

# THE *Current* Shadow Creek Ranch

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## 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.

### 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](mailto:info@mykpb.org)

## VOLUNTEER TODAY!



# IMPORTANT NUMBERS

## EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
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
Alvin ISD Transportation .....	281-331-0960

## UTILITIES

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

## NEWSLETTER

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# SHADOW CREEK RANCH



## REGISTER NOW Spring 2019

In Person Registration dates to be posted on the Alvin Little League website and FB page

### WHAT TO BRING:

All parents/guardians must bring participant's birth certificate and three documents providing residency or one document supporting local school enrollment.

### CONTACT INFORMATION:

Player Agent : Megan Ikerd  
playeragent@alvinlittleleague.org

### LEAGUE WEBSITE:

[www.alvinlittleleague.org](http://www.alvinlittleleague.org)

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EOI



## Tips for Packing a Healthy School Lunch

by Stephany Pando, *cooksmarts.com*, edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

### Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

### Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

### Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

*(Continued on Page 7)*

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# SHADOW CREEK RANCH

(Continued from Page 5)

## Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).
- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

## Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they

are completing a challenge!

- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!



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