

THE *Current* Shadow Creek Ranch

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Shadow Creek High School

Shadow Creek High School is slated to open this fall, housing up to 2,500 students. The 531,500 square foot facility includes five learning houses, modern instructional spaces for core content, fine arts, athletics, and Career and Technology as well as a double level auditorium. The mascot for the school is the Sharks, and the school colors are black, silver and ocean blue.

A part of the bond referendum that passed in November of 2013, Alvin ISD's third high school spans 72 acres. Shadow Creek High School will enroll freshmen and sophomores zoned to the campus, as well as incoming juniors. The new high school aims at relieving an over-capacitated Manvel High School.

Shadow Creek High School will be host to an array of programs that will further the potential of every student. For example, four-

year engineering program Project Lead the Way will build an early foundation for those who are interested in the science. Additionally, because there is an overwhelming amount of student interest in the health sciences, kids will have the opportunity to shadow professional health care providers in a series of clinical rotations.

Also included in Shadow Creek is a natatorium, which will host not only swimming teams, but diving and water polo as well. The athletics at Shadow Creek correlate with every other Alvin ISD high school and each sport will have varsity-level teams.

"I am elated to begin this school year. Working to make sure Shadow Creek is ready for this fall is one thing, but interacting with all the new students will be a much appreciated change. I simply can't wait," Principal Kelly Hestand said.



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KidsRStrong2
to Host Complimentary
Family Fun Day for
Pediatric Cancer and
Hematology Patients on
September 10

In an effort to support local pediatric cancer and hematology patients, the Pearland based public charity KidsRStrong2 (KRS2) is gearing up to host the organization’s first annual Family Fun Day. The event will take place on Saturday, September 10, 2016 at Victory Camp, which is located at 1407 Victory Ln., in Alvin, Texas, and will serve patients receiving treatments at both The University of Texas MD Anderson Cancer Center and Texas Children’s Cancer Center.

The children, youth and teens in attendance, as well as their families, will experience a day filled with joy away from the confines of the hospital walls. Attendees will have the opportunity to participate in numerous indoor and outdoor activities throughout the day, such as swimming, water slides, bumper boats, go-carts, bounce houses, and much more.

“We want families to simply enjoy spending quality time with one another, while strengthening their family bond,” said President and Founder of KidsRStrong2, Tomika Gamble.

“Oftentimes when a child is enduring a life-threatening illness it is difficult not only on the child, but also on the family dynamic. This is just one small way for us to serve these families, during what may be the most difficult time in their lives,” added Gamble.

Patients and families can visit www.krs2.org to register as attendees. There is limited space, so interested patients and families should register as soon as possible.

KidsRStrong2 is also looking for individuals and organizations that are willing and able to volunteer to assist on the day of the event, and/or provide monetary and in-kind donations for the patients and families.

“This is definitely a community effort, and we cannot do it alone. We need our community members and local businesses to rally around these families during their time of need, by supporting the 2016 KidsRStrong2 Family Fun Day at Victory Camp,” said Gamble. “Any and all support is truly appreciated.”

Individuals interested in volunteering and/or providing donations, can visit the KRS2 website to do so. Current sponsors and supporters include The University of Texas MD Anderson Cancer Center, Neighbors Emergency Center - Pearland, HEB, Whataburger, Costco Wholesale, CrossFit Reign of Pearland, and Events by Mimi, as well as Panera Bread, Kroger, Coach’s

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NOT AVAILABLE
ONLINE

SHADOW CREEK RANCH

(Continued from Page 2)

Construction, Dr. Wendy Struss Willett Orthodontics for Children and Adults, and Gringos Tex Mex.

"We are thankful for our current sponsors, and look forward to having many more business and organizations join us for this event," Gamble said.

Sponsorships are still available ranging from \$1,000 up to the Presenting Sponsor of \$10,000. Organizations and individuals can also elect to simply sponsor a child for \$50, or a family for \$250. For additional information visit www.kidsrstrong2.org.

Cutline:

Members of the KidsRStrong2 team, as well as numerous local supporters stopped by Great Day Houston on July 11 to spread awareness of the organization and share information about the upcoming KidsRStrong2 Family Fun Day at Victory Camp, which will allow pediatric cancer and hematology patients to simply enjoy a day of fun with the ones they love most... their families.



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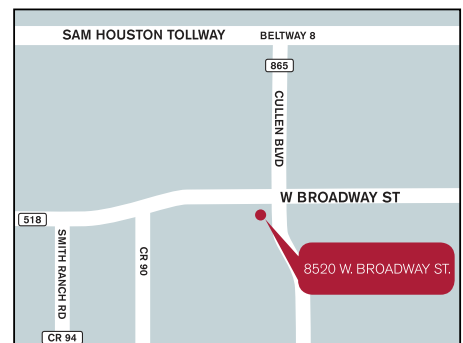
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Manvel High School Top Students

Bushra Hamid, valedictorian of the Manvel High School graduating class of 2016, displays a countenance of confidence and determination. She expected a top ten finish in the class rank when she began her freshman year, but did not believe she would or could be the valedictorian. After earning the top position her sophomore year, however, Bushra never looked back. She maintained the top rank throughout her high school career. While presenting no lack of confidence, Bushra did admit to some trepidation when the final rankings were released in March, fearing her position had dropped.

Reflecting on her four years at MHS, Bushra remembers entering as a scared and nervous freshman. Being one of 3000 students was unfamiliar. In only a short time, though, she says it was amazing how the school was welcoming and her teachers accepting. Some of her fondest memories will be of her teachers, many of which she expects to stay connected with. She says the first year was not too bad as she was able to complete most of her work in school before going home. Sophomore year became more challenging, particularly the two hours or so of reading she did most nights. But her junior year is when it got really hard as she was taking 6 advanced placement classes while also studying for the SAT and trying to figure out what college she wanted to attend. "I pulled a lot of all-nighters," she says. She admits to having a confused sleep pattern and explained her typical school day as sleeping when getting home and then waking to an alarm at 1 AM when she would study until the start of school.

Bushra's dedication, commitment, and work ethic were passed down from her parents. Twenty-two years ago they migrated to the US from Syria and established their first residence in a basement apartment in New York. Today both are successful medical doctors at one of the world's preeminent medical centers in Houston. Bushra modestly admits to always being a good student, but seeing how her parents' lives changed since coming to the US and appreciating the many opportunities they provide have been key to her academic success. She describes her family as having a trust relationship where they trust her to do well in school but encourage fun activities too.

Bushra did have fun. She made good friends and she participated in extra-curricular activities in addition to her dedication to studies. Not surprisingly they too were academic in nature. She served as the president of the National Honor Society, vice president of the Business Professionals of America, and took part in an Academic Decathlon her junior year.

She describes her four years as generally stressful and concedes there was a lot of pressure, especially the first semester of her senior year as she decided what college she would attend. But it all worked out in the end

she says. Bushra will be attending Harvard University in the fall. She will receive financial aid scholarships and plans to enjoy the full college experience by living in a dormitory all four years. Right now she favors the study of economics with a language citation in Arabic. She would like to enter the business world and maybe politics afterwards. She expresses a desire to work hard to be successful so that she may exert some positive influence on the situation in her parents' home country, Syria. She concedes an openness to change her mind, however, saying, "I feel like college will transform me and we'll see."

Before moving to Boston in late August, Bushra says she is looking forward to relaxing this summer and enjoying the last times with her close friends before they all move on to their respective colleges. She advises students coming behind her to enjoy their high school experience and "have fun because it goes by fast and you will want those memories."

Dina Zamil exhibits a consistent smile and radiates an eagerness for life. And why not? Graduating as the salutatorian of Manvel High School's class of 2016 and looking to begin college in the fall on a full scholarship makes for great enthusiasm.



Entering her freshman year she never imagined graduating in four years as the salutatorian. She describes herself as a freshman being far different than she is today. Looking back Dina admits to not caring much and doing just what was needed to get by that first year. She says her academic performance was good

but never did she think she was performing better than most of her classmates. She confesses now that she really didn't try hard enough. She says she wanted to do well and wanted to finish in the top ten, but she never thought she would end up as the second ranked student in her graduating class.

She recalls her freshman year as a time of adjustment. Getting used to advanced placement (AP) classes took time. In junior high school she admits to refusing to read text books. Her high school AP class would impose reading quizzes on the students, however, and she quickly recognized that not reading was going to be problematic in high school. Once she committed to the reading and homework, results on the quizzes and tests became much better. As she explains it, "At one point I realized that I can do this. I've got this. From there it was just work. I made a C on my first test and then started making hundreds by the end of the year. Adjusting and figuring out what was needed changed me and my work ethic."

Her generally care-free attitude as a freshman was pretty much gone by the end of that first year. As things got progressively harder in subsequent years her performance improved even more. She recalls the defining point

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SHADOW CREEK RANCH

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when in an AP World class in her sophomore year she recorded a perfect score on a test. She explains, "It was the first time I had ever done that. I realized I can do this. I never really understood that I can do more than I think I can because I did not believe in myself. Even though my family did and everyone around me did, I didn't believe in myself as much as I should have. And I realized that half way through; just in time."

She claims to have felt she would not even be in the top ten when the first class rankings were released at the end of her sophomore year. But she learned of being number four and "then realized that there was more potential here than I thought." Her junior year was intense, as she declares, but after the first semester she moved up to number three. "OK, I can do this, I can push," she thought. With a heavy load of AP classes she found it more difficult to move from three to two saying it required much more work. She learned of earning the number two spot when the final class rankings were revealed in April. There was little overt competition among the top students. As Dina says, "We've all been friends."

Dina was active in extra-curricular activities as well. She participated in the Academic Decathlon for three years saying she enjoyed the competition. She served as secretary for Model UN, a group that focused on global affairs and current events. She joined the Muslim Student Association to learn of different cultures. And she was a member of the National Honor Society and served as an AP ambassador where she volunteered to talk with younger students about AP and what to expect

in high school.

As a tier one scholar, Dina earned a full ride scholarship at the University of Houston. Her current interest is to pursue medical school upon graduation but she admits to not being 100% committed to that. She may change to dental or pharmacy. During the first year at least, she expects to split time between living on campus and at home with her parents. Anticipating her first year at college as "kind of rough," she thinks the continued support of her family will make things a little smoother.

Dina is grateful for a loving and supportive family. Her dad is a gastroenterologist and her mom is a professor at the UH College of Pharmacy. She says her parents did not push her to strive for the top but admits, "I don't think I would be where I am today without my family's support." She mostly attributes her dedication and drive to the insight that she could do more than she was letting herself do.

Dina has definitely enjoyed her time at MHS. She credits her teachers as having a big influence. "This is where I figured out what I want to do. I know I want to go into medicine. The school has helped shape me into the person that I want to be."

Her advice to students going into high school: "You don't know your potential. You have more potential than you think. I never thought I would be salutatorian and things definitely change quicker than everyone thinks. I would tell them to work hard but have fun at the same time. Take healthy breaks but do as much as you can. Know that you can do more than you think. With a little hard work you can reach things you never thought."

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First Texas Fil-Am Volleyball Friendship Fest

There's nothing like summer in the suburbs. On July 3rd, four teams: Couples for Christ, Dabarkads, Lakes of Savannah and Village Green Kapamilya, congregated at the Reflection Bay Recreation Center for the First Texas Fil-Am Volleyball Friendship Fest. It featured seven grueling hours of non-stop fun and competition in hundred-degree heat. Every match was a test of the teams' camaraderie and bravery. After an opening prayer led by Joe Dinopol of Couples for Christ, each team played six matches in round robin format. The action in the sand was exciting, but after all the bleeding and fighting had come to a close, Village Green Kapamilya emerged victorious, Dabarkads came in second, Couples for Christ in third and Lakes of Savannah in fourth.

Outside the lines, kids and senior citizens of Couples for Christ and Dabarkads were hard at work selling sago drink, lemonade, cupcakes, chips and cookies.

The organizers would like to thank the many sponsors that made this event possible: TJ's Restaurant, Pinoy Atbp, JR Limo, Adi and Maggie Joya, Jun and Venna Napata. Likewise, the organizers appreciate the following persons who volunteered to officiate the

games: Celio Dumadag, Phyllis Meredith, Lorraine Cero, Ericka Barcelona, Jojo Edillor and Romy Demen.

Congratulations to all who participated. The tournament was a resounding success, and the plan is fan this spark into a flame. There's plenty of support for making this an annual event, and some are asking to play again in the fall.





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Dead spots in the lawn? Look for chinch bugs

Chinch bugs often appear in Texas lawns during hot, dry conditions. Usually damage starts in sunny locations or near driveway and sidewalk areas. Damage appears as irregular dead patches in the lawn surrounded by yellowing or dying grass. Chinch bug damage can be mistaken for other lawn problems like white grubs or fungal diseases, so confirmation of chinch bug activity is needed before choosing proper treatment.

So how do you tell if you have chinch bugs? The easiest way is to look for the insects. One way to look is to cut both ends out of a can, push it into the ground using a twisting motion and then fill the can with water for about 10 minutes and wait for any bugs to float to the top. Another way would be to get down on your hands and knees and part the grass to look for the insects. For both methods, samples should be taken in the damaged (yellowed grass), not dead, grass areas.

Chinch bugs are small (about 1/5 of an inch as adults; immatures are smaller). Adults are black with white wings containing triangular markings. Nymphs, or immatures, are yellowish or pinkish with a light colored band across their body. Nymphs do not have fully developed wings.

Treatment is usually a liquid or granular formulation. Liquid

formulations are often bottles that attach to the end of the garden hose or concentrates that you mix with water in a tank sprayer. Granular formulations are applied with push spreaders and need to be watered in after treatment.

Treatment should be applied to the area where damage is occurring and several feet out from the damaged area; the entire yard does not have to be treated. All label instructions should be read and followed before and during the treatment.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600.

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Yes, You Can Drown Out of the Water!

By Emily Newman

WebMD Health News; Reviewed by Hansa D. Bhargava, MD; WebMD News Archive

Summer is a time for water fun, but also for a higher risk of drowning.

Many people don't realize that people can drown even after they're out of the water. It's a rare phenomenon known as "dry drowning" or "secondary drowning."

To learn more, WebMD spoke with James Orlowski, MD, from Florida Hospital Tampa, whose research on drowning has earned global recognition.

Here's what you need to know about dry drowning and secondary drowning:

Swimming Pool and Beach Safety

What is dry drowning? What is secondary drowning?

While "dry drowning" and "secondary drowning" are not official terms, dry drowning happens when someone breathes in small amounts of water during a struggle, Orlowski says. That triggers the muscles in their airway to spasm and makes breathing difficult.

In secondary drowning, fluid builds up in the lungs, called pulmonary edema, after a near-drowning incident. The fluid causes trouble breathing.

A person who had a drowning close call can be out of the water and walking around normally before signs of dry drowning become apparent. But all dry drowning results in breathing trouble and brain injury, just as drowning in the water does. If untreated, it can be fatal.

Is dry drowning rare?

Dry drowning and secondary drowning are not common. Both probably amount to only 1%-2% of drownings, Orlowski says.

What are the signs of dry or secondary drowning?

A person who has inhaled water can have:

- Trouble breathing, chest pain, or cough
- Sudden changes in behavior
- Extreme fatigue

These signs are not easy to spot, particularly in young children who may normally be fussy or tired after a long day in the sun and water. If your child struggles or has problems while in the water, look for these signs, which can appear hours later.

What should you do if you think someone is at risk?

If you notice any of the signs above, go to the emergency room immediately. Time is an important factor in treating dry drowning.



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BLUE JAYS ARE NOT BLUE?

By Cheryl Conley, TWRC Wildlife Center

Blue Jays are easy to recognize because of their crest and their beautiful blue, black and white markings. They are also one of our larger birds, some reaching a foot long. Although beautiful, some consider them a nuisance because they can be aggressive. Aggressiveness towards humans can occur when a Blue Jay is protecting its nest. They've also been known to dive-bomb cats and dogs. They can imitate the sounds of the Red-shouldered Hawk and often do this to keep predators away from the nest. Because they are such good parents and very protective, TWRC Wildlife Center rarely receives any eyes-closed nestlings at the Center.

Did you know that Blue Jays aren't really blue? The color we see is the result of the inner structure of the feathers. There are two types of color in birds—pigmented and structural. The cardinal looks red because the feathers really are red. This is pigmented. Blue and green are unique colors in the animal kingdom and are considered structural colors. To explain as simply as possible, the blue in the Blue Jay is caused by microscopic structures in the feather that refract light like a prism. When the light passes through a dark layer of melanin, some wavelengths are filtered out, and the bird looks blue. Feathers look blue for the same reason the sky looks blue.

In late summer you may see a bald Blue Jay. Don't automatically assume that it is sick or has been attacked by another animal. Blue Jays, as well as Cardinals, go through a complete molt of their head feathers but they do grow back.

During the spring, TWRC Wildlife Center admits hundreds of Blue Jays, both adults and babies. They are admitted to our on-site care program and require daily care. If you'd like to learn how to feed and care for Blue Jays, volunteer and become a part of our Baby Bird Program. It's fun, it's rewarding and you'll be helping our wildlife. For more information go to:

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TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco



How to execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Jill Schmidt, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position: When Jill is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Back Swing: Once Jill realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has

loaded her weight on her right foot and will be ready to step forward to meet the ball

Step 3: The Point of Contact: Jill now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 4: The Extension of the Point of Contact: Jill is now directing the ball toward the opponent's court. Her eyes have now shifted toward her target and her body weight is now fully in front of her left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 5: The Follow Through: Once Jill has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her right elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent's returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return



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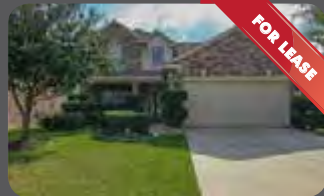
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3. Connect with friends
4. Tool Up
5. Avoid last minute drilling
6. Ease into the routine



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