

## VOLUME 4, ISSUE 5

# 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.....	shadowcreekbranch@peelinc.com
Publisher	
Peel, Inc. ....	1-888-687-6444
Advertising.....	1-888-687-6444

# MGMT COMPANY

## ASSOCIATION MANAGEMENT, INC.

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Community Liason Manager	
Bobbie Lopez.....	blopez@amitx.com
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Service Specialist	
Lisa Mayon.....	lmayon@amitx.com

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## Annual Environmental Awards Dinner

On May 11, 2012, Keep Pearland Beautiful will host the annual Environmental Awards Dinner. KPB will recognize businesses, organizations, schools, and individuals throughout the area that have taken exemplary steps toward becoming more environmentally responsible. The festivities will begin at 7PM at Pearland Community Center, 3523 Liberty Dr. Tickets are \$12 for adults and \$8 for children 12 and under.



Our top award is The Stella Roberts Golden Pear Award, which goes to an individual who has made major contributions to improving or protecting the environment. Other awards have included Business of the Year; the Weldon Flanakin Recycler of the Year; the Nick Santoro Reuse Award; Educator of the Year, School Volunteer of the Year, Beautification Award, Cleanup Award, and Young Environmentalist awards.

Everyone in the community is invited to attend this event and honor those who are going the extra mile to take care of our environment. Please contact our office to RSVP for dinner at 281-652-1659 or [ssun@mykpb.org](mailto:ssun@mykpb.org).



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# SHADOW CREEK RANCH

## Elementary Schools Awarded Healthier US School Challenge Award

Alvin ISD elementary campuses were recently presented with the Healthier US School Challenge (HUSSC) Award by the United States Department of Agriculture (USDA). This distinguished award was presented to the campuses for ensuring that all students are provided with healthy meal options, and physical activity. Only three percent of schools in the nation received this award, and every elementary campus in Alvin ISD, with the exception of York Elementary, received the designation. York Elementary opened in August 2011, after the necessary documentation was submitted. It is anticipated that the campus will also receive this designation, once appropriate paperwork is filed.



*Alvin ISD Elementary student  
shows off healthy selection of food*

In addition to being recognized nationally, the campuses will all receive a share of \$17,000 to be spent on nutritional education.

"The USDA began implementing the Healthy Challenge program in 2004 in an effort to improve nutrition and physical activity of students nation-wide. We are honored to receive this award, and will continue to work hard to ensure that our students are taught healthy habits," said Jennifer Basich, director of child nutrition.

"With the leadership of Kathy Richey, Alvin ISD cafeteria supervisor, and the cooperation and coordination of the physical education teachers, cafeteria staff, and principals, we were able to distinguish ourselves as a national leader in creating a healthy school environment."



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# SHADOW CREEK RANCH

## New Program for Hazardous Materials Collection in Pearland

Since 2004, the City of Pearland has provided a convenient option for disposing of hazardous materials at the Stella Roberts Recycling Center. Now citizens living inside the city limits of Pearland have an even easier way to safely remove household hazardous materials from your home. Starting October 1, 2011, Waste Management, the City's contractor for curbside solid waste and recycling, will begin collecting Household Hazardous Waste (HHW) directly from curbside. Requests for the 'on-demand' service can be made at 1-800-449-7587, M-F, 7 a.m. – 7 p.m., or [atyourdoor@wm.com](mailto:atyourdoor@wm.com).

If items are ineligible for pickup (i.e., not labeled or leaking) the resident will be contacted in person, by phone, or via 'door-hanger' with instructions. Residents do not have to be home for the collection to occur. For questions, call 281-652-1659.

### ITEMS ELIGIBLE FOR HHW PICKUP ARE

- Pesticides
- Herbicides
- Rust Removers
- Swimming Pool Chemicals
- Wood Preservatives
- Used Oil Filters
- Batteries: Vehicle and Household
- Fluorescent Tubes
- Chlorine Bleach
- Drain Openers
- Corrosive Chemicals: Lye and Muriatic Acid
- Hobby Chemicals
- Lubricants: Used Motor Oil, Used Transmission Fluid, Gear Oil
- Paint Products: Oil, Latex, Spray, Stripper
- Paint Thinners
- Automotive Chemicals: Waxes, Polishes, Cleaners, Brake Fluid, Gasoline and Antifreeze
- Sharps: Must originate from the home and be contained in a sealed solid container prior to collection
- Consumer Electronics: TV's, computers, peripheral items (keyboards, mouse and printers) and microwave ovens
- No large appliances are accepted in this program; 'E-Waste' is limited to one TV of any size, one computer system, and 20 pounds of peripheral items per collection.

*Please note that residents of Silverlake MUD's are not eligible for this program; you must receive your water bill from the City of Pearland. Please consider the effects that products have on the environment before you purchase hazardous materials, and if possible select a less toxic alternative. Comments may be sent to [cowles@mykpb.org](mailto:cowles@mykpb.org) or call the office at 281-652-1659.*

## FALL 2012 YOUTH SOCCER

Come join Pearland's premier youth soccer club! Registration for Pearland United opens May 1 for recreational spring soccer for boys and girls, ages 4 to 18. We offer co-ed introductory soccer for ages 4 to 5, a boys and girls soccer academy for ages 6 to 10 and competitive and recreational soccer for ages 10-18. Our introductory soccer program will train weekly with 1 hour sessions with a professional curriculum and trainer oversight. The soccer academy teams will receive 2 ½ hours of training per week with licensed professional trainers. Competitive teams receive 3 hours of training per week with licensed professional trainers. Tryouts for competitive teams begin on May 16. Come help us continue to grow the sport of soccer in Pearland! Registration and more information at [www.pearlandunited.com](http://www.pearlandunited.com).



## Shadow Creek Youth Summer Basketball League

Ages 6-7. First season is limited to the first 48 to register. June 16 - July 28. Games held on Saturday afternoons (so as not to conflict with SC Swim Team Saturday Practice). Games will be held in either Marek, Wilder, or York, pending Alvin ISD approval. Play will be 6 per team, 3 v 3, half court. Register at [www.shadowcreeksoccer.org](http://www.shadowcreeksoccer.org). We need volunteers and community input. Please attend the organizing meeting, May 5, 8-9 pm. Info at website.

**NOT AVAILABLE  
ONLINE**

# SHADOW CREEK RANCH

## Brazoria County Municipal Utility District No. 26 GENERAL INFORMATION

Please see the new website, [www.shadowcreekranchmuds.com](http://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.

### ELECTION UPDATE

The deadline for filing Candidate Applications for the Directors Election was March 5, 2012. As the District received only as many applications as there were positions available, the District will not be holding a contested Directors Election. Directors Fred Weary and Melissa Slade are declared elected to new four-year terms expiring May, 2016.

### ELECCIÓN ACTUALISADA

La fecha límite para un candidato presente la solicitud de la Elección de Directores era el 5 de marzo de 2012. Como el Distrito recibió sólo tantas aplicaciones como había posiciones disponibles, el Distrito no sostendrá a una controvertida Elección de Directores. Los Directores Fred Weary y Melissa Slade son declarados elegidos a nuevos términos de cuatro años que expiran el mayo de 2016.

### CITY COUNCIL & ALVIN INDEPENDENT SCHOOL DISTRICT ELECTIONS

Two Shadow Creek Ranch, Brazoria County Municipal Utility District No. 26 residents are on the ballot for City Council of the City of Pearland: incumbent Scott Sherman and candidate Herb Fain. Three Brazoria County Municipal Utility District No. 26 residents are running for positions on the Alvin Independent School District School Board: Nicole Tonini, Celeste Etheridge, and Becky Singleton.

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# SHADOW CREEK RANCH

## *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](mailto: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!!  
Pete Wessner*

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# SHADOW CREEK RANCH

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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.

## 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.shadowcreekmuds.com](http://www.shadowcreekmuds.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.

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## TOP TEN TIPS FOR IMPROVING BAD BREATH

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath with these top ten tips.

Call it by its fancy name, “halitosis,” and it won’t smell any sweeter. Bad breath is frequently a sign that you’re not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

**Brush your choppers twice each day.** Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

**Reach between your teeth.** Flossing daily helps you remove food particles from between your teeth, where your toothbrush just can’t reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.



**Pick up an electric toothbrush.** Along with floss, an electric toothbrush removes plaque better than a manual toothbrush.

**Treat your tongue right.** Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

**Tap your inner teenager and chew gum.** The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to “dry mouth,” a condition sometimes caused by medication, let us know; we can help address the problem.

**Don’t fall for the myth of mouthwash.** Most mouthwashes merely mask the smell of bad breath and don’t do anything to solve the underlying problem.

**Hydrate, hydrate, hydrate.** Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating.

**Turn off the tobacco.** Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health

*(Continued on Page 10)*

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# SHADOW CREEK RANCH

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## Top Ten Tips... - (Continued from Page 9)

problems, from periodontal disease to cancer.

**Take note of what you take in.** Certain diets, foods and medications can affect your breath. If your problem doesn't appear to be oral, make a list of the foods you eat and medications you take. Review it with your dentist or your family doctor to assess the source of the problem.

**Call in the experts.** It's important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn't possible at home, as well as check for and treat early signs of problems such as cavities or periodontal disease.

In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately.

*Submitted by Dr. Flury*

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# SHADOW CREEK RANCH

## A Focus on Physical Activity - Pathway to Improved Health

*By Concentra Urgent Care*

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

### HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

*Any physical activity is better than no physical activity*

- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
- Most health benefits occur with at least 150 minutes a week*
- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

*For most people, additional benefits occur when*

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

### SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make

sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

### WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

### HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

*For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.*

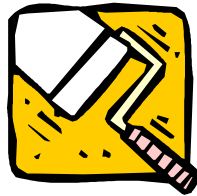
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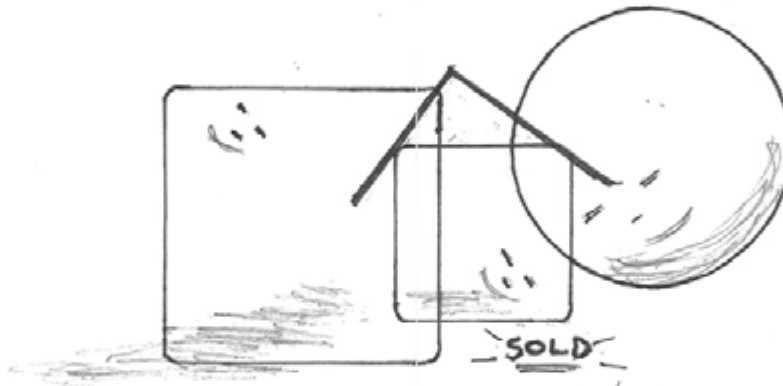
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