

**Issue #33 of the STAR**

**Men’s Health Series, p.8**

**San Jac College, p.3**

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**NORTH CHANNEL STAR**

**Your News, Your Newspaper**

**VOLUME 2, NO. 33**

**AUGUST 13, 2014**

www.northchannelstar.com

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**STATE ISSUANCE ANNUAL SCHOOL RATINGS**

Local districts get passing grades in new reporting system

The Texas Education Agency released its report card for schools and districts last Friday, with almost all districts in the state passing a grading scale that was more lenient than previous years. The grades are based on a new model that also considers factors such as student attendance, graduation rates, and dual-enrollment programs. Either a school “Meets Standard” or “Improvement Required.”

Schools were rated in four Accountability categories:

1. Student Achievement, based on STAAR test scores for the year.
2. Student Progress, in terms of just like math and reading from year to year. (High Schools were not graded in this category because they did not take STAAR tests last year).
3. Closing Performance Gaps, or emphasis on high-poverty achievement of the lowest performing students.
4. Professional Readiness, or graduation rates and diploma plans.

In this area, school districts such as Galena Park, Channelview, and Sheldon, received a “Meets Standard” rating. In order to meet the “Meets Standard” category, a school must meet the same category as “Meets Standard.” However, Houston ISD had a school that didn’t, Parr High School, which was classified as “Improvement Required.”

The state’s third largest district, Cypress-Fairbanks, earned the honor of being the biggest district in the state in which all campuses met the “Meets Standard” or “Improvement Required” for the year. Districts complained that the rating system was very complex, and therefore, difficult to find how to improve their scores.

Channelview ISD Statement on Ratings:

For the second year in a row, the Channelview Independent School District and all of its campuses earned the improved rating of “Meets Standard” under accountability system.

Under the Texas Education Agency’s new State of Texas Assessment of Academic Readiness (STAAR) accountability system, districts and schools are ranked either “Meets Standard” or “Improvement Required.”

“We are very proud of all of our campuses,” said Greg Ol- lin, Channelview ISD superintendent. “We know our students, teachers, principals and administrators know what they need to do to keep our students on track in every area.”

Frances Creekman, a DSPD representative who received special recognition for her performance in different academic areas, was honored. Frances Creekman earned the honor of being ranked in four out of six categories in reading, English Language Arts, Mathematics, Science, Project, Closing Performance Gaps and Post Secondary Awareness.

In addition, Alice Johnson Junior High was awarded District Designations in Rural Education and for Closing Performance.

See RATINGS, page 8

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**FB/CJC**

Church celebrates 70th anniversary

Remaining in the same location, the First Baptist Church (FB/CJC) will celebrate its 70th anniversary on August 17, 2014. Located at 1607 W. Gregory, the church has seen many changes throughout the community but it has remained strong and committed to preserving the message of Jesus Christ and its mission.

With the first meeting on August 22, 1944, the church was held in the home of Dr. John and Mrs. Mary Hamilton at their monthly meeting.

See CHURCH ANNIVERSARY, page 7

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**GALENA PARK: Another Big Tube transported on Clinton Drive**

**NORTH CHANNEL CHAMBER**

Harris County Attorney Ryan explains county government

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**1.0 EAST FREEWAY**

Motorcyclist killed in six-car crash

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A motorcyclist was killed and two other people were injured in a six-car crash last Friday, August 9, in the morning.

The accident happened around 10:30 p.m. on the 17600 block of the East Freeway. According to officials, a 2006 GMC Sonoma pickup was traveling on the East Freeway, traffic was slow due to a lane closure. Investigative deputies say that the pick up driver was traveling on a shoulder when he lost control and crashed into the back of a motorcycle.

The motorcycle then ran into the back of a Dodge Dart in the left side, the rider slid across the roadway and the motorcycle caught on fire after hitting a wall.

The Somera continued traveling east and hit the back of a 2014 Cadillac CTS. The Cadillac crashed into the Dodge Dart and then hit a 2014 Ford F-150. A 2012 Toyota Corolla was also struck by a car.

The rider of the motorcycle was taken by Life Flight to Memorial Hermann Hospital where he died later.

Two people in the Cadillac were treated for non-life threatening injuries at LBJ Hospital. The identity of the rider was not released and the accident is still under investigation.

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**CIP MEETING**

Environmental specialist discusses sickness causes

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GALENA PARK – The CIP group Community Industry Partners heard from Environmental Specialist Winnie Baggett at their monthly meeting last Thursday at the Baggett Center.

Dr. Winnie Hamilton, CIP speaker, with chart showing how many different ailments are ranked in the different academic areas. See CIP MEETING, page 6

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**LAST TUESDAY**

August 5, Kinder-Horan transported a second stringer of metal tube, down in Galena Park, from the old Brown & Boat dock out onto Clinton, and then to the site of their new plant at the east end of Clinton. Due to the extreme height of the tube, 28 inches, and the narrow crossing street had to be lifted out of the way, an ice box, seen in the photos at the right, was used to hold the tube at 5 p.m. when traffic from the plants was at a minimum. We can see that they plan to reuse a third tube, but not for another one year.

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**GP/CJC Rotary Community Rally**

Remaining in the same location, the Rotary Club is hosting a Community Rally at 9 a.m. on Saturday, September 27, 2014. Located at 1607 W. Gregory, the Rotary Club is hosting a Community Rally. Performances, activities, or dona-

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Rotary Leadership:

HISTORY OF HIGHLANDS ROTARY

On November 24, 1946, the Dayton Rotary Club sponsored the chartering of a new club in Highlands. The first president was Ralph McFarland.

While early details about the club have been lost, it is known that a strong bond between the club and the business community has always been strong. In the absence of an incorporated government, the club often took a leading role in the community. Business leaders of today and yesterday made up the nucleus of our club.

In November, the club celebrated its 50th anniversary with a banquet attended by 100 present and past members, district and regional officers, visiting Rotarians and friends.

In 2006, District 5890 awarded the club president, Steve Miller, “President of the Year” among the district’s 57 clubs, because of the outstanding contributions of our club and its members.

Rotary has continued building the community first and foremost. It’s our greatest strength.

Rotary awarded a total of 18 Scholarships this year, for a total of $29,250 to local students. Rotary Foundation provides major support for the Foundation, to pay for heart screening for athletes prior to their high school sports. Rotary Foundation (Health & Humanitarian Programs) ...........................................72,575

Rotary Youth Exchange ......................... 5,600

Highlands Rotary provided major support for the Special Olympics, to pay for heart screening for athletes prior to their high school sports.

How Rotary has impacted our community and schools.

HIGHLIGHTS

"The Biggest Little Club in District 5890.”

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The advancement of international understanding, good will and peace through a world fellowship and professions; the recognition as an opportunity for service; enterprise and, in particular, to encourage and foster the ideal of service; and, finally, to encourage and foster the ideal of truth.


Robert Woodall

Robert Woodall ENTERPRISES

Highlands, Texas

1-843-2921

WEDNESDAY, AUGUST 13, 2014

SERVING THE COMMUNITY FOR 66 YEARS • "BIGGEST LITTLE CLUB IN DISTRICT 5890"

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Tips for homework success: back-to-school

Homework is assigned to children for both practice and in preparation for the school day. Harris County Department of Education provides some homework points of reference for the 2014-15 school year. Fountas and Pinnell says it’s important for parents to keep up with their child’s homework program.

“There is no theory to do the homework for them, but your presence says you care,” says Pinnell.

“Set your child to explain the short story or reading or the science concept he has used in school. In addition to showing your support, it helps to reinforce the daily lessons.”

Free the homework zone of distractions. Turn off the TV and cell phones.

-Set a routine and do homework at the same time and same location each day. A child’s room is different than a desk or the dining room. Nevertheless, try to stick to the same schedule as possible.

-Be involved in checking over your child’s homework assignments. Let your child know there will be consequences for rushing through the work or not.

-Set a rule of 10 minutes for each subject for grades kinder.

-A math grade would have one hour of homework, whereas a first grader might have 10 minutes. When there is too much homework or your child is unable to complete all the material, consider having a parent conference with your child’s teacher.

For more information, go to www.houstonisd.org.

Investigation into male found dead at Mercury Dr.

Houston police are searching for autopsy results in the death of a male found at 402 Marvey about 4:45 p.m. last Tuesday.

HPD patrol officers responded to a call of a deceased male. HPD Dive Team responded to the scene and recovered the male’s body. He suffered from apparent injuries.

The investigation is pending the man’s cause of death.

The accident happened in the 8700 block of Beltway East near Mercury Parkway North.

According to authorities, the two men were traveling in a Chevrolet Camaro at a high rate of speed around 11:35 p.m. They then exited the vehicle and walked away.

Officials said the driver of the Chevrolet lost control of the car and striking the center wall, then a light pole. The two men died at the scene and their identities are pending on autopsy report, according to the Sheriff’s office.
Getting back on track

Among a few weeks in writing this column, I believe I mentioned earlier I had lost a good portion of my shop building due to a neighbor’s dead tree falling on it during a storm. That happened during Memorial Day and I am just now getting it back in decent shape.

Much to my surprise I had some problems in getting a contractor to do the repair work and worked on that problem for over a month. Finally I was satisfied and signed with a local contractor who did a great job in tearing out the battered walls and roof of the building. Now I’m in the process of moving things back to my storage areas and back to their rightful place in the shop. One good thing about my shop is new and used sales, and I have the house, and there are a number of items I no longer need so I am just taking up space.

Over the 40 plus years I have lived at my current address, I have seen a lot of construction jobs in my house, shop and property. There is one thing I can say about them all. In my view the best time in any construction project is the minute they are completed.

Farther in my lifetime I have some significant things in my property. It was surprising to see how much stuff was packed in to the garage. I had much stuff in storage and now I have a lot less and that’s not a bad thing. I truly admire. A few weeks ago I lost one of my deer. I was late in hearing about my front yard deer being hit. I did not read it for some time after it was delivered. I refer to the death of Jack about this. I feel I’ve come to enjoy as a friend and much to my surprise, I have her meet at the dead of my United Methodist Church meet for work with a big hug, smile and words of welcome. I truly admired what I had at the time of her death. Most of my visits with once another were church centered but I did see her occasionally, I once or more of Cindy’s shopping places. If she must have, I now understand she also had that big smile and good words for me and I shall always remember her.

She had a bad day, and I know that she must have, I never saw her in a bad mood. She was always kind, and I have a lot of respect for her. I am still trying to get used to her not being here.

A Sad Loss of a Friend

For the past 15 winters and one summer I have been traveling to Crosby for three months or so. Have enjoyed every visit and believe I have many friends there that I truly admire. A few weeks ago I lost one of my deer. I was late in hearing about my front yard deer being hit. I did not read it for some time after it was delivered. I refer to the death of Jack about this. I feel I’ve come to enjoy as a friend and much to my surprise, I have her meet at the dead of my United Methodist Church meet for work with a big hug, smile and words of welcome. I truly admired what I had at the time of her death. Most of my visits with once another were church centered but I did see her occasionally, I once or more of Cindy’s shopping places. If she must have, I now understand she also had that big smile and good words for me and I shall always remember her.

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Class of 2013 achieves highest graduation rate

AUSTIN — The class of 2013 Texas high school on-time graduation rate was 98 out of 100, or 98.2 percent, according to data released by the Texas Education Agency in a news release on Aug. 7.

“The figures are included in the Texas Education Agency’s report, Secondary Schools Survey, which is conducted by the Texas Public Schools, 2012.

“We’re not as high as Texas students in our eligibility rate, but we are not far behind them, and we are far behind them in terms of the quality of education,” said Rep. Perry.

Williams pointed out that graduation rates for African-American students are up, with many white students have seen increased rates since the class of 2007.

Out of 12,382 4-year-old students who attended Grades 5-12 in the public schools during the 2012-13 school year, 1,643 percent were 16 or older. The graduation rate increased over the past year by 12 percent to 93.2 percent. Williams noted that among African-American students, the achievement rate for the class of 2013.

Saline tax revenue increases

State sales tax revenue fell in July to $2.234 billion, up 8 percent compared to July 2012, according to Comptroller of Public Accounts. Texas achieved the rating of “very strong” for the state’s financial health.

“The growth in sales tax revenue reflects continued growth in the economy and spending,” Combs said. “We are seeing revenues from the construction, services, and oil and natural gas-related sectors. In addition, many counties are seeing sales tax increases.”

Counties, cities, transit systems and special districts collected $3.1 billion in sales tax revenue in July, up 9 percent compared to July 2012.

During the month of July, cities collected $350 million, or 1.6 percent, compared to August 2012. Combs said.

Many new businesses open

Texas Secretary of State Mandi Lynn Smith on July 12 announced letters chartering new Texas businesses in the first half of this year.

Texas continues to show strong economic performance with 10,413 new businesses formed. The state has now seen the highest number of establishments formed and paid the most money with my office since the beginning of this year.

From Jan. 1 through June 30, 2013, our office recorded filings for 90,099 new businesses, an increase compared to the same period in 2012. Sparkey to receive Gov.

Gov. Rick Perry on Aug. 4 also announced that the state is offering $2.3 million from the Texas Enterprise Fund to South Padre Island to help fund a rocket launch facility to a site in Cameron County.

Commissioner appointed to Federal Aviation Administration.

Governor’s Office and South Padre Island Development Foundation. In their announcement, the Governor’s Office and South Padre Island Development Foundation. In their announcement, the Governor’s Office and South Padre Island Development Foundation. In their announcement, the Governor’s Office and South Padre Island Development Foundation. In their announcement, the Governor’s Office and South Padre Island Development Foundation. In their announcement, the Governor’s Office and South Padre Island Development Foundation.
Joshua Rhodes of Crosby
named to College Dean’s list

Mr. Brady Rhodes of Crosby, Texas, is pleased to announce that his child, Joshua Rhodes, is named to the Catholic college’s spring semester Dean’s List for the 2013-2014 academic year.

Founded in 1858, Benedictine College is a Catholic, Benedictine residential liberal arts college located on the bluffs above the Missouri River in Atchison, Kansas. The school is proud to have been named one of America’s Best Colleges by U.S. News & World Report as well as one of the top Catholic colleges in the nation by First Things magazine and the Chronicle of Higher Education. It prepares students for vocations, extraordinary faith life, strong athletic programs, and an exceptional resource of community and belonging. It has a mission to educate men and women within a community of faith and scholarship.

Churches unite to help community

Trinity Episcopal Church, Baytown and St. Timothy’s Episcopal Church, Houston. Working at the Salvation Army, cooking, setting up tables, putting things ready to be served to Catholic Charities for food-incurring refugees. From L to R, Rose (kitchen manager), Luis Sosa (St. Timothy’s), Isaiah Tristan, Serena Berry (Trinity Baytown). Rev Duncan Micki Ross (St Timothy’s and Trinity Baytown), kneeling in front is Karen Norman (Trinity Baytown).

Leam on Me

I noticed something in the woods behind a friend’s house. A tall pine tree had fallen, but caught in the limbs of another tree. At first, the trunk of the tree was not visible. I decided to head up-ward and started growing straight again.

It was a picture of Galatea 6.2. “Carry each other’s burdens, and in this way you will fulfill the law of Christ.” May the Lord use this to break someone’s heart and help him or her start upward again. One day we may need someone to do that for us.

Danny R. Biddy, Pastor of the Church on Old River since 1997. www.oldriverbaptist.com

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Be alert. Continue strong in the faith. Have courage and be strong.
1 Corinthians 16:13

Pride only breeds quarrels, and wisdom is found in those who take advice. Proverbs 13:25

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St. Timothy’s to host Fish Fry Dinner

St. Timothy’s (Sun times) Episcopal Church is hosting a Fish Fry Dinner this coming Sunday, August 17th at 11:15 AM for Indianapolis for our friends in the Holy One of Israel. In the Lord; the needy will rejoice

Once more the humble will rejoice

I can do everything through him who gives me strength. Philippians 4:13

All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. Acts 2:4

Thrift-Tee Food Center

Be sure to stop by Trinity Episcopal Church and St. Timothy’s Episcopal Church to give something back, she feels very grateful for having been adopted because she knows her life could have been very different. She might have been one of those who walked so far to have a better life. Serena is a member of Trinity Episcopal Church Baytown.

This is a family from Honduras. Serena Berry, pictured between the two boys, is also from Honduras. Serena was adopted by her mother, Patsy Berry when she was 14 months old. Serena felt compelled to go on a mission trip to give something back, she felt very grateful for having been adopted because she knows her life could have been very different. She might have been one of those who walked so far to have a better life. Serena is a member of Trinity Episcopal Church Baytown.

St. Timothy’s Episcopal Church

All invited to bring your White Wine.
SUNDAY Holy Eucharist Rite I 10:00 am
SUNDAY Holy Eucharist Rite II 11:30 am
SUNDAY Holy Eucharist Rite I 11:30 am
SUNDAY Holy Eucharist Rite II 11:30 am

WWW.STARCOU RIERNEWS.COM &
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Your ad could be here just $10 a week.
Call 281-328-9605 to find out more information.

Atchison, Kansas. The school is proud to have been named one of America’s Best Colleges by U.S. News & World Report as well as one of the top Catholic colleges in the nation by First Things magazine and the Chronicle of Higher Education. It prepares students for vocations, extraordinary faith life, strong athletic programs, and an exceptional resource of community and belonging. It has a mission to educate men and women within a community of faith and scholarship.

Found in 1858, Benedictine College is a Catholic, Benedictine residential liberal arts college located on the bluffs above the Missouri River in Atchison, Kansas. The school is proud to have been named one of America’s Best Colleges by U.S. News & World Report as well as one of the top Catholic colleges in the nation by First Things magazine and the Chronicle of Higher Education. It prepares students for vocations, extraordinary faith life, strong athletic programs, and an exceptional resource of community and belonging. It has a mission to educate men and women within a community of faith and scholarship.

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SPORTS

SPORTS HEALTH

Six things every student athlete should know before taking the field

HOUSTON (Aug. 7, 2014) – With the fall sports season gearing up, young athletes (and parents) should consider these tips to ensure they are fit for play.

Sports Medical Directors stress that all athletes should have a physical exam and that a heart exam before strenuous practice begins is critical to an athlete's health.

SIX THINGS EVERY STUDENT ATHLETE AREALAYING AND IN

BEFORE STRENUOUS PRACTICE BEGINS

1. A physical exam can detect a heart murmur while an electrocardiogram (ECG) can identify underlying cardiac conditions. Both are important in the Texas heat, which adds to the physical toll of a workout. A normal physical exam will help to identify any lingering injuries or problem areas that could jeopardize any future education. Athletes appearing marginally deconditioned, or fatigued could likely be suffering from heat exhaustion and should be cooled down immediately and given sunscreen. If these symptoms persist or are not handled appropriately, the athlete's condition may worsen and lead to severe dehydration or heatstroke. Coaches, athletic trainers and students should have an emergency plan in place.

2. There are several ways athletes can prevent injury as they train. The best way to do this is through a slow warm-up, which adds to the physical and mental preparation for training. An appropriate cool-down helps the muscle groups to relax and can decrease the likelihood of muscle and joint injuries. Start every workout with a warm-up that emphasizes the muscle groups that will be used in the workout. An appropriate cool-down helps the body recover faster from workouts. Warm-ups and cool-downs go a long way in preventing injury.

3. It is essential that athletes maintain regular physical exams. All athletes should have a physical exam and if indicated a heart exam before preseason practice begins. A physical exam will help to identify any lingering injuries in athletes. Of course, we all know athletes who will never use, but it is certainly beneficial to know if you are cleared to perform.

4. A heart exam before strenuous practice begins is critical to an athlete's health. Athletes who in practice begin to have shortness of breath, palpitations, and feel dizzy should inform the coach and encourage the athlete to ease slowly into the activity. The important of hydration during exercises cannot be stressed enough. Athletes who are going into their workouts dehydrated and lack of hydration will especially be at risk to get contracted to dehydration. Coaches are with our students all day, so they will be familiar with any athlete who is not handling hydration properly.

5. It is advisable that athletes receive a physical exam before going into their workouts. Sports Physical Exams are a crucial step in maintaining an athlete's health.

6. It is important to consider that lung cancer can be caused by exposure to cigarette smoke, secondhand smoke or environmental tobacco smoke (ETS). The complete study is at: www.bcm.edu/environmentalhealth. The importance of hydration during exercises cannot be stressed enough. Athletes who are going into their workouts dehydrated will especially be at risk to get contracted to dehydration. Coaches are with our students all day, so they will be familiar with any athlete who is not handling hydration properly.

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1. It is essential that athletes maintain regular physical exams. All athletes should have a physical exam and if indicated a heart exam before preseason practice begins. A physical exam will help to identify any lingering injuries in athletes.

2. There are several ways athletes can prevent injury as they train. The best way to do this is through a slow warm-up, which adds to the physical and mental preparation for training.

3. An appropriate cool-down helps the body recover faster from workouts.

4. Warm-ups and cool-downs go a long way in preventing injury.

5. It is important to consider that lung cancer can be caused by exposure to cigarette smoke, secondhand smoke or environmental tobacco smoke (ETS).

6. It is advisable that athletes receive a physical exam before going into their workouts.
No classified ads are listed on this page.
place to deal with heat illness. If an athlete loses consciousness or faints, move him or her to a cooler area and call 911 immediately. Sports drinks can be used during long, high intensity workouts, but should not be a substitute for water.

Nutrition can make or break performance. Nutrition can make or break an athlete’s performance well before a practice begins. Supplements are not a viable substitute to healthy eating habits. When it comes to carbohydrates, athletes should be eating white grains such as brown rice, oatmeal, and whole wheat bread. Lean protein should also be consumed at each meal. Good examples of lean protein are eggs whites, Greek yogurt, peas, fish, and chicken. Fresh fruits and vegetables contain nutrients that are vital for injury prevention and recovery. The key is to balance all of these foods and maintain healthy habits off of the field.

According to the American Journal of Sports Medicine, the rate of concussions in U.S. high school athletes more than doubled between 2005 and 2012. Typically caused by bump, blow or jolt to the head or body concussion can cause brain bleeding, traumatic brain injury or seizures and can affect future brain function and cognition. Players – especially those playing high-intensity sports – need to be very cautious and take precautions to protect their heads, including a pre-season baseline concussion exam conducted by a specialist with extensive training in the diagnosis and management of concussion. It’s important that the athlete undergo a post injury evaluation as compared to their pre injury baseline to determine any effects following the injury. Under Texas state law, any school-age athlete who exhibits signs and symptoms of concussion must be removed from play immediately and not allowed to return to play until cleared by a physician.

Use your head. According to the American Journal of Sports Medicine, the rate of concussions in U.S. high school athletes more than doubled between 2005 and 2012. Typically caused by bump, blow or jolt to the head or body concussion can cause brain bleeding, traumatic brain injury or seizures and can affect future brain function and cognition. Players – especially those playing high-intensity sports – need to be very cautious and take precautions to protect their heads, including a pre-season baseline concussion exam conducted by a specialist with extensive training in the diagnosis and management of concussion. It’s important that the athlete undergo a post injury evaluation as compared to their pre injury baseline to determine any effects following the injury. Under Texas state law, any school-age athlete who exhibits signs and symptoms of concussion must be removed from play immediately and not allowed to return to play until cleared by a physician.

SPORTS HEALTH,
Continued from page 6

RATINGS, Continued from page 1

All Set to Go Back to School?

1. cut paper and string 2. fasten work together 3. write or draw on 4. make things stick together 5. draw a straight line 6. color our work

Use this (these) to:

Oh, you mean gathering and packing all the stuff I’ll need? Hmmm...

Let’s see: skateboard, tablet, just about all set.

Can you help Chet? Her dog tagged her really needs.

Are you getting ready to go back to school?

Huh?

Wait, where did I leave my stunt kite?

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20.

7. organize papers, reports 8. write compositions 9. make mistakes disappear 10. put a point on a pencil 11. write final copies; correct 12. sketch; do math tests 13. write on an erasable board 14. work out math problems

Here are some phrases that people use with the word school or class in them:

1. school of thought 2. school of fish 3. school of hard knocks 4. old school 5. school someone 6. class act

What do they mean? Match each one to its definition:

A. way of thinking about something B. learned through life, not a class C. tell secrets one shouldn’t D. the best E. used to work well in the past F. teach or train

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