

Riverpark

ON THE BRAZOS

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September 2011

Official Newsletter of the Riverpark on the Brazos HOA

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HEALTH BRIEFS - SEPTEMBER

Ease your child back into school

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.
- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.



BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important

that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

(Continued on Page 3)

RIVERPARK ON THE BRAZOS

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ARTICLE SUBMISSIONS

Interested in submitting an article? You can do so by emailing riverparkonbrazos@peelinc.com. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for the Riverpark on the Brazos newsletter. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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Event Pictures!!

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Health Briefs... - (Continued from Cover Page)

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who

eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.

Do You Have Reason to Celebrate?

We want to hear from you! Email secretary@riverparkonbrazos@peelinc.com to let the community know!



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RIVERPARK ON THE BRAZOS



8-10, 16-17, 23-25—ARANSAS PASS:

Harvey Rialto Theater, 327 S. Commercial.
<http://rialtotheater.tix.com>

9—PORT ARANSAS: Champagne Cruise/Mini Taste of Port A Enjoy samples from local restaurants, cruise the city harbor and enjoy live music. Fisherman's Wharf, 900 N. Tarpon. 361/749-5448

9-10—STAFFORD: 2001: A Quilt Odyssey Judged show of more than 200 quilts also features dolls, demonstrations, appraisals and an auction. The Stafford Centre, 10505 Cash Road. www.qggh.org

9-11—SOUTH PADRE ISLAND: First International SPI Fishing Tournament Sea Ranch Marina. www.apescar.net 800/657-2373

9, 23—HOUSTON: Bat Tours on the Buffalo Bayou Learn about how a bat sleeps, eats and contributes to the ecosystem while observing approximately 250,000 of the creatures emerging from under the Waugh Street Bridge. www.buffalobayou.org 713/752-0314

10—EDNA: Grandparents' Day Celebration Includes free fishing at the day pier starting at 9 a.m. and a lesson in "fish printing" on T-shirts (bring one or buy at the event) at 2 p.m. at the amphitheater. Lake Texana State Park. 361/676-6055

10—HOUSTON: Boat Rides on the Buffalo Bayou The Buffalo Bayou Partnership offers 30-minute tours of the bayou on their pontoon boat. Hours are 10 a.m. to 2 p.m. Sabine Promenade, 150 Sabine St. www.buffalobayou.org 713/752-0314

10—LAKE JACKSON: Brazosport Relay Triathlon MacLean Park. www.brazosportrelaytriathlon.org 979/297-4533

10—PORT ARTHUR: Mexican Fiesta Celebrates Hispanic culture with mariachi bands and food. Bob Bowers Civic Center.

409/724-6134

10—VICTORIA: Get Fit 5K Hours are 7-11 a.m. Riverside Park. www.victoriatx.org 361/485-3200

10-11—PORT ARTHUR: Dick Dowling Days See a re-enactment of a Civil War battle in which a small band of Confederate soldiers, led by Confederate Lt. Richard "Dick" Dowling, defeated four Union gunboats and prevented Union forces from invading Texas in 1863. Sabine Pass Battleground State Historic Site. www.visitsabinepassbattleground.com 409/866-1655

10-16—GALVESTON: Special Exhibit by Rosenberg Library on Galveston in 1911 Learn more about happenings in Galveston in 1911, a pivotal year in the city's history, through a presentation by the Texas History Center of Rosenberg Library. Hotel Galvez, 2024 Seawall Blvd. www.galveston.com/galvez 409/765-7721

10, 17—LAKE JACKSON: Xtreme Hummingbird Xtravaganza Watch the hummingbirds feed and see bird banders measure, weigh and tag the tiny birds. Bird Observatory. www.gcbo.org 979/480-0999

11—BEAUMONT: Sept. 11 Memorial Concert Presented by Opera Beaumont. Lamar University's Rothwell Recital Hall. www.operabeaumont.org

11—CORPUS CHRISTI: Chocolate Pathway to the Gods: The Sacred Realm of Chocolate in Mesoamerica Join artist Ovidio Biberger for a panel presentation, tour the Pre-Columbian ceramics and discuss the Beyond Shared Language exhibition in a gallery walk with the artist. Begins at 2 p.m. Art Museum of South Texas. www.artmuseumofsouthtexas.com 361/825-3504

13—CORPUS CHRISTI: Sensational

Sustainable Seafood A local chef offers seafood recipes along with wine to bring awareness to overfishing and help people choose sustainable seafood. Texas State Aquarium. www.texasstateaquarium.org 361/881-1200

15-17—HOUSTON: Contemporary Handweavers of Houston Annual Sale Includes handwoven, hand-spun, hand-dyed and hand-felted items for sale. Houston Center for Contemporary Craft, 4848 Main St. www.crafthouston.org 713/529-4848

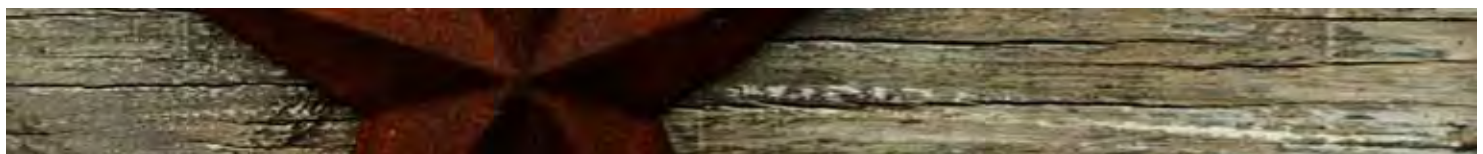
16-18—CORPUS CHRISTI: Home and Garden Fall Expo American Bank Center, Exhibit Hall. www.americanbankcenter.com 361/826-4700

16-18—HOUSTON: Polish Harvest Festival Includes international food, beer garden, dancing to polish and traditional music, carnival and other activities for children. Admission is free to those in traditional Polish dress. Our Lady of Czestochowa Catholic Church, 1731 Blalock Road. www.polishharvestfestival.org

16-Oct. 9—DICKINSON: The Warrior's Husband When the handsome Greeks arrive on the island of the Amazons, a war of the sexes ensues. Bay Area Harbour Playhouse. www.harbourplayhouse.com/season.html 281/337-7469

17—GALVESTON: Frankie Valli and The Four Seasons Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.





ADOPTION COALITION

Omar is a sweet, loving boy—and he almost always has a smile on face! While he is extremely active and loves to play sports and be outside, Omar does well academically and is a very polite young man. Omar, who turns ten in November, needs an active and involved family who can provide him with consistent expectations, boundaries and structure. An abundance of support and patience will help Omar achieve success in his promising young life.

To find out more about Omar, please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter, at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org. Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group. To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825, email info@adopttexas.org and visit our website at <http://www.adoptioncoalitiontx.org>

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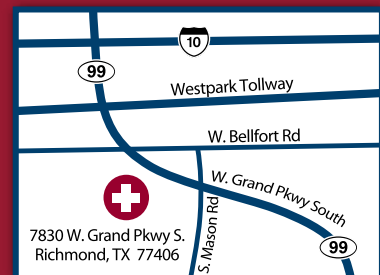
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Recipe of the Month TORTILLA SOUP

Combine oleo and flour. Brown. Add broth, tomatoets, chilies, chicken, chili powderr, cumin, garlic salt. Simmer for 1 hour. Saute onion and chips. Add to soup. Pour over cheese and avocados. Optional: Add sour cream.

Enjoy!

Ingredients

- 1 Onion, chopped
- ¼ Cup oleo
- ¼ Cup flour
- 6 cans chicken broth
- 3-4 chicken breasts; cooked and chopped
- 2 - 4 oz. cans chopped green chilies
- 1 can diced Rotel tomatoes or 1 can diced tomatoes
- 2 T chili powder
- 2 tsp. garlic salt
- 1 T Cumin
- 8 Corn tortilla chips, cut up
- 2 chopped avocados
- shredded Monterey Jack Cheese



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Source: Texas Department of Family and Protective Services

For more information, check out our website at

www.colinshope.org

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JOIN US IN HAVING A SAFE SUMMER IN THE WATER!



September 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!

When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope!

September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!



OurGift.Org™

OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in September. Please visit www.ourgift.org to learn more and sign up to receive the daily deals from local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation! Follow them on Twitter @ourgiftlists and find them on Facebook at <http://www.tinych.org/ourgift>

Children who drown often do not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.



SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Riverpark on the Brazos newsletter.

E-mail your pictures to riverparkonbrazos@peelinc.com by the 8th of the month.

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