



The Calm Before The Storm

Sugar Land Families Prepare for Hurricane Season

WRITTEN BY LEE BUTLER

Keith Monahan offers some tips on ways to be prepared before a hurricane approaches our area

The 2008 hurricane season is upon us. And, as usual, not knowing what to expect, it's important for Sugar Land residents to be prepared for the worst. Do you know what to have on hand for a prolonged "stay at home" period? Do you know the various routes out of the area from your home? Do you know the locations of emergency shelters nearest to where you live or work? These are just a few of the questions you'll need answers to, and every family member should be aware of them.

Sugar Land's Storm Plan

The Emergency Management of the City of Sugar Land has been working on contingency plans for a long time and has some suggestions they hope area residents will adopt – for their own safety as well as the safety of others. "We have a preparedness document for our residents," said Pat Hughes, Coordinator of the Office of Emergency Management. "It's available online at sugarlandtx.gov. Hard copies are available at City Hall or the fire department," he explains.

Sugar Land has acquired a state-of-the-art emergency notification system that in minutes can quickly communicate with thousands of citizens by residential, business, or cell phone, as well as e-mail, text message, or devices for the hearing and speech impaired. The system allows citizens to register unlisted numbers and emails for these emergency notifications through the city's website.



HEALTHY SUGAR LAND FAMILIES



Flood insurance is relatively inexpensive and a good idea for home owners

Hughes says that Sugar Land is mainly what is called a “pass through” area, where people evacuating other sections of the Gulf Coast are driving through to get to shelters or safer areas. “The best thing our people can do,” comments Hughes, “is to stay off the streets and highways in and around Sugar Land unless it’s absolutely mandatory.”

Heeding the Warnings

According to Hughes, officials on both state and local levels have learned a lot from past storms, especially Hurricane Rita. “We’ve

put to good use what we’ve learned, and as a result, all of the area should see reduced loss of life and property.”

Sugar Land resident Keith Monahan, also the Chief Meteorologist of Channel 39 News at Nine in Houston, thinks that while the dangers of a severe hurricane in and around the Sugar Land area are minimal, families should be prepared. Remember, a strong hurricane can cut off virtually all communication. Both cell phones and residential phones can be useless. Anything requiring electrical power can be of no value. Battery-operated radios will be a necessity, along with an adequate supply of proper sized batteries.

“During Hurricane Rita, a popular saying was ‘run from the water, hide from the wind.’ This still holds true,” Monahan says. “Only those living in storm surge potential areas near the Gulf Coast and Bays need evacuate. Others should seek shelter during the storm in their homes, if they are substantial and not mobile or manufactured, or some other sturdy structure. Essentially, those who remain in their homes should protect themselves as if a tornado was expected for the duration of the most intense part of the storm.”

Monahan adds, “When a hurricane is in the Gulf and may threaten Southeast Texas, keep your gas tank full.” He also suggests buying flood insurance before hurricane season. The meteorologist says that flood insurance is generally inexpensive for Sugar Land and can save you heartache and thousands of dollars in losses. Monahan suggests to video tape the interior and exterior of your home, making a copy and keeping the other copies in separate and secure locations. Be sure to make copies of all your important

Many evacuation routes were set up after Hurricane Rita



2008 Atlantic Hurricanes

The purpose of naming storms is for identification during the hurricane season. The names of particularly strong and destructive storms are retired to avoid confusion in future years with storms having the same name.

Arthur	Hanna	Omar
Bertha	Ike	Paloma
Cristobal	Josephine	Rene
Dolly	Kyle	Sally
Edouard	Laura	Teddy
Fay	Marco	Vicky
Gustav	Nana	Wilfred

If all 21 names are assigned before the season ends and additional names are needed, the Greek Alphabet will be used - Alpha, Beta, Gamma, Delta, Epsilon, Zeta, Eta, Theta, Iota, Kappa, Lambda.

Courtesy of stormfax.com



Hillcroft Medical Clinic Association

MULTI SPECIALTY PRACTICE

Family Practice

Patricia Q. Lincoln, MD
 Jianzhang Xu, MD
 Lillian Chan, MD

Internal Medicine

Olivia M. Bannan, MD
 David Rothschild, MD



Cardiology
 Gastroenterology
 Pulmonary
 Sleep Center
 Endocrinology
 Rheumatology
 Neurology
 Podiatry
 Hematology-Oncology
 Ophthalmology
 Pain Management



Located in front of Life Time Fitness.

**Clinics abound,
 but few can boast
 the range of services
 available at HMC.**

713.781.4600

www.HillcroftMed.com

1429 Hwy 6 South, Sugar Land, 77478



© 2008 Sugar Land Magazine

documents, such as passports, birth certificates, marriage licenses, titles, deeds, etc., and keep them in a secure location, too.

Monahan says that inland flooding is a huge danger for Southeast Texas before, during, and after a hurricane hits. He says that even what seems like a minor tropical cyclone can lead to incredible flooding, as was the case with Allison. He reminds us that Allison was the only tropical storm name retired without ever having been a hurricane because of its devastating impact on Southeast Texas.

A Busy Season Ahead

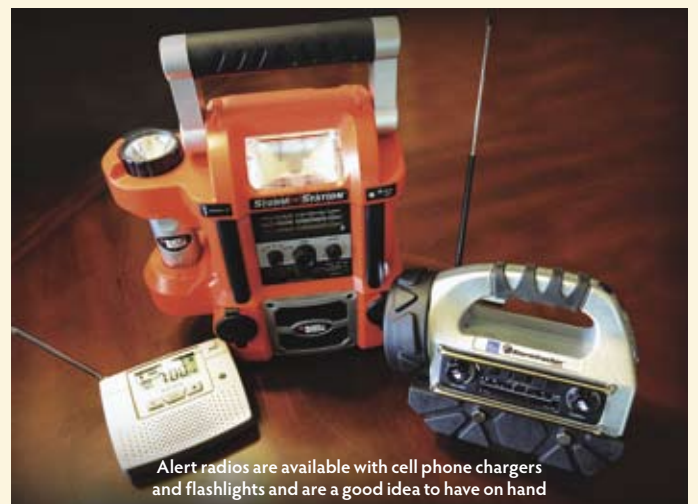
Nationwide, weather forecasters are predicting a very busy 2008 hurricane season, with tropical storms, the usual forerunners of hurricanes, already forming.

According to officials with the National Oceanic and Atmospheric Administration, more than a dozen named storms will probably form in the Atlantic basin, including as many as nine hurricanes during the hurricane season, which began on June 1 and will end on November 30. It's from the Atlantic basin where hurricanes that affect the Gulf Coast derive.

According to the Federal Emergency Management Agency (FEMA), there are five categories of hurricanes. They range from category 1 with winds of 74 to 95 miles per hour, to category 5, with winds in excess of 155 miles per hour – the most catastrophic.

Texas has, in fairly recent years, seen two major level hurricanes – Carla in 1961, a category 4-storm with winds in excess of 130 miles per hour, and Rita, a category 3- hurricane in 2005, with winds between 111 and 130 miles per hour.

FEMA also has some suggestions as to supplies to keep on hand, just in case. Very important: a portable, battery-powered radio



Alert radios are available with cell phone chargers and flashlights and are a good idea to have on hand

with extra batteries. Also, flashlights with extra batteries, a first-aid kit, matches or butane lighters, personal identification for each member of the family or household including medical information. Canned food, or other non-perishable food items with plastic knives, spoons, and forks; manual can opener, and as much bottled water as you have room to carry.

All of the experts contacted by Sugar Land Magazine were unanimous about one thing: Be prepared and expect the worst. **SLM**

LEE BUTLER was a news reporter in print and on radio and television for over 25 years, mainly in Texas. He is the father of five sons and a veteran of the United States Marine Corps.

Are You Hurricane Ready?

Don't forget to stock up on these necessities.

- ✓ Non-perishable food
- ✓ Water (one gallon per person per day)
- ✓ Cash (remember that ATMs may be unavailable)
- ✓ Prescription medications and copies of prescriptions
- ✓ Special medical items, such as eyeglasses and hearing aids
- ✓ Toilet paper and other personal hygiene products
- ✓ Photo identification
- ✓ Copies of important documents and records, information to process insurance claims. (Keep in a waterproof container.)
- ✓ Battery-operated radio, flashlight, batteries, NOAA weather radio
- ✓ First-aid kit
- ✓ Road maps
- ✓ List of phone numbers of family and friends
- ✓ Pet supplies
- ✓ Blankets, pillows, sleeping bags
- ✓ If you have a baby, include formula, diapers, bottles, powdered milk, medications, baby wipes, and diaper rash ointment.



Stocked first aid kit and a battery operated room light

If you have a disability or have special healthcare needs, you may require additional items.

Courtesy of texasonline.com

Spine specialists... Changing lives



The Spinal Diagnostic and Treatment Center is a comprehensive spinal pain facility conveniently located within Texas Orthopedic Hospital. Our world renowned staff of spine specialists are experienced in diagnosing and treating spine problems and the pain they cause. No other facility in Greater Houston — and few throughout the country — can offer everything under one roof.

Call 713.45.SPINE (713.45.77463)

We accept most major medical insurance, including workers compensation.

Spinal Diagnostic and Treatment Center
Located in

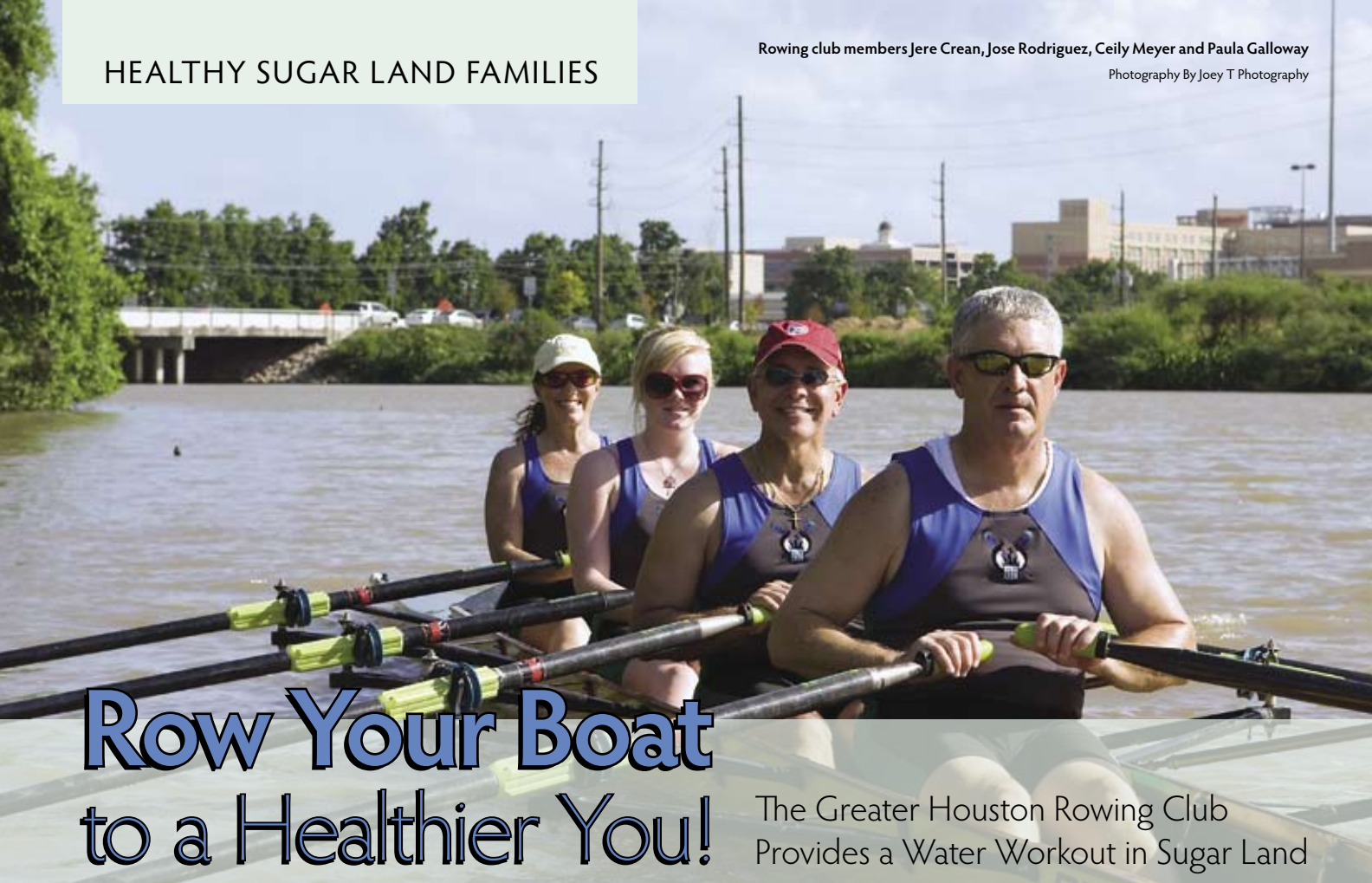


Texas Orthopedic Hospital

7401 South Main Street
Houston, TX 77030
Main Number (713) 799-8600

Fondren Orthopedic Group, L.L.P.

www.texasorthopedic.com • www.fondren.com



Row Your Boat to a Healthier You!

The Greater Houston Rowing Club Provides a Water Workout in Sugar Land

WRITTEN BY CHRISTY RICHARDSON COLLINS

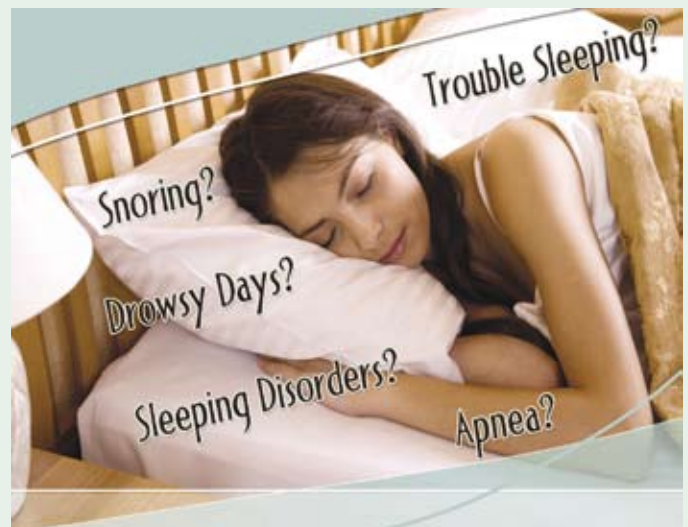
With the boathouse conveniently located behind the Sugar Land Cancer Center, all persons, from those with serious training to the mildly curious, are welcome to visit and discover the sport of rowing. The Greater Houston Rowing Club (GHRC) exists to serve the greater Houston area with facilities, equipment, and training for all levels of rowing ability.

Scenic and Safe

The GHRC's founders chose Oyster Creek in Sugar Land as their main waterway. The creek provides a seven-mile navigable track and offers new and advanced rowers plenty of room to practice. No power boats are allowed on the waterway, so it's a safe environment for rowers. It's also a scenic and relaxing jaunt through some of Sugar Land's older neighborhoods. Paul MacPherson started rowing in high school and has been rowing for over 18 years. He has nothing but praise for the sport. "It's a sport that takes you out of gym and puts you on the water. It is very demanding, but you can take your time and excel. It fosters a sense of teamwork, but it can also be a solo endeavor," Macpherson says.

Learning the Mechanics

The boats, called shells, are much longer than they are wide. The shells are equipped with oars, oarlocks, and sliding seats. "Balancing the boat, or 'setting' the boat while putting maximum effort into the oars is an essential skill of rowing," says Kerry Whitehead, the GHRC's president.



Our board certified physicians specialize in treating sleeping disorders to help you get the rest you deserve.



Most insurance plans accepted.
www.sleeptechnology.com
 20403 University Blvd #300 · Sugar Land
 281-435-9309 · Fax 281-494-7668

© Sugar Land Magazine 2007

“It’s a sport that takes you out of the gym and puts you on the water.”

—Paul MacPherson



There are two types of shells--a scull, which has the rower using two oars to push through the water, and a sweep, which has the rower only maneuvering a single oar on one side of the boat. The shells range in length from 24 to 60 feet. However, the widest part of the boat is never more than 22 inches.

A Group Workout on the Water

Dee Connors, the rowing club’s athletic director, grew up near the water as a shrimper’s daughter. “I travel a lot for my job, and I’m alone a lot. Rowing is a team sport that allows me to interact with others while getting an excellent workout,” says Connors. Rowing partners are constantly changing, and that provides an appropriately challenging atmosphere for the rower. Paula Galloway, the club’s vice president, tried rowing and loved the low impact workout. “It provides great cross training for other sports,” says Galloway.

The club members are friendly and laid back. Rowing is a sport



that is definitely worth a try. It’s a great way to get a full body workout and develop a friendly level of camaraderie and competitiveness. There’s also something very serene about being out in nature and on the water. Sign up for a class and find a sport to enjoy for years to come! For class and location information, visit greaterhoustonrowingclub.com. **SLM**

CHRISTY RICHARDSON COLLINS lives in Missouri City with her husband and two daughters. She timidly tried rowing and loved it!

Fast Facts Greater Houston Rowing Club

Club Meeting Times

Thursday nights, Saturday and Sunday mornings. (Any member may meet up at those times to row.)

Where

Oyster Creek boat house, Sugar Land.

Founded

Founded in 1988 to promote rowing, the group is non-profit organization.

Classes

GHRC offers classes for those 12+ (Under 18 must be accompanied by an adult.) Once a class is successfully completed, students are invited to join the club.

Membership Benefits

Members are allowed access to the boathouse at any time and can participate in scheduled weekly rows.

More Information

Visit greaterhoustonrowingclub.com.



Health Briefs Sugar Land Medical News



Foundations Unite to Benefit Fort Bend

A new force has formed! Richmond Bone & Joint Foundation recently joined forces with Fort Bend Cares, a Charitable Foundation. The two foundations have formed a partnership and will be pooling their volunteers and finances to increase their impact on Fort Bend County. The combined foundations will operate under the name Fort Bend Cares. Richmond Bone & Joint Foundation recently played a large role in providing the funds and manpower to complete Clay Park in Richmond. The park includes state-of-the-art playground equipment complete with handicapped-accessibility. Visit fortbendcares.org.



OakBend Laboratory Receives Accreditation

OakBend Medical Center's Clinical Laboratory has been awarded an accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP), based on the results of a recent on-site inspection.

KEEP YOUR FAMILY TREE WELL-GROOMED.

1-800-SUPERCUTS
www.supercuts.com

ONLY AT **SUPERCUTS**[®]
every time

<p>COLONY SQUARE 16564 SOUTHWEST FREEWAY 281-494-8885</p>	<p>\$10 OFF COLOR SERVICE (Starting at \$35)</p> <p>www.supercuts.com SUPERCUTS[®] <small>Coupon valid only at participating locations. Not valid with any other offer. No cash value. One coupon valid per customer. Please present coupon prior to payment of service. ©2008 Supercuts Inc. Printed U.S.A.</small></p>
<p>FIRST COLONY COMMONS 15205 SOUTHWEST FREEWAY (BETWEEN SOUTHWEST FREEWAY & LEXINGTON) 281-491-0220</p>	<p>\$5 OFF ANY HAIRCUT (Starting at \$15)</p> <p>www.supercuts.com SUPERCUTS[®] <small>Coupon valid only at participating locations. Not valid with any other offer. No cash value. One coupon valid per customer. Please present coupon prior to payment of service. ©2008 Supercuts Inc. Printed U.S.A.</small></p>

TOTAL EYE CARE
for the **Whole FAMILY**

Medical Services for Your Eyes

- Ocular Health Examination
- Treatment of Infections and Injuries to Eyes
- Diagnosis, Treatment or Co-management of Treatment for Dry Eye, Ocular Allergies, Laser Vision Correction, Glaucoma, Cataracts & Macular Degeneration
- Pediatric Eye Health & Vision Development Examination

Vision Source!
MISSOURI CITY/FIRST COLONY
4725 Hwy. 6 South
(@ Austin Pkwy/Dulles. Next to Starbucks)
281/261-2647
www.visionsource-missouricity.com

Dr. Anh Doan
Therapeutic Optometrist
Certified Glaucoma Specialist

Many Medical and Vision Insurance Plans Accepted

Send us your health news items for Sugar Land.
Email editor@sugarlandmagazine.com.

Four Memorial Hermann Hospitals Earn VHA Leadership Awards

VHA Inc., a national healthcare alliance, has awarded four Memorial Hermann hospitals a total of six 2008 VHA Leadership Awards for Clinical Excellence for meeting or exceeding national performance standards for clinical care in specific areas from the third quarter of 2006 to the second quarter of 2007. Memorial Hermann Southeast Hospital and Memorial Hermann Northwest Hospital were recognized for being ventilator associated pneumonia (VAP) free for 12 consecutive months. Memorial Hermann Sugar Land Hospital and Memorial Hermann Katy Hospital received recognition for being VAP free and bloodstream infection free for 12 consecutive months. All hospitals were recently honored at VHA's Leadership Conference in Philadelphia.

New Sugar Land Imaging Center

OakBend Medical Center, with the assistance of the Rosenberg Richmond Area Chamber of Commerce, opened their new dedicated outpatient imaging center at New Territory in Sugar Land. The new center will offer a full range of radiology services including: CT scanning, Magnetic Resonance Imaging (MRI), ultrasound, and general x-ray. Immediate future plans also include the addition of digital mammography. The OakBend Imaging Center will be staffed with experienced radiology technologists with board certified radiologists interpreting the studies.

New 24-Hour Emergency Room Opens

Members from the Fort Bend Chamber of Commerce and 24-Hour Emergency Room were on hand to help celebrate the ribbon cutting ceremony for the new Sugar Land location.



Suffering from sleepless nights?

We can help you enjoy a quiet night's sleep!



Full Service Sleep Center for Adults and Children

Accredited by the American Academy of Sleep Medicine



Todd J. Swick, M.D. Medical Director

Board Certified, American Board of Psychiatry and Neurology
Board Certified, American Board of Sleep Medicine

HOUSTON SLEEP CENTER



832-200-1273
21703 Kingsland Blvd #101, Katy
713-827-8896
7500 San Felipe # 550, Houston

www.HoustonSleepCenter.com

AMERICAN SLEEP RESOURCES



CPAP Provider
832-200-1279
21707 Kingsland Blvd #102, Katy
713-827-8896
7500 San Felipe, #550, Houston
832-678-2917
21216 NW Freeway, #510, Cypress

© 2007 Cy-Fair Magazine and Sugar Land Magazine



Colton, Katie, Jay, Megan and Laura enjoying a healthy meal at Chick Fil A

Healthy Fast Food Options

How Sugar Land Families Can Eat Healthy on the Run

Whether you work full time in an office or from home, take care of children or are enjoying your retirement years, chances are you find yourself rushing from errand to errand to keep your life moving smoothly. Today's fast-paced society makes it almost impossible to consistently provide healthy meals for your family. Still, the importance of healthy eating, even while on the go, simply cannot be ignored. Thanks to the success of many awareness campaign efforts by the Texas Department of Agriculture, the Food and Drug Administration, and other state and federal agencies, even the mildly health conscience consumer knows that baked is better than fried and that we really should try to get at least five servings of vegetables and fruits a day. Even most elementary school-aged children know that "Trans Fat" is a bad word when it comes to good health.

Watch Your Portions

Sugar Land registered and licensed dietitian Jolene Vanderzyl says there are some very specific things to keep in mind when making quick choices at the drive-thru or your favorite fast food spot. "Portion control is the number one problem when it comes to dining out. Choosing the big meal deal to save some extra money can often result in paying a hefty price on your health." Vanderzyl adds, "With larger portions, you're not only getting more calories but also a lot more sodium and fat." Vanderzyl also advises to think about the nutritional density of your meal. "Choosing fruit or a salad to accompany your grilled sandwich is always a better choice than adding a side of french fries with no nutritional value."

Beverage choices are also important. "Don't spend your calories on liquids," says Vanderzyl. "The best choice is always water, but iced tea, milk, juice, and even diet sodas are always better than regular sodas that contain loads of sugar and calories."

Healthy Fast Food Options

Lucky for Sugar Land residents, many fast food restaurants have introduced healthy menu items the whole family can enjoy. Additionally, nutrition information is often readily available for customers to either pick up in the restaurant or access on their website.

It's easier than ever to see which choices are the best for you and your family. And, to get you started on the road to healthier eating on the go, here's a quick list of Sugar Land area fast-food spots with healthy menu options.

Chick Fil A chargrilled chicken garden salad



BURGER KING
burgerking.com

SIDE GARDEN SALAD	
Calories	15
Total Fat	0 g
GARDEN SALAD	
Without chicken	
Calories	90
Total Fat	5 g
KEN'S® FAT FREE RANCH DRESSING	
2 oz.	
Calories	60
Total Fat	0 g
WHOPPER JR® SANDWICH	
Without mayo	
Calories	290
Total Fat	12 g
HAMBURGER	
Calories:	290
Total Fat:	12 g
Trans Fat:	0

KENTUCKY FRIED CHICKEN
kfc.com

ORIGINAL RECIPE CHICKEN WING	
Calories	130
Total Fat	8 g
KFC SNACKER®	
Honey BBQ	
Calories	210
Total Fat	3 g
HOUSE SIDE SALAD	
Without dressing	
Calories	15
Total Fat	0 g
CAESAR SIDE SALAD	
Without dressing and croutons	
Calories	50
Total Fat	3 g
HIDDEN VALLEY RANCH®	
Fat free dressing	
Calories	35
Total Fat	0 g
SIDE OF GREEN BEANS	
Calories	50
Total Fat	1.5 g
CORN ON THE COB	
3 inches	
Calories	70
Total Fat	1.5 g

CHIK-FIL-A
chick-fil-a.com

HEARTY BREAD OF CHICKEN SOUP	
Calories	140
Total Fat	3.5 g
CHARGILLED CHICKEN GARDEN SALAD	
Calories	180
Total Fat	6 g
LIGHT ITALIAN	
2 TBS	
Calories	15
Total Fat	0.5 g
HONEY MUSTARD	
2 TBS	
Calories	60
Total Fat	0 g

MC DONALD'S
mcdonalds.com

HAMBURGER	
Calories	250
Total Fat	9 g
GRILLED SNACK WRAP®	
With honey mustard	
Calories	260
Total Fat	9 g
FRUIT & WALNUT SALAD	
Snack size	
Calories	210
Total Fat	8 g
SIDE SALAD	
Calories	20
Total Fat	0 g
CAESAR SALAD	
Without chicken	
Calories	90
Total Fat	4 g

SONIC
sonicdrivein.com

KID'S MEAL CHICKEN STRIPS	
2 piece	
Calories	200
Total Fat	11 g
CORN DOG	
Calories	210
Total Fat	11 g
J.R. BURGER	
Calories	310
Total Fat	15 g

SUBWAY
subway.com

6" VEGGIE DELITE®	
Calories	230
Total Fat	3 g
6" TURKEY BREAD	
Calories	280
Total Fat	4.5 g
6" ROAST BEEF	
Calories	290
Total Fat	5 g
6" OVEN ROASTED CHICKEN BREAD	
Calories	310
Total Fat	5 g
VEGGIE DELITE® SALAD	
Without dressing or croutons	
Calories	60
Total Fat	1 g

TACO BELL
tacobell.com

FRESCO CRUNCHY TACO SUPREME	
Calories	150
Total Fat	8 g
FRESCO RANCHERO CHICKEN SOFT TACO	
Calories	170
Total Fat	4 g
FRESCO GRILLED STEAK SOFT TACO	
Calories	170
Total Fat	4 g

Experienced Ethical Experts



Custom Waterfront Home in Riverstone - Over 8,000 sq/ft



Sweetwater SOLD in 6 Days
Top Price in its Market!

© 2008 Sugar Land Magazine

- 10+ Years of Experience
- New Homes, Resale, Portfolio Properties
- Buyers and Sellers Represented



Julia Mickum, broker

Office
281.499.8181

Cell
281.851.2015

Touchstone
Fine Properties
Proudly Welcomes
Cathy Manual
281.300.3021

