

# Cookies 4 Heroes



On July 5th Girl Scout Troop #142128 shared twenty boxes of Girl Scout cookies with the Pearland Police Department through Cookies-4-Heroes. Cookies-4-Heroes is part of the 2018 Cookie Sales Program and allows those who are purchasing Girl Scout cookies from a local troop to donate part (or all) of their purchase to the first responders of Hurricane Harvey – firefighters, paramedics and police officers.

Thank you to the community for supporting Girl Scouts!

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## **IMPORTANT NUMBERS**

EMERGENCY NUMBERS	
EMERGENCY	911
Fire	911
Ambulance	
Sheriff – Non-Emergency	
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	
Alvin ISD Administration	281-338-1130
Alvin ISD Transportation	281-331-0960
UTILITIES	
Electricity - Reliant Energy	713-207-7777
Gas - Center Point	
Trash Removal - City of Pearland	281-652-1600
CITY	
Pearland City Hall	281-652-1600
Pearland Utility Billing - Water Dept	
Pearland Animal Control	
Pearland Police Dept - Non-Emergency	281-652-1100
Pearland Public Works	281-652-1900
OTHER NUMBERS	
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Poison Control	800-764-7661
Brazoria County Health Department	979-864-1484
Animal Control	
Cable/Internet/PhoneCOMCAST	713-341-1000
NEWSLETTER	
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## **BACK TO SCHOOL TIPS**

from the American Academy of Pediatrics



The following health and safety tips are from the American Academy of Pediatrics (AAP). Feel free to excerpt these tips or use them in their entirety in any print or broadcast story, with acknowledgment of source.

#### MAKING THE FIRST DAY EASIER

- Parents should remember that they need not wait until the first day of class to ask for help. Schools are open to address any concerns a parent or child might have, including the specific needs of a child, over the summer. The best time to get help might be one to two weeks before school opens.
- Many children become nervous about new situations, including changing to a new school, classroom or teacher. This may occur at any age. If your child seems nervous, it can be helpful to rehearse entry into the new situation. Take them to visit the new school or classroom before the first day of school. Remind them that there are probably a lot of students who are uneasy about the first day of school. Teachers know that students are nervous and will make an extra effort to make sure everyone feels as comfortable as possible. If your child seems nervous, ask them what they are worried about and help them problem solve ways to master the new situation.
- Point out the positive aspects of starting school to create positive anticipation about the first day of class. They will see old friends and meet new ones. Talk with them about positive experiences they may have had in the past at school or with other groups of children.
- Find another child in the neighborhood with whom your child can walk to school or ride on the bus.
- If it is a new school for your child, attend any available
  orientations and take an opportunity to tour the school before
  the first day. Bring the child to school a few days prior to class
  to play on the playground and get comfortable in the new
  environment.
- If you feel it is needed, drive your child (or walk with her) to school and pick her up on the first day, and get there early on the first day to cut down on unnecessary stress.
- Make sure to touch base with your child's new teacher at the beginning or end of the day so the teacher knows how much you want to be supportive of your child's school experience.
- Consider starting your child on their school sleep/wake schedule a week or so ahead of time so that time change is not a factor on their first couple of days at school.

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## **HEAD LICE**

from Texas A&M Agrilife Extension

Head lice can become a problem brought home from summer camp or during the school year. These insects are small, tan to gray, and wingless. Eggs, also called nits, are glued to the hair shaft near the scalp. Nits are dark in color until they have hatched and turn white. It takes 7-11 days for eggs to hatch. Females lay 3-5 eggs each day and live from 7-10 days.

Head lice reside on the hairy part of the head. If they drop off, they only live for about 2 days. They are incapable of surviving on pets and are not known to transmit any diseases from person to person.

Several states, including Texas, now have what are being called "super lice". Essentially these lice are resistant to pesticides commonly found in over the counter lice treatments. If you are using an over the counter treatment for lice and they are not dying, then you need to see a physician. Doctors are able to prescribe other treatments that can kill the lice.

#### TO MANAGE LICE:

1. Use an effective treatment. Head louse shampoos contain insecticides so they must be used properly and with care. Wash the infested person's hair in a sink or basin so insecticide does

- not come into contact with other parts of the body. The person shampooing should wear rubber gloves. Do NOT use off label products such as flea & tick shampoo, other insecticides, or gasoline. Only treat the infested person(s), but check everyone in the household.
- 2. Hair combing is an extremely important step in controlling head lice. Shampoos may not kill all eggs, so thorough combing can help remove eggs from the hair shaft. Wet hair and use a special metal louse comb to comb through small sections of hair. Remove debris from the comb with a tissue and place it in a plastic bag that can be sealed and disposed of when you are finished combing through all hair. Hair should be combed daily until no more lice or nits are found.
- 3. Clothing and bedding of the infested person should be washed in hot, soapy water at the same time as the treatment. If items cannot be washed, try dry cleaning. For items that cannot be laundered, place them in a sealed plastic bag in the freezer for at least 24 hours.
- 4. It's important to contact anyone your child has had close

(Continued on Page 4)





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Please remember to pick up after your pets and "scoop the poop"

(Continued from Page 3)

contact with to let them know of the head louse infestation. This can help everyone manage the problem at the same time so there is less chance of reinfestation occurring.

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

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#### **Ingredients:**

118-oz can tomato juice

1 tablespoon parsley flakes

115-oz can tomato sauce

3 tablespoons wine vinegar

3/4 cup finely cut celery

2 tablespoons olive oil

3/4 cup finely chopped cucumber

1 teaspoon salt

1/2 cup finely chopped onion

1/4 teaspoon pepper

1/2 cup chopped avocado

1/2 teaspoon Worcestershire sauce

1/4 cup finely chopped green pepper

1/8 teaspoon garlic powder

5 or 6 drops Tabasco sauce

#### **Directions:**

Combine all ingredients and mix well. Cover and refrigerate overnight. Serve cold with toasted garlic rounds.



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## NATURE WATCH

### THE PERSEID PHENOMENON

by Jim and Lynne Weber

Every August, one of the best-known meter showers – the Perseid --makes its appearance! Comets shed debris as they travel, and that debris becomes most meteor showers. As comets orbit the sun, an icy, dusty stream of debris trails along the comet's orbit. If the Earth travels through this stream, we are treated to a meteor shower. Depending on where the Earth and the debris stream meet, meteors appear to fall from a particular place in the sky, sometimes within the neighborhood of a constellation.

As such, meteor showers are usually named by the constellation from which the meteors appear to fall, a spot in the sky that astronomers call the radiant. The Perseid meteor shower is so named because the meteors appear to fall from a point in the constellation Perseus. The source of the shower is the Comet Swift-Tuttle, while itself is nowhere near the Earth, its' wide tail intersects the Earth's orbit. As tiny, pea-sized bits of comet dust hit the Earth's atmosphere at approximately 132,000 mph, each makes a vivid streak of light when it disintegrates, and the shower is most intense when the Earth is in the dustiest part of the comet's tail.

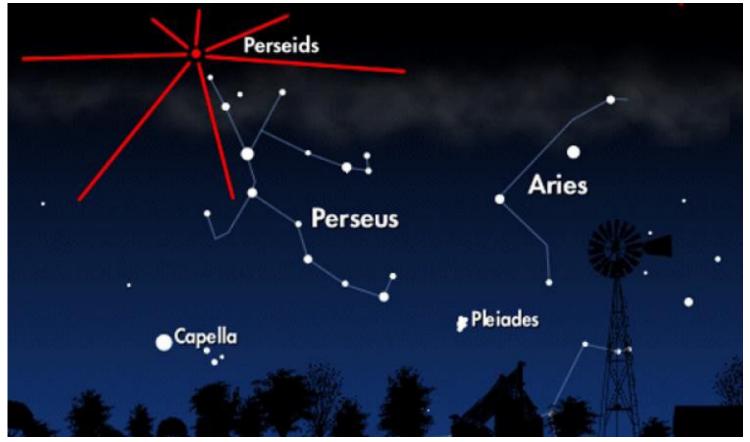
Peak activity for the Perseid meteor shower is expected around the night of August 12th, with a sharp increase in the hours after midnight. Assuming we have clear skies that night, escape the city's light pollution and find a dark, secluded spot where oncoming car headlights won't ruin your sensitive night vision. You'll know your eyes are properly adjusted and your site is dark enough if you can see each star of the Little Dipper constellation. Position yourself so the horizon appears at the edge of your

peripheral vision, with the sky and the stars filling your field of view. Meteors will instantly grab your attention as they streak by.

A very good shower will produce around one meteor per minute per given observer under a clear, dark sky. Any cloud cover, light pollution, or moonlight considerably reduces the count. The Perseids are among the strongest of the readily observed annual meteor showers, and have been observed by humans since at least 36 AD, reported by a Chinese skywatcher. Belgian astronomer Adolphe Quetelet first identified it as an annually recurring event in 1835. Maximum activity at the showers peak will normally yield a statistical average of 60 to 100 meteors per hour. In reality, however, what usually is seen is what some call the "clumping effect." Sometimes you'll see two or three meteors streak across the sky in quick succession, followed by a lull of several minutes before the sky suddenly puts on a display once again.

While the Perseid meteor shower is an annual astronomical event, this year gives us the opportunity for optimal conditions due to its occurrence near the new phase of the moon, which occurs on the night of August 11th. The thin crescent moon will set early in the evening of August 12th, leaving the dark skies required for a spectacular show!

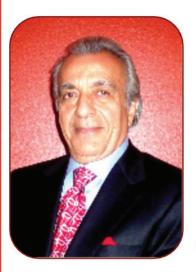
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