

Rice CISD Issues Flu Prevention Informaton

From Rice CISD
Rice CISD is concerned for the safety and well-being of all students, their families, and employees.
We are taking extra precautions to help prevent the spread of the flu virus this school year.
We are urging everyone to practice good personal hygiene

while taking extra care in the cleaning of schools and work areas.
Tips for helping prevent the spread of the flu virus:
• Practice good hand hygiene.
Washing hands often with soap and water, especially after coughing or sneezing. Alcohol-based

hand cleaners are also effective.
• Cover your mouth and nose with a tissue when you cough or sneeze.
If you do not have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
• Remain home until fever-free for 24 hours without the use of fever-reducing medications,

such as Tylenol or Advil.
Important points if your child is ill at school
Be sure your contact information is correct and current. Please send any changes as soon as you have them.
Children with symptoms such as fever (100.0 or above) will be removed from class until picked up.

Parents or guardians are expected to pick up their children when contacted by the school.
No child can return to school with a fever (100.0 or higher) or flu-like symptoms, such as a sore throat or body aches. Children must be fever-free for 24 hours without Tylenol or Advil before returning to school.

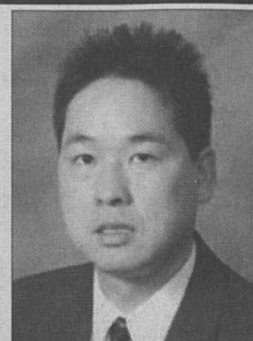
If flu conditions become more severe, please consider the following:
• Extend the time sick children stay home for at least seven days. If still sick after seven days, stay home until at least 24 hours after symptoms are gone.
• If a household member is sick, keep any school-age brothers or sisters home for five days from the time the household member became sick. Monitor the health of other school-age children for fever and other flu-like symptoms.

For more information, contact:
• Your school principal or school nurse – 979-234-3531 or, on our website – ricecisd.org
• Your physician or health care provider
• Texas Department of State Health Services – www.texasflu.org
• CDC (Center for Disease Control and Prevention) – 1-800-232-4636 or their website- www.cdc.gov/flu/

Always check with your doctor should your child become sick and conditions become more serious.
Follow these steps to prepare for the flu during the school year:
When you have a sick child who needs to stay home, make plans for childcare if necessary.
Monitor the health of the sick child and any other children in the household by checking for fever and other symptoms.

Parents of children who are at a higher risk of serious disease from the flu should talk to their healthcare provider about a plan to protect them during the flu season.
Children at high risk include children under the age of 5 and those children with chronic medical conditions such as asthma and diabetes.

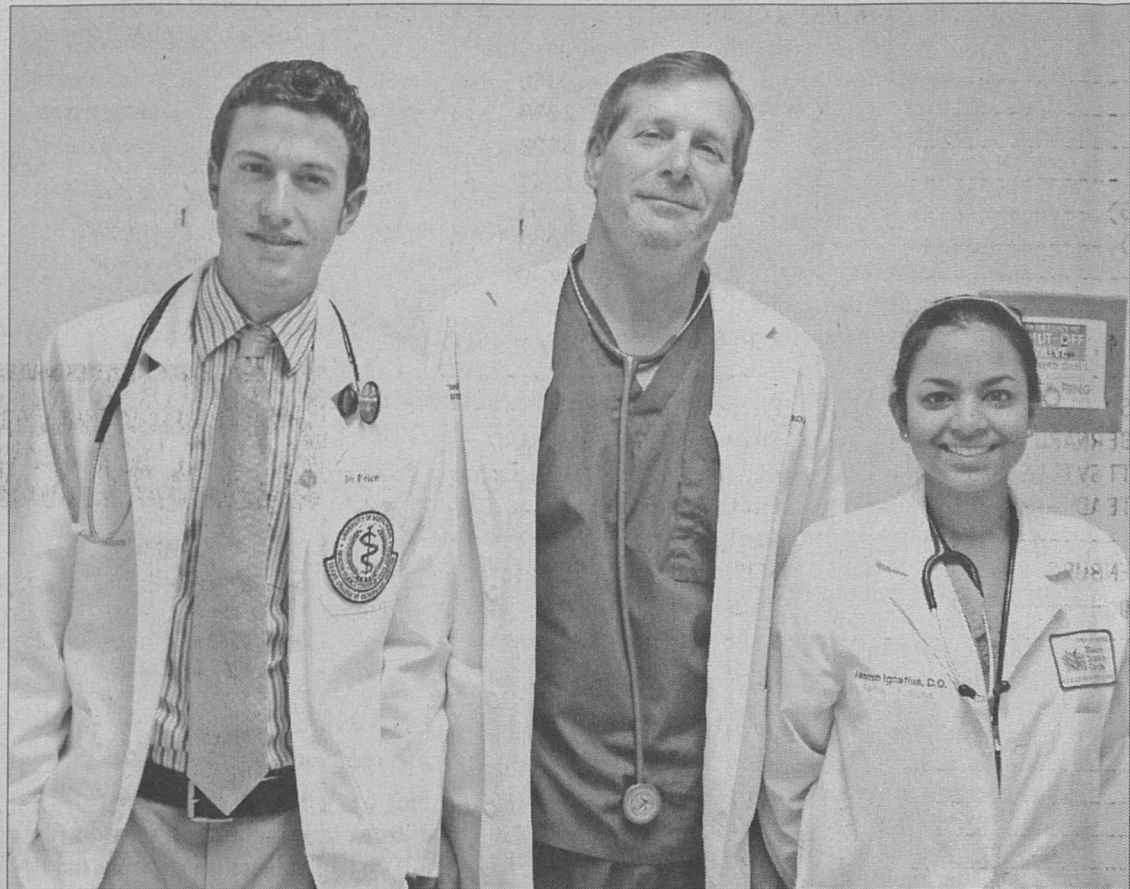
Wants Ads Really Work!!



**Podiatry Services
Provided At
Rice Medical
Center
Specialty Clinic**

Dr. Paul M. Gee, DPM has been practicing in the field of podiatry for the past 16 years, providing expert care in the management and treatment of conditions affecting the feet of patients. Dr. Gee obtained his medical education from The California College of Podiatric Medicine in 1993 and completed his residency at The Doctors Hospital of New Boston. Dr. Gee is available at Rice Medical Center's Specialty Clinic bi-weekly for patient treatment and if needed, surgical intervention.

For an appointment with Dr. Gee, call 979-234-5571, extension 5205.



Rice Medical Center continues its commitment to education by hosting students and residents on a yearly basis. Pictured with Rice Medical's Dr. R. Russell Thomas, DO, MPH, center, are Bo Price, MS-III, Dr. and Dr. Jasmin Ignatius, PGY-III.

RMC Continues Commitment To Education

Continuing the tradition since 1954, well over 100 medical students and residents have received a vital part of their education at Rice Medical Center – Eagle

Lake. RMC annually receives students from the University of North Texas Health Science Center Rural Track, Texas A&M

University Family Practice Residency Program – Bryan, as well as students on elective rotations from all medical programs under the tutelage of Drs. R. Russell Thomas and Ramon Cantu.

Dr. Ignatius is currently attending the Texas A&M Family Residency Program.

She completed her undergraduate degree in Biology at Houston Baptist University and medical program at Texas College of Osteopathic Medicine at University of North Texas Health Science Center with plans to enter Family Medicine at an Acute Care Clinic.

Mr. Bo Price currently attends Texas College of Osteopathic Medicine at University of North Texas Health Science Center Year III and completed his undergraduate degree in Biology and Medical Humanities at Baylor University.

Mr. Price is beginning an eight week Family Medicine – Rural Area rotation at RMC.

Health Services Department Says 'Get Flu Shot Now'

The Texas Department of State Health Services is encouraging people to get their seasonal flu vaccination now.

"Don't wait.
"Get your seasonal flu vaccination now," said Dr. David Laakey, DSHS Commissioner.
"It's one of the best ways to protect yourself and others from seasonal flu."

Seasonal flu vaccine, available in shot and nasal spray forms, is recommended for people ages six months and older.

The shot takes about two weeks to become effective.

A separate 2009 H1N1 flu vaccine is not expected until mid-October.

"Get the seasonal flu vaccine now.

"Then, be prepared get the 2009 H1N1 flu vaccine later.

"One vaccine isn't a substitute for the other," Laakey said.
People at high risk of having

serious flu complications are especially encouraged to get their seasonal flu shot as soon as possible.

This includes children ages six months through 18 years, those 50 and older, people with chronic medical conditions, residents of long-term care facilities and pregnant women.

People who have close contact with those at high risk also should get vaccinated.

People wanting the seasonal flu vaccine should call their health care provider, local public health department, 2-1-1 or check online at www.211Texas.org for availability.

Laakey also urged people to follow standard illness-prevention steps:

- Wash hands frequently with soap and water or alcohol-based hand sanitizer;
- Cover coughs and sneezes;
- Stay home if sick.

PUBLIC NOTICE

Brief Explanatory Statements of Proposed
Constitutional Amendments
Special Election November 3, 2009

PROPOSITION 1

HJR 132 would amend the constitution to authorize the legislature to allow a municipality or a county to issue bonds and notes to finance the purchase of buffer areas or open spaces adjacent to military installations. The buffer areas would be used to prevent encroachment or to construct roadways, utilities, or other infrastructure to protect or promote the mission of the military installation. The municipality or county may pledge increases in ad valorem tax revenues for repayment of the bonds or notes.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment authorizing the financing, including through tax increment financing, of the acquisition by municipalities and counties of buffer areas or open spaces adjacent to a military installation for the prevention of encroachment or for the construction of roadways, utilities, or other infrastructure to protect or promote the mission of the military installation."

PROPOSITION 2

HJR 36 would amend the constitution to authorize the legislature to provide for the taxation of a residence homestead solely on the basis of the property's value as a residence homestead, regardless of whether the property may have a higher value if it were used for other purposes.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment authorizing the legislature to provide for the ad valorem taxation of a residence homestead solely on the basis of the property's value as a residence homestead."

PROPOSITION 3

HJR 36 would amend the constitution to require the legislature to provide for the administration and enforcement of uniform standards and procedures for appraisal of property for ad valorem tax purposes.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment providing for uniform standards and procedures for the appraisal of property for ad valorem tax purposes."

PROPOSITION 4

HJR 14 would amend the constitution to establish the national research university fund to provide a source of funding that will enable emerging research universities in this state to develop into major research universities. The amendment would require the legislature to dedicate state revenue to the fund and to transfer the balance of the existing higher education fund to the national research university fund. This amendment would further require the legislature to establish the criteria by which a state university may become eligible to receive and use distributions from the fund.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment establishing the national research university fund to enable emerging research universities in this state to achieve national prominence as major research universities and transferring the balance of the higher education fund to the national research university fund."

PROPOSITION 5

HJR 36 would amend the constitution to authorize the legislature to allow for a single appraisal review board for two or more adjoining appraisal entities that elect to provide for consolidated reviews of tax appraisals.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment authorizing the legislature to authorize a single board of equalization for two or more adjoining appraisal entities that elect to provide for consolidated equalizations."

PROPOSITION 6

HJR 116 would amend the constitution

tion to authorize the Veterans' Land Board to issue general obligation bonds, subject to certain constitutional limits, for the purpose of selling land and providing home or land mortgage loans to veterans of the state.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment authorizing the Veterans' Land Board to issue general obligation bonds in amounts equal to or less than amounts previously authorized."

PROPOSITION 7

HJR 127 would amend the constitution to allow an officer or enlisted member of the Texas State Guard or other state militia or military force to hold other civil offices.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment to allow an officer or enlisted member of the Texas State Guard or other state militia or military force to hold other civil offices."

PROPOSITION 8

HJR 7 would amend the constitution to authorize the state to contribute money, property, and other resources for the establishment, maintenance, and operation of veterans' hospitals in this state.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment authorizing the state to contribute money, property, and other resources for the establishment, maintenance, and operation of veterans' hospitals in this state."

PROPOSITION 9

HJR 102 would define what is a state-owned public beach. The public, individually and collectively, would have an unrestricted right to use and a right of ingress to and egress from a public beach. The amendment would authorize the legislature to enact laws to protect these rights.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment to protect the right of the public, individually and collectively, to access and use

the public beaches bordering the seaward shore of the Gulf of Mexico."

PROPOSITION 10

HJR 85 would amend the constitution to authorize the legislature to provide that members of the governing board of an emergency services district may serve terms not to exceed four years.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment to provide that elected members of the governing boards of emergency services districts may serve terms not to exceed four years."

PROPOSITION 11

HJR 14 would amend the constitution to provide that the taking of private property for public use ("eminent domain") is authorized only if it is for the ownership, use, and enjoyment of the property by the State, its political subdivisions, the public at large, or by entities granted the power of eminent domain, or for the removal of urban blight. The amendment would prohibit the taking of private property for transfer to a private entity for the purpose of economic development or to increase tax revenues. The amendment would also limit the legislature's authority to grant the power of eminent domain in the future unless it is approved by a two-thirds vote of all the members elected to each house.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment to prohibit the taking, damaging, or destroying of private property for public use unless the action is for the ownership, use, and enjoyment of the property by the State, a political subdivision of the State, the public at large, or entities granted the power of eminent domain under law or for the elimination of urban blight on a particular parcel of property, but not for certain economic development or enhancement of tax revenue purposes, and to limit the legislature's authority to grant the power of eminent domain to an entity."

Published by Secretary of State Hope Andrade, www.sos.state.tx.us, 1-800-252-VOTE (8683).

Subscribe To The Headlight

My 4-month old is drooling and chewing on his hand. Is he teething?

It's possible, but drooling and chewing aren't always signs of teething. At four months, it's natural for a baby to put objects into his mouth to explore them. Also, he's beginning to produce more saliva than he can swallow, which causes drooling. If you notice that your child is cranky and fussy, and he tends to chew or gnaw on the bottle or breast more than suck, that sounds like teething. Loss of appetite is another common symptom, because gum swelling and the resulting sensitivity to hot and cold foods will make eating uncomfortable for your baby, and can also interfere with sleeping.

When teeth are coming through, the gums will look swollen and bumpy, and they may be lighter or darker in color. Sometimes a bluish-red blister (called a hematoma) appears on the gum line where a tooth is coming in, and it may bleed a little when a tooth breaks the surface. Call your doctor if this blister lasts for more than a week without the tooth poking through.

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