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# Stroke Myths: Are you Stroke Aware?

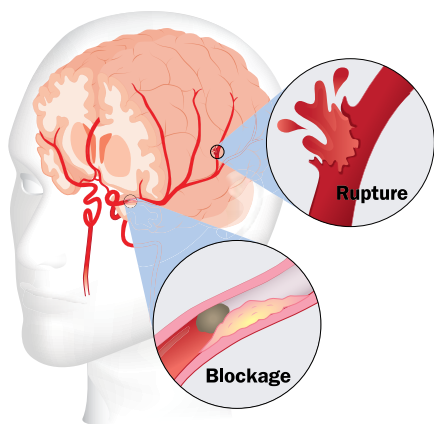
On average, someone in the U.S. has a stroke every 40 seconds. Every four minutes, someone dies of stroke. One of the best ways to combat this killer is to arm yourself with the facts. Memorial Hermann affiliated neurologist **Joseph Cochran, MD**, shares the most common myths he hears about stroke and sets the record straight.

**MYTH: A stroke is like a heart attack.**

“A heart attack affects the heart; a stroke occurs when blood flow to the brain is interrupted, depriving brain tissue of oxygen,” says Dr. Cochran. “But heart disease and stroke share many of the same risk factors.”

**MYTH: A stroke is a “brain bleed.”**

“Yes and no,” says Dr. Cochran. “There are two types of stroke, hemorrhagic and ischemic. Hemorrhagic stroke occurs when a blood vessel in the brain bursts, causing bleeding in the surrounding tissue. Ischemic stroke occurs when a blood clot blocks a blood vessel carrying blood to the brain, cutting off blood supply.”



**MYTH: Strokes just randomly occur and can't be prevented.**

“Not true,” says Dr. Cochran. “While family history of stroke increases your chances for stroke, up to 80 percent of strokes are preventable by managing the risk factors, including maintaining a healthy weight and blood pressure and cholesterol levels, exercising and avoiding smoking.”

**MYTH: The most common sign of a stroke is a severe headache.**

The acronym **BE FAST** can help you quickly recognize common signs of stroke and the action to take:

- **Balance** – Is there a sudden loss of balance or coordination?
- **Eyes** – Is there sudden blurred or double vision?
- **Face Drooping** – Is the person's smile uneven or lopsided?
- **Arm Weakness** – Does one side drift downward? Is there weakness or numbness on one side?
- **Speech Difficulty** – Does the person have slurred or garbled speech?
- **Time to Call 911** – Tell the 911 operator you think it's a stroke and when symptoms began.

**MYTH: Strokes can't be treated.**

“We can treat ischemic stroke with a clot-busting drug called tissue plasminogen activator (tPA), which must be administered within 4 1/2 hours of the onset of stroke. For hemorrhagic stroke, we can administer drugs to reduce blood pressure, to slow down the bleeding, and may perform surgery to repair the ruptured blood vessel,” says Dr. Cochran.



Joseph Cochran, MD

**MYTH: Little strokes aren't cause for concern.**

Small strokes, known as transient ischemic attacks (TIAs), are strong predictors of stroke. A person who has had one or more TIAs is almost 10 times more likely to have a stroke. TIA should be considered a medical emergency.

**MYTH: All hospitals are equally equipped to handle strokes.**

The Joint Commission certifies hospitals that meet certain standards for care of acute stroke, designating them as Primary Stroke Centers (PSCs) and Comprehensive Stroke Centers (CSCs). Both are advanced designations, but CSCs are the most advanced.

Mischer Neuroscience Institute at Memorial Hermann-Texas Medical Center is a CSC, the first stroke program in the region to meet such standards. In addition, seven Memorial Hermann hospitals, including **Memorial Hermann Southwest Hospital** and **Memorial Hermann Sugar Land Hospital**, are PSCs.

To learn more about stroke symptoms and care, visit [neuro.memorialhermann.org/stroke](http://neuro.memorialhermann.org/stroke)



# Contents & Staff

May 2019

# GREATWOOD

monthly™

**GENERAL MANAGER**  
**Lee Hartman**  
 leehart@fbherald.com

**ASSISTANT MANAGING EDITOR**  
**Marquita Griffin**  
 mgriffin@fbherald.com

**ADVERTISING**  
**John Oliver**  
 joliver@fbherald.com

**Stefanie Bartlett**  
 sbartlett@fbherald.com

**Ruby Polichino**  
 ruby@fbherald.com

**COMPOSITION & GRAPHICS MANAGER**  
**Alfred H. Dubé**  
 adube@fbherald.com

**GRAPHIC DESIGNERS**  
**Melinda Maya**  
 mmaya@fbherald.com

**Rachel Cavazos**  
 rcavazos@fbherald.com

**WRITERS & CONTRIBUTORS**  
 Scott Reese Willey  
 Averil Gleason

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# Summer Camp 2019



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# A TOUCH OF JUNGLE & A BIT OF JAZZ

## to light the stage in two Inspiration Stage productions

Story by **MARQUITA GRIFFIN & ALISHA McMILLEN**

**A**pril showers usually brings May flowers, but when Inspiration Stage is involved, May will bring a bit of jungle and jazz to the community, as the award-winning theatre presents two popular musicals: “Disney’s The Jungle Book KIDS” and “Chicago: High School Edition.”

Adapted from the classic Disney animated film, “The Jungle Book KIDS” is offering audience members the same colorful characters and catchy tunes of the 1967 classic.

The story is one that has been gleefully retold countless times: Banished by the ferocious tiger, Shere Khan, a human boy named Mowgli and his panther friend, Bagheera, are on the run in the deepest parts of the jungle.

On their journey, the two meet a sinister snake named Kaa, a herd of elephants and a giant bear named Baloo, who teaches them the swinging musical rhythms of the jungle.

Playing the lovable character of Baloo is Greatwood resident and Logos Preparatory sixth grader Bryant Sanchez, who said he has learned much over his past year with Inspiration Stage.

“I feel like this show is going to have a lot of energy and be lots of fun,” the 12-year-old actor said.

After surviving a dangerous encounter with a band of monkeys led by King Louie, Mowgli and Bagheera are forced to run for their lives. When Shere Khan returns, the heroes must rally their fellow animals into battle and restore peace throughout the jungle.

“I am excited to be performing for the fourth time at iStage in “Disney’s Jungle Book KIDS,” not only for the opportunity to grow as an actor but also because I have always loved the story of a young boy who grows up in the jungle with animals as friends,” said 11-year-old Dickinson Elementary fifth-grader Patrick O. Bryan.

Bryan is appearing as Grumpy Monkey in the production.

The show will also feature a Campbell Elementary student, 9-year-old Madelyn Donaldson, who will play “the jungle” in the musical.

“I’m so excited to be on stage with super talented kids,” she said excitedly. “It’s going to be fun and entertaining.”

The show will run Friday, May 3 and Saturday May 4 at 7:30 p.m. and at 5:30 p.m. on Sunday, May 5.



Photo by Mandy Seymore-Sensat | Mowgli (Luca Marino), Baloo (Bryant Sanchez) and Shanti (Jaleena Cate) in Inspiration Stage’s Jungle Book KIDS.



Photo by Mandy Seymore-Sensat | Bagheera (Ashley Janak), Shanti (Jaleena Cate) and Mowgli (Luca Marino) in Inspiration Stage’s Jungle Book KIDS.



Photo by Mandy Seymore-Sensat | Shere Khan (Alexandria Gomez), Shanti (Jaleena Cate), Mowgli (Luca Marino), Baloo (Bryant Sanchez) and Bagheera (Ashley Janak) in Inspiration Stage’s Jungle Book KIDS.





Photo by Sarah Patterson | Abigail Cooney strikes a pose as Merry Murderess "Annie" in Inspiration Stage's Chicago: High School Edition



Photo by Sarah Patterson | The cast of Chicago paints the town...and "All That Jazz" in Inspiration Stage's Chicago: High School Edition. Pictured are Maura Dooley, Jonathan Bynum, Emily Adams, Corey Jennings, Chloe Moczygemba, Navi Dixon, Nate Sarlls, G Piddington, Madison Willett, Abigail Cooney, Ashley Johnson, Mya Bryant, Kate Henry, Lizzie Tyer, Emily Smith, Alyssa Dooley, Desmond Otasowie and Reese Warren.



Photo by Sarah Patterson | From left are Madison Willett, Lizzie Tyer and Ashley Johnson who are the Three Merry Murderesses of the Cook County Jail rock the cell block in Inspiration Stage's Chicago: High School Edition.

## WITNESS THE ROARING 20s

Here is the scene: Chicago during the Roaring 20s and a woman named Roxie Hart murders a faithless lover and then convinces her hapless husband, Amos, to take the rap.

And he does, that is until he realizes he's been duped and then turns on Roxie.

This is how the story of "Chicago: High School Edition," opens and it's one Inspiration Stage is bringing to the community May 17-19.

Now convicted and sent to death row, Roxie and another "Merry Murderess," Velma Kelly, vie for the spotlight and the headlines, ultimately joining forces in search of the American dream of fame, fortune, and acquittal.

Playing one of the Merry Murderesses is 15-year-old Greatwood resident Ashley Johnson, who said she is grateful to Inspiration Stage for helping her pursue her passion of musical theatre.

"I am excited to be part of such a talented cast and to challenge myself as a performer with this award-winning show," said the George Ranch High School freshman.

"Chicago: High School Edition" is content-appropriate and has been adapted to remove overtly sexual references and adult language. The production is recommended for audiences ages 12 and up.

The show will run Friday, May 17 at 7:30 p.m.; Saturday, May 18 at 3:30 p.m. and 7:30 p.m.; and Sunday, May 19 at 3:30 p.m.

Tickets for "Disney's The Jungle Book KIDS" and "Chicago: High School Edition" are available for advance purchase at [inspirationstage.com](http://inspirationstage.com) or at the door before showtime. For more information visit [www.inspirationstage.com](http://www.inspirationstage.com).



Photo by Sarah Patterson | Maura Dooley, Jonathan Bynum and Emily Adams razzle dazzle 'em in Inspiration Stage's Chicago: High School Edition. Dooley will play Velma Kelly; Bynum will play Billy Flynn and Adams will play Roxie Hart.



Ashley Johnson



Bryant Sanchez



Madelyn Donaldson



Patrick Bryan

“THIS SHOW IS GOING TO HAVE  
A LOT OF ENERGY AND BE LOTS OF FUN.”  
— Bryant Sanchez, "The Jungle Book KIDS"

## OPENNOW = 24 THEATRE SUMMER CAMPS

Inspiration Stage is a national award-winning performance arts studio located in the historic Sugar Land Auditorium at 226 Lakeview Dr. The 2019 season includes youth and adult productions, as well as acting and production classes. Inspiration Stage recently announced its summer schedule with 24 summer camps for ages four through 19. Tuition assistance is available to qualifying participants. For tickets and information, visit [www.inspirationstage.com](http://www.inspirationstage.com).

**Willy Wonka:** 8 a.m. to 1 p.m., May 28 - 31. For ages 6 through 16 years old.

**Annie:** 8 a.m. to noon, June 3 - 7. For ages 5 through 15 years old.

**Jungle Book:** 1 p.m. to 5 p.m., June 3 - 7. For ages 4 through 14 years old.

**Aladdin:** 8 a.m. to noon, June 10 - 14. For ages 5 through 15 years old.

**High School Musical:** 1 p.m. to 5 p.m., June 10 - 14. For ages 8 through 18 years old.

**Seussical:** 8 a.m. to noon, June 17 - 21. For ages 7 through 17 years old.

**Alice in Wonderland:** 1 p.m. to 5 p.m., June 17 - 21. For ages 5 through 15 years old.

**Little Mermaid:** 8 a.m. to noon, June 24 - 28. For ages 5 through 15 years old.

**Peter Pan:** 1 p.m. to 5 p.m., June 24 - 28. For ages 5 through 15 years old.

**Into the Woods:** (See the website for exact camp hours), June 24 - 28. For ages 9 through 19 years old.

**Wizard of Oz:** 9 a.m. to 5 p.m., July 1 - 3. For ages 5 through 15 years old.

**Sleeping Beauty:** 8 a.m. to noon, July 8 - 12. For ages 4 through 14 years old.

**Willy Wonka:** 1 p.m. to 5 p.m., July 8 - 12. For ages 6 through 16 years old.

**Junie B. Jones:** 8 a.m. to noon, July 15 - 19. For ages 5 through 15 years old.

**Camp Rock:** 1 p.m. to 5 p.m., July 15 - 19. For ages 8 through 18 years old.

**Aristocats:** 8 a.m. to noon, July 22 - 26. For ages 4 through 14 years old.

**Little Mermaid:** 1 p.m. to 5 p.m., July 22 - 26. For ages 5 through 15 years old.

**Broadway Now!:** (See the website for exact camp hours), June 22 - 27. For ages 10 through 18 years old.

**Aladdin:** 8 a.m. to noon, July 29 - Aug. 2. For ages 5 through 14 years old.

**Legally Blonde:** 1 p.m. to 5 p.m., July 29 - Aug. 2. For ages 8 through 18 years old.

**Mamma Mia:** (See the website for exact camp hours), July 29 - Aug. 3. For ages 10 through 18 years old.

**Annie:** 8 a.m. to noon, Aug. 5 - 9. For ages 5 through 15 years old.

**Peter Pan:** 1 p.m. to 5 p.m., Aug. 5 - 9. For ages 7 through 17 years old.

**Wizard of Oz:** 9 a.m. to 5 p.m., Aug. 12 - 14. For ages 4 through 14 years old.





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# Honoring the Fallen

## Memorial Day events around the county

If Danny Phillip Dietz Jr. were alive today, he would be 39 years old. His wife Patsy would not have experienced being a widow and his family and friends wouldn't be missing him. But on June 28, 2005, Dietz, along with three other Navy SEALs — team leader Navy Lieutenant Michael P. Murphy; Petty Officer Second Class Matthew G. Axelson; and Navy Hospital Corpsman Second Class Marcus Luttrell — were tasked with surveillance and reconnaissance of a group of structures known to be used by Ahmad Shah, a local who commanded a group of fighters operating in eastern Afghanistan and the Hindu-Kush mountains.

### The mission was called Operation Red Wings.

Only hours after the mission began, the SEALs were ambushed by Shah and his men, resulting in the death of three of the SEALs as well as eight Navy SEALs and eight U.S. Army Special Operations aviators who were aboard a helicopter that was sent to the team's aid.

At that time it was considered the worst single-day U.S. Forces death toll since Operation Enduring Freedom, and the single largest loss of life for Naval Special Warfare since World War II. In 2013, Peter Berg's film Lone Survivor was released, sharing the harrowing story of Operation Red Wings, which lasted nearly three more weeks in which the bodies of the deceased SEALs and Army Special Operations aviators were recovered and when the only surviving member of the initial four-man surveillance and reconnaissance team, Marcus Luttrell, was rescued.

Luttrell, who made a recent appearance at the Literacy Council of Fort Bend's 2019 Reading Between the Wines benefit, authored the book "Lone Survivor," which the 2013 film was based on.

"The loss of a loved one has a great impact on someone's life, but even more so when they are taken from you when you never expected it," said Patsy Dietz-Shipleigh in an open online letter to the public. "Danny and I had just bought a new house, had our two dogs, and dreamed to grow old and have children ... that all changed by a knock on my door that delivered the news that my husband was killed in action."

Continued on page 12



## SCHEDULE OF EVENTS

### Friday Kick Off Party

**Where:** Michael Berry's Redneck Country Club in Houston, Texas

**When:** 6 p.m. Friday, May 24

**What:** Food, raffles, live auction and special presentation by Patsy Dietz-Shipleigh.

### Roping and Church

**Where:** Fort Bend County Fairgrounds, Rosenberg, Texas

**When:** 8 a.m. Sunday, May 26

**What:** Team roping and Cowboy Church.

### 4th Annual Barrel Race

**Where:** Fort Bend County Fairgrounds, Rosenberg, Texas

**When:** 8 a.m. Monday, May 27

**What:** The barrel race will begin at 1 p.m. sharp.

*Tickets are \$10 at the gate. Military, veterans and children 14 years old and younger will be admitted for free. All events benefit the Navy SEAL Danny Dietz Foundation & the Navy SEAL Foundation.*

### 7th Annual BBQ Cook-Off

**Where:** Fort Bend County Fairgrounds, Rosenberg, Texas

**When:** 8 a.m. Saturday, May 25

**What:** The barbecue kick-off with judging and awards, team roping, kids que, car show, silent auction, food trucks, vendors market, concessions, acoustical musical performances, Pickett Pro Rodeo Roughstock Challenge and DDMC concert series.



U.S. Navy SEAL  
LT. Michael Murphy



Gunner's Mate 2nd Class  
(SEAL) Danny Dietz



Sonar Technician 2nd Class  
(SEAL) Matthew Axelson



Hospital Corpsman 2nd Class  
(SEAL) Marcus Luttrell



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## Continued from page 10

After her husband's death, she wanted to channel the pain into a positive force that would reflect her husband's strength, loyalty and love for the SEAL community so she became involved with the Navy SEAL Foundation, a national nonprofit which provides ongoing support and assistance to the Naval Special Warfare Community and its families through programs.

Then nine years ago she was speaking about her husband and Operation Red Wings, when an event coordinator, Danny Quinlan, suggested an event that would both honor her husband and the SEAL community.

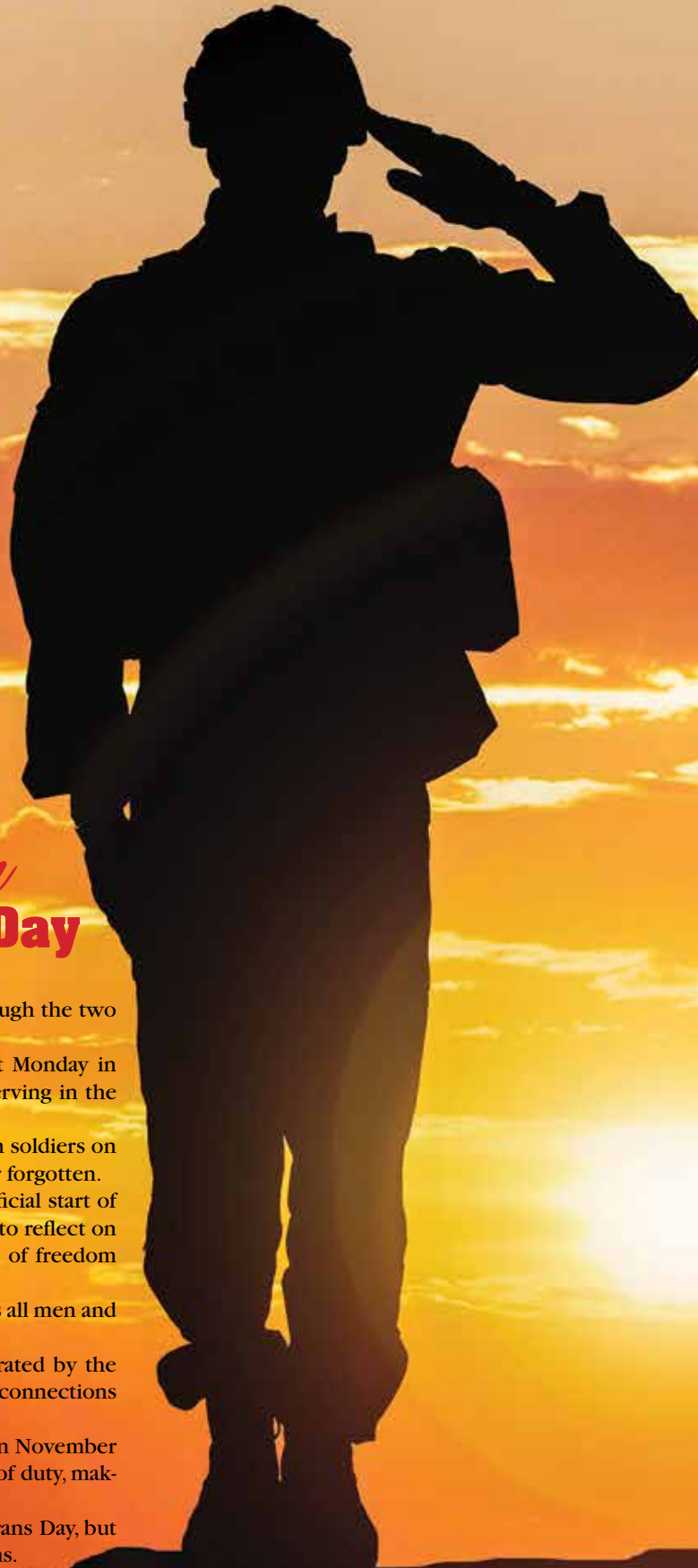
Now in its 10th year, the Annual Navy SEAL Danny Dietz Memorial Classic and Bar-B-Q Cook Off has become a staple Memorial Day event in Fort Bend County.

Just like it has in prior years, the weekend-long event will be held at the Fort Bend County Fairgrounds in Rosenberg as a heartfelt celebration that honors those who sacrificed their lives for their county, and benefits The Navy SEAL Foundation, and The Navy SEAL Danny Dietz Foundation.

This year's event is set for May 24 through May 27.

"Every year the event is getting bigger and bigger and it's thanks to all of you that come out and support our cause to help the SEAL community and remember not only Danny, but all the men that have died on June 28, and all the men in the Navy SEAL community that have sacrificed so much," Dietz-Shipley said in her letter.

This event will feature music, barbecue, live and silent auctions, a car show, the Pickett Pro Rodeo Roughstock Challenge and professional and amateur team roping. For more information visit [www.dannydietzmemorial.com](http://www.dannydietzmemorial.com).



## *The difference between* **Memorial Day & Veterans Day**

**M**emorial Day and Veterans Day each honor the military, though the two holidays are not the same.

Memorial Day, which is celebrated annually on the last Monday in May, honors the brave men and women who lost their lives while serving in the American military.

Many communities host memorial ceremonies honoring their fallen soldiers on Memorial Day, ensuring such soldiers' bravery and sacrifices are never forgotten.

While many people now view Memorial Day weekend as the unofficial start of summer, the weekend should not be celebrated without also pausing to reflect on and recognize the military personnel who lost their lives in defense of freedom and the American way of life.

Veterans Day is celebrated annually on November 11 and recognizes all men and women who have served in the military.

Veterans Day coincides with Remembrance Day, which is celebrated by the Commonwealth of Nations, an association of 53 member states with connections to the British Empire.

Though Veterans Day and Remembrance Day are each celebrated on November 11, the latter recognizes armed forces members who died in the line of duty, making it more similar to Memorial Day than Veterans Day.

It's not uncommon for people to recognize fallen soldiers on Veterans Day, but many use the holiday to express their appreciation to existing veterans.



# More Memorial Day Events

## Impact a Hero's 15th Annual Run, Walk and Wheel Sugar Land, Texas

Where: Constellation Field

When: 7 a.m. - 10 a.m. May 18

What: Join to help support wounded heroes from the War on Terror and their families by entering to run individually (or with a team), walk, donate or raise funds. Historically, over 50 veterans and their families participate to engage with one another, promote emotional well-being by building camaraderie, as well as receive their much-deserved support from those they serve — the community. The funds raised from the 5K and Fundraiser will provide funding for the resources for the Impact A Hero programs and financial aid given to our heroes. Visit [www.impactahero5k.com](http://www.impactahero5k.com) for more information or to register.

## Memorial Day Remembrance Richmond, Texas

Where: George Ranch Historical Park

When: 9 a.m. May 25 & 27

What: The George Ranch Historical Park will host a special Memorial Day remembrance to explore the holiday's roots as Decoration Day. Visitors can participate in a Decoration Day ceremony at the historic family cemetery; help clean the graves of the family members who served in military conflicts; explore the unique Memorial Day traditions that advanced from WWI. Eat a special USO-inspired Memorial Day lunch at the 1930s George Ranch House at noon. Cost for the meal is \$15 for adults ages 13 years old and older; \$12 for children ages 5-12 years old and \$4 for children 4 years old and under. Call 281-343-0218 to make reservations.

## Vittles for Veterans Katy, Texas

Where: MKT Distillery, LLC

When: 11 a.m. - 3 p.m., May 26

What: Money raised will benefit the Chris Kyle Frog Foundation & American GI Forum. Outdoor barbecue and yard games, a bounce house, live music and a raffle.

## 10th Annual Sugar Land Memorial Day Ceremony Sugar Land, Texas

Where: Sugar Land Memorial Park

When: 10 a.m. to 1 p.m. May 27

What: In tribute to those who have made the ultimate sacrifice in service for our country, the City of Sugar Land will observe its annual Memorial Day Ceremony. The program will begin with a patriotic music presentation, starting at 10 a.m. During this time, attendees will also have the opportunity to visit on-site exhibits and participate in activity stations. At 11 a.m. the official ceremony will commence and will include tributes from members of the community and words of remembrance from our local veterans. Educational and commemorative activities will take place throughout the event. To officially close the event, the City of Sugar Land will have a flag ceremony at noon at the entrance of Sugar Land Memorial Park. During the ceremony, all flags will be raised from half-staff to full staff. For more information call the City of Sugar Land Parks and Recreation Department at 281-275-2885.

## City of Rosenberg Memorial Day event Rosenberg, Texas

Where: Rosenberg Civic Center

When: May 27

What: This will be the first time the City of Rosenberg will host its own Memorial Day event. There will be a moment of remembrance at 3 p.m., presentation of colors by the Terry High School Junior ROTC, pledge of allegiance and National Anthem performed by a local Boy Scouts troop and a proclamation from the mayor.

*As of press time this was the only available information on local Memorial Day events.*

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## Hands and Hearts tees up for 18<sup>th</sup> Annual Golf Tournament

The Hands and Hearts Foundation is keeping its tradition of raising funds for community projects in Fort Bend and abroad with its 18th Annual Benefit Golf Tournament.

This year's even is set for May 6 at the Pecan Grove Plantation Country Club in Richmond.

For 17 years, this golf tournament has served as the primary fundraiser for the Hands and Hearts Foundation, who funds projects for the local community and abroad on an application basis. For many years, the foundation has funded local youth to attend a 10-day Guatemala mission trip. Other outreach includes work with Creative Dreams, Intersarsity and Habitat for Humanity.

Registration for this year's tournament will begin at 10:30 a.m. when the driving range and putting green will open with a putting contest. A barbecue lunch will be provided for all golfers at 11:30. The tournament will kick off with a Shotgun Start at 12:30 p.m.

A buffet dinner, an awards ceremony and silent auction follow tournament play. Each team will be given the opportunity for a group photo prior to the start of the tournament with prints delivered at the dinner.

The cost per player is \$175. The Single Player fee includes the box lunch, the buffet dinner, drinks on the course, a golfer goody bag, giveaways and raffle opportunities.

Silent auction chairs Jim and Kathy Horcica promise a large selection of items available to bid on, including rounds at local golf courses, a Cabo vacation, and numerous other gifts which will make Mother's Day and Father's Day shopping a breeze.

Stan Wilkening serves as Hands and Hearts board president as well as chair of the golf committee. He invites individuals, companies, and corporations to support this fund-raising event. Sponsorships range from a Tournament Co-Sponsor at \$3,500 to Hole Spon-



From left: Rick Harsch, Dale Davison, Mike Horn, Stan Wilkening, Mike Loyd, John Loyd, Terry Wilson, and kneeling, Johnny Black.

sor levels of \$2,000, \$1,000 or \$500.

For additional information, you can email the tournament committee, check out our tournament signup sheet, or visit [www.handsandhearts-foundation.org](http://www.handsandhearts-foundation.org). For a look at last year's event visit [vimeo.com/273589463](http://vimeo.com/273589463)

### ABOUT HANDS AND HEARTS FOUNDATION

Hands and Hearts Foundation was formed in April 2002 as a Christian-based, 501(c)(3) nonprofit corporation. With no paid employees, volunteers carry out all operations and activities of the foundation which provides support, assistance, and encouragement for a variety of projects. HHF has also funded individuals who seek to improve the lives of people in under-resourced areas, both locally and worldwide, by serving as teachers, Christian evangelists, and volunteers on mission trips to Guatemala, Mexico, Honduras, Tibet, Africa and The Netherlands.



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# Hall of Famer Swoopes hopes to inspire troubled teens

Story and Photos by **AVERIL GLEASON** | [agleason@fbherald.com](mailto:agleason@fbherald.com)

**W**hen Sheryl Swoopes was growing up, she had no idea she would become a three-time WNBA most valuable player. But why would she think that? She came from a single-parent, no-bedroom apartment.

One day, Swoopes decided to make a change. She promised her mom she would become successful.

It was getting there that was the hard part.

Swoopes told this and more to a group of teenagers at the Fort Bend County Juvenile Probation Department.

"This is kind of a special occasion," Mentor Caseworker Alison DiCamillo prefaced. "We don't normally have presentations like this during the school year. We want to motivate the kids and keep them occupied. And these programs are exposing the kids to people they wouldn't otherwise be exposed to — writers, authors, athletes."

Three dozen young men and women between the ages of 10 and 17 filed into the gym to hear what Swoopes had to say.

"I think lots of times when you see athletes, celebrities or superstars, you see the good stuff," Swoopes started. "The first thing people think is, 'Dang, how did he or she do that? He or she must have had a good life.'"

"I was a lot like some of you here. The only difference is that I wanted to be a better person. I wanted to make my mom proud. I never had a dad [growing up]. And I used basketball as my way out."

Swoopes was the first player to be signed in the WNBA and

was named one of the league's Top 15 players of all time at the 2011 WNBA All-Star Game. She has won three Olympic gold medals, and is one of 10 women's basketball players to have won an Olympic gold medal, an NCAA Championship and a WNBA title. She was elected to the Naismith Memorial Basketball Hall of Fame in 2016. In 2017, she was inducted into the Women's Basketball Hall of Fame.

"People told me I wouldn't graduate high school and I would have a baby before I was 18 years old," the 47-year-old athlete said.

"If I would have started believing everything people told me when I was 10, there's no way basketball could have changed my life.

"You matter. You're important. You have a purpose. There are days when I'm still trying to figure out my purpose. Don't get caught up in your drama. Get caught up in your future.



"Until you believe in yourself, it doesn't really matter."

Swoopes wiped a tear from her face and consoled a young boy and girl who also started crying.

"We all make mistakes," she continued. "But if you learn from those mistakes and do better, there's no excuse for you to come back here."

DiCamillo said the kids look forward to speakers like Swoopes pushing them to get back on the right track.

For more information on speaking to youth in the detention center, mentoring one-to-one or donating funds for the juveniles needing assistance, please visit: [www.fbpfy.org](http://www.fbpfy.org), call 281-633-7317 or email [susan.bearden@fortbendcountytexas.gov](mailto:susan.bearden@fortbendcountytexas.gov).



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Sheryl Swoopes spoke to three dozen at-risk youths at the Fort Bend County Juvenile Detention Center.



NCAA champion Sheryl Swoopes motivates teens at the Fort Bend County Juvenile Detention Center.



## Teen Huddle: Raising autism awareness among teens

By JULIE NOEL

**T**een Huddle, a program provided by Hope For Three Autism Advocates, is an auxiliary group of 20 teens and volunteers with a mission to increase autism awareness and acceptance among teens. On a regular basis this group of teens provides parents of children with autism a time out and special sibling sessions to encourage support and friendships among siblings.

Soon, the Teen Huddle will need to replace one of its extraordinary leaders, because for the past three years, co-chair Kylie Kilfoy will graduate and go on to her educational destiny.

Kilfoy has stood out as a Hope For Three volunteer over the last four years, not only energizing the Teen Huddle program along with co-chair Faith BorkatakyaVarma, but she also added to its experience by creating 'Connecting 4 A Cause.'

Earlier this spring, Kilfoy and her friends Lilly Cordover and Alie Schlom brought together 20 adults with autism or intellectual and or developmental disabilities to foster new friendships and opportunities in the Fort Bend community because she identified the lack of opportunities for young adults to gather and foster relationships within the community.

"Joining Hope For Three, following in the footsteps of my sister, has been much more than rewarding," said Kilfoy. "I've gained confidence, the ability to lead and [speak publicly] and it has even inspired my future career goals as an international nonprofit

executive director."

Following graduation Kilfoy will head to John Brown University in N.W. Arkansas where she will continue playing soccer at a collegiate level and major in international finance. At Hope For Three alone, Kilfoy has racked up countless volunteer hours and hopes others will find volunteering as rewarding as she has over the last four years.

"Volunteering can help you grow as a person, change your perspective and turn you into someone who makes a difference in people's lives," said Kilfoy. "I encourage other students to get involved in Hope For Three or something else they are passionate about. Don't be afraid, be authentic, and in turn you'll be rewarded in many ways."

Kilfoy is one of hundreds of volunteers for Hope For Three, a local nonprofit which provides activities for, and support to, families living with autism spectrum disorder.

"As an organization that serves more than 3,900 in Fort Bend County alone, our volunteers are vital to Hope For Three's success," said Chief Executive Officer, Darla Farmer. "Kylie is a stand-out volunteer who has remarkably served the Teen Huddle and beyond. We wish her the best in Arkansas and will truly miss her assistance at Hope For Three supporting the families and children we serve."

To learn more about Hope For Three, or to provide volunteer services or a tax-deductible donation call 281-245-0640 or visit [hopeforthree.org](http://hopeforthree.org)



Photo by Nesossi Photography | Kylie Kilfoy, a graduating senior from Ridge Point High School and Hope For Three Teen Huddle Co-Chair, volunteered with the nonprofit organization, four years and encourages others to "get involved ... you'll be rewarded in many ways."



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## Community leaders deliver meals to Fort Bend County seniors

Fort Bend Seniors Meals on Wheels participated in the 17th annual March for Meals — a month-long, nationwide campaign with Meal on Wheels programs celebrating the passage in 1965 of the Older Americans Act.

Local community leaders joined Fort Bend Seniors to participate in Community Champions Day, delivering meals to homebound seniors throughout Fort Bend County.

After learning about the array of Fort Bend Seniors programs and the demographics of the seniors served through the programs, elected officials and police chiefs gathered in the Fort Bend Seniors Meals on Wheels distribution kitchen to gather the day's meals to deliver to seniors on a local route in Rosenberg, Richmond, Stafford or Sugar Land.

"The services we provide are a lifeline to seniors in Fort Bend and Waller counties, and the need is rapidly increasing," said Manuela Arroyos, Chief Executive Officer of Fort Bend Seniors.

"By bringing officials into the community, they were able to see firsthand the difference a hot meal and a friendly visit can make for area seniors. We also showed them just how many seniors in our local community are unable to afford food and are at risk of hunger."

Community Champions that delivered meals to constituents in their precincts included: Fort Bend County Commissioner Ken DeMerchant (Pct. 4), Fort Bend County District Attorney Brian Middleton, Judge Juli Mathew (Fort Bend County Court at Law #3), Judge Toni Wallace (Fort Bend County Court at Law #4), Fort Bend County Constable Mike Beard (Pct. 1), Rosenberg Chief of

Police Jonathan White, and Stafford Assistant Chief of Police Glynell Horn, Jr.

Additional community champions joined them, including Nick Ours from Congressman Pete Olson's office; Commissioner DeMerchant's Chief of Staff Ahmad Alaswad; First Assistant to DA Middleton, Ibrahim Khawaja, as well as Fort Bend Seniors board members.

The annual March for Meals campaign is initiated and sponsored by Meal on Wheels America to raise awareness of the struggles faced by our senior neighbors and to encourage action on the part of local communities. Senior nutrition programs across the United States, like Fort Bend Seniors, seek to raise awareness of the growing need for services and the need for increased funding for the Older Americans Act, which fails to keep pace with the demand.

"With 12,000 Americans turning 60 each day, now is the time to invest in these vital programs so that we can provide every senior in need with the nutritious meals, friendly visits and safety checks that will enable them to live healthier and independent in their own homes," said Ellie Hollander, President and CEO of Meals on Wheels America.

Individuals or groups that are interested in supporting Fort Bend Seniors Meals on Wheels by volunteering or donating funds can visit [www.fortbendseniors.org](http://www.fortbendseniors.org) or contact FBS at 281-633-7049. See photos from the campaign on page 31.

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## Volunteers Of America Texas unveil newly renovated community home

The Central Fort Bend Chamber celebrated the ribbon cutting and open house for the newly renovated VOA Community Home TX - 4 on Chupik Street in Rosenberg. The home, which is a group home for non-elderly men with disabilities, can house six adults and is handicap accessible.

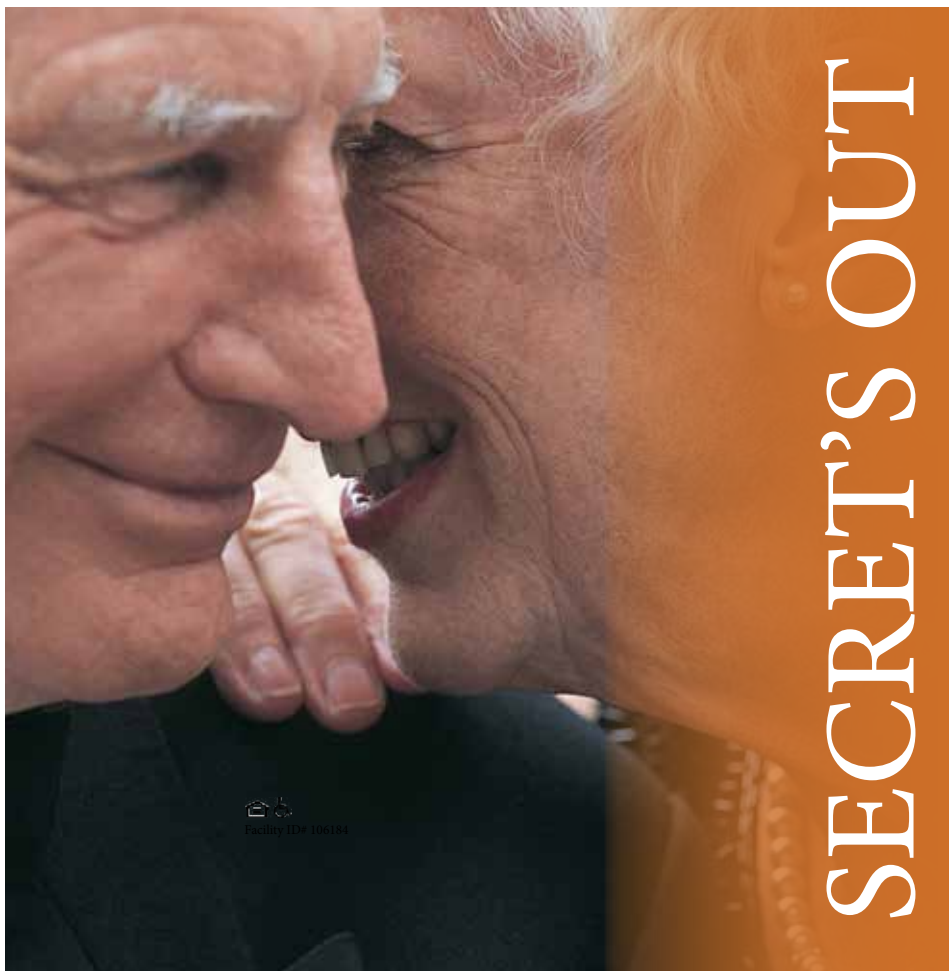
Volunteers of America Texas staff greeted guests and provided tours of the home.

“VOA is passionate, it is a ministry of service, and we love what we do so we want to get the word out about this project,” said Community Administrator Angela Bryant. “We know that there are non-elderly men with disabilities out there who are looking for this type of environment.”

Volunteers of America Texas has been serving Texas for 120 years and is a provider of services for individuals with intellectual and development disabilities. The full realm of the services that VOA - Texas provides can be found on their website at [www.voatx.org](http://www.voatx.org).

If you would like to learn about

how you can become involved with Volunteers of America Texas as a volunteer or a recipient of their services, please contact Angela Bryant at [fbg@voatx.org](mailto:fbg@voatx.org) or call 281-342-2423.



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## Impress your guests with some Thai fruit-carving

**W**ould you like to impress your guests by decorating your table with artfully carved edible centerpieces? Fort Bend County Libraries' George Memorial Library will present a demonstration of "Edible Centerpieces: Thai Fruit-Carving" on Saturday, May 18, from 10:30 a.m. to 1 p.m., in the Meeting Room of the library, located at 1001 Golfview in Richmond.

The program is presented by Sucharee Yossunthorn, who at-

tended the Culinary Academy of Las Vegas and received professional training for carving in Bangkok, Thailand. Yossunthorn will discuss the history of this traditional Thai art, and will demonstrate how to carve colorful fruits and vegetables into exquisite flowers, leaves, and garnishes that are suitable for special events.

The program is free and open to the public. For more information, call George Memorial Library at 281-342-4455 or the library system's Communications Office at 281-633-4734.



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## 'A Universe of Stories' summer reading challenge opens May 27

Fort Bend County Libraries presents special reading challenges during the summer to encourage reading among children from birth and up, as well as teens and adults.

"A Universe of Stories" is the theme for this year's Summer Reading Challenge.

Online registration for the 2019 Summer Reading Challenge will begin on May 27 and continue through August 31 at all Fort Bend County Libraries locations.

Library programs and activities for children begin during the week of June 3 and continue through July 27.

Children from infancy through school-age are invited to come to the library to read a lot of great books, see some exciting programs and join in some fun activities to kick off a great summer.

Younger children will enjoy the "Summer Reading Challenge for Children," while students in grades 6-8 can participate in activities for older kids in the "Middle School Summer Challenge."

Teens in high school can participate with adults in the "YA/Adult Summer Reading Challenge" to complete individual online challenges and win prizes.

There is no charge to join the Summer Reading Challenge and it is open to everyone, regardless of the county of residence.

Participants may register at any Fort Bend County library, or they may register online by going to the FBCL website ([www.fortbend.lib.tx.us](http://www.fortbend.lib.tx.us)) and clicking on the "SRC Sign-Up" image, which will become available on May 27.

When the online registration form has been completed, readers will then have their own online page on which to record their books and reading time.

Participants may also register and log books/reading time by downloading the free Beanstack Tracker app to their mobile device from the Apple App or Google Play stores. Fort Bend County Libraries and the Summer Reading Challenge will appear as options when the program starts on May 27.

Reading rewards can be redeemed beginning Monday June 3. The last day to pick up awards is August 31. Prizes must be collected from the "primary library of use" that the reader indicated on the registration form.

The Summer Reading Challenge is sponsored by Fort Bend County Libraries, the Friends organizations that support the county library system, and by the Collaborative Summer Library Program, a consortium of states working together to provide high-quality children's summer-reading program materials for public libraries.



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**SUMMER READING CHALLENGE FOR CHILDREN**

Younger children are encouraged to read or listen to as many books as they can and they will earn rewards based on the total number of books they read or have read to them. For the first five books read, the child will receive a bookmark. The rewards continue with a certificate for 10 books, a color-changing ruler for 15 books, and a reading trophy for the first 20 books read. For every 20 books read, the participant's name will also be written on a picture of a space shuttle to be displayed in that branch library.

Drawings for puppets will take place weekly. The names of readers who complete the goal of reading 20 books or more will be entered into a drawing for gift cards — donated by the Friends of the Library organizations — from area stores. One winner from each library location will be selected in a drawing that will take place in early September.

**MIDDLE SCHOOL SUMMER CHALLENGE**

Exciting free activities are planned, while area readers in grades 6-8 participate in the Middle School Summer Challenge by logging online the time they spend reading.

Upon completion of 20 hours (1200 minutes) of reading, they will receive a trophy or a mystery prize. The names of participants who complete 20 or more hours of reading will be entered into a drawing for a \$25-gift card — donated by the Friends of the library — that will be awarded to one lucky reader at each branch library in a drawing that will take place in early September.

**YA/ADULT SUMMER READING CHALLENGE**

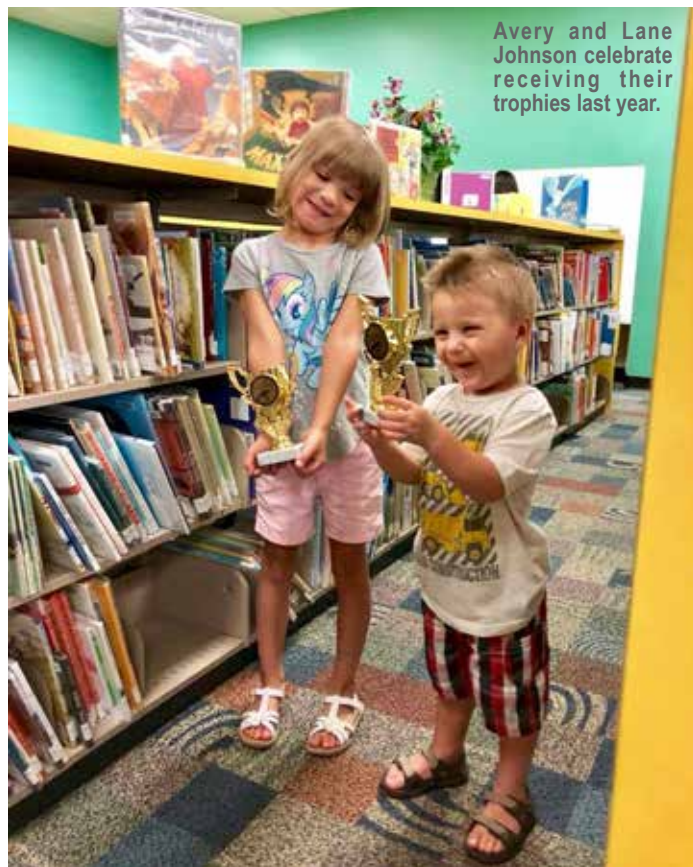
Adults of all ages, including young adults in high school, may participate in the YA/Adult SRC by logging online the time they

spend reading and by participating in optional “challenges” that can be completed individually at home online.

All YA and adult readers who complete the goal of reading for 1,000 minutes will earn a desk cube with phone accessories, while supplies last. In addition, the names of participants who log at least 1,000 minutes of reading time will be entered into a drawing for a \$25-gift card — donated by the Friends of the library — that will be awarded to one lucky reader at each branch library in a drawing that will take place at the end of July.

An ultimate grand prize will be awarded to one lucky reader in the library system. Participants in the YA/Adult Summer Reading Challenge who complete the program by logging 1,000 minutes of reading time will be entered into a drawing for a 16 GB Fire HD 7 tablet with a red case, which will be awarded to one winner in the library system on August 5. The last day to pick up awards is August 31.

For more information, call the branch library nearest you, or the library system's Communications Office at 281-633-4734.



Avery and Lane Johnson celebrate receiving their trophies last year.

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## The Fort Bend Symphony Orchestra Presents "The Music Man"

Professor Harold Hill marches his 76 trombones into the Stafford Centre this spring for Fort Bend Symphony's first-ever concert musical production, "The Music Man," set for Sunday, May 19 at 2 p.m.

Long a Broadway classic, this uniquely American musical is a winner of 5 Tony Awards, including Best Musical. The 1962 film, starring Shirley Jones and Robert Preston, is one of the most beloved of the Hollywood musical productions.

"The Music Man" will be presented in the concert musical format, instead of a full-blown theatrical production. The audience see the full story, but because there is minimal staging, the music takes the spotlight.

Talented Houston and Fort Bend County actors will bring the musical to life.

Joel Sandel, one of Houston's best known actors, dons the role of Professor Harold Hill, the Music Man. Frequent theatre-goers will remember Mr. Sandel most recently in "It's a Wonderful Life" at the A.D. Players, and in many leading roles at Main Street Theatre including, "RFK," "The Book of Will" and "Wolf Hall."

One of the reasons "The Music Man" seems timeless is its rollicking, bouncy score, interspersed with beautiful ballads.

Even those not familiar with the show will instantly recognize many of these American classics - "Gary, Indiana," "Goodnight, My Someone," "Pick a Little, Talk a Little," "Seventy-Six Trombones" and more.

More details about the concert are online at [www.fbso.org](http://www.fbso.org). A full cast list will be posted soon. Single tickets begin at \$15 for adults. Children 12 and under are \$5 each, and teens are \$10 per ticket. Discounts are available for college students, seniors 55 and over, military personnel, and groups of 10 or more.

Tickets may be purchased online at [www.fbso.org](http://www.fbso.org) or by calling 281-276-9642.

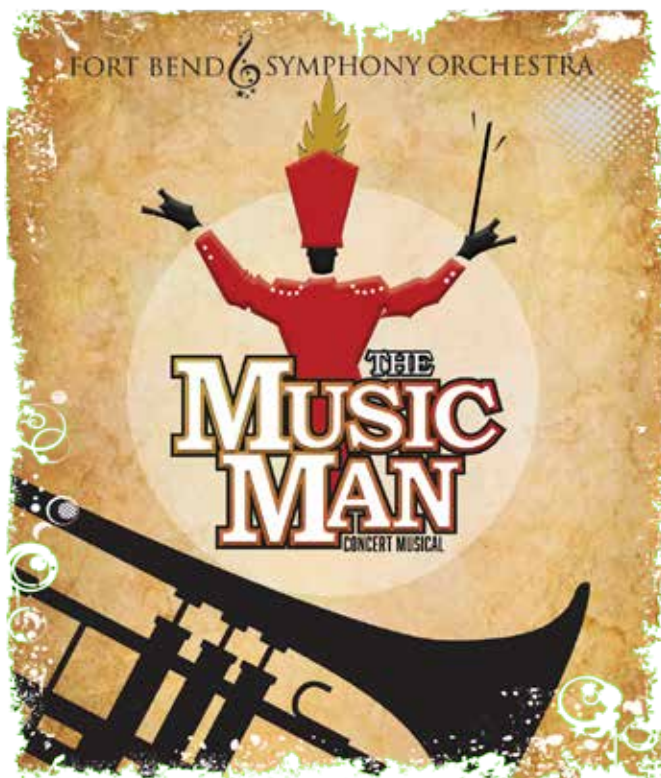


Photo illustration by Becky Walker

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## MORE ARTS & ENTERTAINMENT HAPPENINGS

### **“COLOR OUTSIDE THE LINES: LATINO ART NOW!”**

The “Color Outside the Lines: Latino Art Now!” exhibit will be on display until May 19 in the Bohachevsky Gallery of the George Memorial Library.

### **“FOCUS ON LATINX ZINESTERS” MINI-EXHIBIT**

The George Memorial Library’s “Focus on Latinx Zinesters” mini-exhibit will be on display until May 31 on the second floor display case. This mini-exhibit features a display of zines (self-published magazines) from the collection of Anastasia Kirages, one of the organizers of Zine Fest Houston. Zines can provide a way to preserve personal narratives or provide a platform for marginalized voices and communities. This collection of zines portrays the extreme diversity of the Latinx community, challenging common stereotypes and illustrating true experiences and stories. Topics include activism, photography, gender, self-care, music, art, community, poetry, and short stories.

### **MUSIC & MORE**

The Kiddie Academy will present Music and More a free community event from 10 a.m. to noon on May 4 at the academy, 22031 Bellaire Blvd. in Richmond. This event that encourages families to immerse themselves in the arts through different age-appropriate dance, art and music activities. This event is free and open to the public.

### **OPEN MIC & BINGO**

The Lone Star Veterans Association and Fulbrook Ale Works will host an Open Mic and Bingo event from 4 to 7 p.m. on May 4 at Fullbrook Ale Works, 1125 FM 359 in Richmond. All food and bingo prizes will be provided by US Family Health Plan at Christus Health ([www.christushealthplan.org](http://www.christushealthplan.org)). Hamburgers and hot dogs will be available for those who don’t like mud bugs.

### **OPEN AUDITIONS**

The Fort Bend Boys Choir of Texas will hold open auditions from 9 a.m. to noon May 4 at the First United Methodist Church-Missouri City, 3900 Lexington Blvd. in Missouri City. Scholarships and payment plans are available in addition to carpool assistance. Visit [www.fbbctx.org](http://www.fbbctx.org).

### **CODY RAY HENRY BAND**

Cody Ray Henry Band will perform live at Pablo’s Mexican Kitchen, 9711 S. Mason Road in Richmond from 5 p.m. to 9 p.m. on May 5.

### **COFFEE BLOCK PARTY**

Maxwell’s Meat Market will host the Blockhouse Coffee Block Party from 1-4 p.m. on May 5 at Blockhouse Coffee, 611 Jackson Street in Richmond.

### **FOLDED-BOOK HEARTS**

On May 9 at 7 p.m. in Meeting Room 2 of the University Branch Library, the staff will demonstrate how to take an old book and make words and images by folding the pages. No cutting, gluing, or special equipment is needed for this simple craft project. The project is a fun way to re-use old books and give them a new

purpose. The resulting piece of art can be a great gift for someone who loves to read. Reservations required.

### **LIVE MUSIC**

Clancy’s Public House, 503 FM 359 in Richmond, will have live music with Identity Crisis at 8:30 p.m. on May 10.

### **MEET THE ARTIST**

310 Gallery, 310 Morton Street in Richmond, will host its free Meet The Artist event from 4-7 p.m. on May 11. The artist will be present to meet and mingle. The Gallery is located inside the Post Office on Morton Street in Historic Richmond.

### **SPRING CONCERT**

The Fort Bend Boys Choir of Texas will hold its Spring Concert on May 11 at 7 p.m. at the First United Methodist Church-Missouri City, 3900 Lexington Blvd. in Missouri City. Tickets are \$15 for adults and \$5 for children 12 and under.

Four ensembles — Training, Town and Tour Choirs and Music Magic — will be showcased. Call (-281-240-3800 or visit. [www.fbbctx.org](http://www.fbbctx.org)).

### **MAKE YOUR OWN ICE-CREAM**

Learn how to make your own ice-cream on May 11 at 10:30 a.m. in the Meeting Room of the George Memorial Library. In this family craft activity, learn how to make homemade ice cream using an ice-cream maker. Several different recipes will be shared with various flavors and toppings. Dairy products will be used to make the ice cream.

### **BOOK CLUB**

The University Branch Library’s book club will meet May 13 at 7 p.m. in Meeting Room 2. The book to be discussed is “A House Without Windows,” written by Nadia Hashimi.

### **OPEN-MIC NIGHT**

The George Memorial Library will host Open-Mic Night on May 15, from 6-8 p.m. in the Meeting Room. Open-Mic Night is a casual event for amateur performers to take the stage and express themselves. Performances are limited to five minutes or less, and they must not contain any profanity or other insensitive topics. This event is for adults and teens aged 14 and above. Registration required to perform only.

### **CULINARY BOOK CLUB**

The University Branch Library’s culinary book club will meet May 15 at 1:30 pm, Meeting Room 1. This month, the theme is “Breakfast & Brunch.” Cooking enthusiasts of all ages and experience levels – from beginners to advanced – are invited to join. Those attending are welcome to bring their own cookbooks and recipes, or they may browse the library’s collection of cookbooks. Share tips, get ideas, and enjoy the camaraderie of other individuals who have an interest in cooking and good cuisine. Meets on the third Wednesday of every month; different cooking genres are explored each month.



### STORY SPINNERS WRITING CLUB

The George Memorial Library's Story Spinners Writing Club will meet May 16 from 5:30 - 8 p.m. in Room 2c. This month's topic will be "Immersive World-Building." From beginning blogger to published novelist, writers of all genres and experience levels are welcome to write, share, learn, support, network, and critique each other's work. Writing prompts, brainteasers, and brief exercises will be available to ignite the imaginations of any and all wordsmiths who wish to hone their craft. This program is recommended for adults and teens aged 14 and up.

### BOOK BREAK

The George Memorial Library's Book Break on May 16 at noon in Room 2A will discuss "Mr. Penumbra's 24-Hour Bookstore," written by Robin Sloan. Those attending may bring a lunch.

### SETH KEIFFER

Seth Keiffer will perform at Clancy's Public House, 503 FM 359 Rd, 118 in Richmond, from 9:30 p.m. to 12:30 a.m. on May 17.

### HEAVY INKS GRAPHIC NOVEL BOOK CLUB

Readers of all ages who enjoy illustrated novels and comic books are invited to join this book club at the George Memorial Library on May 18 at 11 a.m. in Room 2B. Readers will discuss Bone, Volumes 1 and 2, by Jeff Smith.

### TOWEL DAY: CELEBRATING THE HITCHHIKER'S GUIDE TO THE GALAXY

On May 25, from 1 - 3 p.m. in Meeting Room 1 the University Branch Library will host Towel Day, an annual celebration in tribute to the late Douglas Adams, author of The Hitchhiker's Guide to the Galaxy. On this day, fans around the universe carry a towel to demonstrate their appreciation for the author and his books. Library patrons are invited to tote a towel or wear a bathrobe (over regular clothes!) and enjoy a showing of the movie based on the novel. In this science-fiction tale, the greatest adventure in the universe begins when the world ends. Earthling Arthur Dent learns that his planet is about to be demolished and his only chance for survival is to hitch a ride on a passing spacecraft. This movie is rated PG.

### MARY SARAH WITH DUSTY NEUMAN

Dusty Neuman will perform at Fulshear House Concerts at 4:30 p.m. on May 26. Tickets are \$35. Potluck dinner. Visit [www.fulshearhouseconcerts.org](http://www.fulshearhouseconcerts.org).

### MANDI POWELL

Mandi Powell will perform at Clancy's Public House, 503 FM 359 Rd, 118 in Richmond at 8:30 p.m. on May 31.

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# May

## Fourth

### 2019 ART WALK & MOTOR MADNESS

From 10 a.m. to 4 - p.m. in Historic Downtown Richmond patrons will enjoy a car show as well as art cars, music, Plein air painters, artisan vendors and food trucks. Free and open to the public.

### DERBY DAY PARTY

Reining Strength Therapeutic Horsemanship will host its annual Derby Day Party fundraiser at Safari Texas Ranch from 3:30 to 7:30 p.m. Contests, live streaming of the Kentucky Derby and live and silent auction will be featured. Tickets are \$125. Contact [heather@reiningstrength.org](mailto:heather@reiningstrength.org) or 832-451-6874 for more information.

### SPRING FETE POP UP SHOPS

The Red Potato Market will host 20 vendors and the Red Potato Market at 4716 FM 359 in Richmond from 10 a.m. to 4 p.m.. This free, fun and outdoor event that will feature food trucks and special drawings.

## Ninth

### SIMPLY SPRING

Vintage Market Days of SW Houston/Coastal Plains is hosting a vintage shopping experience at the Fort Bend County Fairgrounds for three days, May 9 - 11, 4 -9 p.m. on Thursday; 10 a.m. to 5 p.m. on Friday; and 10 a.m. to 4 p.m. on Saturday. The days will feature vendors selling antiques, vintage goods, clothing, handmade treasures, unique home decor, retro, consumable yummys, vintage signs, soaps and jewelry. Visit @ [swhoustoncoastalplains](#) on Facebook.

## Eleventh

### SEWING CLASSES FOR KIDS

Sew with Sophie is holding a sewing class for children every Saturday of the month at the Goodard School Enrichment Center, 5220 Ranch Point Drive in Katy, from 10 -11:45 a.m. Additional sewing sessions on May 18 and 25. Visit [sewwithsophie.com](http://sewwithsophie.com).

## Fourteenth

### RESUME WORKSHOP

At 2 p.m. in the Computer Lab of the George Memorial Library, patrons can learn the basics of putting together a resumé. Those attending this informal program will receive one-one-one help formatting a resumé. For assistance on a pre-existing resumé, please have a digital copy available on a USB flashdrive, saved to the cloud, or have access to it via email. Registration required.

## Sixteenth

### ESL CRAFTING WITH CONVERSATION

Fort Bend County Libraries offers a program for individuals of all nationalities who would like a place to practice their English language and conversation skills. These “Conversation Circles” — which is being offered from 1-2 p.m. in the Meeting Room of the Bob Lutts Fulshear/Simonton Branch Library — provide an opportunity for non-English-speaking people to gather in a relaxed setting, and discuss topics of their own choosing while practicing their English skills. Participants may bring a small craft project to work on or talk about if they wish.

### HOW TO LEARN A NEW LANGUAGE WITH TRANSPARENT LANGUAGES

Are you planning to visit a foreign country? Would you like to make yourself more marketable to an employer by being bilingual? Learning another language can have many benefits, and Fort Bend County Libraries’ “Transparent Language® Online” resource makes learning a new language easier than ever - and it’s free. Learn more at the University Branch Library at 2 p.m. in the Computer Lab. The database includes more than 80 languages - from Afrikaans to Zulu - as well as ESL (English as a Second Language) classes for non-English speaking people who would like to learn English. Reservations are required.

## Seventeenth

### SENIOR SERIES: DECLUTTERING YOUR HOME

At 10:30 a.m. in Meeting Room 1 of the University Branch Library. Liz McNeel, a senior real-estate specialist and certified senior-housing professional, will lead a panel of experts who will share tips on how senior citizens can downsize, remove clutter, and create a more organized and personally satisfying space in which to live. Learn about the emotional and physical aspects of decluttering and get practical strategies for getting started.





## ~Eighteenth~

### **FAMILY-HISTORY RESEARCH: BEGINNING LAND RECORDS**

Library staff from FBCL's Genealogy and Local History Department will review the colonial land-grant process, deed research, the Homestead Act and various websites that can be used for land-record searches at 10 a.m. in the Computer Lab of the George Memorial Library. Land-grant records may include genealogical information that is not available through other sources, or that may confirm uncertain information, such as names of spouses, children and their spouses, or neighbors. Registration required.

## ~Nineteenth~

### **ALL TEAM BASH ROSENBERG**

All Team Bash is hosting a large car/truck club gathering at the Fort Bend County Fairgrounds from 9 a.m. - 3 p.m. More than 124 car clubs are set to attend showing off more than 1,000 cars, trucks and bikes. Family friendly, family orientated, and family owned. Kids 12 years and younger, as well as retired and active military personnel get in free. Tickets are \$15. Visit @allteambash on Facebook.

## ~Twenty-Second~

### **INSTAGRAM FOR BEGINNERS**

Discover how this popular social-media platform can be used to stay connected with friends at 2 p.m. in the Computer Lab of the University Branch Librar. Learn how to upload photos, apply filters, and add fun animations and text. Get tips on sharing Instagram photos to other social-networking sites, such as Facebook and Twitter. Reservations required.

## ~Twenty-Fourth~

### **THE FACTS ABOUT FUNERAL PLANNING**

At 10:30 am, Meeting Room 1 of the University Branch Library, Veronica Alcid, a licensed life-insurance agent, will provide an overview of the funeral pre-planning process. She will explain the Funeral Rule of 1984, which protects consumers and explains the costs associated with a funeral. Learn how pre-planning funeral arrangements can save surviving family members with difficult decisions and unnecessary costs. Get tips on how to shop for the right funeral home, and hear about other costs to consider, such as those for shipping remains for burial at other locations. Alcid will also explain Final Expense Life Insurance, otherwise known as Burial Insurance.

## ~Twenty-Fifth~

### **VINTAGE RIDE**

Handlebar Cyclery is hosting a 28-mile, non-competitive bicycle ride at 7:30 a.m.. The ride will head to Essence House Cafe in Fulshear where bikers will drink coffee then ride back to Handlebar Cyclery. Open exclusively to participants with vintage

bikes and if possible historically appropriate clothing. Participants most have road racing bikes (no cyclo-cross or time trial bikes) built before 1987, with a steel frame, and the gear lever on the down tube of the frame. Visit @handlebarcyclery on Facebook.

## ~Twenty-Eighth~

### **CACHE YOUR MONEY: PAY YOURSELF FIRST**

John Rebeles, Jr., will talk about savings accounts and why they are so vital to one's financial health and stability at 7 p.m. in Room 2A of the George Memorial Library.

## ~Thirtieth~

### **INTERVIEW WORKSHOP**

Priyanka Raut and Ayo Ogunye, career counselors from the University of Houston Sugar Land, will share tips on how to prepare for a job interview. at 7 p.m. in Meeting Room 1 of the University Branch Library. Gain a better understanding of interview strategies, including how to respond to behavioral questions and what questions to ask the interviewer. Whether entering the workforce for the first time or making a career transition later in life, job-hunters of all experience levels will gain helpful information to achieve a more successful interview.

### **WANT TO SEE YOUR EVENT?**

Email mgriffin@fbherald.com to make sure your upcoming community event is listed. Please put **Community Calendar** in the subject line of your email.



# Although new, the LCISD orchestra program is progressing rapidly

by **MARQUITA GRIFFIN MGRIFIN** | fbherald.com

There is a distinct difference between orchestra and band, and that is one that Scott Edenmeyer wants made known for the benefit of the students who, like him, love orchestra music and want to excel in the art.

Band is comprised of winds, bass and percussion instruments, while orchestra are the string instruments, like the violas, violins and cellos, explained Edenmeyer, who is the Orchestra Advisor for Lamar Consolidated ISD and orchestra director for the district's maroon track.

"A lot of people think band and orchestra are the same thing, but there is an important distinction between the two," said Edenmeyer who rotates through Polly Ryon Middle School, Reading Junior High and George Ranch High School to teach the course.

"And one is not better than the other," he stressed. "I like them all — band, orchestra, choir, theatre — and I always encourage children to find what they like and go for it."

Edenmeyer is one of three orchestra directors for the district, with Mary Evelyn Thwaites over the red and blue tracks and Noe Benitez over the purple and gold tracks.

Edenmeyer joined the district in 2014 as a music specialist at Beasley Elementary and within two years, he was having conversations with LCISD Fine Arts Director Ram Estrada and Sue Austin, who pioneered the first orchestra program in the district at Campbell Elementary. Prior to being the music specialist at Campbell Elementary, Austin taught elementary and high school orchestra in Pasadena ISD for three years.

"Sue deserves credit for the good we have on the maroon

track," Edenmeyer said. "She's really humble about it, but whether she wants recognition or not, I am giving it to her."

Edenmeyer said the development of the district's orchestra program was a gradual one and is based on the orchestra program he started in Conroe ISD in 1988.

LCISD approved a Pilot Orchestra Program with rehearsals starting in February 2016 and by 2018 orchestra had been added to the LCISD curriculum.

"In three years we went from 35 students to 250 students district-wide," Edenmeyer said proudly. "And we just competed in UIL for the first time this year."

"Leaman came back with a sweepstakes, Briscoe got a sweep-

Scott L. E. Edenmeyer



Mary Evelyn Thwaites



Noe Benitez





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stakes and Reading earned excellent scores on stage and sight reading," he added.

Just like band, theatre and choir, the orchestra directors recruit students, starting with fifth graders and accepts beginners in sixth, seventh and eighth grade. The directors are still in the process of building the high school program.

"The cool part about being a brand new program is that we're creating our own recipes, as it were," Edenmeyer said. "All of the orchestra directors have individual strengths that benefit the program and we work well together. It is our hope to continue to add to the orchestra program — to add winds to the strings groups for competition."

With a bachelor's degree in Music Education and a master's degree in Orchestral Conducting, it's no wonder Edenmeyer works hard to increase awareness about the district's orchestra program. The program, he said, offers students another option in which to express themselves and further enhances the district's Fine Arts Department.

Students who are interested in joining the orchestra do not have to know how to play an instrument or read music. And with most of the orchestra instruments being rented, the cost to become a member is minimal, Edenmeyer said.

The program welcomes to donations and those interested in donating should contact LCISD's Director of Performing & Visual Arts Ram Estrada at 832-223-0511 or [restrada@lcisd.org](mailto:restrada@lcisd.org). Scott Edenmeyer, whose primary office is at Polly Ryon Middle School, can be reached at [scott.edenmeyer@lcisd.org](mailto:scott.edenmeyer@lcisd.org).

But most importantly the orchestra directors want the community to know the program is here and the students are thriving.

"We're having a lot of fun in this new program of ours," Edenmeyer said.

## Campbell Elementary School

by

### GET YOUR YEARBOOK TODAY

If you have not had an opportunity to purchase a Campbell Yearbook, now is the time to make that purchase! Visit [www.jostens.com](http://www.jostens.com) and search "Campbell Elementary School."

### TEACHER APPRECIATION WEEK

Teacher Appreciation Week is May 6 - 10. Be sure to take a look at the flyer that comes home in your child's Cougar folder for suggestions on how to let our teachers and staff know how much we appreciate them!

### KINDERGARTEN REGISTRATION & ROUND-UP

Help spread the word with your neighbors who have children that are 5 years old!

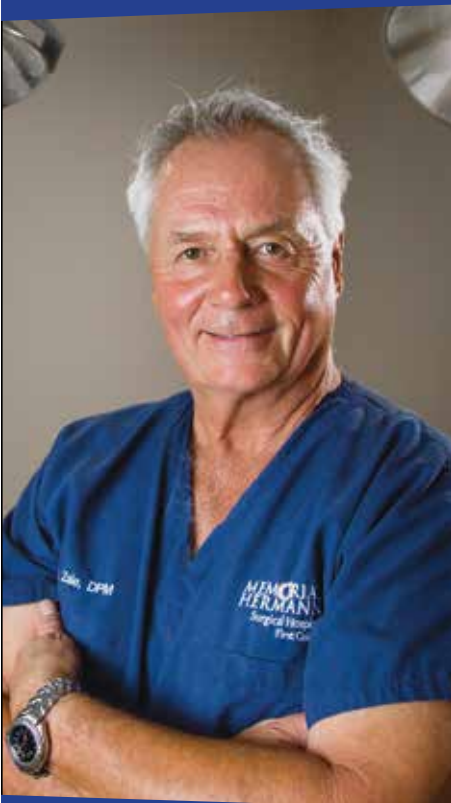
On-line Registration Window began April 1.

Parents can begin to complete the online pre-registration at [lcisd.org](http://lcisd.org) or [www.lcisd.org/sstudents-parents/registration](http://www.lcisd.org/sstudents-parents/registration). Look at the top of the tool bar for the icon that says "Register On-Line" with a picture of a desktop computer. After the online registration has been completed, parents will come to the campus to complete registration.

Campus registration is 9 a.m. to 3 p.m. through May 3 or by appointment after May 3.

The following documents need to be submitted to the campus secretary to complete the registration process:

Continued on page 32



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Dr. Zale has been chosen four times by Fort Bend Herald readers as Best Podiatrist in the annual Readers Choice poll.



# The 17<sup>th</sup> Annual March for Meals



**1** Commissioner Ken DeMerchant of Fort Bend County Precinct 4 delivering a meal to a local senior.  
**2** Judge Juli Mathew of Fort Bend County Court at Law 3 delivered meals with Fort Bend Seniors Meals on Wheels for Community Champions Day.  
**3** Fort Bend County District Attorney Brian Middleton volunteered with Fort Bend Seniors Meals on Wheels as part of the nationwide March for Meals Campaign.  
**4** Assistant Chief of Police for Stafford Police Department, Glynell Horn Jr. delivering a meal to a local senior on Thursday.  
**5** Constable Mike Beard (Precinct 1) picking up hot meals from the FBS Distribution Office to deliver to local seniors. He is joined by FBS Board Member and Sugar Land Chief of Police Eric Robins (middle) and Ray Aguilar of Classic Chevrolet, FBS Board Chairman (right).  
**6** Commissioner Ken DeMerchant of Fort Bend County Precinct 4 delivering a meal to a local senior.

**7** Rosenberg Chief of Police Jonathan White delivered hot lunches to local seniors as part of the 17th Annual Community Champions Event with Fort Bend Seniors Meals on Wheels.  
**8** Left to Right: Nick Ours, Community Outreach Director for Congressman Pete Olson; Stafford Assistant Chief of Police Glynell Horn Jr.; FBS Board Member Sandi McNeil; Sugar Land Chief of Police and FBS Board Member Eric Robins; Rosenberg Chief of Police Jonathan White; Judge Juli Mathew of Fort Bend County Court at Law 3, (obscured) FBS Board Member Robert Gracia; FBS Board Vice Chair Greg Schockling; Judge Toni Wallace of Fort Bend County Court at Law 4; FBS Board Chairman Ray Aguilar; FBS Board Assistant Secretary Lupe Cabello; FBS Board Member Courtney Mason; FBS Volunteer & Outreach Manager Rick Branek; FBS CEO Manuela Arroyos; Fort Bend County District Attorney Brian Middleton; FBS Board Secretary Rick Forlano; First Assistant to the DA, Ibrahim Khawaja; FBS Director of Development & Public Relations, Leah Ghobrial.



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**Continued from page 29**

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Lease / Deed along with one Utility Bill to Prove Residency  
Driver's License (Mom or Dad)  
If applicable: Court Ordered Paperwork  
New kindergarten students and their parents are invited to a special program on Friday, May 3at 8 a.m. am in the gym.

**CALENDAR**

**May 5 - 10:** Teacher Appreciation Week  
**May 7:** PTO Board Meeting  
**May 13:** 3rd & 4th Grade STAAR Math and 5th Grade STAAR Math Re-Test  
**May 14:** 3rd & 4th Grade STAAR Reading and 5th Grade STAAR Reading Re-Test  
**May 15:** 5th Grade STAAR Science  
**May 24:** Early Release  
**May 27:** No School- Memorial Day  
**May 30:** 5th Grade Program  
*For information about Campbell please visit us [www.campbellpto.org](http://www.campbellpto.org).*

here! Our PTO events for the 2018-2019 school year are winding down, but soon we will be busy preparing for next year. Thank you for your continued support and for helping us make Dickinson an even better school for our kids!

**PTO BOARD OPEN POSITIONS**

Looking to get more involved at our school or know someone who would like to? The Dickinson PTO wants you! Contact president@dickinsonpto.com for more information.

**CALENDAR**

**May 1:** Last Day to Purchase Yearbooks!  
**May 2:** Progress Reports go home  
**May 6:** PTO Meeting, 3pm in the Science Room  
**May 8:** AR Free Dress (if goal met)  
**May 13-15:** STAAR Testing  
**May 23:** 5th Grade Scholar Dollar Day  
**May 24:** Early Release, 11:30am  
**May 27:** Student Holiday  
**May 28:** 5th Grade Program  
**May 29:** AR Free Dress (if goal met)  
**May 30:** AR Celebration (2nd & 4th Grade)  
**May 31:** AR Celebration (3rd & 5th Grade)  
**June 3:** Awards Day  
**June 5:** End of Year Celebration, 1:15pm in classrooms  
**June 6:** Last Day of School!  
*Items with an \* are PTO-sponsored events. Questions about all other events should be directed to the front office.*

*Dickinson Elementary*  
by ALLISON OLIVER

**PTO BOARD MESSAGE**

Spring is in full swing and the end of the school year is almost



**1270 Crabb River Road Suite 1000**

Class Schedule			
M-Th	Fri	Sat	Sun
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6:00 AM	6:00 AM	8:15 AM	
7:30 AM	7:30 AM	9:30 AM	
8:30 AM	8:30 AM		
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# Autorama at the Ranch 2019

Photos by **SCOTT REESE WILLEY**



George Ranch High School held its annual AutoRama at the Ranch car show fundraiser in March. Dozens of classic beauties and modern sports cars were entered into contests. Admission was free for visitors. Youngsters were entertained with games. Singers and musicians also performed.



Some of the contestants dressed up their vehicles with add-ons to enhance their chances of winning a trophy. A drive-in car tray with burger, fries and malted adorn this 1957 Chevy 210 sedan.



Charlie Talisman of Houston poses in front of his 1969 Shelby GT500, which he entered in the annual George Ranch High School AutoRama at the Ranch car show fundraiser. He said he purchased the car from a doctor. Talisman said he only had to rebuild the engine. The paint, Calypso Coral, is original. Only 33 Shelby's were painted with Calypso Coral, he added.



Gustavo De Cesaris of Argentina but now living in Cypress entered his 1976 Firebird 350 in the classic car competition. He is a member of the Exalted Royalty Car Club.

Dickinson Elementary School fourth-grader Xavier Peavy, 10, throws a strike while bowling with his brother. GRHS students provided games to keep youngsters entertained while their parents checked out vehicles entered into the car show.

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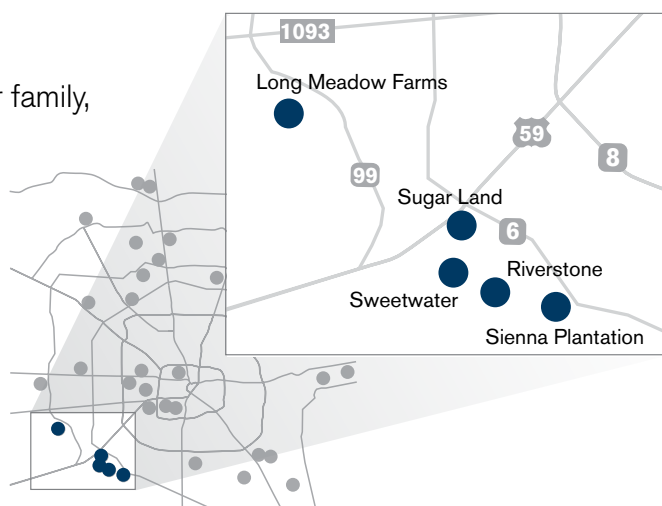


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# HOUSTON METHODIST SUGAR LAND HOSPITAL

—Celebrates National Cancer Survivors Day—

**H**ouston Methodist Sugar Land Hospital is joining nearly 15.5 million American cancer survivors celebrating the 32nd Annual National Cancer Survivors Day this year. Also being recognized are the many family members, caregivers and health care providers whose support of cancer survivors help make the celebration possible.

“A diagnosis of cancer can generate many emotions but survival is about embracing life and living each day to the fullest,” said Amy Sebastian-Deutsch, director of oncology services. “You will find our Cancer Survivor’s Day celebration and resource fair filled with laughter, camaraderie, hope, compassion, faith, love and music as we honor cancer survivors for their strength and courage.”

Anyone living with a personal history of cancer – starting from the moment of diagnosis – is a cancer survivor, according to the National Cancer Survivors Day Foundation.

“National Cancer Survivors Day is a great opportunity for cancer survivors, caregivers, friends and family to come together and affirm there can be quality of life after a diagnosis of cancer,” said Dr. Clive Shkedy, medical director of radiation oncology.

Additionally, the foundation says that more people are surviving cancer than ever before, thanks to advances in prevention, early detection, treatment and follow-up care. Cancer, however, does come with many challenges, such as hindered access to cancer specialists and promising new treatments, inadequate or no insurance, financial hardships, employment problems and



Houston Methodist Cancer Survivor Day Celebration 2018.

psychological struggles.

“Despite these difficulties, cancer survivors can live active, productive lives with the support of other survivors,” said Shkedy.

Houston Methodist Cancer Center at Sugar Land welcomes all local cancer survivors and one guest to join us as the hospital honors cancer survivors.

Find Your Sunshine, the Cancer Survivors Day Celebration and Resource Fair will begin at 10 a.m. May 31, at the Sugar Land Marriott Town Square.

News anchor, Shern-Min Chow from KHOU 11 will emcee the event and this year’s keynote motivational speaker is Conor Cunneen an author and two-time cancer survivor. Guests will also be able to have a photo taken at the photo booth and visit the resource fair. Recognizing the importance of wellness, guests will be invited to participate in a fun activity prior to enjoying brunch.

Registration is required. Register online at [events.houstonmethodist.org/survivorluncheon-sl](http://events.houstonmethodist.org/survivorluncheon-sl) or call 281-274-7500.

# MOVIES ON MORTON

## Free Outdoor Films

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- March 1<sup>st</sup> . . . . . The Sandlot
- April 5<sup>th</sup> . . . . . Selena
- May 3<sup>rd</sup> . . . . . Apollo 13
- June 7<sup>th</sup> . . . . . The Princess Bride
- July 5<sup>th</sup> . . . . . Independence Day
- August 2<sup>nd</sup> . . . . . The Goonies
- September 6<sup>th</sup> . . . . . Singin’ in the Rain
- October 4<sup>th</sup> . . . . . Hocus Pocus
- November 1<sup>st</sup> . . . . . Coco
- December 6<sup>th</sup> . . . . . The Grinch

\*Films start at Dark. Dates are subject to change due to weather. Bring your own chairs.



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## HGI is expanding hours and offering a new group

**L**ife happens and challenges in professional or personal lives often catch people off-guard, and this is something the HGI Counseling Center understands.

And this is why the nonprofit counseling center is reminding the public that it regularly welcomes walk-in appointments and has expanded its office ours. HGI is now open Tuesday 9 a.m. to 7 p.m. and Wednesdays-Saturdays 9 a.m. to 5 p.m.

For more than four decades, this center, which has a Richmond location at 2116 Thompson Road in Richmond, has offered counseling services to individuals of any age, as well as couples or families. It can work with hospitals, schools, the court system and law enforcement and offers pro-bono and sliding scale counseling fees.

What has made HGI’s counseling services so sought-out is that it uses a collaborative method, which means clients and therapists work together to solve problems or make life changes. And now HGI is adding to its unique approach to mental health services by starting new group — based on research by the Center for Mind-Body Medicine — which focuses on mind-body skills.



Mind-body skills are a combination of research-based healing modalities that help people deal with stress, illness and life changes in an intimate and supportive group setting.

"I am touched by the positive impact I have seen with people who participate in these groups," said Dr. Susan B. Levin, the executive director of HGI Counseling Center, who is also the group instructor and is certified by the Center of Mind-Body Medicine.

Already she has led groups for people impacted by Hurricane Harvey and the school shootings in Santa Fe. She also takes coun-

seling appointments and is a public speaker.

"There is so much stress, trauma, and challenges in our lives, we can all benefit from taking some time for ourselves and learning new ways to cope," she added.

Participation in a mind-body skills group has the potential to relieve symptoms and transform the physical, emotional, mental, and spiritual aspects of a person's life. For more information about the group call 713-526-8390.

## HEALTH HIGHLIGHT

### —The Baby Bottle Boomerang Fundraiser—

The Pregnancy Resource Medical Center of Fort Bend County is again hosting its popular Baby Bottle Boomerang Campaign — one of the largest fundraisers for the nonprofit.

Located in Rosenberg, the Pregnancy Resource Medical Center is a faith-based organization that was created in 1981 to offer free and confidential services to women with unplanned or unexpected pregnancies in and around Fort Bend County.

These services, offered without judgment, are available to any woman regardless of personal circumstance, age, national origin, income, marital status or religious affiliation.

The Baby Bottle Boomerang Campaign, which is a key means for the nonprofit to continue offering its services, allows churches, businesses, schools or other groups to come together to support the mission and ministry of the Pregnancy Resource Medical Center.

The campaign is a simple one that relies on community participation. Those who choose to participate will hand out empty baby bottles for people to take home and fill with loose change, bills or checks made out to the Pregnancy Resource Medical Center.

In 2018, 34 churches throughout Fort Bend County participated and raised more than \$80,000 for the nonprofit.

This year's goal is to have at least 40 churches or groups to participate with the hope of raising \$90,000.

The campaign will run from Mother's Day to Father's Day.

"Partnering with PRMC increases our ability to provide these opportunities to women in a compassionate, loving environment and support, with no judgment when facing an unexpected pregnancy," said Esther M. Robert, the marketing and development director for the Pregnancy Resource Medical Center.

Those interested in participating call the center at 281-232-2375 to pick up, or have baby bottles delivered to your church, business or organization. Donations can also be made online at [www.prmcfortbend.org/partner-with-us](http://www.prmcfortbend.org/partner-with-us).



PRMC volunteers Patti Harbes and Debbie Stryk.

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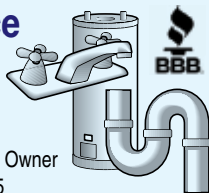
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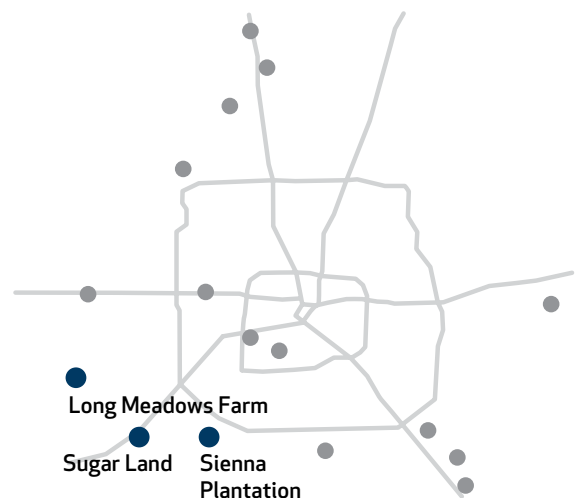
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