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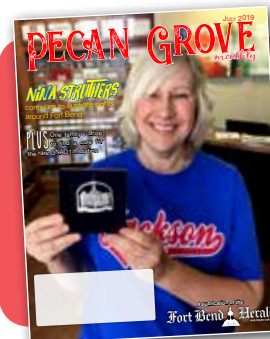
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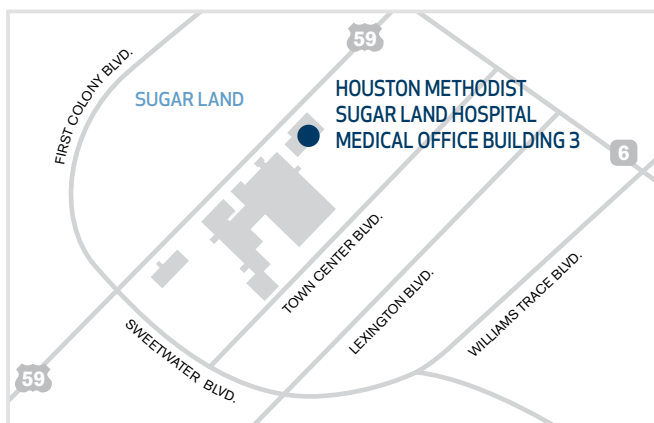
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Kylee Gilmore "loves helping others" through Common Threads and encourages others to donate supplies or volunteer hours to the program.

A THREAD IN SO MANY LIVES

Volunteers and supporters help Common Threads thrive

Story & Photos by **MARQUITA GRIFFIN** | mgriffin@fbherald.com

There was a time when Common Threads couldn't hold more than six round clothing racks, didn't have a volunteer base or a means to share news other than by word of mouth. Times have definitely changed, though.

In the beginning, about 19 years ago, the Lamar Consolidated ISD clothing assistance program served around 800 families. Nowadays the program is helping thousands of families that live within the school district. Close to 2,000 families alone received invitations to Common Thread's Hope on the Brazos event, set for Aug. 3. Essentially a large back-to-school fair, Hope on the Brazos provides eligible families the chance to collect free school clothes and supplies for their children in preparation for the new school year.

"What's important to remember is this program gives such great support to the everyday family," said Common Threads manger Elida Castillo. "The families we help are not just low-income. There are moms battling cancer, or dads who had their hours cut at work ... The cost to get children ready for school gets expensive, really fast, and we want to help relieve families of this expense.

"We are here to help kids get what they need."

'Our volunteers are amazing'

On a sweltering Wednesday afternoon, 710 Houston Street in Richmond was alive with the activity of Common Threads volunteers who were organizing clothes, shoes, accessories and supplies in preparation for Hope on the Brazos and the upcoming school year.

Castillo steps into one of the former Jane Long elementary classrooms, now filled with clothing racks, and addresses the vol-

unteers: "Who needs scissors or a trash can?"

A couple of volunteers hold up their hands. Taking tags off clothes is a lot easier with scissors, and it's pretty helpful to have a trashcan nearby to dispose of them.

"I love helping others," said Kylee Gilmore, while hanging school uniforms.

As a volunteer, Gilmore washes, dries, sorts and hangs clothes, assembles toiletry bags and organizes shoes. Although each of these tasks sounds like a chore, Gilmore doesn't see it as such.

Not only is she receiving service hours for school, she is learning about concerns in her community and is enthusiastic to be a part of the solution.

"There are a lot of people around here who need help," said Gilmore, a 17-year-old Foster High School senior.

"If you can, you should donate," whether that be time, money or supplies, she adds.

Not long after the doors opened to the volunteers, 70-year-old Pam Gould walked in, a joyful pep in her step, a cool fountain drink in hand, and immediately synced with Gilmore.

Three years ago Gould moved to the Del Webb Sweetgrass community and with the extra time on her hands, she sought opportunities to be involved in children-centric organizations. Not only has she volunteered with Lunches of Love — a program that provides free lunches to students — for the past two and a half years Gould has been a regular volunteer at Common Threads.

"Everyone should do something," Gould said. "Even us older folks can get out here and help."

Not far from Gould was 15-year-old Blair Thomas, who attends Elkins High School. She shared that her father, who works for Lamar Consolidated ISD, is the one who told her about Common



From left, volunteer and Briscoe Middle School student Heather Crawford, 12; Irma Garza and Valerie Leyva.



Elida Castillo gives instruction to a Common Threads volunteer. "When people ask me who I work for, I say: 'the Man Upstairs.'" she said.

Threads. That Wednesday was her first time volunteering but she confirmed that she would be returning.

"It's good to help people in need," she said. "This," she said, as her eyes scanned the room, "is important."

Considering the usual turnout of volunteers — especially the number of students during the summer — it's almost absurd to think that at one time Common Threads didn't have a volunteer base.

As Common Threads' director, parent involvement facilitator and student support service coordinator, Jill Davis finds extreme satisfaction in seeing the young volunteers bustling about, keeping the program running.

"On any given day we have upwards of 30 kids there," she said with a wide smile. "All of our volunteers are amazing."

Anyone who wants to volunteer, and is at least 12 years old, is welcomed and greatly appreciated, Davis said.

"You don't need to register, just come on over. We'd love to have you."

By the time an hour had passed, scores of young volunteers had filed through the doors and to their respective stations.

"I thought it was going to be boring," said 17-year-old Chidera Kalaji, a Lamar Consolidated High School student who was looking for ways to gain service hours.

"The biggest excuse [for students not to volunteer somewhere] is that it is boring," Kalaji explained. "But I can say that there are different activities [to complete at Common Threads] every single day. And it's fun."

Each volunteer in the room agrees.

Volunteer Valerie Leyva, 19, said Common Threads has a way of simply enriching your life. Leyva, who warmly greeted every person who walked through the door that day, started volunteering when she was in seventh grade at George Junior High.

"It's a great way to learn how to work with others and get to know so many people," she said.

"I just got attached to helping," she added with a smile.

'Absolute miracle workers'

In the hallway a group of teenage boys buzzed around, waiting for instructions on what needed to be done in the gymnasium, which is currently being renovated to be used by Common Threads. It's a sign that the program is growing, said Common Threads manager Irma Garza.

Garza remembers the first years of Common Threads. Before social media and the hashtags. Before there were volunteer sign-up times and a red buzzer on the door that indicated when some-

one was donating supplies or offering their time.

Garza stands in the hallway, where she gives the group of boys instructions on the objectives of the day.

"I'm excited for the growth of this," she said, referring to the re-design of the gym. Barring any setbacks, the gym will be operational in September.

"This place is important to all our families, who come from all walks of life," she continued. "This place really does make a difference for everyone involved — from the people in charge to the people who need us."

Her eyes sparkle with a memory.

"There was this little girl who picked out a pair of hot pink high top shoes," Garza recalled. "The shoes were in great condition, but they weren't new ... but they were new to her. I remember her putting them on and running up and down this hallway as fast as she could."

"She was so happy, so amazed at her new shoes."

Moments like these is what keeps Garza dedicated to the program. That's why she will roll with any changes or hardships that comes along.

"I've been through Katrina, Rita, Ike and Harvey," she said of the tropical storms that pushed Common Threads into overdrive.

"Four storms and I haven't been blown away yet," she adds with a laugh.

Nearly two decades has revealed plenty to Garza — the amount of people in need, as well as the scores of those who are willing to step up to provide aid.

"We have so many organizations, churches, students, Lions Clubs, businesses and average people who are always helping," she said.

As if on cue, the buzzer at the front door rings. Standing outside is a woman holding dresses on hangers. One of them was seemingly retrieved from the cleaners and was covered in plastic.

The woman, Ellen Bynum, a Lamar Consolidated ISD employee, decided to bring prom dresses that day, and raved about Common Threads' efforts during the prom season.

"Common Threads helps make sure every girl has her dream prom," Bynum said.

And considering prom garments are usually worn only once, Common Threads is where people should bring their old prom attire, she stressed.

"Common Threads makes sure they're put to great use."

Before she leaves, Bynum turns around to add one more comment: "You should have seen them during Hurricane Harvey. They were absolute miracle workers."

A strong foundation & vital goals

Castillo said Common Threads is a foundation of “kindness, sympathy and compassion.”

“I have always had the mindset of ‘come and I’ll meet you halfway,’” she said. “And Common Threads is of that mindset.”

Castillo said she’s always loved teaching and reaching children and helping her community. For 16 years she worked at a daycare and volunteered with nonprofits like Habitat for Humanity and Attack Poverty. She also volunteers her time to take children to River Pointe Church, where she is a member.

It wasn’t until the Memorial Day flood of 2016 that Castillo started volunteering at Common Threads, though.

“I saw a video on Facebook about how the program needed supplies and volunteers,” she said. “So I came to volunteer and, well, I never left. For nine months I volunteered every single day.”

Although she admires the work of Common Threads, Castillo admits that it is still a “hidden gem in the community.”

“It’s like this,” she explained. “If you’re not in need of the services, you probably won’t know anything about it.”

That is something she’s doggedly trying to change.

Any chance to share information about Common Threads, Castillo is there, materials in hand and stories of triumph to share.

“I have three goals every single time I share information about Common Threads,” she said, holding up her fingers. “One: to reach those who might need us; two: to reach middle school, junior high and high school students who need service hours; and three: to reach supporters.”

The door buzzer sounds again, and waiting at the door is another smiling volunteer ready to put in a day’s work. The building begins to get busier and the teens ready to work on the gym are chopping at the bit. Castillo politely excuses herself to get back to the task at hand.

“There’s always something to do here,” she says over her shoulder. “And we make sure to get it done.”



Foster High School student Jenay Garcia, 15, happily earns service hours by helping organize clothes and stressed she would continue volunteering at Common Threads. “I like it here,” she said. “And it’s important to help people in need.”



Del Webb Sweetgrass resident Pam Gould truly enjoys volunteering to help children in the community.



WANT TO DONATE OR VOLUNTEER?

Common Threads welcomes gently used clothing donations for children aged 4 to 18 years old. The clothing can be uniform or non-uniform clothing, however, socks and underwear must be new. Shoes, purses, belts, cosmetic bags, backpacks, school supplies and used books are also accepted. Donations can be dropped off in the blue bin located in the parking lot of Common Threads, 710 Houston Street in Richmond. Following the Aug. 3 Hope On the Brazos event, volunteer hours are Tuesday and Thursday from 9 a.m. to 1 p.m. and from noon to 6 p.m. on Wednesday until school resumes. During the school year the set volunteer time is from 4 p.m. to 6 p.m. on Wednesdays.

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PRE-KINDERGARTEN

- ☐ 2 boxes tissues (200 ct)
- ☐ 1 8oz. hand sanitizer
- ☐ 1 5'x 8" plastic school box
- ☐ 2 boxes crayons (24 ct) *
- ☐ 1 box wide washable markers (8-10 ct) *
- ☐ 1 pkg. #2 pencils
- ☐ 1 4 oz. bottle white glue
- ☐ 2 large glue sticks
- ☐ 1 pair blunt-nosed metal scissors
- ☐ 1 pkg. manila paper
- ☐ 1 box zip lock bags (sandwich size)
- ☐ 1 box zip lock bags (gallon)
- ☐ 1 pkg. baby wipes (100 count)
- ☐ 1 multi-color construction paper

KINDERGARTEN

- ☐ 2 boxes tissues (200 ct)
- ☐ 1 8oz. hand sanitizer
- ☐ 1 5'x 8" plastic school box
- ☐ 3 boxes crayons (24 ct) *
- ☐ 1 box wide washable markers (8-10 ct) *
- ☐ 2 solid variety-colored pocket folders (3 brads)
- ☐ 2 pkgs. #2 pencils (12 ct)
- ☐ 1 large eraser
- ☐ 8 large glue sticks
- ☐ 1 pair blunt-nosed metal scissors
- ☐ 1 pkg. colored construction paper
- ☐ 1 box zip lock bags (sandwich size)
- ☐ 1 box zip lock bags (gallon)
- ☐ 5 composition books (wide-ruled)
- ☐ 100 sheets 7 1/2 x 9 3/4
- ☐ 1 pkg. wet wipes
- ☐ 1 pkg. manila paper
- ☐ 2 dry erase markers

FIRST GRADE

- ☐ 2 boxes tissues (200 ct)
- ☐ 1 8 oz. hand sanitizer
- ☐ 1 5'x 8" plastic school box
- ☐ 3 boxes crayons (24 ct) *
- ☐ 1 box wide washable markers (8-10 ct) *
- ☐ 2 pkgs. #2 pencils (12 ct)
- ☐ 2 large erasers
- ☐ 1 4 oz. bottle white glue
- ☐ 8 large glue sticks
- ☐ 1 pair small metal scissors
- ☐ 1 pkg. manila paper
- ☐ 1 pkg. colored construction paper
- ☐ 4 solid variety-color pocket folders (3 brads)
- ☐ 5 composition books (wide-ruled) 100 sheets 7 1/2 x 9 3/4
- ☐ 1 box zip lock bags (sandwich size)
- ☐ 1 box zip lock bags (gallon)
- ☐ 2 dry erase markers
- ☐ 1 pkg. wet wipes
- ☐ 2 boxes tissues (200 ct)
- ☐ 1 8 oz. hand sanitizer
- ☐ 1 5'x 8" plastic school box
- ☐ 2 boxes crayons (24 ct) *
- ☐ 1 box wide washable markers (8-10 ct) *
- ☐ 3 pkgs. #2 pencils (12 ct)
- ☐ 2 large erasers
- ☐ 1 4 oz. bottle white glue
- ☐ 8 large glue sticks
- ☐ 1 pair sharp-pointed metal scissors
- ☐ 5 composition books (wide-ruled) 100 sheets 7 1/2 x 9 3/4
- ☐ 4 solid variety-colored pocket folders (3 brads)
- ☐ 1 pkg. notebook paper (200 ct, wide-ruled)
- ☐ 1 pkg. of manila paper
- ☐ 2 dry erase markers
- ☐ 1 pair of ear buds
- ☐ 1 box map pencils
- ☐ 1 box zip lock bags (sandwich size)
- ☐ 1 box zip lock bags (gallon)
- ☐ 1 pkg. wet wipes

THIRD GRADE

- ☐ 2 boxes tissues (200 ct)
- ☐ 1 8 oz. hand sanitizer
- ☐ 1 heavy duty pencil bag with binder holes
- ☐ 1 box crayons (24 ct) *
- ☐ 1 box markers (8-10 ct) *
- ☐ 2 dry erase markers
- ☐ 1 box map pencils
- ☐ 3 pkgs. #2 pencils (12 ct)
- ☐ 2 large erasers
- ☐ 8 large glue sticks
- ☐ 1 pair sharp-pointed metal scissors
- ☐ 2 spiral notebooks (wide-ruled)
- ☐ 6 solid variety-colored pocket folders (3 brads)
- ☐ 2 pkg. notebook paper (200 ct, wide-ruled)
- ☐ 5 composition books (wide-ruled) 100 sheets 7 1/2 x 9 3/4
- ☐ 1 pkg. colored construction paper
- ☐ 1 one inch 3-ring binder with cover sleeve
- ☐ 1 pair of ear buds
- ☐ 1 box zip lock bags (sandwich size)
- ☐ 1 box zip lock bags (gallon)

FOURTH GRADE

- ☐ 2 boxes tissues (200 ct)
- ☐ 1 8 oz. hand sanitizer
- ☐ 1 box crayons (24 ct) *
- ☐ 1 box markers (8-10 ct) *
- ☐ 2 highlighters
- ☐ 1 box map pencils
- ☐ 3 pkgs. #2 pencils (12 ct)
- ☐ 1 pkg. red pens
- ☐ 2 dry erase markers
- ☐ 8 large glue sticks
- ☐ 5 composition books (wide-ruled) 100 sheets 7 1/2 x 9 3/4
- ☐ 1 pair sharp-pointed metal scissors
- ☐ 1 heavy duty pencil bag with binder holes
- ☐ 2 spiral notebooks (wide-ruled)
- ☐ 6 solid variety-colored pocket folders (3 brads)
- ☐ 2 pkgs. notebook paper (200 ct,

wide-ruled)

- ☐ 1 pkg. colored construction paper
- ☐ 1 one inch 3-ring binder with cover sleeve
- ☐ 1 box zip lock bags (gallon)
- ☐ 1 box zip lock bags (sandwich size)
- ☐ 1 one-piece swim suit (swim program)
- ☐ 1 pair of ear buds

FIFTH GRADE

- ☐ 2 boxes tissues (200 ct)
- ☐ 1 8 oz. hand sanitizer
- ☐ 5 composition books (wide-ruled)
- ☐ 100 sheets 7 1/2 x 9 3/4
- ☐ 1 box markers (8-10 ct) *
- ☐ 2 boxes map pencils
- ☐ 2 highlighters
- ☐ 3 pkgs. #2 pencils (12 ct)
- ☐ 1 pkg. red pens
- ☐ 8 large glue sticks
- ☐ 1 pair sharp-pointed metal scissors
- ☐ 1 heavy duty pencil bag with binder holes
- ☐ 2 spiral notebooks (wide ruled)
- ☐ 2 pkg. notebook paper (200 ct, wide-ruled)
- ☐ 2 dry erase markers
- ☐ 6 solid variety-colored pocket folders (3 brads)
- ☐ 1 1 inch 3-ring binder with cover sleeve
- ☐ 1 box zip lock bags (sandwich size)
- ☐ 1 box zip lock bags (gallon)
- ☐ 1 pair of ear buds
- ☐ 1 pkg. of manila paper
- ☐ 1 pkg. graph paper (centimeter)

2019 - 2020 LCISD MIDDLE & JUNIOR HIGH SCHOOL SUPPLY LIST

- ☐ Sturdy backpack (except Navarro)
- ☐ 1 Three-ring binder
- ☐ White loose-leaf notebook paper
- ☐ 5 Composition notebooks
- ☐ #2 Pencils
- ☐ Pens (black or blue ink)
- ☐ Colored pencils (not felt-tip)
- ☐ Highlighters
- ☐ Dry erase markers
- ☐ Glue sticks
- ☐ Earbuds/headphones
- ☐ 1 Combination lock for P.E. locker
- ☐ 5 Folders with brads and pockets

— ATTENTION —

The Fort Bend ISD school supply list was not available as of press time. When ready for distribution, it will be posted at www.fortbendisd.com

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POPULAR CLASSROOM LEARNING APPS

According to research from Grunwald Associates, LLC, 71 percent of parents embrace mobile devices and feel they open up learning opportunities for kids that didn't previously exist. According to Apps for Education, there are more than 500,000 educational apps currently available for download. Apps can be stimulating and fun, but finding quality resources may involve sorting through those that aren't necessarily valuable. The following are some apps parents may want to consider.

Memrise: Learning a second or third language can be a boon to students of any age. Memrise drills students on vocabulary, phrases, aural recognition, and more.

Kahoot: Kahoot is a platform to create games and review content. Kahoot can be an ideal way for several students to prepare for a test in a digital study session.

Reading Eggs: This comprehensive learning system covers essential components of reading: awareness, vocabulary, phonics, fluency, and comprehension. Parents can see progress reports and know if and where extra attention may be necessary.

Edmodo: This app is designed to streamline workloads for teachers and help make it easier for them to stay connected with the classroom and their students. Parents can set up accounts and stay abreast of their children's activities, grades, messages and progress. Though it's not a learning app, Edmodo can be a valuable tool for classroom management.

Epic: This online children's subscription book service offers immediate, on-demand access to high-quality reading materials for children ages 12 and under. Voracious readers will always have content they can access, in addition to audio books, educational videos, and educational quizzes.

Photomath: This app enables students to snap pictures of complicated math problems and get step-by-step directions on how to answer them. Instead of simply giving the answer, Photomath provides students with the tools to answer the problems on their own.

StudyBlue: Students can create and share mobile flash cards, study guides, quizzes, and choose from other study materials to help reinforce lessons.

FOUR ADMINISTRATORS NAMED AT LAMAR CISD

In preparation of the 2019-2020 school year, Lamar Consolidated ISD has named four new administrators:

DIANE PARKS: Parks was named the district's new Assistant Superintendent of Elementary Education. A graduate of Purdue University, Parks has her masters from the University of Houston. Parks was the principal at Hubenak Elementary and previously served as the Principal at Ray Elementary. Prior to coming to Lamar CISD, Parks also taught second and fourth grade in Galena Park ISD. Parks takes over for Leslie Haack, who was named an assistant superintendent at Katy ISD last month.

JENNIFER ZEBOLD: Zebold was named the new principal at Briscoe Junior High School. A graduate of Texas State University, she received her masters from Houston Baptist University. Zebold was the principal of Wertheimer Middle School and was previously the Principal of Adolphus and Williams Elementary. Prior to coming to LCISD, Zebold was a teacher and assistant principal in Katy ISD.

HEATHER PATTERSON: Patterson was named the new principal of George Ranch High School. A graduate of Texas Tech University, she received her masters from the University of Houston-Victoria. Patterson was the principal of Polly Ryon Middle School and she previously served in both the principal and assistant principal roles at Velasquez Elementary. Prior to taking the helm as an administrator, she also taught at Travis and Pink Elementary.

KEVIN CROFT: Croft was named the new principal of Polly Ryon. Croft received his bachelors and masters degrees from Schreiner College. Croft was the assistant principal at Polly Ryon and previously served as an assistant principal at George Ranch High School. Prior to taking the helm as an administrator, he also taught at George Ranch and within Junction ISD.



From left Diane Park, Jennifer Zebold, Heather Patterson and Kevin Croft.

MOSSIGE NAMED LAMAR CISD CHIEF ACADEMIC OFFICER

Lamar Consolidated ISD has tabbed Dr. Theresa "Terri" Mossige as the district's new chief academic officer.

Mossige has most recently served as LCISD's assistant superintendent of secondary education. Prior to joining the district, Mossige had 25 years of experience in education, 12 of which were spent as a principal in Fort Worth ISD. A graduate of Texas Wesleyan University, Mossige received her master's degree in Education Administration from Texas Christian University and her Educational Leadership Doctorate, also from Texas Christian University.

"The talent, dedication, and expertise of staff continue to amaze me," she said. "I am excited to work with everyone in the Department of Academics to serve our teachers, principals, students and community. We will continue our pursuit of excellence in all we do."



Dr. Theresa Mossige

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From left Jon Welch, Joy Williams and Alex Hunt.

UNIQUE EXTRACURRICULAR ACTIVITIES THAT CAN HELP STUDENTS STAND OUT

According to The Princeton Review, college admissions officers approach each admissions season hoping to create a class made up of students with diverse interests and backgrounds. To accomplish that goal, officers typically look at each applicant's extracurricular activities to learn more about the person behind the application. Academic performance is important, but extracurricular activities might help set students apart from other applicants with similar academic backgrounds but little or no extracurricular activity on their applications.

Students who want their extracurricular activities to stand out among the masses of college applicants can speak with officials at their school about these opportunities.

MODEL UNITED NATIONS: Often referred to as "Model UN," this activity asks students to role-play as United Nations delegates. Students who participate in Model UN develop public speaking skills while also learning how to conduct research, frame debates and develop their leadership skills.

FOREIGN LANGUAGE CLUBS: Such clubs can allow students who study foreign language to develop their language skills further, and they also can be great ways to learn about the culture and history behind the languages they're learning. Many schools also sponsor additional subject-specific clubs, such as chemistry clubs or English clubs, which can be ideal for students who want to pursue college degrees in such subjects.

NATIONAL HONOR SOCIETY: Students who qualify for membership in the National Honors Society are challenged to develop their skills further through participation in school activities and community service.

THREE NEW TRUSTEES ELECTED TO SCHOOL BOARD

The LCISD Board of Trustees canvassed the votes for three new trustees: Jon Welch, Joy Williams and Alex Hunt. Hunt represents District #7, Welch represents District #5 and Williams represents District #4. After the new Board was seated, the Trustees voted on the Board Officers to serve from May 2019 to May 2020.

The Board elected Kay Danziger as President, Kathryn Kaminiski as Vice President and Mandi Bronsell as Secretary.

The Lamar CISD Board of Trustees typically meets on the third Thursday of each month at Brazos Crossing, 3911 Avenue I in Rosenberg. A workshop session is normally held the Tuesday before each regular meeting, where trustees review agenda items and can have their questions answered. Trustees each receive detailed information regarding agenda items the week before meetings are scheduled. Lamar CISD Board meeting videos are uploaded the following week and remain archived on the Lamar CISD YouTube channel.

UPCOMING MEETINGS

- Board Workshop: Aug. 13 at 6:30 p.m.
- Board Meeting: Aug. 15 at 7 p.m.
- Board Meeting: Sept. 17 at 7 p.m.
- Board Workshop: Oct. 15 at 6:30 p.m.

3 TIPS TO ESTABLISHING A SUCCESSFUL HOMEWORK AREA

#1 Create a communal homework table
The Harvard Graduate School of Education notes that youngsters who seem reluctant to do their homework may benefit from doing their afterschool work at a communal table. With parents nearby, such students may feel less lonely and may be less likely to procrastinate if they know mom or dad are nearby. Students who are not reluctant to do their homework may benefit from working quietly in their bedrooms.

#2 Clear the area of distractions
Distractions like televisions, devices that are not necessary to complete assignments and even younger siblings can make it hard for teenagers to concentrate on their work. Designate a time each day for homework, ensuring that the television is off and that devices have been placed on "Do Not Disturb." In addition, high school students with younger siblings can expect their brothers and sisters to be finished with their homework first. Make sure youngsters recognize the importance of staying quiet until everyone has finished their homework. Encourage younger siblings to leave the homework area and play quietly or read elsewhere in the home.

#3 Include a break between school and homework time
Much like parents may like a few minutes to unwind when getting home from work at night, kids likely won't want to dive right into their homework after getting home from school. A break between the school day and homework time can help kids clear their heads so they're more capable of concentrating when they sit down to do their work.



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FORT BEND ISD ADOPTS 2019-20 BUDGET

The Fort Bend ISD Board of Trustees adopted the budget for the 2019-20 school year, at \$716,864,705, or \$9,283 per student. The student enrollment for the upcoming school year is projected to be 77,226.

In the 2019-20 school year, the district will open the James Reese Career and Technical Center and Malala Yousafzai Elementary, and will strengthen its student support services.

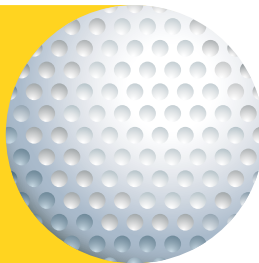
The majority of the budget, 81 percent, will support instruction and instructional support, including classroom teachers and aides, health services, guidance counseling, and mental health support. Seventeen percent will be allocated for district operations, including transportation, maintenance and repairs, information technology and police services.

Staff compensation increases are included in the budget. Legislation approved in the 86th session of the Texas Legislature mandated raises for teachers, and FBISD teachers will receive \$3,000 or \$3,500, based on their years of teaching experience. All other non-teaching staff will receive five percent of their midpoint. Though teachers received a step increase and staff received a retention payment in the 2018-19 school year, there were no district-wide raises. The staff raises approved will ensure that FBISD remains competitive for recruiting and retaining talented staff to support student growth and achievement.

Growth is expected to be seen in the district's prekindergarten and special education populations. With the passage of House Bill 3, starting in the 2019-20 school year, FBISD will offer full-day pre-kindergarten for eligible students, and there are projected to be nearly 3,000 students enrolled next school year. The budget also includes funding to account for the District's growing number of students who are receiving special education services. The number of students receiving special education services is expected to be 10 percent of student enrollment for the upcoming school year.

The budget was adopted with the tax rate of \$1.27, a five cent decrease from the current tax rate of \$1.32. The average tax bill for a home owner in FBISD will decrease by about \$46 annually, based on a home with an average taxable value of \$261,013.

The Fort Bend Education Foundation will hold its 20th Annual Back to School Scramble Golf Tournament on Sept. 9 starting at 9 a.m. at the Sweetwater Country Club. The entry deadline for sign production and player entries is Aug. 26. For more information, contact Carol Evans at carol.evans@fortbendisd.com or 281-634-1111.



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During this annual sales tax holiday, you can buy most clothing, footwear, school supplies and backpacks (sold for less than \$100) tax free from a Texas store or from an online or catalog seller doing business in Texas. In most cases, you do not need to give the seller an exemption certificate to buy qualifying items tax free.

This year's sales tax holiday runs Friday, Aug. 9 through Sunday, Aug. 11. For more information visit comptroller.texas.gov.

COLLEGE FINANCIAL AID & THE FAFSA FORM

On Aug. 24 at 1 p.m. in the Computer Lab of the George Memorial Library, Lori Blust, Financial Aid Coordinator with Wharton County Junior College's campus in Sugar Land, will provide an overview of the FAFSA-application process, including how to apply and what to expect when applying. Blust will also discuss the various types of financial aid, such as grants, loans, scholarships, employment, veterans' benefits and state exemptions. FAFSA worksheets can be downloaded from www.fafsa.ed.gov. Registration required.

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Fort Bend Cares awards \$170,000 in grants



Fort Bend Cares board of trustees members and 2019 Grant recipients.

Fort Bend Cares awarded \$170,000 in grants to local nonprofits committed to improving the lives of disadvantaged children in Fort

Bend County.

Supporters gathered at Safari Texas Ranch to celebrate the results of another successful year. The event was sponsored by Houston Methodist Sugar Land Hospital. Key sponsors included Covia, Fluor, Silver Eagle Distributors, Rice & Gardner Consultants, Gregg Engineering, Billy & Tammy Brown, and Don & Ellie Knauss and the ongoing support of volunteers and additional donors.

The grants ranged from \$5,000 to \$10,000, and more than 40 Fort Bend Cares Grants Committee volunteers performed a thorough review of grant applications from local nonprofits before making their recommendations to the Board of Trustees.

"Fort Bend Cares supporters entrust us to evaluate grant applicants to ensure the money they have helped us raise has the biggest and most positive impact on disadvantaged children in Fort Bend County," said Grants Committee Chairperson Patty

Ward. "Those serving on the Grants Committee take this responsibility very seriously and are always so moved and impressed by all the dedicated organizations doing the much-needed work to help these kids."

New grant recipients this year include Bo's Place, which provides grief support services, resources and referrals to children who have experienced the death of a significant person in their lives, and College Community Center, which organizes eight weeks of activities for students.

Since 2005, Fort Bend Cares has awarded more than \$2 million in grants to organizations that strive to improve the lives of the youth in Fort Bend.

For a complete list of 2019 grant recipients and for more information on Fort Bend Cares, visit www.fortbendcares.org.



From left: Grayle James, Fort Bend Cares Board of Trustees and Ellen Rhoads, Senior Manager of the Texana Children's Center for Autism are thrilled about the \$10,000 Fort Bend Cares grant which will be used in Texana's Together in Fulshear Capital Campaign to support expansion of Texana's Applied Behavior Analysis treatment for children with autism.

17 earn diplomas from Literacy Council

The Literacy Council of Fort Bend County held its GED Graduation and Citizenship Recognition Ceremony recently at the United Way of Greater Houston.

Graduates were Amanda Boyd, Arrey Champi, Fanny Co, Eboni Lewis, Matthew Lowell, Ashley Martinez, Ellen Moy, Nadia Nidever, Huma Noman, Rudolf Podrasky, Samina Qamber, Huiying Qin, Janpen Ritchie, Georgina Rodriguez, DeShawn Sims Parker, Jorge Soto, and Rayon Washington, and new citizens were Kwai Leung, Priya Rebba, Aida Silva, and Rehana Tariq.



From left: Huma Noman, GED graduate, Kathe Eggert, GED Math Instructor, Alisha Procter, Literacy Council Program Director, Helen Ervin, GED Language Arts Instructor, and Nadia Nidever, GED graduate.

Since 1987, the Literacy Council of Fort Bend County has been improving family, community and professional lives through adult literacy education.

The Literacy Council provides several programs for its students: Basic Literacy, English as a Second Language, GED Preparation, U.S. Citizenship Preparation, Computer Skills and Workforce Readiness.

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FBJSL awards college scholarships to deserving young women

For more than a decade, the Fort Bend Junior Service League has awarded college scholarships to deserving women residents of Fort Bend County who desire to further their education. For 2019, FBJSL presented Elizabeth Lamb, Lauren Yang, Jazmine Perez, and Raney Harris each a Volunteer Scholarship in the amount of \$1,000 each for their outstanding volunteer efforts. Brittany Taylor was also presented the \$2,000 New Beginnings Scholarship.

Elizabeth Lamb was the co-captain of the Travis High School Varsity cheerleading team and a two-year member of the National Honor Society. She is a principal dancer at Ballet Forte where she has performed in Nutcracker for nine years and was recently the lead in the production "Coppelia." She has won various awards in numerous dance competitions in her 15 years of dancing. Lamb has accumulated over 550 volunteer hours through Ballet Fortes Community Outreach Projects, United Methodist Action Reachout Mission by Youth and other local organizations. She has committed to Louisiana State University.

Lauren Yang was the valedictorian at Dulles High School where she served in leadership roles for numerous organizations, including the Congressional Youth Advisor Council, Advisory Board of 1000 Dreams Fund, FBISD Math and Science Academy Student Council, National English Honor Society, Mu Alpha Theta (National Math Honor Society), and National Art Honor Society. Yang received dozens of awards in academics, community service, art, piano, pageantry, and creative writing. She has accumulated over 1,131 hours of volunteerism: 600 hours with

Girl UP - United Nations Foundation Campaign, 223 hours with We Care Student Organization — which she co-founded — and 144 hours as the Volunteer Group Leader at Benavidez Elementary School Pen Pal and Mentor Program. She plans to pursue a law degree at Harvard University.

Jazmine Perez was the Hightower High School Varsity soccer team, director of the youth group at Soldiers of Christ, vice president of the Medical Academy, a Fort Bend Academy Leadership Cadre and a member of the Health Occupation Students of American and UNICEF. Her awards include four years of academic excellence, the Hildred Jones Drain Community Service Award, and she was placed in Future Business Leaders of America Competition in the Health Care Administration Event. Jazmine has volunteered over 420 hours at Mutts and Meows Rescue, Soldiers of Christ Youth Group, St. Vincent de Paul Food Pantry and The Chosen Young Adult Group.

Raney Hariss served in leadership roles for several organizations at George Ranch High School, including as the president of the National Honor Society, founder and president of Girl Scouts, Book Buddies, and a member of the Spanish Honor Society, National Charity League, Student Council, Club Volleyball, Principal Advisory Council and AP Ambassadors. She also received numerous awards, including the National Charity League's Service Award, Modelette Award, Mother-Daughter Award and the Service Chord award. Hariss has volunteered over 288 hours, primarily at Attack Poverty, as well as Book Buddies, The Bridge Fellowship, Parkway United Methodist, Common Threads and



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Gigi's Playhouse. She has committed to Texas Christian University.

Brittany Taylor was awarded the New Beginnings Scholarship. After tragically losing their parents in high school, Taylor and her sisters had to separate and move in with different family members. Not only did Taylor push through to finish two years of high school in a year through home school, she did so with straight As. She always wanted to attend college but did not have the financial support to do so. While working as a 911 dispatcher, she enrolled in the EMT program at Wharton County Community College, but when she and her ex-husband divorced in 2015, and having no family in the area, she had to quit her job and drop out of school to care for her children. Taylor remained determined, though, and as of last fall, thanks to a small grant and supportive family, was able to re-enroll in the EMT program. Last semester, she achieved a 4.0 GPA. She was recommended for this scholarship by both a sergeant of the Sugar Land Police Department as well as the Wharton County Junior College EMS Faculty and Lab Coordinator. After she graduates this month, she hopes to work as a life flight medic while pursuing a bachelor's of nursing degree so that she may eventually become a flight nurse.

The FBJSL is a non-profit organization of women committed to promoting volunteerism, developing the potential of women and to improving the Fort Bend County community through the effective action and leadership of trained volunteers. For more information visit www.fbjsl.org/scholarship-programs/.

Texas Master Naturalists announce 2019 fall training

by MARGO "MAC" McDOWELL

Registration for the Fort Bend and Waller Counties' Texas Master Naturalist Coastal Prairie Class for 2019 is now open.

Naturalist students and graduates of this program may volunteer for projects around Fort Bend and Waller County including Katy Prairie Conservancy, Brazos Bend State Park, local school educational programs, Fort Bend County Fair, the Seabourne Nature Fest and the Chapter's signature project: Seabourne Creek Nature Park.

You can be involved in anything from trail management to educating students about our natural habitat with hands on materials. You can decide based on what interests you.

In addition to attending classes taught by recognized experts, you will participate in field trips to exceptional natural areas including Attwater Prairie Chicken National Refuge, Sea Center Texas, Gulf Coast Bird Observatory, Brazos Bend State Park and Katy Prairie Conservancy.

You will have the opportunity to enhance your knowledge of local geology, range management and ecological diversity. Additionally, you will also visit local private reserves to experience different habitats and ecosystems.

The classes are scheduled to begin Tuesday evening Aug. 20 and complete in late October. The series includes four evening classes on Tuesday evenings from 6:30 p.m. to 9 p.m. and eight Saturday classes from 9 a.m. to 2 p.m. Saturday classes are held at area parks and preserves to provide learning opportunities for new trainees in the field. Evening classes are near the Fort Bend County Fairgrounds, Texas Highway 36, South.

The total cost for the program is \$50 each person. For more information call 281-633-7033, email at mmcdowell@ag.tamu.edu or visit www.txmn.org/coastal.

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EAT A ONE-OF-A-KIND MEAL

Experience a one-of-a-kind meal at local favorites including Sandy McGee's, Larry's Original Mexican Restaurant, Trough Juice Bar, Joseph's Coffee Shop, Buena Vista, Unwine'd Wine & Cheese Lounge, Blockhouse Coffee and Kitchen, or a farm-to-table dinner at The Guild.

SHOP LOCAL

Visit local boutiques and shops including Dapple Grey Co. Boutique, Treasure Hunters, 310 Gallery, Backwater Boutique, Rustic Closet, The Kombucha Company, Mercy Goods, Jay-Wood Trading Co., Studio of Richmond, and Vintage Hope.

EXPERIENCE THE HISTORY OF RICHMOND

Tour the Fort Bend History Museum, visit the grave of Mirabeau B. Lamar in the historic Morton Cemetery, take a ghost tour with History & Haunts of Richmond, or visit Blockhouse Coffee & Kitchen to pick up a walking map of the historic district.

Park and Stroll at 402 Morton Street

Strolling through the streets of downtown Richmond is an attraction in and of itself. Free parking is available throughout the downtown area and Richmond's City Hall provides a central parking location for visitors. City Hall is located at 402 Morton Street.



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CALVARY EPISCOPAL TROUPE PERFORMS 'THE MUSIC MAN JR.'

Drama club members from Calvary Episcopal Preparatory's elementary, middle and high school combined their talents and their tremendous efforts to provide audiences a rare treat with their performance of Meredith Wilson's "The Music Man Jr." In a dress rehearsal preview and then three performances, the parish hall was bursting with audience members eager to see Calvary talent at its sixth annual musical production.

Featured in the lead role of Harold Hill was this year's One Act play best actor for the state of Texas, Paul Lazarou. The range of age in Calvary Episcopal's productions include age 5-18. The youngest lead roles were played by kindergarteners Yeva Cherry and Victoria Salceda as Amaryllis.

Not to be outdone, Nathan Tufts provided an adorable portrayal of Winthrop Paroo and held his own as a second-grade lead. On closing night, in tradition with previous years, Calvary announced next year's musical which will be the Disney production of the Little Mermaid, Jr.



Professor Harold Hill, aka Paul Lazarou, leads the citizens of River City, Iowa, around the town square as they perform "Seventy-Six Trombones."



The widow Paroo, aka Rachel Lazarou, begs her daughter, Marion, the librarian, to lower her standards when it comes to finding a husband.

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FORT BEND BOYS CHOIR OFFERS MUSIC OPTIONS FOR BOYS

by **TIANA MORTIMER**

If a boy has a talent and desire to sing, he should definitely audition for the Fort Bend Boys Choir of Texas for their 38th concert season.

Entry into one of the treble choirs (for unchanged voices) is by audition only. These auditions will be held at the First United Methodist Church-Missouri City by special appointment throughout the summer. Boys should be 8 years old or going into the third grade for the 2019-2020 school year.

Scholarships and payment plans are available in addition to car-pool assistance. Rehearsals are Thursday evenings and the new season kicks off Aug. 22 from 6:30 p.m. to 7:15 p.m.

Life change happens when you participate in music and young boys in the Fort Bend Boys Choir can attest to that. They become leaders and develop time management skills, self-confidence, self-esteem and citizenship.

Each boy plays an integral role in the organization's success and there are no benchwarmers or substitutes in choir.

Music Magic is an enrichment program for boys ages six and seven. This special class brings music alive through movement, musical games, singing and other activities. Boys learn about rhythm awareness and pitch matching in addition to developing large muscle coordination, better musicianship and increased focus. The best part is that there are no auditions for this class!

In its 23rd season, Music Magic will meet on Tuesday evenings from 6:30 p.m. to 7:15 p.m., beginning Oct. 8 and ending Dec. 3 at

the First United Methodist Church Missouri City, 3900 Lexington Blvd., Missouri City. On Saturday, Dec. 7, Music Magic will sing with all the treble choirs at their annual Christmas Musicale.

Call the Fort Bend Boys Choir office at 281-240-3800 for more details and to schedule a date and time for an audition or to sign up for Music Magic.

For more information about the Fort Bend Boys Choir of Texas visit www.fbbctx.org or check it out on Facebook, Twitter or YouTube.



Photo by Lynn Lassiter | From left are Cris Willick, Lance Lassiter, Adam Hernandez and Gavyn Lake in front of the world-famous Moomer's Ice Cream during Tour Choir's 2019 Michigan tour.



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VIBRANT MUMBAI WEDDING PHOTOS ON EXHIBIT

While traveling with his daughter in India in 2012, local photojournalist Craig Moseley had an opportunity to attend a wedding in Mumbai. The brilliant melding of beautiful colors and vibrant cultural traditions were a feast for his artist's eye.

Photos that Moseley captured of the festivities during the three-day wedding event will be on display at Fort Bend County Libraries' First Colony Branch Library throughout the month of August. The First Colony Branch Library is located at 2121 Austin Parkway in Sugar Land.

The exhibit, "A Wedding in Mumbai," features photographs that provide a peek into a cultural event from the perspective of an outsider.

"In 2012, I had the opportunity to accompany my daughter to a wedding in Mumbai, India," said Moseley. "I quickly learned that the diversity of cultures and religions in India means there is no such thing as a 'standard' set of wedding customs. Instead, Indian weddings vary greatly from region to region."

Moseley and his daughter attended the festivities as guests of the groom's family. On the first day of the event, Moseley captured photos of the Pooja Ceremony and the Sangeet. On the second day, the groom dressed in elaborate wedding attire before proceeding to the Baraat - a large procession filled with music and dancing.

"Upon reaching the wedding venue, the families of the bride and groom joined together for the actual wedding ceremony, which took place under a structure called a Mandap," Moseley said. "A reception was held on the evening of the third day."

Moseley says he was amazed at the incredible colors, the overwhelming feeling of fun and joy expressed by the families and their friends, and the warmth with which he and his daughter were greeted as "extended family." He hoped to capture photos that would encapsulate the beauty that he saw and experienced, so that he could share it with others.

A retired geologist from the oil-and-gas industry, Moseley has enjoyed photography since his days in high school, when he served as the photographer for the campus newspaper.



Craig Moseley



A moment captured by photographer Craig Moseley during the Mumbai wedding.

A trip to Yosemite National Park reinforced his fascination with photography. The works of renowned nature photographer Ansel Adams have inspired him ever since.

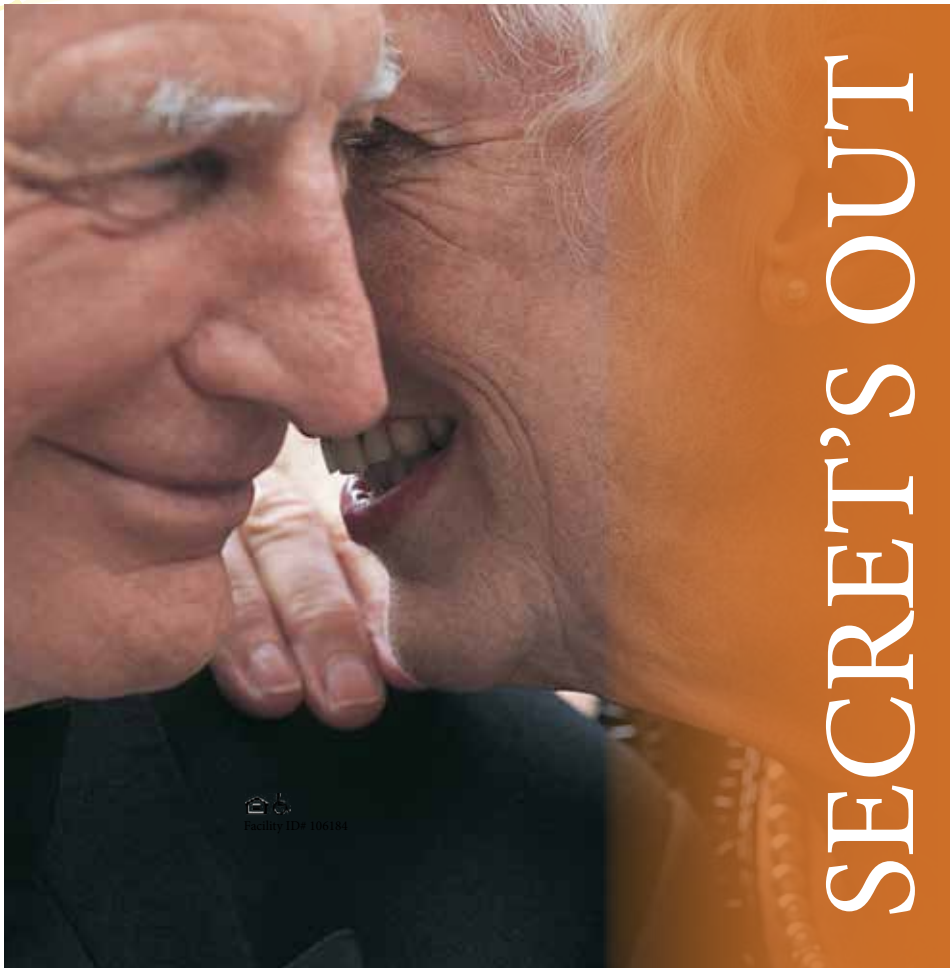
His work as a geologist took him to many parts of the world - Western Europe, Japan, Viet Nam, Australia, Egypt, South Africa, and various parts of the United States - where he photographed many remote and unique locales.

The exhibit is free and open to the public. It can be viewed during regular library hours. For more information, see the Fort Bend County Libraries website (www.fortbend.lib.tx.us), or call the First Colony Branch Library at 281-238-2800 or the library system's Communications Office at 281-633-4734.

'HIDDEN JEWELS' PAINTING WINS FIRST PLACE



Before graduating from Foster High School, Sonali Puri's oil painting "Hidden Jewels" caught the eye of Houston Mayor Sylvester Turner, which in turn, won her the first place award in the Mayor's Art Scholarship Competition and a \$5,000 scholarship. Puri ranked number one out of 98 submissions, coming from 24 high schools out of 11 different school districts. "I painted this piece to represent the unity between Pakistani, Indian and Bangladeshi cultures," said Puri. "No matter where we are from, in sisterhood we are one."



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Lunches of Love thrives at new location

by **AVERIL GLEASON** | agleason@fbherald.com

It's been a little over a month since Lunches of Love has been operating in its new space and the volunteers are loving it. After spending years at First United Methodist Church in Rosenberg, Lunches of Love Director Adriane Mathews Gray proudly announced that the nonprofit moved into the old bowling alley building at 1416 Radio Lane.

"We have only been operating out of our new space since June 10 and it is amazing," Gray boasted. "We have space to grow our program. We are definitely making meals and memories in our new home."

Kids who depend on a nutritious breakfast and lunch each day at school are suddenly left wondering where their next meal is coming from while not in school, Gray explained.

Lunches of Love has dedicated the past 10 years to helping end childhood hunger in

Fort Bend County. Lunches of Love is 100 percent volunteer based and driven with no paid staff.

"Everyone has raved over our new home and are so excited for this new journey for Lunches of Love and our community children," Gray said. "Many of our families who receive lunches



Photo by Megan Tape | Volunteers decorate hundreds of bags with unique personal messages and artwork certain to bring smiles to children everywhere. Volunteers are always needed to make sandwiches, cut veggies and fruit, decorate and fill bags. No time to volunteer? Bags, food and money are always appreciated.

have come by to take a tour and help volunteer, too.

"Our new home was definitely a leap of faith, but our volunteers, supporters, donors and community believe in and truly back our mission and made sure our ever-growing program could continue making a positive impact in Fort Bend County."

In 2009, the program began by feeding 150 children at Bowie Elementary School. Now the program provides thousands of children with lunches.

"We feed approximately 4,100 children every day during the summer and approximately 3,000 children during the school year," Gray revealed. "With our new larger home, we will be able to feed even more children living in food-insecure households."

In June 2015, Lunches of Love served its millionth free lunch and by July 2017 it had served its two millionth meal.

Gray said she has lots of dreams and goals for Lunches of Love, the children and the community.

"We definitely have space for new components and to grow, but as of now, we are doing our very best to develop a permanent footprint and lay of the land. We are super excited about our future and being able to help feed children and also help break the cycle of generational poverty in Fort Bend County with new ideas, too."

School-year lunches begin the second week of the school year to allow teachers and staff a full week to identify new students, Gray said, explaining that school staff determines which students need weekend care packages.

Lunches are also provided to every child living in the household who is 18 or younger.

For the extended school holiday sessions to run smoothly, the organization requires about 110 dedicated volunteers every day. During the school year, about 50 volunteers are needed each Wednesday to handle the weekend lunches.

"There are so many ways you can help, too," Gray said. "We have jobs for all ages in our facility or in your own home. It is easy to help make a difference."

"We always need volunteers. Volunteer opportunities can be found on our online calendar and donations can be made online, too. Our most current needed summer item is juice boxes."

To volunteer or donate, visit www.lunchesoflove.net.

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Travis HS students to spend Summer abroad

Nine Travis High School students spent their summer abroad as recipients of the Council on the International Educational Exchange Global Navigator scholarships. Combined, the students received more than \$25,000 for summer immersion programs where they studied culture, language, arts and history.

The student winners include:

Anthony Chuka-Ipere (Spanish Foodie Culture in Alicante, Spain), Victoria Guest (Spanish Language & Culture in Seville, Spain), Dakota Iocco (Leadership Through Mandela's Example in Cape Town, South Africa), Kayla Jarvis (Spanish Language & Dominican Culture in Santiago, Chile), Jason Li (Japanese Language & Pop Culture in Tokyo), Amanda Ramirez (German Language & Culture in Berlin), Sanjay Ravindran (Spanish Language & Culture in Barcelona), Caira Thomas (Spanish Language & Culture in Madrid), and Yan Tung Wong (Theater Arts Behind the Scenes in London).

Nearly 50 Fort Bend ISD students applied to the scholarship program, among the more than 15,000 students who applied nationwide.

CIEE is a leader in educational international exchanges and travel, offering programs to high school and college students, and educators.

Kitto, Mills named to lead Lamar CISD schools

Sharyn Kitto is the new principal of Wertheimer Middle School. A graduate of Iowa State University, Kitto received her masters from Louisiana State University. Kitto has 10 years of experience in education including four years of teaching experience, one year as an instructional coach, two years as a testing coordinator and three years as an assistant principal. She most recently served as an assistant principal at Leaman Junior High.

Tracy Mills is the new principal of Jackson Elementary. A graduate of Texas A&M University, Mills received her master degree from the University of Houston. Mills has 28 years of experience in education including fifteen years of teaching experience, one year as an instructional coordinator and twelve years as an assistant principal. She most recently served as the assistant principal at Jackson Elementary.



Sharyn Kitto



Tracy Mills

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Preventing HPV-related cancers

About 80 percent of men and women are exposed to human papillomavirus (HPV) at some point in their lifetime, which can lead to serious health problems. Although the body usually clears those transient HPV infections on its own, screenings and early detection are vitally important.

Few cancers can be prevented with a vaccine, but cervical cancer is one that can be prevented. That's because the vast majority of cervical cancer cases — diagnosed in nearly 13,000 women in the United States each year — are caused by HPV.

There are multiple strains of HPV, most of which can be sexually transmitted, resulting in nearly all new cases of cervical cancer and many incidences of vulvar and vaginal cancers, anal, penile and head and neck cancers, according to Dr. Tarrik Zaid, board-certified gynecologic oncologist at Houston Methodist Gynecologic Oncology Associates.

Fortunately, HPV vaccines are available in the United States and can decrease the chances of contracting the most common types of the HPV virus that cause cancer, he said. Along with regular Pap tests to detect any abnormal cells on the cervix, this proactive approach is a woman's best shot for avoiding cervical cancer, the second leading cause of cancer deaths among women.

"Cervical cancer caused by high-risk HPV is one of the most preventable cancers," Zaid said. "But finding the disease early with

Pap tests can lead to more treatment options and significantly decreased deaths."

More than a decade ago, the U.S. Food and Drug Administration approved the first of three HPV vaccines that, delivered through a series of shots, can help prevent HPV-related cancers. Current guidelines recommend vaccination starting at the age of 11 or 12 years for both genders.

"About 14 million new cases of HPV occur in the U.S. each year," said Dr. Julie A. Boom, director of the Texas Children's Hospital Immunization Project and director of Infant and Childhood Immunization for the Center for Vaccine Awareness and Research. "With more young people being vaccinated now, we hope to see the prevalence of HPV drop significantly."

Current cervical cancer screening guidelines recommend Pap tests for women ages 21 and older. According to the Centers for Disease Control and Prevention, women should be screened every three years between ages 21 and 29 with a Pap test and every five years between ages 30 and 65 with a Pap and HPV test.

FREE HPV SEMINAR

Join Dr. Tarrik Zaid, board-certified gynecologic oncologist at Houston Methodist Gynecologic Associates and Dr. Julie A. Boom, director of the Texas Children's Hospital Immunization Project, as they discuss HPV, cervical cancer, screening and prevention at 6 p.m. Thursday, Sept. 19 in the Brazos Pavilion Conference Center. Registration is required. Visit events.houstonmethodist.org/hpv-sl or call 281-274-7500.

UROLOGY HEALTH AWARENESS

Aging can lead to significant urinary conditions in men and women. But doctors at Houston Methodist Sugar Land Hospital say that understanding these potential issues — and today's advanced treatments — is the key to urinary health.

To help improve awareness of urinary condition risk factors, symptoms and treatment options, Houston Methodist Sugar Land is hosting a free informational seminar on urinary incontinence and prostate cancer at 6 p.m. on Sept. 12.

Incontinence is often seen as a normal part of aging, especially for women. Pregnancy, childbirth and advancing age can weaken the muscles that control the bladder and urethra, leading to an involuntary loss of urinary control. Extra weight can put pressure on the bladder and surrounding muscles, making the condition worse.

"Having infrequent episodes of urine leakage isn't a cause for alarm, especially as women grow older," said Dr. Laura Martinez, board-certified urologist at Houston Methodist Urology Associates in Sugar Land. "But if incontinence is affecting your daily life or causing you to avoid certain situations, then it's time to see a urologist."

The good news is that incontinence can often be treated with

a few minor changes. "Usually, we begin with lifestyle modifications, such as creating a schedule of fluid intake, along with pelvic-strengthening exercises," Martinez said. "Those can make a big difference for many women. If necessary, we also have a number of medications and even surgical options that can eliminate or reduce incontinence and help women regain confidence and control over their routine."

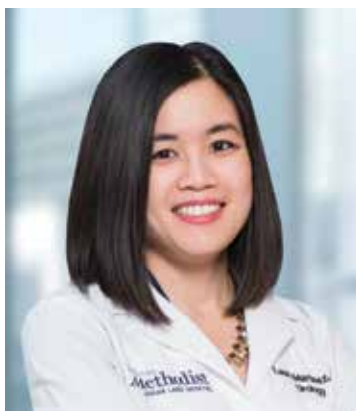
Another common urology health issue is prostate cancer, as it is the second most common cancer affecting men and the second leading cause of cancer death among men. About 200,000 Americans each year are diagnosed.

"Because early stages of prostate cancer typically cause no symptoms, it is important for men to be checked regularly by a physician," said Dr. Neel Srikishen, board-certified urologist at Houston Methodist Urology Associates in Sugar Land. Physical examinations of the prostate and a simple blood test, called a prostate-specific antigen (PSA) test, can identify small tumors long before symptoms begin.

"Early detection is critical because most prostate cancers are slow-growing, which gives us time to make the best possible treatment decision," Srikishen said. "We have access to a wide range of treatments today, many of which leave men with no lasting side



Neel Srikishen



Dr. Laura Martinez

effects. Catching prostate cancer at its early stages – especially before it spreads to other parts of the body – can make a significant difference in how we approach a plan of care.”

UROLOGY HEALTH SEMINAR

Join board-certified urologists Dr. Laura Martinez, and Dr. Neel Srikishen, for a free and informative seminar on incontinence and prostate cancer. The two physicians will discuss risk factors, signs and symptoms, the importance of screening and today's most advanced treatment options at 6 p.m. on Sept. 12 in the Brazos Pavilion Conference Center at Houston Methodist Sugar Land Hospital. Registration is required. To register or learn more, go to events.houstonmethodist.org/urology-sl or call 281-274-7500.

To learn more about Houston Methodist Sugar Land Hospital, visit houstonmethodist.org/sugarland or Facebook page at [fb.com/methodistsugarland](https://www.facebook.com/methodistsugarland) for the latest news, events and information.



FREE JOINT PAIN SEMINAR

If you're considering joint replacement surgery, but concerned about how you'll manage at home, orthopedic surgeons with Houston Methodist Orthopedics & Sports Medicine in Sugar Land have some important pointers for dealing with joint pain. Join Dr. Michael D. Kent and Dr. Thomas B. Rivers for a free seminar at 6 p.m. Tuesday, Sept. 17, in Houston Methodist Sugar Land Hospital's Brazos Pavilion Conference Center. From diagnosis to rehabilitation, both physicians will discuss the latest medical advances to help you get back to the active life you enjoy. Register at events.houstonmethodist.org/jointpain-sl or call 281-274-7500.



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August 1

YA Summer Gaming Tourney

Teens entering grades 9-12 are invited to participate in a summer-long teen-gaming tournament encompassing video games, board games, and card games at the University Branch Library at 3 p.m. in Meeting Room 2. For more information visit www.fortbend.lib.tx.us or call 281-633-5100.

August 2

2019 Senior Prom

Fort Bend Seniors Meals on Wheels' Senior prom will be held from 9:30 a.m. to 12:30 p.m. at 1330 Band Rd. in Rosenberg.

For more information email iloveseniors@fortbendseniors.org.

August 3

Ice-Cream-Making Workshop

In this family craft activity at the George Memorial Library at 10:30 a.m. in the Meeting Room, learn how to make homemade ice cream using an ice-cream maker. Materials will be provided. Questions? Call 281-633-4734.

Knitting for Beginners

In this hands-on adult craft class at the Bob Lutts Fulshear/Simonton Branch Library from 9:30 a.m. to 12:30 p.m. in the Meeting Room, Marie Picon will describe essential tools used for knitting, such as

different yarns that can be used for varying effects, and how knitting needles differ from other types of needles. Reservations required. Questions? Call 281-633-4675.

Back to School Splash Bash

Sugar Land Town Square's Back to School Splash Bash will be held from 11 a.m. to 3 p.m. The family-fun event, featuring free kids activities will benefit the Fort Bend Rainbow Room.

August 5

Taste of Rosenberg

The Taste of Rosenberg will be held from 5:30-8:30 p.m. at the Rosenberg Civic & Convention Center, 3825 SH 36 South. Taste

of Rosenberg allows restaurants and other vendors to showcase their food for the public. For more information contact Isabel Castillo at icastillo@rosenbergtx.gov or 832-595-3330.

August 9

TSTC Registration Rally

Texas State Technical College in Fort Bend County will hold its registration rally for the fall semester from 10 a.m. to 7 p.m. at 26706 Southwest Freeway in Rosenberg.

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August 9 (cont.)

Music in the Plaza

Hayden Baker will perform at Sugar Land Town Square Plaza from 7:30 p.m. to 9:30 p.m. Visit haydenbakermusic.com.

August 10

Make money with your hobbies

Local blogger, author, and podcaster Alpana Deo will share tips on how to turn one's hobby into a money-making endeavor at the University Branch Library at 10:30 a.m. in Meeting Room 2.

Thai Fruit Carving

Sucharee Yossunthorn, who attended the Culinary Academy of Las Vegas and received professional training for carving in Bangkok, will discuss the history of this traditional Thai art and demonstrate how to carve colorful fruits and vegetables at the George Memorial Library at 11:30 a.m. in the Meeting Room.

Adventurers Wanted: A Summer D&D Event

Adults and teens aged 13 and up who are fans of the Dungeons & Dragons® fantasy, tabletop, role-playing game, are invited to meet and socialize with others who enjoy role-playing games at the George Memorial Library from 2 p.m. to 4 p.m. in Room 2B. Registration required. Questions? Call 281-633-4734.

Movie Under the Moon

Christopher Robin will show in the Sugar Land Town Square Plaza from 8:15 p.m. to 10 p.m.

August 13

Resumé Workshop

Learn the basics of putting together a resumé at 2 p.m. in the Computer Lab of the George Memorial Library. Those attending this informal program will receive one-one-one help formatting a resumé. Registration required. Questions? Call 281-633-4734.

August 14

Book Club

The University Branch Library's book club will meet at 7 p.m. in Meeting Room 2 to discuss "The Awakening," written by Kate Chopin. This book club, which normally meets on the second Monday, will meet on the second Wednesday during the summer.

Young Adult Book Club

Teen readers in grades 9-12 will have an opportunity to meet with others who share the same love for good books, and have a lively discussion at 4 p.m. in Room 2B. This month, readers will talk about "And the Trees Crept In," written by Dawn Kurtagich.

August 15

Story Spinners Writing Club

The club will meet from 5:30 p.m. to 8 p.m. in Room 2C at the George Memorial Library. This month's topic will be "Voice." This program is recommended for adults and teens aged 14 and up.

Book Break

The George Memorial Library's Book Break club will discuss "The Zookeeper's Wife," a war story written by Diane Ackerman at noon in Room 2A.

ESL Conversation Circle

The Bob Lutts Fulshear/Simonton Branch Library is offering a program (presented in English) for individuals of all nationalities who would like a place to practice their English language and conversation skills at 1 p.m. in the Meeting Room.

August 16

Senior Series:

Wills, Trusts, & Guardianships

Liz McNeel, a senior real-estate specialist and certified senior-housing professional, will lead a panel of experts who will discuss estate-planning, wills, powers of attorney, trusts and guardianships at the University Branch Library at 10:30 a.m. in Meeting Room 1.

Summer Family

"Camp out" Fun

Explore NEO's interactive campsite with tents, games, friendly competitions, and even a lawn fishing tournament from 7 p.m. to 9 p.m. at Sugar Land Town Square.

August 17

Heavy Inks Graphic Novel

Book Club

Readers of all ages who enjoy illustrated novels and comic books can join this book club at the George Memorial Library at 11 a.m. in Room 2B. For August, readers will discuss "Maus: A Survivor's Tale" and "Maus II: And Here My Troubles Began," by Art Spiegelman.

Sugar Land Superstar Finale

Enjoy Sugar Land's American Idol-like competition as the finalists belt out their strongest tunes from 7:30 p.m. to 9:30 p.m. at Sugar Land Town Square.

August 19

Fulshear Book Club

The Bob Lutts Fulshear/Simonton Branch Library book club meets at noon in the Meeting Room. The book to be discussed is "A House Without Windows," written by Nadia Hashimi.

August 20

Coffee With the Court

Network and hear Judge Teana Watson of County Court at Law 5 talk about her court from 7:45 a.m. - 8:45 p.m. at the Fort Bend County Justice Center. Light refreshments will be served.

August 21

Steps to Social & Academic Success

Wednesday, Aug 21, 7:00 pm, Meeting Room 2. Certified life coach Niedra Hill Gardner will share tips on how students (entering grades 9-12) can maximize their potential and achieve social and academic success by setting goals, assessing issues, and creating action plans at the University Branch Library at 7 p.m. in Meeting Room 2.

Culinary Book Club

The club meets at 1:30 p.m. in Meeting Room 1 of the University Branch Library. This month's theme is "30 Minutes or Less." Cooking enthusiasts of all ages and experience levels are invited to join.

Family Game Night

Disconnect from electronic devices for an evening of quality family time at the University Branch Library from 7 p.m. to 8 p.m. in Meeting Room 1. A variety of board games, cards, LEGO®, and puzzles will be available. Families can bring their own games, too. For more information visit www.fortbend.lib.tx.us or call 281-633-5100.

August 24

College Financial Aid & FAFSA

Lori Blust, Financial Aid Coordinator with Wharton County Junior College's campus in Sugar Land, will provide an overview of the FAFSA-application process at the

George Memorial Library at 1 p.m. in the Computer Lab. Worksheets can be downloaded from www.fafsa.ed.gov. Registration required. Questions? Call 281-633-4734.

August 26

International Coffee Hour

Start your week off by sharing a cup of coffee and conversation at the George Memorial Library's monthly social hour celebrating the multitude of diverse cultures found in Fort Bend County at 9 a.m. in the Meeting Room.

Fulshear Night Readers Guild

Bob Lutts Fulshear/Simonton Branch Library's readers guild will meet at 6:30 p.m. in the Meeting Room. The book to be discussed is "Remember Ben Clayton," a novel written by Stephen Harrigan.

August 28

College Planning Strategies

Brannon Lloyd, a college financial-planning educator, will provide an overview of the costs associated with attending college at the University Branch Library at 7 p.m. in Meeting Room 2. Learn ways of qualifying for different types of financial aid without getting trapped in a financial nightmare of high rate, high payment and expensive debt. Learn how to avoid loans, maximize merit-aid, and avoid pitfalls that may hurt a student's eligibility for financial aid. Get tips on things to do to increase a student's chances of obtaining scholarships and grants, regardless of a family's income or a student's grades.

August 30

Queen Cover

Baroness: A Queen Tribute will deliver the full Queen experience from 7:30 p.m. to 9:30 p.m. at Sugar Land Town Square.

August 31

Texas Talks: Avenger Field & the WASPs of WWII

Learn about Avenger Field – a WWII Army Airfield near Sweetwater – and the Women Airforce Service Pilots (WASPs) who trained there in the 1940s from 1 p.m. to 3:30 p.m. in the Meeting Room of the George Memorial Library. Questions? Call 281-633-4734.

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