming fits, temper tantrums, hyperactive, letters home from school, lack of focus, antisocial and unacceptable behavior. Is your child? I so understand your situation. My young daughter can be a big pain depending on what she has consumed.

There could be a very simple solution to these behavioral issues. It is now widely accepted that food additives and delayed patterns of food allergies play an important role in causing learning and behavioral problems both in children and adults. A huge number of convenience foods contain a number of preservatives and colorants that have an adverse effect on some individuals, especially the young.

So what's the answer? Some suggest you cut out a whole range of foods and drinks such as all dairy products, yellow foods, junk food, all food with colorants, fried foods, soda and fruit juices for 2 weeks. You will then need to slowly reintroduce each of them and monitor any behavioral differences, but I know if I did this, my little one would be packing her bags and moving in with the neighbors.


I suggest the first step is to keep a food and behavior diary with time lines for 2 weeks to allow you to monitor what is drunk and eaten along with any personality changes. If you see a link between certain foods or drinks with a change in behavior, check all the ingredients and see

if there is a common theme, then avoid, to a degree, foods containing those ingredients. It would be a bit harsh saying your child can't eat birthday cake because of all the colorants, but you can do as I do and just think ahead and be prepared for the fallout.

Although every one is different the most common causes of food intolerance are colorants such as sunset yellow (E110), carmoisine (E122), tartrazine (E102), allura red (E129) and also products such as soda's, energy drinks and even those 'healthy' fruit drinks that contain lots of sugar.

Although it's hard it is to limit their favorite foods, it helps if once you have discover what might be affecting them try a similar alternative to their favorite munchie, but without those problem additives. Whilst this maybe time consuming it can be done. You will then need to educate them to avoid the 'bad' foods. If you are a busy parent or just need some help to put you in the right direction it is worth contacting diet and nutrition specialists. They can help by analyzing the diet and then going on a super market run with you to work out the 'good options'.

Now as the first option in fighting behavioral problems many parents and individuals are looking at what is consumed rather than opting for drugs as the only solution.



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