

OCTOBER 2019

# PECAN GROVE

monthly

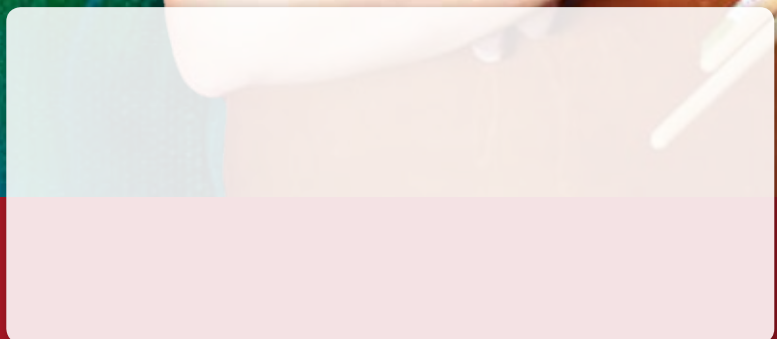
Robyn  
Crowell:

‘DEFINING  
BEAUTY IS SO  
SIMPLE’



PLUS

Abigail's Place  
will host a golf  
fundraiser to  
continue it's  
supportive  
efforts



A publication of the

Fort Bend  Herald  
AND TEXAS COASTER

# The RICHMOND TEXAS

## Bucket List

### SEE AN OUTDOOR FILM AT MOVIES ON MORTON.

Enjoy an outdoor movie on the First Friday of the month while taking in the backdrop of historic Morton Street.

### HEAR LIVE MUSIC

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

### EAT A ONE-OF-A-KIND MEAL

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

### SHOP LOCAL

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

### EXPERIENCE THE HISTORY OF RICHMOND

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

### Park and Stroll at 402 Morton Street

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



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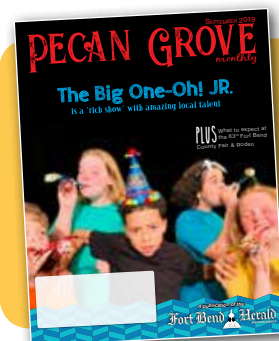
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# The Art in Robyn Crowell's world

by MARQUITA GRIFFIN | mgriffin@fbherald.com



Artist Robyn Crowell.

**I**n August artist and illustrator Robyn Crowell formally introduced herself to the Pecan Grove community during a fun book signing event at the country club she wittingly called “Poetry an Pajamas.” The evening encouraged families, donned in appropriate sleepwear of course, to view and hear the poems from a book she recently illustrated. The evening were her own efforts to celebrate the new school year and “encourage reading and creativity,” which are two key elements woven into the fabric of her life. It was also a chance, she stressed, to get to know her neighbors.

“I love this neighborhood,” Crowell said enthusiastically. “The friendliest people ever and I look forward to connecting with others through art here.”

## BACK ON TRACK

Sitting in the cozy and lulling coffee shop off Highway 90A, Robyn Crowell talks about life’s little detours. Those weeks, months or even years when unforeseen obstacles arise and it’s difficult to see the light at the end of the tunnel.

When a person can start to doubt who they are and what they’re meant to do.

But Crowell has declared she is back on track, and with a renewed sense of purpose.

“I had been gone from the art world for a seriously long time, but I have been busting my butt to return to it,” said Crowell, who has been painting art since she was five years old. Her mother taught her, she notes.

Her work has appeared in art galleries in Houston for years, but this the past year, Crowell found herself absorbed by a new art project of sorts.

She takes a sip of her hot coffee, smiling at the realization of where she is at this point in her life. There is a book on the table next to her: *The Trickster: Poems for Very Clever Children & Silly Adults*.

The book, written by poet Daniel Klawitter, is illustrated by Crowell who graduated with Klawitter from B.F Terry High School in 1989.

“He lives in Colorado now, but we remained friends. He followed my art and I followed his poetry,” Crowell said. “And about a year ago he asked me if I wanted to collaborate with him on children’s books.”

Crowell jumped in with both feet, providing illustrations for each of the poems in the book. She describes the experience as incredibly rewarding, primarily because Klawitter gave her free reign on the look of the art.

“I love it when people say ‘Use your artistic freedom,’” Crowell said with a laugh. “It allows for the art to be more ... organic. I wanted the artwork to give life to the poems, maybe even provide a different perspective.”

The book was released on June and can be found on amazon.com or at Barnes and Noble.

“It’s 32 poems — super silly poems — that are witty and thought-provoking,” said Crowell. “I was so honored that he asked me to illustrate the book, to be a part of this.”

Crowell, who said she is deeply inspired by Spanish cubist artists like Pablo Picasso and Juan Gris — “I am a huge Picasso fan,” she noted — created cubism-styled illustrations for *The Trickster*:

**“Defining beauty is so simple,” she said. “It’s in line, color, texture,” elements that are abundantly evident in cubism art.**

It took her nine months to create all of her illustrations, and during that time Crowell said she experienced growth in “discipline, planning and wisdom.”

“This has been just a fun, great and exciting experience,” said Crowell, likening Klawitter’s poetry to that of Shel Silverstein’s works.

“Danny’s beautiful poetry is an example of how art can bridge the gap between differences. Art goes beyond beliefs, opinions and even illnesses. Art has the ability to bring people together, to remind them that we are more the same than we are different.”

The past summer, Crowell also received an exciting message from another author, Martin Golson: “One of your images won and will be in the book when we release it next week,” the message read.

As it turns out Crowell won a contest to have her art featured in Golson’s sci-fi book *The Shadow World Beginnings*.

“And I will be given credit in the book,” she said happily.

### HEALING & CONNECTING THROUGH ART

Just because she’s an artist, Crowell doesn’t consider herself more special than anyone else. What she does believe, however, is that she was meant to inspire or energize people through her art.

Crowell said she understands there will be times a person is in a rut or feels utterly discouraged. She’s experienced much of that in her life.

“We all experience stress in different ways,” she said. “And we have different ways of coping — food, shopping, sex, substances — and all of it is meant to fill some sort of void.”

But Crowell suggests channeling the “dark and hard parts of life” to something more bright, more positive, more meaningful.

At the very least, that is what worked for her.

“One day I told myself: ‘I’m going to make [art] my thing, my legend to leave to my kids, to somehow put my name on the map,’” she said. “I started creating and told myself to jump into this with an open mind and to have fun.”

“Art helped me heal.”

Crowell started with a series of cubism styled art and “some door opened up and all the creativity, all the talent, came rushing out.”

“Oh, it was fun,” she added with a laugh.

While riding this wave of innovation, Crowell submitted work to Hardy and Nance Studios, an art studio in Downtown Houston.

“[The studio] was having an open call for artists for “The Abstract Art Show,” so I submitted three pieces of art and one was accepted,” she said. “It was the first piece to sell at that show. Since then I have been selected for eight more shows there.”

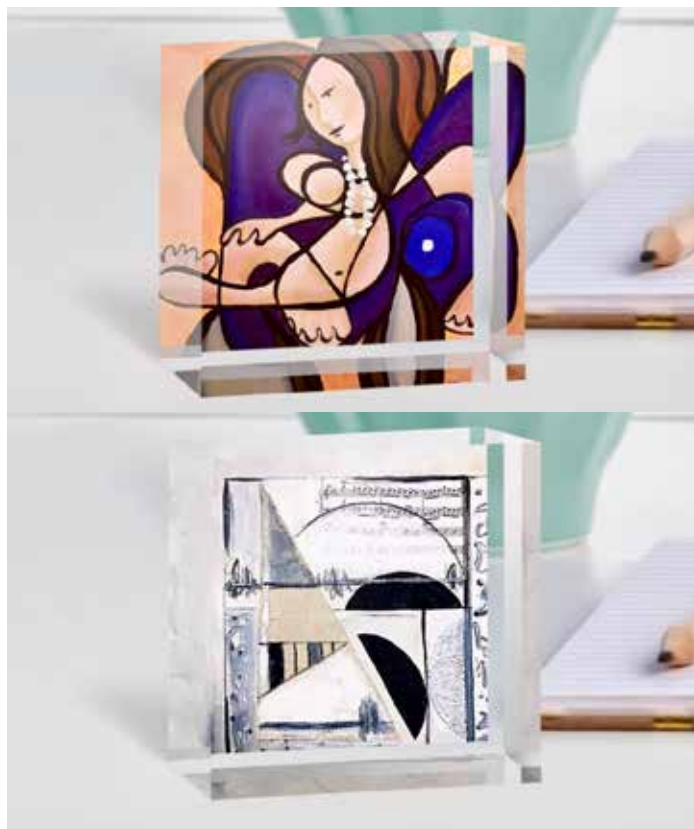
Being accepted was a confirmation for Crowell that she was definitely following her calling. It gave her the courage to continue to “push [herself] in different directions.”

And it was during the period of new artistic avenues, when she was asked by Klawitter to illustrate *The Trickster*:

“As human beings we need three things: to be loved, to feel



Robyn Crowell with young guest Paisley at the Poetry & Pajamas event held at the Pecan Grove Country Club in August.



Robyn Crowell’s art in lucite blocks.

valued and to feel useful," she said, explaining that her God-given artistic talent is what provides those elements in her life.

Art, she said, makes her feel connected to the world and people around her.

She takes a moment to consider how best demonstrate her point.

"It's like still life art," she said, as she finds one of her paintings. "So many people think still life is cliché."

She points to still life painting of hers and smiles.

"This entire painting is one continuous line," she said tracing her finger along the page. "This reminds me we are all connected, in some way or the other. Art itself can connect people and I hope that is what my work does."

### WORKS IN PROGRESS

Coming off the Fine Art Fusion Show — an art showcase in September that featured Fort Bend artists Crowll, Amy Cummin and "Lorraine" in Sugar Land — Crowll is now focused on her own collection of haiku that she's written and illustrated. If all goes according to plan, this collection will be completed by the holiday season and published in early 2020.

"These haiku are for women in real life," she said with a grin. The topics cover a range of topics from weight loss and household annoyances to "girl drama."

"You know, all those little things we understand and laugh about together, like the empty toilet paper roll that no one seems to want to replace," she continued. "Some of haiku are inspirational and others are just silly. It is dedicated to women and the sometimes hilarious things we struggle with."

She is also selling her art in 2x2 stackable and collectible lucite blocks, but her love her craft doesn't end with just producing art.

Crowll, who has two decades of experience in visual arts and education, said wants to share the power of art with others by offering art lessons to adults and children in her home studio. Maybe, she thinks, these lessons could not only help others find their calling but also, at the very least, provide them with same joy art offers her.

"I'm 48 years old and it has taken me this long to have the courage to do what I want to do and need to do. I had to be brave to be this happy and fulfilled," she said. "So whatever dream you have in your heart, do not let anyone, or anything, deter you."



Robyn Crowll's illustration that will appear in *Shadow World Beginnings*, by Martin Golson. The book is available on amazon.com



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# The Fort Bend Women's Center: 'SAVES LIVES every single day'

by **MARQUITA GRIFFIN** | mgriffin@fbherald.com

One of the most commonly held beliefs about domestic violence is that if the victim leaves the abusive relationship, the abuse will end, said Peggy Wright, the sexual assault and counseling director of the Fort Bend Women's Center.

"It is not unusual for abuse to continue months, if not years, after the relationship ends," Wright countered. "For example, verbal or physical abuse during the exchange of the children, legal system abuse — constantly filing frivolous suits — to bankrupt the victim and sabotaging the victim's jobs are common tactics used long after a break-up or divorce."

Additionally, Wright adds, the most dangerous time for a victim is after leaving the abusive relationship.

"When you hear about a woman being murdered, you will most often hear then the murderer is an estranged boyfriend or husband, indicating that she was probably killed soon after leaving the relationship," she said.

The topics of domestic violence and sexual assault is unfortunately surrounded by several fallacies, Wright stressed. Including that such violence only happens to women.

"These crimes happen to men as well," she said, explaining that the center serves men of all ages. "We are called Fort Bend Women's Center, but we help any and all victims of domestic violence and sexual assault."

In 2018, the center assisted 23 male clients with services such as counseling, medical care, crisis intervention, legal assistance, relocation assistance, transportation, housing search and clothing.

"Sometimes it just seems to be too horrible to be true, and yet it is," Wright said. "If you haven't experienced domestic violence or sexual assault personally, it's very hard to imagine that anyone could act to violently against someone they say they love. But the

crime is becoming more and more visible through wide access to media and other outlets, so people are beginning to recognize this type of violence as a very prevalent problem."

## 'INTEGRAL SUPPORT SERVICES'

The Fort Bend Women's Center is the only full-service domestic violence and sexual assault emergency shelter and crisis hotline in Fort Bend. Last year it served 1,289 new clients and as of June 2019, it has assisted 468 clients. But, Wright noted, "this does not include the thousands that sought our help but either had to be referred to another organization due to lack of space or to have other issues addressed."

"The need is still very present in our community."

In 2020 the center will celebrate its 40th anniversary in the community, having grown from a "tiny house that only sheltered a few victims" to the new housing program that will house as many as 72 families simultaneously.

"In the last 40 years, we have become the primary Fort Bend County provider of free, integral support services for survivors," Wright said. "The services we offer help save lives every single day."

"[The support provided by the Fort Bend Women's Center] was the first time someone acknowledged the abuse for what it was. This allowed me to begin accepting and healing," said a current client who wished to remain unnamed. "The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss and have found their way out of the depths. These people have an appreciation, a sensitivity and an understanding of life that fills them with compassion, gentleness and a deep loving concern ... Beautiful people do not just happen."

The center offers longterm support services including: counseling, case management, legal advocacy, employment and education assistance, children's services, rape crisis services, rental assistance and transportation.

Additionally, the center has "a history of successfully identifying and adopting innovative approaches to victim services to address the trauma of abuse and break the cycle of violence," Wright said.



Guests at the 2018 Healing and Hope Luncheon, which was sold out with 250 supporters in attendance and raised \$62,000. For 2019 the center relocated the luncheon to Marriott Sugar Land Town Square to increase capacity and it is already sold out with 440 attendees, tracking to raise \$95,000.



Volunteer Carolyn Arnim encourages church leaders to get involved with the center by having at least one person on their staff complete the training certification course to "enable our faith-based communities to better understand what it means to be a survivor of domestic violence and sexual assault."

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FBWC staff members with the 2018 luncheon speaker Victor Rivas Rivers (center). From left: Carolyn Dylla, Becky Watts, Sarah Black, Leslie Wendland, Victor Rivas Rivers, Eva Rushing, Stephanie Hoffman (back), Patty Holt and Stephen Regan.

“Over the past 10 years, Fort Bend Women’s Center has been serving survivors with increasingly complex emotional, psychological and physical needs. Many have experienced abuse throughout their lives and have suffered traumatic brain injury due to head trauma and/or strangulation.”

On top of the positive reinforcement, motivational interviewing and mobile advocacy services offered, the center has also introduced a behavioral therapy, called neurofeedback training, to help clients living with brain injuries, post-traumatic stress disorder and other mental health disorders.

“We are currently the only agency to offer this therapy to domestic violence and sexual assault victims,” Wright said.

Another current client who also did not want to be identified by name, said that in addition to teaching her how to become self-sufficient, the Fort Bend Women’s Center taught her “how to be safe for [her] kids,” and provided her with “coping mechanisms for stress and trauma.”

“They help women who think they have no way out to start over in a positive way,” she said, also offering advice to any victims in a desperate situation. “Don’t be afraid to get help. Take it one day at a time.”

### THE 2019 HEALING & HOPE LUNCHEON



Elizabeth Smart, an abduction and abuse survivor, will be the guest speaker at the 2019 Fort Bend Women’s Center Healing and Hope Luncheon.

As 2020 approaches, Wright said the center has several goals in mind — like “increase our abilities to help more survivors and their families to achieve safety and independence, free of violence and fear” — and to continue spreading awareness, education and working with the community to end the cycle of violence.

True to this effort, the Fort Bend Women’s Center is hosting its 4th Annual Healing and Hope Luncheon

on Oct. 17, featuring Elizabeth Smart, whose story about abduction and abuse became one of the most followed nationwide cases of child abduction in the early 2000s.

The Healing and Hope Luncheon is Fort Bend Women’s Center’s annual keynote event in recognition of Domestic Violence Awareness Month.

Smart was abducted from her own bed in the middle of the night on June 5, 2002. For the following nine months, Smart was victimized before being found by police and returned to her home on March 12, 2003.

At the luncheon, Smart will share her personal story and how she transformed from victim to advocate, traveling the country to educate others and advocate for change in child abductions, recovery programs and national legislation.

“All of our clients have been victimized in horrific ways, whether it was through sexual abuse or physical violence,” said Wright. “Elizabeth was also victimized when she was kidnapped by her abuser at just age 14. Not only can she relate from the perspective of a child victim, she can provide hope for all victims and show that they can survive and thrive after their abuse. We feel Elizabeth offers so many teachings on how a survivor can find healing and succeed after being victimized but also how the people and community around them can help with that process.”

Smart, who founded the Elizabeth Smart Foundation is involved with the National AMBER Alert, The Adam Walsh Child Protection & Safety Act and other safety legislation in the country.

Smart has also authored two books — “My Story” and “Where There’s Hope” — and along with other abduction survivors, has worked with the Department of Justice to create a survivors guide, “You’re Not Alone: The Journey From Abduction to Empowerment,” meant to encourage children who have gone through similar experiences.

“We are very pleased to have Elizabeth Smart speak at this year’s luncheon. Her story demonstrates an outcome that we would hope for all of our clients and strive to help them to achieve every day,” said Fort Bend Women’s Center CEO Vita Goodell. “We are beyond grateful for all of the supporters who make that possible by continuing to bring healing and hope to survivors of domestic violence and sexual assault and their children.

“We could not do this work without them.”

### MOVED TO ACT

Last April there was an exhibit on display in different locations in the community called “What Were You Wearing,” and it was through this exhibit that Carolyn Arnim made her first contact with the Fort Bend Women’s Center.

“As outreach coordinator for my church I wanted to see what it was all about,” Arnim said. “The exhibit was incredibly powerful and moving.”

The exhibit, created by the Women’s Center, showcased mannequins in outfits with sexual assault stories written by Fort Bend County residents.

People still believe that a woman can provoke sexual assault by the way she was dressed or if her “behavior is perceived as promiscuous,” Wright said.

“That type of thinking is comparable to an excuse such as ‘Well, you had a \$100 dollar bill sticking out of your pocket so I felt like it was mine to take.’ Careless decisions or behaviors do not give others a right to commit a crime against you,” Wright said. “People who buy into this rationale do not give men who do not rape the credit they deserve.”

The exhibit was an effort to make the public aware of and to stop the trend of victim-blaming.

While viewing the exhibit, Arnim spoke with Women Center staff who were on site and learned about the center’s STARS Vol-

## The Fort Bend Women's Center

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## Domestic & Sexual Violence Q&A: What to do

Fort Bend Women's Center Sexual Assault and Counseling Director Peggy Wright answered questions about how a victim can get to safety following domestic or sexual assault.

### When a victim first experiences domestic violence, what are the first important steps to take?

"The most important step is to get to a safe place. Every circumstance is different and each person's resources may be different so it is impossible to have a blanket answer that applies to all people. It may mean going to another room in the house, locking the door and waiting until the crisis is over. It may mean grabbing the children, running to the neighbor's house and calling the police. It may mean calling 9-1-1 immediately or calling our Hotline as soon as it is safe to do so. Whatever you choose to do, think safety. Every victim has several complicated decisions to make, and one of the toughest is: 'Should I stay or should I go?' This is not unlike the decision we may make when faced with potential flash flooding. Both staying and leaving involve risks, and the process of leaving is the most dangerous time. Calling Fort Bend Women's Center and speaking with specially trained advocates who can give you some safety tips as well as help you weigh your options is a good first step to take once you are safe. They will not tell you what to do, but rather help you decide what option(s) might work best for you."

Wright notes that in the case of sexual assault, the steps are the same, however, another crucial step is to get an exam. "It does help in both cases," she said.

### When a victim of domestic violence or sexual assault contacts the Women's Center, what does the process look like?

"A victim can call our hotline (281-342-HELP) any time of the day or night. After you state your reason for calling, the hotline operator will ask a few questions that will help determine how to best accommodate you. Be sure to indicate whether you are seeking shelter or non-residential services. If you are seeking shelter and there is space, the operator will give you instructions for getting safely to the shelter. At the shelter, all your basic needs will be provided. If there is no room at the shelter, the operator will provide you with a list of other shelters and resources. Additionally, the operator can schedule an appointment for you with a non-residential case manager to complete an intake, a needs assessment and various other brief assessments. Once you have completed the intake process, you may request which services you would like to access. The case manager will then send a referral to the appropriate staff member who will contact you to schedule an appointment. All victim services are offered at no cost. Please visit our website at fbwc.org for more details about our services."

unteer Auxiliary. Arnim chose to attend one of the meetings and from there was encouraged to sign up for the center's Sexual Assault Advocate Training, which is a 40-hour certification course.

"This led me on a three-week journey where I had the privilege of hearing from local leaders and experts in the fields of domestic violence and sexual assault. Upon receiving my certification, I was able to work directly with Fort Bend Women's Center clients," she said. "Basically, the more time I spent engaged with [the center's] activities, the more I realized I knew nothing about how to really help domestic violence and sexual assault survivors in our community."

Arnim has been a volunteer for more than a year now, and in that time at least one truth has made itself abundantly clear: domestic abuse can happen to anyone.

"It does not discriminate based on economic status, religion, race, gender or sexual orientation," she said. "I've also learned that abusers don't come with a warning label. Most people have the misconception that abusers are abusive because they lack self-control. When in fact, they are actually in complete control of what they are doing. That is why they can exist in our community undetected, they are superstars at their jobs, maybe even attend church every week and no one would suspect or believe that they are capable of abuse."



Arnim said the center's leaders and staff have a commitment to survivors that "is contagious and inspiring," and that "we can all want to support domestic violence and sexual assault victims, but we can't execute the healing process without the proper training."

"The Fort Bend Women's Center took my casual interest to get involved and upgraded it," she said. "They didn't just train me for a cause. They equipped me for a lifetime."

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## Three hours of golf to benefit Abigail's Place

**A**bigail's Place, a Fort Bend County relief charity committed to supporting single mothers and their children in Fort Bend by providing transitional housing and restoring hope during a time of family crisis, is hosting its inaugural TopGolf FUNdraiser on Oct. 19 at Topgolf, 1030 Memorial Brook Blvd in Houston.

The event, which starts at 9 a.m., features five sponsorship levels: Hole in One for \$2,500; Eagle for \$2,000; Birdie for \$1,000; Bogey for \$500; and Par \$125.

Tickets will include three hours of golf, a

silent auction, breakfast and unlimited non-alcoholic drinks.

Proceeds will benefit Abigail's Place which formed in January 2016 by founder Shereen Sampson who realized there was a tremendous need of emergency housing support for displaced single mothers in Fort Bend County.

The nonprofit's mission is to serve single mothers in Fort Bend County who are facing episodic homelessness, which means that circumstances beyond their control have left them without a place to live. These circumstances can include the loss of a job, an illness, losing a family member who was the breadwinner, or fleeing domestic violence.

For more information visit [www.abigailsplace.org](http://www.abigailsplace.org)

## Texas board chair Dianne Wilson retires

**T**exana Center announces the retirement of their last founding Board of Trustees member, Dianne Wilson. Wilson has served on the Texana Center Board of Trustees since its creation in 1999 and has led as Board Chair for the last 14 years.

Prior to her appointment to the Texana Center board, Wilson served in the 1980s as Chair of the Volunteer Services Council for Richmond State Supported Living Center and in the 1990s as a member of the Advisory Committee for Central Gulf State Operated Community Services.

In the early years of Texana, the board focused its time and energy on successfully merging two separate organizations, one serving those with mental illness and the other serving people with intellectual disabilities. The board also helped in developing Texana's identity and increasing the public awareness of its services to the community. Wilson was on the committee that hired Texana's current and only Chief Executive Officer, George Patterson, in 2000. The Board also made the decision to move Texana Center's headquarters to Rosenberg to be more centrally located in the geographical service area. Today, under her leadership, Texana is an ever-growing and vibrant organization with 850 employees and serving over 14,000 individuals a year at its various facilities in Austin,

Colorado, Fort Bend, Matagorda, Waller and Wharton Counties.

With the growth of several programs, the board decided in 2008 that it would be cost effective to build and/or own its facilities in all six counties. After raising approximately \$3 million in Texana's first capital campaign, the second campus in Rosenberg opened its doors in 2011. It combined four leased office spaces into the new Service Center and had Texana's first purpose-built Learning Center for adults with intellectual disabilities. Texana's board has approved purchases so that most of the 19 group homes throughout the counties are now owned and operated by Texana.

In 2014 with Wilson at the helm, Texana Center expanded again and added four new programs: the Behavioral Health Crisis Center, the Behavior Stabilization Team, Therapy for Tots and the second location of the Children's Center for Autism. The following year, the board approved the purchase of 14.5 acres one mile north of downtown Fulshear to build a new regional campus that will serve the most northwestern portion of Fort Bend County as well as Waller, Austin, and Colorado Counties. To date, the Forward Together Capital Campaign has raised approximately \$2.2 million and are in the permitting phase for the first building.

Wilson's retirement also fittingly coincides with Texana



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Center's 20th Anniversary. "We're grateful for all the years of service that Dianne has given to Texana and are especially thankful that even though she announced her retirement to the board and senior leadership last summer, she agreed to stay until this year to complete this momentous milestone", said George Patterson.

Wilson and her husband Bob have been guardians of his sister with intellectual disabilities since 1985 and have shared a long-time passion for helping people facing various challenges. Wilson retired in December 2014 after serving 32 years as the elected County Clerk of Fort Bend County.

## 2019 Fort Bend County Walk to End Alzheimer's

**M**ore than five million people are living with Alzheimer's and between 2000 and 2017, deaths attributed to Alzheimer's has increased 145%.

According to the Alzheimer's Association, in 2019, Alzheimer's disease will cost the US \$290 billion — and this number is projected to rise to more than \$1.1 trillion in 2050.

Research, the association stresses, is the option to prevent and treat Alzheimer's.

In its efforts to raise funds for Alzheimer's care, support and research, the association is again hosting its Fort Bend County Walk to End Alzheimer's on Oct. 26 at the University of Houston-Sugar Land. Registration is set for 7:30 a.m., followed by a ceremony at 8 a.m. and the walk beginning at 8:30 a.m.



Characterized by impaired communication, disorientation, confusion, behavior changes and, ultimately, difficulty speaking, swallowing and walking, Alzheimer's disease is a growing epidemic and is the nation's sixth-leading cause of death. Almost two-thirds of Americans with Alzheimer's disease are women and one in three seniors dies with Alzheimer's or another dementia, the associated reported.

To date, the Alzheimer's Association Walk to End Alzheimer's — held annually in more than 600 communities nationwide— is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research.

This year's goal for the Fort Bend County Walk to End Alzheimer's is \$175,000.

For more information visit [www.alz.org](http://www.alz.org), call 713-314-1346 or email [walk@alztx.org](mailto:walk@alztx.org).



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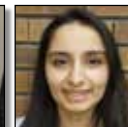
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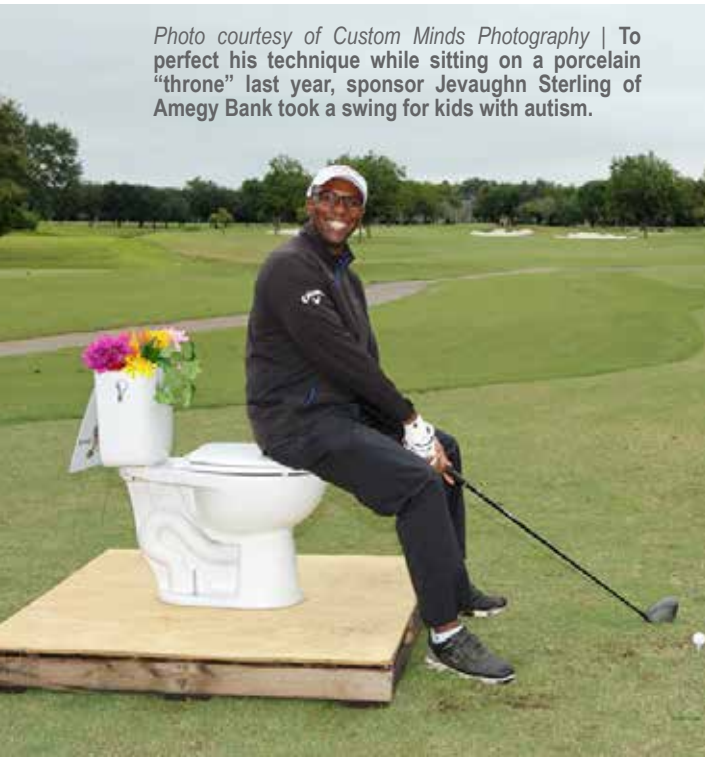


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## Golfers to test their 'skill of thrones' during Hope For Three fundraising tournament

Photo courtesy of Custom Minds Photography | To perfect his technique while sitting on a porcelain "throne" last year, sponsor Jevaughn Sterling of Amegy Bank took a swing for kids with autism.



**H**ope for Three will demonstrate its talent for creativity and wholesome fun during the nonprofit's 4th Annual Golf "Fore" Autism by having players test their "skill of thrones" while taking a swing from a literal porcelain throne during this scramble-styled golf tournament.

Sitting on a "throne," golfers will make a drive hit with the ball lying at zero. The best ball is played to continue the scramble.

The tournament, which is presented by Timewise, is what event organizers are calling a "royal opportunity" to raise awareness and funds for local children and families living with autism.

The scramble-style golf tournament is set for Oct. 28 at the Sweetwater Country Club in Sugar Land.

Guests will enjoy food on the course including Off the Vine Bistro and Top Gun BBQ. There are two chances at hole-in-one vehicle wins courtesy of Classic Chevy Sugar Land and Sterling McCall Lexus. Golfers and the general public can also take their chance at winning gas for one year, compliments of Timewise, by donating \$20 for a chance to win \$1,200, \$800 or \$600 (\$2,600 value) in gas cards.

Live and silent auctions with vacations, concerts, jewelry, sporting events and memorabilia, will also held at the dinner and awards banquet.

Teams are available for tournament play — individual (\$125) or foursome (\$500). Sponsorship and underwriting opportunities also available. Golf registration and gas chances are online [www.hopeforthree.org/events](http://www.hopeforthree.org/events)

For additional information on Hope For Three's programs and resources, call 281-245-0640 or visit [hopeforthree.org](http://hopeforthree.org).

## 'It's Cool To Care' Interactive presentation empowering students and faculty

**W**hen the new school year kicked off, Hope for Three announced the continuation of its "It's Cool to Care" (ICTC) program, which educates and empowers students and educators on the topic of bullying, specifically against children living with autism.

Students living with autism spectrum disorder are 63% more likely to be bullied in public schools than typically developing peers, the nonprofit stated.

Since inception, the ICTC program has successfully presented information to more than 15,000 students and educators throughout the Greater Houston area. ICTC creates heightened awareness and knowledge through its key concepts of patience, empathy, and anti-bullying.

The target audience for this program is grades K-12, as well as faculty members. During the presentation handouts are used to illustrate and define what autism is, and interactive exercises and videos depict the daily struggles and experiences of those living with autism.

Students are also given real-life tactics to put to use on how to be a 'good friend' and an advocate for anti-bullying.

Not only has ICTC reduced bullying and assisted educators in identifying and handling issues, it also inspired students to give back. More than half of this year's Teen Huddle program, presented by Hope For Three, is made up of high school students who completed an ICTC training.

Teen Huddle is an auxiliary group of 20 teen volunteers from 13 different area schools who share a mission: To increase autism awareness and acceptance among teens.

The bi-monthly programs they host provide families with 'Parents Time Out' and 'Sibling Sessions,' a mentor program for siblings of children with autism.

The 2019/2020 Teen Huddle volunteers, which also includes four teens who

experienced 'Siblings Sessions' were just inducted during a beach retreat in August and are eager to begin their philanthropic journey.

"ICTC and Teen Huddle are both Hope For Three programs conducted to ignite a stronger, more knowledgeable community," said Samantha Katchy, Hope For Three Family Assistant Manager. "These relationships not only help cut down the statistics of bullying but also provide a pathway for more inclusive opportunities."

Schools, businesses and organizations can schedule an It's Cool To Care presentation by contacting Hope For Three at 281-245-0640 or visit [hopeforthree.org/programs](http://hopeforthree.org/programs)



The 2019/2020 Teen Huddle volunteers create a circle of love and band together during their annual beach retreat to prepare for their year of philanthropic giving and supporting families and children living with autism spectrum disorder.





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## COMING SOON: 'DISNEY'S MY SON PINOCCHIO JR' & 'THE ADDAMS FAMILY SCHOOL EDITION'



Ashley Gilberg



Morticia (Lizzie Tyer) and Wednesday (Madison Willett) and their ancestors in the "Addams Family School Edition."



Jenna Piette-Cryar

Inspiration Stage is presenting two youth productions in October — "Disney's My Son Pinocchio JR" and "The Addams Family School Edition."

'Disney's My Son Pinocchio JR,' runs Oct. 4 - 6.

In this musical, the classic tale of toymaker Geppetto's little wooden puppet is given new life. This new production, which retells the classic Disney story from Geppetto's perspective, features the beloved classic songs, "When You Wish upon a Star" and "I've Got No Strings," alongside a host of new songs by Oscar winner and Grammy Award winner Stephen Schwartz.

"I love the music and all of the challenging dances. I'm excited to be in a show with so many new faces," said 13-year-old Pecan Grove resident, Ashley Gilberg.

An 8th grader at James Bowie Middle School, Gilberg is playing one of the fairies in her seventh iStage show.

"The talent participating in iStage shows just gets better and better," Gilberg said. "The staff work so hard to put it all together and the kids love being so very involved."

Join the Blue Fairy, Stromboli and a lively cast of characters as Geppetto journeys beyond the toyshop to discover the meaning of family. When the Blue Fairy grants Geppetto's wish to bring his beloved puppet to life, the new father quickly learns that being a parent is full of challenges.

He struggles to make his son "the perfect boy," only to lose him to a gang of Roustabouts. It is only when faced with the thought of never seeing Pinocchio again that Geppetto truly learns the joys of being a father and loving his child unconditionally.

"Disney's My Son Pinocchio JR," with its cast of 40 talented youth, ages 7 to 17, is appropriate for audiences of all ages. Four shows are scheduled the weekend of Oct. 4 - 6, all at the Sugar Land Auditorium, 226 Lakeview Dr. in Sugar Land. Showtimes are: Friday, Oct. 4, 7:30 p.m.; Saturday, Oct. 5, 3:30 p.m. and 7:30 p.m.;

and Sunday, Oct. 6, 3:30 p.m.

### 'A FUN, UPBEAT MUSICAL'

"The Addams Family School Edition," is a comical feast that embraces the wackiness in every family, and features an original story that's every father's nightmare: Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family — a man her parents have never met.

If that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before — keep a secret from

his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

"I love the show and even though the musical has a unique twist on the show, it's still super quirky and weird," said Pecan Grove resident Jenna Piette-Cryar, 18, who said this

is her first iStage production. "The show is going to be so much fun."

A home-schooled senior, Piette-Cryar is playing the role of an ancestor.

"We have some really talented actors," she said. "We're a family and you'll see that offstage as well as onstage."

"The Addams Family School Edition," with its cast of 29 youth, ages 12 to 19, is appropriate for audiences ages 8 years old and older. Four shows are scheduled the weekend of Oct. 18 - 20, all at the Sugar Land Auditorium. Showtimes are: Friday, Oct. 18, 8 p.m.; Saturday, Oct. 19, 3 p.m. and 8 p.m.; and Sunday, Oct. 20, 3 p.m.

For tickets to this month's shows, visit [inspirationstage.com/shows](http://inspirationstage.com/shows)

IT'S SUPER QUIRKY  
AND WEIRD  
— JENNA PIETTE-CRYAR

## MOTOWN COMES TO MORTON

The Historic Richmond Association is inviting the public to experience its Motown on Morton from 6 p.m. to 10 p.m., Oct. 12 in downtown Richmond.

What began as an effort to bring awareness to ALS by in support of Steven 'Rocket' Rosen, who is a downtown business owner and community hero diagnosed with ALS, has developed to a free evening of great music and dancing in the streets. The fun cranks up with Level One Band jamming with Motown sound at 7 p.m. To learn more about Level One Band visit [www.leveloneband.com](http://www.leveloneband.com).

Activities include costume contest, car cruise-in, food trucks and shops will be open. Funds raised will support ALS Heroes.



The Level One Band

## A LITTLE 'HOCUS POCUS' FOR HALLOWEEN

Just in time for the Halloween festivities, the City of Richmond will continue its Movies On Morton series with 1993 Disney film "Hocus Pocus," showing on Oct. 4 in historic Downtown Richmond in front of City Hall, located at 402 Morton Street. "Hocus Pocus" is a comedic movie about a trio of witches who are accidentally resurrected by a teenage boy in Salem, Massachusetts on Halloween. The Movies on Morton series will proceed with Disney's 2017 animated film "Coco" showing on Nov. 1.

The city organized these screenings to provide a free family event — complete with popcorn and refreshments — for residents and visitors. Watch City of Richmond TX Facebook page for updates.



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## 36TH ANNUAL TEXIAN MARKET DAYS CELEBRATES HISTORY

Tickets are now on sale for the 36th annual Texian Market Days festival. Set for Saturday, October 26 at the George Ranch Historical Park, Texian Market Days celebrates more than 150 years of Texas history through battle re-enactments, pioneer folk life demonstrations, cowboys, vintage games, food and craft vendors, historic house tours and much more.

“Texian Market Days has always been an amazing way to get an immersive perspective of this area’s history in a memorable, multi-sensory way,” said Steve Nelson, 2019 festival co-chair and vice president of the Fort Bend History Association’s Board of Trustees. “This year, we’re putting the ‘market’ back in Market Days with more vendors, more food choices, a beer garden and live music - all grouped together as a hub where people can congregate, re-charge and then head back into the Park for more history.”

Founded in 1984, the full-day festival celebrates Texas history - ranging from the early pioneer days of the 1820s through World War II and beyond. More than 5,000 students, chaperones and visitors attend the festival annually; guest favorites include live period music and entertainment, cavalry demonstrations, cannonfire, Victorian games and dancing, antique vehicles and children’s activities such as making cornhusk dolls, a petting zoo and face painting. Community organizations, both locally in Fort



Photo by Tyler Johnson | Margaret Vallas happily sews a waist coat at the 2018 Texian Market Days.

Bend County and from the Greater Houston area, also attend the festival and provide hands-on activities as part of the experience.

A few of this year’s participating organizations include the Houston Maritime Museum, Fort Bend Master Naturalists, Texas Prison Museum, T.W. Davis YMCA, Fort Bend Master Gardeners and Sam Houston Memorial Museum.

Held annually on the fourth weekend in October, the Texian Market Days festival is a community event that benefits the Fort Bend History Association, a 501(c)3 non-profit organization dedicated to preserving and sharing Fort Bend County and Texas history. All proceeds from Texian Market Days benefit the educational and preservation efforts of the Association, which includes the George Ranch Historical Park, Fort Bend Museum, DeWalt Heritage Center and other affiliates.

For the second year in a row, Houston-area H-E-B Business Centers are selling discounted Texian Market Days tickets; advance pricing at H-E-B Business Centers is \$18 for adults and \$13 for seniors and children ages 4-12. At-the-gate or online pricing is \$20 for adults and \$15 for seniors and children ages 4-12. Children 3 and under and members of the Fort Bend History Association are free.

Festival hours are 9 a.m. to 5 p.m. on Saturday, Oct. 26. The George Ranch Historical Park is located at 10215 FM 762 in Richmond. For more information about Texian Market Days, visit [www.texianmarketdays.com](http://www.texianmarketdays.com) or call 281-343-0218.

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## THE 2019 SUGAR PLUM MARKET IS FAST APPROACHING

The 19th Annual Sugar Plum Market, presented by the Fort Bend Junior Service League and Title Sponsor Memorial Hermann Sugar Land, will focus on this year's "Joy to the World" theme through continued support of organizations in Fort Bend County.

Since 2001, the holiday shopping extravaganza has raised over \$2.5 million for many Fort Bend County non-profit organizations. Previous grants have contributed to educational programs, food pantries, assistance for women and children, literacy programs, and many other charitable needs. The women of Fort Bend Junior Service League (FBJSL) and Memorial Hermann Sugar Land said they hope to spread "joy to the world" by raising money for Fort Bend County's charitable organizations providing assistance to those who need it most.

The Sugar Plum Market offers a variety of sponsorship and underwriting opportunities for both businesses and individuals, with specially tailored packages available. Market sponsors receive marketing benefits, with some packages including social media posts, event signage, and website and program recognition. Certain sponsor and underwriting levels gain access to the exclusive VIP lounge area.

Sponsors and underwriters can choose from several packages, which include the opportunity for exposure to over 7,000 of our shoppers.

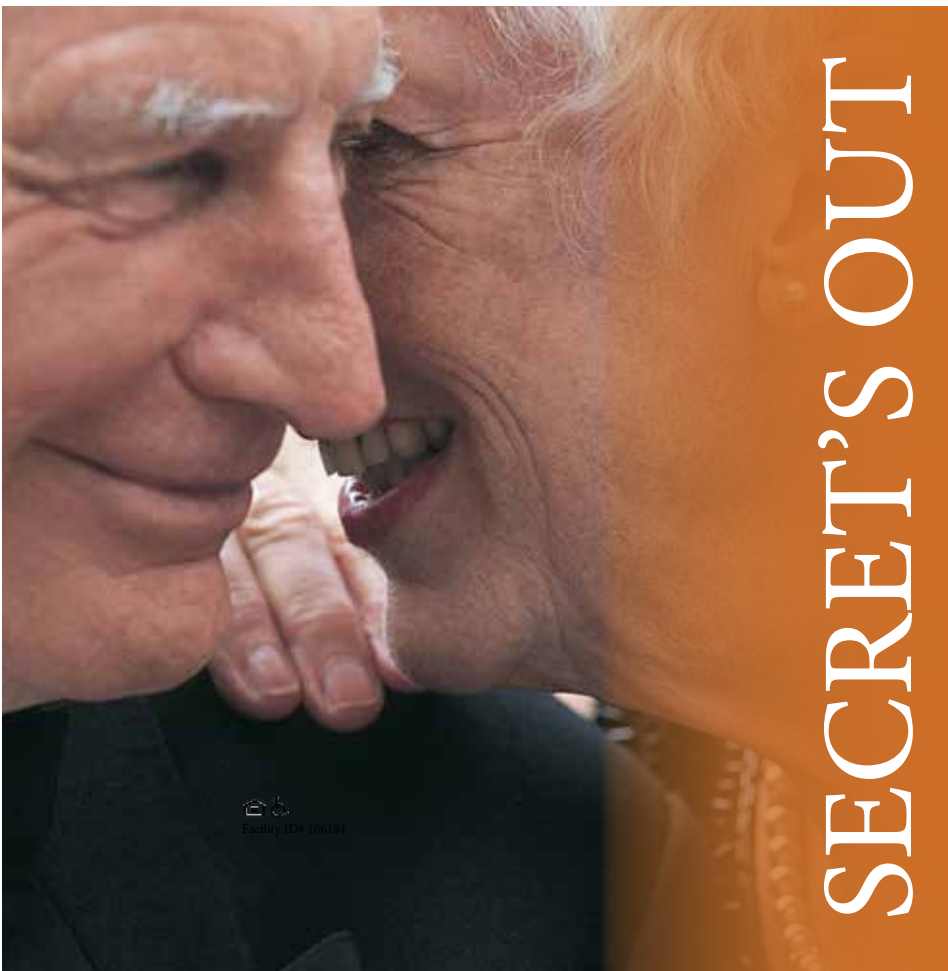
The market will feature more than 100 vendors including fan favorites and unique new vendors. Merchandise categories include apparel, jewelry and accessories, home interiors, children's items, food, and holiday gifts and décor. Vendors will be revealed to patrons through Facebook and Instagram. 'Follow' and 'Like' Sugar Plum Market social media pages for information on vendors participating in the Market this year.

The 2019 Sugar Plum Market doors will open at the Stafford Centre Performing Arts Theatre and Convention Center for a special Preview Night shopping event on Thursday, Nov. 7 from 6 p.m. to 10 p.m. General Market hours will be on Friday, Nov. 8 from 9 a.m. to 8 p.m. and Saturday, Nov. 9 from 9 a.m. to 5 p.m. General Admission tickets will be available for both presale for \$12 and at the door for \$15.

For more information visit [www.sugarplummarket.com](http://www.sugarplummarket.com) or contact the Sugar Plum Market Co-Chairs by email at [information@sugarplummarket.com](mailto:information@sugarplummarket.com).



From left, front row: Emily Rhodes, Jason Glover, Malisha Patel, Brigit Engleman, Heather Allen, Cindy Reaves; back row: Kathryn Johnson, Megan Schlafer, Parita Kurian, Courtney Diepraam and Rachel Kelm.



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**ANNUAL HARVEST FEST IS 'TWO BIG DAYS JAM-PACKED WITH FUN AND EXCITEMENT'**



The newest addition to Harvest Park in Needville got under way in August. On hand to watch the start of construction on a new covered pavilion alongside the jogging trail were, from left, Harvest Festival Committee members W. Lee Hedt, Sandra Wendt, Sherry Winkelman, Tommy Stavinoha and Chris Janicek.

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**M**ake plans now to join the fun at the 36th annual Needville Harvest Festival, Friday and Saturday, Oct. 18 and 19. The first Harvest Fest took place the third weekend in October, 1983, and it has been held at that time each year since.

Downtown Needville was the site of the celebration for many years, but continued growth necessitated the move to Harvest Park, where nearly 5,000 people gather annually for lots of food, fun, and a wide variety of activities, events and entertainment.

The 16-acre Harvest Park, located at 3001 Violet St., is open year-round for the enjoyment of the community, but Harvest Festival President Chris Janicek said the annual event that made the park possible is something folks look forward to for months.

"Needville Harvest Festival features two big days jam-packed with fun and excitement for people of all ages," he said.

Activities kick off the evening of Oct. 18 with a barbecue cook-off featuring more than 50 teams. Events begin early the following morning with a fun run and continue throughout the day with everything from a talent show to a live auction, lawn mower races to a car show.

More than 60 food and craft vendors offer something for everyone, and the Kidz Zone is always a favorite, featuring performances such as the Jelly Belly Schmelly Show, magician David Gish, and Sonny the Bird Man. Other crowd-pleasers include interviews of

Little Miss and Mr. contestants prior to the naming of the winners of those titles, and the crowning of the 2019 Harvest Fest Queen.

Raffle prizes include a new John Deere Gator, a 48-inch riding lawnmower, and cash. All proceeds from the Harvest Fest are used for the development and maintenance of Harvest Park and for scholarships for graduating Needville High School seniors. More than \$30,000 in scholarships have been awarded thus far.

In order to make the festival a continued success, said Janicek, community support is important and sponsors are crucial.

“Sponsors are listed on all event information and advertisement, and we will honor them at a dinner at the park on opening night,” he said. “We’re counting on our sponsors to help us make this year’s festival the best ever. We are so grateful for their support and for the incredibly dedicated and devoted committee members and volunteers who donate endless hours of service to make the Harvest Fest such a success each year.”

Needville Harvest Festival, Inc., is a non-profit 501c3 organization that raises funds for current and long-range projects for Harvest Park. The newest addition to the park is a 50-foot by 30-foot covered pavilion which is currently being constructed alongside the half-mile paved walkway that winds through the grounds.

The pavilion and security cameras for the protection of physical property are made possible by a grant from The George Foundation in honor of a former board member.

Other recent improvements include: restroom and building expansions; a playground with benches and additional playground area; covered picnic tables and barbecue pits; lights for the walking trail and parking lot; and much more.

“We hope to be able to continue to make improvements to the

park, but to do that sponsors are vital, and we need the support of our community in the form of attendance at the festival as well,” said Janicek. “We hope folks from all across the area will come out and see all we have to offer at the Harvest Fest and Harvest Park, and we know they’ll enjoy meeting lots of friendly folks.”

To become a part of all the fun by becoming a sponsor or volunteer, contact Janicek at [chris.janicek@yahoo.com](mailto:chris.janicek@yahoo.com) or 281-468-9314.



# October 25th & 26th

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# FEST

Calvary Episcopal Preparatory  
 kicks off 2019-2020 school year with excitement  
 by KRISTA KUPERUS

Excitement and energy radiated from students as they filled the hallways of Calvary Episcopal Preparatory at the start of the new school year. Calvary welcomed 40 new students this year. Eight of those students are enrolled in Calvary's new 3-year old Pre-Kindergarten program. It was an exciting day for faculty and staff to see 3 year old students, all the way up to 18 years old students ready to start their academic school year! The three R's are alive and well at Calvary Episcopal Preparatory...Reverence for God, Respect of others and Responsibility for self, are all hand in hand with an exceptional curriculum and a family atmosphere.



Donnie Fondon is ready for the start of school.



Superion Johnson is excited for Prek-3.



Luke Gonzalez is ready for Prek!



Clara Delmar is learning her way around Calvary.





From left, Jake Babin, Aubree Kuperus, Sabrina Hunter, Karson Jones and Dori Soward are preparing for class.



High School students, from left, Halla Buhulaiyem, Lilly Matta, Sarah Williams and Favour Okafor.

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# Meet The Teacher at Frost Elementary SnapshOts

Photos by **SCOTT REESE WILLEY**



Monica Flores of Pecan Grove poses with daughter Olivia, 8, and son Nicolas, 3.



Addie Lease and daughters Lacie Sechelski, 8, and Logan, 10.



Frost Elementary School third-grade teacher Summer Engel, left, meets the Edmonson family. Mom Amanda with sons Joseph, 8 and Eli, 10.





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Ethan and Jessica Roberts with their sons Preston, 7 and Pierson, 3.



Scout leader John Dale explains how rockets work to Frost Elementary School fourth-grader Dean Kelly, 9. Dale set up a booth to introduce students to scouting. Dale is committee chair of Pack 10. Parents interested in enrolling their child in scouting may call Dale at 832-600-9668 or via email at [cc@pack10.org](mailto:cc@pack10.org).



Sami Patel helps Krisha, 9, and Jaylin, 6, pick out T-shirts during campus orientation.





Frost Elementary School Parent-Teacher Organization members, from left, Vice President Lauren Crew, membership coordinator Tiffany Aviles and Treasurer Kimberly Leinweber.



Pecan Grove Elementary School fourth-grader Riley Zey, 9, and sister Hayden, 7, a second-grader, show off the badges they earned as scouts. They attended the Frost Elementary School campus orientation with their mom, Rebecca, a scout master who was recruiting scouts. Pack 152056 meets at Faith United Methodist Church in Pecan Grove.



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## HOUSTON METHODIST SUGAR LAND HOSPITAL

—receives primary stroke center certification—

**H**ouston Methodist Sugar Land Hospital has received certification from DNV GL - Healthcare as a Primary Stroke Center, affirming the hospital's readiness to handle a full range of stroke-related medical problems.

"This certification let's our community know we have the resources and commitment to provide the best possible stroke care," said Maureen Lall, PhD, RN, FNP-BC, SCRN, COHN-S, director of the Neuroscience & Spine Center. "It's a combination of the right personnel, training and equipment to quickly assess and treat strokes. Achieving certification ensures the health and safety of our patients."

The DNV GL - Healthcare Primary Stroke Center Certification is based on standards set forth by the Brain Attack Coalition and the American Stroke Association, and affirms that the hospital addresses the full spectrum of stroke care - diagnosis, treatment, rehabilitation and education - and establishes clear metrics to evaluate outcomes.

"Achieving this certification shows commitment to excellence," said Patrick Horine, CEO of DNV GL - Healthcare. "And it helps demonstrate to your community that you are performing at the highest level."

According to the National Stroke Association, stroke is a leading cause of death, killing nearly 130,000 people each year, and is a leading cause of serious, long-term adult disability. Because stroke or "brain attack" effects blood flow to the brain, rapid and effective treatment can save lives and provide the best chance of limiting the extent of long-term damage.

DNV GL is a world-leading certification body that helps businesses assure the performance of their organizations, products, people, facilities and supply chains through certification, verification, assessment and training services.

For more information on Houston Methodist Sugar Land Hospital, visit [houstonmethodist.org/sugarland](http://houstonmethodist.org/sugarland) or call 281-274-7500 to find a doctor in your area. Visit the Facebook page at [fb.com/methodistsugarland](https://www.facebook.com/methodistsugarland) for the latest news, events and information.



The Houston Methodist Sugar Land Hospital Quality Team. From left, back row: Brooke Taylor, Janan Sackllah, Ada Akogun, Jo Gilbert, Anna Floyd, Jackie Trotter, Damon Smith; and front row: Tanuja Parmar, Diane McGraw, Ann Prather and Monica Salinas.

## BREAST CANCER AWARENESS

### ALCOHOL AND BREAST CANCER RISK

**M**any people unwind with a glass of wine or a cocktail after a stressful day, and some research suggests that mild to moderate consumption of alcoholic beverages can have various health advantages.

According to the Mayo Clinic, moderate consumption of alcohol has been linked to a lower risk of developing and dying from heart disease, possibly reducing the risk of ischemic stroke and potentially reducing the risk of diabetes. However, for some people, the risks of consuming alcohol may outweigh the benefits.

Many studies show that drinking alcohol may increase the risk of breast cancer, advises the research and information organization Susan J. Komen.

The group says pooled analysis of data from 53 studies found that, for each alcoholic drink consumed per day, the relative risk for breast cancer increases by about 7 percent.

Researchers aren't quite sure why there is an increased risk of breast cancer associated with alcohol intake, but experts at MD Anderson Cancer Center have some theories.

Some theorize that alcohol can increase levels of estrogen and other hormones that affect breast cancer formation and growth.

Excess fat can lead to an increased cancer risk, and the consumption of empty calories through drinking alcohol can lead to unwanted weight gain. Furthermore, those who consume alcohol have increased amounts of folic acid in their systems, which can increase cancer risk. The nonprofit breast cancer organization Breastcancer.org states that, compared to women who don't drink at all, women who have three alcoholic drinks per week have a 15 percent higher risk of breast cancer.

Experts also estimate that the risk of breast cancer goes up another 10 percent for each additional drink women regularly consume each day. Keep in mind that a drink is defined as 12 ounces of beer, five ounces of wine or 1.5 ounces of liquor.

Women who want to do all they can to reduce their risk of developing breast cancer may want to avoid alcohol.

**3 POTENTIAL SIDE EFFECTS OF BREAST CANCER TREATMENTS**

Cancer is a painful, potentially life-threatening disease. Though discomfort might be the first warning sign that compels people to visit their physicians on the road to receiving a cancer diagnosis, cancer treatments can produce a host of side effects, including pain, as well.

According to the Sidney Kimmel Cancer Center, breast cancer treatments can create both long-term side effects and late side effects. Long-term side effects are those that begin during treatment and continue after all treatments have stopped, while late side effects refers to symptoms that can appear weeks, months or even years after treatments have ended.

The list of potential side effects of breast cancer treatments is lengthy, but may include the following conditions or issues.

**FATIGUE**

The nonprofit organization Breastcancer.org notes that fatigue is the most common side effect of breast cancer treatments, with some estimates suggesting it affects as many as 90 percent of all patients. Some breast cancer patients may experience fatigue after treatment and find it's worsening because they are eating less and not getting enough nutrients. In such instances, the initial fatigue may make people too tired to cook, ultimately contributing to more fatigue when they are not eating or eating convenient yet potentially unhealthy foods. Cooking healthy foods in bulk when fatigue is not overwhelming and accepting others' offers to cook is a great way for cancer patients to ensure their diets are helping them combat fatigue and not making fatigue worse.



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## LYMPHEDEMA

Johns Hopkins School of Medicine notes that, following breast cancer treatment, some patients may suffer from lymphedema, a condition characterized by the accumulation of lymphatic fluid in the tissues. Lymphedema most often occurs in the arms, but can contribute to swelling in other parts of the body as well. Why some people suffer from lymphedema after treatment and others don't is a mystery, though surgeons at Johns Hopkins Breast Center have noticed a low occurrence of lymphedema in patients who have undergone sentinel node biopsies or axillary node dissection. Breast cancer patients are at risk of lymphedema for the rest of their lives after treatment, and while there's no way to prevent it, patients should avoid getting needle sticks or blood pressure tests in arms where lymph nodes were removed. In addition, any injuries or cuts in arms where lymph nodes were removed should be treated with vigilance.

## INFERTILITY

Many women will stop menstruating while undergoing chemotherapy or after chemo treatments, and that cessation is often temporary. These irregularities may be traced to hormonal therapies that make the ovaries stop producing eggs. However, in some instances, even premenopausal women may have trouble getting pregnant after hormonal therapy. Breastcancer.org notes that women whose periods do not return after treatment may still be fertile, but also notes that women who are close to menopause when beginning chemo may become permanently infertile. Women who have been diagnosed with breast cancer who are concerned about post-treatment infertility should speak with their physicians immediately about their prospects of getting pregnant after treatment, including fertility treatments and the potential safety risks of getting pregnant after being diagnosed with breast cancer.

Breast cancer treatments save lives every day.



According to the Sidney Kimmel Cancer Center, breast cancer treatments can create both long-term side effects and late side effects.

When discussing treatments with their physicians, breast cancer patients should ask questions about potential short- and long-term side effects.

## DOWN SYNDROME AWARENESS

### THE CAUSES OF DOWN SYNDROME

While most cases of Down syndrome, which is sometimes referred to as trisomy 21, are related to a third partial or complete copy of chromosome 21, Down syndrome can be caused by other genetic variations. Mosaic Down syndrome is a rare form in which a person only has some cells with an extra copy of chromosome 21, states the Mayo Clinic.

Translocation Down syndrome, in which a portion of chromosome 21 becomes attached (translocated) onto another chromosome before or at conception, is another form of the syndrome. Children born with translocation Down syndrome have extra genetic material attached to another chromosome from chromosome 21.

There are no known behavioral or environmental factors that cause Down syndrome, which results from chromosomal abnormalities during cell division. Chromosome 21 is the smallest human autosome (non-sex-related chromosome), but it encodes approximately 225 genes.

While most are not affected by an extra copy or extra genetic material, there are a few genes for which an extra copy creates an issue that results in Down syndrome.



Doctors also can utilize technology to look for genetic abnormalities, including Down syndrome, so parents can educate and prepare themselves for such situations.

### LEARN ABOUT DOWN SYNDROME TO ADVOCATE FOR CARE

Having a child is an exciting experience full of anticipation. Thanks to modern medicine, expecting parents are able to learn much more about the little one they will welcome into the world while the fetus is in utero than their own parents could decades ago.





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Modern medicine makes it possible to approximate a baby's length, weight, gender, and even if the child will be born with a head full of hair. Doctors also can utilize technology to look for genetic abnormalities, including Down syndrome, so parents can educate and prepare themselves for such situations.

The Centers for Disease Control and Prevention says that Down syndrome occurs in approximately one in every 700 pregnancies. Many factors can elevate the risk for Down syndrome, including having already had a child with Down syndrome. Women older than age 35 are more likely to give birth to a child with Down syndrome than women younger than 35, making age one of the biggest risk factors.

Down syndrome also may be referred to as trisomy 21. That's because the syndrome occurs in most cases when there is a third copy — either complete or partial — of chromosome 21. Normally there are two copies of every chromosome. The Mayo Clinic says a third copy results from abnormal cell division while the fetus is developing. This extra genetic material causes the developmental changes and physical features of Down syndrome.

Down syndrome is the most common genetic chromosomal disorder and cause of learning disabilities in children. The Mayo Clinic also states that the disorder commonly causes other medical issues, including heart defects and gastrointestinal disorders.

Down syndrome cannot be prevented, advises the Cleveland Clinic. However, families can take steps to reduce the risk.

Giving birth before the age of 35 can significantly reduce risk. The CDC says Down syndrome occurs in fewer than one in 1,000 pregnancies in which the mother gives birth before the age of 30. After the age of 40, this figure rises to about 12 in 1,000.

Taking folic acid supplements before and during pregnancy also may help lower the likelihood that a baby is born with Down syndrome.

The outlook for babies born with Down syndrome is quite good. Many traits and conditions are manageable with treatment and therapies. The level of cognitive impairment is unique to each individual and may be mild to moderate. Other effects, such as obesity, sleep apnea and digestive problems, may be treated.

With medical care, support from parents and family and education, many people with Down syndrome live very active and healthy lives. The life expectancy for babies born with Down syndrome is now 60 or older.

A variety of organizations provide support and information for parents of children with Down syndrome. These include the National Down Syndrome Society and the National Association for Down Syndrome. Contact these and other groups for more information.

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## EXCITING COMMUNITY EVENT:

*The 'i have a Voice' gala set for Oct. 19*

**G**iGi's Playhouse in Sugar Land will host its annual 'i have a Voice' gala from 6 p.m. to 11 p.m. at the George Ranch Historical Park in Richmond.

GiGi's Playhouse is a worldwide nonprofit network that is an achievement center for children and adults diagnosed with Down syndrome. Through its free programs, those diagnosed with Down syndrome are offered educational and therapeutic programs devoted to increasing self-confidence and skills.

In 2015 Sugar Land became the 27th playhouse in the network.

GiGi's Playhouse Sugar Land welcomes all ages from prenatal to adults and offers custom, research-based curriculum for advancing literacy, math skills, gross and fine motor skills, improving low muscle tone, building self-esteem, preparing for the workforce in addition to

fostering acceptance, awareness and networking resources for parents, siblings and the community.

All programs are free of charge.

The 'i have a Voice' gala supports these efforts and celebrates children and adults with Down syndrome.

The ticket price includes a gourmet dinner, open bar, live music and dancing, live auction, raffle, wine and whiskey pulls, silent auction, the GiGi Prep Market, boot shine station and "inspiration from our children and adults and much more," said the nonprofit. Complimentary valet is also included.

For more information on the event, ticket prices or sponsorship opportunities, visit [gigisplayhouse.org/sugarland/gala](http://gigisplayhouse.org/sugarland/gala)

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# OCTOBER

## October 1

### Fall Coffee Social

FRIENDS of Child Advocates of Fort Bend will host its annual Fall Coffee membership social at the home of Pat and Brad Somers at 10 a.m. For more information on FRIENDS, the location and to RSVP for the event, contact Kristin Stiles-Janossy at 713-384-8096.

### National Night Out

The Rosenberg Police Department will hold its annual National Night Out from 6 p.m. to 9 p.m. at Texas State Technical College in Rosenberg. Visit [rosenbergtx.gov/national-night-out](http://rosenbergtx.gov/national-night-out).

### Connections: Meet Someone New

Meet new people and make new friends at this casual, come-and-go social hour at the George Memorial Library Oct. 1 at 7 p.m. or Oct. 17 at 10 a.m. in Room 2A. Enjoy music while getting to know one another over a game of cards, chess, checkers, or other board games the library has on hand.

## October 2

### Seabourne Park Monthly Bird Hike

Members of the Coastal Prairie Chapter of Texas Master Naturalists will lead the 8 a.m. hike at the Seabourne Creek Nature Park, 3831 Texas 36 South, Rosenberg. Participation is open to the public. All ages and levels of birders are welcome.

### State of the Schools

The 12th Annual State of the Schools will be held from 11:30 a.m. to 1 p.m. at Safari Texas Ranch. Visit [fortbendchamber.com](http://fortbendchamber.com).

## October 3

### Connecting People with Nature

Gary Clark's "Connecting People with Nature" free program — at 6 p.m. at the Rosenberg Convention Center, 3825 Texas 36 South, Rosenberg — will explore how birds can reconnect people to the beauty and wonder of nature. For additional information call 281-633-7033 or email [mmcdowell@ag.tamu.edu](mailto:mmcdowell@ag.tamu.edu)

## October 4

### Friday Film Series

In recognition of Hispanic Heritage Month, the University Branch Library will show a movie about a beloved Latin American musical artist. from 1 p.m. to 3 p.m. in Meeting Room 1. Jennifer Lopez plays Selena Quintanilla-Perez in this biographical drama released in 1997. A Texas-born Tejano pop-singing sensation, Selena rose from cult status to an extraordinary career that transcended the Tejano scene to cross over into mainstream success before her tragic murder at the age of 23. This movie is rated PG.

### Friday Twilight & Lore Tour Combo

The Fort Bend History Association's Friday Twilight & Lore Tour Combo will be held at 7 p.m., Oct. 4, Oct. 11 and Oct 18 at the Fort Bend Museum. Brave a twilight tour of the Museum grounds while listening to staff tell the true stories of ghostly encounters throughout the years. Visit [fortbendmuseum.org](http://fortbendmuseum.org).

## October 5

### Brush-Pen Calligraphy Workshop

Graphic designer and calligraphy artist Lauren Cole will present an introductory demonstration of calligraphy at the University Branch Library from 1 p.m. to 3 p.m. in Meeting Room 2. In this hands-on workshop, learn calligraphy concepts, warm-up drills, basic strokes and lower-and upper-case alphabets. Registration is required.

### Deer & Hog Hunting

A Texas game warden will provide a basic introduction to hunting white-tailed deer and hogs in Texas at 10:30 p.m. at the George Memorial Library in Room 2A. Learn about the preferred habitats, public hunting areas that can be accessed with an Annual Public Hunting Permit, and best strategies for hunting success.

### Cowboy Up 2019

The Parks Youth Ranch's 2019 Cowboy Up event will be held from 7 p.m. to 11 p.m. at Parks Youth Ranch. Dinner, live and silent

auction, spirit and wine pulls and barbecue dinner included. Visit [parksyouthranch.org](http://parksyouthranch.org).

## October 6

### Farmer's Market

The Texas Department of Agriculture certified Sugar Land Farmer's Market is open every Sunday from 10 a.m. to 2 p.m. at Edward Mercer Stadium.

## October 9

### Rescue Open House

The Rosenberg Animal Control and Shelter will host its Rescue Open House from 3 p.m. to 7 p.m. at the shelter, 1207 Blume Road in Rosenberg.

### Patchwork of Life 2019

OakBend Medical Center's Patchwork of Life event will be held from 6 p.m. to 9:30 p.m. in the Infinity Room of the Safari Texas Ranch. Proceeds will support 3D Mammography at OakBend's Women's Imaging Department. Visit [oakbendmedicalcenter.org](http://oakbendmedicalcenter.org)

## October 12

### Paper Shredding Event

First Colony Community Services Association is hosting a free paper shredding event from 9 a.m. to noon or until the trucks are full. Items accepted are all paper, file folders, hanging files, notepads and envelopes. There is no need to remove staples, paperclips, fasteners or rubber bands. Unacceptable items include newspapers, magazines, catalogs, plastic bags, electronics and x-rays. Items will be shredded by PROShred Security on-site.

### Heritage Hikes

The Sugar Land Heritage Foundation will host a historic walking tour of Old Sugar Land every second Saturday of the month starting at 10 a.m. Visit [slheritage.org](http://slheritage.org).

### Artisan Market

The Rosenberg Main Street Program is hosting a Artisan Market, featuring goods, handmade crafts, food trucks, local art and live music from 10 a.m. to 4 p.m. in Historic Downtown Rosenberg.

### Meet the Artists

The 310 Gallery is holding its Meet the Artists Opening Reception from 4 p.m. to 7 p.m. at the gallery, 310 Morton Street in Richmond.

### Movie Night at the Park

First Colony Community Services Association is hosting Movie Night at the Park from 5 p.m. to 9 p.m. at Aquatic Center Park, 4350 Austin Parkway, Sugar Land. The PG movie — How to Train Your Dragon: The Hidden World — will be shown for free. Movie starts at 7 p.m. but starting at 5 p.m. there will be face painting and special treats for kids.

### Free flu shot clinic

Houston Methodist Sugar Land Hospital will host a free flu shot clinic and community toy drive from 8 a.m. to noon. Please bring a new, unwrapped toy or clothing item to donate and receive a free flu shot. One flu shot per unwrapped toy or clothing item.

### Fall Vegetable & Herb Plant Sale

The Fort Bend County Master Gardeners will to host its annual Fall Vegetable & Herb Plant Sale at its office, 1402 Band Road in Rosenberg.

## October 13

### Garden Party

The Rosenberg Railroad Museum will host its 2019 Garden Party from 4 p.m. to 7 p.m. at the museum, 1921 Ave. F in Rosenberg. Visit [rosenbergrrmuseum.org](http://rosenbergrrmuseum.org).

## October 16

### Culinary Book Club

This month at the University Branch Library, the Culinary Book Club theme is "The Great Pumpkin Cook-Off." Cooking enthusiasts of all ages and experience levels — from beginners to advanced — are invited to join in this monthly potluck and recipe exchange at 1:30 p.m. in Meeting Room 1.

### Open-Mic Night

Open-Mic Night is a casual event

for amateur performers to take the stage and express themselves, held from 6 p.m. to 8:30 p.m. at the George Memorial Library in the Meeting Room. 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.

## October 17

### Story Spinners Writing Club

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

## October 18

### 2019 Veteran Expo and Health Fair

Open to all veterans, as well as their family and caregivers, this expo — held at 10 a.m. to 2 p.m. at the Veterans for Foreign War Building, 1903 1st St., in Rosenberg — will provide resources, entertainment and networking opportunities in the area.

### Senior Series: Home Ownership in Retirement

Liz McNeel, a senior real-estate specialist and certified senior-housing professional, will lead a panel of experts who will talk about the responsibilities of owning a home as a senior citizen on a fixed income at the University Branch Library at 10:30 a.m. in Meeting Room 1.

### Murder Mystery Dinner Dance

Arthur Murray Sugar Land will host a night at "Murray's Mansion" from 7:30 p.m. to 9:30 p.m. where guests can help solve the murder of Mr. Murray. The evening features dinner and dancing. Visit [eventbrite.com](http://eventbrite.com) for tickets.

## October 19

### Playground Build Day

Friends of North Richmond is holding a KaBOOM playground build day from 8 a.m. to 3 p.m. at 1305 Clay Street in Richmond. Visit [helpbuildaplaygroundinrichmond.eventbrite.com](http://helpbuildaplaygroundinrichmond.eventbrite.com)

### Walk for Freedom 2019

This free event will be held from 9 a.m. to 2 p.m. at Sunset Park in Rosenberg. The public is invited to walk to bring awareness of human

trafficking to the community. There will also be a fundraising effort for A21 (a nonprofit organization) to help them rescue, rehabilitate, and restore victims of human trafficking. Visit on Facebook @ [WalkForFreedomRosenberg](http://WalkForFreedomRosenberg).

### Navigating Your Property Taxes 101

Fort Bend County Tax Assessor-Collector Carrie Surratt and Deputy Chief Appraiser Jordan Wise from the Fort Bend Central Appraisal District will provide an in-depth look at property taxes at the George Memorial Library from 10 a.m. to 11 a.m. in the Meeting Room.

### Miss Ivy's Spooktacular Halloween Party

The Fort Bend History Association's Miss Ivy's Spooktacular Halloween Party will be held from 1 p.m. to 5 p.m. at the Fort Bend Museum. Children of all ages welcome. Trick-or-treating, yard games and family-friendly tours will be featured. Costumes welcomed. Visit [fortbendmuseum.org](http://fortbendmuseum.org).

### Fort Bend Ranchers' Ball

The 5th Annual Fort Bend Ranchers' Ball benefiting Fort Bend Charities will be held from 6 p.m. to 11 p.m. at Safari Texas Ranch, 11627 FM 1464 in Richmond. Hosted by Precinct 3 Commissioner Andy Meyers on behalf of Fort Bend Charities Inc. Visit [www.fortbendranchersball.com](http://www.fortbendranchersball.com).

## October 20

### Mattress Fundraiser

Travis High School Dance team is holding its second mattress fundraiser from noon to 6 p.m. at Travis High School, 11111 Harlem Road in Richmond.

## October 21

### LEGO Club

Families with kids of all ages will have an opportunity to get creative with LEGO building blocks at the University Branch Library from 4:15 p.m. to 5 p.m. in Meeting Room 1. Different-sized LEGO pieces will be available for the varying ages in attendance.

## October 22

### Cache Your Money: Keep It Safe

John Rebeles, Jr., will talk about consumer rights at 7 p.m. at the George Memorial Library in Room 2A.

### Fun with Felt

Discover the creative fiber-art craft of needle felting at 7 p.m. in Meeting Room 2 of the University Branch Library. Learn how to use special needles as a sculpting tool

to manipulate the fibers of the cloth into pieces of art. Those attending the program will learn how use wool, felting needles, fibers, and embellishments to create a decorative pumpkin for the fall season. Materials are provided and registration is required.

## October 24

### Senior Health & Wellness Fair

Fort Bend Seniors Meals on Wheels will host its Senior Health & Wellness Fair from 10 a.m. to noon at 1330 Band Road in Rosenberg. Visit [fortbendseniors.org](http://fortbendseniors.org)

## October 25

### Friday Film Series

In recognition of Hispanic Heritage Month, the University Branch Library will show a movie from 1 p.m. to 3 p.m. in Meeting Room 1. This romantic musical drama is based on Andrew Lloyd Webber's Broadway hit about a disfigured composer and his unrequited love for an opera singer. Released in 2004, this film is rated PG-13.

## October 26

### Gathering of Zombies

Hispanics Offering People Education will host its third annual 5K Gathering of the Zombies fun run at 8:30 a.m. at Seabourne Creek Nature Park. Participants may walk, jog or run the course in their best zombie attire. For additional information, call Josie Jimenez at 281-633-1960 or [josieaj@yahoo.com](mailto:josieaj@yahoo.com) or Veronica Munoz at 832-380-1956.

### Boo-Berg

The City of Rosenberg's annual Boo-Berg event will be held at 10 a.m. to noon at Seabourne Creek Nature Park. The event is free for children ages 10 years old and younger. Games and activities will be featured.

### Sherlock Holmes Puzzle Mystery

Mystery-lovers and amateur sleuths can test their detective skills at the George Memorial Library from 1 p.m. to 4 p.m. in the Meeting Room. Solve puzzles, crack codes, and unravel riddles to help the Baker Street Irregulars foil Professor Moriarty's plot to defeat Sherlock Holmes. Costumes and English accents are encouraged. Prizes will be awarded.

### BeerFeast 2019

Hosted by Flying Saucer Draught Emporium, the eighth BeerFeast will be held from 1 p.m. to 6:30 p.m. in Sugar Land Town Square featuring more than 100 beers and food. 21+ only. Visit [eventbrite.com](http://eventbrite.com)

for ticket prices.

### 2019 Sip & Stroll

Sugar Land Wine & Food Affair will host a Sip & Stroll event, featuring bites from more than 25 area restaurants, from 2 p.m. to 5 p.m. at Brazos River Park in Sugar Land. Visit [bigtickets.com](http://bigtickets.com) for ticket prices.

### Halloween Town

The City of Sugar Land announced its annual Halloween Town presented by Imperial Sugar (previously held in Sugar Land Town Square) will now be hosted at Constellation Field 4 p.m. to 8 p.m. Tickets are \$5 for children and \$7 for adults. The evening will feature scavenger hunts, balloon artists, a petting zoo, games, vendors, and a costume contest for participants of all ages (\$3 per participant, pre-registered and \$5 on site).

### Trunk or Treat

First Colony Community Services Association will host a Trunk or Treat event from 6 p.m. to 8 p.m. Adults decorate the back of their cars for Halloween, load up on candy, and kids "trick or treat" from car-to-car. Kids come in Halloween costumes where they can safely run around to collect candy.

## October 28

### Duck Golf Classic

Fort Bend County Exchange Club will host its Duck Golf Classic on 8 a.m. to 8 p.m. at the Pecan Grove Country Club. Visit [www.ecfb.org](http://www.ecfb.org)

### International Coffee Hour

Start your week off by sharing a cup of coffee, exchanging news or a corny joke, and chatting with friends at 9 a.m. in the Meeting Room of the George Memorial Library during the monthly social hour celebrating the multitude of diverse cultures found in Fort Bend County.

## October 29

### New Member Orientation

The Central Fort Bend Chamber will hold its new member orientation from 8:30 a.m. to 9:30 a.m. at the chamber.

## Nov. 2

### 46th annual British Fayre

Daughters of The British Empire will host its 46th annual British Fayre from 10 a.m. to 4 p.m. at 1 Fluor Daniel Drive in Sugar Land. Tickets are \$4 at Eventbrite, \$5 at the door and free for children 12 years old and younger.

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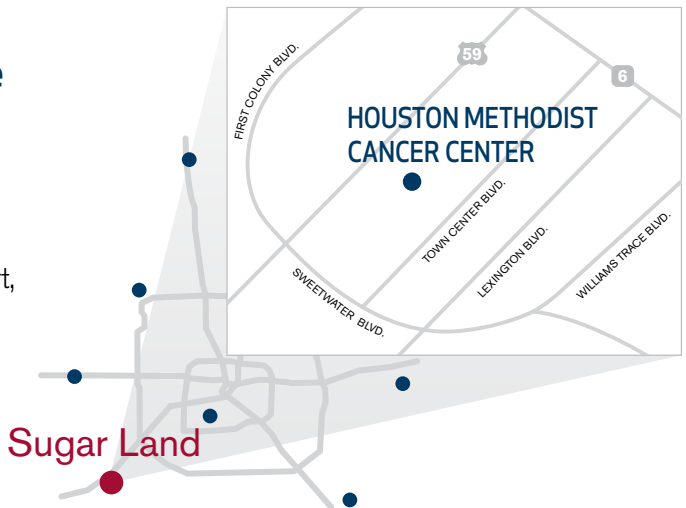


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