



June 2018



SIENNALIST

Community At Your Fingertips

FROM
TANTRUMS TO
teachable
MOMENTS

CELEBRATE LIFE
LIBERTY
& LAUGHTER



*in*thisissue



The List

Top 10 Things To Do In June



Parent Life

From Tantrums to Teachable Moments



Alley on the Town

Celebrate Life, Liberty & Laughter - at Lawless Spirits & Kitchen



The Guide

The Stars at Night - Tips Summer Stargazing

Sienna List | info@siennialist.com | www.thelist.city | 281-201-5998

Events in our Community

June 15th from 7:30pm-9:30pm Sugar Land Town Square Plaza
Music in the Plaza - 15958 City Walk, 77479

Join other families in the Town Square Plaza for a night of live music performed by the Sugar Land Brass Company!

June 19th from 9am-10:30pm Rec & Tennis Center
Ladies Cardio Tennis - 2701 Cypress Point Dr, 77459

Get your lady friends together and head out to the Rec & Tennis Center for a morning of tennis!

June 21st from 5:30pm-8pm Rec & Tennis Center
Bingo Night - 2701 Cypress Point Dr, 77459

Another senior event, this night includes dinner and prizes alongside several rounds of Bingo!

June 25th from 1-5pm Rec & Tennis Center
Princess Dance Camp - 2701 Cypress Point Dr, 77459

Get your little dancer into her best princess attire for a day of crafts, dancing and a showcase performance

Sienna List was developed with the residents of Missouri City in mind. We offer free services for our members; a platform where members can find jobs, business recommendations, events, and more with the click of a button.

It's easy to become a member of Sienna List:

- 1 - Visit www.thelist.city
- 2 - Create a user name and password for your login.
- 3 - Click the Submit button.



Visit TheList.city Now

RIDGE POINT HS TRIPLETS WIN STATE TITLE, QUALIFY FOR NATIONAL AND WORLD

ROBOTICS CHAMPIONSHIPS

Connor, Tim, and Haley White of Missouri City, represented the Great State of Texas recently at the US Create VEX National Robotics Championship in Iowa, and they represented TX and the USA at the VEX World Championship in Kentucky. Following a stellar season of winning the South TX regional tournament in Galveston; "Best Robot Design" at the TX State Championship; and placing 2nd in their division at the TX State Championship tournament.

This is the 3rd consecutive year Connor won the Texas State Championship in the category of "Best Design." For this award, he placed 1st of the top 70 teams in the state. Most teams have at least 12 members, with multiple robots, coached by a teacher/engineer, and are sponsored by their school or district. However, in a true "David and Goliath" scenario, Team 1814 Delta competes with one robot built and operated by a set of triplets, working from their home garage.

When Connor and his siblings transferred to a high school that did not have a VEX robotics program, Connor was not discouraged; instead, he created an independent team, 1814D (nickname "Delta"), and continued his stellar trek. As an "Independent," limited funds and space, Connor built his robot in his family's home garage and practiced in their dining room and hallway. When possible, he traveled to schools in Houston and Texas City to practice on their fields. Meanwhile, Connor's Dad, Tim, along with his siblings, Tim and Haley, joined the effort.

Last year, while attending Westbury Christian School, Connor (along with WCS Team Delta) placed 6th with his alliance in his division at Nationals, and 8th in his

division at the World Championship. The finals of that tournament were broadcast on CBS Sports.

Team Delta needs sponsors now, to help fund transportation, entry fees and equipment at the National and World Championships. Please contact Tim White to support these future STEAM leaders!



Captain: Connor White & Members: Tim White II & Haley White
(all Sophomores, Ridge Point HS, Missouri City, TX)
Mentor/Coach: Tim White (not pictured)

SUMMER DAY CAMP

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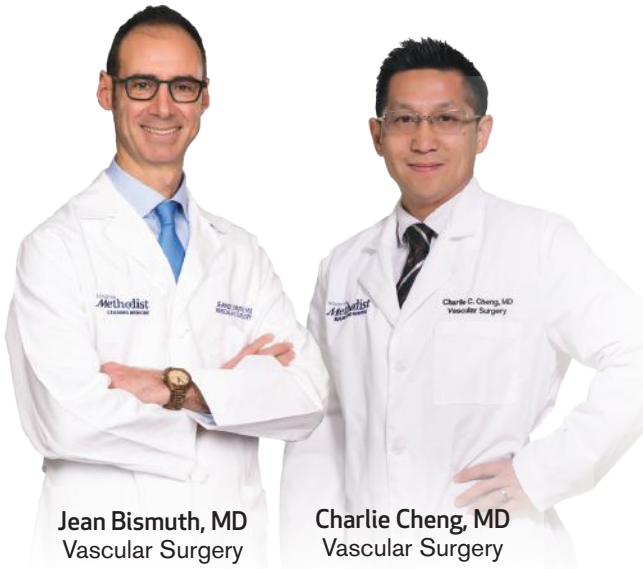
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MEAGHAN BARSAMIAN
CoFOUNDER - CEO - EDITOR

@MeaghanBarsamian

ALLEN BARSAMIAN
CoFOUNDER - ACCOUNT MANAGER

TOLU FALADE
PUBLICATION ASSISTANT

RACHEL WILLIAMS
GRAPHIC DESIGNER

CONTRIBUTORS:

JASON LUTHOR
COLUMNIST

ALLEY LETO
COLUMNIST
 @LifeOfAlley

ALISA MURRAY
COLUMNIST
 @AlisaMurray

JUNE 8th

OCEAN'S 8

Debbie Ocean gathers a crew to attempt an impossible heist at New York City's yearly Met Gala.

Sandra Bullock (*The Blind Side*) stars in the title role, alongside Cate Blanchett (*Carol*), Anne Hathaway (*Les Misérables*), Richard Armitage (*the Hobbit Trilogy*), Mindy Kaling (*The Mindy Project*); Awkwafina (*Neighbors 2: Sorority Rising*); Sarah Paulson (*American Crime Story*), James Corden (*Into the Woods*), with Rihanna (*This is the End*) and Helena Bonham Carter (*The King's Speech*).



THE INCREDIBLES 2

Everyone's favorite family of superheroes is back in "Incredibles 2" – but this time Helen (voice of Holly Hunter) is in the spotlight, leaving Bob (voice of Craig T. Nelson) at home with Violet (voice of Sarah Vowell) and Dash (voice of Huck Milner) to navigate the day-to-day heroics of "normal" life. It's a tough transition for everyone, made tougher by the fact that the family is still unaware of baby Jack-Jack's emerging superpowers. When a new villain hatches a brilliant and dangerous plot, the family and Frozone (voice of Samuel L. Jackson) must find a way to work together again—which is easier said than done, even when they're all Incredible.

JUNE 15th

JUNE 22nd

JURASSIC WORLD - FALLEN KINGDOM

Three years after the destruction of the Jurassic World theme park, Owen Grady and Claire Dearing return to the island of Isla Nublar to save the remaining dinosaurs from a volcano that's about to erupt. They soon encounter terrifying new breeds of gigantic dinos while uncovering a conspiracy that threatens the entire planet.



ANT-MAN AND THE WASP

Scott Lang is grappling with the consequences of his choices as both a superhero and a father. Approached by Hope van Dyne and Dr. Hank Pym, Lang must once again don the Ant-Man suit and fight alongside the Wasp. The urgent mission soon leads to secret revelations from the past as the dynamic duo finds itself in an epic battle against a powerful new enemy

JULY 6th

JULY 13th

HOTEL TRANSYLVANIA 3 - SUMMER VACATION

Mavis surprises Dracula with a family voyage on a luxury Monster Cruise Ship so he can take a vacation from providing everyone else's vacation at the hotel. The rest of Drac's Pack cannot resist going along, and once they leave port, romance zings Drac when he meets the mysterious ship captain, Ericka. Now it's Mavis' turn to play the overprotective parent, keeping her dad and Ericka apart. Little do they know that his "too good to be true" love interest is actually a descendant of Van Helsing, arch nemesis to Dracula and all monsters!





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10 *top*

THINGS TO DO IN

the list

JUNE 2018



Alisa
By ALISA MURRAY
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NATIONALLY RECOGNIZED
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WINNING COLUMNIST.

1. TAKE AN AFTERNOON AND GO BERRY PICKING AND THEN COME HOME AND MAKE HOMEMADE PRESERVES. IT'S SO MUCH FUN TO COMBINE UNIQUE HERBS AND BERRIES TO CREATE ORIGINAL RECIPES THAT WILL BECOME FAMILY FAVORITES! MY FAMILY LOVES MY LEMON BLUEBERRY THYME AND MY JALAPEÑO RASPBERRY JAMS.



2. TAKE A DAY OR TWO TRIP TO THE HILL COUNTRY AND SPEND TIME IN THE SUNSHINE OR MAYBE RENT A CANOE AND SLOWLY PUT DOWN ONE OF OUR OVER 200,000 MILES OF TEXAS RIVERS AND STREAMS.

3. ON MY NIGHT SIDE TABLE IS "THE SECRET OF THE AGES" MASTER CODE TO ABUNDANCE AND ACHIEVEMENT BY ROBERT COLLIER, "FIELD GUIDE TO HAPPINESS" BY BARBARA ANN KIPFER AND VOLUME 19, NUMBER 3 "TIN HOUSE."

4. START GATHERING EGG SHELLS, AND ALL YOUR ORGANIC BY PRODUCTS MAKING A COMPOST FOR YOUR GARDEN. IT DOES MAKE A DIFFERENCE IN HOW WELL THE PLANTS AND VEGETABLES GROW WHILE ALSO STAYING FAITHFUL TO MINIMIZING YOUR ECOLOGICAL FOOT PRINT.

5. VOLUNTEER TO HELP AT EITHER A NURSING HOME OR WITH A YOUTH ORGANIZATION WITH THE CHILDREN OVER THIS MONTH. TO FIND A LIST OF PLACES AND PEOPLE THAT NEED YOUR TIME AND CONCERN CHECK OUT YOUR CHURCH, THE YMCA OR LOCAL BUSINESSES THAT SERVE THE NEEDS OF PEOPLE IN OUR COMMUNITY.

6. THROW A JULY 4TH POOL PARTY FOR A FEW FRIENDS. SERVE MY WHITE CHOCOLATE AND BLUEBERRY LASAGNE WITH A PLATE OF FRESH STRAWBERRIES AND ENJOY A RED WHITE AND BLUE PERFECT PATRIOTIC PLATE FOR YOU AND YOUR GUESTS!

AUNTIE A'S WHITE CHOCOLATE BLUEBERRY LASAGNE

1 cup Blueberries
2 oz. Fresh Blueberries
2 3/4 cup Cool Whip
1 cup Powdered sugar
1 White chocolate bar to make the curls
36 Golden Oreo cookies
14 tbsp Butter, unsalted
8 oz Cream cheese
3 cups cold Milk
2 3.9 ounce packages White Chocolate instant pudding

- First grind the Oreo cookies with the filling to get fine crumbs.
- Combine Oreo crumbs with 6 tablespoons melted butter and stir until moist. Press the mixture into the bottom of 9x 13-inch dish. Set in the fridge to firm while making the filling. In a bowl mix, together cream cheese, 1/2 cup softened butter and powdered sugar and beat well. Mix in 1/4 cup Cool Whip. Fold in fresh blueberries. Spread the mixture over the crust. In a medium bowl combine white chocolate instant pudding with 3 cups cold milk. Whisk for a few minutes until the pudding starts to thicken and mix in blueberries. Spread over cream cheese layer. Set in the fridge to firm. Spread 1 1/2 cups Cool Whip and Top with white chocolate curls or shavings or sprinkle white chocolate chips.
- Refrigerate at least 3-4 hours before serving



7. THERE ARE SEVERAL WONDERFUL EDUCATIONAL PROGRAMS AND EXHIBITIONS AT THE MUSEUM OF FINE ARTS THIS SUMMER. TAKE THE TIME TO REGISTER FOR AN ART CLASS OR JUST SPEND THE DAY HANGING AROUND WITH YOUR SKETCH BOOK AND LEARN FROM THE MASTERS.

8. SPRUCE UP YOUR HOME OFFICE WITH A NEW MAKEOVER. PAINT A WALL WITH A BRIGHT COLOR SUCH AS A GREEN OR HOT PINK

AND ACCESSORIZE WITH METALLIC DESK SUPPLIES. YOU'LL BE SURPRISED AT HOW SOMETHING SO SIMPLE CAN MAKE A SPACE SO FRESH!

9. PLAN A VACATION. THERE'S A NEW SPACE THAT I HAVE BEEN SENDING MY PEEPS TO THAT HAS THOSE CUTE LITTLE BUNGALOWS OUT OVER THE WATER. IT USED TO BE THAT WE HAD TO FLY TO FIJI AND SPEND 20K TO GO EXPERIENCE THAT TYPE OF LUXURY, BUT NOW I HAVE FOUND THEM MORE AFFORDABLE IN BEAUTIFUL MEXICO.

10. TRY TO REMEMBER TO HAVE A FAMILY MEAL AT LEAST A FEW DAYS A WEEK WHERE EVERYONE ATTENDS AND ALL ELECTRONICS ARE LEFT IN THAT BASKET IN THE DEN. TIME TOGETHER SHOULD BE SPECIAL SO MAKE THAT DINNER TIME COUNT!



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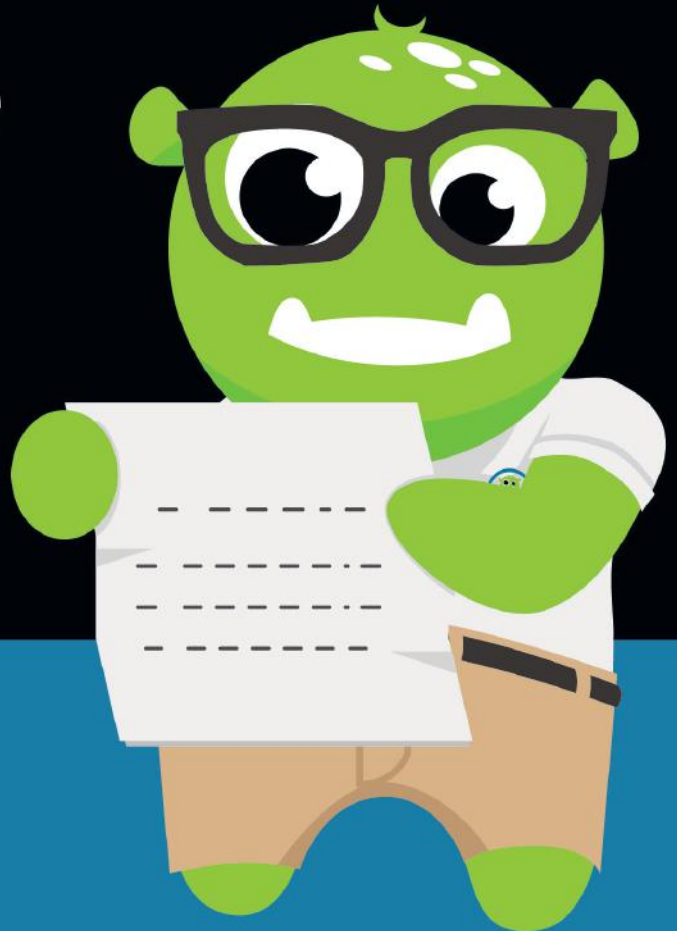
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FROM TANTRUMS TO teachable MOMENTS

By Lindsay Asawa, Ph.D.

CHILDREN MISBEHAVE. IT'S WHAT THEY DO.

A major part of their development involves trial-and-error behavioral experiments designed to learn about the world around them. When they knock over a cup of milk right after you warned them to be careful, they are watching and waiting for your response. When they yell "No" in response to your instructions, they are testing the limits of what behaviors are allowed. Children also misbehave for a number of other reasons – they may be expressing their temperament and personality, communicating unmet needs, trying to cope with difficult emotions, seeking your attention, and even exhibiting chemical or neurological differences. We have to enter parenthood knowing that our children will misbehave from time to time (or ALL the time). We can prepare ourselves with strategies to turn those bad behaviors into teachable moments. "The sign of great parenting is not the child's behavior. The sign of truly great parenting is the parent's behavior" (Andy Smithson).

KEEP IN MIND THAT EVERY CHILD IS DIFFERENT AND PARENTING CAN BE VERY MUCH A TRIAL-AND-ERROR PROCESS AS WELL.

HOWEVER, THERE ARE A FEW GENERAL TIPS THAT ARE HELPFUL MUCH OF THE TIME:

1) Stay Calm

Easier said than done, right? Our child's bad behavior can sometimes light a dormant volcano inside that we did not know existed. Every parent on earth gets angry and overreacts at times. The important point here is to try your best to manage your own emotions and keep them out of your response to your child. Bad behavior feeds on strong emotions. The more calmly and matter-of-factly you can respond, the easier it will be to de-escalate your child and create a teachable moment. If you are struggling with this step, it might be beneficial to seek help coping with your own emotions. Not only will this help you to respond more appropriately to your child, but also to model and teach good coping skills for them.

2) Clarify the Rules

It is never fair to punish someone for breaking a rule that was never explained. As adults, the rules may be obvious to us. However, you would be surprised how often children misunderstand or have no awareness of the rules. Make sure the rules are as clear as possible. Hang a list of rules in your home and discuss what they mean and why they exist. Help them make the connection between their behavior and the specific rule that was broken.

3) Use Warnings

Children (and even teens) have an undeveloped brain that causes impulsivity. They act without thinking. It is so important to give a warning before using discipline, particularly for younger children or those with neurological differences who are more impulsive than their peers. Give them a chance to think about the behavior and correct it. This teaches responsibility and makes them aware that they always have choices, but those choices may have consequences.

4) Keep It Brief

Lengthy explanations and lectures will often go unheard. This is both related to your child's short attention span (some shorter than others) and their brain's difficulty processing information when emotions have taken over. To make matters worse, these long-winded responses will often be perceived as attention and may backfire by reinforcing the bad behaviors. It is always best to keep your response brief and to the point. Let them know that their behavior was not acceptable or a rule has been broken, remind them of the consequence, wait for the emotional storm to pass, and save discussions for a time when they are calm and ready to learn.

5) Use Selective Attention

If your child is doing something attention-seeking that is not harmful, this can be a helpful strategy. Actively ignore the behavior and let others around you know what you are doing. Give extra attention to others in the room who are behaving appropriately. When your child decides to stop for a moment or takes a step in

the right direction, immediately give your attention back and shower it on!

6) Teach Problem-Solving

When emotions are calm and your child is ready to listen, have a conversation about what went wrong. Identify the problem, a few other choices they could have made, possible outcomes, and determine a plan for next time. It can even be helpful to role-play the new choice. Watch carefully for times when your child makes a better choice and give them all the attention they deserve!

7) Discipline Strategically

We all know that discipline is necessary but be sure to use it wisely. When this is your only parenting tool, you will find it to be disappointing in the end. Children care more about punishments and discipline when they have a strong foundation of praise, encouragement, support, and respect. The negative strategies do not work without the positive strategies.

8) Discipline Effectively

When possible, choose consequences that fit the crime. If your child ignores your instructions to stop throwing balls in the house and eventually breaks a vase, he can help clean up the mess and use allowance money for repayment. Other helpful discipline ideas may include Time Out from attention, Time Out from a specific toy, extra chores, losing privileges, grounding, early bedtime, sitting out from an activity, and rehearsing a better choice as many times as needed.



Lindsay Asawa, Ph.D. is a licensed clinical psychologist and co-owner of Missouri City Family Counseling in Sienna Plantation. She provides consultation and evaluations for all ages, parenting workshops, and business and school presentations. Dr. Asawa can be reached at (832) 844-5576 or drilindsayasawa@gmail.com.



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Pondering Pregnancy

MAKE SURE YOUR BODY IS READY FOR BABY



Brandi Compton-Joseph, M.D., OB-GYN

Making sure your body is ready to support a healthy pregnancy is an essential part of pregnancy planning.

"Addressing modifiable risks and making dietary changes can have a measurable benefit for mom and baby," said Brandi Compton-Joseph, M.D., obstetrician-gynecologist (OB-GYN) with Houston Methodist Sugar Land Hospital. "The benefit is not just for the first baby, but for all subsequent babies, too. Putting the effort in up front can mean an important pay-off in your children's health."

SO IS YOUR BODY BABY-READY?

Answer these questions to find out!

Do you smoke?

"The number one change a woman should make before she gets pregnant is to stop smoking," Compton-Joseph said. "Smoking can cause low birth weight and premature birth. Your baby is also at greater risk for asthma and ear infections if smoking occurs in the home."

Are you taking folic acid?

Inadequate folic acid intake is linked to spina bifida and other birth defects, many of which occur before a woman even knows she's pregnant. "Before you start trying to get pregnant, take folic acid to build up a reserve," Compton-Joseph said. She recommends taking 0.4 milligrams of folic acid or 4.0 milligrams if you have a family history of spina bifida. Taking

a prenatal vitamin ensures that you're getting optimal nutrition, and it will meet the folic acid needs for most women.

Do you exercise regularly?

Developing the habit of regular exercise before pregnancy makes it more likely you'll continue to exercise during and after your pregnancy. "Exercise can help



to not only get you back to your previous weight after delivery but, more importantly, decrease your risk of gestational diabetes, hypertension, aches and pains caused by the pregnancy along with postpartum depression," Compton-Joseph said.

If you have a chronic medical condition, is it under control?

Seizure disorders, diabetes, high blood pressure and asthma are examples of chronic conditions that may impact your pregnancy. "Often the medications for chronic conditions can impact the fetus, so it's a good



PONDERING PREGNANCY SEMINAR



THURSDAY JUNE 21ST @ 6PM

If getting pregnant is a matter you are seriously considering, don't miss our expert panel discussion about your preparation for a healthy pregnancy. June 21st at Houston Methodist Sugar Land Hospital's Brazos Pavilion Conference Center.

For more information or to register, visit events.houstonmethodist.org/pondering-sl, or call **281.274.7500**.

Registration is required.

idea to work with your doctor to create a plan," Compton-Joseph said. A preconception consultation with your OB-GYN can help you determine how to best handle chronic conditions during pregnancy. <https://www.xtend-life.com/blogs/supplement-ingredients/folic-acid>

For more information on the **Houston Methodist Childbirth Center** at Sugar Land, visit houstonmethodist.org/childbirth-sl or call **281.274.7500** to find a doctor in your area.

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



CELEBRATE **life** LIBERTY & *laughter* AT LAWLESS SPIRITS & KITCHEN

Hey Sweet Friends!

Super glad you decided to stop by to read this edition of, Alley on the Town.

This month, I will be taking you to a fun place called, Lawless Spirits and Kitchen. It's located inside the Rice Building in

Houston, TX. If you have never been inside the Rice building, it's one of the prettiest and oldest buildings in Houston.

Lots of gorgeous details and tons of history.

Lawless, attracts many young professionals looking to enjoy a

more refined happy hour scene, a good night out with friends or a romantic date night.

Making it a great place for this month's feature.

Often times, my husband and I, feel limited on where to go since we want it to be fun without feeling like we are hanging out at "club". Do you ever feel that way too?

Lawless is definitely the place to try. It's youthful energy yet professional scene make it a nice combination for married couples looking to have good night out.

Lawless also combines several of my favorite date night elements- great food, beautiful interior, entertainment and a rooftop patio.

The restaurant is located on the 2nd floor. They offer valet parking or you can park in the



parking lot, literally, right across the street from restaurant's front door. When you walk up the flight of stairs to get to the restaurant it feels like you are being transported to this



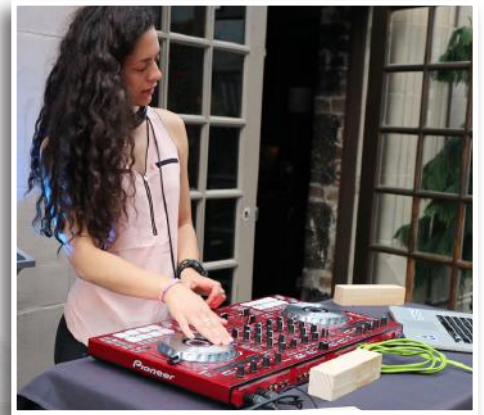
private exclusive venue. The decor is impressive. Dark and masculine. With touches of femininity sprinkled throughout. With large windows that are also noteworthy.

As far as seating goes- there are areas where you can mingle or if you are looking to be more secluded, there are more private areas.

We sat at the bar and ordered two drinks. We chatted with the staff and everyone was so friendly and helpful.

We then walked out the gorgeous double doors and sat at table overlooking the street below on the rooftop patio. It was such a beautiful night out. I know I have mentioned it before but there is something magical about dining outdoors.

There was a DJ there that night who played a mix of new and old music. Adding the perfect addition to our date night. Rather than order full meals, we decided to order foods that we could share while we chatted, enjoyed the music and had a couple of drinks. We ordered the charcuterie board, brisket pot stickers and a flatbread special that night. Our food selection was fresh, yummy and all the sauces were made on site. All of it was delicious, but my favorite was the brisket pot stickers!!



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Also, for those that have read this far, I'm giving you a heads up about an AMAZING giveaway I will be sharing next month!! It's going to be a good one!! (Hint, it's with a new hotel in HOUSTON!!)

Since, I have been sharing all about great date nights thought it was time to give back to all those that have been reading along. If you are looking for a good date night this will be right up your alley!!!



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SOME THINGS CAN **improve** WITH AGE

By Sara Adams

That's what Beverly Falcon found out when she went to see Dr. Steve Harris for her neck and shoulder pain this past October. Beverly had been feeling crummy for a few months. Her neck and shoulders hurt, she had knee pain. She says, "I just felt terrible all over, and then all of a sudden I remembered Dr. Harris. The last time I felt this terrible I saw Dr. Harris and I got a lot better." That was twelve years ago.



A lot can happen in twelve years, and Beverly was pleased to find out that even though Dr. Harris was still the kind, thoughtful, professional chiropractor she knew in the past, he had continued to learn and grow as technology and information changed in his field. He has even more to offer now than he did twelve years ago. In addition to Beverly's pain in her neck and shoulders dropping from a level 10 to a 1, she also experienced some unexpected benefits from her decompression therapy. Beverly

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has had a problem with ringing in her ears for longer than she can remember. She noticed that after

working with Dr. Harris, the ringing is not as intense as it used to be. Beverly had an even bigger surprise after one session when her right knee, which she had been unable to straighten out since knee surgery 10 years ago, just popped and became unlocked. She can now fully extend her right leg.

"Before I saw Dr. Harris, I felt like I was getting old. Now I feel like a new person. I can move so much better. I just feel good all over. This time I won't wait twelve years to go back, I plan on seeing Dr. Harris once a month for maintenance." Beverly's improvement was so obvious, even her husband Ken started seeing Dr. Harris.

Dr. Steve Harris offers a wide variety of chiropractic care modalities and associated therapies to help people with chronic pain or to help improve their overall musculoskeletal function and health. Dr. Harris opened Sugar Land Health Center in 1982, and recently celebrated his 41st anniversary in his chiropractic practice. Known for incorporating new technology and techniques that complement his safe and holistic approach, Dr. Harris offers chiropractic care, pain relief, spinal decompression, rehabilitation and so much more. If your body is not improving with age, let Dr. Steve Harris of Sugar Land Health Center see what he can do for you!

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HELP YOUR STUDENT **A⁺CHIEVE** this *summer*

Summer reading programs have been a feature of communities. Hosted by schools, libraries, and other organizations, these programs are designed to help students keep reading over the summertime. Over the course of the program, students get introduced to new books at the same time that they're sharpening their reading skills. These programs are also linked to increased student achievement.

During the year, students are introduced to lots of information from across many subjects. Science and history knowledge that students learn in their classes can easily be forgotten over the summer. When students read books that touch on these subjects, it helps students retain what they learned until the following school year. For all these reasons, summertime reading programs help students have a huge advantage during the following school year. For residents around Fort Bend

The Houston Museum of Natural Science has an innovative reading program known as the P.A.W.S. Reading Program. This program is especially good for young readers who lack confidence in their reading skills. Students are seated with specially trained therapy dogs who 'listen' as the students read stories out loud. This gives students a chance to read to a non-judgmental audience of furry friends. Kids can either bring one of their favorite books or choose one from the museum's collection.



“students who participate in summer reading programs demonstrated improved scores in tests of their reading skills”

According to research conducted over three years at Dominican University, students who participate in summer reading programs demonstrated improved scores in tests of their reading skills. These students' reading scores were significantly ahead of students who did not join the program. Plus, being a part of a reading program also helped students retain knowledge they might have otherwise lost.

County, there are plenty of summertime reading programs. Barnes and Noble runs a program that begins in May and extends through September. One of the best parts about this program is that kids can earn a free book after they've read a certain number of books. Texas-based grocery store H-E-B also hosts a yearly summer reading program, known as the H-E-Buddy Summer Reading Club. This program rewards students with prizes for filling out their reading log and showing that they read ten books.

Fort Bend County also hosts a summer reading program through its local libraries. The Fort Bend County Summer Reading Club is designed to encourage reading among children from infancy through school-age. The program is free and open to everyone regardless of where they live. All interested members have to do is register through a local Fort Bend County library. As kids read books, they can claim rewards up until September 1st. The program consists of three smaller programs targeted at young readers, middle school students, and high school aged participants. Offering a program to all age levels, the Fort Bend Summer Reading Club is one of the best of its kind around Sugar Land and Missouri City.

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THE STARS AT NIGHT



the guide

BY JASON LUTHOR

TIPS FOR YOUR SUMMER STARGAZING

With summer here, locals are taking to their favorite outdoor spots to fire up their grills and go camping. For anyone who wants to enjoy the outdoors while staying out of the sun, there's always stargazing. If you've never been, then there are a few tips to keep in mind, as well as a few great spots around Houston where you can look to the skies.

The first thing you'll want to do is pick your spot. Sticking too close to the city can make stargazing difficult. The light from nearby buildings washes out the light from the stars. If you want to find a good spot to go stargazing, consider some of the parks around town. Brazos Bend

State Park is only 30 minutes south of Sugar Land, and it boasts very clear skies at night. For anyone who wants to spend the night outdoors, it's one of the best choices for stargazing. However, any outdoor area away from the city will do in a pinch.

Once you've found your spot, you'll want to make your way to a high point. If there are any hills where you can go higher up, then try to make your way as high up as you can go. View of the stars get better the further up you are, which is why observatories are often built on top of mountains. It's also why, if you're stuck in the city but still want to stargaze, you'll do best if you go to



the top of a building.

If you've got a good spot planned out, then you'll want to check the local weather report before you head out. There's no use in going out to stargaze during rainy or cloudy weather, so make sure you've got a good day in mind when the skies will be clear. While you're at it, you'll also want to see if there are any interesting astronomical events that are about to happen. Meteor showers can be an especially fun time to head out to go stargazing.

With your time and location planned out, it's time to pack up your equipment. Binoculars are common stargazing gear and are often more affordable than a telescope. Still, if you want to really make a night of it, then you will want to invest in a telescope. They're the tool of choice for stargazers and really help increase how clearly you can see the skies.

Besides your technical equipment though, you'll also want to take along some basics that will help improve your comfort, like chairs and even charging equipment for your phone and other devices. Also, make sure to dress for the occasion. If it's going to be cold, make sure to bundle up, and remember to bring bottles of water to stay hydrated. Finally, invest in some star charts. These guides can help you spot constellations that are commonly found in Texas. By following these tips, you'll have an amazing first night of stargazing.

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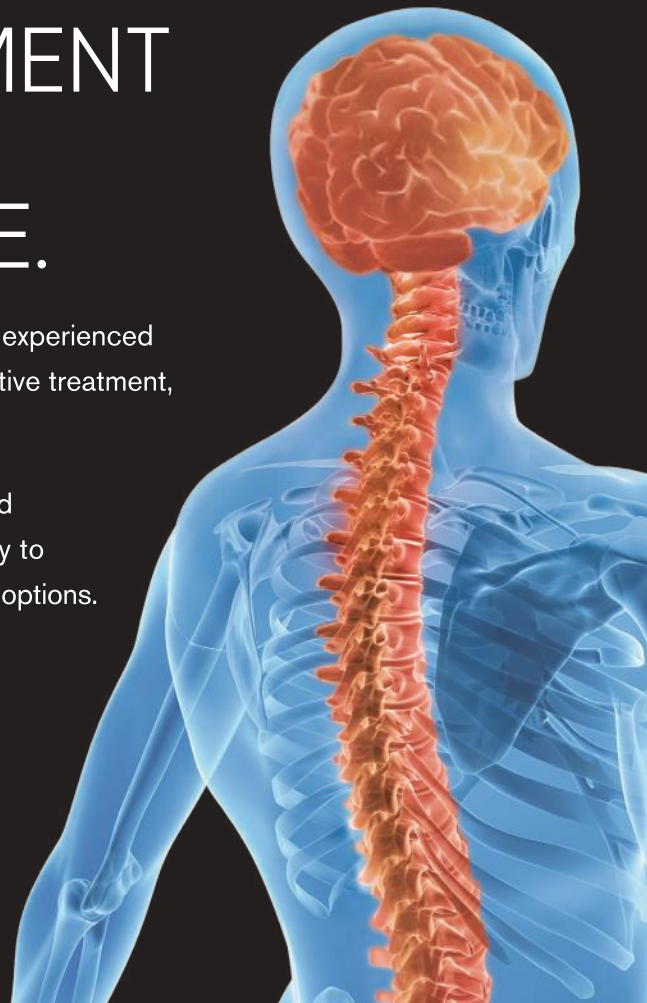
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