We learn from each other and we rely on each other.

Greatwood actors revere Inspiration Stage as it opens its 50th show — Aladdin JR. — with all the magic and wonder of a classic tale.

Inside:
Try something just a little different this Valentine’s Day.

Plus: Find out just why Greatwood’s Thomas Barresi is considered a hero by the community.
Don't Hide Your Smile from Your Valentine

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The legacy that has become Inspiration Stage began in the fall of 2013 with 23 students and an audience of just over 100 guests for three shows. The inaugural production had been Jungle Book KIDS, in which every student who auditioned was cast. The community theatre is now 50 shows in, with the competition to participate in each production demanding and fierce.

The national award-winning theatre now announces Aladdin JR. as it’s 50th production, which will run over eight shows for two weekends from Feb. 23 through March 4.

The beginning of something beautiful
Inspiration Stage’s artistic director, Mandy Seymore-Sensat, who previously ran an adult community theatre, and directed youth organizations, saw a need in Sugar Land for professional youth theatre, so when she found the Sugar Land Auditorium, with its historic stage and 394-seat theatre, she considered it a match made in theatre heaven.

“Inspiration Stage is a labor of love that has only been made possible with the help of Sugar Land Cultural Arts Foundation for the use of such a beautiful and historic theatre, our patrons for their support of the arts in Fort Bend and an inspired group of talented young and adult actors who have given so generously to help us soar,” said Seymore-Sensat.

Four years and 49 productions later, Seymore-Sensat and her team have grown Inspiration Stage to offer the most professional youth theatre in the area, with young actors driving from as far as League City and Pearland to participate in its shows.

December’s production of The Sound of Music, had a cast of 41 — with 62 youth auditioning — as well as near record-breaking audiences of 1,368 attendees over the eight-show run.

For four years Inspiration Stage has shown us just how talented our local students are and this month the popular community theatre will present its 50th performance — Aladdin JR. — which is a milestone for the founder, directors, actors and community alike. Additionally, Inspiration Stage will be one of the first local theatre companies to premiere the newly revised version of Disney’s Aladdin JR. If that’s not inspiring, we don’t know what is.

The story filled with magic & dreams
BECOMES INSPIRATION STAGE’S 50TH PERFORMANCE

By Marquita Griffin & Alisha McMillen

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To advertise, call 281-342-4474
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LEARNING ON AND OFF THE STAGE

Polly Ryon Middle School sixth grader Andy Lucas was one of the first students to begin with Inspiration Stage, and he remembers with clarity debuting with the theatre. He also acknowledges how much he’s developed since that first performance.

“I was lucky to be cast in Inspiration Stage’s first show, The Jungle Book KIDS,” said the 12-year-old Lucas. “It was so much fun and since then, Inspiration Stage has become like a second family. We have a lot of fun together, we make mistakes together, we learn from each other and we rely on each other onstage and off. The biggest lesson I have learned from Ms. Mandy is that it is okay to make mistakes because you learn and grow from them.”

Inspiration Stage’s 50-show collection includes both adult and youth shows. In addition to the inaugural show, Jungle Book KIDS (fall 2013) and The Sound of Music (winter 2017), other audience youth favorites include Peter Pan JR. (spring 2014), Lion King JR. (fall 2015), Elf JR. (winter 2015) and James & the Giant Peach JR. (fall 2016).

Both Lion King JR. and James & the Giant Peach JR. won the highest level of award at their respective Junior Theatre Festivals in Atlanta, an Outstanding Production award. The most popular adult shows were The Little Mermaid (summer 2016) and Hairspray (summer 2017).

“I have gained invaluable instruction and performance experience with Inspiration Stage throughout the 19 shows I’ve participated in, beginning with its very first production, Jungle Book KIDS,” said 14-year-old Reading Junior High eighth grader, Lizzie Tyer. “Besides getting to sample the world of theatre through traveling with the group to NYC, attending four Junior Theatre Festivals and one Texas Nonprofit Theatre Youth Conference, I’ve made lifelong friendships with the staff and my cast mates. I hope to have a successful career in theatre arts and I consider Inspiration Stage an important start to fulfilling my dreams. I look forward to continuing to grow at Inspiration Stage and using these skills in the future.”

“I’m always thankful and surprised to see us grow with each show. Theatres all around town are struggling to create art, to keep their doors open and to make ends meet,” said Seymore-Sensat. “We have something very special here in Sugar Land: a community theatre that strives for professionalism all while providing a safe home to theatre artists. We are truly lucky to do what we love with people we love and have support of the City of Sugar Land.”

CREATING UNIQUE EXPERIENCES IN THE COMMUNITY

Involved since the beginning, Aladdin JR’s music director, Sarah Patterson, has also been the music director for the majority of the youth shows at Inspiration Stage. Annelea Bootle, acting as stage manager, will support Patterson and Director/Choreographer Seymore-Sensat on Aladdin JR.

“Over the past four years, I’ve had the privilege to work with hundreds of young actors from Fort Bend County and the greater Houston area,” Patterson said. “Each class and production brings a unique experience to guide and develop their skills as young artists, and I am consistently amazed at the work ethic and passion from our students of all ages.”

Many other Greatwood students have participated in shows over the years. The Champions have made Inspiration Stage a family affair, with both Champion children participating.

“It has been incredible for me to see Inspiration Stage’s growth as a theatre company since the beginning,” said High School for the Performing and Visual Arts freshman Alexandra Champion, 14. “This theatre is my second home, and it will always have a special place in my heart. I can’t believe we’re about to have our 50th production — I can’t wait to see what will happen next.”

“Inspiration stage has changed my life, and opened up my life to new things I never thought I could have done before,” added Alexandra’s brother Jackson, 12, a seventh grader at Fort Bend Christian Academy.

“I acknowledge that it begins at home—the parents and patrons of this community instill in our students such a love and respect for the performing art,” Patterson said. “The opportunity to bring this Broadway adaptation of Aladdin for the first time to the community of Sugar Land is another tremendous honor for our organization that wouldn’t be possible without the community’s support.”

PHOTOS (TOP-BOTTOM):

Alexandra Champion said Inspiration Stage will always have a place in her heart.

Jackson Champion says Inspiration stage “opened his life” to ideas that hadn’t even occurred to him.

Lizzie Tyer has been in 19 of the productions by Inspiration Stage.

Andy Lucas considers Inspiration Stage as his second family.
THE IDEAL MAGIC FOR THE 50TH PRODUCTION

Based on the hit Broadway musical and from the producer of The Lion King comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle.

It’s an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite.

“In addition to celebrating our milestone 50th show, we are excited to announce that we will be one of the first theatre companies to premiere a newly revised version of Disney’s Aladdin JR. that is based on the hit Broadway musical,” said Seymore-Sensat.

“It features musical numbers from the Broadway score by Alan Menken, Howard Ashman, and Tim Rice and a revised script by Chas Beguelin.”

Hailed by USA Today as “Pure Genie-Us,” Aladdin on Broadway features all your favorite songs from the film as well as new music written by Tony® and Academy Award® winner Alan Menken (Newsies) with lyrics penned by the legendary Howard Ashman (Beauty and the Beast), Tony Award winner Tim Rice (The Lion King, Aida), and book writer Chad Beguelin (The Wedding Singer).

See why audiences and critics agree, Aladdin is “musical comedy wish fulfillment” states New York Magazine.

“The Sound of Music is a piece that has proved ageless across multiple generations.”

WE HAVE A LOT OF FUN TOGETHER, WE MAKE MISTAKES TOGETHER, WE LEARN FROM EACH OTHER AND WE Rely ON EACH OTHER ONSTAGE AND OFF.”

— Andy Lucas

Sarah Patterson and Mandy Seymore-Sensat are elated to see the theatre company’s 50th production this month.

WHAT: Inspiration Stage’s Aladdin JR
WHERE: The historic Sugar Land Auditorium at 226 Lakeview Dr.
WHEN: Feb. 23 – March 4, Fridays at 7:30 p.m., Saturdays at 3:30 p.m. & 7:30 p.m.; Sundays at 3:30 p.m.
WHAT ELSE: Director & Choreographer: Mandy Seymore-Sensat; Music Director: Sarah Patterson; Stage Manager: Annelea Bootle.
*For more information, visit www.inspirationstage.com.*
Did you know chocolates weren’t always a Valentine’s Day staple?

Though certain elements of modern-day Valentine’s Day celebrations can be traced back to the 14th century, chocolate is not one of them.

In his 1382 poem, “Parlement of Foules,” English poet Geoffrey Chaucer became the first to connect romance with St. Valentine’s Day. Over the next several centuries, the day’s connection to romance only grew stronger, and by the Victorian era in England, it was not uncommon for lovers to profess their affections through songs, poetry and even the giving of roses as gifts.

It was during the Victorian era that British chocolate manufacturer Richard Cadbury began searching for ways to use the cocoa butter that his company was extracting during the production of their drinking chocolate. In 1861, Cadbury decided to produce edible chocolates, which he even sold and marketed in heart-shaped boxes decorated with images of Cupid and rosebuds.

It would be a few more decades before edible chocolates caught on in the United States, where they remain a must-have item for many Valentine’s Day celebrants more than 150 years after Cadbury first began selling them.

Celebrate Valentine’s Day in a unique way

Valentine’s Day is an opportunity for couples to celebrate their love for each other, whether their relationship is relatively new or has endured through many years. The National Retail Federation estimates that Americans are expected to spend close to $20 billion on Valentine’s Day this year.

While chocolates and champagne are high on the list of most-purchased items for February 14, couples should not feel beholden to tradition on Valentine’s Day. This year may be the perfect time to try something new, even if it’s out of couples’ comfort zones. Here are some novel ideas for couple’s looking to set their celebrations apart.

- **Paint and sip:** Couples can take part in a growing trend this Valentine’s Day. At paint-and-sip events, people are guided step-by-step through the process of painting their own masterpieces. Breaks are provided through the evening to indulge in beverages and snacks of choice. Couples can bring along a bottle or two of wine and a platter of cheeses, chocolates or other Valentine’s Day fare. Those interested can inquire at their nearest paint and sip location, such as Pinot’s Palette, for Valentine’s Day specials.

- **Activity night:** Couples who are naturally competitive or devoted sports fans can enjoy the evening by engaging in some healthy competition. Some restaurants host trivia nights, or couples can head to the nearest arcade and battle it out. Panic and escape rooms are cropping up in towns across the country. These employ 60-minute real-life experiences in which participants must solve clues to escape the room. This can be a great bonding experience for fun-loving couples.

- **Chef lessons:** Although some couples may dine out on Valentine’s Day, men and women who like to dabble in culinary arts can prepare their own meals from the comforts of their own kitchens. Others may want to enroll in classes that provide expert instruction from area chefs or culinary instructors. Cooking classes can be an ideal way to spend time together learning skills that can be put to use again and again.

- **Adventures:** Couples who like to push the envelope can explore the possibilities of thrill-seeking activities. Some may include bungee-jumping, hot-air balloon rides, taking laps at the racetrack, or hitting the ski slopes.

None of that mushy stuff, please

George Memorial Library in Richmond will present a fun program for the young adult teen community — “Anti-Valentine’s Day Party for Teens” — on Tuesday, Feb. 13, from 4-6 p.m in Room 2A. Teens in grades 9-12 who are sick of seeing all the lovey-dovey mushy stuff can “uncelebrate” Valentine’s Day with crafts, food, and fun at this Anti-Valentine’s Day Party! Materials for this event are made possible by the Friends of the George Memorial Library.
Red may be the color most often associated with Valentine’s Day, but those who want environmentally friendly ways to celebrate this day of love can tint the occasion with a little green.

This list of earth-conscious Valentine’s Day gifts can provide inspiration for loving couples.

❤ Give organic chocolate. Eco-conscious chocolate connoisseurs will appreciate indulgent fine chocolates crafted with the planet in mind. Some of the world’s best chocolate is produced from small cacao farms that do not employ fungicide or insecticide in their farming practices. Choose chocolate artisans that produce their chocolate from responsibly-sourced ingredients for a sweet Valentine’s Day treat.

❤ Plant a live gift. A living gift can be a symbol of enduring love and one that gives back to the environment. Couples can explore their options at local nurseries and plant a shade tree, shrubbery or even a fruit tree. This is certainly a gift that can give every year.

❤ Write it down. Love notes are a simple, heartfelt gift. Choose to scribble down sentiments on recycled paper with nontoxic inks. Give that love note even more traction by framing it for a lasting gift.

❤ Adopt an animal. Animal lovers crusade for their favorite mammals, reptiles and amphibians every day. Rather than exchanging a stuffed animal on Valentine’s Day that will only take up space on a shelf or bed, consider saving the life of a real animal. Conservation agencies can always use helping hands. Donations can be used to feed and shelter pets or to restore habitats for wild animals.

❤ Give living plants. Flowers can express all types of emotions, but those cut blooms will begin to fade after a few days, especially when some flowers are flown in from all over the world. Gifting a potted plant from a local nursery is a more eco-friendly idea, and one that can last for many years to come.

❤ Create a free-range, organic meal. Homemade food can be a nice gesture, especially when cooks select fair-trade, organic and free-range products. Don’t forget to extend the specialized shopping to include wine or other beverages that are locally sourced.

❤ Give gifts of sustainable comfort. Practical but luxurious linens and clothing made from sustainable materials are great eco-friendly gifts. Bamboo bedding or organic cotton shirts offer comfort and promote environmental stewardship.

Are you stumped for Valentine’s Day gift ideas? What about bath scrubs that you can make yourself? Teens in grades 9 through 12 can learn how to make fun bath products and skin-care accessories at a special Young Adult program, “DIY Bath Bomb & Sugar Lip Scrub Workshop for Teens,” on Saturday, Feb. 3, from 1 to 4 p.m., in the Conference Room at Fort Bend County Libraries’ Sugar Land Branch Library, located at 550 Eldridge. In this Young Adult program, teens will learn how to make bath products using common household goods and natural ingredients. Make a sugar lip scrub or a relaxing bath bomb that is gentle enough for kids to use.

Materials for this program were made possible by the generous support of the Friends of the Sugar Land Branch Library.

The program is free and open to the public. Seating is limited, however, and reservations are required. To register online at the library’s website (www.fortbend.lib.tx.us), click on “Events,” select “Sugar Land Branch,” and find the program. Participants may also register by calling the library at 281-238-2140, or by visiting the library.
Fun Valentine’s Day numbers

Valentine’s Day is one of the most popular days of the year to celebrate. Here’s a look at some interesting numbers associated with this day to celebrate the love people have for one another.

512
The average dollar amount spent per person for Valentine’s Day.

400
The year that Pope Gelasius declared February 14 a day to honor Saint Valentine.

150
The number of cards and gifts, in millions, sent each year for the day of love AND the average amount, in dollars, men spend on gifts. Women spend an average of $74 on gifts.

15
Average cost, in dollars, of a box of chocolates.

40
The number of pounds, in millions, of chocolate bought during Valentine’s Day week.

2
The ranking of red roses in comparison to other types of flowers gifted.

58
The ranking of red roses in comparison to other types of flowers gifted.

61
Percentage of men who purchase flowers or plants for Valentine’s Day.

8.6
Amount of dollars, in millions, spent on sparkling wine for Valentine’s Day, making it the second most popular occasion, after New Year’s Eve, to enjoy some bubbly.

1.7
The amount, in billions, that is spent on candy for Valentine’s Day, according to the National Retail Federation.

62
The percentage of adults who say they celebrate the holiday.

1
The dollar amount, in billions, that Americans are expected to spend on Valentine’s Day cards.
Although Valentine’s Day may be geared toward adults, children are quite drawn to the celebration as well. Perhaps it’s the promise of candy or chocolate that gets their attention, but Valentine’s Day annually appeals to the younger set. Some couples opt to leave children in the capable hands of a babysitter come Valentine’s Day and enjoy the evening solo. But for those who want to include youngsters in their fun, they can explore the many enjoyable and clever crafts and other activities available.

**Learning games**

Valentine’s Day can be turned into a learning opportunity for children. One idea is to create an “Attracting Love” game that illustrates the power of magnets and the laws of attraction. Fill an empty glass jar with various items made into heart shapes. These can include small pieces of pipe cleaner, paper clips, paper, and even aluminum foil hearts. Put the top on the jar and shake up the contents. Let children guess which items will be attracted to a magnet, then have them test their theory with a strong magnet rubbed on the outside of the jar. See which hearts are attracted to the magnet.

Other learning games can include matching or finding the differences between pictures, counting paper hearts or making recipes of scented modeling dough.

**Dessert fun**

Invite youngsters into the kitchen to try their hands at different recipes, making sure that they have a chance to sample their handiwork afterward.

Faux chocolate truffles made with chocolate sandwich cookies can be a tasty treat for little hands. Start by mashing up some Oreo® cookies, then add them to a bowl with one 8-ounce package of cream cheese. Mix until everything is incorporated into a sticky batter. Truffles can be made into balls or heart shapes. For children celebrating Valentine’s Day and winter fun, turn the truffles into edible snowmen. Dip the truffles into melted chocolate or colored candy melts to coat. Place on a wax paper-covered cookie sheet and refrigerate for an hour or until the truffles are firm.

Children can have fun cutting out cupids, making coloring pages or doing just about any other Valentine-inspired craft, like making their own cards.

Another craft idea is to write secret love notes with invisible ink. Lemon juice can be used as invisible ink. Have children write a message by dipping a cotton swab or their finger in lemon juice and then writing words on a white piece of paper. Once the papers have dried, an adult can reveal the message by placing the paper in front of a heat source, such as an iron or a light bulb. The message will magically appear and reveal those secret sentiments.

Children can get crafty by making gifts for the special people in their lives. Combine the concept of valentines with the ambiance of a candle. For an even safer alternative, opt for an LED-flame candle instead of traditional candles.

Kids can glue foam conversation hearts, sold at many craft stores, to the outside of the candle. Wrap the middle of the candle with ribbon, and they’ve just created an easy, heartfelt gift.

**Kids’ dinner**

Encourage the next generation of chefs to create culinary masterpieces, which they can then serve to family members or friends. Children can even prepare dinner as a token of appreciation to their parents.

Plan recipes with kids in advance, but look for age-appropriate menu ideas, particularly those that will not require much use of the stovetop or other dangerous kitchen appliances. Kids can always do the prep work and then ask an adult to put the food into the oven for cooking.

One easy idea is to create heart-shaped hamburger sliders and Valentine-colored mashed potatoes. Use red potatoes with the skin on to create the potato mash. The sliders can be shaped by hand or using a heart-shaped cookie cutter.

Valentine’s Day is just around the corner and the holiday presents many opportunities for children to share in the fun and festivities.
Hurricane Harvey made history. From August 25-30, Hurricane Harvey slowly moved over Texas, dumping as much as 50 inches of rain on some areas in Texas and causing catastrophic flooding.

According to Weather.com, this Category 4 storm remained a “named” storm 117 hours after making landfall in Rockport, Texas. It is the longest lasting hurricane to make landfall in Texas and it dropped the highest recorded rainfall in the continental United States.

During this historic and dangerous event, concerned citizens throughout the Houston area sought shelter at home or evacuated to safer locations. In contrast, local first responders headed into the danger zone to save and protect lives while their families stayed behind to brave the storm without them.

They are Greatwood’s heroes and they represent the “Greatwood Strong” motto expressed by many residents after the storm.

Thomas Barresi, a Greatwood resident of three years, is an officer for the Houston Police Department.

This nine-year veteran of the HPD worked 12 hour shifts for nearly two weeks straight during Hurricane Harvey.

He saw his infant daughter Maia briefly for ten minutes during the event. His wife Emi remained at home to ride out the storm with their children.

According to his wife Emi, “The most difficult thing for him and the other officers was not being able to see or be with their families, especially those who themselves had home damage. “The officers had to stay on duty and were not allowed home during the storm.”

Scott Schultz, a Greatwood resident of 15 years, is the Assistant Police Chief of the Sugar Land Police Department and has served as a police officer for 26 years.

While local districts canceled school and citizens were told to stay home or evacuate, Schultz headed out for another day on the job.

His act of courageousness did not go unnoticed by his friend and neighbor, Luis Martinez.

“I saw this guy loading a sleeping bag and a rifle into his truck. While everyone was sheltering or running away, he was on his way to help and protect us,” Martinez said. “To do so, you also need a strong wife and supportive children who stayed at home waiting for him to come back safe.

“He is just a human being helping other human beings, just a human being making this world a better place to live even in the middle of disaster,” he continued. “After only four hours of sleep in two days, Scott is back, he is safe and in the arms of his strong family. Thank you!”

Greatwood resident Terry Duque cooked up an idea to make a brisket meal for 250 local first responders.

He reached out to his friend Brett Beach for help with the huge project.

Within a few hours they had donations of 60 briskets from Randalls, BBQ rub from Rudy’s, a truckload of wood and a large cooker trailer delivered to Pool 2.

Beach was amazed by the community response in Greatwood.

“We had about a dozen guys out helping us prep all the meat and cooked all the way through the night led by our BBQ master Ken New! “Saturday morning the response was overwhelming from all the Greatwood residents who came out to help us get ready to serve lunch to the first responders.

“Dozens of wives showed up to serve and brought sides and...
all the fixins’.

Other members of the Greatwood community who helped prepare for the event included Cassie Duque, Andrew Cloutier, Scott Bluhm, Jim Bradley, Josh Connealy, Scott Schutz, Dave Iben-thal, Mark Dennis, Casey Lucas, Jeff Tallas, Shane Light, Steven Reynolds, Jon Richards, Chris Argo and Adrian Smith.

The team of chefs also sent boxes of meals to local departments who were not able to leave their stations.

Terry Duque even delivered briskets to the Sugar Land Airport where they were picked up and sent to Ellington Field for service members on duty.

Michelle Latimer, a Greatwood resident of 16 years, loves to serve those who serve our community.

After Hurricane Harvey hit the Houston area, Latimer got a call for help from her friend and former Greatwood patrol officer Michelle Guajardo.

Nearly 30 police officers and doctors at a makeshift trauma center near the Rosenberg Fair Grounds were tired, hungry and had been working overtime to help flood victims.

The first responders were unable to find open restaurants due to flooded roads.

Latimer jumped into action by sending out a request on Facebook for monetary donations.

She quickly received $600 from kind-hearted Greatwood residents who wanted to help.

Despite many flooded roads, depleted gas stations and sparsely stocked grocery stores, Latimer delivered food and drinks from Costco to the first responders.

She also made arrangements for friends to take over hot food. With $50 to spare, Latimer used the remaining funds to feed workers at Fire Station 3 on Texas Parkway in in Missouri City.

Despite the huge undertaking, Latimer has no regrets about helping Guajardo and the other first responders.

“She risks her life every day for us and it just broke my heart that those folks couldn’t eat because most of the restaurants were flooded.

“This made me so sad that I decided it would be my mission to stock the kitchen so they would have food and not have to worry about going out to search for it.”

These brave first responders and appreciative residents make Greatwood proud and “Greatwood Strong.”

Greatwood residents Phoebe Hoekler, June Delacroix, George Luce, W. D. Latham, John Groski and Rose Castro stand behind the “Greatwood Strong” motto in front of Dickinson Elementary after Hurricane Harvey impacted the community.
Commissioner Morales to be honored by Fort Bend Regional Council

Fort Bend Regional Council’s 9th Annual Helen Cordes Award Dinner will take place on Thursday, Feb. 22, 6:30 p.m. at the Stafford Centre.

The Cordes Award Dinner is held in honor of an individual who has given their time, experience and expertise to Fort Bend Regional Council. The 2018 honoree is Fort Bend County Commissioner Vincent Morales, who has been an outspoken advocate for FBRC.

Commissioner Morales is a longtime Fort Bend County resident, business owner and former mayor of Rosenberg. Since 2011, he has devoted his time in office to serving the citizens of the City he calls home and preparing it for the future. In 2016, he was elected to Fort Bend County Commissioner’s Court for Precinct 1, and is now in his first term of that office.

As an active member of the community, Morales has been involved in several organizations including the Central Fort Bend Chamber, the Lamar Educational Awards Foundation (LEAF) and the Rosenberg Railroad Museum. Morales served as a board member of Child Advocates, the Rosenberg Development Corporation and the I-69 Alliance, as well as on the advisory board of OakBend Medical Center. He also has served as a director on the West Fort Bend Management District.

Commissioner Morales is married to Fort Bend County native Regina Kingle Morales, President/CEO of the Central Fort Bend Chamber. They have two children, The Honorable Christopher G. Morales, County Court at Law 1 Judge; and Justin Morales, Vice President of GreenScape Associates, LLC, and two daughters-in-law, Vanessa and Brooke Morales. They, along with their three grandchildren, Madelyn, William and Parker Morales, all live in Fort Bend.

FBRC Chief Executive Officer Lisa Poynor said “We are so very honored that Commissioner Morales will be accepting the Helen Cordes Award this year. He has been a long-time advocate for Fort Bend Regional Council and especially the Leadership High School Program. I can’t think of a more deserving honoree.”

The Cordes Award Dinner honors Helen Cordes for her generous community spirit and many community achievements. Helen served on the Fort Bend Regional Council’s Board of Directors from 1991-1997 and was President from 1992-1995. During that time and long afterward, she served FBRC with such a sincere passion for the mission that she has inspired all who have shared the privilege of working with her.

Sponsorship of this event enables FBRC to break the cycle of addiction in families and to strengthen our community. For more information or to become a sponsor, contact Seth Malin at smalin@fortbendcouncil.org or 281-207-2406.

Fort Bend Regional Council on Substance Abuse, Inc. has been changing lives and giving hope since 1978. In addition to outpatient substance abuse treatment, FBRC reaches 13,000 students in 39 elementary, middle and high schools in Fort Bend, Lamar Consolidated and Stafford School Districts.

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Local Agencies Join Forces to Fight Child Abuse

In an effort to combat the injustices of child abuse and neglect, more than 20 agencies recently signed an agreement renewing their commitment to work together on behalf of child victims. The ceremony, hosted by the Child Advocates of Fort Bend (CAFB) Children’s Advocacy Center, was held at CAFB’s offices. The Protocol and Memorandum of Understanding details the importance of the CAFB Children’s Advocacy Center and lists the responsibilities of each agency in working child abuse cases.

The Children’s Advocacy Center (CAC) is an important piece in the collaboration of agencies working to reduce the trauma to children going through the civil and criminal systems, said Fiona Remko, CAC Program Director. “The Center helps to bring together those agencies charged with the civil and criminal investigations of child abuse to ensure that the unique needs of abused children are being addressed in a child friendly manner. The Fort Bend community is very fortunate to have such a strong commitment from police chiefs and agency heads in fighting against child abuse.”

The CAC provides forensic interviews, case management services, therapy and criminal court advocacy services for free to families of abuse victims and to partner agencies. Child victims are referred to Child Advocates of Fort Bend’s Children’s Advocacy Center by law enforcement or CPS where trained specialists, social workers and therapists conduct forensic interviews, coordinate the criminal investigation, facilitate resource services, offer criminal court support and provide therapy to help children heal from their trauma.

“We value our collaboration and are most grateful for all of our partners who work very hard to make sure hundreds of children receive the services and treatment they deserve,” said Child Advocates of Fort Bend CEO Ruthanne Mefford.
Thanks to a performance support grant from the Women’s Philharmonic Advocacy, the Fort Bend Symphony Orchestra features the works of musical families Schumann, Mendelssohn and Coleridge-Taylor in its first concert of 2018, at 2 p.m. Sunday, February 18 at the Stafford Centre.

In “All in the Family”, the audience will explore compositions from both men and women in notable musical families.

Sometimes siblings, sometimes spouses, you’ll find that the composers share more than a last name - they also share immense musical talent. Concertgoers will get a feeling for the creative styles of these talented musicians, and how their music is similar in some ways and extremely different in others.

The program includes Fanny Mendelssohn-Hensel’s Overture, her only known orchestral work. Though she originally showed the greater musical promise, her brother Felix was the name remembered for generations. FBSO honors him with a performance of Hebridies. Robert and Clara Schumann were 19th century husband and wife composers. Clara’s Piano Concerto in A Minor, Op. 7 and Robert’s Manfred Overture gives the audience a taste of each one’s unique style.

Avril Coleridge-Taylor was an English composer, the daughter of composer Samuel Coleridge-Taylor. Avril’s Golden Ballet Suite (Excerpt) stands with her father’s Three Dream Dances.

The program will also feature the winner of the Marielle Ogletree Young Artist Concerto Competition, and the winners of the HTMA’s concerto competition, William Hua (7th grade), performing Mozart’s Piano Concerto No. 20 in D minor, 1st mvt and Stephan Xie (10th grade) with Chopin’s Piano Concerto in F minor, 3rd mvt.

Musicologist Alicia Levin, who specializes in 19th century women composers, will provide the pre-concert lecture and the children’s activities during intermission. We encourage you to bring your family to this intriguing, entertaining performance.

More information about special season ticket pricing and performances is online at www.fbso.org. Single tickets begin at $15 for adults. Children 12 and under are $5 each, and teens are $10 per ticket. Discounts are available for college students, seniors 55 and over, military personnel, and groups of 10 or more.

Tickets are available online at www.fbso.org or by calling 281.276.9642.
February Programs at University Branch Library

Fort Bend County Libraries’ University Branch Library, 14010 University Blvd in Sugar Land, on the UH campus, presents a variety of free children’s programs, adult computer classes, book clubs, and special programs for people of all ages each month. All programs are free and open to the public. For more information, call the University Branch Library (281-633-5100) or the library system’s Public Information Office (281-633-4734).

SPECIAL EVENTS

Family Reading Club
January 21-March 3

This six-week program is designed to encourage families to read, learn, and have fun together. Families participate in the program by reading books and completing optional “challenges” that can be done at home. All Fort Bend County families are eligible to participate. Families who complete the program by reading 36 books are eligible to receive a book bag for the family, and will have their name entered into a drawing for a $50 dining gift card, donated by the Friends of the Library. Each branch library will have a drawing for the gift card on March 5. A single registration is required for each participating family. An adult (parent or guardian) is asked to register the family online by going to the library’s website (http://www.fortbend.lib.tx.us) and clicking on the “Family Reading Club Sign-Up” image. Families may also register at one of the libraries in the Fort Bend County library system. Upon registering, families will then have their own online page on which to record their books or reading time. There is no charge to join the Family Reading Club. The program is sponsored by Fort Bend County Libraries and the Friends of the Library organizations that support the county library system.

Greatwood Veterinary Hospital

At Greatwood Veterinary Hospital, we are dedicated to providing excellent and compassionate care for your furry, family friends. We offer full veterinary services in our new, spacious 6,500 square foot facility. Our experienced and caring veterinarians and staff strive to provide the best quality care available for your pets, with an emphasis on client education and an understanding of your pet’s specific needs. We would like to be partners with you in ensuring your pet’s good health and well-being. In addition to full medical, surgical, and dental veterinary care, we also offer boarding, grooming, and cremation services. Greatwood Veterinary Hospital has been providing affordable and quality veterinary care to the Fort Bend area for over 15 years. It is our hope that we can meet all your animal’s health care needs with our warm, friendly, and knowledgeable services.

To make an appointment for your pet or for more information, please call us at (281) 342-7770 or visit us at 401 Crabb River Road in Richmond.
“Databases for Everyday Life”  
**Thursday, Feb. 1, 2 p.m., Computer Lab**

Did you know that you can learn how to repair a small engine, plan a wedding or family reunion, or study a language with some of the library’s free online resources that can be accessed from your home computer? Many of these online resources can help with DIY projects or everyday-life activities, such as auto repairs, home improvement, hobbies and crafts, job searching, and much more. Library staff will introduce these resources, all of which are free to use by Fort Bend County library card-holders. Registration for the program began January 18. To register online at the library’s website (www.fortbend.lib.tx.us), click on “Events,” select “University Branch,” and find the program. Participants may also register by calling the library at 281-633-5100, or by visiting the library.

“Introduction to Digital Photography”  
**Saturday, Feb. 3, 10:30 a.m., Meeting Room 2**

Professional photographer Myra Vorrice will discuss the basics of digital photography and the different features and capabilities of a camera. Learn about types of photography, as well as technical aspects of a camera – such as aperture, ISO, and shutter speed – that can be adjusted for various situations or effects.

“African Hand-Drumming Program”  
**Friday, Feb. 2, 11:30 a.m., Meeting Room 1**

In recognition of African-American History Month in February, the library will present a demonstration of African drumming. Enjoy the traditional tribal rhythms and spiritual gifts of West African djembe drumming in a special performance by Gregg Powell, founder and director of the Joy of Djembe Drumming Ensemble. Powell will talk about the history of the instrument and the culture of the people who originally produced it. He will perform a variety of rhythms to demonstrate the influences of different countries and traditions. This program is made possible by the generous support of the Friends of the University Branch Library.

“Pound® Fitness Work-Out Program”  
**Saturday, Feb. 10; 2 p.m., Meeting Room 1**

Marinela Taylor, a certified Pound® Pro group-fitness instructor, will present a basic introduction and demonstration of this popular cardio jam session inspired by the infectious, energizing fun of playing the drums. Pound fitness combines cardio, conditioning, and strength-training with yoga and Pilates-inspired movements, using lightly-weighted drumsticks. It is designed for all fitness levels, and it appeals to men and women of all ages and abilities. Taylor will demonstrate four different Pound positions and modifications and explain which muscles they work. Those attending this program will receive a card to be entered for chance to win a Pound® Pro drumstick.”

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program should wear comfortable, workout clothes and sneakers, and should bring a bottle of water. The program is intended for older teens and adults.

“Facebook for Beginners”  
Wednesday, Feb. 14, 2 p.m., Computer Lab  
Library staff will show how to set up a Facebook account, search for friends, make “friend requests,” and write wall posts. Those attending this class should have a basic working knowledge of computers, and must have a personal email account before attending the class. Reservations required. To register online at the library’s website (www.fortbend.lib.tx.us), click on “Events,” select “University Branch Library,” and find the program.

“Facebook for Beginners”  
Wednesday, Feb. 14, 2 p.m., Computer Lab

“Culinary Book Club”  
Wednesday, Feb. 21, 1:30 pm, Meeting Room 2
This month, the theme is “Keep It Simple, Stupid.” Share recipes for dishes that contain five ingredients or less. 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.

“Friends of University Branch Library - Winter Book Sale”  
Saturday, Feb. 24, 10 a.m.-2 p.m., Meeting Room 1
Prices range from $0.25 to $3.00. Numerous items will be available for sale, such as DVDs, CDs, magazines, and a variety of books, including children’s, teens’, mystery, computer, special interest, and romance. The Friends organization is instrumental in funding library programs such as the children’s Summer Reading Club. Proceeds from the book sale and annual membership dues also help to underwrite the costs of special programming and various cultural events at the University Branch Library.

“Internet Privacy & Security”  
Wednesday, Feb. 28, 2 p.m., Computer Lab
The Internet can be a source of information and entertainment, but users should be aware of possible dangers and be vigilant for online predators. In this program, library staff will talk about recognizing and avoiding common scams, sources of malware and computer infection, identity theft, and using alternative browsers and proxies. Learn how to protect your identity and personal information by creating safe profiles with strong passwords. Get tips on safely using a public WiFi network. Reservations are required. To register online at the library’s website (www.fortbend.lib.tx.us), click on “Events,” select “University Branch Library,” and find the program. Participants may also register by calling the library at 281-633-5100, or by visiting the library.

“SPECIAL YOUTH EVENT”  
“Basic Coding Concepts”  
Monday, Feb. 19, 3 p.m., Meeting Room 1
Students in grades 1 through 5 will learn basic coding concepts using hands-on tools. Learn how to use coding skills to direct a robot mouse, program the “Dash & Dot” robot, and more!

VISIT US ONLINE!
For the details on all the computer classes, book clubs as well as the teen and children’s programs at the University Branch Library in February visit: www.fbherald.com/monthly_magazines

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**Spotlighted Events**

**FEB. 3**

Dad & Daughter Dance

The 22nd Annual Dad and Daughter Dance, themed “Enchanted Forest” is set for 6 p.m. to 8:30 p.m. at the Missouri City Community Center, 1522 Texas Parkway in Missouri City, TX. Tickets are $30 for father/daughter pair, $20 each additional daughter. Call 281-403-8637 or visit www.missouricitytx.gov

Superhero Fort Bend Boys Choir Gala

The Fort Bend Boys Choir of Texas is hosting its Fort Bend Boys Choir at their superhero-themed gala dinner and auction event at 6:30 p.m. in the Safari Lodge at Safari Texas, 11627 FM 1464 in Richmond. Dress code is your super secret identity in business casual or perhaps it’s time to get your cape and tights out of mothball storage. This action-packed evening includes a delicious buffet meal, a Live Auction and a Silent Auction. Every taste and price range will be represented in the auctions which will include: sporting event packages, weekend trips, handmade items and much more. Visit fbbctx.org/2018-gala-dinner-auction-event/

**FEB. 8**

Saddle up for Autism

Hope For Three’s Seventh Annual Luncheon, presented by Daugherty Insurance, is set for 11 a.m. Feb. 8 at Safari Texas Ranch in Richmond. Guests, volunteers, underwriters or table sponsors are welcome. Visit hopeforthree.org or call 281-245-0640.

**FEB. 10**

Boots & Badges Gala

Behind The Badge Charities, Inc. will host its 2018 Boots & Badges Gala at 6 to 11 p.m. at 16555 Southwest Freeway, Suite 200 in Sugar Land. Visit www.behindthebadgecharities.org

**FEB. 16**

2018 Silver Jubilee Gala ticket deadline

The Fort Bend Education Foundation will host its 2018 gala on March 3 from 6:30 p.m. to 11 p.m., but guests are encouraged to purchase tickets by Feb. 16. This 25th anniversary gala will be held at Sugar Land Marriott Town Square. This evening is dedicated to raising funds for our students, teachers and schools. The deadlines to donate an auction item is Feb. 2; to reserve a hotel at discount is Feb. 16; and to purchase individual tickets is Feb. 16. Visit https://www.fortbendisd.com/foundation

**FEB. 23**

“Puttin’ on the Glitz” Gala

Abigail’s Place’s second annual ‘Puttin’ on the Glitz” gala — a Roaring Twenties themed party — is set for 7 p.m. to 11 p.m. at Agave Real in Katy, Texas. All proceeds to benefit the clients of Abigail’s Place. Guests will enjoy signature cocktails, elegant hors d’oeuvres, music, whisky tastings, and a well curated silent and live auction. Visit abigelaisplace.org or call 832-945-1461.
Have you considered planting caladiums in your summer garden?

Thriving in our warm weather zone, 9a, the tropical-like plants are easy to grow and their flamboyant foliage adds a vivid richness to gardens or pots.

Grown from a tuberous root (often called bulbs), the showy leaves are available in a variety of many-hued combinations. In our area, the Garden Club of Richmond recommends Red Flash (red), Carolyn Whorton (pink), Candidum (white) and Tapestry (variegated) for the biggest color splash.

Growing to a height of 18”22”, they are all Fancy caladiums with large heart shaped leaves and, with the exception of the Candidum, tolerate full sun.

Candidum thrives in shade or filtered sunlight and mixes beautifully with ferns and impatiens.

Caladiums are ready to be planted when all danger of frost is over and the temperature reaches 70 degrees Fahrenheit, usually late April or early May.

Begin by tilling the soil to a depth of 6 inches, working in high peat mulch. Plant the bulbs, eyes up, 6-12 inches apart, and cover with 1 1/2 inches of soil. After leaves are up, fertilize sparingly every six weeks with fertilizer you normally use and water regularly, making certain the soil is kept moist but not soggy.

The Garden Club of Richmond is holding its annual Caladium Sale. Bulbs can be pre-ordered and will be available for pick-up April 4, 5 (10 a.m. - 4 p.m.), and April 6 (10 a.m. - noon) at Joseph’s Coffee Shop, 202 Morton Street in Richmond.

The bulbs are No 1 “fancy-leaved” and are available in Red Flash, Carolyn Whorton, Candidum, and Tapestry. Prices are: $25 for 25 bulbs, $50 for 50 bulbs and $95 for 100 bulbs. March 23 is the deadline for all orders.

If you would like an order form or have questions, please email Nancie Rain at nrain@comcast.net (281-341-0588) or Roberta Terrell at robertaterrell@gmail.com (281-343-9932).
Chili Cook-Off, Boot Scootin’ Boogie & Silent Auction
- February 2nd
Chili Cook-Off Competition (registration for this event is open so sign up today on the PTO website)
Boot Scootin’ Boogie
Cook-Off Results and Awards
Silent Auction
BBQ Sandwiches for Sale

PTO Nominating Committee Members Needed
Nominating committee members are needed to help prepare the slate of PTO Board nominees for the 2018-2019 school year! We are seeking three volunteers to serve on this committee. Committee members will be responsible for reaching out to individuals nominated for a PTO Board position to confirm willingness to serve and then, once all nominated individuals have been contacted, committee members will prepare a list of individuals they recommend for each of the PTO positions. Nominating committee members cannot be current PTO Board members or individuals interested in serving on the Board next year. To be considered for the nominating committee please email your name, phone number, email address, and the grade level(s) of your child(ren) to info@campbellpto.org no later than March 1, 2018. Please put “Nominating Committee” in the subject line. Three committee members will be drawn at random from all of the names submitted, and those selected will be notified by March 5, 2018 via email.

Open PTO Positions for the 2018-2019 Year
Parent involvement is critical for a successful school so please consider volunteering as a PTO officer or a committee chair for 2018-2019.
- We are seeking nominations for:
  - President
  - Treasurer
  - Recording Secretary
  - Communications Secretary
  - Website Coordinator
  - Room Parent Coordinator
  - Student Services/School Store Coordinator
  - Community Relations Coordinator
  - Membership Coordinator
  - Teacher Appreciation Coordinator
  - Fall Fundraiser Coordinator
  - Spring Fundraiser Coordinator
  - Year Book Coordinator
  - Volunteer Coordinator
  - Special Programs Coordinator
  - Grade Level Party Coordinator

Those elected will serve one-year terms, from June 1st through May 31st. Nomination forms will be available online later this month at www.campbellpto.org. If you are interested in serving in one of these positions please fill out the online nomination form no later than March 23, 2018. You may nominate yourself or another for any of the open positions. Visit www.campbellpto.org for more information.

### 2017-18 Campbell Elementary Calendar

<table>
<thead>
<tr>
<th>Dates</th>
<th>Events</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/2/18</td>
<td>Chili Cook-off, Boot Scootin’ Boogie &amp; Silent Auction</td>
<td></td>
</tr>
<tr>
<td>2/13/18</td>
<td>PTO Board Meeting</td>
<td>7:45 a.m.</td>
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<tr>
<td>2/16/18</td>
<td>Early Release</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>2/19/18</td>
<td>No school - President’s Day</td>
<td></td>
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<tr>
<td>2/22/18</td>
<td>Progress Reports Go Home</td>
<td></td>
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<tr>
<td>3/5 - 3/9/18</td>
<td>Spring Book Fair</td>
<td>Library</td>
</tr>
<tr>
<td>3/9/18</td>
<td>Early Release</td>
<td>11:30 a.m. Release</td>
</tr>
<tr>
<td>3/9/18</td>
<td>2nd Grade Program</td>
<td>8:30 a.m.</td>
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<tr>
<td>3/9/18</td>
<td>Kindergarten Hoe Down</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>3/12 - 3/16/2018</td>
<td>Spring Break</td>
<td>No School</td>
</tr>
<tr>
<td>3/19/18</td>
<td>School Resumes</td>
<td></td>
</tr>
<tr>
<td>3/20/18</td>
<td>PTO Board Meeting</td>
<td>7:45 a.m.</td>
</tr>
<tr>
<td>3/21/18</td>
<td>Wear Silly Socks for Down Syndrome Awareness</td>
<td></td>
</tr>
<tr>
<td>3/29 - 3/30/2018</td>
<td>No School - Easter Holiday</td>
<td></td>
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</tbody>
</table>

The Cougar Store is open regularly the first and third Friday of each month. The store opens at 7:00 a.m. and closes at 7:30 a.m. Days are subject to change - check out the Campbell PTO Facebook page and signs in the car rider line for reminders for Cougar Store days!
For up-to-date information throughout the school year, please refer to the weekly paw prints distributed by Mrs. Koerth.

Continued on page 28
February American Heart Month

According to the American Heart Association’s research program, Heart Disease is the No. 1 cause of death in the United States, responsible for 1 in 7 deaths in America.

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www.oakbendmedcenter.org
Spelling bee, presents and a ‘glorious night’
By Krista Kuperus

Santa Behind the Badge

The Richmond Police Department got an assist again this year from the warm-hearted students in second and fourth grades at Calvary Episcopal Preparatory. These students sponsored a toy collection drive, and with contributions from their fellow Crusaders, provided more than 140 gifts for children in the community. Students enjoyed wrapping presents to be delivered to the Santa Behind the Badge program which is sponsored through the Richmond PD.

Spelling Bee

Congratulations to fifth grade student Zara Chinwuba, who was the winner of Calvary Episcopal Preparatory’s schoolwide spelling bee. Students in grades 1-8 participated in the bee, with two competitors per grade. It was a heated competition, with students hanging in there for many rounds before the winning word was finally spelled by Zara, who will represent Calvary in the upcoming district spelling bee.

Calvary Talent Shines at ‘Oh, What a Glorious Night’

Calvary Episcopal Preparatory’s talented musicians from ages 4 years old to 18 years old worked hard to prepare for the annual Christmas program, and it was true to its title: “Oh, What a Glorious Night.” Of course, the actual glorious night was the birth of Jesus, and that story was skillfully told by members of the third grade class. The bands played and the choir sang, signed, and rang bells and chimes. It was a lovely celebration of this holy season. Musicians were under the direction of Donna Estrada, Paula Smith, and student director Ella Wheeless, who won the opportunity to “Be Miss Cookie for a Day” at last year’s CPTO auction.
DICKINSON ELEMENTARY NEWS
By Kristin Jovel

PTO Board Message
Thank you to all the families and students that joined us at our January PTO Meeting and Kids Paint Night with Ms. Marine. The school year is definitely moving quickly and we feel like we’re just getting started with all of the FUN! The second half of the year is quite busy for the PTO and school. Stay connected so that you don’t miss any of the details.

ANNOUNCEMENTS

PTO Meeting
Our next monthly PTO Meeting is scheduled for Monday, February 5 at 3:00 pm. All parents are welcome to come join us!

Spirit Night- Join us at our upcoming Spirit Night on Tuesday, February 13. We will be holding the Spirit Night at Willie’s Grill & Icehouse, from 4 pm- close. Proceeds from all sales go directly back into our school!

Dolphin Days
In March we kick-off our 2nd Annual Dolphin Days! Dolphin Days is our PTO-sponsored annual fundraising drive, mixing in exciting activities and incentives for the school kids that participate. Be on the look-out for more details! The success of our PTO relies on parents and teachers working together!

Yearbook Sales
Now is the time to order your child’s yearbook and “love note” to be included in the yearbook. Books can be purchased through our sponsor’s site, jostenyearbooks.com.

Nominations for the 2018-2019 PTO- Our Nominating Committee will soon be accepting applications for the 2018-2019 PTO Board. We would love to have you consider representing us next year! Please speak to a member of the board for more details, or email President@dickinsonpto.com

Mark Your Calendars
Feb. 5: PTO Meeting, 3 p.m.
Feb. 13: Spirit Night at Willie’s, 4 p.m.
March: Dolphin Days
March 9: Early Release
March 12-16: Spring Break
On The Fort Bend Scene

Garden Club of Richmond

1. Hostesses for the Garden Club of Richmond Sparkle, Shimmer & Shine Christmas luncheon were Joyce Steffee, Sandra Billingsley, Courtney Raska, Keely Knipling, Ruthie Herfort, and Deidre Doggett.

2. Participating in the holiday Garden Club of Richmond cheer at Veritas in Sugar Land were, from left, Donna Kay Tucker, Ruthanne Medford, Billie Wendt, Evalyn Moore, Rennie Knipling, Peggy Mathis, Debbie Fash, Carolyn Pope, Nancie Rain, Laura Hartman and Gay Young.

Hurricane Harvey Help

1. Jefferson County Open School students London Conner, Sierra Ventimiglia, Marielle Pulsinelli, Jodi Alishouse and Ty Harmes at St. John’s United Methodist Church in Richmond. The students are five out of 46 volunteers — six adults and 36 students — who traveled from Lakewood, Colorado to Richmond to help those in the greater Houston area affected by Hurricane Harvey. (Photo by Diana Nguyen)

2. Jefferson County Open School junior Sierra Ventimiglia, who was housed at the St. John’s United Methodist Church in Richmond to help those affected by Hurricane Harvey, cuts a borderline for a blanket.

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Candlelight Ball

1 Paula Plummer, Margaret McBride, Dawn Webb and Vicki Latham, share a laugh at the Fort Bend Museum’s Candlelight Ball. (Photo by Diana Nguyen)

2 Sheri Penton Lindsey plays classical Christmas songs on the piano at the Fort Bend Museum’s Candlelight Ball. (Photo by Diana Nguyen)

Snow Day!

From left, Lilly Vaughn, Seth Okere, Pierce Lathrop, Alex Delange, Nakia Darrough, Zola Manuel, Jessie Matta and Yeva Cherry — in Calvary Episcopal’s prekindergarten class — enjoy Fort Bend County’s rare snow day

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★ Member, St. John Fisher Church and volunteer
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Political advertisement paid for by the Woody McAndrew for Judge Campaign. Treasurer Richard Niemann
Cowboy Photos

1 Edmund Samora, with sons Esai and Sebastian, a kindergarten student and fifth-grader at Holy Rosary Catholic School, and A.J. Williams, enjoy each other’s company and the warm bonfire at The Black Cowboy Museum’s “Cowboy Christmas” event held at the First United Methodist Church in Rosenberg. (Photo by Diana Nguyen)

2 Lone Star Stampede members Jody Carroll, of Fairchilds Carroll Stables; Rose Rathburn, a George Ranch High School AP English teacher; and Boys Scout District Executive Monica Carroll ride through the “Cowboy Christmas” event at the First United Methodist Church in Rosenberg. (Photo by Diana Nguyen)

3 Harold Simmons sings while Jim Rinkey and Allen Lee play the saxophone and guitar to “Stand By Me” and various Christmas classics and country songs during “Cowboy Christmas.” (Photo by Diana Nguyen)

4 Martina Murphy sings “Neon Moon” at the “Cowboy Christmas” event. (Photo by Diana Nguyen)
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Despite the perception that heart disease is a man’s disease, it’s the No. 1 killer of women, according to the American Heart Association. Millions of women die of heart disease every year, yet many are unaware of their risk for the condition. Women often put off taking care of their health—and this inaction can put an extra burden on their hearts.

One form of heart disease, a heart attack, can strike suddenly and with no advance warning. Just like men, women often experience the crushing chest pain and discomfort typically associated with a heart attack. However, women are somewhat more likely than men to experience other common heart attack symptoms and often ignore them.

“A misunderstanding of gender-related heart attack symptoms could cause women to delay getting care because they aren’t sure if they’re having a heart attack, panic attack or indigestion,” said Kesavan Shan, MD, a board-certified cardiologist with Houston Methodist Cardiology Associates.

“It’s key to learn and watch for signs that something may be wrong — and if you’re ever in doubt, don’t hesitate to seek prompt medical care.”

How A Woman’s Heart Attack May Feel
You may already be familiar with classic heart attack symptoms for men, such as crushing chest pain that radiates down the left arm associated with sweatiness, paleness and shortness of breath.

“Women are more likely than men to describe chest pain that is burning and sharp as well as experience extreme fatigue, pain in the neck, jaw, throat, abdomen or back,” Shan said.

“Breaking out in a cold sweat is also more common in women, as is lightheadedness,” Shan explained.

Risk Factors Offer Clues
Managing your risk factors for cardiovascular disease is only possible if you know what they are, and routine screening tests can reveal the answers. At your next checkup, ask your doctor to assess your weight and BMI (body mass index), waist circumference, blood pressure, cholesterol and fasting blood glucose level.

“These tests offer important clues to cardiovascular health as well as your overall health,” Shan said.

Heart Attack Not Sole Setback
With all the focus on heart attacks, some aren’t aware that cardiovascular disease can take many forms. Other heart problems include heart failure, in which the heart isn’t pumping as efficiently as it should; arrhythmia, a too-slow or too-fast heartbeat that can affect its ability to meet the body’s needs; and heart valve problems, which can impede proper blood flow through the heart.

Nearly all of these conditions are easily detectable with routine medical checkups,” Shan said. “It’s yet another reason why establishing an ongoing relationship with a primary care physician is so critical to your heart health.”

Menopause Is Too Late To Prepare
Women with heart disease risk factors, such as high blood pressure, high cholesterol and a family history, shouldn’t wait until menopause to start a dialogue with their primary care physician about a prevention regimen to keep them healthy. A recent survey published in the Journal of the American College of Cardiology found that 74 percent of women in the United States had at least one heart disease risk factor, but only 16 percent told their doctor about it.

“Women have such a low prevalence of heart disease until menopause that often times, the topic is ignored until women are well into their 50s and 60s,” Shan said. “But those with risk factors need to be 10 years ahead of the game when it comes to prevention. Unfortunately, too many women already have heart disease by the time they’re tested.

To schedule an appointment with Kesavan Shan, MD, at Houston Methodist Cardiology Associates, call 713.776.9500. For the latest news, events and information visit our Facebook page at fb.com/methodistsugarland.

Heart Health Screenings
Schedule an appointment to learn your 10-year risk for heart disease and receive cholesterol and blood pressure screenings. Registration is required. Go to events.houstonmethodist.org/heart-si or call 281.274.7500 for more information and to register.
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Online Scheduling: houstonmethodist.org/appointments
## Valentine’s Day Word Search

| K | S | R | U | T | F | V | B | A | W | E | R | U | S | A | E | R | T | H | C |
| N | L | U | F | I | T | U | A | E | B | G | N | I | L | R | A | D | Y | M | S |
| L | E | B | Z | V | E | B | H | H | E | A | R | T | X | G | V | S | Z | E | A |
| G | F | Z | H | O | N | E | Y | Z | E | T | A | N | O | I | S | S | A | P | D |
| V | V | A | E | I | T | E | E | W | S | W | O | N | D | E | R | F | U | L | W |
| G | N | I | T | S | A | L | R | E | V | E | B | O | I | G | N | I | R | A | C |
| B | A | G | G | O | R | G | E | O | U | S | O | X | B | W | O | X | U | B | S |
| X | R | Y | G | T | L | A | N | O | I | T | I | D | N | O | C | N | U | W | E |
| G | M | M | M | K | I | A | O | R | D | E | H | S | I | R | E | H | C | N | Y |
| M | D | N | E | A | M | H | R | I | F | F | L | E | Z | Y | I | S | A | I | E |
| B | M | V | C | A | N | P | C | A | L | S | O | B | L | C | H | N | T | V | L |
| A | C | C | Z | V | V | C | T | G | A | G | R | I | B | R | U | X | O | L |
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| W | C | H | G | B | E | L | O | V | E | D | M | K | B | T | D | E | O | Z | A |
| T | K | K | I | S | S | B | K | E | N | C | H | A | N | T | I | N | G | M | D |
| G | Y | V | E | M | C | O | M | P | L | E | T | D | B | L | I | P | S | W |

### Words
- Adorable
- Amazing
- Babe
- Beautiful
- Beloved
- Best
- Caring
- Cherished
- Completed
- Crazy
- Darling
- Enchanting
- Everlasting
- Favorite
- Forever
- Gorgeous
- Handsome
- Heart
- Honey
- Hugs
- Kiss
- Lips
- Loving
- Lucky
- Partner
- Passionate
- Romance
- Sexy
- Sugar
- Sweetie
- Treasure
- Unconditional
- Valentine
- Wonderful

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.
The Houston Glass Show & Sale and The Best Little Antique Show in Texas

The dates for The Houston Glass Show & Sale will be Feb. 16, 17 and 18.

Friday night the show will open at 6 p.m. at the Fort Bend County Fairgrounds, 4310 Hwy 36 S in Rosenberg.

Everyone is welcome to attend the annual opening party from 6 - 9 p.m. Two buildings filled with top quality merchandise will be featured.

Building C is the glass show featuring glassware and pottery from 1880’s through the 1980’s including: American Brilliant Cut Glass, Early American Pressed Glass, Carnival Glass, Depression Glass, Fenton, Cambridge, Fostoria, Westmoreland, Imperial, Heisey and Blenko. The second building showcases the general line antique show with a variety of jewelry, silver, art glass, quilts and pottery.

The Houston Glass Show remains one of the best glass shows in the country.

The show was founded by members of the Gulf Coast Depression Glass Society in the mid 1970’s. Frances Bones found the facilities at the Fort Bend County Fairgrounds in 1982 and it has been the show’s home ever since.

For more information visit www.maxmillerantiques.com.

Show hours will be Friday 6-9 p.m. Saturday; 10 a.m. - 5 p.m.; and Sunday 10 a.m.-4 p.m. Friday admission is $15 and is good all three days. Admission on Saturday and Sunday is $6, good for both days.

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