

Riverpark

ON THE BRAZOS

RIVERPARKSUGARLAND.COM

December 2011

Official Newsletter of the Riverpark on the Brazos HOA

Volume 1, Issue 5

Season's Greetings



RIVERPARK ON THE BRAZOS

NEWSLETTER INFO

PUBLISHER

Peel, Inc. 1-888-687-6444
Article Submission riverparkonbrazos@peelinc.com
Advertising..... advertising@peelinc.com

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.

ADVERTISING INFO

Please support the advertisers that make the Riverpark on the Brazos newsletter possible. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 8th of the month prior to the issue.

DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of the
Riverpark on the Brazos newsletter
on the 1st day of each month at www.PEELinc.com.

SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in the Riverpark on the Brazos newsletter? Send it to us and we will publish it in the next issue. Email the picture to riverparkonbrazos@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



At no time will any source be allowed to use Riverpark on the Brazos contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in Riverpark on the Brazos is exclusively for the private use of the Riverpark on the Brazos HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Bashans Painting & Home Repair

**Commercial/Residential
Free Estimates**

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

**References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION**
bashanspainting@earthlink.net

HEALTH BRIEFS - DECEMBER 2011

ALLERGIES:

KNOW YOUR TREATMENT OPTIONS

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at Baylor College of Medicine offers some tips to help manage. Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. It is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

- For mild allergies, consider over-the-counter medications like loratadine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

WINTER WEATHER & SKIN CARE

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense.

Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to

(Continued on Page 4)



Ronda Dade is a local resident and understands the unique needs of our community. As an independent insurance agent, Ronda no longer works for any one insurance company, she WORKS FOR HER CUSTOMERS. Ronda will shop all the available insurance markets and find the BEST coverage and price to meet your family's needs.

We can help you protect your personal and business assets:

- | | |
|-----------------------------|---------------------------------------|
| • Auto Insurance | • Management & Professional Liability |
| • Homeowners Insurance | • Wedding & Special Events Insurance |
| • Renters Insurance | • Small Businesses |
| • Condo Insurance | • Mid-Sized Businesses |
| • Flood Insurance | • Large Businesses |
| • Boat & Yacht Insurance | • Oil & Gas Insurance |
| • Umbrella Insurance | • Restaurant Insurance |
| • Identity Fraud Protection | • Aircraft/Aviation Insurance |
| • Valuable Items Coverage | • Health Insurance |
| • Medical Malpractice | • Dental Insurance |
| • Workers Compensation | • Disability Insurance |
| • Specialty Insurance | |

GET PREMIUM SERVICE WITHOUT A PREMIUM PRICE

Let us help you find the best possible rates, stop by my office or call



Ronda Dade

Independent Insurance Agent
937 Eldridge Road
Sugar Land TX 77478

p: 281-242-7777

f: 281-242-8787

ronda@rondadadeinsurance.com



RIVERPARK ON THE BRAZOS

Advertising

Please support the businesses that advertise in Riverpark on the Brazos. Their advertising dollars make it possible for all Riverpark on the Brazos residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

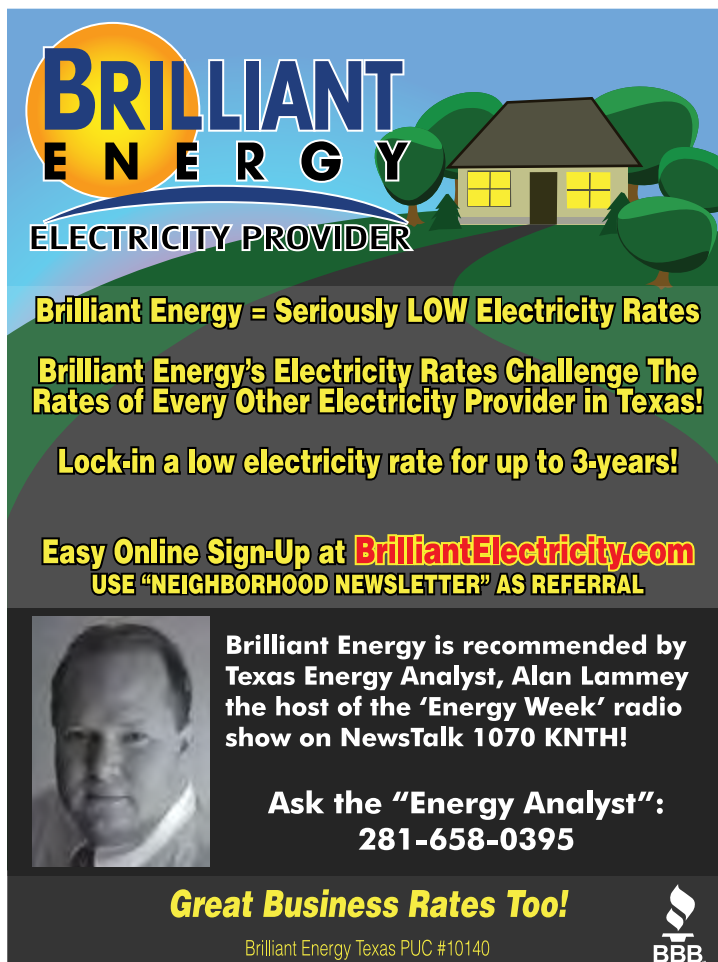


Register for MyVirtualNeighbor.com (FREE)
"easy sign up to join your Residential Community"

"Here, YOU Create Stronger Communities"

3000 sage luxury community cuts crime by **80%** in 20 days. How?
Check out My Virtual Neighbor.....

Log On: www.MyVirtualNeighbor.com >>>
"Meet your neighbors and keep everyone well informed"




BRILLIANT ENERGY
ELECTRICITY PROVIDER

Brilliant Energy = Seriously LOW Electricity Rates

Brilliant Energy's Electricity Rates Challenge The Rates of Every Other Electricity Provider in Texas!

Lock-in a low electricity rate for up to 3-years!

Easy Online Sign-Up at BrilliantElectricity.com
USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL




Brilliant Energy is recommended by Texas Energy Analyst, Alan Lammey the host of the 'Energy Week' radio show on NewsTalk 1070 KNTH!

Ask the "Energy Analyst":
281-658-0395

Great Business Rates Too!

Brilliant Energy Texas PUC #10140



HEALTH BRIEFS

CONTINUED

(Continued from Page 3)

see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder months as well, but using a lip balm with an SPF factor of 30 or even a thick coat of zinc oxide may help keep them at bay.

During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start."

Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.

WASH YOUR HANDS

REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease—many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom

- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands,

fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)

- Rinse off soap under a stream of water

WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands. *



Located in
the OakBend
Doctor's Center



neighbors
EMERGENCY CENTER

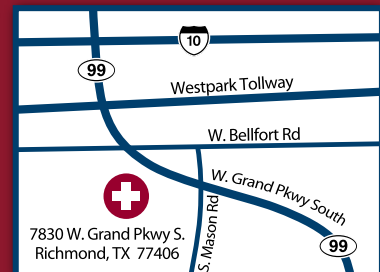
A Department of OakBend Medical Center

OPEN WHEN YOU NEED US THE MOST

When your family is in need of *immediate care* from injury or illness, our courteous staff and board certified doctors are *just minutes away*.

- Short Wait Times
- Staffed by Board Certified Physicians
- Treatment of Adult & Pediatric Emergencies
- Fully Equipped Private Treatment Rooms
- 24 Hour Imaging & Laboratory Testing
- In-Network with Most Major Health Insurance Plans

Always
OPEN 24/7



281.238.7897 | www.nec24.com

PEEL, INC.
www.peelinc.com
512-263-9181

Thank You
**TO ALL OUR
2011
ADVERTISERS!**

*Wishing everyone a
Happy Holiday
Season!*



ADOPTION COALITION

Conner is a 10 year old energetic child who enjoys skateboarding, karate and playing basketball. He also likes to play with puzzles, action figures and lego's. Conner is very creative and loves to draw and paint. Conner needs a patient, committed adoptive family that will provide him with unconditional love and support. He will benefit most by being the youngest child in the home or the only child.

For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter at Adoption Coalition of Texas 512-450-8750 or stephanieberka@adopttexas.org



adoptioncoalitiontx.org

A black and white photograph of a smiling woman with blonde hair, wearing a striped tank top. She is holding a small toy car in her right hand. To her right is a line drawing of a family (a man, a woman, and three children) standing in front of a house. Above them is a sun and a cloud. The text 'DREAMING OF BETTER THINGS?' and 'SELL US YOUR CAR!' is written in large, bold letters. Below this is a smaller text block: 'There's an easier way to sell your car. WE PAY MORE. WE PAY TODAY. Fast. Easy. Fun. Yes! It's true. Sell Us Your Car!'. At the bottom is a dark banner with a Texas flag icon and the text 'TEXASDIRECTAUTO.COM'.



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

RPB

ADVERTISE
*Right on mark
for your
target audience*
Call Today 512-263-9181.

PEEL, INC.
community newsletters

www.PEELinc.com
512-263-9181