

The Kingdom Heights Newsletter

CASTLE GAZETTE

August - September 2019



A publication of the

Fort Bend Herald
AND TEXAS COASTER



THE ONE THAT DIDN'T GET AWAY

Brian Brasuell and daughter show off one of the fish from area lakes.



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Kingdom Heights website

kingdomheightscommunityassociation.com

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Fitness Center

Open 7 days a week from 5:00 am – 10:00 p.m.

No one under the age of 18 is permitted in the fitness center.

Kingdom Heights Social Committee

Contact Mary Dimmick at marydimmick@sbcglobal.net

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MAINTAIN A SAFE SCHOOL BUS STOP

School buses are safe modes of transportation for children. Statistics from Transport Canada indicate that transportation by school bus is safer than by passenger car. School buses are large and heavy vehicles that protect riders during collisions. School buses also help keep a greater number of passenger vehicles off of the roads during high-traffic school times.

The National Highway Traffic Safety Administration says that each year approximately 450,000 public school buses transport 23.5 million children to and from school and school-related activities around the United States. Although safety is enforced while students are on the bus, it is also vital for students to remain safe before they board. Ensuring a safe bus stop requires diligence.

- Safety starts with students and parents. Students are under the authority of the bus driver while they are on the bus. But before they board the bus, students typically are not supervised. Chaperoned bus stops can help deter rowdy actions, particularly at crowded bus stops. Parents can rotate standing watch and keeping tabs on bus stop behavior.
- Arrive early at the bus stop. Accidents can happen when



Being safe while en route to and at the bus stop is just as important as staying safe while riding on the school bus.

people are rushing and not paying attention. NHTSA advises getting to the bus stop at least five minutes before the bus is scheduled to arrive.

- Stand at a safe distance. Children should remain no less than six feet away from the curb or roadway while waiting for the bus to arrive. Parents should routinely remind students not to run and play at the bus stop.
- Lobby for safe bus stop locations. District transportation directors are often tasked with choosing school bus stop locations based on local policies and attendance. Only basic requirements may be addressed, such as distance

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between stops. Parents and community members might be able to offer feedback regarding roads with low traffic volume and spots that offer maximum visibility during all seasons.

- Minimize street crossings. Parents can drop children off on the side of the road where the bus will stop so the kids do not have to cross roadways unattended.
- Use traffic assistance whenever possible. Children who walk to bus stops are urged to walk in crosswalks and on sidewalks and obey traffic controls. Parents can work with their children to find the safest routes to the bus stop, such as on residential streets rather than high-traffic roadways.
- Familiarize yourself with the route to the bus stop. Parents

Each year approximately 450,000 public school buses transport 23.5 million children to and from school and school-related activities around the United States.

are urged to research the area and know where potential hazards on the route to the bus stop may lie. This includes potential human hazards. According to BusBoss, a school bus routing and tracking company, it's important for parents to know where registered sex offenders live and ensure kids avoid these homes on the way to the bus stop. Other hazardous areas include spots where drug activity or other illegal behavior occurs.

- Drive cautiously during school hours. Drivers should exercise extra caution and reduce speeds when schools are opening and closing. There will be lots of students on the roads between 8 and 9 a.m. and again between 2 and 4 p.m.

Maintaining school bus safety is of the utmost importance. Students, parents and the school district can work together to make security a priority.

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HEAR LIVE MUSIC
Experience a live show at the Lone Star Saloon or during a festival at the beautiful Wessendorff Park.

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.

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.

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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How students can prepare for a coming sports season

Participation in sports can be an important component of a student's overall school experience. So it should come as no surprise that the number of participants in high school sports increased for the 29th consecutive year in 2017-18, according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations.

Students may have various reasons for joining school-sanctioned sports teams, including engaging in physical exercise, boosting their résumés with extracurricular activities and finding shared interests with fellow students. School sports provide this and more.

Of course, participation in scholastic sports first involves signing up for the activity. To ensure they're eligible to participate in scholastic sports, students typically have to follow some key steps.

- **Physical examination:** A doctor will have to provide medical clearance, confirming a student is healthy enough to play. Check with the school athletic director or school nurse regarding the "expiration date" of a physical. Students are often required to get a physical each year, though some might need to get one before each season. Pediatricians and wellness clinics often get inundated with requests to fill out physical forms prior to sports seasons. So contact physicians well in advance of the start of the season to ensure that the physical can be completed and the forms handed in on time.
- **Health waivers:** Doctors alone are not responsible for giving the okay to participate in sports. Before a child can be deemed eligible, parents often have to fill out a detailed health history for their children, listing any possible allergies or conditions that may affect participation. They also may have to provide a list of current immunizations and eye exam results.
- **Enrollment:** Schools may have different sign-up routes for the various sports seasons. Schools generally offer fall, winter and spring sports. Students may need to sign up on an official list with the athletic director or coach. Other schools may utilize a digital system for enrollments. Schools typically publicize how students can get involved with sports and provide the steps for signing up.
- **Contact with coach:** Once enrolled, students may have to connect with the coach in a predetermined way. Various apps and tools can be used. Email is always a popular method for contacting the team, but apps like TeamSnap or Remind are other ways coaches may send out blast announcements about practices, meets, games, and more.

Sports can be a great way for students to develop mentally, physically and socially. To participate in sports, student-athletes must follow the right steps for enrollment.

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How much exercise does a person need?

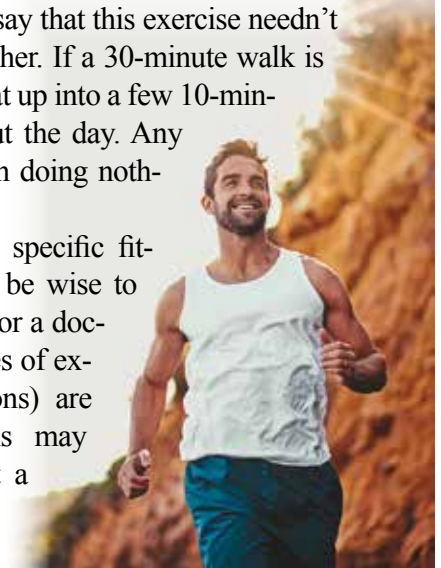
Exercise is an essential component of a healthy lifestyle. Exercise helps people maintain healthy weights, improves mood, reduces the risk for various health ailments, and much more. But how much exercise is necessary for optimal health? Research indicates that the answer to that question depends on the person and his or individual health goals.

According to David Bassett, Jr., PhD, a professor of exercise physiology at the University of Tennessee in Knoxville, having a clear set of exercise goals can help a person determine just how much exercise he or she needs, particularly if a person is exercising to control his or her weight or reduce his or her stress.

The U.S. Department of Health and Human Services recommends that most healthy adults get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity, or a combination thereof, every week. Try to engage in strength training for all major muscle groups at least two times per week. The Mayo Clinic says a general goal for most people is to aim for at least 30 minutes of moderate physical activity every day.

Health experts say that this exercise needn't all occur at once, either. If a 30-minute walk is not possible, split that up into a few 10-minute walks throughout the day. Any activity is better than doing nothing at all.

For those with specific fitness goals, it could be wise to speak with a trainer or a doctor about which types of exercises (and durations) are effective. Physicians may be able to map out a fitness plan that works.



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FAST AND FRESH BURGERS

Cookouts are on the horizon, and people are always on the lookout for delicious dishes that are easily cooked on the grill. Burgers are a staple of grilling season. Burgers might be relatively simple, but that does not mean they have to be ordinary.

Switching up the main ingredient (i.e., the ground meat) used as the basis for burgers is an easy way to add a new flavor profile to this familiar dish. Turkey is a versatile ingredient that can be flavored in many different ways with spices and other ingredients to add punch to turkey's relatively mild taste.

"Turkey Burgers with Mango Salsa" from "Taste of Home Healthy Cooking Cookbook" (Taste of Home Books) by the editors of Taste of Home adds a tropical spin to classic cookout menus. This recipe also offers a special treat by way of a spreadable cheese nestled right in the heart of the burger patties.

Turkey Burgers with Mango Salsa

Makes 6 servings

- ½ cup dry bread crumbs
- ⅓ cup reduced-fat garlic-herb spreadable cheese
- 2 green onions, chopped
- 4½ teaspoons lemon juice
- 1½ teaspoons grated lemon peel
- 1 teaspoon minced fresh thyme or ¼ teaspoon dry thyme

- ½ teaspoon salt
- ½ teaspoon pepper
- 1½ pounds lean ground turkey
- 6 whole wheat hamburger buns, split
- ¾ cup premade mango salsa

In a large bowl, combine the first eight ingredients. Crumble turkey over mixture and mix well. Shape into six patties.

Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill burgers, covered, over medium heat or broil 4 inches from the heat for 4 to 6 minutes on each side, or until a thermometer reads 165 F and juices run clear.

Grill buns, uncovered, for 1 to 2 minutes or until toasted. Place burgers on bun bottoms. Top with salsa. Replace bun tops.



Turkey Burgers with Mango Salsa make for a refreshing dish on warm nights.

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