

West Pearland Toastmasters September 6th Open House

West Pearland Toastmasters Open House Thursday, September 6, 2018

Orchard Park at Southfork 3151 Southfork Parkway Manvel, TX 77578

Map: https://goo.gl/maps/hub14MSBfj12

Meet and Greet: 6:30 pm - 7:00 pm Program: 7:00 pm - 8:00 pm

Please join the members of West Pearland Toastmasters for an Open House on **Thursday, September 6th at Orchard Park at Southfork, 3151 Southfork Parkway, Manvel, TX 77578.** This event is FREE and open to the public. Please bring a friend, relative, or coworker who you believe will benefit from developing and practicing their communication and leadership skills in a safe, supportive environment. During the Open House program, our Vice President of Membership will discuss the many benefits of joining Toastmasters and the club experience.

We hope to see you there!

IMPORTANT NUMBERS

EMERGENCY 911 Fire 911 Ambulance 911 Sheriff – Non-Emergency 281-331-9000 Pearland Police Department 281-997-4100 SCHOOLS 281-245-3232 Mary Marek 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
Ambulance 911 Sheriff – Non-Emergency 281-331-9000 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 281-245-2235 Alvin ISD Administration 281-338-1130
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Gas - Center Point713-659-2111
Trash Removal - City of Pearland281-652-1600
CITY
Pearland City Hall281-652-1600
Pearland Utility Billing - Water Dept 281-652-1603
Pearland Animal Control281-652-1970
Pearland Police Dept - Non-Emergency 281-652-1100
Pearland Public Works281-652-1900
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Brazoria County Health Department 979-864-1484
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PATRIOT DAY AND NATIONAL DAY OF SERVICE AND REMEMBRANCE

September 11

In memory of the nearly 3,000 people who were killed in the September 11, 2001, terrorist attacks, each year in the United States we observe Patriot Day and National Day of Service and Remembrance.

HISTORY

On October 25, 2001, the U.S. House of Representatives Joint Resolution 71 was approved. Resolution 71 requested that the President designate September 11 of each year as "Patriot Day". President George W. Bush signed the resolution into law on December 18, 2001 (as Public Law 107-89).

On this day, it is asked by the President that the American flag is flown at half-staff at individual American homes, the White House and on all United States government buildings and establishments at home and abroad. The President has also asked Americans to observe a moment of silence beginning at 8:46 A.M.(Eastern Daylight Time), the time the first plane struck the North Tower of the World Trade Center on September 11, 2001. He also strongly encourages Americans to use the Corporation for National and Community Service to find and volunteer for service opportunities.

It was on September 10 of 2012 that President Obama issued a proclamation renaming the day as Patriot Day and National Day of Service and Remembrance, in reference to both Public Laws 107-89 and 111-13 (the Edward M. Kennedy Serve America Act).

"As we join in serving causes greater than ourselves and honoring those we lost, we are reminded of the ways that the victims of 9/11 live on — in the people they loved, the lives they touched, and the courageous acts they inspired. On Patriot Day and National Day of Service and Remembrance, we pledge to carry on their legacy of courage and compassion, and to move forward together as one people." ~Presidential Proclamation—Patriot Day and National Day of Service and Remembrance

http://www.whitehouse.gov/the-press-office/2011/09/09/presidential-proclamation-patriot-day-and-national-day-service-and-remem

National Hispanic Heritage Month 2018

www.hispanicheritagemonth.org

During National Hispanic Heritage Month (September 15 to October 15) we recognize the contributions made and the important presence of Hispanic and Latino Americans to the United States and celebrate their heritage and culture.

Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community.

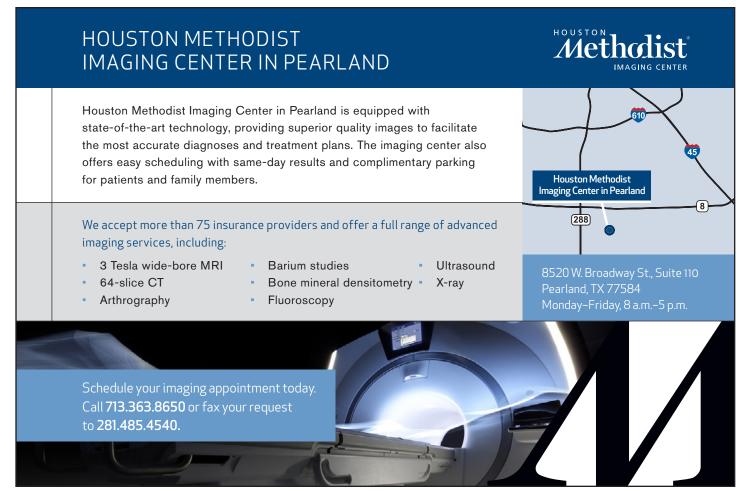
Hispanic Heritage Month, whose roots go back to 1968, begins each year on September 15, the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate their independence days during this period and Columbus Day (Día de la Raza) is October 12.

The term Hispanic or Latino, refers to Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race. On the 2010 Census form, people of Spanish, Hispanic and/ or Latino origin could identify themselves as Mexican, Mexican American, Chicano, Puerto Rican, Cuban, or "another Hispanic, Latino, or Spanish origin."

Today, 57.5 million people or 18% of the American population are of Hispanic or Latino origin. This represents a significant increase from 2000, which registered the Hispanic population at 35.3 million or 13% of the total U.S. population.

Share in this special annual tribute by learning and celebrating the generations of Hispanic and Latino Americans who have positively influenced and enriched our nation and society.





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Academic Calendar 2018-2019

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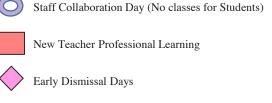
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August 2018

February 2019 Holiday/Breaks (No classes for Students/Teachers) 3 9 10 11 12 13 14 16 Professional Learning (No classes for Students) 19 21 23 Working on the Work Day (No classes for Students) 26 28





STAAR Testing:

Comp/Professional Learning (No classes for Students

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Dec 3-7 - High School
April 9-12 - Elem., Junior High, and High
School
May 6-10 - High School
May 13-17 - Elem and Junior High

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1st	Aug 16 - Oct 11
2nd	Oct 16 - Dec 20
3rd	Jan 7 - Mar 8
4th	Mar 18 - May 24
	School Hours

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High School - 7:20 a.m. - 2:50 p.m. Junior High - 8:40 a.m. - 4:05 p.m. Elementary - 8:00 a.m. - 3:25 p.m.

Graduation Dates: Alvin High School, Manvel High School, Shadow Creek High School - May 25 **ASSETS - May 24**

Alvin ISD 301 E. House St. Alvin, TX 77511-3568 281.388.1130 www.alvinisd.net Board Approved on 1/17/18

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June 2019

HEALTH HIGHLIGHTS: SEPTEMBER, HEALTHY AGING MONTH

No matter what your age, you can stay at your personal best with these expert tips.

By Matt McMillen

1. Get moving

Exercise regularly to maintain a healthy body and brain.

2. Stay social

Take a class, volunteer, play games, see old friends, and make new ones.

3. Bulk up

Eat beans and other high-fiber foods for digestive and heart health.

4. Add some spice

Add herbs and spices to your meals if medicationsdull your taste buds.

5. Stay balanced

Practice yoga or tai chi to improve agility and prevent falls.

6. Take a hike

Brisk daily walks this September can bolster both your heart and lungs.

7. Sleep well

Talk to a sleep specialist if you don't sleepsoundly through the night.

8. Beat the blues

If you've been down for a while, see a doctor. Depression can be treated.

9. Don't forget

To aid your memory, make lists, follow routines, slow down, and organize.

Expert Tips on Healthy Aging

Tips from Gary W. Small, MD, professor of psychiatryand biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA LongevityCenter

*Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.

*To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

Tips from Carla Perissinotto, MD, MHS, assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco

*Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.



Volunteer Opportunities

Pearland is a dynamic and growing community with many opportunities for residents to "get involved" in activities that enhance the community. Volunteer contributions are a value-added enhancement to City services and provide the volunteer with a unique perspective of City government and non-profit organizations. Volunteers have an opportunity to discover new interests, meet new people, and develop new skills. Assignments can be made available on a long and short term basis depending on the needs of the department and volunteer. Your volunteer services are greatly appreciated. Volunteer opportunities include:

Animal Services

The City of Pearland Animal Services & Adoption Center is seeking volunteers to walk dogs, help with cats and other animals, assist with off-site adoptions, help residents search for lost pets, take photos of animals in need of a home, clean Adoption Center facilities, and more. Visit https://www.pearlandtx.gov/departments/animal-services/animal-adoption-center-volunteer-registration-form to fill out a volunteer form.

Boards and Commissions

The City is looking for a few good... board members. Interested? The City of Pearland depends on specialized boards and commissions, staffed and operated by residents, to assist and advise the City Council and the Administration on the community issues affecting Pearland. For more information, please visit the Boards and Commissions webpage

Citizen's Police Academy

Have you ever wondered, "Why do officer's do that?" Would you like to gain working knowledge of the duties of a police officer? Consider registering for a Citizen's Police Academy class! Students will receive instruction on Thursday nights from 7 to 9:30 p.m. on the different aspects of policing. Course topics include the police hiring process, Penal Code and Transportation Code, Arrest Procedures and Crash Investigation. There is no cost to attend and graduates become part of the Pearland Citizen Police Academy Alumni Association (PCPAAA). The PCPAAA is a service organization dedicated to supporting the mission of the Pearland Police Department. For more information, please visit Citizen's Police Academy webpage.

Business of the Year by the Pearland Chamber of Commerce Member of Pearland & Alvin Manvel Chamber of Commerce S30 OFF FIRST CLEANING S10 off 2nd Cleaning S10 off 3rd Cleaning with Coupon Only, Expires 12/31/2018 Cleaning with Coupon Only, Expires 12/31/2018 Residential/Commercial Offices • Commercial Lawn Service • Complete Floor Care Commercial Windows • Extensive Training and Quality Control • Insured and Bonded

Pearland Volunteer Firefighter

You could be part of a brave team. The Pearland Fire Department (PFD) is always recruiting individuals who have a commitment to the community and can contribute the time to become a professional-class volunteer firefighter. Being a volunteer firefighter is a great way to give back to your community and become a leader in it. Visit https://www.pearlandtx.gov/departments/fire/employment for more information.

Parks and Recreation

Volunteers are invited to help with various stewardship activities in city parks, trails, and natural areas. Many activities are great for large groups, families, or youth groups with adult supervisors. One day, short-term or long-term service activities are also available. No prior experience is needed, only the desire to help. If you are interested in volunteering for Parks & Recreation programs such as youth, senior and athletic, or serving in a special event, please visit https://www.pearlandtx.gov/departments/parks-recreation/volunteers for current volunteer opportunities.

Keep Pearland Beautiful

Keep Pearland Beautiful is always looking for volunteers to serve in a number of volunteer capacities. Visit the Keep Pearland Beautiful Web site to sign up or email them at info@mykpb.org





Shadow Creek Ranch - September 2018 Copyright © 2018 Peel, Inc.

Tree Planting Guide

From CenterPoint Energy

When trees grow and extend into power lines, they can cause power outages and safety hazards for you and your neighbors. Prevent these problems by planting the "right tree in the right place," and you won't have to worry about trimming or removing your trees once they grow.

Benefits of Trees

Trees help Houstonians in many ways:

- Energy efficiency help homes and buildings keep cool by providing shade. They also reduce wind and temperature fluctuations in your home.
- Cleaner air reduce Houston's air pollution.
- Beauty enhance the appearance of our homes and communities.
- Privacy obstruct views of neighbors, traffic and more.
- Peace & quiet tree foliage serves as a noise buffer from city noise.
- Fun kids love to play, climb and swing on a tree.
- Wildlife provide a habitat for birds and other animals.
- Food produce a variety of fruits and nuts.

But not every tree is right for you and your yard. Follow the steps below to ensure you have a tree that meets your needs, fits your space and doesn't create problems with nearby power lines. - See more at: https://www.centerpointenergy.com/en-us/safety/pages/tree-planting-guide.as px?sa=ho&au=res#sthash.6yWTUtBN.dpuf

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Steps Before Planting

- 1 Determine Available Space
- 2 Identify nearby power lines and their type:
 - Distribution lines need 10 feet of clearance from vegetation.
 - Transmission lines mean no trees inside the Right-of-Way and no tall trees nearby.
 - · Service drops should never have trees planted beneath them.
- 3 Also look for nearby electrical equipment, like pad mount transformers or smart meters. Don't plant trees, shrubs, plants or other vegetation where it can damage equipment or interfere with CenterPoint Energy's ability to access it.
- 4 Choose a Tree
- 5 Knowing your space limitations, determine what tree species you want to plant.
- Distribution-line-friendly, low-growing trees.
- Transmission-corridor-friendly, low-growing vegetation.
- The Texas Forest Service Tree Planting Guide helps you find the right tree for your property.

6 Call Before You Dig

7 Homeowners must call 811 before digging to avoid hitting underground utility lines. - See more at: https://www.centerpointenergy.com/en-us/safety/pages/tree-planting-guide.as px?sa=ho&au=res#sthash.6yWTUtBN.dpuf



PEGAN PIE

INGREDIENTS

- ²⁄₃ cup sugar
- 2 tablespoons butter
- 2 tablespoons flour
- 2 eggs, slightly beaten
- 3/4 cup Karo syrup

DIRECTIONS

Mix first four ingredients together and put over a low flame until butter starts to melt. Add eggs. Mix.

- 1 teaspoon vanilla
- 3/4 cup chopped pecans

Mix and pour into an unbaked pie shell. Bake 10 minutes at 425 degrees. Reduce heat to 350 degrees and cook for about 50 more minutes.





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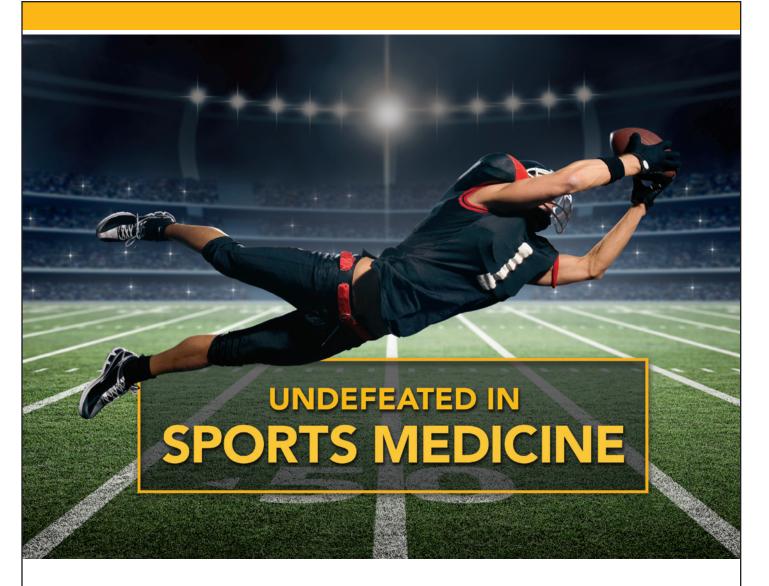


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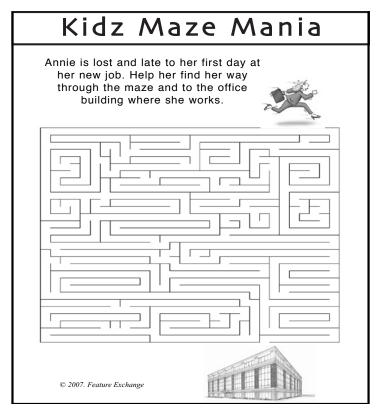


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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may

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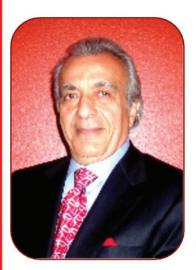
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And Start Packing

