

Memorial Hermann Life Flight Team Stops By Duke Elementary To Teach Students Bicycle Safety

Members of the Memorial Hermann Life Flight team stopped by Duke Elementary during the first week of school. The goal: to simply put smiles on the faces of students, and educate them on the importance of bicycle safety.

"It's important that we reach out to students at an early age to assist them with making smart decisions, in regards to riding and traveling on bikes," said Joshua E. Watson, Memorial Hermann Flight Paramedic.

During the visit students not only learned about bicycle safety, but they also had an opportunity to learn more about Dr. James "Red" Duke, and Life Flight.

In the most simplistic form, students learned that Dr. Duke saved lives, and Life Flight helps people get to the hospital fast.

They also had a chance to view a fun informational video and ask numerous questions. The younger students could be heard excitedly asking questions such as: "Why don't we just load the ambulance into the helicopter?" While the older students asked questions such as "How long has Life Flight been around?" Some even asked why Dr. Red Duke had to go away, which representatives quickly responded to by simply talking about the positive impact that Dr. Duke made in this world, and how students should work hard to make a difference in the world too.

"Our goal is to simply educate, inspire, and encourage students to make good choices. Our hope is that they will have learned a lot, gained an appreciation for the work that we do in Life Flight, and ultimately go into a career that makes them happy when they are adults. Going into a career that makes them happy will lead to them making a positive difference in this world," added Watson.

Watson and other members of the Memorial Hermann team committed to staying at the campus long enough to speak to every K-5 student.

All students grades K-5, with a signed waiver, will receive a complimentary helmet provided by Hermann Memorial, in the very



Duke Elementary students Marco Santiano and Amaya Clark pictured with members of the Memorial Hermann Life Flight team.

near future. Parents will also receive a folder filled with informational pieces and tips to share with their children at home, and to educate themselves on the importance of bicycle safety.

"Our students really had a great time. We are appreciative of Memorial Hermann's commitment to not only our local communities, but also Duke Elementary," said Fulvia Shaw, principal Duke Elementary.

"It was our pleasure to be in attendance. This is just one small way that we can give back to our local communities and keep our kids safe," said Sarah Beth Abbott, Injury Prevention and Outreach Education Coordinator.

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Manvel High School	281-245-2235
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Kidsrstrong2 Awards Scholarships To Pediatric Cancer Survivors



In an effort to support children battling life-threatening illnesses, and promote post-secondary education, KidsRStrong2 (KRS2) recently awarded three young people with scholarships.

Maddison Stafford of Manvel High School, Emrene Sadek of Clear Horizons High School, and Ederson Delice of Dekaney High School all were inaugural recipients of the Mikayla's Scholars Scholarship, which is named in honor of Mikayla Quindoy.

Mikayla was a 7-year old who battled a rare form of brain cancer, DIPG, and passed away after less than a year of being diagnosed. She had big dreams for herself, and loved learning, which is why the organization found it fitting to name the scholarship in her honor.

The three recipients of the Mikayla's Scholars Scholarship are currently enrolled at University of Houston, Texas A&M University at Galveston, and Lone Star College. Madison and Emrene are both survivors of cancer, while Ederson is currently enduring a battle with the disease.

"I have never had more purpose in my life than I have now after my experience with cancer. I was determined to not let it bring me down, and now with amazing organizations like KidsRStrong2, I can make my goals a reality," said Sadek. "Post-secondary education is extremely important to me. I believe that all children should have the opportunity to go to their college of choice, to assist them with developing into outstanding citizens and leaders. My love for kids, especially those battling a life-threatening disease, coupled with my passion for higher education, made it a no brainer for KRS2 to support young adults in this manner," said President and Founder of KidsRStrong2, Tomika Gamble. "We are thankful for the opportunity to help our local children reach their goals, and look forward to supporting even more students."

To support the efforts of KidsRStrong2, as they support those in need, visit www.krs2.org.

Cutline: Pictured from left to right are Manvel High School graduate Maddison Stafford, KRS2 President, Tomika Gamble and Clear Horizons High School graduate, Emrene Sadek, at Grazia Italian Kitchen in Pearland, at the KRS2 Scholarship Banquet. Ederson Delice was unable to attend, as he is currently battling cancer.

KidsRStrong2 is a local 501(c)(3) public charity that supports children with life-threatening illnesses in the areas of special programs, scholarships and research.



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Manvel High School Ap Students Get Recognized For Their Hard Work



Manvel HS proudly recognizes students who made the highest score possible on at least one Advanced Placement exam in 2015-16.

Manvel High Schools boasted 29 students who earned the perfect 5 score on one or more AP exams.

Administrators and faculty from the school presented yard signs to students proclaiming their accomplishment.

"We are so proud of our

AP Community - teachers and students both. AP teachers work extremely hard to teach grit and persistence through difficult material and provide students with the tools they need to be successful. Our AP students are not afraid of a challenge or hard work and we are so proud of all of their hard work. Scoring a 5 is the best it gets and these students demonstrated that are extremely well qualified." Tina McCorkle, Associate Principal, Manvel High School, said.

Designed to offer more depth and challenge than traditional classes, AP courses help prepare high school students for the college classroom.

At the end of each AP course, students may also take an AP exam for an opportunity to earn college credit. The highest score of 5 indicates a student is "extremely well-qualified" in that course.

Caption: Bruno Onwukwe gets presented his yard sign for making a 5 on his AP exam.

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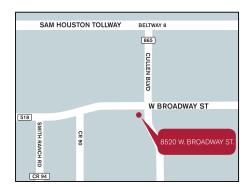


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Did you ask, "What is Glossophobia"? Well, it is speech anxiety. It is the fear of public speaking. If you have intense anxiety at the simple thought of having to speak to a group, or you suffer nausea, or feelings of panic when asked to speak to groups of people, you may have Glossophobia. Surveys show that most people fear public speaking more than they fear death. Well Fear No More!! Westpearland Toastmasters will be your Glossophobia Busters! We can help you conquer those fears.

Member Sondra Tennessee ACB, ALB says: "I thought about joining Toastmasters for years, but never did. Finally, I decided that I truly wanted to improve my speaking and leadership skills and joined. My goals are to become a more effective communicator and manager... Toastmasters provides a friendly, fun and supportive environment where I can receive constructive feedback, immediately. Everybody is there to improve. My philosophy is, "it is never too late..." If you have thought about making a change or doing something different - do it!"

So, Who You Gonna Call? West Pearland Toastmasters! We are committed to helping you overcome your fear of public speaking and become a Confident Communicator and a Competent Leader! Don't be scared! Come, be a part of the Toastmaster's experience.

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Note: Last Thursday of every month-Meetings are at LaMadeleine in Pearland Town Center.

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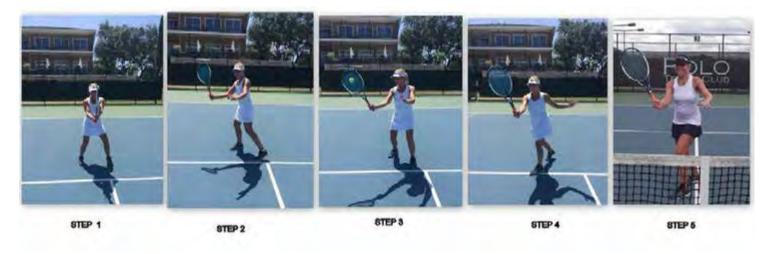
For more info, visit www.WestPearlandToastmasters.com, call 713 436-9006 or email KimWalkerTeam@gmail.com Like us on Facebook!





TENNIS TIPS

By USPTA/PTR Master Professional Polo Tennis and Athletic Club, Austin, TX



How to execute The Forehand High Volley Approach Shot

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead "smash", the forehand service return and the backhand service return.

In this issue, I will offer you instructions on how to execute the forehand high approach shot. This shot is used when a player is caught in "no-person's land" (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the "killer or placement volley". In the illustrations, Kathy Noble, a player at the Polo Tennis and Athletic Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When Kathy realizes that she is caught in "no-person's land", she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

Step 2: The Back Swing: Once Kathy realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket slightly back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step forward to meet the ball.

Step 3: The Point of Contact: Kathy now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now

is shifted to the point of contact. Notice the left toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep.

Step 4: The Follow Through: Once Kathy has made contact with the ball, she finishes the follow through with her wrist laid back. Her left arm is next to her body and her eyes have shifted toward her target.

Step 5: The Move for the Kill Volley: As the ball is headed toward her opponent and Kathy realizes that her shot it deep, now she moves close to the net for the put away volley. If her shot was not deep, Kathy will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the "kill volley".

Look in the next Newsletter for: The One Hand Backhand Volley Approach Shot





Partnership For Children

Submitted by Megan Ransom

Meet 10 year old Jamarrian, he is an energetic, friendly and outgoing child. He enjoys doing puzzles, playing video games and being outdoors. Jamarrian is a very intelligent young boy and does well academically. The ideal forever family would provide him with ample love and support, as well as consistent rules, boundaries and expectations. Learn more about Jamarrian on the Heart Gallery of Central Texas Website- www.heartgallerytexas.com.

There are no fees to adopt from the foster care system regardless of which agency you work with. There is only one pool of children, and they are all in care of the state, every licensed agency has the ability to assist in adoption of any foster child in Texas. Child placing agencies are also foster care providers. The first step is to choose a child placing agency to begin your journey. Learn more about starting the adoption process and the children waiting for forever families at www. heartgallerytexas.com.



WATER CONSERVATION TIPS OF THE MONTH

- Listen for dripping faucets and running toilets. Fixing a leak can save 300 gallons a month or more.
- Upgrade older toilets with water efficient models. If your toilet flapper doesn't close after flushing, replace it.
- Next time you add or replace a flower or shrub, choose a low water use plant for year-round landscape color and save up to 550 gallons each year.

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BUTTERSCOTCH CAKE

This month's recipe is excellent. The editor is not much of a fan of cakes, but this one is an exception. It is from Louisville, Mississippi, probably from the Murphy Creek Baptist Church Cook Book. Kathy Davis is the person supplying the recipe.

INGREDIENTS

1 box yellow Cake mix

1 (3 oz.) box instant vanilla pudding

1 (12 oz.) pkg. butterscotch chips

1 c. nuts (pecans or walnuts) coarsely chopped

1 c. flaked coconut

4 eggs

1 c. sour cream

2/3 c. oil

Directions

Preheat oven to 325 F. Combine cake mix, pudding mix, chips, nuts, and coconut. Stir in eggs, sour cream and oil. Mix well by hand. Bake in a Bundt pan, greased well and floured, for 1 hour or until done. Cool 5 minutes before turning out of pan.





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Hurricane Preparedness for Your Pets

Don't forget to include your pets in your hurricane preparedness and evacuation plan. Storms can be scary for your animals, especially if they are moved out of their usual familiar environment.

Be sure to have their crate or carrying case ready along with extra bedding and toys. Bring along at least four days worth of food with dishes and one week of medications. Investigate pet friendly hotels or motels ahead of time to be sure they allow pets and do not have a number limit.

In addition, if you are not planning to leave your home and have the space, you might consider fostering one or two animals that may have nowhere to go during the storm period. After all, they ARE a part of the family.



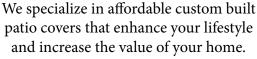
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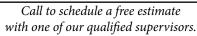


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Common Household Product is Magic

Most of us already know that a teaspoon of baking soda in the batter will make the muffins rise, but who knew that a pinch of it mixed with scrambled eggs will make them fluffier or added to water will make steamed vegetables stay green?

Aside from cooking, however, everyone knows that an open box of baking soda in the fridge will absorb strong odors. But did you also know that baking soda in the bath water can relieve itchy skin caused by bug bites or poison ivy? And that pouring a cup of baking soda followed by a cup of hot vinegar down a stopped up drain will unclog it? Baking soda also can be used to polish tarnished silver, remove rust stains, extinguish a grease fire, freshen toothbrushes and clean dishwashers and coffee makers. Add it to kitty litter and the laundry to help freshen and deodorize. Sprinkle baking soda on a wet sponge to scrub residue off a cast-iron skillet. Or use it on sidewalk and driveway cracks as a non-toxic weed killer. A dusting of it around pet food bowls will keep ants away too.

A couple of cautions about baking soda, though: Its magic powers fade with time, so check the expiration date on the box. Most important, don't mix it with other cleaning products. The chemical reaction could be toxic.



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13404 INDIGO SANDS DR., PEARLAND, TX 77584

This gorgeous captivating 2 story Ryland Home is a MUST SEE! Designed with upgrades throughout the beautiful home features 4 bedrooms, 3 and half

baths, 3,314 sq.ft.and a 3 car attached garage!! The gourmet kitchen offers granite counter tops, 42"cabinet and stainless steel appliances. Spacious master suite, large media room, extended covered patio

2715 GREENBLADE CT., PEARLAND, TX 77584

This fabulous Perry Home located on Large cul-de-sac lot has sold! This beautiful home offers 5 bedrooms, 3.5 bathrooms, game room, formals, study and 3,893

sq.ft. Upgrades include: 18" tile in all wet areas, engineered wood floors in formal living/dining/family rooms! Beautiful large kitchen with dark cherry wood cabinets, granite counters, tile, island, SS appliances: double ovens and gas cooktop. Energy efficient double paned windows and radiant barrier.



13803 ROYAL RIDGE DR., PEARLAND, TX 77584

This stunning 1 story Ryland Home has sold with the List With Jen team! Beautifully designed this home offered 3 bedrooms, 2 baths, 2,420 sq.ft., 2 car garage,

wood flooring throughout, covered patio and granite counter tops.