

THE Current

SHADOW CREEK RANCH

SEPTEMBER 2012

NEWS FOR THE RESIDENTS OF SHADOW CREEK RANCH

VOLUME 4, ISSUE 9

FALL TRASH OFF

Submitted by Sherwin Sun



Keep Pearland Beautiful will be hosting the Fall Trash Off on September 8, 2012 at the Pearland Community Center at 730AM. A light breakfast will be provided before participants will pour onto the streets of Pearland to beautify our city! If you are interested in participating, please contact Keep Pearland Beautiful at (281) 652-1659.

Happy Labor Day!



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

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Articles.....	shadowcreekbranch@peelinc.com
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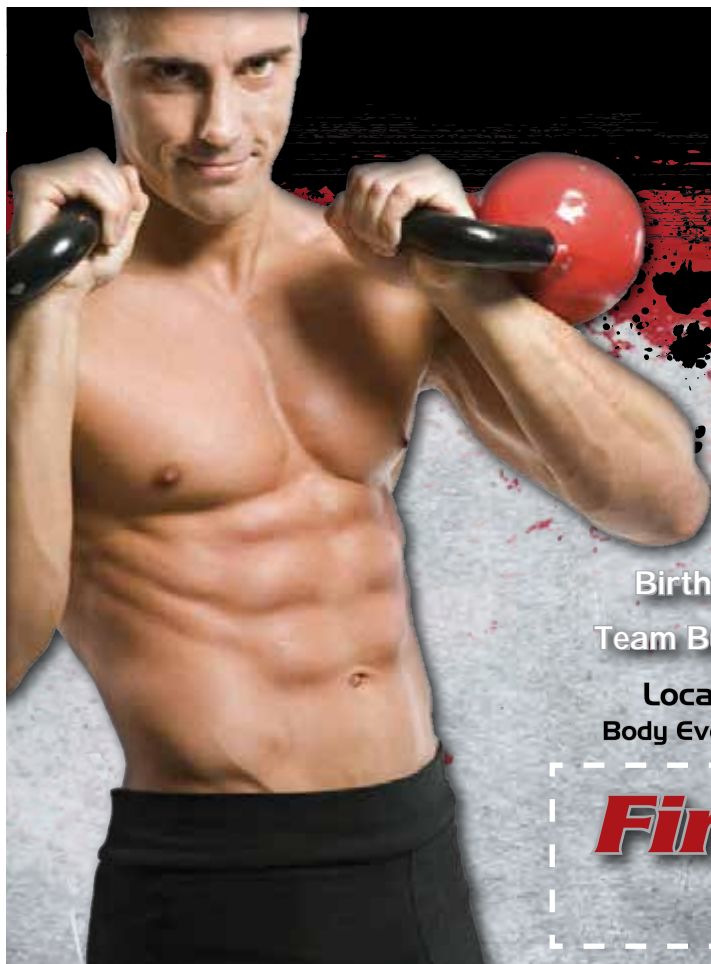
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Submitted by Kim Walker

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To find out more information: www.PearlandToastmasters.com and contact Tracey at 713 854-1815.

"The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop communication and leadership skills which in turn foster self-growth and personal growth."

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SHADOW CREEK RANCH

Watermelon Lime Cocktail

Summertime in the evenings ... watching the sunset, feeling the breeze, enjoying the end of the day. Put this in your hand and your enjoyment level will increase! It's light, refreshing and really flavorful!

Ingredients:

- 1 C seedless watermelon, cubed
- 1 t sugar
- 2 oz Vodka {I love Tito's}
- juice of 1 lime
- splash of beer
- lime and watermelon wedge as garnish



Directions:

In a tall shaker muddle the watermelon and sugar together until well mixed and very juicy. Fill a glass with crushed ice then drain the watermelon liquid into the glass {it should fill it 2/3 full}. Add 2 oz vodka, lime juice and splash of beer. Mix and sip... delicious!



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SHADOW CREEK RANCH

HEALTH BRIEFS - September 2012

EARLY DETECTION OF GLAUCOMA CAN SAVE EYESIGHT

Annual eye exams should include screenings for glaucoma, even for younger adults, because early detection can prevent long-term damage to sight, said ophthalmologists at Baylor College of Medicine. The biggest problem with glaucoma is that it's a silent disease, a sneak thief of sight," said Dr. Silvia Orengo-Nania, professor of ophthalmology in the Baylor Eye Clinic at BCM. "You could have visual damage occurring over time and not know it. Once damage occurs, it is irreversible and you will not be able to get any vision back that you have lost. This is why screening early is critical." Glaucoma usually occurs when increased pressure in the eye slowly destroys the optic nerve, damaging your ability to see, Orengo-Nania said. Approximately 2 million people in the United States are visually impaired by glaucoma. It is one of the leading causes of blindness. Treatment can help slow down, but not reverse impaired vision, Orengo-Nania said

SUMMER IDEAL TIME FOR ANNUAL SCHOOL PHYSICALS

The perfect time to schedule school-required physicals is during the summer. A pre-participation physical exam (PPE) should be performed at least six weeks before preseason practice in order to avoid overbooked doctor's offices, but more importantly to allow time to correct or rehabilitate any detected problems. "If procrastination is due to fear that a health problem will keep them off the team, that fear is usually

unwarranted," said Dr. Julie Jones of Baylor College of Medicine. Research shows less than 2 percent of athletes are denied clearance to play sports due to the PPE. The exam serves various purposes: to determine the athlete's general health, to detect conditions that might predispose the student to injury or illness during competition, to detect conditions that might be life-threatening or limiting an athlete's safe participation, and to meet legal and insurance requirements of the state or school.

MODERATION KEY TO ALCOHOL CONSUMPTION

Though drinking small amounts of alcohol can have potential health benefits, Baylor College of Medicine doctors say drinking too much can do more harm than good. "The key to this contradiction is moderation," said Dr. Jeffrey Steinbauer, professor of family and community medicine at BCM. "While many people can drink more than one drink without becoming impaired, drinking higher amounts of alcohol increases the chance of suffering from various health problems." High levels of alcohol consumption contribute to health problems such as weight gain, heart problems, high blood pressure, dehydration, digestive problems including diarrhea and malabsorption, and even cancer. "While liver cancer is not directly related to drinking, some gastrointestinal cancers, like esophageal cancer, are," Steinbauer said. Moderation is the key when it comes to drinking, and you should discuss your alcohol intake with your doctor to determine whether your level is healthy or harmful.



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Pictures will appear in color online at www.PEELinc.com.



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