

THE Current

SHADOW CREEK RANCH

SEPTEMBER 2013

NEWS FOR THE RESIDENTS OF SHADOW CREEK RANCH

VOLUME 5, ISSUE 9

ANNE FRANK AND ME AT THE PEARL THEATER SEPTEMBER 27-OCTOBER 13

*Where: Pearl Theater
14803 Park Alameda Dr.
Houston, TX 77047*

*When: Friday/Saturday at 8:00pm; Sunday matinees at
3:00pm*

Special Saturday matinee October 5 at 3:00pm

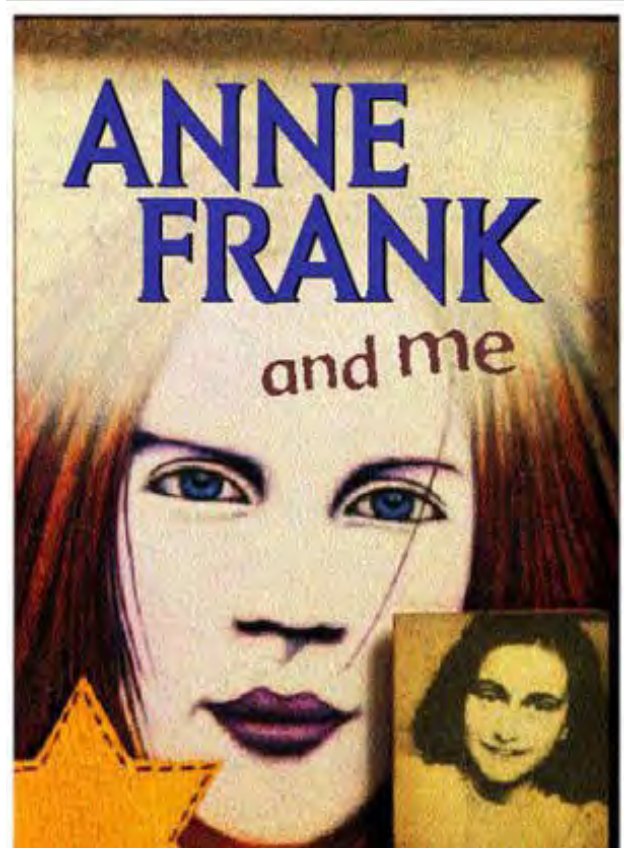
No show on Sunday, September 29

Information: Box office phone (713) 340-2540

Anne Frank and Me is an emotionally-charged, multiple national award-winning new American classic. The story centers on Nicole Burns, who doubts the truth and cares even less about the Holocaust. Ultimately, she comes face-to-face with it and in an extraordinary sequence meets Anne Frank on a cattle car to Auschwitz. We start out with Nicole in today's teen world of MTV. Hip-hop dancing, unfinished homework assignments, and young love are all transported with her to Nazi-occupied Paris, 1942-44, and then are brought forward again to the light and hope of the present.

Anne Frank and Me runs weekends Sept. 27-Oct. 13. There is no show on Sept. 29. Special student ticket price: \$10. Adults: \$15/\$13 Seniors. Tickets are available online at www.Pearl-theater.com. Please call our box office at (713) 340-2540 for more information.

The Pearl Theater will also host a FREE OPEN HOUSE on September 14 from 1:00-3:00pm. Join the Fun, Food, and Entertainment!



IMPORTANT NUMBERS

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Pearland Public Works.....	281-652-1900

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Animal Control.....	281-756-2265
Cable/Internet/Phone...COMCAST	713-341-1000

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Skill Level – Open to all ages and skill levels.

Play Days – An introduction to competitive play. Kids get comfortable competing in a low-pressure setting so they can transition to team tennis and tournaments.

Skill Level – Minimal experience required.

for more info contact coachcatrin@gmail.com



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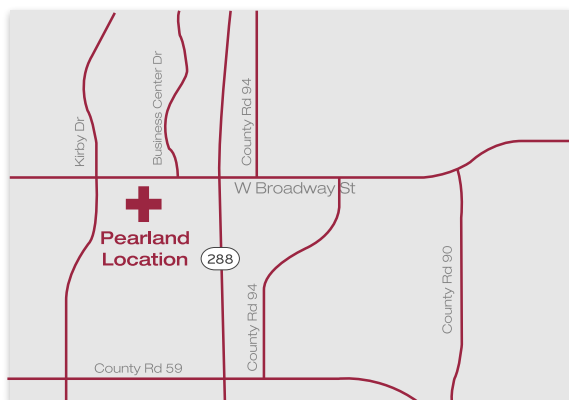


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BACK-TO-SCHOOL STRESS CAN TRIGGER ACNE

HOUSTON - For teens, getting rid of embarrassing may seem impossible, but Dr. Denise Metry, an assistant professor of dermatology and pediatrics at Baylor College of Medicine, says improving your skin isn't as difficult as you may think. "Stress can be a catalyst for acne breakouts because it stimulates hormones, which in turn causes some skin glands to pump out more oil," Metry said. She suggests that teens wash their face twice a day with a gentle cleanser, maintain a healthy diet and get adequate rest to help prevent future breakouts.

Other treatment options include topical creams such as Retin-A to help unclog oil ducts and antibacterial creams, lotions or gels with benzoyl peroxide, which can be used alone or in combination with topical or oral antibiotics. Some young women may be prescribed the birth control pill to help control acne, and Metry may recommend chemical peels for those with severe acne. "I think that parents downplay acne a lot of the time, but it can become a serious problem if it's not addressed early on," Metry said. "I encourage kids to talk to their physicians and in severe cases contact a dermatologist."

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SHADOW CREEK RANCH



"Striving For A Quality Community"

Keep Pearland Beautiful will be hosting the Annual Fall Clean-up on Saturday September 7, 2013 from 730AM - 12PM. Participants will enjoy a complimentary continental style breakfast at the Pearland Community Center, located at 3523 Liberty Dr., before heading out onto the streets of Pearland to pick up litter and beautify our city! KPB will supply all clean up supplies, including safety vests, bags, grabbers, and gloves.

Participants of all ages are welcome to take part in this biannual event! For more information, please visit our website at www.mykpb.org or call (281) 652-1659.

SUDOKU

View answers online at www.peelinc.com

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		7		3		4		

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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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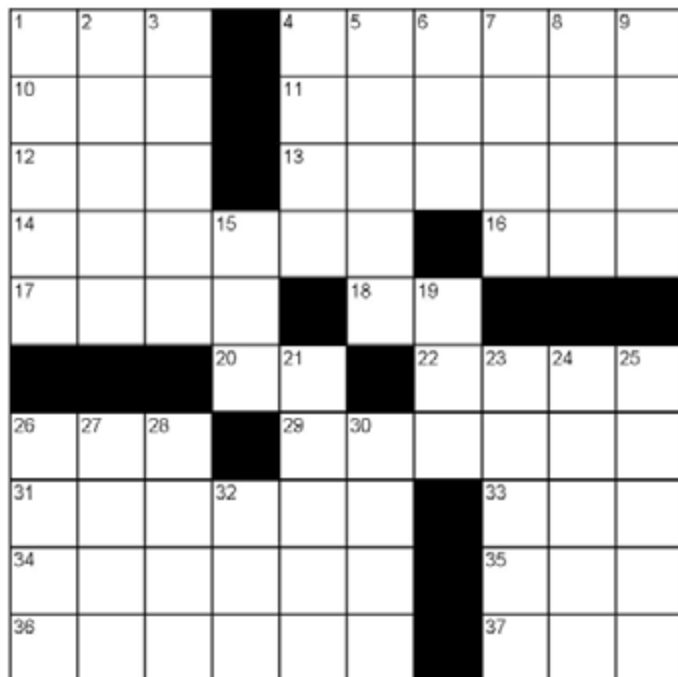
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SHADOW CREEK RANCH

CROSSWORD PUZZLE



ACROSS

1. What's owed
4. Beats it!
10. Hotel
11. Flower child
12. Certified public accountant
13. White fur
14. Breath mint
16. Rescue
17. Opposed
18. Scottish "one"
20. Acidity
22. Corn syrup brand
26. Insane
29. Angry
31. Relating to horses
33. Kimono sash
34. National capital
35. Reverend (abbr.)
36. Bath powder
37. East northeast

DOWN

1. Formal statement
2. Remove pins from
3. Playact
4. Popular stadium
5. Approximate date
6. Revolutions per minute
7. Capital of Western Samoa
8. Short
9. Origination
15. Lean
19. Stretch to make do
21. Large eastern religion
23. Before
24. Hot sandwich
25. ___ Oyl (Popeye's girlfriend)
26. Soften cheese
27. Greenish blue
28. Twofold
30. Stack of paper
32. Business abbr.

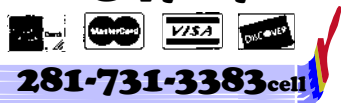
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Nutrition know-how helps prevent 'Freshmen 15'

Brushing up on nutrition basics can help college-bound freshmen avoid extra pounds while pursuing their higher education.

College students are often under stress and respond by eating, said Dr. Karen Cullen, a behavioral nutrition researcher at the USDA/ARS

Children's Nutrition Research Center at Baylor College of Medicine. What's more, a smorgasbord of foods is available almost around the clock.

To help freshmen get a healthy start on the academic year, Cullen offers these tips:

- Deal with stress in a positive manner, like playing or listening to music or exercising.
- Keep fat-calories in check by choosing low-fat cafeteria fare like grilled or baked fish and fruits and vegetables. Limit high-fat

and high-sugar treats to once a day.

- Choose beverages wisely. Good daily choices include fat-free milk, a glass or two of fruit juice and plenty of water.
- Keep dorm-room snacks healthy.
- Make time to be physically active every day.
- Don't skip meals, especially breakfast. Meal-skippers rarely reduce their actual caloric tally, and often shortchange themselves nutritionally.

If weight gain begins to exceed three to five pounds, consider starting a food diary and physical activity diary to help identify problems. Many campus health centers have nutrition professionals who can help students struggling with weight problems, Cullen noted.





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September 8: 5th annual Colin's Hope Kids Tri, and All Star Burger Fundraiser (10% of sales donated).
October 19: Sharkfest Austin Swim benefiting Colin's Hope. Volunteers needed.
November: Underwater Holiday Photos (multiple days and locations).
February 16: Austin Marathon. Runners, walkers, and water stop volunteers needed.

Be a Water Guardian and Watch Kids around Water. Drowning is preventable!

Thank you to all who supported our efforts this year to raise water safety awareness to prevent children from drowning!

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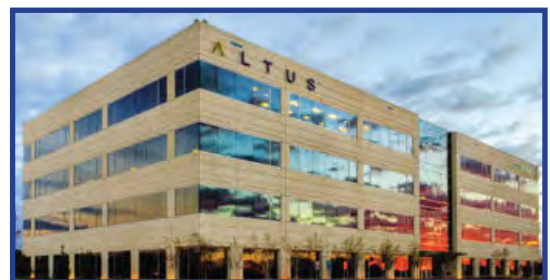
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Managing Food Allergies

Food packages often come with the caution, "Warning: may contain peanuts," and for good reason. It's estimated that more than 1 million

Americans suffer from peanut allergies and their reaction if exposed can be life-threatening.

Other common food allergies are to cow's milk, tree nuts, fish and shell fish, egg and even some fruits and veggies, said Dr. Celine Hanson, professor of pediatrics at Baylor College of Medicine in Houston and chief of the allergy/immunology clinic at Texas Children's Hospital.

Symptoms of food allergies can range from mild to severe and can affect various parts of the body, including the digestive system, the respiratory system and the skin. Hanson offers several ways that patients can manage their food allergies. The best tactic is to avoid foods that cause allergies altogether, Hanson said. But in addition, medications such as antihistamines and corticosteroids are available to help manage symptoms. Patients who suffer severe reactions should keep a device such as an EpiPenR on hand so that they can

administer an epinephrine shot.

Allergy sufferers should wear a medical bracelet or necklace with information about their allergy, and schools, caregivers and even the parents of children's friends should be notified of food allergies.



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