

THE Current

SHADOW CREEK RANCH

DECEMBER 2011

OFFICIAL PUBLICATION OF THE SHADOW CREEK RANCH HOA

VOLUME 3, ISSUE 12

HOLIDAY DECORATION SAFETY TIPS

Before crawling up on the roof to string the Christmas lights, you need to know that every year, hospital emergency rooms treat about 12,500 people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees, according to the U.S. Consumer Product Safety Commission (CPSC)

In addition, warns CPSC, candles start about 11,600 each year, resulting in 150 deaths, 1,200 injuries and \$173 million in property loss. Christmas trees are involved in about 300 fires annually, resulting in 10 deaths, 30 injuries and an average of more than \$10 million in property loss and damage.

TREES

When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly. When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and do not break when bent between your fingers. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.

LIGHTS

Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory, which indicates conformance with safety standards. Use only lights that have fused plugs. Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets. Always replace burned-out bulbs promptly with the same wattage bulbs.

Use no more than three standard-size sets of lights per single

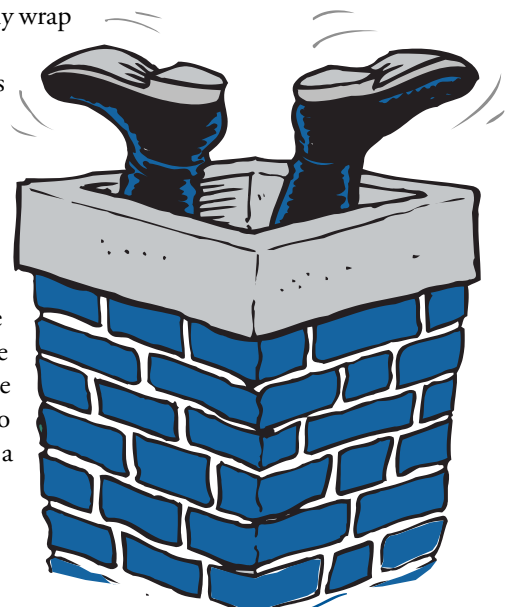
extension cord. Make sure the extension cord is rated for the intended use. Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

Before using lights outdoors, check labels to be sure they have been certified for outdoor use. Stay away from power or feeder lines leading from utility poles into older homes. Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use only insulated staples to hold strings in place, not nails or tacks. Or, run strings of lights through hooks (available at hardware stores).

Turn off all holiday lights when you go to bed or leave the house. The lights could short out and start a fire. Use caution when removing outdoor holiday lights. Never pull or tug on lights - they could unravel and inadvertently wrap around power lines.

Outdoor electric lights and decorations should be plugged into circuits protected by ground fault circuit interrupters (GFCIs). Portable outdoor GFCIs can be purchased where electrical supplies are sold. GFCIs can be installed permanently to household circuits by a qualified electrician.

(Continued on Page 3)



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	281-331-9000
Pearland Police Department	281-997-4100

SCHOOLS

Mary Marek Elementary	281-245-3232
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
Cable/Internet/Phone...COMCAST	713-341-1000

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

Articles.....	shadowcreek ranch@peelinc.com
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Advertising.....	1-888-687-6444

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SHADOW CREEK RANCH

Holiday Decorations... - (Continued from Cover Page)

DECORATIONS

Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children. Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down. In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them. Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.

FIREPLACES

Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children. Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

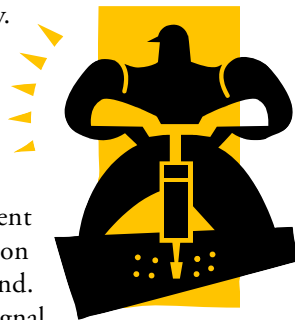
*[Source: U.S. Consumer
Product Safety Commission]*

CAPITAL IMPROVEMENT UPDATES

The information provided is from a list of updates for current Capital Improvement projects the City Of Pearland is currently managing. In construction zones, citizens are asked to please obey construction signs.

FM 2234 / SHADOWCREEK PARKWAY EXPANSION

The Texas Department of Transportation is continuing construction of this roadway. During the remainder of 2011, crews will complete paving of the eastbound lanes and installation of new traffic signals. The roadway will be complete and open to traffic early in 2012. For more information about Capital Improvement Projects or to sign up for Construction Notices, please visit www.cityofpearland.com/projects. Please report all traffic-signal issues to the Public Works Department at 281-652-1900.



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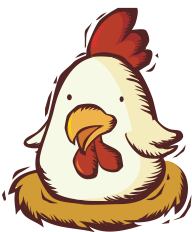
SHADOW CREEK RANCH

NO ANIMAL HUSBANDRY

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SHADOW CREEK RANCH

Section 21. Animals. No animals of any kind shall be raised, bred, or kept on any Lot or Tract except in compliance with all ordinances of the City of Pearland.

- **Animal Control-** Dogs and cats must be licensed. Licenses are available at the Animal Control office at 2002 Old Alvin Road. Pearland has a leash law for dogs and cats. 281-652-1970



Brazoria County Municipal Utility District No. 26

DECEMBER MEETING

The District's December 6, 2011, meeting will be held at 11:00 a.m., at the offices of Allen Boone Humphries Robinson LLP, 3200 Southwest Freeway, Suite 2600, in the Colorado Room, Houston, Texas 77027.

SAFETY TIPS

The District recently renewed its contracts with City of Pearland Police Officers for additional patrol services. Officer Cortes offered the following safety tips for residents: (1) Reinforced door frames and storm doors can prevent break-ins; and (2) Solicitors must have a license from the City of Pearland.

GENERAL INFORMATION

MUD 26 generally meets every first Tuesday of the month. Please see the new website, www.shadowcreekranchmuds.com, for dates, times, and locations of upcoming meetings. In addition to the new website, agendas for each meeting are posted at the Emerald Village Recreation Center, 11814 N. Clear Lake Loop, Pearland, Texas 77584, and at the Brazoria County Courthouse at least 72 hours before every meeting, and the Board of Directors invites all members of the public to attend its meetings. Please contact the District through the "contact" page on the new website if you need confirmation of a Board meeting.

As a reminder, the City of Pearland operates our water and sewer system and provides garbage collection services. If you have any questions about your service, please call the City of Pearland at (281) 652-1603.

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SHADOW CREEK RANCH

WASTE MANAGEMENT CONTACT INFORMATION

Contact Phone: (800) 553-1902
Contact email: houston-service@wm.com
Website: <http://www.wm.com>

CUSTOMER SERVICE

Monday – Friday 8:00am – 5:30pm
Saturday..... 8:00 am – 12:00 pm
WM Office Address

3520 Pansy | Pasadena, TX 77505

CUSTOMER SERVICE IS CLOSED

..... New Year's Day
..... Memorial Day
..... Independence Day
..... Labor Day
..... Thanksgiving Day
..... Christmas Day

This is the basic holiday schedule provided online by the Waste Management company. It is always a good idea to verify any question you might have about holiday scheduling by contacting them directly through their customer service phone number.

HOLIDAY SCHEDULE

New Year's Eve Open
New Year's Day Closed
Residential – Pickup next scheduled day.
Commercial – One day delay
Day After New Year's Day Open
Martin Luther King Day Open
Memorial Day Closed
Residential – Pickup next scheduled day
Commercial – One day delay
Independence Day..... Open
Residential – Pickup next scheduled day.
Commercial – One day delay
Labor Day Closed
Residential – Pickup next scheduled day.
Commercial is running
Thanksgiving Day Closed
Residential – Pickup next scheduled day.
Commercial – One day delay
Day after Thanksgiving Day..... Open
Day before Christmas..... Open
Christmas Day..... Closed
Residential – Pickup next scheduled day.
Commercial – One day delay

WASTE MANAGEMENT OBSERVES SIX HOLIDAYS A YEAR:

New Year's Day	Labor Day
Memorial Day	Thanksgiving Day
Independence Day	Christmas Day

If your garbage collection day falls on one of these days, service will resume on the next regularly scheduled day. If recycling or yard trimmings pickup falls on one of these days, these services will skip that week and resume the following week. Because there is such a large variety of unique items that might be thrown out, it is likely at some point we all come across something that is questionable for trash pickup. So, make it easy on yourself. Rather than leaving it at curbside and hoping it disappears, give Waste Management a call and their customer service representatives will let you know if and when they can pick it up.

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SHADOW CREEK RANCH

Texas Hold'em POKER CLUB

The Shadow Creek Ranch Texas Hold'em Poker Club meets the second Saturday of each month at 7pm. We are a casual group, friendly, and beginners are always welcome. We usually have between twenty to thirty participants, and the host house changes from month to month.

If you think you would like to drop by, call Pete W. at 281-381-4110 for more details, or email Louise at Lwessner1@comcast.net to get the monthly email invitation. Because of size constraints, you must live in Shadow Creek Ranch to participate.

The buy-in is \$10 per game, and all monies are paid out as cash prizes to the top finishers. Points are also awarded both for knocking people from the tournament and for playing -- the higher your finish the more points accumulated. At year-end the top ten people on the points list qualify for the Top 10 Final Table.

The host house provides snacks. You are welcome to bring your own beverage of choice.

Hope to see ya there!



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SHADOW CREEK RANCH

Brazoria-Fort Bend County Municipal Utility District No. 1

*The Boards of Directors of MUD 1 and Brazoria County MUD No. 26
have a joint website, www.shadowcreekkranchmuds.com.*

The website posts agendas for Board meetings and approved minutes.

MUD 1 generally meets every first Friday at 12:00 p.m. at the offices of Allen Boone Humphries Robinson LLP, 3200 Southwest Freeway, Suite 2600, Houston, Texas 77027. In addition to the new website, agendas for each meeting are posted at the entrance to the lift station located at 2753 Biscayne Bay Drive Pearland, Texas 77584, and at the Brazoria and Fort Bend County Courthouses at least 72 hours before every meeting, and the Board of Directors invites all members of the public to attend its meetings. Please contact the District through the "contact" page on the new website if you need confirmation of a Board meeting.

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SHADOW CREEK RANCH

Photos Wanted!

Would like to encourage you to participate in sharing your favorite community pictures of pets, birthdays, anniversaries, weddings, little league teams, organizations and a brief detail of your special event. Your photos will be published in The Current till the end of the year. You may also submit your favorite holiday recipes. If you wish to participate, please submit photos and recipes to shadowcreekkranch@peelinc.com



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Avoid Home Damage from Frozen Pipes

A fast-moving cold front can cause temperatures to drop below freezing within hours. Outdoor pipes, pipes in unheated areas, and pipes that run along uninsulated exterior walls can burst if the water in them freezes and expands. This can shatter pipe seals or the pipes themselves, sending water pouring through your house. You can avoid thousands of dollars of damage to your walls, ceilings, carpets, and furniture by taking a few simple measures to protect your home.

BEFORE THE FREEZE

- Protect faucets, outdoor pipes, and exposed pipes in unheated areas by wrapping them with rags, newspaper, trash bags, or plastic foam.
 - Insulate your outdoor water meter box and be sure its lid is on tight.
 - Cover any vents around your home's foundation.
 - Drain and store water hoses indoors.
 - Protect outdoor electrical pumps.
 - Drain swimming pool circulation systems or keep the pump motor running. (Run the pump motor only in a short freeze. Running the motor for long periods could damage it.)
 - Drain water sprinkler supply lines.
 - Open the cabinets under sinks in your kitchen and bathrooms to allow heated indoor air to circulate around the water pipes.
- Set your thermostat at a minimum temperature of 55 degrees, especially when you're gone for the day or away for an extended period.
 - Let indoor faucets drip; it isn't necessary to run a stream of water.
 - Make sure you know where your home's shut-off valve is and how to turn it on and off.
 - If you leave town, consider turning off your water at the shut-off valve while faucets are running to drain your pipes. Make sure you turn the faucets off before



you turn the shut-off valve back on.

- If you drain your pipes, contact your electric or gas utility company for instructions on protecting your water heater.

IF YOUR PIPES FREEZE

- If a pipe bursts and floods your home, turn the water off at the shut-off valve. Call a plumber for help if you can't find the broken pipe or if it's inaccessible. Don't turn the water back on until the pipe has been repaired.
- If the pipe hasn't burst, thaw it out with an electric heating pad, hair dryer, portable space heater, or towel soaked with hot water. Apply heat by slowly moving the heat source toward the coldest spot on the pipe. Never concentrate heat in one spot because cracking ice can shatter a pipe. Turn the faucet on and let it run until the pipe is thawed and water pressure returns to normal.
- Don't use a blowtorch or other open-flame device. They are fire risks and carbon monoxide exposure risks.

QUESTIONS?

If you have questions about insurance, call TDI's Consumer Help Line toll-free: 1-800-252-3439 or visit the TDI website: www.tdi.state.tx.us. Assistance is available in both English and Spanish.



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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



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SHADOW CREEK RANCH

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
- fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

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, and wrists
- 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. ®

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SHADOW CREEK RANCH

- Kids Stuff -

Section for Kids with news, puzzles, games and more!

You lean over to whisper something to your friend and you can tell by the look on your friend's face that something is up. Could it be your breath? Maybe you shouldn't have put extra onions on your hamburger at lunch. What's a kid with smelly breath to do?

The good news is that bad breath happens to everyone once in a while. Let's find out how to detect it, prevent it, and even treat it.

WHAT'S THAT SMELL?

Bad breath is the common name for the medical condition known as halitosis (say: hal-uh-toe-sis). Many different things can cause halitosis - from not brushing your teeth to certain medical conditions. Sometimes, a person's bad breath can blow you away — and he or she may not realize there's a problem. There are tactful (nice) ways of letting someone know about bad breath. You could offer mints or sugarless gum without having to say anything.

If you need to tell a friend he or she has bad breath, you could say that you understand foods can cause bad breath because you've had it before yourself. By letting someone know that bad breath isn't something unusual, you'll make the person feel more comfortable and less embarrassed about accepting your piece of chewing gum. If you suspect your own breath is foul, ask someone who will give you an honest answer without making fun of you. (Just don't ask your brother or sister — they just might tell you your breath stinks even when it doesn't!) Although everyone gets bad breath sometimes, if you have bad breath a lot, you may need to visit your dentist or doctor.



WHAT CAUSES BAD BREATH?

Here are 3 common causes of bad breath:

- foods and drinks, such as garlic, onions, cheese, orange juice, and soda
- poor dental hygiene (say: hi-jeen), meaning you don't brush and floss as you should
- smoking and other tobacco use

Poor oral hygiene leads to bad breath because when you leave food particles in your mouth, these pieces of food can rot and start to smell. The food particles may begin to collect bacteria, which can be smelly, too. Plus, by not brushing your teeth regularly, plaque (a sticky, colorless film) builds up on your teeth. Plaque is a great place for bacteria to live and yet another reason why breath can turn foul.

PREVENTING SMELLY BREATH

So what's a kid to do? Don't smoke or use tobacco products, of course. And take care of your mouth by brushing your teeth at least twice a day and flossing once a day. Brush your tongue, too, because bacteria can grow there. Flossing once a day helps get rid of particles wedged between your teeth. Also, visit your dentist twice a year for regular checkups and cleanings. Not only will you get a thorough cleaning, the dentist will look around your mouth for any potential problems, including those that can affect breath. For example, gum

disease, also known as periodontal (say: per-ee-uh-don-tul) disease, can cause bad breath and damage your teeth.

If you're concerned about bad breath, tell your doctor or dentist. But don't be surprised if he or she leans in and take a big whiff! Smell is one way doctors and dentists can help figure out what's causing the problem. The way a person's breath smells can be a clue to what's wrong. For instance, if someone has uncontrolled diabetes, his or her breath might smell like acetone (the same stuff that's in nail polish remover).

If you have bad breath all the time and the reason can't be determined by your dentist, he or she may refer you to a doctor to make sure there is no other medical condition that could be causing it. Sometimes sinus problems, and rarely liver or kidney problems, can cause bad breath. Usually, there's a less complicated reason for a kid's bad breath — like what you had for lunch. So keep up with your brushing and flossing and you should be breathing easy — and odor free!

*Reviewed by: Lisa A. Goss, RDH, BS,
and Charlie J. Inga, DDS*

Date reviewed: September 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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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

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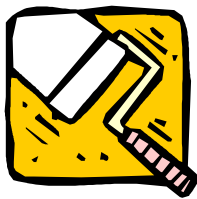
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HEALTH BRIEFS CONTINUED

(Continued from Page 14)

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.

RECIPE OF THE MONTH

Sour Cream Apple Bars

- 2 C flour
- ½ tsp. salt
- 2 C brown sugar, firmly packed
- 1 C sour cream
- ½ C oleo, softened
- 1 tsp. vanilla
- 1 C chopped pecans
- 1 egg
- 1 tsp. cinnamon
- 2 C peeled, finely
- 1 tsp. soda
- chopped apples

Preheat oven to 350°. In large bowl, blend flour, brown sugar, and oleo until crumbly. Stir in pecans. Press 2-3/4 C of the crumbs into an ungreased 9x13 pan. To the remaining mixture, add cinnamon, soda, salt, sour cream, vanilla, and egg, blending well. Stir in apples. Spoon evenly over first layer. Bake 25 - 35 minutes or until toothpick comes out clean. Cut into squares and serve with whipped cream if desired.



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