



The Harbour

COMMUNITY • CONNECTION • CULTURE

January 2011

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 2, Issue 1

PROPOSED SCHOOL ZONING CHANGES FOR CHELSEA HARBOUR

As a resident of the Chelsea Harbour subdivision located on FM 1464, I am opposed to the proposed school rezoning Elementary School Options 1 and 3 as presented by the FBISD administration on Nov. 30, 2010. More specific, Options 1 and 3 will rezone

Chelsea Harbour to Pecan Grove elementary. I am deeply concerned about the negative impact this rezoning will have on our children and have detailed a number of reasons below why the board should reconsider other options:

1	Distance	<p>i. Pecan Grove Elem. is located 8.08 miles away ii. Brazos Bend Elem. is located only 1.97 miles away iii. Walker Station Elem is located only 2.3 miles away iv. Oyster Creek Elem is located only 3.47 miles away v. Cornerstone Elem is located only 3.56 miles away vi. Lakeview Elem is located only 5.03 miles away</p> <p>As a matter of preference, Brazos Bend, Walker Station, and Oyster Creek Elem are much closer and do have capacity for our children. (see analysis below)</p>												
2	FM1464 Neighborhood	<p>Chelsea Harbour is one of many subdivisions along the FM1464 corridor. Along with Orchard Lakes, Old Orchard, and New Territory, these communities share common services such as water & sewer by MUD #25, fire and police services, and roadway boundaries such as Grand Parkway and Alt 90.</p> <p>Because of such common attributes, many of our children have developed close friendships within these neighboring communities. Alternatively, Pecan Grove Elem. is located in Richmond, Texas and shares neither common services nor boundaries with the FM1464 neighborhood.</p> <p>According to the proposed zoning maps, Chelsea Harbour is the only subdivision to be separated and rezoned to Pecan Grove Elementary. This defies all logic and common sense. Why would FBISD treat only the children of Chelsea Harbour in this way?</p>												
3	Student Population and School Capacity	<p>Chelsea Harbour total enrollment consists of less than 80 students*. We are a mature (fully built-out) community of 353 homes and our student population is stable around this number.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Brazos Bend (2011) = 684</td> <td style="width: 50%;">Walker Station (2011) = 895</td> </tr> <tr> <td style="padding-left: 20px;">(2012) = 660</td> <td style="padding-left: 20px;">(2012) = 877</td> </tr> <tr> <td style="padding-left: 20px;">(2013) = 644</td> <td style="padding-left: 20px;">(2013) = 885</td> </tr> <tr> <td>Oyster Creek (2011) = 722</td> <td>Lakeview (2011) = 481</td> </tr> <tr> <td style="padding-left: 20px;">(2012) = 673</td> <td style="padding-left: 20px;">(2012) = 467</td> </tr> <tr> <td style="padding-left: 20px;">(2013) = 676</td> <td style="padding-left: 20px;">(2013) = 465</td> </tr> </table> <p>An analysis on capacity available at the schools shows that our 80 children can easily be accommodated at any of these schools.</p>	Brazos Bend (2011) = 684	Walker Station (2011) = 895	(2012) = 660	(2012) = 877	(2013) = 644	(2013) = 885	Oyster Creek (2011) = 722	Lakeview (2011) = 481	(2012) = 673	(2012) = 467	(2013) = 676	(2013) = 465
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*Estimated by survey of Chelsea Harbour residents.

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HEALTH BRIEFS

PARENTS: BEWARE OF HOLIDAY WEIGHT TALK

Adults should pay attention to how they talk about their weight during this time of year and what impact it might have on young children, according to an expert at Baylor College of Medicine.

"Parents should model healthy living and behaviors and use caution when using words such as 'fat' and 'overweight' around children," said Dr. Leng Bang, assistant professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Because children model what parents do, they may end up feeling guilt and shame in relation to food, said Bang. The most important thing to do is focus on the positive rather than the negative and beware of your influence on a child.

Bang suggests looking out for signs that a child may have a negative image of themselves due to their weight. Children may have a change in behavior and avoid school or social events because they worry about what people will think about them. They may feel anxiety or depression and use food to cope.

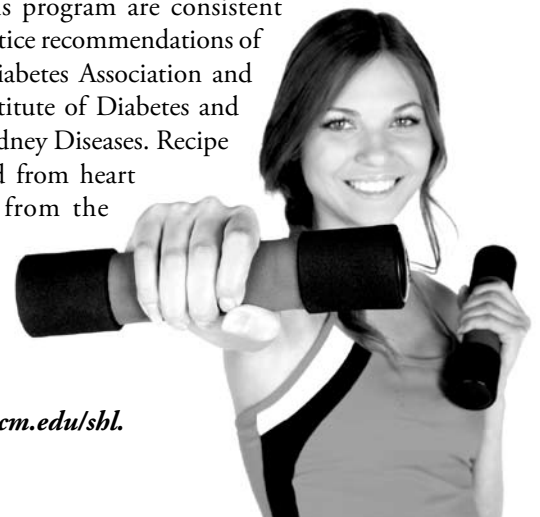
Consult a nutritionist or mental health professional if these signs are present, he advised.

SUGAR, HEART AND LIFE

A new program called Sugar, Heart and Life: A Guide to Living with Diabetes is available for people dealing with the disease. The interactive and fun program developed by Baylor College of Medicine's department of family and community medicine offers information on how individuals with type 2 diabetes can manage their diabetes. The SHL program includes recipes, practical tips and games on diet, exercise, and medication. The program allows users to follow a year in the life of the Gonzalez family as they learn more about managing diabetes and help them make decisions that will keep their family healthy.

All diabetes management recommendations contained in this program are consistent with clinical practice recommendations of the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases. Recipe Box was adapted from heart healthy recipes from the National Heart, Lung, and Blood Institute.

*Sugar, Heart
and Life can be
found at www.bcm.edu/shl.*



Proposed School Zoning Changes - (Continued from Cover Page)

4	Raising Pecan Grove Utilization and Landmark Apartments	<p>I am well aware of the reason for FBISD administration's desire to rezone Chelsea Harbour children to Pecan Grove Elementary. The current student population and utilization at Pecan Grove is low and FBISD wants to raise the number of pupils.</p> <p>As an alternative to meeting this objective, I recommend to zone the Landmark Apartments which currently totals more than 70 kids into Pecan Grove. If more pupils are needed, there are other multifamily units from nearby New Territory Blvd & Grand Parkway that can also be zoned to Pecan Grove. Zoning these apartment complexes to Pecan Grove will certainly meet the objective of raising pupils.</p> <p>The biggest difference between homeowners and the apartment dwelling occupants is that we pay real estate taxes and vote!</p>
5	Educational Track into Middle School & High School	<p>By rezoning to Pecan Grove Elem., our children's future educational track will be separated from the other FM1464 neighborhood children. Our children should be attending the campus in our immediate neighborhood of Garcia MS and Austin HS and not Middle School #14 and Travis High School.</p>
6	History	<p>For the past 6-years, our elementary age children have been zoned no less than (4) different schools, namely: Walker Station, Lakeview, Oakland, and Cornerstone. Now to be re-zoned again to Pecan Grove elementary located in Richmond, Texas.</p> <p>Our children deserve consistency in their school environment and relationships with teachers and other children. Please be fair to our children!!!</p>

Thank you very much for your time and consideration. I strongly urge you to not rezone our children to Pecan Grove elementary, but rather to any of the other closer elementary schools.

Sincerely, Sonal Bhuchar - sonal.bhuchar@fortbend.k12.tx.us, Jim Rice - jim.rice@fortbend.k12.tx.us

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3 Steps to Kick-Start your Career IN 2011

By Amy Wolfgang, M.Ed.

It's a new year and many of us spend this time evaluating different aspects of our lives: our health, our finances, and our career. Below are the 3 most important actions you can take to kick-start your career in 2011!

IDENTIFY YOUR CAREER GOALS

Before you can begin to make changes in your career, you need to identify what you are looking to change. Identify a few career goals that you want to achieve in 2011. Sample goals include:

- Develop new skills in a particular area
- Make a lateral move at your company
- Earn a promotion
- Start a new job in a different industry

Once you know what you want to achieve you can begin the work to make those changes happen.

Action Item: Write down your career goals for 2011. This does not need to be a formal document, but write them down on paper or type them into a document.

GET YOUR RESUME IN SHAPE

When was the last time you updated your resume? For some it was years ago when they last applied to a job. For others, it was only a few months ago. Regardless of when you viewed your resume last, now is the time to review it and make sure it includes all of your latest accomplishments.

Look at the bullet points on your resume and ask yourself the following questions:

- Do they describe your responsibilities or do they focus on results? A good resume focuses on what you accomplished rather than the tasks that filled your day.
- Is your resume attractive to read or is it too dense with information? Sometimes it can be hard to edit your own work.

We feel a personal connection to what we have accomplished and we should, however, we do not need to include every accomplishment for every position we have ever held.

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3 Steps to Kick-Start your Career - (Continued from Page 4)

Action Items: Review the bullet points on your resume and make sure your accomplishments jump out. Then make sure your resume is easy to read. Ask others to help you decide what you should and should not keep on your resume.

DEVELOP CONNECTIONS

Finding a new job typically takes more than just applying for a position on a website. You need to tap into the hidden job market by making connections with other professionals. These connections can often help get your resume on top of the pile in front of the hiring manager. Additionally, knowing people at the company you are applying to can help you understand the culture better and the type of individuals that succeed at that company. Developing relationships now will help you in the future, even if you are happy at your current job.

Are you already using professional social networking sites? Great. Are you utilizing them effectively? Have you recently added connections to your sites? Have you joined all relevant groups on the sites?

Professional social networking sites are an important tool to use in a tech-savvy town like Austin, Texas. Once you are connected virtually, it's time to start making an effort to connect with people in your network. Take them to coffee or schedule a phone conversation. You want individuals to keep you in the front of their mind for when an opportunity comes up. Remember, part of developing relationships is reciprocating. It's a two way street. Think about how you can help the individual you are connecting with and offer that help.

Action Items: Join professional social networking sites and "invite" those you know to join your network. Then search for good contacts to have personal meetings and conversations with.

In a tight job market, you need every advantage you can get. These actions will give you a leg up and lead to a great career in 2011!

Good Luck!

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Turning New Years Resolutions Into ALL Year Resolutions

by Sarah S. Jordan, MS

January is here, and so is the tradition of making New Year's Resolutions. And many times, the tradition of breaking those resolutions. We find ourselves excited and motivated for the start of a new year, and within a few months we often experience frustration because we simply cannot stick with the resolutions we set.

I have been teaching fitness classes, personal training, and coordinating fitness programs for over a decade, and I see it every year. Gyms are packed from January through March, and then many members just seem to disappear or give up.

Here is my question. What can we do to stick with exercise and making healthy choices for twelve months out of the year instead of just three? It is not easy, but laying a proper and realistic foundation is the key. And remembering that if we do fall off the wagon, we need to hop right back on and not give up. As I have outlined in some of my previous articles, commitment, time management, setting measurable goals, and being realistic are all vital components to our success.

If a sedentary and overweight client begins training with me and says, "My goal is to lose 50 pounds in five weeks," that client is sure to fail before she even begins. That rate of weight loss is simply not healthy, realistic, or lasting. However, if the same client says, "My goal is to workout three days a week for 20-50 minutes each time and as a result, lose 50 pounds this year," she is off to a great start! That goal is specific, measurable, attainable, realistic, and time-bound.

People often ask me what my New Year's resolutions are, and to be honest, I don't really set them anymore. You see... I, too, have set resolutions many times in the past,

and within weeks or months felt defeated and gave up because they were not realistic. Instead, I find myself setting little goals throughout the year, but they very rarely include numbers on a scale.

Setting "number goals" (ex: "I want to lose 20 pounds by May") certainly has its merit, but I encourage my clients to move toward setting the "How can I become a better and happier person/wife/mother?" type of goals. And why limit ourselves to January? If you find something you want to do or become in March, set that goal right then and there, and create a specific plan of action that will get you there. Keeping a positive and realistic spin on our goal setting throughout the year will allow us to experience more success. And that is what matters in the end, right? Feeling successful and improved because of the things we learn along life's journey.

Here Are A Few Tips To Setting All Year Resolutions.

- Set S.M.A.R.T. goals. They should be specific, measurable, attainable, realistic, and timely.
- Find what works for YOU. If joining a gym is not realistic for you, find other activities, classes, and opportunities that don't involve a gym membership.
- Get support. That could be a close friend, spouse, personal trainer, meet up group, or coworker. Communicate your goals and have people in your corner cheering you on.
- Set goals that will better yourself and those around you. Ex: This month, I will go on more walks with my child. This month, I will clean up my eating. This month, I will start a gratitude journal. You will find that little changes equal



huge improvements over time.

- If you set "number (weight) goals," remember that your beauty and worth do not lie in the numbers on the scale. Healthy weight loss is slow and steady at a rate of about one pound per week. To lose just one pound per week, you must burn 3,500 calories more than you consume, which is no easy task.
- Keep in mind that fitness and health are a lifestyle - not a one-month trial. Any movement is good movement, and many times, the hardest part of exercise is just getting it started.
- Nutrition is key. What goes into your mouth is just as important as the exercise you get.

We are all beautiful and have so much to offer this world. Here is to an amazing 2011!

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