

FEBRUARY 2012

NEWS FOR THE RESIDENTS OF SHADOW CREEK RANCH

VOLUME 4, ISSUE 2



SHADOW CREEK YOUTH FOOTBALL ASSOCIATION

The Shadow Creek Youth Football Association is a non-profit youth football and cheer organization. We offer competitive flag and tackle football to the Shadow Creek Ranch Community and the surrounding west Pearland area. We are the home of the Shadow Creek Titans. Our youth football and cheer program was established to allow the participation of youth ages 5-12 years old, in a fun family-oriented environment. The Shadow Creek Titans main objective is to teach all of our youth good sportsmanship, teamwork, superior work ethic, and good character on and off the field.

OUR MISSION

The Shadow Creek Youth Football Association mission is to help boys and girls become men and women of empathy and integrity, who will lead, be responsible, and change the world for good. We are committed to creating an environment that will not only showcase your child's athletic talents, they will also be able to develop goals, build character, and learn individual/team skills, which are all important attributes needed to excel in LIFE. In addition, our youth establish strong bonds, memories, and friendships that can last a lifetime.

Come out and join us for the 2012 Football Season! Please visit our website www.shadowcreektitans.org

BRAZORIA-FORT BEND COUNTY MUNICIPAL UTILITY DISTRICT NO. 1

General Information

The Boards of Directors of MUD 1 and Brazoria County MUD No. 26's joint website, www.shadowcreekranchmuds.com, is live and includes posted 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.

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.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	011
Fire	
Ambulance	
Sheriff – Non-Emergency	
Pearland Police Department	
SCHOOLS	2 01
Mary Marek Elementary	281 245 3232
Laura Ingalls Wilder Elementary	
Manvel Junior High	
Alvin Senior High	
Manvel High School	
Alvin ISD Administration	
Alvin ISD Transportation	
UTILITIES	
Electricity - Reliant Energy	713 207 7773
Gas - Center Point	
Trash Removal - City of Pearland	
•	201-0)2-1000
OTHER NUMBERS	201 /05 2126
Pearland Post Office	
Poison Control	
Brazoria County Health Department	9/9-864-1484
Animal Control	
	/ 13-341-1000
CITY	
Pearland City Hall	
Pearland Utility Billing - Water Dept	
Pearland Animal Control	
Pearland Police Dept - Non-Emergency	
Pearland Public Works	281-652-1900
NEWSLETTER	
Articlesshadowcreek	ranch@peelinc.com
Publisher	
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ASSOCIATION MANAGEMENT, INC.							
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Property Maintenance							
Mark Simien	msimien@amitx.com						
Service Specialist							
Lisa Mayon	lmayon@amitx.com						
www.AMITX.com							



Brazoria County Municipal Utility District No. 26 General Information

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.

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Cigarette Litter Awareness Campaign

On February 25, 2012 at noon, Keep Pearland Beautiful will be continuing the attack on cigarette litter. The "Don't Leave Your Butt Behind" cigarette litter awareness campaign will target five intersections or "transition points" in our city. Last year 23 volunteers picked up 12,200 butts in a 2 hour period; our goal is to create awareness of the problem, not to eliminate the "butts". Volunteers (13 yrs. & up) will again go out and pick-up cigarette butts at these designated intersections. The counting is made easy with the containers already marked by KPB board member Helen Beckman. There will be special gifts for the first 30 volunteers to arrive on Saturday, Feb. 25. Meet at the KPB office at 3523 Liberty Dr. Questions call 281-652-1659.

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What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

What does it mean to have sensitive teeth?

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

What is the reason for sensitive teeth? COMMON CAUSES OF TOOTH SENSITIVITY:

- Over-brushing brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.
- Cracked teeth a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.
- **Teeth grinding** over time, grinding or clenching your teeth can erode enamel and expose dentin.
- Gum disease gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.
- **Tooth whitening** using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.
- **Age** studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

How should I take care of my teeth if they are sensitive? Tooth sensitivity is very treatable, no matter what the cause. Here are a few remedies you can take advantage of at home:

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to address the problem.

Submitted by Dr. Flury



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 contraints, 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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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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Call Ayusa Interenational at 1-888-552-9872 or email at staff@ayusa.org. Locally you can contact Vicki Odom at vickiayusa@yahoo.com or call 832-455-7881 for more information as well.





RECIPE OF THE MONTH

PARIS POTATOES

- 5 cups potatoes, diced in ½" cubes
- 1 C sour cream
- 2 C creamed cottage cheesee
- 1 C green onions & tops, finely chopped
- ½ tsp. garlic salt, optional
- salt & pepper to taste
- 1 C shredded cheddar cheese

Parcook diced potatoes in boiling water until crispy tender. Drain, and combine potatoes with all ingredients except cheese. Baked in buttered 13 x 9" baking dish at 350° for 30 minutes or until sauce is bubbly. Sprinkle with cheese during last 10 minutes of baking time.



Heart Healthy Lifestyles By: Concentra Urgent Care

APPROXIMATELY EVERY 60 SECONDS, AN AMERICAN WILL DIE FROM A CORONARY EVENT.

According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

What can you do to live heart healthy? The AHA recommends:

EATING A HEALTHY DIET

- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- · Avoid foods containing partially hydrogenated vegetable oil or added sugars
- · Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat

EXERCISING REGULARLY

- 20-to-60 minutes per day, 3-to-5 times per week
- AVOIDING TOBACCO PRODUCTS AND TOBACCO SMOKE
- LIMITINGYOURALCOHOL INTAKE
- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

What should be included in a family history?

ANY KNOWN CONGENITAL OR HEREDITARY DISORDERS

MAJOR ILLNESSES

CHRONIC AILMENTS OR RISK FACTORS

- Smoking
- Obesity
- Alcohol problems

THE CAUSE & AGE OF DEATH OF **ANY DECEASED RELATIVES**

CHILDHOOD CONDITIONS

- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: www.AmericanHeart.org.



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VOLUNTEER

Opportunities Available

CY-FAIR ISD & COMMUNITY VOLUNTEERS - A WINNING TEAM!

The Cy-Fair ISD volunteer theme for this year is "Teamwork is Key" in recognition of the combined effort that it takes to ensure student success. Our school district fully understands and appreciates that it takes district administration, teachers, school staff, parents, community partners and volunteers each doing their part to give our children every possible opportunity to reach their full potential.

We are looking for community members who want to become Global Volunteers in order to be a part of our "team" and make a difference in the lives of children. If you are not the parent, grandparent or legal guardian of a student enrolled in the school at which you volunteer, you would be considered a Global Volunteer.

We have many volunteer opportunities available at a school near you. Individuals are needed to perform a full range of activities and we have training available for specific tasks such as vision and hearing screening, tutoring, mentoring, Junior Achievement, and other instructional presentations.

If you have some free time and would like to learn more about becoming a Global Volunteer, please contact Kim Nash at krnash1@sbcglobal.net or call the CFISD Partners in Education Office at 281-894-3950. And remember: "TEAMWORK IS KEY"



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Legend Oaks II
Long Canyon
Lost Creek
Mayfield Ranch
Meadows of Bushy Creek
Pemberton Heights
Plum Creek

Plum Creek
Ranch at Brushy Creek
River Place
Round Rock Ranch
Sendera
Shady Hollow
Sonoma
Steiner Ranch

Stone Canyon Teravista Travis Country West Twin Creeks

Villages of Westen Oaks Vista Ridge Westside at Buttercup Cree

Westside at Buttercup Creek Wood Glen

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> Southgate Steeplechase

Stone Forest
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