

# Riverpark

ON THE BRAZOS

RIVERPARKSUGARLAND.COM

JuLY 2012

Official Newsletter of the Riverpark on the Brazos POA

Volume 2, Issue 7

## Tech-Etiquette: Is there an App for Civility?

*Submitted by Darcy Folsom*

In today's age of apps and gadgets, it's likely that you or someone you know has benefitted handily from the ubiquitous smartphone in today's digitally-dependent society. If the question were posed to our current generation, "What item would you never want to be without?" it is fair to say that most individuals living in 21st century America would answer: "My phone!" Without our phones, it is certain that many of us would be lost. We would be unable to text, tweet, phone, email, face time, and even friend or like another individual. Would we really? Is American society becoming so dependent upon these technological devices that we are challenged to even recognize our our humanity within? How many young men and women know the value of the age-old adage "Never leave home without a smile?" Is who we were created to be, in such competition with what we hold in our hand, that we have forgotten the simple value of kindness - shared in a smile, of gratification - by greeting another with a genuine handshake? Is it technology that propels our lives, or are we doing our best to prepare our lives to propel the technology that supports them?

Regardless of how many apps and buttons and gadgets, and even insurance, we carry on our smartphones, could it be that we have something even better when it comes to insuring our ability to connect with the people we like? Or to be-Friend those to whom we're attracted, or bring restitution to those un-Friended? Today's digitally-dependent generation has a challenge before them that

none before have known. That is, being able to successfully pair technology with common courtesy. Remembering what our grandmothers taught us about the civilities of life (carried in our hip pockets) may apply more today, than any app could ever provide. But pairing the art of civility with the current age of technology requires practice. The 21st century can only get better as those old-fashioned manners make their way from our pockets to the person next to us. After all, the words we speak are far more significant than the technology that transmits them. Why not polish a few points of etiquette this summer and complement your savvy skills on your smartphone? By doing so, you and your smartphone may just move from merely getting the message delivered, to doing so with principles that shape our character and improve our attitudes about both our electronic devices, and the lives of those who use them.

**TIP #1** - When you take a call in the presence of another person, you are communicating, "You are secondary; the caller is more important than you are." If you are expecting a call, let your companion know in advance, and excuse yourself before taking the call, limiting the call to under one minute. Never use a cell phone on a date, unless there is an emergency.

**TIP #2** - If you find it necessary to use your smartphone while driving, make it a habit to get into your car, buckle up, and prepare your hand's free device to activate the call BEFORE starting your engine.

**TIP #3** - Allow your personality, not your PDA to impress others. Avoid using novelty

ringtones, and choose the vibrate option as much as possible.

**TIP #4** - Remove your earpiece when not on the phone. Always keep your phone in a pocket or a purse, rather than laying it on the table next to you.

**TIP# 5** - When in a public place, refrain from using your ear buds to listen to your favorite playlist. Instead, be prepared to greet those who are near you, looking oncoming passersby in the eye, with a smile and "Hello!" This is not only courteous, but it is also a way to remain sure about your surroundings.

As you travel to the lake or the seaside with friends, consider the value that a few manners may add to the dynamics of your summer relationships. Ask the question - is there something more fundamental than a fancy app, or gadget insurance to satisfy our lack? What have we already been given as a way to connect with the people we like, and those we want to be-Friend? Rather than search your smartphone for the latest apps, ask your companion's permission to practice with them, as you begin to apply these principles of Tech-Etiquette. These courtesies will both benefit the words we speak and the actions we offer, as we engage those around us with the very acts of courtesy we desire for others to share with us. Practicing the art of civility alongside the technology that propels our lives, I believe we will see our digitally-dependent generation become the one to re-engage our culture with civility and the accomplished principles of common courtesy.

# RIVERPARK ON THE BRAZOS

## YOUR RIVERPARK ON THE BRAZOS TEAM

### MANAGEMENT

C.I.A. Services, Inc. .... 713-981-9000  
..... [customercare@ciaservices.com](mailto:customercare@ciaservices.com)

### BOARD OF DIRECTORS

President..... Rodney Vannerson  
Vice President..... Dominic Cashiola  
Secretary .....Sheldon Kohan  
Treasurer..... Keith Stephens  
Director ..... Greg Johnson

### NEWSLETTER INFO

#### PUBLISHER

Peel, Inc. .... 1-888-687-6444  
Article Submission ..... [riverparkonbrazos@peelinc.com](mailto:riverparkonbrazos@peelinc.com)  
Advertising..... [advertising@peelinc.com](mailto:advertising@peelinc.com)

### ARTICLE SUBMISSIONS

Interested in submitting an article? You can do so by emailing [riverparkonbrazos@peelinc.com](mailto: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](mailto: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](http://www.PEELinc.com).

SEND US  
YOUR  
*Event  
Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [Riverparkonbrazos@peelinc.com](mailto:Riverparkonbrazos@peelinc.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



At no time will any source be allowed to use Riverpark on the Brazos contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in Riverpark on the Brazos is exclusively for the private use of the Riverpark on the Brazos HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



## Learn real estate the right way ... right now!

Get live instruction from real professionals in a classroom setting. Classes are forming now, so visit [TexasRealtorsUniversity.com](http://TexasRealtorsUniversity.com) or call 800-873-9153 to enroll in your area and get the first night of class free!

 **TEXAS REALTORS® UNIVERSITY**  
TEXAS ASSOCIATION OF REALTORS®

# RIVERPARK ON THE BRAZOS

## ADOPTION COALITION OF TEXAS

Ricardo age 6  
Leticia age 5  
Lillyanna age 4  
Sylinda age 2

Lillyanna, Ricardo, Leticia and Sylinda are adorable, loving children full of giggles and energy! The children are all healthy and developmentally on target. This sibling group needs an adoptive family ready to shower each of them with love. The family must also love hot cheetos! For more information, please contact Stephanie Berka at the Adoption Coalition of Texas by email [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org) or by phone: 512-450-8750.



## Growing Family?

Celebrate with a new car! Buying or selling, nobody does it like Texas Direct Auto. Fast. Easy. Fun. We Pay More. We Pay Today.

**Yes! It's True.  
Sell Us Your Car!**



 **TEXASDIRECTAUTO.COM**

## A Focus on Heat Emergencies HEALTHY TIPS TO STAY COOL IN EXTREMELY HOT WEATHER

By: *Concentra Urgent Care*

Heat emergencies fall into three categories of increasing severity: **Heat Cramps, Heat Exhaustion & Heatstroke.**

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

### SIGNS & SYMPTOMS

#### — Heat Cramps —

- Sweating
- Pain in arms, legs, and abdomen

#### — Heat Exhaustion —

- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

#### — Heat Stroke —

- No sweating
- Dry, hot, red skin
- Confusion and loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

### CAUSES:

The following are common causes of heat emergencies:

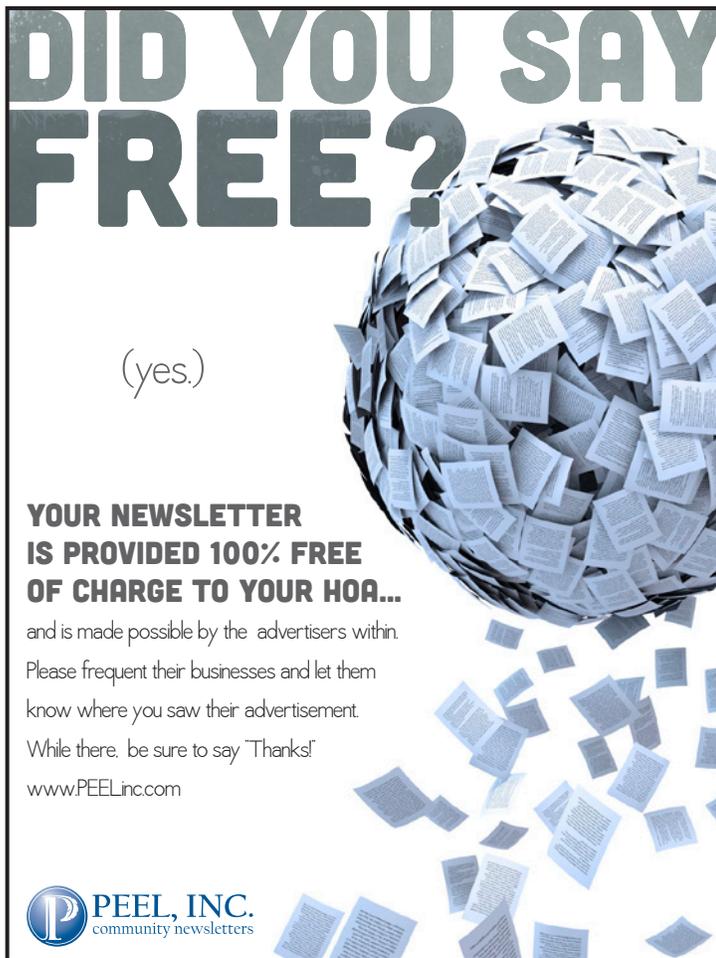
- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

### What to do in heat emergencies..

#### FIRST AID

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses

*(Continued on Page 6)*



**DID YOU SAY FREE?**

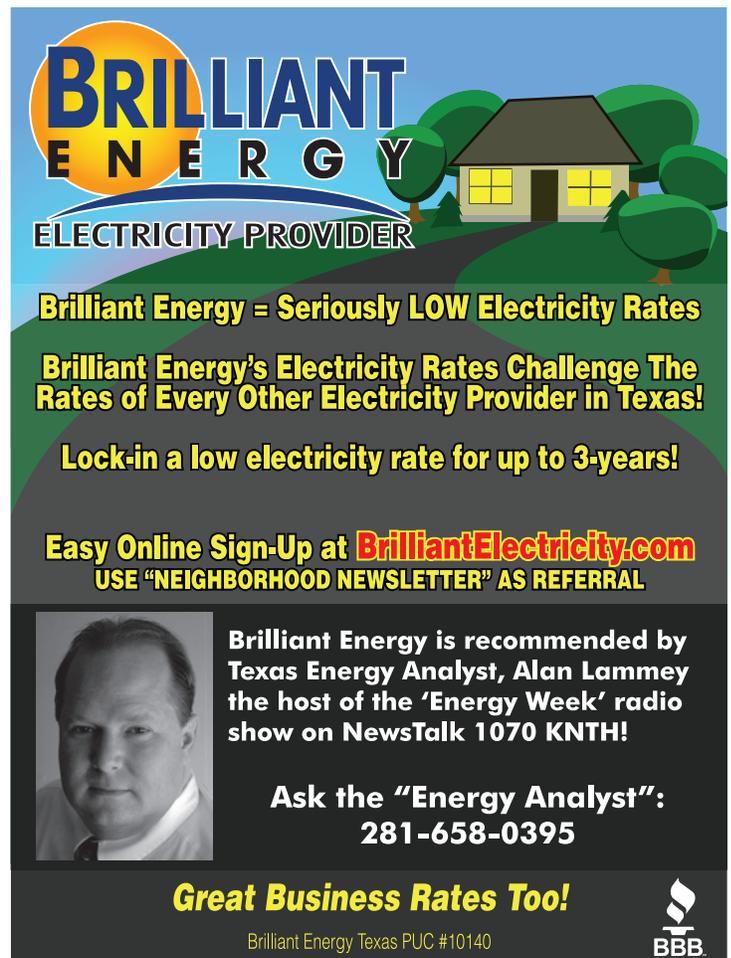
(yes.)

**YOUR NEWSLETTER IS PROVIDED 100% FREE OF CHARGE TO YOUR HOA...**

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

[www.PEELinc.com](http://www.PEELinc.com)

**PEEL, INC.**  
community newsletters



**BRILLIANT ENERGY**  
ELECTRICITY PROVIDER

**Brilliant Energy = Seriously LOW Electricity Rates**

**Brilliant Energy's Electricity Rates Challenge The Rates of Every Other Electricity Provider in Texas!**

**Lock-in a low electricity rate for up to 3-years!**

**Easy Online Sign-Up at [BrilliantElectricity.com](http://BrilliantElectricity.com)**  
USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL



**Brilliant Energy is recommended by Texas Energy Analyst, Alan Lammey the host of the 'Energy Week' radio show on NewsTalk 1070 KNTH!**

**Ask the "Energy Analyst":**  
**281-658-0395**

**Great Business Rates Too!**

Brilliant Energy Texas PUC #10140



# RIVERPARK ON THE BRAZOS

## A Focus on Heat Emergencies- (Continued from Page 5)

on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

### DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
- DO NOT give the person salt tablets.
- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- DO NOT use alcohol rubs on the person's skin.
- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

### PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

*For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: [www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)*

### References

*Auerbach PS. Wilderness Medicine. 4th ed. St. Louis, Mo: Mosby; 2001:240-316. | DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic | Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.*

Did you forget the name of that...



Visit here to find **YOUR** local businesses:  
[www.peelinc.com/businessDirectory](http://www.peelinc.com/businessDirectory)



# DROWNING IS PREVENTABLE



COLIN'S HOPE

WATER SAFETY TIPS AT  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)



## Take the Colin's Hope Water Guardian Pledge

- I WILL** constantly watch children around water.
- I WILL NOT** become distracted.
- I WILL** maintain a valid CPR certification.
- I WILL** be on duty until relieved by an adult.

## LAYERS OF PROTECTION



**CONSTANT VISUAL SUPERVISION**



**LEARN TO SWIM**



**WEAR LIFE JACKETS**



**MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS**



**KEEP BACKYARDS & BATHROOMS SAFE**



**LEARN CPR**



**CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN**



**VISIT US ONLINE**



**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

RPB

TARGET YOUR  
CUSTOMERS



**PEEL, INC.**  
community newsletters

[www.peelinc.com](http://www.peelinc.com)  
**512.263.9181**