

THE *Current* Shadow Creek Ranch

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Make Sure Your Halloween Has More Treats Than Tricks

Halloween is supposed to be a night filled with fun and candy, but sadly the American Automobile Association (AAA) says October 31st is the second deadliest day of the year for pedestrians. Toni Odumosu, M.D., who practices at the Memorial Hermann Convenient Care Center, says parents and kids should follow these safety tips to make their Halloween a safe and enjoyable night.

"I also caution parents against allowing sugar overload. Kids want to eat their entire collection of candy in one day, but they will regret it later. Ration the candy to avoid stomach aches. Some dentists also offer "trade-in" programs where kids can swap the sugary treats for toys. I know it may be a hard sell for parents, but remind kids who make the swap that they can celebrate Halloween year-round with their new toy" encourages Dr. Odumosu.

1. **Walk safely.** Make sure children travel in groups, utilize sidewalks when available, and look both ways when crossing the street. Parents should accompany trick-or-treaters under the age of 12. Those children allowed to walk without an adult should stick to areas where they are familiar with their surroundings.
2. **Keep costumes creative and safe.** Ill-fitting costumes or masks that make it difficult to see can be a recipe for an injury. Make sure costumes aren't too long and opt for face paint rather than masks, if possible. If the mask is a must, make sure your child can see in all directions when it is worn.
3. **Consider your accessories.** Children should not carry sharp objects or anything that could be mistaken for a weapon.
4. **Stay well lit.** Whether you trick-or-treat before the sun goes down, or carry flashlights, it is important that cars and other groups can see you. Consider putting reflective tape on dark-colored costumes.
5. **Check the candy.** Children are eager to tear into their loot, but parents should sort through the candy at the end of the night. Throw away anything that is not in its original wrapper. Children under the age of four should not consume hard or sticky candy, so that should be taken out as well.



SHADOW CREEK RANCH

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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Fire.....	911
Ambulance	911
Sheriff – Non-Emergency	281-331-9000
Pearland Police Department	281-997-4100

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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

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Electricity - Reliant Energy.....	713-207-7777
Gas - Center Point	713-659-2111
Trash Removal - City of Pearland	281-652-1600

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

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

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How to Talk to Your Children about Hurricane Harvey

In his role as executive director at Shield Bearer, Roy Wooten is frequently asked by parents or teachers how to help children when they or their community experiences a disaster.

“Every child reacts differently to a disaster and younger children handle the situation differently than older children. A child's personality and values also influence their reaction. Parents and teachers may notice children displaying a greater amount of energy following a disaster. Releasing energy is their body's natural response when safety is threatened. This can manifest as increased irritability, fidgeting, or the inability to focus on tasks at hand. There are some things parents and teachers can do though when disaster strikes,” states Wooten. Wooten specifically recommends the following:

Model calmness. Children will look to parents and other adults to cue their interpretation and reaction to the disaster. When children see the adults around them remaining calm, they will be more easily reassured of their own safety.

Help them talk. Parents frequently have difficulty discussing tragedy with their children. As with other times of loss or suffering, they do not know exactly what to say. Being available to listen to what children want to say will likely be more helpful than putting together a lecture. Encourage children to express how they feel when they are ready to discuss it.

Honestly answer questions. When children do not know the answers, they will ask questions. Parents who patiently attempt to answer tough questions will see their children move through the pain of the tragic event. If you don't know the answers, tell them so. Reassuring them of their present safety will help them learn to overcome fears that they might be struggling with.

Limit access to disaster news. Monitoring your children's access to news reports of the disaster will help reduce the possibility of nightmares. When a child watches news programs about a disaster, parents should be present to discuss the contents of reports.

Keep them busy. One of the most important things that a parent can do to help their children work through a disaster is to maintain the routine and structure of their children's lives. Keep appointments. Carry on with chores and responsibilities. Meet obligations.

Help them help. Every person touched by a disaster is motivated to help in some way. The negative emotions of fear, sorrow and anger can be channeled into acts of kindness. Having a child gather items for disaster victims, write a thank-you note to the first responders or draw a picture for someone intimately involved will help them feel they are making a difference. These actions can help them regain a sense of control over their situation.

Wooten adds, “Remember that each child is an individual. What helps one child might not help another. If there are significant changes in behavior, mood, or sleeping patterns, it is important to

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NOT AVAILABLE
ONLINE

SHADOW CREEK RANCH

(Continued from Page 2)

make a visit to a physician or professional counselor to assess what professional help might be needed. And above all else, let them know they are loved."

Roy Wooten has served as the executive director of Shield Bearer, 501c3 nonprofit organization with offices in West Houston, Tomball, Cy-Fair, Conroe, and Cypress Station, for over eleven years. Shield Bearer offers sliding scale, professional counseling services and programs for individuals of all ages, couples, and families. For a free, confidential phone assessment, call (281) 894-7222.

To learn how you can fight for the hearts of trauma survivors, including those affected by crime, abuse, war, human trafficking, natural disasters like Hurricane Harvey, and more, visit shieldbearer.org, call (281) 894-7222, or email volunteer@shieldbearer.org.

PRAYING FOR TEXAS

HARVEY EFFECTS IN REAL ESTATE

By Tracy Montgomery, Realtor

Prepare for the shift into a seller's market! Inventory will be low and demand for homes that did not flood will be higher than ever.

Rentals, Rentals, Rentals, if you are considering putting your home on the market as a rental, NOW is the time to do it. People all over the city are looking for dry houses they can call home for the next few months and up to a year.

Price gouging in a time of catastrophe; just don't do it. While the supply and demand concept is a real thing, these homes still need to appraise once they are under contract. Don't jeopardize your risk of appraising by overpricing your home!

If your home is currently on the market consider becoming an investor. If your situation allows for it, consider renting out your current home after purchasing your new one.

When purchasing a home after a catastrophe don't be completely driven away by insurance claims, more and more houses will have that disclosed and it will be a commonly seen aspect of many homes to come.

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Breast Cancer Awareness Month

October is breast cancer awareness month, and physicians affiliated with Memorial Hermann Cypress Hospital say it's a great reminder for women to schedule their annual mammography.

"I chose to go into medicine after a close family member passed away from breast cancer at a young age. That's why I encourage all my patients to have an annual mammography beginning at age 40," says Iyabode M. Ogunlade, M.D., an OB-GYN affiliated with Memorial Hermann Cypress.

Symptoms of breast cancer include any lump, thickening, or swelling in the breast or armpit, pain in the breast, or change in size or shape of the nipple. However, the American Cancer Society says many women don't experience any symptoms.

"The key to successfully treating breast cancer is detecting the cancer early. That's why having your annual mammography is so important," says Dr. Ogunlade. "There are also several types of mammograms, including 3-D mammograms, so make sure you speak with a physician about the different screening methods to determine which is right for you."

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Memorial Hermann's breast care centers with interpretation and consultation provided by expert radiologists from MD Anderson. This innovative partnership ensures the high quality, safe imaging and expert reading that are critical for precise diagnosis, effective treatment and follow-up for breast cancer patients. MD Anderson Breast Care with Memorial Hermann- Cypress offers 3-D mammography (breast tomosynthesis), breast MRI, breast MRI biopsies, breast ultrasound, stereotactic breast biopsies, and ultrasound biopsies. All of these advanced technologies are conveniently offered close to home for Cypress area residents, and appointments can be scheduled by calling 346.231.6950.



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FLOODWATER MOSQUITOES

If you've been outside lately, you have most likely noticed the giant mosquitoes that seem to want to pick people up and carry them off. With recent weather conditions, floodwater mosquitoes have emerged in large numbers.

Floodwater mosquitoes lay their eggs above the water line in ponds, ditches, pastures, or other places where water collects. The eggs can remain in dry areas and when these areas are flooded the eggs hatch, leading to swarms of hungry mosquitoes. These mosquitoes are larger than mosquitoes we are used to and can swarm in high numbers.

While floodwater mosquitoes won't last forever, other mosquitoes called container breeding mosquitoes emerge when floodwaters begin to recede. Many of these species are ones that we are used to seeing around our homes.

Many things can help to reduce mosquito problems around the home. Eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with mosquito fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, Picaridin, IR3535, or oil of lemon eucalyptus can be effective to keep mosquitoes from biting when activities cannot be rescheduled.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Harvey

By Cheryl Conley, TWRC Wildlife Center



Just as Hurricane Harvey displaced thousands of people. Harvey also displaced thousands of wild animals. Compassionate residents have brought birds, snakes, squirrels and even an alligator to TWRC Wildlife Center for care.

Although there is no way of knowing the actual number of animals affected, the numbers are, no doubt, very high. It is human nature to want to help these animals but in some cases, it is better to leave them alone.

- **DEER** – Many deer were forced to move to higher ground. People are seeing deer in their yards, in the streets and other areas with dry land. It is for your own safety that you do not try to catch these animals. Make sure that gates are open so they have a way to exit your yard. Sadly, there's nothing else you can do.
- **ALLIGATORS AND SNAKES** – It seems silly that we would have to warn people to stay away from them but sometimes curiosity gets the best of people. Keep your distance. If you need help identifying a snake to find out if it's venomous, call us and we can help. We can also refer you to a professional who can assist with the removal of snakes. For help with alligators, we recommend you call your Game Warden. To find the Game Warden for your area, go to the Texas Parks and Wildlife website.

It is baby squirrel season right now and in the case of these animals, your intervention may be needed. If you find a baby, you will first need to try to reunite the baby with its mother. You can do this by placing the baby in a small container near the area where you found it. Make sure the container is safe from dogs and cats. Watch to see if mom comes to get her little one. If, after a couple of hours, the mom has not returned, you will need to intervene. The most important thing is to keep the baby warm. You can accomplish by placing the baby in a box along with a soft cloth and place the box on a heating pad set to low. Do NOT attempt to give the baby food or water. Bring the baby to TWRC Wildlife Center as soon as possible.

Chances are very low that you will encounter any other wildlife babies at this time of the year. You may encounter injured adult raccoons, opossums and birds, however. We advise that you do not try to rescue these animals. Their intention is not to hurt you but they may bite or scratch because they are afraid.

If you have questions about wildlife, we are available from 10am to 2pm to help you. Before attempting to rescue an animal and before bringing it in to us, we suggest you give us a call first. After hours, our website can provide you with many answers.

Thank you for your support during this difficult time.

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PUMPKIN SNICKERDOODLES



INGREDIENTS:

3 3/4 cups flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
2 sticks unsalted butter, room temperature
1 cup sugar
1/2 cup dark brown sugar
1 cup pumpkin puree
1 large egg
2 teaspoons vanilla extract

FOR THE COATING:

1/2 cup sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
Dash of allspice

DIRECTIONS:

- In a medium bowl, combine flour, baking powder, salt, cinnamon, and nutmeg. Whisk together to blend. In a large bowl, beat together butter and sugars on medium speed until well combined. Next, still on medium speed, beat in pumpkin.

Then, add the egg and vanilla extract. Lastly, add in the dry ingredients. Beat until combined, but do not over mix. Cover the dough, and refrigerate for one hour, until firm.

- Preheat oven to 350 degrees.
- Line baking sheets with parchment paper. In a small bowl, mix together the sugar and spices for the sugar coating. Scoop dough (approximately 2 1/2 tablespoons) and roll into a ball. Roll the dough ball in the sugar mixture, and place on the lined baking sheet, leaving about 2 inches between each cookie. Take a drinking glass with a flat bottom and moisten with water. Dip the glass in the sugar mixture, and use it to flatten the dough balls. Re-sugar the glass as needed.
- Bake the cookies for 10-12 minutes. Remove when the centers of the cookies have set. Let cool on the baking pan for approximately 5 minutes, and then transfer to wire to cool completely.

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