

Riverpark

ON THE BRAZOS

RIVERPARKSUGARLAND.COM

May 2012

Official Newsletter of the Riverpark on the Brazos POA

Volume 2, Issue 5

Recycling Program

One of my constituents questioned how much of the recyclables actually get recycled. Others have also asked, so I decided it would be a good idea to take a "field trip" to Republic's Recycling Center to find out for myself.

Actually, it was a very educational and impressive experience. To make it easy to recycle, residents can place all recyclables into one cart, no separating required. All materials go to Republic's facility in Houston where they are separated, bundled and sent to various other entities that recycle each item (glass, plastic, cardboard, etc.). It is quite an amazing process to see, using a combination of machinery and people who actually hand sort many of the items! Ninety to 100 percent of the materials received are recycled right here in the U.S., with some occasionally sent overseas. Green waste is made into mulch and sold.

When we started our new program in December we had a 10% diversion rate. In the first four months of our new program, that has jumped to more than 30 percent of our waste diverted from landfills, a dramatic 200 percent increase in residents' recycling over our old program. It is amazing how much our residents are doing to help keep us "green"... Good job folks!!!

Respectfully,

Bridget Yeung, City Council Member, District 2



RIVERPARK ON THE BRAZOS

YOUR RIVERPARK ON THE BRAZOS TEAM

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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.

Looking for Volunteers!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 jennifer4cci@aol.com



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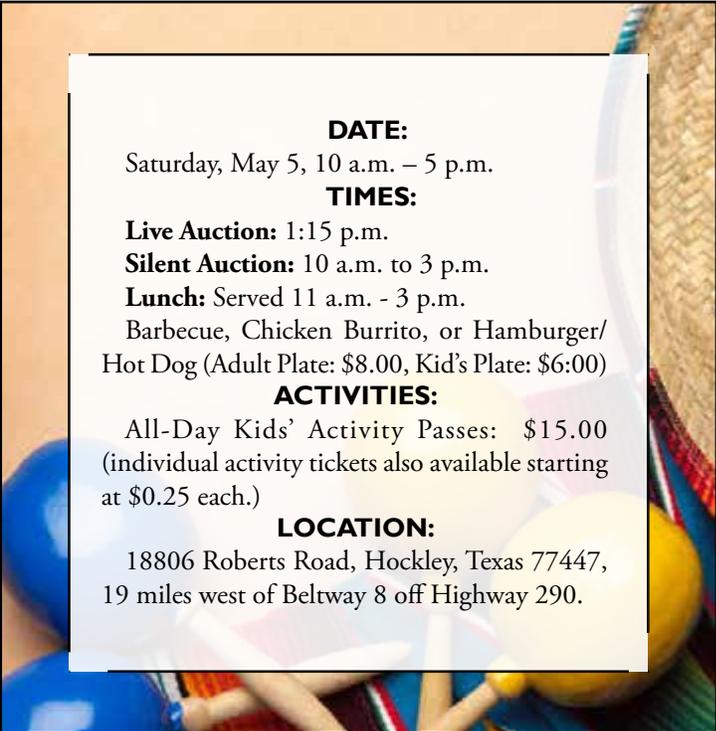
Celebrate Cinco de Mayo at Spring Festival

On Saturday, May 5th, Boys and Girls Country of Houston will host their annual Spring Festival on their campus in Hockley, Texas. Located 35 miles northwest of downtown Houston, Spring Festival is a great way for families to spend the day.

Spring Festival promises to be a huge celebration for community and family with a lively Cinco de Mayo theme. Admission and parking are free, and children's all-day event passes are only \$15 each. Booths will include a number of inflatable rides like King of the Mountain, Shark Slide, and Water Balls; a Slime Machine booth where you can slime your favorite person, and crafting booths for the little ones. There will be three stages with a variety of live entertainment, including Spanish musicians, Gospel singers, and solo artists.

"All of the proceeds of Spring Festival go directly to helping us provide a Home for our children," said George O'Neal, Director of Spring Festival and Community Relations. "This is going to be our largest and most exciting Spring Festival ever with many new additions that add fun and excitement."

For 41 years, Boys and Girls Country has provided a Home for children from families in crisis. They raise 88 children at their main campus and provide support to 55 young adults in their College and Career program. Boys and Girls Country is not a United Way member agency and does not rely on federal or state funding.



DATE:
Saturday, May 5, 10 a.m. – 5 p.m.

TIMES:
Live Auction: 1:15 p.m.
Silent Auction: 10 a.m. to 3 p.m.
Lunch: Served 11 a.m. - 3 p.m.
Barbecue, Chicken Burrito, or Hamburger/
Hot Dog (Adult Plate: \$8.00, Kid's Plate: \$6:00)

ACTIVITIES:
All-Day Kids' Activity Passes: \$15.00
(individual activity tickets also available starting at \$0.25 each.)

LOCATION:
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19 miles west of Beltway 8 off Highway 290.

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A FOCUS ON PHYSICAL ACTIVITY *Pathway to Improved Health*

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

Any physical activity is better than no physical activity

• Includes people with disabilities

• Far outweighs the possibility of risk of injury or illness

Most health benefits occur with at least 150 minutes a week

• Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

• You increase the intensity of your physical activity

• You increase the frequency of your physical activity

• You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hllfitness.aspx>.



DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Did you know that drowning is still the #1 cause of accidental death for children under 5 and the #2 cause for children ages 1-14?

Join us as we celebrate May as National Water Safety month. Please keep your family safe around water and have the **Best May Ever!**

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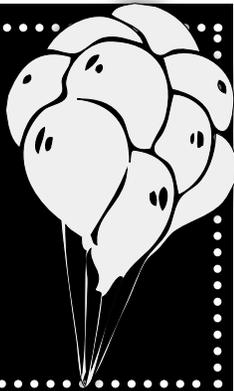
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