

RIVER PARK WEST

Keeping You Informed, Educated & Connected

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Time to Spring Forward! 10 Facts You Didn't Know About Daylight Saving Time



Get ready for more sunlight during the evening! It's time to set your clocks forward one hour for daylight saving time, which officially starts at 2 a.m. Sunday, March 10.

Setting your clocks ahead, sadly, means we'll lose an hour of sleep. But, more daylight in the afternoon means more time for fun activities with friends and family.

To celebrate the day, we've gathered 10 facts about daylight saving time you probably didn't know.

1. Benjamin Franklin did not invent daylight saving time. He mentioned changing clocks in a satirical essay in 1794 which is why the concept is often mis-attributed to Franklin.

2. Englishman William Willett led the first campaign to move clocks forward 80 minutes for "summer time."

3. The first known use of DST was July 1, 1908, when the residents of Port Arthur, Ontario, switched their clocks ahead one hour, but the idea didn't catch on until Germany introduced DST in 1916. (The U.S. didn't get on board until Congress passed the Standard Time Act of 1918, which included the then-contentious daylight saving time.)

4. In the U.S., DST was repealed in 1919 and not reestablished until World War II. In 1966, the Uniform Time Act finally standardized daylight saving time in the U.S.

5. A Stanford University study showed that fatal accidents increased on the Monday following the switch to daylight saving time.

6. Hawaii and parts of Arizona do observe DST.

7. DST starts at 2 a.m. because that was when the fewest trains were running, so there wouldn't be as much disruption.

8. Many countries begin DST on different days, which causes confusion for international business communications.

9. After the time change, productivity decreases as more people spend time "cyberloafing"—surfing the web and checking social media sites.

10. In 2008, Energy Department experts studied the impact of the extended Daylight Saving Time on energy consumption in the U.S. and found that the extra four weeks of Daylight Saving Time saved about 0.5 percent in total electricity per day.

Sam Coley, Parade

Need to Reserve the Clubhouse?

- To make a reservation, please login at RiverParkWest.NabrNetwork.com
- Click on Log In.
- New to the website? Click on "Need to Register?"
- Once signed in, go to the "For Residents" Tab – Reservations – Make a Reservation.
- Review the calendar to find a date that works for you.
- To reserve a time slot, click on the time you want for your event (include set up time) and drag down the cursor to when your event will end (include clean up time). Maximum reserve time is 8 hours. Complete the on-line reason for reservation box to hold your event date and time. You are required to read the Clubhouse Rules & Rental Contract. The rental rules and contract must be completed and submitted to the clubhouse office to receive approval along with payment of \$50.00 for the rental fee and a payment of \$275.00 security deposit which is refundable. Make sure you have your pool access card. This card will be your key for the clubhouse. Your HOA account must be paid current for your reservation to be approved. RiverPark West Community events that require the usage of the clubhouse will take precedence over any individual reservations. These events are on the Reservation Calendar and the Community Events Calendar.

RESIDENT CORNER

MANAGEMENT COMPANY

Inframark281-870-0585
.....customer@inframark.com

ONSITE & EVENTS COORDINATOR

Dee Norman

Email: rpwcoordinator@gmail.com

Tues – Thurs 10am to 5pm

After hours 281-870-0585

COMMUNITY WEBSITE

riverparkwest.nabrnetwork.com

www.facebook.com/RiverParkWest

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Trash Collection & Heavy Pick-Up days are Tues & Fridays (Recycling on Fridays) - Residents can contact WCA directly for payment and trash container request by phone 281-368-8397 or by email contact@wcamerica.com

BOARD INFORMATION

Tiffany Chen - President

Larry Wilson - Vice President

Lola Wilkerson - Secretary/Treasurer



Board Meetings are held the 4th Monday of every other month with open to the public for all homeowners at 7pm. Confirmed meeting dates are notified 72 hours in advance on the official community website and sent via email to registered emails. Please be sure to register your email to stay informed.

Street parking complaints can be reported directly to Fort-bend County Sheriff Dept. 281-341-4665 press #4 for Dispatch or from the web site. Click on 'Report a Traffic Complaint' and fill in the blanks then submit at www.fortbendcountytexas.gov

CenterPoint Energy maintains street lights throughout the community. Please use the form online to report a street light outage. If you need to report a power outage please call 713-207-2222

To report street repairs in the community, please submit a maintenance request form online or contact the Fort bend County Road & Bridge division at 281-342-4513

To report street & drainage concerns, questions about your water bill & usage, contact City of Richmond 281-342-5456



Community Events & Activities



*Details for upcoming events will be posted on Townsquare, Nextdoor and our *NEW* community Facebook page (www.Facebook.com/RiverParkWest)

Community Garage Sale- 4/6

Spring cleaning time is here! Our bi-annual garage sale is a great way to recoup some cash while cleaning out those closets and garages. Maps will be provided to buyers at the clubhouse office, so if you're interested in participating please send your address in as soon as possible to rpwcoordinator@gmail.com

Spring Fest- 4/13

Bring the whole family out for a fun filled day in the community! Live entertainment, many activities, two delicious food trucks featuring half off menu items, an artisan milkshake dessert truck (full price) and so much more. Bring your blankets, coolers and/or canvas chairs and enjoy some fun in the sun with your neighbors!

Saturday Movie Day

Bring the kids to the Clubhouse for a Saturday afternoon movie and snacks! Please RSVP to reserve seating via Townsquare or email, rpwcoordinator@gmail.com.

Senior Socials

Are you a senior looking to connect and make new friends within the community? Please join us for Senior Socials on the third Wednesday of the month, 9:15a-11:30a in the Clubhouse. Games, puzzles and activities will be provided. If you are a scrapbook enthusiast, please bring your supplies!

Play Dates

Children 0-5 are invited (along with their parent/caregiver) for a mid-day meetup in the RiverPark West Clubhouse.

Join us for games, puzzles, coloring and more! Check Townsquare/Nextdoor Event calendars for upcoming dates.

Book Club

Calling all literary enthusiasts! RPW Book Club is always looking for new members to join in the literary fun, meetings are held on the 4th Thursday each month. Please email rpwcoordinator@gmail.com or stop by the Clubhouse office during business hours to sign up.

RIVERPARK WEST COMMUNITY WIDE

**SPRING
GARAGE SALE**

Lots of great, affordable items!
Everything must go!
YOU DON'T WANT TO MISS THESE
SALES!

APRIL 6TH - 8 AM TO 1 PM

**STOP BY RECREATION CENTER
FOR LIST OF PARTICIPATING
HOMES!**

2150 WILLIAMS WAY BLVD
RICHMOND TX 77469
FOR MORE INFO
346.333.5279

RIVERPARK WEST PRESENTS

**1st Annual
Spring Fest**

Food Trucks • Live Band • Face Painting
and so much more!

APRIL 13 • 12 PM - 4 PM
**RIVERPARK WEST
COMMUNITY CENTER**

Join us for a nice Spring day out in the
neighborhood. There will be plenty of
entertainment for the entire family! Pack your
coolers, folding chairs, blankets and appetite.
Delicious food trucks offering 1/2 off the
menu. Don't be tardy for the party!

Spring Vegetable Fettucine Alfredo Recipe

Total: 30 min Active: 30 min Yield: 4 servings Level: Easy



Ingredients:

Kosher salt
One 9-ounce package fresh fettuccine
Extra-virgin olive oil, for tossing
2 cups shiitake mushrooms (about 4 ounces), stems removed and discarded
1 bunch thin asparagus, about 1 pound

1 stick (8 tablespoons) unsalted butter
1/2 cup frozen peas
Freshly ground black pepper
2 cups heavy cream
1 1/2 cups freshly grated ParmigianoReggiano cheese
1 tablespoon chopped chives
Finely grated zest of 1/2 lemon

Directions:

1) Bring a large pot of generously salted water to a boil. Add the pasta and cook according to package directions until al dente, tender but slightly firm. Reserve 1/2 cup of the pasta water, then strain the pasta and toss with a splash of oil in the colander.

2) Meanwhile, slice the mushroom caps into 1/4-inch-thick strips. Snap the woody ends off the asparagus and cut into 2-inch lengths. Heat a large skillet over medium heat, and add 2 tablespoons of the butter. When the butter melts, raise the heat to medium-high and add the mushrooms in 1 layer. Cook, without moving, until the undersides have browned, 1 to 2 minutes, then stir and cook until golden about 2 minutes more. Add the asparagus, another tablespoon of butter, and 1/2 teaspoon salt and continue to cook, stirring occasionally until the asparagus is tender and the mushrooms are browned, 2 to 4 minutes. Transfer the vegetables to the colander with the pasta.

3) Reduce the heat to medium and add the remaining 5 tablespoons butter. When the butter has mostly melted, whisk in the cream and bring to a simmer, then add the peas and cook for 2 minutes. Turn off the heat. Whisk the Parmigiano-Reggiano into the sauce. Add the vegetables, cooked pasta, chives and lemon zest and toss well. Season with salt and pepper. The pasta will thicken as it cools. To thin it, add reserved pasta water 1 tablespoon at a time and toss to reach the desired consistency. Serve hot in heated bowls.

Cook's Note

Heavy whipping contains stabilizers to help it whip up and stay at the desired consistency. It will thicken your Alfredo sauce more than regular heavy cream will. You may adjust the consistency of your sauce by adding up to 1/2 cup reserved pasta cooking water.

Recipe courtesy of Food Network Kitchen

Smart Financial Centre Upcoming Events

MARCH 1- MARIAH CAREY

MARCH 9- GEORGE LOPEZ

MARCH 10- PJ MASKS: LIVE!

MARCH 12- EDDIE B

MARCH 15/17- TYLER PERRY'S MADEA'S FAREWELL

MARCH 23- CAMILA & SIN BANDERA

MARCH 28- ROBERTO CARLOS

MARCH 29- WHY DON'T WE

MARCH 30- THE BEACH BOYS

MARCH 31- IMPRACTICAL JOKERS

APRIL 11- DOUBLE DARE LIVE!

APRIL 12- ARIJIT SINGH

APRIL 13- GLADYS KNIGHT

APRIL 17 & 20- THE MILLENNIUM TOUR

APRIL 26- CELTIC WOMAN

APRIL 27- NICKY JAM

APRIL 30- AL GREEN

FOR ADDITIONAL INFO VISIT

WWW.SMARTFINANCIALCENTRE.NET

Become a RiverPark West Volunteer!

Do you want to see & participate in more community activities?

Community Associations thrive on volunteers and there are many volunteer opportunities available. The dedication and skills of volunteers are an invaluable commodity. Find out how you can help and make yourself at home! If you would like to participate, please email rpwcoordinator@gmail.com.

YARD OF THE MONTH

Help keep our community beautiful and participate in Yard of the Month which will resume in February. This is your chance to hold the title of one of the best yards in RiverPark West. Each yard will be judged in the following categories: Shrubs, Trees, Flowerbeds, Lawn Accents and Overall Appearance. Monthly winners will receive a gift card to a home improvement store as well as the honor of displaying the YOTM sign.

SOCCER CLUB

This club is an organization whose purpose is to develop individual and team soccer excellence in order to compete at the highest level each individual and team is capable of for those children under the age of 8. If interested email Coach Wendell, geeman32@gmail.com or join the Facebook page <https://www.facebook.com/groups/2040440646278121/>.

What's That Smell?

By Cheryl Conley, TWRC Wildlife Center



My all-time favorite cartoon character is Pepé LePew (pronounced pā-pā luh pū). For those of you who don't know who I'm talking about, Pepé is a French skunk that is in constant pursuit of love but because he doesn't smell very good, he often comes up short in the love department. If the ladies could just get past his smell, they might find he's not such a bad guy.

It is true that skunks are the primary carriers of rabies in Texas and it is true that there's nothing worse than trying to get the odor out when your dog gets sprayed, but skunks do serve a purpose. They are highly beneficial to farmers, landowners and gardeners because they are natural pest control agents. They feed on grasshoppers, grubs, beetles, crickets, mice, rats and moles, and since they are nocturnal, they feed mostly at night.

Skunks are nocturnal, solitary, mild-mannered creatures. As is the case with most wild animals, they just want to be left alone. Skunks spray other animals or humans when they feel threatened and only as a last resort. They will give some warning signals, however, before spraying. It will lower its head, arch its back, and lift its tail, except for the tip, which hangs limp. If the enemy doesn't get the message, the skunk stomps its front feet and then lifts the tip of the tail and is ready to spray. However, if surprised or threatened, the skunk will spray without warning. Their spray can reach up to 10 feet and in addition to the smell, the spray is intensely irritating and can cause temporary blindness. And don't think you can't get sprayed unless the rear end is facing you. Skunks can shoot to the right, left, front and back without turning around. If you happen to come across a skunk, the best advice is to stand completely still. Once the animal realizes you are no threat, it will go about its business and you can quietly move away.

Just like raccoons, squirrels and opossums, you may find that skunks have taken up residence in your garage, in crawl spaces, under houses, porches or decks. If you find one between April and September, chances are very high that you have found a mother with babies. So what are your options? The best one is to do nothing at all and wait until fall. By then, the babies will have left and Mom has moved on. After September, find the access point and block it. If you'd rather not wait until fall, here

are some options to encourage her to move out. Skunks like to give birth in dark, quiet places so let's make the area light and noisy! Place a bright light and a radio tuned to talk radio near her entrance point. You can also soak some rags in ammonia or apple cider vinegar, put them in a plastic bag that you have poked holes in and hang the bag near the entrance. Now, be patient. It'll take a few days for her to move out with her babies but she will move.

Please remember that we, as humans, cause far more problems for our wild neighbors than they cause us. We urge you to learn to live in harmony with wildlife and use humane solutions when conflict arises. TWRC Wildlife Center is here to help you solve your wildlife issues. Give us a call or check our website: 713-468-TWRC or www.twrcwildlifecenter.org. Be sure to follow us on Facebook, too!

Oh, and by the way, should your dog get sprayed by a skunk, here's an option for you:

1. Combine 1/2 quart hydrogen peroxide, 1/8 cup of baking soda, and 1 teaspoon liquid dishwashing soap in an open container.
2. Run some warm water in your tub and put the dog in it.
3. Apply the solution liberally throughout your dog's coat and suds him up well (to the skin). Avoid getting any solution in his eyes.
4. Rinse your dog well, drain the tub, and rinse well again.
5. Follow up with a pH-balanced shampoo and conditioner for dogs. Rinse well to remove all residue.

FYI – Tomato juice DOES NOT work!



Riverpark West

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The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.





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