

THE Current

SHADOW CREEK RANCH

JUNE 2013

NEWS FOR THE RESIDENTS OF SHADOW CREEK RANCH

VOLUME 5, ISSUE 6



Pearland United Youth Soccer Club

Fall 2013 Season and Summer Camps

Come join Pearland's premier youth soccer club! Registration for Pearland United's fall season is May 6 to July 28 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 team tryouts are May 13 & 14 for U11-U13 and June 3&4 for U14-U18 at Centennial Park. 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 17-20 and July 15-18 at Centennial Park and June 24-27 at Southdown Park at Westside Events Center. Come help us continue to grow the sport of soccer in Pearland! Registration for the 2013 fall season and summer camps, plus more information about our programs, can be found at www.pearlandunited.com.

Pearl Theater Offering Kids Theatre Camps in June



The Pearl Theatre is offering students, 10-14 years of age, the opportunity to learn more about theatre and performing. Weekly morning camps start at 8:30 am and end at 12:30 pm.

From June 10-14, Broadway Smash Up! is for boy and girls, 10-14 years of age. Students will learn fantastic Broadway show tunes from such as favorites as Wicked, Hairspray, Grease, and Annie. Students will learn choreography and vocal selections to present in a showcase the last day of the camp for family and friends. Limited to 20 students, tuition \$150 / \$160.

Young children, ages 5-9, can learn about Puppets and Plays, June 17-21. Students will learn how to make various kinds of puppets while developing storytelling and presentation skills. Students will also write and perform an original play to be performed for family and friends on the last day of camp. Limited to 15 students, tuition \$150 / \$160.

Also in June, Fractured Fairy Tales for ages 7-9 running June 24-28. Take a few fairy tales, mix them up add some zany characters, and you've got a brand new story. Students will present a showcase for family and friends on the last day of camp. Classic fun! Limited to 20 students, tuition \$150 / \$160.

For information on these Summer Camp and the July program, visit www.pearl-theater.com or call 713-340-2540.

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Manvel High School	281-245-2235
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Alvin ISD Transportation	281-331-0960

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Financial Literacy Event

Held at both Alvin and Manvel High School

In an effort to prepare students for life after high school, Chocolate Bayou held an innovative financial literacy event, also known as a Reality Fair, at both Alvin and Manvel High School.

Throughout the events exercises designed to show students first-hand what parents go through each month in regards to maintaining a family budget were conducted. Students were able to learn financial responsibility through the mock fair.

Prior to participating in the fair, students met with counselors, and were given a net monthly pay and a budget worksheet with explanations of the types of expenses they could expect, such as housing, food, transportation, utilities and much more. Students

were also provided random credit scores. At the conclusion of the fair each student met with a financial counselor to review their financial profile.

"The fair was a great lead to conversations about financial responsibility and sacrifices that adults make to provide for their families. Our students walked away with a better understanding of what it takes to survive financially once they enter the real world, which was a valuable lesson for each of them. We appreciate Chocolate Bayou for investing in our students," said Charlotte Liptak, associate principal of Manvel High School.



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PEARLAND DEMOCRATS CLUB

The Pearland Democrats recently hosted Ms. Gavriela Roisman from Moms Demand Action for Gun Sense in America at Mimi's Cafe on Thursday, May 8th. Ms. Roisman discussed actions and activities by the group at state and federal levels to impact legislation and how individuals can get involved and make their voice heard.

Monthly meetings of the Pearland Democrats will occur on the second Thursday of every month at 7pm at Mimi's Cafe in the Pearland Town Center (11200 Broadway, Ste 1600, Pearland, Texas 77584). The next meeting is Thursday, June 13th. Guest speaker will be Mr. Charles Gooden to discuss Pearland Boards and Commissions and how to get involved in your community. Networking begins at 6:30pm and the meeting will commence at 7pm. New members and guests are welcome to attend. Speakers or training for each monthly meeting will be scheduled and communicated through our Facebook Page- Pearland Democrats Club. e-mail inquiries may be directed to pearlanddems@gmail.com.

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Hold a light or medium weight (any container or water bottle) in each hand standing next to the bench lengthwise. Step up with right foot onto the middle of the bench, hold for 3 counts with left leg lifted to side. Step down with left foot and tap down with the right. Immediately step back up to the bench with right foot. Do all reps on this leg, rest for 30 seconds, then switch sides.

coachcatrin@gmail.com wait for the next exercise...
next month...



SHADOW CREEK RANCH

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Guests are always welcome to attend FREE. Join us and see how our warm and friendly club can help you become better in your goals of becoming an effective communicator and leader.

Pearland Toastmasters meets on Wednesday mornings 7-8 AM at the Vic Coppinger's YMCA, 2700 YMCA Drive, Pearland, TX 77581

For more information, visit our website at:
www.PearlandToastmasters.com
Celebrating Each Other's Success



Pictured: Kim Walker and Tracey Peterson celebrate each other's success. Both achieved triple crown educational awards.



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OLDER ADULTS EXPRESS ANXIETY IN DIFFERENT WAYS

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
 - Specific fears and phobias
 - Social phobias
 - Post-traumatic stress disorder
- Anxiety symptoms that older adults and their family members should watch for include:

- Shortness of breath
- Increased heart rate
- Dizziness
- Difficulty sleeping
- Muscle aches and pains

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.

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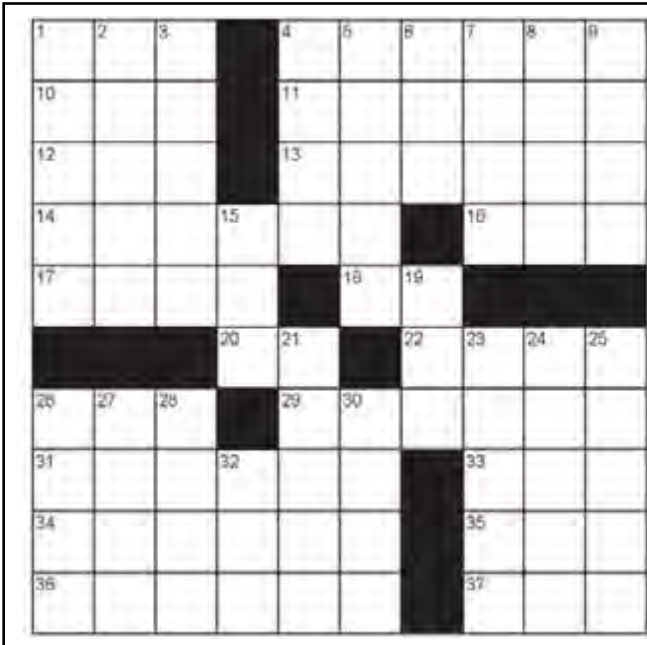
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ACROSS

1. Unrefined metal
4. Young pigeons
10. Gender
11. Australian
12. Alternative (abbr.)
13. Climbing
14. China stone
16. Hoopla
17. Shaft
18. Teacher's assistant, for short
20. Doctor
22. Believe
26. Terminal abbr.
29. Skin problem
31. Infamous Nazi concentration camp
33. Tear
34. Wring
35. Sick
36. Work fussily
37. Hurricane center

DOWN

1. City
2. Mellow
3. Worship
4. Japanese dress
5. Fivesome
6. Ship initials
7. Continent
8. Tie
9. Sego lily's bulb
15. Limb
19. Wood tool
21. Sea jewel
23. Spooky
24. Author Dickinson
25. Tree
26. Eve's garden
27. Cab
28. Acting (abbr.)
30. Nice looking
32. Pig

View answers online at www.peelinc.com

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Physical Symptoms Could be Sign of Depression

Depression and chronic mood disorders can manifest themselves through physical symptoms

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.



A Hearing Or Vision Test May Be The Solution To "Bad Behavior"

For some children a health problem could be to blame for acting up in class or even a drop in grades. Doctors at Baylor College of Medicine say what might look like a behavioral issue could actually be a sign of hearing or vision problems.

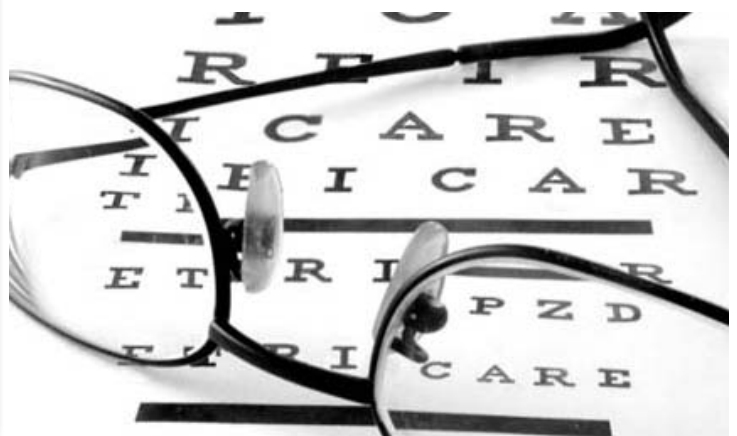
If a child cannot hear or see properly, they cannot pay attention in class, said Dr. James H. Bray, associate professor of family and community medicine at BCM.

Bray said children may think they can hear what the teacher is saying but actually are getting the information wrong, so it looks like they aren't paying attention or are being defiant.

Bray said it is important to see a doctor for a proper diagnosis.

Before a parent begins to worry, a family medicine doctor or pediatrician can conduct a basic hearing and vision test that can identify whether a hearing or vision specialist is needed, or if another problem is to blame, Bray said.

Bray said once a diagnosis is made there may be simple solutions, such as making sure a child sits in the front of the class.



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