

THE Current

SHADOW CREEK RANCH

JULY 2012

NEWS FOR THE RESIDENTS OF SHADOW CREEK RANCH

VOLUME 4, ISSUE 7

Alvin ISD News

On June 1 Alvin ISD Board of Trustees and administrators recognized the accomplishments of all staff members. In addition campus teachers and paraprofessionals of the year, employees of the year, retirees and service award recipients were acknowledged. The district elementary and secondary teachers of the year, and the district paraprofessional of the year were also announced.

The district Teacher of the Year competition is held each year to recognize outstanding elementary and secondary teachers in Alvin ISD. Each elementary and secondary campus submitted a nominee for the district teacher of the year. All nominees were required to submit essays which included a biography, philosophy of education, professional development and community involvement. The district teachers of the year were selected based on their application and interview.



Ana Pasarella of Savannah Lakes Elementary (pictured left) and Grady McWhorter of Manvel High School were selected as the 2011-2012 district teachers of the year.

Other individuals who were selected by their peers to represent their campuses and the Alvin ISD schools were campus teachers of the

year Rhonda Humbird of Alvin High School, David Williams of ADAPT, Vickie Koehler of ASSETS Academy, Jennifer Denson from Alvin Junior High, Mary Anderson from Manvel Junior High, Amanda Donnelly of Harby Junior High, JoAnn Karel of Nolan Ryan Junior High, Vincincia Wright of Fairview Junior High, Cynthia Hilton from Longfellow Elementary, Heather Benbrook from Alvin Elementary, Amy Louthan of Walt Disney Elementary, Mary Stilwell of Passmore Elementary, Vicki Stuart of E.C. Mason Elementary, Kristen Rives of Alvin Primary, Michele Dotson of Mark Twain Primary, Elizabeth Erskine of Stevenson Primary, Rachel

Harris of Hood-Case Elementary, Tamara Reed of Jeter Elementary, Joanna Wang of Mary Marek Elementary, Sheri Howard of Wilder Elementary, and Tina Hill of Glenn York Elementary.

In addition, the district recognized the work of campus paraprofessionals with the district paraprofessional of the year award. LaGwena Denney (pictured right) of Alvin Junior High was selected as the district paraprofessional of the year for the 2011-2012 school year.



The individuals who were selected as the 2011-2012 campus paraprofessionals of the year were Julissa Mendoza of Alvin High School, Michael Smith from ADAPT, Vicky Surber of Manvel High School, Ginger Horn of ASSETS Academy, Michelle Zacharias of Manvel Junior High, Sigrid Lockett of Harby Junior High, Michelle Jorgenson of Nolan Ryan Junior High, Ann-Marie Jernigan from Fairview Junior High, Dawn Shaffer of Longfellow Elementary, Ruthie McDowell of Alvin Elementary, Krista Grimm from Walt Disney Elementary, Lisa Selover of Passmore Elementary, Sandra Arnold of E.C. Mason Elementary, Brian Towne of Alvin Primary, Maria Rivera of Mark Twain Primary, Dana Nichols of Stevenson Primary, Cindi Thetford of Hood-Case Elementary, Lisa DeDeus from Jeter Elementary, Maria Regas of Mary Marek Elementary, Sheila Hageman of Wilder Elementary, Laura Johnson of Savannah Lakes Elementary, and Deborah Bagwell of Glenn York Elementary.

The celebration also included honoring employees of the year from the departments of child nutrition, transportation, maintenance and operations, and the Alvin ISD Police. The Education Foundation graciously funded the awards for the departmental employees of the

(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

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Gas - Center Point	713-659-2111
Trash Removal - City of Pearland	281-652-1600

OTHER NUMBERS

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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
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Pearland Animal Control.....	281-652-1970
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Alvin ISD News... - (Continued from Cover Page)

year, in addition to also awarding campus grants.

Employees with 5, 10, 15, 20, 25, 30, and 35 years of service to the Alvin ISD were also recognized, as well as staff members who retired this year. "The end of the year employee recognition celebration is a great opportunity for us to show our appreciation to every Alvin ISD employee. It is because of the outstanding work ethic and dedication of our employees that our students continue to excel," said Dr. Fred Brent, Alvin ISD superintendent of schools.



*Grady McWhorter (pictured above)
Excited Alvin ISD Employees (pictured below)*



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Come join Pearland's premier youth soccer club! Registration for Pearland United's fall season is May 1 to July 29 for recreational 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. We are also offering summer soccer camps from 6 p.m. to 8 p.m. on the following dates: June 18-21 and July 16-19 at Centennial Park and June 25-28 at Southdown Park at Westside Events Center.

Come help us continue to grow the sport of soccer in Pearland! Registration for the fall season and summer camps, plus more information about our programs, can be found at www.pearlandunited.com.



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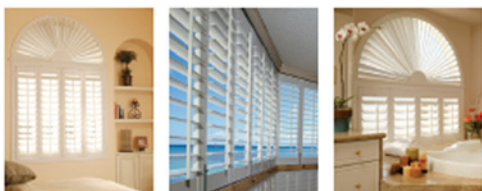
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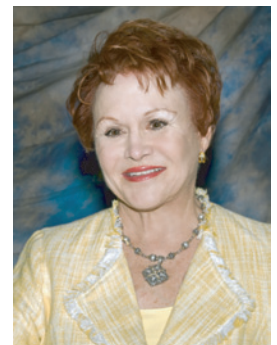
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Graduate

Megan Walker Receives Alvin Rotary Scholarship!

Megan Walker, Shadow Creek Ranch resident and college-bound graduate from Manvel High, is proud to receive an Alvin Rotary Club Scholarship (pictured with Ms. Arlene Hernandez, MHS College and Career Counselor/Specialist and David Jircik, Scholarship Chair for Alvin Rotary Club). Megan also received a Terry Foundation Scholarship, Texas Excellence Grant, Roadrunner Scholarship, Top 10% Scholarship, Theater Scholarship and awarded Best Actress and Director's Choice by her Theater Teacher Mrs Thompson-Rogers. She graduated on the Distinguished plan and is a Texas Scholar. Megan is excited to be attending University of Texas San Antonio in the Honors Business College. Go Roadrunners! Beep Beep!



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Salt of the Earth: Sodium & Your Health

TIPS FOR REDUCING SODIUM FOR BETTER HEALTH

Sodium is everywhere—swirling in the oceans, stored in vast underground crystalline deposits—and contained in just about every food and drink imaginable.

The fact is, sodium is as an essential, life-sustaining ingredient for every known plant and animal on the planet. Without sodium, our bodies would cease to function. Sodium helps our cells draw in nutrients, maintains balanced pH levels, enables nerve function and muscle contraction, helps regulate your heartbeat, and is a key component of your bones, explains Jose Mejia, M.D., a cardiologist for The Austin Diagnostic Clinic (ADC).

Yet too much of this essential element can pose serious health risks in people, including high blood pressure, heart disease, stroke, kidney disease, and congestive heart failure. According to the U.S. Department of Health and Human Services (HHS), the average person should only consume 2,300 milligrams (mg)—about one teaspoon full—or less, per day. If you are 51 or older, are black, or already have high blood pressure, diabetes, or chronic kidney disease, then you should limit your intake to 1,500 mg or less per day, Dr. Mejia adds.

“Unfortunately, the average American gets about 3,400 mg of sodium a day, which is far more than is recommended for good health,” Dr. Mejia says. “Keeping the amount of sodium you eat under control can be challenging, but understanding the main dietary sources of sodium is one of the best ways to start lowering your intake.”

SALT BY ANY OTHER NAME

One of the most troubling parts of monitoring your sodium intake is understanding how extensively the food industry uses sodium as a flavor enhancer and as a preservative in everything from bread to canned soup. And then there’s a matter of naming conventions. Common table salt, otherwise known as sodium chloride, is just one form of sodium. There are many other compounds that contain sodium, including monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrite (sometimes just nitrite).

“Most of the sodium we eat comes from processed foods and foods prepared in restaurants. Sodium is already part of processed foods and cannot be removed. Even fresh fruits, meats, vegetables and dairy products contain sodium,” Dr. Mejia notes. “However, food manufacturers and restaurants can produce foods with far less sodium. In addition, you can select lower sodium foods when possible, and you can cook more foods yourself to better control how much sodium you eat.”

SHOPPING SMART TO REDUCE SODIUM

The most practical way to reduce your sodium is by altering what you bring home from the grocery store. Many items like baked goods, breakfast cereals, soups, and lunchmeats are very high in sodium.

“Pay very close attention to food labels,” Dr. Mejia says. “It may add extra time to your shopping trip, but it’s important to understand just what the food industry means when it uses sodium-related terms.

Portion size is just as important. Frankly, it’s the only way to make sure you are not eating too much sodium.”

Here are some of the most common terms used on food packaging. If it doesn’t have a label, your best option may be to avoid buying it.

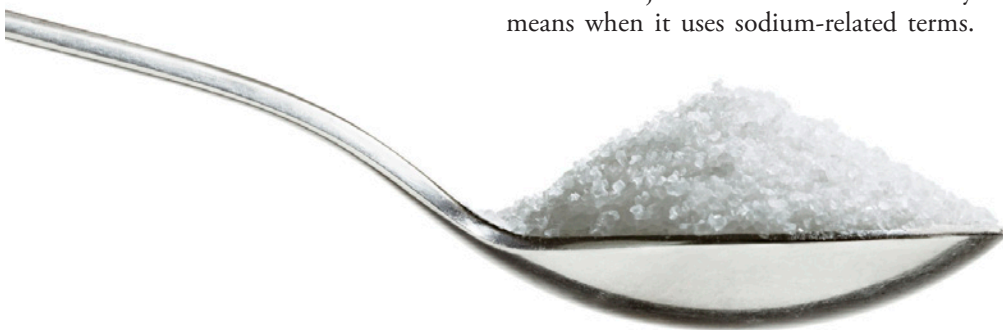
- **“Sodium free” or “Salt free.”** Each serving of this product contains less than 5 mg of sodium.
- **“Very low sodium”**- Each serving contains 35 mg of sodium or less.
- **“Low sodium”**- Each serving contains 140 mg of sodium or less.
- **“Reduced” or “Less sodium”**- The product contains at least 25 percent less sodium than the regular version. Check the label to see how much sodium is in a serving.
- **“Lite” or “Light in sodium”**- The sodium content has been reduced by at least 50 percent from the regular version.
- **“Unsalted” or “No salt added”**- Not salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium because some of the ingredients may be high in sodium.

A DASH OF SOMETHING ELSE

The widespread use of sodium means it can be challenging to avoid, especially if you are traveling with limited food options at airports. In that case, bringing low sodium snacks is a good option. At home, consider using alternative seasonings that are sodium free. Eventually, your taste buds will adjust to the lower sodium options.

“It takes some effort, but a low sodium diet can have tremendous health benefits,” Dr. Mejia says. “If you are concerned or curious, it may be a good idea with check with your physician about the amount of sodium you are eating.”

*Jose Mejia, M.D., Cardiologist
The Austin Diagnostic Clinic,*



SHADOW CREEK RANCH

Tech-Etiquette: Is there an App for Civility?

Submitted by Darcy Folsom

In today's age of apps and gadgets, it's likely that you or someone you know has benefitted handily from the ubiquitous smartphone in today's digitally-dependent society. If the question were posed to our current generation, "What item would you never want to be without?" it is fair to say that most individuals living in 21st century America would answer: "My phone!" Without our phones, it is certain that many of us would be lost. We would be unable to text, tweet, phone, email, face time, and even friend or like another individual. Would we really? Is American society becoming so dependent upon these technological devices that we are challenged to even recognize our our humanity within? How many young men and women know the value of the age-old adage "Never leave home without a smile?" Is who we were created to be, in such competition with what we hold in our hand, that we have forgotten the simple value of kindness - shared in a smile, of gratification - by greeting another with a genuine handshake? Is it technology that propels our lives, or are we doing our best to prepare our lives to propel the technology that supports them?

Regardless of how many apps and buttons and gadgets, and even insurance, we carry on our smartphones, could it be that we have something even better when it comes to insuring our ability to connect with the people we like? Or to be-Friend those to whom we're attracted, or bring restitution to those un-Friended? Today's digitally-dependent generation has a challenge before them that

none before have known. That is, being able to successfully pair technology with common courtesy. Remembering what our grandmothers taught us about the civilities of life (carried in our hip pockets) may apply more today, than any app could ever provide. But pairing the art of civility with the current age of technology requires practice. The 21st century can only get better as those old-fashioned manners make their way from our pockets to the person next to us. After all, the words we speak are far more significant than the technology that transmits them. Why not polish a few points of etiquette this summer and complement your savvy skills on your smartphone? By doing so, you and your smartphone may just move from merely getting the message delivered, to doing so with principles that shape our character and improve our attitudes about both our electronic devices, and the lives of those who use them.

TIP #1 - When you take a call in the presence of another person, you are communicating, "You are secondary; the caller is more important than you are." If you are expecting a call, let your companion know in advance, and excuse yourself before taking the call, limiting the call to under one minute. Never use a cell phone on a date, unless there is an emergency.

TIP #2 - If you find it necessary to use your smartphone while driving, make it a habit to get into your car, buckle up, and prepare your hand's free device to activate the call BEFORE starting your engine.

TIP #3 - Allow your personality, not your PDA to impress others. Avoid using novelty

ringtones, and choose the vibrate option as much as possible.

TIP #4 - Remove your earpiece when not on the phone. Always keep your phone in a pocket or a purse, rather than laying it on the table next to you.

TIP #5 - When in a public place, refrain from using your ear buds to listen to your favorite playlist. Instead, be prepared to greet those who are near you, looking oncoming passersby in the eye, with a smile and "Hello!" This is not only courteous, but it is also a way to remain sure about your surroundings.

As you travel to the lake or the seaside with friends, consider the value that a few manners may add to the dynamics of your summer relationships. Ask the question - is there something more fundamental than a fancy app, or gadget insurance to satisfy our lack? What have we already been given as a way to connect with the people we like, and those we want to be-Friend? Rather than search your smartphone for the latest apps, ask your companion's permission to practice with them, as you begin to apply these principles of Tech-Etiquette. These courtesies will both benefit the words we speak and the actions we offer, as we engage those around us with the very acts of courtesy we desire for others to share with us. Practicing the art of civility alongside the technology that propels our lives, I believe we will see our digitally-dependent generation become the one to re-engage our culture with civility and the accomplished principles of common courtesy.



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SHADOW CREEK RANCH

Financial Focus - Student Loans Crushing College Grads

Submitted by Rich Keith

Today's college grads are facing the "real world" with an extra scoop of debt. Two-thirds of students graduating from college or graduate school have student loans – about \$25,000 on average. That's a 25% increase over the past 10 years. In fact, today's twentysomething holds an average debt of \$45,000, including everything from student loans to mortgages and credit cards. Unfortunately, unemployment for those aged 18-29 is 12.4%, well above the national rate of 8.2%.


Don't feel as if you have to be the savior. Six in 10 boomers report giving financial help (outside of college tuition) to a child or grandchild in the past five years. Of those, \$59,000 was the average amount of aid. If this sounds like you, ask yourself: Do I really have the resources? Am I saving enough for retirement? Try to share more financial wisdom and less cash with your adult offspring. The more you save for your own future means less possibility that you'll need their help later on.




Without going into too much detail, share the family financial picture with your children once they hit the mid-teen years. They need to know the family income is X and it takes Y amount to cover the mortgage and bills. Once they see X minus Y in action they will be surprised at how much it actually costs to run a household.

This may have a side benefit of limiting how much and how often your children ask you for money and gifts.

Children who have a basic understanding of money, especially the corrosive effects of debt, have a better chance of becoming financially independent later in life. They will be more resistant to the credit card offers sure to come to them in their freshman year at college. And they will more ready to partner with their parents as the family manages their college finances with them.



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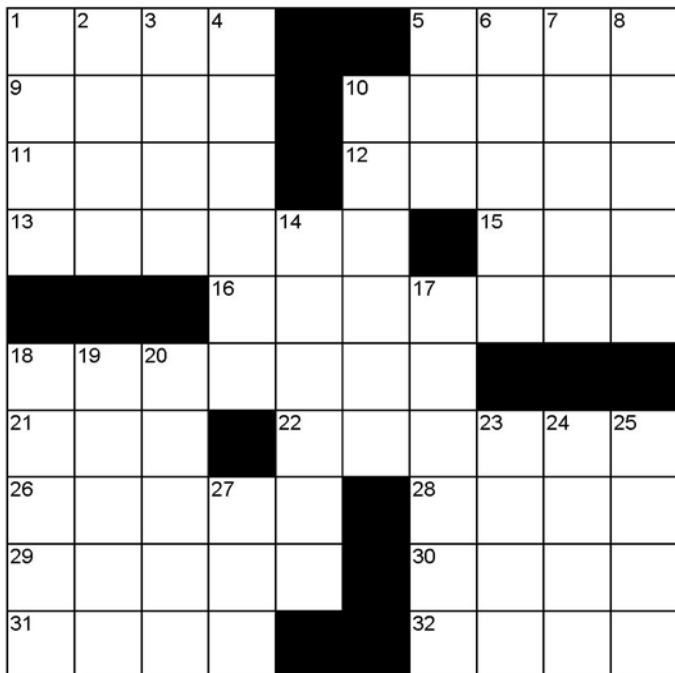
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ACROSS

1. What children make
5. At sea
9. Little Mermaid's love
10. Non __ (not welcome)
11. At hand
12. Old show
13. Member of an American Indian people
15. Sum
16. One of NT Gospels
18. Dauber
21. Used to be
22. Musical "slow"
26. Group of eight
28. Cut hair short
29. Sandwich cookies brand
30. Soaring plaything
31. Opp. of yeses
32. Bridge

DOWN

1. Not women's
2. Canal
3. Gemini
4. Outline
5. Be
6. __ Lee (pie brand name)
7. Composition
8. Root beer brand (3 wds.)
10. Annoyed
14. Weight units
17. Goes after
18. Pass out
19. Big
20. Sugar-free brand
23. Clasp
24. Small particle
25. Commence
27. Goddess

View answers online at www.peelinc.com

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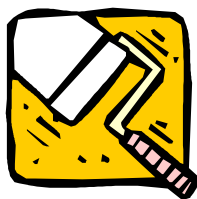
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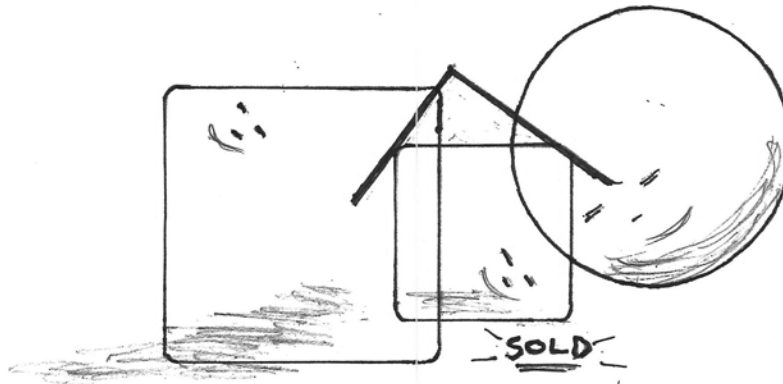
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