

Riverpark

ON THE BRAZOS

RIVERPARKSUGARLAND.COM

April 2012

Official Newsletter of the Riverpark on the Brazos POA

Volume 2, Issue 4

2012 Annual Membership Meeting & Election!

The annual meeting of the membership is scheduled for April 12, 2012. It is vital that you take action to ensure we can achieve quorum. Please watch your mail for the official notice with location and time.

The notice will provide you with multiple options to vote or count towards quorum. You can email, fax and mail your vote and now you can vote on-line! It's so simple and quick to complete so please make the effort to be counted. The mailing you receive will have instructions.

If you have any questions or would like to be placed on the ballot, please contact C.I.A. Services at 713-981-9000 or customercare@ciaservices.com.

April Events!

Don't miss out!



APRIL 7 - EASTER EGGSTRAVAGANZA!

10 a.m. to 12 p.m. - Come join in the fun at the Recreation Center! Let your children try their luck at the egg hunt and have fun in the Moonwalk. Event sponsored by the Sugar Creek Baptist Church.

APRIL 13 - RECREATION CENTER OPEN HOUSE:

6 p.m. to 9 p.m. - Come see the newly remodeled Clubhouse! Did you know the clubhouse is available to rent for private parties? Call C.I.A. Services for details and book your next event today!

APRIL 14 - RIVERPARK FUN RUN:

8 a.m. to 11 a.m. - Organized 5k Fun Run/Walk thru RiverPark's trail system. To join, contact C.I.A. Services at customercare@ciaservices.com or 713-981-9000

Sugar Land E-Policing

WHAT IS E-POLICING?

E-Policing is the Sugar Land Police Departments way of bringing community policing to the Internet. The E-Policing program enables Crime Prevention Officers to e-mail alerts, crime trends and other important information to you. It's easy, SIGN UP NOW by visiting <http://www.sugarlandtx.gov/police/epolicing>

HOW DOES IT WORK?

When you sign up for E-policing you will receive emails from your Crime Prevention Officer, who is your liaison with SLPD.

Each Crime Prevention Officer is responsible for a portion of the City known as a Beat and will address local issues to help keep you safe and informed.

We hope that you reciprocate by working with us in providing important crime information. We appreciate your input.

GET INVOLVED

SLPD depends on you, the residents of Sugar Land, to help fight crime in your neighborhood. Partner with us to make our communities safer places to live, to work and to play.

RIVERPARK ON THE BRAZOS

YOUR RIVERPARK ON THE BRAZOS TEAM

MANAGEMENT

C.I.A. Services, Inc.
713-981-9000
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NEWSLETTER INFO

PUBLISHER

Peel, Inc. 1-888-687-6444
Article Submission riverparkonbrazos@peelinc.com
Advertising..... advertising@peelinc.com

ARTICLE SUBMISSIONS

Interested in submitting an article? You can do so by emailing riverparkonbrazos@peelinc.com. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for the Riverpark on the Brazos newsletter. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

ADVERTISING INFO

Please support the advertisers that make the Riverpark on the Brazos newsletter possible. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 8th of the month prior to the issue.

DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of the
Riverpark on the Brazos newsletter
on the 1st day of each month at www.PEELinc.com.

Newsletter Notes

In an attempt to let RiverPark Residents know what organizations and activities are in the community, residents are encouraged to place a notice in the newsletter. Anyone who has a book club, girls club, etc. Please submit the name of the group, brief description, and contact number and we will list these in the newsletter. All submissions will be cleared by the HOA Board.

Do You Have Reason to Celebrate?

We want to hear from you! Email secretary@riverparkonbrazos@peelinc.com to let the community know!

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PEEL, INC.
community newsletters



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Locally you can contact Vicki Odom at vickiAyusa@yahoo.com or call 832-455-7881 for more information as well.



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Tips for a Diet that promotes Healthy Teeth

Of course we all know that a healthy diet is good for our bodies, but did you know that what you eat affects your teeth as well?

Here is a list of simple ways you can improve your oral health by paying close attention to your diet.

Brushing and flossing are vital to keeping your teeth healthy, but what you eat and drink in between your daily cleaning rituals also plays an important role in your oral health.

Plaque – an invisible, sticky layer of bacteria – regularly coats your teeth. When the starches and sugars present in many foods come into contact with this bacteria, acid is produced.

This acid breaks down

the enamel that protects the outside of your teeth, and over time can cause tooth decay. If you choose your foods wisely, you can decrease the amount of acid that attacks your teeth. Here are some diet tips for keeping your teeth healthy:

Limit foods and drinks that are high in sugar, like cookies, candies and sodas – remember even unsweetened fruit juices are high in sugar.

Read packaging labels to find out how much sugar is included, and make educated choices in the products you purchase.

Limit dried fruits, which are sticky and cling to the teeth – instead, eat fresh fruit, especially apples, which serve as natural tooth cleaners.

Avoid snacks between

meals – but if you must snack, replace sugary treats with crackers, cheese, yogurt, nuts, and celery or carrot sticks, which produce less acid.

If you do drink sugary liquids (soda, sports drinks, juices), **avoid sipping slowly** over a long period of time as this extends the period that acid attacks your teeth.

If you're a regular coffee or tea drinker, **reduce or eliminate added sugar**. If your children snack at school, be sure they have **access to healthy snacks** (veggies, fresh fruits, cheese) instead of packaged foods that are high in sugar.

If you occasionally treat yourself to a sugary snack, **brush your teeth afterwards** to reduce the acid effect – if

you aren't near a toothbrush, **rinse with water or chew a piece of sugarless gum** to stimulate saliva, which helps clean your teeth.

Your diet also affects your overall health, which helps determine how well your body can fight off infection. If you aren't getting certain nutrients, the tissues in your mouth may not be as resistant, leaving you more prone to periodontal (gum) disease.

If you have any questions about your diet and its effect on your oral health, let us know. We'll be happy to guide you toward healthier eating habits.

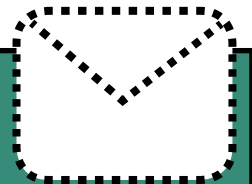
Submitted by Dr. Flury

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View answers online at www.peelinc.com

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