

Greatwood

JUNE 2019

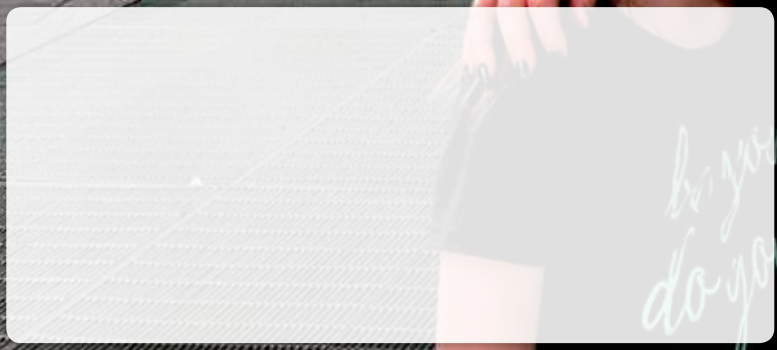
monthly

TO THE BIG APPLE

Actress Sarah McKinley Austin continues cultivating her dream

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monthly™

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 AND TEXAS COASTER



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WORTH THE SACRIFICES

Greatwood actress Sarah McKinley Austin reflects on musical theatre

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

In a musical, actors must have the keen ability to make meticulously rehearsed lines and movements seem like a natural combination. No matter how many times a show is performed, every time actors open their mouths to belt out a song or utter a line, the emotion or motivation behind it must feel authentic for the audience to believe in the fantasy being played out on stage, said Greatwood actress Sarah McKinley Austin.

“Everything has to be carefully rehearsed, yet we also have to find ways to keep it fresh, real and believable,” said Austin, who will be traveling to New York City this month for professional theatre lessons.

Under the direction of voice teacher Jeannine Rowden, Austin will travel with 10 other Houston area students to the Big Apple to attend master classes for singing, dancing and acting. The crew will see a different Broadway musical every night, and on June 23, will perform a variety of choreographed musical theatre songs at the York Theatre.

“New York City is an amazing city,” said Austin. “I went to New York City with this group last year and I had so much fun. I can’t wait to improve my skills and perform with other students who love musical theater as much as I do.”

Photo by Yuri Lozano | Sarah McKinley Austin with costar Carolee Carmello in “Pamela’s First Musical,” in which Austin was the title character. “There is a scene where sit on stage next to Carolee while we watch a Broadway show and pretend to eat Junior Mints from an empty box. At our final performance, we stuck our hand in the box and there were real Junior Mints inside,” Austin said laughing.



Photo by Aram Boghosian — the Boston Globe | Sarah McKinley Austin at the Boston Opera House in June 2016.



The three Matildas who rotated the role on the First National Tour of “Matilda the Musical.” From left are Savannah Grace Elmer, Sarah McKinley Austin and Lily Brooks O'Briant.



Sarah striking the “Matilda pose” in front of the Boston Opera House.

HARD WORK AND SACRIFICE

Three years ago this month, theatre critic Dan Aucion wrote “The remarkable Sarah McKinley Austin ... skillfully captures Matilda’s preternaturally calm self-possession, and she brings a beautiful poignancy to the world-silencing ballad ‘Quiet’” in a review for the Boston Globe.

Aucion’s review was of Austin’s performance as the title character in the National Broadway Tour of “Matilda the Musical,” which debuted at the Kennedy Center Opera House in Washington D.C.

“It was an honor to step onto the stage that night to portray this incredible role,” Austin said.

Her mother, Sue, recalls that performance with ebullient clarity: “The success of the show was riding on her performance and it was a huge responsibility,” she said. “At the end of the show, Sarah got a standing ovation during her final bow. The cast on stage even gave her a special nod to do a second bow. I couldn’t help myself from clapping, jumping up and down, and screaming ‘She did it! She did it!’”

The audience members were unaware that it was Austin’s first time to perform this role, Sue noted.

“The people sitting around me gave me a looks like I was crazy,” Sue said with a laugh. “When they found out that ‘Matilda’ was my daughter, they understood my excitement [and] they were surprised and impressed to learn that it was her first time to perform the role.”

Laura DeMarco, with The Plain Dealer - Cleveland, also reviewed Austin’s performance, stating: “Matilda was superbly embodied by 9-year-old Sarah McKinley Austin, who got the tiny heroine’s precocious intellect, steely will, and kind heart just right.”

The reviews still provide 13-year-old Austin with a rush of satisfaction, but, the young actress stressed, “performing professionally when you are a kid requires hard work and sacrifice.”

The industry, she said, is not without its challenges.

“Training for ‘Matilda’ was the hardest thing I have ever done in my life,” Austin said, explaining that she was in fourth grade at the time.

Preparing for her role took nearly three months, and in order to be involved with the musical, she had to live in Brooklyn, New York and rehearse six days a week in New York City. The subway ride into Manhattan to get to her rehearsals took 45 minutes and after several hours of “hardcore acting, singing and dancing lessons,” Austin put in an additional four hours of school work with a tutor.

“Then I would ride the subway back to Brooklyn at night and

eat dinner at 9 p.m.,” Austin recalled. “After dinner, I had acting and dance homework to do to get ready for the next day.”

And because Austin was on stage for the entire show and was in each scene, she was required to be at every single rehearsal. “Her one chance to have a drink of water was in a scene where they were eating at Sardi’s restaurant,” Sue added.

Needless to say, the work was demanding. Still, Austin noted, “Matilda boot camp,” as she called it, helped her develop “perseverance and a strong work ethic.”

The period was also demanding for her family who remained home in Greatwood. Austin started touring when she was 8 years old, traveling with her aunt, since her parents were both teaching at the time.

“Performing at this level requires many sacrifices from the family and the child,” said her father Mark. “Everyone has to be fully committed to make it work.”

“Sometimes we would go for weeks at a time without getting to see Sarah,” added Sue. “I eventually left my job teaching elementary music so I could home-school Sarah and take her to auditions in New York City. It’s been a roller coaster ride but the thrill of watching Sarah on stage

has been worth it.”

Her most recent performance was as the title character in “Pamela’s First Musical,” performed at the Two River Theatre in Red Bank, New Jersey last year.

It was a special performance for Austin considering she originated the role of Pamela in the first fully-staged performance, and worked directly with the lyricist David Zippel, writer Chris Durang and director/choreographer Graciela Daniele.

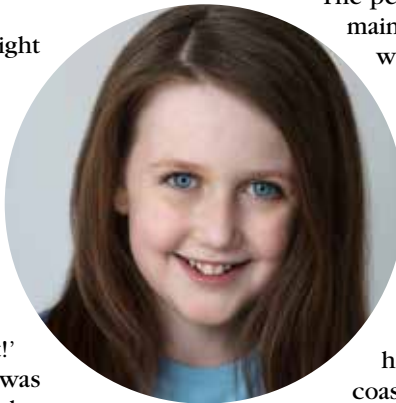
In his review of the show, Tom Chesek of the Asbury Park Press wrote: “At the center of it all, and making a great impression in her first original starring role is Ms. Austin ... the actress presents a ‘real’ kid of vivid imagination and scary-good skills.”

The touring experiences may have been testing, but they were “also a ton of fun,” Austin said.

“I got to travel all over the United States and I developed life-long friendships with the cast and crew,” she said, expanding that they all still keep in touch through social media. “Also, performing on stage in front of so many people taught me to be confident and proud of who I am.”

NOT FOR THE FAINT OF HEART

Austin’s performance portfolio includes a collection of live performances in New York City, Chicago and Houston, as well as the First National Tours for “Once the Musical” when she was 8 years





Sarah with her grandparents Max and Virginia Stover of Greatwood after her debut in Dallas, Texas for "Once."



Photo by Yuri Lazano | Sarah with "Pamela's First Musical" costars Andrea Burns and Carolee Carmello



Photo by Yuri Lazano | Sarah with "Pamela's First Musical" costar Howard McGillin.

old and "Matilda the Musical," when she was 9 years old. Her regional theatre work includes "Pamela's First Musical," when she was 12 years old and "Les Miserables" when she was 8 years old.

Although it was a non-paying role, Fort Bend Theater's "Les Miserables," shown at the Stafford Center in Stafford, Texas, was the performance that "got her 'discovered,'" and provided Austin with proof that musical theatre was her niche.

"The talent around me was amazing," she said enthusiastically. "I had such a wonderful time and then I knew this was something I wanted to do again."

Sue and Mark, who are both musicians and music teachers, said they had initially identified their daughter as just a singer.

"We knew she had a special gift," Sue said, explaining that singing and acting complement one another. "Musical theater turned out to be a great way to nurture her singing talents and her acting developed through it."

Still, pressed Mark, "acting at the professional level is not for the faint of heart."

"When your child gets a big role, you feel like you have won the lottery," he said. "Realistically though, most of the time your child won't get the role or may not even get a callback."

"It is important to make sure this is something your child really wants to do and is OK emotionally from all the ups and downs," Sue added. "Sarah always handles it so well and moves on quickly."

"Mark and I are really the ones who struggle the most with it," she added with a laugh.

To secure auditions, Austin works with New York City agent Nancy Carson, who represented child stars like Lea Michele, Matt Damon and Britney Spears.

"We rarely turn down opportunities to audition. The biggest obstacle is distance," Sue said. "Sometimes Sarah can make a video audition for the first round, but in order to actually get a callback and ultimately get offered the role, an in-person audition in New York City is eventually required. Often times we have very little notice — sometimes less than a week — to make flight and hotel arrangements."

Throwing herself into her craft does not come without sacrifices and exhausting days, Austin explained. But tough decisions and heavy challenges will not deter her from wanting a life circling the performing arts.

"It's my passion," she said. "I would love to perform on Broadway in New York City someday."



The Austin family on the opening night of "Pamela's First Musical." From left is Mark, Sarah, David and Sue. Sarah's twin brother David is a seventh grader at Reading Junior High.



Photo by Yuri Lazano | Sarah with the cast of "Pamela's First Musical."



Sarah with her agent, Nancy Carson, and Carson's daughter Bonnie Deroski on the opening night of Pamela's First Musical. Deroski is also an agent at Carson-Adler Agency.

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SUMMER Break

Fort Bend Fun

Retired NASA Scientist To Share Memories Of Apollo Missions

NASA launched Apollo 11 to the moon 50 years ago on July 16, 1969. What exactly did it take to accomplish this successful, history-making mission? Hear a behind-the-scenes account from one of the NASA scientists who helped make that dream a reality, at a special program at Fort Bend County Libraries' First Colony Branch Library on Saturday, June 29, beginning at 10:30 am, in the Meeting Room of the library, located at 2121 Austin Parkway in Sugar Land.

In the program "To the Moon & Back," retired NASA physicist F Don Cooper will share his experiences creating the technology that helped launch Apollo 11 in 1969, and the efforts that his team went through to successfully bring the Apollo 13 crew home safely in 1970. Cooper will also discuss the history of U.S. rockets, and his role in designing the Saturn V ascent guidance and trans-lunar targeting equations that would help make space travel possible.

An Oklahoma native, Cooper became fascinated with math and science while still in high school. He attended Oklahoma Baptist University, where he majored in physics and mathematics with a minor in chemistry. His career after college took him to Huntsville, Alabama, where he worked at the George C. Marshall Space Flight Center on NASA's Apollo program, developing the targeting equations to guide the manned spacecraft from earth orbit to the moon. His career then led him to Houston's Johnson Spaceflight Center, which would later become known as the Johnson Space Center. During his years there, Cooper worked on eight Apollo missions, the Atlas Centaur, the Air Force Dyna-Soar, and the Mars rocket NOVA. For the Apollo 13 mission, he provided the trans-lunar coast abort options to Houston Mission Control.

Cooper retired in 2002, and soon found a new calling - that of encouraging a new generation of students to pursue a future in the physical sciences. He enjoys speaking to youth groups, community organizations, schools and colleges, hoping to inspire the technology leaders of the future with his first-hand account

of the events as they actually happened.

"Of the seven primary people who did this, I am the last one alive," says Cooper. "Students do not know much about Apollo since it all happened before they were born. My objective is to show them how it happened, emphasize that education is essential, and show how math The program is free and open to the public. For more information, call the First Colony Branch Library (281-238-2800) or the library system's Communications Office (281-633-4734).



F. Don Cooper

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Free fun around town

Here's a peek at some family-friendly events happening throughout June:

COIN COLLECTION | Have you ever wanted to start a coin collection? Well, T.L. Smith will provide a basic overview of the different types of coins minted in the United States, the history of coin-collecting, and how to go about starting a coin collection at the George Memorial Library, June 1 from 10:30 a.m. to 12:30 p.m. in Room 2A. He will also discuss protecting and preserving coins, and identifying and grading coins.

CROCHETWORKSHOP | On June 1 from 9:30 a.m. to 12:30 p.m. the Bob Lutts Fulshear/Simonton Branch Library will host a hands-on adult craft class for individuals aged 16 and above. Library staff member Marie Picon will explain how to crochet classic Granny Squares using two basic stitches. Those attending will discover how these skills can be used to create other, larger projects. Learn how to read crochet charts and patterns. No previous crochet experience is necessary. Reservations are required.

CAMPING | If camping is something you'd like to give a try this summer, make sure to catch wildlife biologist Matthew Argo from Brazos Bend State Park, who will provide an introduction to camping on June 8 at 2:30 p.m. in Room 2A of the George Memorial Library. Get tips on different types of camping, such as backpacking, RV, or tent. He will describe basic camping gear and provide examples of the different options that are available. Learn about camp etiquette and some of the many activities that can be enjoyed outdoors. Argo will also talk about basic native-wildlife information and identification, and different safety measures to observe. Hear about nearby state parks and other places to go for day hikes or weekend camping trips.

DUNGEONS & DRAGONS | Looking for some adventure? Adults and teens aged 13 and up who are fans of the Dungeons & Dragons fantasy, tabletop, role-playing game, are invited to stretch their imaginations and practice their problem-solving skills while meeting and socializing with others who enjoy role-playing games on June 15 from 2 p.m. to 4 p.m. in Room 2B of the George Memorial Library. In this three-part summer adventure, eight brave adventurers are tasked with solving the mystery of why constellations have been disappearing from the sky. Each month will feature a different, stand-alone part of the mystery, so adventurers may choose to attend individual sessions or the whole series to enjoy the full story. All experience levels are welcome. Characters will be available for use, but participants may bring their own character as long as they are level 1. Registration required.

GRAPHIC NOVELS | Readers of all ages who enjoy illustrated novels and comic books are invited to join this George Memorial Library book club specifically for graphic-novel enthusiasts. Readers will discuss *Kingdom Come*, by Mark Waid at 11 a.m. June 15 in Room 2B. This book club meets on the third Saturday of every month.

CRAFT SQUAD | People who enjoy crafts are invited to join the Craft Squad at the University Branch Library, where they can make new crafty friends, learn a new craft or two, and share tips, tricks, and resources with fellow crafters. The Craft Squad will meet quarterly at the library – in June, September, and December. This month's meeting is set for June 26 at 7 p.m. in Meeting Room 2. Each meeting will have a different craft theme, and badges can be earned for each new craft that is learned. In June, earn the "Homemade Stationary" badge by making marbled paper and fancy homemade envelopes, and practice faux calligraphy skills. Feel free to share your past experiences with this fun craft – the good, the bad, and the not-so-pretty.

Cool things, just for teens

The George Memorial Library has several free programs specifically for teenagers in ninth through 12th grade this month, starting with the DIY Galaxy T-Shirts class, set for June 5 at 2 p.m. in Room 2C. In this class, teens are invited to bring a plain black t-shirt and create a one-of-a-kind design with bleach, paint and imagination. On June 12 and 26 in Room 2C, teenagers can explore their inner artists and discover to new ways to express themselves during the library's YA Art Hour. The class starts at 2 p.m.

For those teens who enjoy a good book, the library will also host its Young Adult Book Club on June 12 at 4 p.m. in Room 2B. Teens will have an opportunity to meet with others who share the same love for good books, and have a lively discussion on the reasons a book or its characters were liked or disliked. This month, readers will talk about the graphic novel of their choice. Then on June 19 at 2 p.m. in Room 2C, teens can attend the Nebula in a Bottle program, in which they can trap the beauty and mystery of a nebula within the confines of a bottle.

The last young adult program of the month is "College Success: Information Literacy," which is a workshop where college-bound students can get a head-start on navigating informational resources they will need to further their education beyond high school. Library staff will share a website rubric that can be used to evaluate websites for reliable information. Learn how to access the library's databases, and quickly and easily find authoritative and relevant reference materials. Gain a better understanding of citation sources and requirements for different areas of study. The workshop will be held June 29 at 2 p.m. in the Computer Lab.

The University Branch Library also has some fun events just for the teen crowd as well, starting with "Marvelous Movies," on June 6 at 6:30 p.m. in Meeting Room 1. Teenagers are invited to watch the latest Transformer movie, rated PG-13. Then on June 13 and 27, July 18 and Aug. 1 at 3 p.m. in Meeting Room 2, the "Summer Gaming Tourney," will commence. Teens entering grades 9-12 are invited to participate in a summer-long teen-gaming tournament encompassing video games, board games and card games. At



Amigurumi is the Japanese art of knitting or crocheting small stuffed animals or figures and in recent years, it has become an increasingly popular project for crafters around the world. On June 12 from 1 p.m. to 2:30 p.m. in the Meeting Room, the Bob Lutts Fulshear/Simonton Branch Library will host a program to teach guests how to create these imaginative toys by using just a few stitches. Library staff member Marie Picon will demonstrate all the stitches needed, so even beginners who have never touched a crochet hook are invited to attend. Discover how a variety of figures can be made, including adorable tiny animals, people look-alikes, or colorful monsters.

each session, participants earn points toward their ranking. At the end of the summer, the points will be totaled and the top three gamers will be awarded a prize, courtesy of the Friends of the University Branch Library. Participants need not attend every session, but each session provides more opportunities to earn more points. The library will wrap up this month's teen program with "Spa Day," on June 20 at 3 p.m. in Meeting Room 2. This class will teach the teens how to make batch products with a few simple ingredients.

For more information about the programs at the George Memorial Library or the University Branch Library call 281-633-4734.

Family-friendly Fun

The University Branch Library announced it will have special Family Programs - activities for families with children of all ages - on Mondays, beginning at 2:30 p.m., in Meeting Room 1. The library, however, is not able to accommodate daycares or school groups at these activities.

Starting on June 3, the library will host "Take Me to Your Readers," when Julian Franklin combines magic and puppetry with space concepts in this entertaining and educational show. Then on June 10 children can get creative with LEGO building blocks at the library's "Free-Play LEGO Day." Staff said there will be different-sized LEGO pieces for the varying ages in attendance. The fun continues with "The Magical World of Bubbles," on June 17. In this Jelly Belly Schmelly's bubble-filled show, children will learn simple math and science concepts while exploring with bubbles and on June 24 the library will host its "Puppet Pizazz," presented by Greg Ruhu.

Children's programs are also a priority at George Memorial Library. The school-age programs includes crafts, movies, stories and more for children in grades kindergarten through 3 grade and take place on Tuesdays beginning at 2 p.m.

This month's schedule includes Andyroo & The Andyrooniverse on June 4; Crocodile Encounter on June 11; The Magical World of Bubbles on June 18; and Aliens, Astronauts, & Space Stuff on June 25.

Activities for middle school students

At the University Branch Library, middle school programs, which are designed for youth in grades 6 through 8, take place every Tuesday, beginning at 3 p.m. during the summer.

June 4 brings Game Day, followed by "Chain Reactions" on June 11. In this program, children will learn about kinetic energy while weaving together popsicle sticks and releasing them to create a dazzling display of flying popsicle sticks.

On June 18, the library will host "Scales & Tails," where they will learn all about reptiles in this program presented by the Nature Discovery Center. Along with snake skins, turtle shells, and an alligator skull, participants will see live lizards, snakes, and turtles.

"Movie & Masks," will take over on June 25. In this animated action-adventure film released in 2018, New York teen Miles Morales joins forces with Peter Parker and other spidey counterparts from different dimensions to stop a threat against all their realities. This movie is rated PG. Those attending this program will also have an opportunity to create their own superhero mask to take home.

Not to be outdone, the George Memorial Library also has middle school programs scheduled for the summer on Wednesdays at 2 p.m. in the Meeting Room. The events are - "Cupcake Decorating" on June 6; "Ghost Stories" presented by Stories & More on June 13; "Live of an Astronaut" on June 20; and "Pom-Pom Rugs" on June 27.



Photo by Heartfelt Photography | On June 25 at 3 p.m. at the Bob Lutts Fulshear/Simonton Branch Library, children in first grade through fifth grade can enjoy "Sound Space with Mr. Tom." Presented by Tom's Fun Band, this event is a sound journey with various instruments, allowing children to explore how sound is made on earth and in space.

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30 Cheap and creative ways to have FUN with your kids this summer

1. Put on the bathing suits and turn the sprinklers into a backyard water park. Add water guns and water balloons for additional fun.
2. Set up the tent and camp in the backyard.
3. Try a different flavor of snow cone twice a week until summer break ends.
4. Picnic at the park.
5. Stargaze with the kiddos on a clear and cool evening.
6. Have a BBQ cook-off.
7. Have a board-game night.
8. Unplug from the gadgets and gizmos and start a difficult puzzle with your kids.
9. Celebrate an obscure holiday like: Teddy Bear Picnic Day, National Ice Cream Day, National Cousins Day or National Watermelon Day.
10. Visit a local theatre and check out the performances
11. Have a bonfire on the beach.
12. Recruit the neighborhood into having a block party.
13. Visit the local library and get lost in a book or magazine.
14. Let your kids set up a lemonade stand.
15. Spend some time in the garden, or let the kids start their own plant with a plant starter kit.
16. Break out the family board games.
17. Have a video game tournament with your kids. We suggest a multi-player game of course.
18. Go hiking.
19. Search for free concerts happening in the area.
20. Volunteer for a local organization. Your kids could have the experience of a lifetime helping others.
21. Let the kids build forts in the house, garage or backyard.
22. Paint.
23. Try writing a short story.
24. Fly kites.
25. Make a homemade pizza.
26. Let the little ones put on a talent show for the family.
27. Learn to knit or sew.
28. Family bike rides.
29. Head out to matinee movie.
30. Make a pallet on the living room floor, grab some healthy snacks and veg out with the kiddos to a family-friendly movie.

Fun Spots in Fort Bend

- Blessington Farms** | 510 Chisolm Trail, Wallis, TX 77485 • blessingtonfarms.com
- Forever Fulshear Farmers' Market** | fulshear-farmers-market.business.site
- Exploration Park** | 15020 Cinco Park Rd, Katy, TX 77450 • willowforkdrainagedistrict.com/parks/exploration-park
- Typhoon Texas** | www.typhoontexas.com/houston
- Katy PlayStation Park** | cityofkaty.com/departments/parks/parks-and-facilities-2/
- Times Square Entertainment** | timessquaretx.com
- Brazos Bend State Park** | 21901 FM 762, Needville • www.tpwd.state.tx.us/state-parks/brazos-bend
- Fort Bend Museum** | 500 Houston St., Richmond • www.fortbendmuseum.org
- George Memorial Library** | 1001 Golfview Dr., Richmond • www.fortbend.lib.tx.us
- George Ranch Historical Park** | 10215 FM 762 Rd., Richmond • www.georgeranch.org
- Rosenberg Railroad Museum** | 1921 Avenue F Rosenberg • www.rosenbergrrmuseum.org
- Seabourne Creek Nature Park** | 3831 Highway 36 South, Rosenberg • txmn.org/coastal
- The Black Cowboy Museum** | 1104 3rd St, Rosenberg • www.blackcowboymuseum.org
- Fort Bend Children's Discovery Center** | 198 Kempner St., Sugar Land • www.childrensdiscoveryfb.org
- Houston Museum Of Natural Science At Sugar Land** | 13016 University Blvd., Sugar Land • www.hmns.org/hmns-at-sugar-land
- Escape Again Rooms** | 3564 Highway 6, Sugar Land, TX 77479 • escapeagainrooms.com
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FLAVORFUL FOODS

Start thinking summer with refreshing desserts

Frozen Banana Bites

Prep: 30 m • Cook: 1 h 45 m • Ready In: 2 h 15 m



Ingredients

1 cup peanut butter
4 bananas, sliced into 1-inch rounds
8 (1 ounce) squares semisweet chocolate
1 tablespoon shortening
1/3 cup toffee baking bits

Directions

Cover a baking sheet with waxed paper.

Spoon a thin layer of peanut butter on top of each banana slice. Insert a toothpick through the peanut butter layer into the banana. Place banana bites onto the prepared baking sheet; freeze for 30 minutes to overnight.

Melt chocolate and shortening in the top of a double boiler over simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.

Cover another baking sheet with waxed paper.

Remove 2 to 4 banana bites from the freezer at a time; coat each bite with chocolate mixture. Place coated banana bites on the second baking sheet; sprinkle each with toffee bits. Repeat until all the bites are coated. Return banana bites to freezer until set, at least 1 hour. Allow bites to sit in room temperature for about 15 minutes before serving.

Hot Fudge Ice Cream Bar Dessert

Prep: 30 m • Cook: 2 m • Ready In: 1 h 35 m



Ingredients

1 (16 ounce) can chocolate syrup
3/4 cup peanut butter
19 ice cream sandwiches
1 (12 ounce) container frozen whipped topping, thawed
1 cup salted peanuts

Directions

Pour the chocolate syrup into a medium microwave-safe bowl and microwave until hot, about 2 minutes on high, stopping every 30 seconds. Do not allow to boil. Stir peanut butter into hot chocolate until smooth. Allow to cool to room temperature.

Line the bottom of a 9x13-inch dish with a layer of ice cream sandwiches. Spread half the whipped topping over the sandwiches. Spoon half the chocolate mixture over that. Top with half the peanuts. Repeat layers. Freeze until firm, at least 1 hour. Cut into squares to serve.

Snow Cone Syrup

Prep: 2 m • Cook: 5 m • Ready In: 7 m



Ingredients

2 cups white sugar
1 cup water
1 (0.13 ounce) package unsweetened, fruit-flavored soft drink mix

Directions

In a saucepan, stir together the sugar and water. Bring to a boil, and boil for about 1 minute. Remove from heat, and stir in the drink mix. Allow to cool, and store in a container for pouring. Pour over shaved ice to flavor.

Homemade Vanilla Ice Cream

Yields 1 quart



Ingredients

3 cups heavy cream
1 cup whole milk
3/4 cup sugar
1 tablespoon pure vanilla extract
Kosher salt
5 large egg yolks

Directions

Whisk the cream, milk, sugar, vanilla, and 1/2 teaspoon salt in a medium saucepan and bring to a simmer over medium heat.

Beat the egg yolks in a medium bowl. Slowly whisk 1 cup of the hot cream mixture into the beaten yolks, then pour back into the saucepan, whisking, and return to medium heat.

Cook, stirring constantly with a wooden spoon, until the mixture thickens, coats the spoon and reaches 180 F on a thermometer, 6 to 8 minutes.

Remove from the heat and strain the custard through a fine-mesh sieve into a large bowl or measuring cup; discard the solids. Stir often until the mixture cools to room temperature.

Lightly press plastic wrap directly against the surface of the custard to prevent a skin from forming. Chill until cold, about 3 hours.

Freeze the mixture in an ice cream machine according to the man-

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ufacturer's instructions. Place the ice cream in the freezer to set up for at least 1 hour.

Have fun with flavors

- Add in crumbled bits of pretzels and peanut butter for a sweet and salty favorite.
- Stir in bits of oatmeal cookie and cooked-down apple bits for an apple pie-inspired flavor.
- Transform vanilla into peach ice cream with the addition of

canned peaches.

- Hazelnut flavors are all the rage, so be sure to mix in creamy Nutella and some chocolate cookie chunks for a cookies and cream variety that wins.
- Evoke the taste of cheesecake with the addition of a little cream cheese, graham cracker pieces and blueberry compote.
- Add freshly brewed coffee to your ice cream base and some caramel sauce for a dessert that's straight off a coffee shop menu.

-FITNESS-

Relaxation techniques to embrace as summer begins

Summer is a time of year that's synonymous with relaxation. The warm air and glowing sun of summer helps people to relax and take some time away from work to smell the roses. Or so it may seem. According to the U.S. Travel Association, Americans accumulated 705 million unused vacation days in 2017.

Unused vacation time may be having a more adverse effect on workers than they know. The American Institute of Stress notes that various studies have shown that job stress is a major and primary source of stress for American workers. When workers don't use their allotted vacation time, they never get a break from that stress, allowing its effects to accumulate and put their long-term health in jeopardy.

The arrival of summer presents a perfect opportunity for professionals to take some time off from work and focus on reacquainting themselves with relaxation. The following are various practices that can help people relax, courtesy of the NorthShore University Health system.

BREATHING | Healthy breathing techniques can help the body take in more oxygen, which can relieve anxiety, slow the heart rate and stabilize blood pressure. Deep breathing exercises can teach people how to control their breathing.

MEDITATION | Various forms of meditation can be employed to help people alleviate stress. Meditating for as little as five to 10 minutes can be effective. The Synchronicity Foundation for Modern Spirituality notes that meditating for as long as you feel comfortable, whether it's 10 minutes or an hour, can be effective, and that it's even possible to meditate too much. The group advises paying attention to your meditation tolerance and set aside enough time to benefit from meditation without overdoing it.

YOGA | Many people find yoga to be great exercise for the body and an excellent way to alleviate stress. Combining various poses with breathing exercises, yoga can relax the mind and promote flexibility in the body. That latter benefit can be especially useful for people whose muscles tighten as a result of stress.

VISUALIZATION | Visualization involves participants imagining relaxing settings and focusing on their details. The goal of visualization is eliminate stressful thoughts and calm the body.

Summer is a time of year that's synonymous with relaxation. It also marks a great time for people dealing with stress to embrace various relaxation techniques that can help them reduce their stress and restore their energy levels.

A meditation workshop just for you

Certified yoga instructor Ashley Schmidt will demonstrate how journaling can be used as a form of meditation in a special event at the University Branch Library. Hear about the benefits of journaling and discover best practices to incorporate for maximum effect on June 29 from 1 p.m. - 3 p.m. in Meeting Room 2. Learn how to identify thought patterns that hinder us from realizing our best life, and discover ways we can consciously change our internal dialogue to create the life we want.



Ashley Schmidt



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Popular sports for spring and summer

Sports are a favorite pastime for many children and adults. The benefits of participating in sports are too numerous to mention, but include learning to be part of a team, improving physical fitness and developing sportsmanship.

The fitness building resource PHITAmerica notes that participation in sports helps build character and social skills. Sports help children develop discipline and encourages them set goals. These are skills that can be utilized later in life, especially when pursuing a career.

As the weather warms, there are many different spring and summer sports that children and adults can explore. Here are just some of the sports that make spring and summer that much more fun.

BASEBALL | Baseball has long been America's pastime, but its fan base stretches around the world. According to an annual report by the Sports & Fitness Industry Association, a leader in sports participation research, baseball and softball combined ranked as the most participated in team sport in 2016. Many youngsters start out on youth baseball or softball teams and move up the ranks as their love of the game grows.

LACROSSE | This is a team game originally played by North American native peoples. The ball is thrown, caught and carried with a long-handled stick having a curved L-shape or a triangular frame.

SOCCER | Soccer's popularity continues to grow exponentially. It is often one of the first sports a child will try. In a 2017 Nielsen survey that spanned 18 global markets, 43 percent of people said they were "interested" or "very interested" in the

sport. It has grown to become the world's sport, with teams in most major countries.

SOFTBALL | A close cousin to baseball, softball is played on a smaller diamond with a ball that's larger than a baseball. Even though both sexes can play softball, it is primarily a female-driven sport among elementary, high school and college players.

SWIMMING | Swimming is a sport that works the entire body. People are drawn to swimming because it can be a low-impact exercise. Whether enjoyed competitively or for recreation, swimming is a great way to have fun while exercising

TENNIS | Tennis is a physical sport that provides cardiovascular exercise. Tennis offers friendly competition and can be played in singles or pairs. While matches primarily take place outdoors, the weather doesn't have to impact access when an indoor court is available.

VOLLEYBALL | Beach volleyball is popular in coastal and non-coastal communities alike. It is an intense, competitive sport that requires excellent focus and teamwork.



On June 11 Rob Holladay will present the "Amazing Balloon Show" at 3 p.m. at the Bob Lutts Fulshear/Simonton Branch Library.

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Local girls explain why they are honored and excited to be members of Scouts BSA

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

Mina Huseman's story is just one of many detailing the excitement and anticipation circulating across the nation following the recent official inclusion of older girls into the Boy Scouts — now known as Scouts BSA.

For more than five decades, the Boy Scouts of America has been welcoming girls into its Venturing, Exploring, Sea Scouts and STEM Scouts programs, but around two years ago, following years research and the launch of its Family Scouting initiative, the organization made the decision to expand its reach by opening the Cub Scouts to younger girls last year, and allowing older girls to Scouts BSA four months ago.

Huesman is member of Scouts BSA Troop 100 for Girls, the first girl scout troop in the Brazos District of the Sam Houston Area Council, which serves around 50,000 children in 16 counties, including Fort Bend. The Brazos District typically pulls children who live in and around Lamar Consolidated ISD.

"I wanted to join the new troop because I wanted to be a part of something that would benefit me throughout my entire life, and something my brothers had been doing for years," said 11-year-old Huesman who attends Polly Ryon Middle School. "I am looking forward to learning lots of new skills and making new friends along the way.

"I also am very excited to be one of the first ever girls in Scouts BSA."

Although boys and girls can join Scouts BSA, they will have

separate dens. Still, there will be opportunities for the Troops for Girls and the Troops for Boys to co-participate in activities, said Mary Servantes, one of the Assistant Scoutmasters for Scouts BSA Troop 100 for Girls.

"For example, most BSA summer camps are open to girls in Scouts BSA. We have already participated in a Community Service Project alongside Troop 1000 for Boys as well," she said.

Huesman notes one of the most encouraging aspects of joining Scouts BSA is that now she, and many others, will have a chance at reaching the most coveted rank that can be achieved — an Eagle Scout.

"In the future I want to become one of the first female Eagle Scouts," she said.

Servantes added that the National Order of the Arrow has opened elections up for girls and National Youth Leader Training courses are currently open for them as well. The opportunity to join in the local community is available, Huseman said, stressing she hopes more girls join Scouts BSA Troop 100 for Girls "so it will become a big success."

"Even though we're new, we still do everything the same as the boys," she said. "And we are just as capable as accomplishing as much as they are."

CLOSING THE GAP

While this change has been called a new direction for Boy



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Scouts of America — with people for and against it — Servantes said she doesn't see it as such: "I don't see this as a 'new direction,'" she said. "Enabling busy families to be involved in an organization together is critical, and opening up the rest of the BSA programs to girls does just this."

"Involvement in character building activities and civic organizations for youth and adults, as a whole, has been steadily declining for many years," added Servantes, attributing the decline to "the busyness of our lives."

The Boy Scouts of America's decision to open its programs to boys and girls, she said, helps mitigate this trend by allowing entire families to participate in under one program.

"The girls and their parents who have chosen to join Scouts BSA Troops for Girls and Cub Scouts want the program being offered by the BSA," Servantes noted. "They have siblings and friends involved and have watched from the sidelines — now they get to do the same things."

"Girls have been in the BSA program for decades," she stressed.

Servantes recalled her time as a Cubmaster several years ago, watching parents bring their daughters to the activities that their sons were participating in.

"Sisters attended as siblings and were able to participate unofficially. They participated in camp-outs, meetings, Day Camp, etcetera. Now they are enrolled. So this is simply a natural 'closing of the gap.'"

And the benefits to closing that gap, she said, circulate the results of being able to teach entire generations the ideals and skills of Boys Scouts of America.

"The program focuses on citizenship, skills for a lifetime [and] doing the right thing," Servantes explained, citing the Scout Oath. "It is a program that any child and adult volunteer can gain much from."

'I WANTED TO BE A PART OF IT, TOO'

Scouts BSA Troop 100 for Girls meets most Mondays at 7 p.m. at Calvary Episcopal Church, which is the troop's chartering organization.



"We would love to have you come check us out," Servantes said. "If a family is looking for a way to involve both their sons and daughters in the Scouts BSA program this is a great time to do it."

Since the official announcement, Servantes said the troop's membership is "ever increasing."

"We have been adding a scout every other meeting or so. We have a 10 year old who cannot wait for her 11th birthday," she said, explaining the girl's brothers are current members of Scouts BSA Troop 1000 for Boys, which is the sibling troop in the Brazos District of the Sam Houston Area Council.

Twelve-year-old Caelyn Munguia, who attends Lamar Junior High and is a member Scouts BSA Troop 100 for Girls, said she is looking forward to the experiences Scouts BSA has to offer: new friendships, camping, teamwork and even whittling.

"I joined because I watched my brother having fun in Cub Scouts and now Scouts BSA, and I wanted to be a part of it too," she said. "My first goal is to earn my scout rank. By doing that, I learn new things and have fun. Along the way, I would like to make new friends and learn what scouting is all about."

Munguia's father, Emil, said girls being included in the program allows the families who have sons and daughters to "participate more easily

and fully in the program."

"I am excited that she is going to learn the values of scouting. I am also excited that I can assist her and participate alongside her as we camp and discover nature. BSA is a great program for gaining leadership skills, learning independence and building confidence," he said. "These are skills that girls need just as much as boys. BSA is giving us an avenue for achieving those goals."

Scouts BSA Troop 100 for Girls
Charter Organization: Calvary Episcopal Church
Scoutmaster: Robert Livingston
Assistant Scoutmasters: Mary Servantes, Angie Gardner
 and Emil Munguia
More information: brazos.shac.org

Friends of North Richmond works to clean up the community

Friends of North Richmond, a location of Attack Poverty, activated a few of months ago to help demolish a property which had fallen into disrepair in Richmond. This home was the final structure standing on what used to be known as "Mud Ally."

Since 1996, all of the structures associated with Mud Ally have been demolished or removed, except for this final house. When Hurricane Harvey hit in 2017, the home was damaged past repair. The property had been declared to be unsafe by the city, through the Building and Standards Commission, and needed to be torn down.

In partnership with Fort Bend Christian Academy, Friends of North Richmond was able to secure 60 high school students who set aside an entire week to volunteer and support local non-profits, called Eagle Week. These students worked over several days to help tear down the house on Preston Street on the



southern edge of North Richmond to beautify the area and make it safe once again.

“Many times a property owner cannot afford to tear down or repair their property once it has been deemed unsafe,” said Elise Kaufman, the executive director of Friends of North Richmond who also sits on Richmond’s Building and Standards Commission

board. “That is where Friends of North Richmond can help. We strive to listen and love our neighbors holistically, and our home repair program is just one of the many ways we get to do that. Through all of our programs, we work to awaken potential and provoke transformation in North Richmond.”

Vietnam War-era veterans, widows receive commemorative lapel pins

The Disabled American Veterans Chapter 223 in Fort Bend County, presented Vietnam War commemorative label pins to veterans and surviving widows at a ceremony at the Del Webb/Sweet Grass retirement community.

Veterans receiving Vietnam War commemorative lapel pins were Francis Alewine, Air Force; John “Rick” Alford, Army; Graham Baer, Army; Brady Barrs, Army; Jesse Battle, Air Force; Don Bohner, Army; Tomas Benavides, Army; George Caine, Army; Pablo Canales, Army; Trinidad Cerda, Air Force; Abel Cortez, Army; Robert Douglass, Army; Edward Friederichs, Army; Rodolfo “Rudy” Gaona, Marine Corps; Israel Garcia, Army; Elisandro “Alex” Garcia, Army; Candelario Garza, Army; Thomas Gaussiran, Air Force; John Goodwin, Army; William Hale, Army; Joe Harris, Air Force; Reynaldo Hernandez, Army; Eugene Hicks, Navy; Henry Hitt, Marine Corps; Larry Hord, Air Force; Arnold Houchin, Air Force; Nabil Jadalalah, Army; Donald Johnson, Army; Ed Kegley, Navy; Wayne Kovar, Army; Carlos Lopez, Army; Daniel Martinez, Army; Isidro Martinez, Army; Roy Martinez, Marine Corps; Lawrence Mills, Army; Antonio Montelongo, Marine Corps; Milidge Moseley, Marine Corps; John Nawara, Marine Corps; Stephen Newcomb; Marine Corps; Bobby

Page, Air Force; Lon Peters, Air Force; Clyde Phillip, Army; Ralph Piazza, Army; William Price, Navy; Johnnie Rainwater, Army; Mitchell Randolph, Air Force; Wardell Reed, Army; Terry Reinmund, Air Force; Gregorio Rios, Marine Corps; James Robertson, Army; Benny Rodriguez, Army; Shirley Rogers, Navy; Norman Ruffino, Army; Joseph Sanguedolce, Navy; Harry Shapiro, Army; Percy Singleton, Army; William Smith, Navy; Charles Taylor, Army; Walter Toll, Army; Paul Vrazel, Army; Phillip Williams, Coast Guard; Gary Warner, Army; John Zlatich, Marine Corps; and Vernice Zomalt, Army.



Audrey Adams, commander of the Disabled American Veterans Chapter 223 in Fort Bend County, clips a Vietnam War commemorative lapel pin to the shirt of Isidro Martinez.

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MISSOURI CITY POPS TO PERFORM

Lively patriotic music by talented local musicians with the Missouri City Pops will be featured at Fort Bend County Libraries' George Memorial Library on Saturday, June 22, beginning at 10:30 a.m., in the library's Jodie E. Stavinoha Amphitheater.

Under the direction of Linda Stiegler, the band will perform a selection of patriotic tunes representing past and present Americana, as well as some show tunes and movie themes, oldies, big band, and current hits - with some of their own special brand of fun mixed in, too.

A nonprofit community band of brass, woodwind, and percussion players, the ensemble provides an opportunity for amateur musicians from the Fort Bend County area to get together and share their love of music. The performance is presented with the generous support of the Friends of George Memorial Library. Proceeds from the Friends of the Library book sales and annual membership dues help to underwrite the costs of special programming and various cultural events at George Memorial Library.

The performance will take place in an outdoor amphitheater, and seating is concrete. Theater-goers are encouraged to bring cushions to sit on. Glass containers, alcoholic beverages, and popcorn are not allowed in the amphitheater. In the event of inclement weather, the performance will be moved inside the library.

The concert is free and open to the public. For more information, call George Memorial Library at 281-342-4455 or the library system's Communications Office at 281-633-4734, or see the library system's website, www.fortbend.lib.tx.us. George Memorial Library is located at 1001 Golfview Drive in Richmond.

CHILDREN'S THEATER PERFORMANCES OF "JACK & THE BEANSTALK"

Fort Bend County Libraries will present children's theater performances of The Magik Theatre's "Jack & the Beanstalk" at two locations on Saturday, June 8. The first performance will take place at George Memorial Library's Jodie E. Stavinoha Amphitheater at 10 a.m. The second performance will take place at the First Colony Branch Library at 2 p.m.

This family-friendly performance by The Magik Theatre is adapted from the classic children's tale about a boy named Jack who trades his best friend for three magic beans. The beanstalk brings him more gold than he could ever spend, but Jack is unhappy. Find out what happens when Jack learns that a true friend is the greatest treasure in all the world.

Presented with the generous support of the Friends of the Library, the performance is suitable for families with children of all ages.

The performance at George Memorial Library will be presented in an outdoor amphitheater, and seating is concrete. Theater-goers are encouraged to bring cushions to sit on. Glass containers, alcoholic beverages, and popcorn are not allowed in the amphitheater.

Now in its 24th season, The Magik Theatre of San Antonio is known for its live-stage performances that bring children's classic and contemporary literature to life, with an occasional twist.

The performances are free and open to the public. For more information, call George Memorial Library (281-342-4455), the First Colony Branch Library (281-238-2800), or the library system's Communications Office (281-633-4734).

George Memorial Library is located at 1001 Golfview Drive in Richmond. The First Colony Branch Library is located at 2121 Austin Parkway in Sugar Land.

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Photo by Megan Coy of The Magik Theatre | From left Carolyn Dellinger, Josey Porras and John Stillwagon



From left are Gary Krueger, Owner, PG Golf; Laura LaVigne, CEO, The Arc of Fort Bend County; Cheryl Olivier, The Arc of Fort Bend County; Beth Golson, Troy Engineering; and James Patterson, who are excited for The Arc of Fort Bend County's 25th Annual Golf Classic set for 10:30 a.m., June 17 at Weston Lakes Country Club in Fulshear.



Photo by Craig Moseley | The Montgomery family, Hope, Lakin, Lauren, Londyn, Collin and Eric pictured at the 7th Annual "Strike Out" Autism during Sugar Land Skeeters opening weekend at Constellation Field, continue to lead the way in raising autism awareness in Fort County and beyond.

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29TH ANNUAL EAST BERNARD KOLACHE KLOBASE FESTIVAL

The 29th year annual Czech Kolache Klobase Festival is scheduled for Saturday, June 8, at Riverside Hall in East Bernard.

This event brings people together to enjoy good music, good food and to celebrate ethnic heritage and culture.

Beginning at 10:30 a.m. and continuing nonstop until 8 p.m., this year's festival again features a first-rate lineup of entertainers.

This year's entertainers include the Ennis Czech Boys, Czech & Then Some, Dujka Bros., Red Ravens, Texas Sound Check and The Road Company. There will again be a three-band concert at 4:30 p.m. inside the hall featuring Czech & Then Some, Dujka Bros. and Red Ravens.

Festival admission is \$8 per person and free for children 12 years old and younger. The admission covers all entertainment and music provided by bands and entertainers in the hall and outdoors in the pavilion. Parking is free and there are plenty of handicapped parking spaces.

Massive water fans will cool the pavilion to provide a more comfortable setting for dancers and spectators. A large mesh canopy will cover a large area in front of the pavilion to protect festival visitors from the heat of the sun.

Arts and crafts booths will be located both inside and outside the hall, with crafts and goods of every kind available for sale. There will be a cake walk and a Kolache Eating Contest, sponsored by the KJT State Office, at 2:30 p.m. in the pavilion.

Entertainment, kid games and activities are also scheduled for the younger crowd, who will also be privy to a performance at 2 p.m. by students from the A Time To Dance studio. This studio is under the direction and choreography of Morgan Fritz.

A plate lunch will be available for purchase, featuring sausage,

barbecue chicken, sauerkraut and other trimmings. The sausage and chicken will be prepared on site the morning of the festival by society members assuring a fresh cooked meal. Serving will begin at 11 a.m.

Drive-thru plates-to-go will again be available from 11 a.m. to 1 p.m. Festival admission will not be charged for drive thru plate customers. As in prior years, hamburgers and sausage sandwiches will be available for purchase in the afternoon, and, of course, there will be hundreds of kolaches for sale throughout the day.

This year's event will feature a drawing of a number of prizes including hand-made beautiful quilts.

Drawing tickets are available from each KJT Society member and from various local businesses. They are also available by mail. Contact Edwin C. Marik at 979-335-6402.

The Festival Committee welcomes and encourages the wearing of Czech costumes to add a festive atmosphere and to further promote the preservation and celebration of ethnic heritage. The P.O.L.K. of A. are also urged to attend in their "red and whites" and to join in the spirit of fun and appreciation of the happy sounds of polka and waltz music. A moving flag tribute is scheduled at 3 p.m. and will recognize attending armed services veterans. This will be followed by a grand march featuring the Czech and festive costumes on parade.

For information about game or arts and crafts booths, call 979-531-9747 or srdujka@gmail.com For general information and band schedules, call 979-335-7907. Visit the festival website at www.kkfest.com for further information.

Photo: Marvin Adamek (Uncle Sam) and Kathie Matural serve as honor guards at the Veterans Tribute during the Kolache Klobase Festival.



MASTER NATURALISTS' FIRST-EVER EARTH DAY EVENT

Story and Photo by **AVERIL GLEASON** | agleason@fbherald.com

On Earth Day children from all over Fort Bend County flocked to Seabourne Creek Nature Park in Rosenberg to celebrate because the Texas Master Naturalist Coastal Prairie Chapter held its first-ever Earth Day Celebration at the park.

"The Coastal Prairie Chapter is sponsoring this event to educate the public about natural areas and resources in Fort Bend County," Master Naturalist Jim Butcher said. "We love teaching all ages about the plants and animals that exhibit this area."

Dozens of families spent the day exploring all that the nature park had to offer. Children, parents and grandparents alike explored the butterfly garden, took a peak in the bird sanctuary, and visited the gardens and lake.

"The more you come to these sort of events, you start to become aware of where we live and the really cool stuff we have here," Master Naturalist Tracy Kolb explained.

Master Naturalist Donna Pisani said everyone in the chapter is

friendly.

"This is an organization that reaches children," she said. "We have events and activities that teach kids and they really enjoy it.

We try to get kids involved in nature at an early age."

Before embarking on a nature hike, the Master Naturalists offered guests doughnuts and kolaches.

"We like to keep our people well-fed," Butcher said with a smile.

The 164-acre nature park, located at 3831 SH 36, was acquired by the city of Rosenberg in the early '90s. In 2009, the Coastal Prairie Chapter of Texas Master Naturalists entered into an agreement with the city to assist in the development and management of the park.

The volunteer-based organization provides education on outdoor experiences in the community. Contact the Master Naturalists at 832-646-4769 for more information about volunteering with the Texas Master Naturalist Coastal Prairie chapter.



Michael and Isabel John show off butterfly rocks.



LEARNING ABOUT SOLAR OVENS

Photo by Scott Reese Willey | Toni Wilson and sons Jamel, 10, and Caleb, 4, learn how to make their own solar oven during an Earth Day presentation at George Memorial Library. The library presented a number of Earth Day programs, including an opportunity to sit in a \$90,000 all-electric vehicle that goes from 0-60 in 1.8 seconds.

RICHMOND GALLERY SHOWCASES STUDENT ART

Story and Photos by **AVERIL GLEASON** |
agleason@fbherald.com

Foster High School senior Steve Liang never thought his art work would hang in a gallery. But at 301 Gallery's meet-the-artist reception, Liang, along

with about a dozen other Lamar Consolidated ISD students, had their art showcased in April.

"I took over this gallery about two months ago," said Irma Gillespie, the owner of the Richmond gallery found at 310 Morton Street. "The previous owner had meet-the-artist receptions every month, and I thought I could do the same. But, I wanted to include the community this time."

Gillespie explained that she asked various art teachers at 11 schools if their students' work could go on-loan at the gallery.

"I'm trying to get children involved in the art scene," she continued. "And the schools were nice enough to let me borrow



Artist Carrie Currie and Foster High School senior Steve Liang discuss Liang's art at 301 Gallery's first-ever meet-the-artist reception.

Continued on page 33

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June

RICHMOND

JUNE 1

HARVEST GREEN FARMERS MARKET

Harvest Green Village Farm and Harvest Green will host a farmer's market from 8 a.m. to noon June 1, 8, 15, 22 and 29 at Harvest Green Village Farm, 8939 Harlem Road. Enjoy farm fresh eggs, live music, and visiting the goats and chickens on the farm. Local Musicians provide a vibrant, upbeat, atmosphere making this market a local favorite for Fort Bend County residents. Everything sold in the market is either grown by or made by the seller.

JUNE 8

ANNUAL PANCAKE FESTIVAL

The Mamie George Community Center and Catholic Charities of the Archdiocese of Galveston-Houston will hosts its Annual Pancake Festival from 7 a.m. to noon at the Mamie George Community Center, 1111 Collins Road in Richmond. Enjoy \$5 all-you-can-eat pancakes and support Catholic Charities' programs and services in Fort Bend County. Free carnival games, face painting, jump house, live entertainment and more. For more information, contact Dottie Bateman at 281-202-6222 or DBateman@CatholicCharities.org or visit CatholicCharities.org/mamiegeorge.

JUNE 20

STORY SPINNERS WRITING CLUB

The George Memorial Library Story Spinners Writing Club will meet from 5:30-8:00 p.m. in Room 2C. This month's topic will be "Voice." From beginning blogger to published novelist, writers of all genres and experience levels are welcome to write, share, learn, support, network, and critique each other's work. Writing prompts, brainteasers, and brief exercises will be available to ignite the imaginations of any and all wordsmiths who wish to hone their craft. This program is recommended for adults and teens aged 14 and up.

JUNE 22

FAMILY-HISTORY RESEARCH: HOMESTEAD ACT OF 1862

As part of the Homestead Act of 1862, more than 270 million acres were set aside for claim. Descendants of those early homesteaders can learn more about their ancestors and the lives they lead by accessing records such as land patents and land-entry files. Library staff from FBCL's Genealogy and Local History Department will demonstrate how to use internet sites such as the Bureau of Land Management and the National Archives websites to research one's family history at 10 a.m. in the Computer Lab. Registration required.



ROSENBERG

JUNE 5

BOBBY SOCKS & DOO-WOP DANCE

Fort Bend Seniors Meals on Wheels is hosting its Bobby Socks & Doo-Wop Dance from 10 a.m. to noon at FBS Meals on Wheels, 1330 Band Road. Join Wally Newman for a good old-fashioned sock hop dance and sing-along. If you are interested in joining and aren't registered with one of FBS Meals on Wheels congregate centers, call o Senior Center Coordinator Shonda Thomas at 281-633-7058 to sign up. For more information on Wally Newman or Bobby Socks & Doo Wop, visit ilovebobbysocks.com.

JUNE 6

KNIGHT BINGO

The Knights of Columbus Fort Bend will host its Thursday Knight Bingo from 5 p.m. to 7:30 p.m. at Knights of Columbus, 2007 Kay Cee Drive. Other bingo nights are set for June 13, 20 and 27. Food and bar will be available.

JUNE 8

OBADIAH PROJECT

Volunteers are welcome to participate the second Saturday of each month from 9 a.m. to noon, with Cornerstone Community Bible Church and Second Mile Mission to host a food distribution for approximately 150 pre-screened, needy families. Visit @cornerstonecbc on Facebook.

JUNE 9

BOY SCOUTS RAILROADING MERIT BADGE

Scouts can learn about the history of railroading, its place in modern society, careers in railroading, and hobbies related to railroading. Completion of this workshop will meet the requirements to earn the Railroading Merit badge. Cost: \$20 members/\$25 non members. Visit www.rosenbergrrmuseum.org/scouts/ to register. Class size is limited to 15 attendees.

JUNE 10

MAD SCIENTIST MINI CAMP

The Creative Learning Society will host its Mad Scientist Mini Camp from 8:30 a.m. to 11 a.m. June 10 - 14 at 1909 Ave. G. June 10: Solar Ovens; June 11: Making Music; June 13: Candy Science Experiments; and June 14: Wind Cars and Planes. Sign up for one or sign up for all. Sessions are \$40 or \$120 for the entire camp. Visit @CreativeLearningSociety on Facebook.

JUNE 24

PLAY WITH YOUR FOOD: KIDS COOKING CAMP

Creative Learning Society and OL' RailRoad Cafe will host mini camp session "Play With Your Food: Kids Cooking Camp" from 10 a.m. to 12:30 p.m. June 24, 25, 27 and 28 at OL' RailRoad Cafe, 1901 Ave. G. Each session will have kid chefs elbows-deep in making some delicious food and most importantly having some good old fashioned summer fun. You may sign up for individual sessions or for the entire camp. Sessions are \$60 or purchase the entire camp for \$200. Call 713-876-2585 with questions. Children younger than 8 years old must be accompanied by an adult.

FULSHEAR

JUNE 1

FULSHEAR FARMERS' MARKET

Local farmers, ranchers, bakers and makers will be on site from 9 a.m. to 1 p.m. at Forever Fulshear, 9035 Bois D'Arc Lane at FM 1093. Everything is made, grown or produced within a 200-mile radius of Fulshear. There will be a food truck and Hunter Beans will have freshly roasted coffee. More farmer's market days are set for June 8, 15, 22 and 29. Visit @foreverfulshear on Facebook.

JUNE 3

BLUEBONNETS & BIRDIES GOLF TOURNAMENT

Keep Weston Lakes Beautiful is hosting its inaugural Bluebonnets & Birdies Golf Tournament from 11 a.m. to 8 p.m. at the Weston Lakes Country Club, 32611 FM 1093. Visit cityofwestonlakes-tx.gov or for information contact Buddy Williams 281-217-5727 or email buddy@pptx1.com.

ORCHESTRA SPRING CONCERT

The Charger Orchestra will host its Spring Concert from 7 p.m. to 8 p.m. at the Fulshear High School Auditorium. The Charger Orchestra Spring Concert will feature several guest artists. The concert will feature music from Classical to Pop, from Broadway to Hollywood. General admission is free.

SCIENCE OF BEAUTY SUMMER CAMP

The Nutty Scientists Fort Bend will host its Science of Beauty Summer Camp from 1 p.m. - 4 p.m. June 3 - 7 at Cross Creek Ranch, 6450 Cross Creek Bend Lane. This STEAM based camp is all about experimenting and learning the science behind how beauty products are made. Participants will make soap, natural perfumes, lip balms, bath bombs and more. Ages 6-10 years old. Visit nuttyscientists.com.

JUNE 5

GEEKS WHO DRINK TRIVIA

From 7 p.m. to 9 p.m. The Growler Spot, 29615 FM 1093 Road, Ste 4, is again hosting its homegrown Pub Trivia Quiz, which is modeled after the ones in Ireland and the UK. The quizzes cover everything from celebrities in trouble to wordplay and bad television. For more details visit @TheGrowlerSpot on Facebook. More trivia days are set for Jun 12, 19 and 26.

JUNE 7

GOATS, YOGA, NATURE & WINE

Xquisit Travel and Goat Yoga Katy will host a Goat Yoga event from 7 p.m. to 8:30 p.m. at 7738 Katy-Fulshear Road. Following the class, there will be glasses of wine, cuddling with goats and watching the sun set. Visit www.eventbrite.com and search "Goat Yoga."

JUNE 17

THE ARC'S ANNUAL GOLF CLASSIC

On June 17 at 10:30 a.m., The Arc of Fort Bend County will host its 25th Annual Golf Classic at Weston Lakes Country Club in Fulshear. Following 18 holes of golf, the "Yeah-I-Do! Cook'n Crew" will prepare the meal and James Patterson will conduct the live auction. Register on line at www.arcoffortbend.org or call The Arc office 281-494-5959. Not a golfer? Join in on the barbecue dinner and auction at 5 pm.

SUGAR LAND

JUNE 5

S.M.A.R.T. CAREER GOALS

Cynthia S. Price, United Way Thrive Employment Coach with Family Houston, will provide tips on how to transition from a job to a career with goals that are specific, measurable, attainable, relevant and time-bound from 1 p.m. - 2:30 p.m. in Meeting Room 2 of the University Branch Library.

JUNE 14

COLLEGE FAIR

Representatives from colleges and universities will be on hand at the University Branch Library from 1 p.m. - 3 p.m. in Meeting Rooms 1 and 2 to share information about their programs with current high school students and their parents or guardians during this come-and-go event. Students will have the opportunity to learn about educational opportunities available at the colleges, as well as admission requirements, financial aid, student housing, and more. Schools from Texas that will be represented include Baylor, Lamar University, Texas State University, University of Houston - Downtown, University of Houston - Clear Lake, Stephen F. Austin State University, University of North Texas, University of Texas - San Antonio, University of Texas - Dallas, Art Institute of Houston, Texas Woman's University, and Prairie View A&M University. Colleges from outside of Texas that will be represented include University of Louisiana - Monroe, Kansas State University, and University of Oklahoma.

JUNE 19

CULINARY BOOK CLUB

The University Branch Library's Culinary Book Club will meet at 1:30 p.m. in Meeting Room 1. This month, the theme is "Slow & Smoked." Cooking enthusiasts of all ages and experience levels - from beginners to advanced - are invited to join. Those attending are welcome to bring their own cookbooks and recipes, or they may browse the library's collection of cookbooks. Share tips, get ideas, and enjoy the camaraderie of other individuals who have an interest in cooking and good cuisine. Meets on the third Wednesday of every month; different cooking genres are explored each month.

JUNE 21

SENIOR SERIES: HOME HEALTH & HOME CARE

Liz McNeel, a senior real-estate specialist and certified senior-housing professional, will lead a panel of experts who will explain the difference between home healthcare and home-care services at the University Branch Library at 10:30 a.m. in Meeting Room 1. Get a better understanding of what each service entails, who pays for it, and how to select a provider.



Dickinson Elementary

by ALLISON OLIVER

PTO BOARD MESSAGE

Thank you for helping us make the 2018-2019 school year a great one for our kids! With your continued support, we are looking forward to making the 2019-2020 school year an even greater success!

2019-2020 PTO BOARD MEMBERS ELECTED

Congratulations to the newly elected 2019-2020 PTO Board Members!

- President: Stacie Young
- Vice President: Allison Oliver
- Membership: Haydee Rodrigues
- Communications: Mindi Horton
- Hospitality: Holly Eggman
- Volunteers: Amy Okie
- Secretary: Anne Heyden
- Treasurer: Jessica Bardin
- Past-President: Rachel Dickerson

2019-2020 PTO COMMITTEE OPEN POSITIONS

Looking to get more involved at our school? Dickinson PTO wants you! We have several committees we would love for you to be a part of.

- Fundraising/Event Committee (Lead Coordinator: Lauren Phillips; Assistant Lead Coordinator: Lisa Robinson)
- Yearbook Committee (Coordinator: Sarah Tielke)

- Box Tops Coordinator: Jenny Wiggins
 - Marquee Coordinator: Stephanie Ehlen
 - Beautification/Gardening Coordinator: Robin Block
 - Workroom Coordinator: Shelly Bergeron
 - Tag Sale Coordinator: Kerry Crookston
 - Spirit Wear Coordinator: OPEN
- Contact president@dickinsonpto.com for more information or if you would like to help on any committee listed above.

CALENDAR

- June 3: Awards Day (K-4th Grade)
 - June 4: Awards Day (5th Grade)
 - June 5: End of Year Celebration, 1:15pm in classrooms
 - June 6: Last Day of School! Report Cards Go Home
 - June 7: Teacher Workday
 - June 30: Last Day to Pre-Order School Supplies*
- Items with an * are PTO-sponsored events. Questions about all other events should be directed to the front office.*

LCISD to use student bus riding tracking system

by CHAD WASHINGTON | cwashington@fbherald.com

A new system that allows parents to track their children on their smartphones could be available to some Lamar Consolidated ISD schools this year. Lamar Consolidated ISD approved the purchase of software and hardware that will allow parents and schools to track students who ride school buses.

The district will purchase \$541,623.32 of Smart Tag materials and software from Secured Mobility, LLC, a company located in Georgetown, Texas. The funds come from the 2017 bond.

The purchase includes 35,000 RFID cards, 270 tablets, 300 card readers and seven card printers.

Smart Tag allows parents and school administration to monitor students when they board a bus. Students would scan a card upon boarding a bus, while the bus driver would authorize that the student is on the bus. Meanwhile, school administrators would see the timestamp and location of the student on their web-based portal, and parents would see the same on a smartphone application.

LCISD transportation director Mike Jones said that one or two schools, probably a junior high school, could be the first ones to use the Smart Tag system.

"We may roll it out in one area or just at a school," Jones said. "We've had a lot of principals calling us to be the pilot school for the program."

The software can also provide daily ridership attendance for each bus route, which is required to be submitted to the Texas Education Agency each year. The app for parents to monitor their child's location will be free, along with monthly access. Parents can also sign up for 500 free text alerts and 1,000 free email alerts.

"[Smart Tag] benefits the parents more than anything," Jones said. "We hear of moms being anxious because a bus hasn't arrived or a child hasn't arrived from school yet. Now parents can



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check the app and see if the child is on the bus or not.”

Jones also said that the timetable for installing the Smart Tag system, training bus drivers on using the system and distributing the scan cards to students hasn't been established, but will update parents as soon as one is established.

The American Association of University Women supports L.E.A.F.

The Fort Bend County Branch of the American Association of University Women, an organization that advances equity for women and girls through advocacy, education, philanthropy, and research, is giving back to the community with a donation of \$2,000 to Lamar Educational Award Foundation, more popularly referred to by its acronym LEAF.

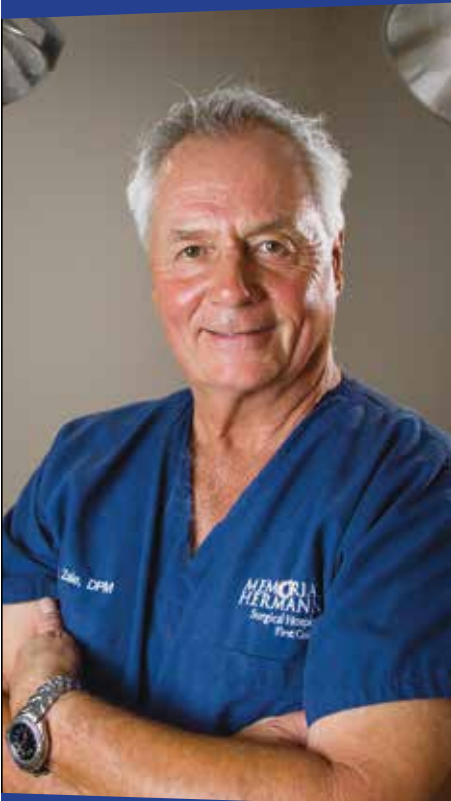
The donation will be used to help fund this summer's S.T.E.A.M. camp project to further encourage young women in STEM (Science, Technology, Engineering and Math) pursuits.

This gift was made in part by a memorial fund honoring late AAUW member Charlotte Magelssen.

At left, Nancy Green, American Association of University Women STEM co-chair, presented a donation to Janice Knight, executive director of LEAF.



Continued on page 34



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



At the Teddy Bear Children's Concert

The Teddy Bear Children's Concert was held at George Memorial Library to the delight of local families. Fort Bend Herald editor Scott Reese Willey was on the scene capturing moments as the Fort Bend Symphony Orchestra performed the free "Teddy Bear" concert, which included numerous show tunes and musical scores of popular family movies and television shows.



1



2



3



4



5



6



7



8



9

- 1 Patricia Kelley of Richmond shows her violin to Abigail Sondridge, 4, during an instrument petting zoo.
- 2 Patricia Kelley of Richmond helps Isabelle Cole, 5, get a feel of the violin during an "instrument petting zoo" following the concert.
- 3 Assistant director Gregory McDaniel prompts children during a sing-along song about cats.
- 4 Piccolo player Donna Fletcher helps entertain children and their parents.
- 5 Viola player Kara Hernandez waits for her cue.
- 6 The Fort Bend Symphony Orchestra performing.
- 7 Beasley Elementary School first-grader Kalyn Shultis, 6, tries out the French horn.
- 8 French horn player Dan Patterson and other brass players performed The Pink Panther Theme.
- 9 Galt and Shirley Morgan of Sugar Land brought their grandsons, Owen, 8, and Wesley, 4, to the concert. It's the third time the Morgans have brought their grandchildren to a program at the library.



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Keeping Richmond Beautiful

Keep Richmond Beautiful and City of Richmond's Document Shred Day at City Hall Plaza at 402 Morton Street resulted in 22,220 pounds, or 11.11 tons of materials processed from citizens of Richmond. That was an increase over 2018 of 2860 pounds or 1.43 tons more than what was shredded in 2018. "This project was a community effort that could not have run so smoothly without all of the volunteers from George Ranch High School," said Barbara Johnson of KRB.



1 Anchor Bend Church Servers working with Richmond Parks Department Ismael Yanez, Cole Worthington and Stewart Hall.

2 Brittany Moreno, John Acuna, Jennifer Artino, and Brayden Bickham of Anchor Bend work the dirt as a team.

3 Tori Villareal Emma Artino, Star Martinez, Ashton Bickham, Anthony Artino and Miguel Garcia.

4 George Ranch HS student Samaria Hills helps out.

5 George Ranch HS Kirby Nguyen, Christian Johnson and Diego Martinez volunteer.

6 Richmond resident Ron Ellerman, with "Freckles," drops off documents to shred.

7 Tristan Bickham shows off his water squirter helping at Wessendorff Park fountain.

their artwork. It's so great to listen in on conversations happening around the studio and hear the kids talk about what their art is all about."

Jane Long Elementary School fifth-grader Madelyn Rittmann proudly stood next to her painting of blue cowboy boots with a cowboy hat. Although she said she was feeling nervous, Rittmann was confident when she explained her work.

"We were looking at pictures online and I thought the blue boots were cool," Rittmann said. "Kind of out of the box."

Frost Elementary School art teacher Summer Simmons said she was feeling proud.

"I'm always trying to get students interested in different things," Simmons said. "Getting them to display things in a gallery really opens their minds."

Foster High School senior Frank Znuang said he always considered art as a hobby.

"I'm going to pursue engineering in college, but seeing my work displayed in a gallery is pretty cool," Znuang admitted.

Other artists present were Foster High School sophomore Lorelei Bogue, junior Kylie Muckelroy and senior Krystal Pham.

The LCISD art was on display through May.



John Rittmann studies the art.



Madelyn Rittmann shows off her Rodeo art.



Foster High School junior Kylie Muckelroy smiles next to her painting



Foster High School senior Krystal Pham stands in front of art.



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8:30 AM	8:30 AM		
9:30 AM	9:30 AM		
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TSTC development officer, local leader earns prestigious award

by AMANDA SOTELO

Field Development Officer John Kennedy, who has been with Texas State Technical College since the expansion in Fort Bend County in 2014, has recently been named a Chancellor's Excellence Award recipient.

The Sugar Land native has worked diligently with TSTC donors to raise funds for scholarships, has collaborated with local industry partners and has served as an ambassador throughout the community for TSTC.

"I never expected this," he said. "There are scores of people who I know deserve this award, so I am humbled."

Kennedy was nominated by his peers, provost and vice chancellor and chosen among 160 faculty and staff members nominated for his distinguished service and dedication to the college, community and the state.

"The teammates who win this award model excellence for us all and are recognized for both their sound character and for advancing TSTC's new direction," said TSTC Chancellor Mike Reeser. "Due to their caring and dedicated efforts, TSTC continues to make a difference in the employment success of our students."

For nearly two decades, the Chancellor's Excellence Award has

celebrated employees who exhibit TSTC's core values of Excellence, Accountability, Service and Integrity.

Coming from a long-time career in the hospitality industry and tasked with the mission of expanding TSTC in Fort Bend County, Kennedy realized his favorite part of the job immediately: giving someone the chance at a better life.

"Everyone at TSTC shares a unique opportunity; and that is to give the people in our community an education and a skill that will change their life," said Kennedy. "There is nothing like seeing our students with their families at commencement. It's moving and motivating."

Kennedy said his goal is to continue increasing engagement and interest in TSTC statewide, so that students can continue to have scholarship opportunities.

"Many of our students rely on these scholarships," he said. "For many, this is a game changer."

In addition to serving his community through education, Kennedy also serves the Archdiocese of Galveston-Houston as an ordained deacon at St. Theresa Catholic Church in Sugar Land.

TSTC's Vice President of Development Pete Rowe has worked with Kennedy for almost five years. In fact, it was Rowe who invited him to join the team.

"As soon as you meet Kennedy you can feel his confidence and see his intelligence. We have a tremendous respect for John," said Rowe. "I can't think of anyone more deserving of the Chancellor's Award than John. His passion for the college and its students is what drives his work and his success. He always puts TSTC and helping others first."

In addition to serving his community through education, Kennedy also serves the Archdiocese of Galveston-Houston as an ordained deacon at St. Theresa Catholic Church in Sugar Land.

"I enjoy the possibility of helping people and making a difference in their lives," said Kennedy. "My passion is serving and I carry that over to TSTC and I want to thank those who nominated me and see this. I hope to be able to continue fulfilling expectations now and in the future."



John Kennedy

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Borque treats a wide range of orthopedic conditions in children and adults, ranging from acute sports injuries to chronic degenerative conditions. Now backed by the advanced technology of Houston Methodist Sugar Land Hospital, he provides comprehensive, world-class orthopedic care you can count on.

To schedule an appointment, visit houstonmethodist.org/orthopedics-sl or call **281.201.0396**.

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—'Beat the Pack' program to help people quit smoking—

Houston Methodist Sugar Land Hospital continues to offer the community a proven program to help people quit smoking.

The complimentary program, called Beat the Pack®, was developed by Pfizer Inc. and is sponsored by Houston Methodist Cancer Center and Respiratory Therapy Department at Sugar Land.

Participants will meet once a week for four weeks with a trained facilitator from Houston Methodist Sugar Land who will provide tools, tips and support to help smokers create and follow through with a personalized “quit plan.”

“Studies show that close to 70 percent of smokers in the U.S. want to quit,” said Amy Sebastian-Deutsch, director of oncology and infusion therapy services. “But it typically takes a smoker between six and 11 attempts at quitting to finally succeed. Beat the Pack is a proven program that can greatly increase those odds and make it easier to give up cigarettes for good.”

Even long-term smokers can benefit from quitting. “The health benefits of quitting begin almost immediately and continue indefinitely,” said Dr. Sindhu Nair, board-certified hematologist oncologist with Houston Methodist Oncology Partners at Sugar Land. “Within months, former smokers will have improved circulation and reduced blood pressure, enhanced oxygen flow, the return of taste and smell and less coughing and colds. After a year, their risk of heart disease will be reduced by half. And after 10 years of living without cigarettes, the risk of heart attack or cancer is similar to that of someone who never smoked.”

In 2015, a thorough compilation of more than 50 smoking cessation studies that included more than 25,000 participants found



that combining behavior support in a group setting with medication provides the best results.

“It isn’t easy to quit, and certainly it is even more difficult to do so by yourself,” said Sebastian-Deutsch. “Beat the Pack provides all the tools and support needed, and it does so in an informative, friendly atmosphere that offers encouragement and camaraderie.”

The next four-week series is scheduled to start on July 9, from 5:30 to 6:30 p.m. in Houston Methodist Sugar Land’s Main Pavilion Conference Rooms A & D. The last session of the year will be offered in November. Registration is required and space is limited. For more information or to register, visit houstonmethodist.org/events and search for Beat the Pack, or call 281.205.4514.

Visit the Facebook page at fb.com/methodistsugarland for the latest news, events and information.

Are you, or a loved one, living with Parkinson’s disease or essential tremor?

Parkinson’s disease affects more than one million Americans and is the second most common neurodegenerative disease after Alzheimer’s disease. Approximately 60,000 Americans are diagnosed with Parkinson’s disease each year.

Dr. Toby Yaltho, fellowship-trained movement disorders neurologist at Houston Methodist Neuroscience & Spine Center in Sugar Land, can help patients suffering from Parkinson’s disease and other movement disorders. Movement disorders result from altered communication between the brain, muscles and nerves.

“Although Parkinson’s disease produces typical symptoms, its diagnosis may be delayed because symptoms often develop slowly over many years,” said Yaltho. “The risk of Parkinson’s disease increases with age and is more common in people older than 65 years.”

Symptoms of Parkinson’s disease vary from person to person and can include tremor, or shaking, often in a hand, arm or leg; stiff muscles; slow movement; and difficulty with walking and balance.

“It may be challenging for physicians to differentiate Parkin-

son’s disease symptoms from other conditions, such as essential tremor, that can be similar,” said Yaltho.

In addition to Parkinson’s disease, the Houston Methodist Neuroscience & Spine Center in Sugar Land provides diagnosis and treatment for a wide range of neurological issues, including Alzheimer’s and memory disorders, amyotrophic lateral sclerosis (ALS), back and neck pain, brain and spinal tumors, epilepsy, migraines, headaches, multiple sclerosis (MS), peripheral neuropathy, muscle and nerve injuries and stroke.

Outpatient rehabilitation services are also offered by highly skilled therapists, including BIG® & LOUD® Therapy, which is a type of therapy developed specifically for patients with Parkinson’s disease and other movement disorders.

“Disorders and diseases of the brain and spine require a multidisciplinary approach to diagnosis and an individual treatment plan for every patient,” said Yaltho.

To schedule an appointment with Dr. Toby Yaltho, or another physician with the Houston Methodist Neuroscience & Spine Center, call 281.274.7979 or visit houstonmethodist.org/neuro



Dr. Toby Yaltho

sl to request an appointment.

FREE PARKINSON'S DISEASE AND ESSENTIAL TREMOR SEMINAR

Join Dr. Toby Yaltho and Dr. Brian Dalm, neurosurgeon at Houston Methodist Neurological Institute, at 6 p.m. on Thursday, July 11 for a free patient education seminar at Houston Methodist

Sugar Land Hospital's Brazos Pavilion Conference Center. They will discuss Deep Brain Stimulation (DBS) therapy for Parkinson's disease and essential tremor including the benefits and risks of surgery and appropriate patient selection. Registration required. Register online at events.houstonmethodist.org/parkinsons-sl or call 281.274.7500.

Women's Services Open House at Houston Methodist Sugar Land

Residents of Fort Bend and surrounding areas are invited to an open house and tour of Houston Methodist Sugar Land Hospital's expanded women's services on Thursday, July 18 from 5 p.m. to 7 p.m. The event will showcase the hospital's \$60 million investment in its women's services center of excellence, a project that includes construction of a new three-story building and renovation of existing facilities.

The new building connects to the Sweetwater Pavilion, the Cancer Center and Medical Office Building 2 and includes the Childbirth Center and Breast Care Center all in one convenient location.

The first floor of the new building houses a relocated, expanded Breast Care Center, complete with state-of-the-art imaging technologies and a calm, comfortable, welcoming interior. The second and third floors are the remodeled and expanded Childbirth Center.

The Childbirth Center offers a patient and family centered experience that now includes more spacious birthing rooms, additional operating rooms for cesarean sections, mother baby rooms, expanded Level II continuum care and well-baby nurseries. This expansion will bring us closer to opening a level III neonatal intensive care unit, which will be the first in Fort Bend County.

"Our new women's services center of excellence not only expands our labor and delivery capabilities - including the addition of a much-needed Level III NICU for the community - but it also makes it possible for our doctors and staff to collaborate more effectively, especially in the areas of breast and cancer care," said Chris Siebenaler, regional senior vice president and CEO of Hous-

ton Methodist Sugar Land. "This is an important step forward for our hospital and for our patients. We invite everyone to come see the facility up close and learn about the women's services we provide."

WOMEN'S SERVICES OPEN HOUSE

Houston Methodist Sugar Land welcomes the community to an open house to tour our expanded women's services facility and learn about services available to patients. The open house will be held on Thursday, July 18 from 5 to 7 p.m. at Houston Methodist Sugar Land Hospital in the Sweetwater Pavilion, 16655 Southwest Fwy. Sugar Land, TX 77479. Parking is available in the Sweetwater parking garage. Visit events.houstonmethodist.org/openhouse-sl for more information.

To learn more about Houston Methodist Sugar Land Hospital, visit houstonmethodist.org/sugarland or our Facebook page at fb.com/methodistsugarland for the latest news, events and information.

Cynthia Betz, BSN, RN, Chiekezi Ekechi, RT (R), MBA, Cristina Martin, MSN, RN, RNC-OB, Vianne Dingle, RT (R) (M), BSRS



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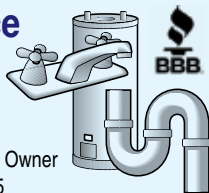
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