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Parks & Rec launches 'Baytown Moves' effort

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Phlebotomy school grads are highly sought after

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Welcome to the Greater Baytown health care edition.

This month we read about "Baytown Moves," a community challenge, by Mark Fleming (page 4), an REL graduate heading to Tanzania to study medicine (page 6), and a Lee College alum/entrepreneur training phlebotomists (page 8).

Houston Methodist Baytown Hospital physicians explain sleep disorders, the risks of colorectal cancer (pages 10-11) and the Daisy Awards are announced (page 12-13).

Two local businesses are spotlighted by the BOB Alliance (Black-owned business alliance), The Healthy Sip (page 14) and Tiff Fit Cuisine (page 15).

Chambers Health announces a Women's Health Program with Dr. Xochitl Skibin (page 18), and the opening of a Dayton health care facility under their new name, OmniPoint Health, with Dr. Leonidas Andres providing primary care.

Altus ER announces two medical scholarships (page 22).

The Baytown Project by David Berkowitz is back on pages 26-28.

Read Alan Dale's wrap-up of Independence Day festivities on page 30, and his summary of the Baytown Rotary Shrimp & Catfish Festival with photos starting on page 32. With my Rotarian hat on, thank you to all who helped the Rotary festival be so successful this year. We hope you enjoy reading!

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On the cover

Pop Up Parks bring fun to local neighborhoods.
By Mark Fleming

We often think of health care as taking place inside sterile brightly lit buildings with a background hum of equipment and a smell of disinfectant. The Baytown Moves program seeks to expand the view of health care to more active settings with a focus on preventing, not just treating, problems.

Unveiled earlier this summer, the initiative of the Parks and Recreation Department encourages people to get out from in front of their computer and TV screens and into a healthier, more active lifestyle.

With more than 50 parks and more than 17 miles of trails—and dozens of athletic and fitness programs for all ages—Baytown has lots of ways to get active.

To help people see what their neighborhood park has to offer, Parks and Rec has created Pop Up Parks, a program that brings entertainment to small parks across the city to raise their visibility.

Assistant City Manager Kevin Troller, attending a recent Pop Up Park event at Pelly Park, said feedback show that Pop Up Parks does...
increase regular use of those same parks after the event.

Yebin Chae, marketing and special event coordinator for the Parks and Recreation Department, said the mayor has hosted several bike rides marking special events and introducing people to the city’s growing trail network.

Baytown boasts two disc golf courses, one each at Jenkins Park and Evergreen Park. When citizens requested pickleball courts, Chae said, pickleball lines were painted onto the tennis courts at Holloway Park and Pirates Bay.

Exercise classes are held at the Community Center and at Town Square.

Sidewalks have been added across town to make it easier and safer to walk instead of drive. Many new thoroughfares like San Jacinto Boulevard and Hunt Road are being built with multi-use trails alongside them to allow cyclists a safer path. A roadside trail is planned as part of the rebuilt Garth Road, which now doesn’t even have sidewalks along some sections.

To find something active near you, visit baytown.org/baytownmoves.

Marcus Sanchez pushes his son, Zachary, on the swing at Pelly Park.

Ivie Pineda plays in the water at Pelly Park.

Frida and Arleth Arroyo try their skill at shooting baskets, with officer Tommy King cheering them on, at an activity provided by the Baytown Police Department.

From left, Isaac and Axel Gomez play in the suds at a recent Pop Up Park.
Jadyn Gonzalez, a recent graduate from Robert E. Lee High School in Baytown, will attend a summer honors program in Tanzania.

FutureDocs Abroad is an honors-only program that allows high school students to access what only third and fourth-year medical students can in the United States. The purpose of this internship is to honor, inspire, motivate and direct the top students in the country who aspire to have careers in medicine to stay true to their dream and, after the program, to provide a path, plan and resources to help them reach their goal.

“To truly help those in need sometimes we must abandon the comfort and safety of our home and in some cases even our country,” Jadyn said. “Though I am unaware of what obstacles may lie ahead in such a distant land, my determination is clear, with the help of God, I will eliminate my potential fears and with effort I will learn and retain all that can benefit me in furthering my medical career which I am truly excited for.”

During this program, Jadyn will join students from across the United States and spend time observing surgeries taking place in the operating room, with the surgeon explaining the procedure as it’s being performed.

Jadyn will be in the gross anatomy lab with an anatomy professor, learning about the anatomy and proper dissection of human cadavers and practicing dissection techniques on animal parts.

She will also shadow physicians in the emergency room, clinics, and wards in over a dozen areas of specialty (pediatrics, oncology, surgery, orthopedics, OB/GYN, and more).

FutureDocs Abroad is a program of The National Leadership Academies, which was founded on the belief that strong emotional intelligence is the cornerstone of student success and is committed to supporting students in their development. The National Leadership Academies also recognizes that prospective talent must be identified at the earliest possible age and help must be given to these students to acquire the necessary experience and skills to take them to the doorstep of vital careers as leaders and in the fields of medicine and the sciences.

Recent Robert E. Lee High School graduate Jadyn Gonzalez will attend a medical honors program in Dar Es Salaam, Tanzania.
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First Responder Day
$14.99 All Attractions Pass w/ valid ID

Wednesday
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Half-Off Arcade Games
Karaoke Night
8pm-Midnight

Thursday
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$22.99 for an ALL ATTRACTION PASS and Choice of *Entree
*Unlimited Skating Rink, Mini-Golf, Bumper Cars, Laser Tag & Playground!
*Unlimited all attraction pass is valid for 4hrs from first use
*Choice of Chicken Strips, Philly Cheesesteak, Sliders, Wings, or Personal Pizza

College Thursday
$9.99 All Attractions Pass w/ valid College ID
By Bridgett Tucker

Little did I know, that when I went with my niece to register for phlebotomy school, that I’d meet a fellow Lee Brigadier, not to mention a native Baytonian who is a graduate of James Bowie Elementary, Cedar Bayou Jr. High, Robert E. Lee High School and Lee College. But most importantly, Karen Steele, is the founder and sole owner of KS Phlebotomy School and KS Health Services, LLC, which is a mobile phlebotomy service.

Karen became a Certified Phlebotomist in December 1999, when she graduated from Indian River State College in Florida and began her career there doing outreach awareness. She did mostly STI and HIV awareness in clinics and hospitals. She moved back to Texas in 2006, after spending the later part of 2005 in Texas with her dad who was diagnosed with gastric cancer and succumbed to it in February 2006. This is when she added job phlebotomy trainer and instructor, lead phlebotomist, histology aide, and supervisor to her list of titles.

In 2016, she made the decision to start her own business and hasn’t looked back.

Her classes are four weeks long, Monday through Thursday, from 9 am to 2 pm and evening classes from 4 pm to 9 pm. Weekend sessions are seven weeks long and hours are 9 am to 3 pm Saturday and Sunday. At the moment, all sessions are filled for the next four months. "They fill up quickly," Karen said.

Karen is very compassionate with her students and does everything to help them build their confidence to be successful in their career as a Certified Phlebotomist. She thoroughly trains each individual at their own pace making sure not only are they comfortable, but are also well educated on the safety policies and procedures of the art of collecting samples from patients. Having a career in phlebotomy can be a challenge at times, but if you love people and want to be the lead in saving a life, Karen is willing to train you to be the best phlebotomist you can be. “Being a single mother someone gave me a chance, so I feel in my heart that it is only right to pay my blessings forward and help someone else see their potential at a new beginning.”

You can see the joy and excitement all over her when she starts talking about her babies, which are all of her students. She keeps in touch with past and present students, they have group chats on a regular basis where she reaches out to them to make sure everybody’s working and okay. The way she treats her students and how she talks to them in class is like a family, “I tell them they are a family and have to stick together, because they will always work with other phlebotomists, if you work with someone on a job, you will most likely work with them again. Healthcare is like a circle.
She doesn’t allow any negativity in the classroom, “they must all get along as a team, because if you can’t be a team player here in the classroom, you can’t be one out there.”

Her graduates are highly sought after and most have jobs immediately after graduating. A few companies that hire from KS Phlebotomy are Royal Caribbean Cruise Lines, which just hired 15 of her students and they will be going out for seven days at a time. HCA Hospitals hires many, and Quest Diagnostics does a virtual job fair every month with the graduates. Gulf Coast Regional Blood Center has employed a lot of KS graduates. CSL Plasma, Octapharma and Bayshore Hospital are just a few others that grab graduates as soon as they can.

Karen has three children and a great support system including her mother, whom Karen says without her help she could never have done what she has.
Sleep problems, in addition to being a drain on quality of life, can pose serious health threats. Blood pressure usually falls during sleep, but interrupted sleep can lead to high blood pressure, according to the National Sleep Foundation. “Sleep disorders are linked to a greater risk of heart attack, stroke, irregular heartbeat and heart failure,” said Dr. Skantha Manjunath, a board-certified pulmonologist and sleep disorders specialist at Houston Methodist Baytown Hospital.

Insufficient sleep also impairs the body’s ability to use insulin, which can lead to diabetes. In addition, it can affect the amount of a hormone linked to obesity that’s secreted, increasing the chance for weight gain.

Also, daytime drowsiness increases the risk for accidents at work and on the road.

**Common Culprits of Sleep Disruption**

**Sleep apnea.** People with sleep apnea experience pauses in breathing while asleep that last from several seconds to more than a minute. These may occur five to 30 or more times an hour, and are often associated with loud snoring. Apnea sufferers sometimes gasp, snort or make a choking sound when breathing resumes. The breathing disruptions interfere with the deepest and most restorative levels of sleep.

**Restless legs syndrome.** If you have this disorder, you may not notice it, but your bed partner does. RLS causes unpleasant crawling, prickling, burning or tingling sensations in the legs and feet when at rest and an almost irresistible urge to move them for relief. RLS can make it difficult to fall asleep and stay asleep.

**Narcolepsy.** “A person with narcolepsy is likely to become drowsy or to fall asleep at inappropriate times and places. These sleep attacks can last from several seconds to more than 30 minutes and may occur even if the person has had a normal amount of nighttime sleep,” Manjunath said.

**Insomnia.** Almost everyone has occasional insomnia, which is marked by difficulty falling or staying asleep or waking up too early. Stress, jet lag, temperature extremes, noise and medication side effects are common problems. If insomnia is chronic (occurring most nights and lasting a month or longer), one of the sleep disorders listed above or some other underlying condition may be the cause.

The Houston Methodist Sleep Center at Baytown is located in a new facility at 4201 Garth Rd. (Independent Plaza 1), suite 112. The state-of-the-art larger space is staffed by experienced, registered polysomnography technologists and features a quiet, four-bed facility for conducting sleep studies. Each room is designed much like a comfortable bedroom, featuring soft, ambient lighting, a television, sound insulation and queen-sized beds.

The rooms feature carbon dioxide level monitoring, negative air pressure systems which trap potentially contaminated droplets in a specially designed air filtration system to prevent spread and private bathrooms. Wi-Fi and snacks are also provided.

If you or a loved one suspects you may have a sleep disorder, make an appointment with a sleep specialist at Houston Methodist Baytown Hospital by visiting houstonmethodist.org/baytown or calling 281-428-4510.

Houston Methodist Baytown takes every precaution to safeguard your safety from the coronavirus and is designated as a COVID-19 vaccine hub. Vaccines are free and available to everyone age 16 and older. Walk-ins are welcome, but you may also schedule an appointment by visiting houstonmethodist.org/vaccine.
Colorectal cancer may be the third most commonly diagnosed cancer and the second leading cause of cancer death in both men and women in the U.S., but if detected early, it has a very high survival rate.

Dr. Ziad Kronfol, a colorectal surgeon at Houston Methodist Baytown Hospital says finding the cancer as early as possible is essential to preventing it from developing into a potentially deadly condition.

“Through screening tests such as colonoscopy, polyps can be found and removed before they become cancerous,” Kronfol said. “Colorectal cancer generally develops from polyps in the colon or rectum. If a cancer is found during screening, the earlier it is found the greater the chance it can be surgically removed laparoscopically with small incisions.”

While screening methods are readily available and reliable, according to the Health Resources and Services Administration, fewer than half of adults age 50 and older get the recommended screenings.

The American Cancer Society and the U.S. Preventive Services Task Force recommend colorectal cancer screening for men and women at average risk beginning at age 45 and continuing until age 75. Continuing beyond this age should be considered on an individual patient basis.

“Your doctor will be able to advise you on the proper screening schedule for you,” Kronfol said. “People at an increased risk for developing colorectal cancer should discuss screening earlier and may require more frequent tests.”

Risk Factors
The exact causes of colorectal cancer are unknown. However, according to the National Cancer Institute, certain factors increase your risk of developing the disease. Those factors include:

• **Age.** Most people who develop colorectal cancer are over age 50.
• **Polyps** (abnormal growths that protrude from the inner wall of the colon or rectum). While most polyps are noncancerous, the majority of colorectal cancers develop from polyps.
• **Personal history** of colorectal cancer. Women who have had ovarian, uterine or breast cancer also have a higher risk.
• **Family history** of colorectal cancer.
• **Ulcerative colitis or Crohn’s disease**
• **Diet.** Eating a lot of red and processed meats and not many whole grains, fruits and vegetables may increase risk.
• **Sedentary lifestyle**

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**Warning signs include:**

• Rectal bleeding
• A change in bowel habits
• Unusual abdominal pains
• Unexpected weight loss

For more information and to schedule an appointment with a colorectal cancer specialist at Houston Methodist Baytown Hospital, visit houstonmethodist.org/baytown, or call 832-556-6046.

Houston Methodist Baytown takes every precaution to safeguard your safety from the coronavirus and is designated as a COVID-19 vaccine hub. Vaccines are free and available to everyone age 16 and older. Walk-ins are welcome, but you may also schedule an appointment by visiting houstonmethodist.org/vaccine.
Four Houston Methodist Baytown Hospital nurses were recognized as recipients of the June DAISY Award.

Jesse Arellano, a member of the hospital’s 2 East unit staff, Becky Ho (2 North unit) and Jaci Skrabanek and Michelle Trevino, both members of the 3 West unit, received the award that recognizes the “super-human” tasks nurses perform every day. The DAISY Award is given by the DAISY Foundation and Community Resource Credit Union sponsors the award program at Houston Methodist Baytown.

This marks the second DAISY award each for Skrabanek and Trevino, who both received multiple nominations from patients that cited their compassion, great communication skills and willingness to go above and beyond to care for their patients.

In his nominating letter, Arellano was praised for his attentiveness throughout the patient’s stay and “even brought me coffee. He is a wonderful nurse.”

A family member recognized Ho for taking “amazing care of my mother while on hospice.”

The not-for-profit DAISY Foundation is based in Glen Ellen, Calif., and was established by family members in memory of J. Patrick Barnes, who died in 1999 at the age of 33 from complications of idiopathic thrombocytopenic purpura (ITP), a little known but not uncommon auto-immune disease. The care Barnes and his family received from nurses while
he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families. Each month, a nurse is selected by a nursing committee to receive the DAISY Award.

Arrellano, Ho, Skrabanek and Trevino are members of the highly skilled nursing staff at Houston Methodist Baytown Hospital. The hospital’s nurses have received numerous honors, awards and accolades for their knowledge, skill and compassion, including Magnet® recognition. Last month, the hospital earned Magnet re-designation by the American Nurses Credentialing Center (ANCC).

Magnet recognition is the gold standard for nursing excellence and provides a framework for nursing practice, research, and measurement of outcomes. The ANCC evaluates applicants across a number of components and dimensions, including nursing administration, education, clinical practice, research and quality. Just 547 hospitals around the world, including 53 in Texas, earn this recognition.

Houston Methodist Baytown is currently recruiting qualified, experienced nurses in a variety of disciplines and specialties. For information on how you can join this award-winning group of nursing professionals, visit houstonmethodist.org/baytown or call 281-420-8600.
Healthy Sip Co-owner Destiny Scott Gobert spoke to us recently about her motivation to start her own business in Baytown. Destiny said the grace of God led her to finally follow her dream to open her own business. “To help people live healthier lives,” is her passion. “We are Herbalife based, serving energy teas that help with mental clarity and focus, and smoothies with three levels of protein. I have always wanted to stay healthy, and maintain a healthy weight.”

Destiny described Herbalife products as a lifestyle change.

She also is a licensed surgery assistant in a Clear Lake plastic surgeon’s office,

“I opened my storefront because COVID pushed me to go into business for myself. We were shut down (the plastic surgery office) during COVID. When COVID hit, God knew I needed to do this. I put it on paper and planned. I started making the shakes and teas out of my home with curbside delivery. I found this location on Baker at the end of May and in July my build out started. I have been open since August 4, 2020. We are about to hit a year.”

The Healthy Sip celebrated their one year anniversary August 6.

“We are always trying to acknowledge businesses of the week. We do donations. “We are involved in the community,” said Destiny.

Destiny is also a step instructor and extreme Hip-Hop step instructor, teaching Mondays and Wednesdays at 7 p.m. at The Healthy Sip.

Her inspiration comes from the fact that she loves to see people’s transformation. “I was on the TV show ‘Skin Tight,’ (with the plastic surgeon for whom she is employed). To be a part of people’s journey, seeing them conquer their goals, inspires me.”

Tiffany is married to Mario Gobert. Her husband works with her in the business, but still works a job in Port Arthur.

They have four sons, D’Andre Charlot, Mario Gobert, Jr., Marquel Gobert and Christopher Gobert, who play sports, two at Sterling High School, one at Gentry Junior School and one at Crockett Elementary.

The Health Sip is located at 2121 W. Baker and can be reached at 281-739-2557.
Sometimes life directs one’s journey. Tiffany Peters is the owner of Tiff Fit Cuisine, a meal prep business offering healthy choices including vegan, vegetarian, pescetarian and standard healthy meals.

She started her business in January of 2017 but her story started long before.

In 2008, she went through a health crisis, became septic, had bilateral pneumonia and was hospitalized for a month, stemming from a previous discoid lupus diagnosis.

She changed her diet to improve her own health. In 2016 she had one client who was pescatarian. She cooked for him and for herself and this convinced her to start Tiff Fit Cuisine.

She was working five days a week and in 2017 she decided to follow her passion to cook to help other people.

“What is more empowering that helping people take control of their health.”

She sends out a menu every Wednesday, shops on Friday, cooks all day Saturday and meets with her clients to deliver meals on Sundays.

She has three different protein options and does not cook beef or pork unless specifically requested. She cooks seafood, salmon, Tilapia, shrimp and chicken breast menu items, including healthy carbs and vegetables. Tiff Fit Cuisine offers kids’ meals too.

The menu changes weekly to offer a variety of meals with whole, natural food, not processed, from plant-based to organic and natural.

She always uses organic and non-GMO ingredients, including hand-made seasonings.

“Helping you eat clean” is Tiffany’s passion.

“It’s better for your lungs, your organs and your joints. Anyone can exercise. It’s the eating that people struggle with the most,” says Tiffany.

Her goal is to be able to deliver nationwide and ship with front-door delivery. Right now she is a one-woman show. “Hopefully in the near future, I will have a delivery service,” said Peters.

Tiff Fit Cuisine is her dream business while she is currently a full-time compliance analyst at M.D. Anderson in the medical center. She participated in a body-building competition in 2018.

Tiffany Peters can be reached at:
Tiff_Fit_Cuisine on Instagram
Tiff Fit Cuisine on facebook
Tiff.Fit.Cuisine@gmail.com
or by telephone at 713-459-5082.

Tiff Fit Cuisine Owner Tiffany Peters showcasing her prepped meals at theBOB “Black-owned Business” Alliance Spotlight June 11.
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We’re here to support our community
Is it time for a mammogram? If you are a woman aged 40 or over it is time to discuss with your healthcare provider if you are due for a mammogram. According to the CDC, breast cancer is the most diagnosed cancer in women in the United States and the second leading cause of cancer death in American women. Mammograms are used to detect early signs of breast cancer.

The earlier an abnormality is detected, the better the prognosis. There are instances when mammogram screenings should start earlier. A breast cancer risk assessment is important for identifying women who may benefit from earlier and more intensive breast cancer surveillance. Make sure to speak to your healthcare provider to assess if you are high risk.

What does the mammogram entail? The machine itself takes a low-dose x-ray of the breast. There are two plates that compress the breast for a couple of seconds to capture an “image.”

Multiple images are taken and the exam is complete. The most common question my patients ask is if it hurts. Although there is some minor discomfort, it is a very quick exam.

Chambers Health partners with The Rose to bring mobile mammography services to Chambers County. These services are currently provided at Bayside Clinic in Anahuac one to two times a month. Prior to obtaining a mammogram you will need to see a healthcare provider who will perform a risk assessment and breast exam. Chambers Health can also assist uninsured patients to help cover the cost. There are various assistance programs available to the community.

Chambers Health strives to continue their tradition of being “What You Need, Where You Are,” and looks forward to serving the health and wellness needs of our communities by providing the best care possible.
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NEW MEDICAL CLINIC
OPENING IN DAYTON

The Dayton Community Development Corporation (DCDC) Board of Directors approved a grant request on June 14, for $50,000 to assist with the build out of a new medical facility in Dayton named OmniPoint Health.

The medical facility will occupy over 4,000 square feet in the Downtown Corridor and provide primary medical care services, outpatient x-ray, and laboratory services. The facility will consist of 10 exam rooms and one procedure room.

The health system announced last week its intentions to change its name to OmniPoint Health. The new name will make its debut in the Dayton location with the remaining facilities changing in January 2022. The new name comes as the company expands its services beyond Chambers County and reflects its new mission to exemplify medical excellence with the same personalized service, love, and treatment they would entrust to their own families.

“We recognize the importance to access high-quality healthcare close to home,” said William Kiefer, Chambers Health CEO. “We are proud to partner with community leaders to offer same-day appointments for a wide-variety of health services. We are here to eliminate the days of waiting or traveling to get the care you need.”

The facility will employ approximately 8-10 people to start with plans to expand across Dayton to include specialty care and other services.

DCDC is providing funding for this facility through its Downtown Improvement Grant Program, which provides assistance to businesses that are located inside the Downtown Corridor who seek to make improvements, locate, or expand in the corridor. DCDC grants are paid upon completion of the project in September.

“We are happy to be bringing in a regional healthcare partner to help meet the medical needs of our community. X-ray and laboratory services will be among the array of amenities available right here in our hometown,” said Tonya Smikal, President of the DCDC Board.

“DCDC was tasked with bringing additional, quality medical care services to the community several years ago, and we are excited to have partnered with OmniPoint Health to bring this new facility to our community” said DCDC Executive Director Ann Marie Miller.

Chambers Health was founded in 1950 in Anahuac with a hospital along Trinity Bay and has since expanded to a clinic, dental office, and wellness center in the area, as well as a full-service clinic in Mont Belvieu. As the premier people-centric healthcare system, Chambers Health is dedicated to medical excellence, serving as a catalyst for all its patients to live, active, happy, and productive lives. Follow Chambers Health on Facebook for more updates on its services, activities, and the Dayton opening.
OmniPoint Health is pleased to announce Dr. Leonidas Andres as primary care physician at their new health facility in Dayton. Dr. Andres will begin seeing patients on September 1, with appointment scheduling starting August 2.

Dr. Andres is well-known to many in the Chambers-Liberty County region, having previously served as Chief of Staff at Bayside Community Hospital and as the Medical Director of the Chambers County Health Department. Specializing in general surgery and family medicine, he brings both skill and experience to the new facility. In addition to a successful solo practice, he has extensive hospital experience including a residency under the prominent Heart Specialist Dr. Michael DeBakey and serving at the U.S. Naval Hospital, Subic Bay, and the U.S. Air Force Hospital Clark Air Force Base, both located in the Philippines.

“Having such an experienced provider to lead our team at the new OmniPoint Health location will bring world-class care to the Dayton community,” said William Kiefer, Chambers Health Chief Executive Officer. “As a Board-Certified physician, he will deliver high-quality medical care and being familiar with this community; he will do so with a personal commitment. That is the overall kind of service we are dedicated to providing our patients.”

Chambers Health announced its intentions to change its name to OmniPoint Health. The new name will make its debut in the Dayton location with the remaining facilities changing in January 2022.

The new primary care medical facility will be a first of its kind for the Dayton area, offering more than 4,000 square feet of space. With 10 exam rooms and one procedure room, OmniPoint Health will have the capacity to take new patients with little to no wait times and the ability to take same-day appointments.

About OmniPoint Health:
World-Class Care. Hometown Service. OmniPoint Health is the premier people-centric healthcare provider, exemplifying medical excellence with the same personalized service, love, and treatment we entrust to our own families.

Founded in 1950 in Anahuac, Texas, with a hospital along Trinity Bay, the health system has since expanded to include primary care, dental and wellness facilities in the Chambers – Liberty County region. Their vision is to become the world’s finest health system by serving as the catalyst for individuals to live active, happy and productive lives.
Altus Baytown ER announces the Altus Baytown ER Scholarship 2021 Winners! Back on February 1st, 2021, Altus ER launched the Altus Baytown ER Scholarship 2021. This initiative was done through Altus Gives program, which was established to help give back to local businesses and individuals. In this case, the Altus Baytown ER scholarship 2021 was awarded to two individuals. The scholarship consists in a one-time amount of $1000, to pursue a career in healthcare. This award was given to each of the recipients as a check to be exclusively used for expenses related to college such as tuition, fees, books, school supplies, and board. Individuals could apply through the application form directly from our website up until the March 31, 2021 deadline. Then, the winners were selected in April 2021 by a review panel appointed by the management of Altus Baytown ER.

Congratulations to two Altus Baytown ER Scholarship 2021 Winners: Kevyn Salazar from Goose Creek Memorial High School and Jimena Ramos from Ross S. Sterling High School.

The Winners’ Reaction

After having been selected, we coordinated with each of the students’ schools to deliver them the good news. This is how they reacted to having won the Altus Baytown ER Scholarship 2021.

“I am very grateful to receive this scholarship. I love the idea that there are people rooting for me to enter medicine and would even provide a scholarship to achieve those dreams. With this scholarship, I plan to put it toward tuition at UT Austin where I will majoring in Biology down a pre-medical track. Thank you Altus Baytown ER for this wonderful opportunity!” – Kevyn Salazar

“Hello! I wanted to express my gratitude for having had the opportunity to apply for this scholarship, and I’m incredibly thankful for having won! You guys are really incredible for helping high schoolers in the community. I can’t wait to go to university and start a new chapter in my education. Thank you Altus!” – Jimena Ramos

The Admin’s Reaction

Kristin Kappler, the administrator of Altus Baytown ER expressed how she enjoyed the moment she met both of the winners.

“It is our pleasure at Altus to support and encourage the next generation of healthcare professionals. Good luck to Kevyn and Jimena on their future endeavors!” – Kristin Kappler

Altus ER would like to thank everyone for participating in the Altus Baytown ER Scholarship 2021. A special thanks goes out to the staff and schools who helped make this possible.

To all recent graduates, congratulations on a job well done! Altus Baytown ER encourages you to strive and accomplish your pursuit of a career of your choice whether it be healthcare or any other path you choose to take. "We will be happy to welcome more dedicated and compassionate healthcare professionals to our community. It is an honor to be able to contribute to the future needs of our community through Altus Gives," said Kappler.

Altus Baytown ER wishes each and every one of you continued success through your college career and beyond.
Greater Baytown - August 2021

23

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Staying out of the heat can be difficult in summer months, but it is crucial to stay safe and cool while spending time outdoors, especially for pregnant women. A Baylor College of Medicine expert outlines how to avoid heat exhaustion during warm months.

“The summer is tough on pregnant women because the body struggles to cool down when humidity and temperatures are high,” said Dr. Matthew Carroll, assistant professor of obstetrics and gynecology at Baylor and Texas Children’s Hospital.

Avoiding sunburn and heat exhaustion requires forethought and planning in warm climates. Carroll suggests different methods to prevent discomfort and overheating for pregnant women:

• Stay hydrated: Pregnant women should drink more than the recommended eight to 12 cups of water per day to prevent dehydration.
• Don’t be afraid of the shade: If you spend time outside, try to find cooler areas in the shade.
• Cover up with clothing: Wear light clothing to protect yourself from the sun. While a lot of fitness clothes are moisture-wicking, they may be tight-fitting and uncomfortable. Wear clothing that is more comfortable for you.
• Wear sunscreen: Continue reapplying sunscreen with UV and UBV protection of at least 30 SPF. Pregnant women with fair skin may benefit from using a higher SPF. If you sweat frequently, use sunscreen with water protection.

The first signs of heat exhaustion are dizziness, fatigue and nausea. When pregnant women feel these symptoms, they should move to a shaded or cool area to rest. Elevating the feet may also help. Hydrate with cool liquids, especially water with a sodium-containing solution such as an electrolyte fluid.

When the body’s temperature rises, serious side effects can include vomiting and loss of consciousness. Symptoms should subside once you remove yourself from the heat and rest, so if nausea, vomiting, fatigue and dizziness persist for more than an hour, reach out to your doctor and consider going in for an evaluation.

If you normally exercise outdoors, Carroll suggests trying alternate exercises or changing your routine while pregnant. Exercise early in the morning or later in the evening when the heat is less oppressive, but be sure to do so in a safe, well-lit area. Swimming also is a safe, whole-body exercise option during pregnancy. Joint laxity increases in pregnancy and the water supports the joints. As long as you reapply sunscreen and avoid overdoing the exercise, swimming is a great option for staying cool outdoors.

“The sun is at its most powerful and the heat will be at its worst from 9 a.m. to 3 p.m., so try to limit direct sun exposure during that period to 30 minutes to an hour. That will be the longest amount of time you will get good UV protection from your sunblock before you have to reapply,” Carroll said.

It’s also important to know that Braxton-Hicks contractions can be more common with exertion and dehydration. These are contractions that can be just as uncomfortable as the contractions of labor but do not result in cervical dilation. If contractions continue to be painful and regular in occurrence, despite rest and hydration, a pregnant person should be evaluated by their health care provider.

Although there is limited data on how heat exhaustion can affect the fetus, stresses on the mother can directly impact the fetus. Pregnancy is already a stress on the body, especially the heart, because of increased blood volume and increased blood flow to support the placenta and pregnancy. If a mother overheats and loses consciousness, the changes in circulation may negatively impact placental perfusion and thereby the pregnancy.

Carroll stresses the importance of hydrating, staying cool and wearing sunscreen for all, but especially pregnant women in the summertime. Enjoy the outdoors in moderation while remembering key tips to prevent overheating.
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BETTER HEALTH AND A BETTER LIFE
“My daughter, Eileen, is a water baby. Always has been. She was part of the Sea Scouts group here in town for four years. She got certified in scuba when she was 14. She learned how to sail small boats and big boats. Her uncle has a place in Martha’s Vineyard. When they spend time up there in the summer, they sail and stuff.

“I wasn’t surprised when she decided to join the Navy. She wanted to do something where she could make a difference and also get help with school so she wouldn’t end up having debt.

“We have tons of military in our family. One of my brothers retired after 26 1/2 years in the Army. My sister served six years in the Air Force. My other brother spent 11 years in the Army Reserve. My brother-in-law retired from the Air Force after 20 years. I had cousins in various branches. I have an uncle who was wounded in the Korean War and is paraplegic from his injury. All the uncles on my dad’s side served in every branch there is. My dad couldn’t serve because he had a disc missing in his back, but he wanted to. My niece’s husband is in the Marines. And my third son was in the Army Reserve, but he’s out now.

“So serving in the military was always on the table for my daughter. It always was talked about and was an option. Besides my sister, though, it wasn’t something that women in our family did. It was just boys who went. But I’m glad she has the mindset that she can do whatever she wants, whether it’s something females traditionally would do or not. I’m really glad she’s like that.

“I had considered it at one point. But my path was really different from hers, and it just didn’t happen. In hindsight, I kind of wish I would have. I think it would have been good for me.”
“It’s a 1966 Impala. My great-granddad, who lived in Waco at the time, drove to Dallas and bought it from Johnson Chevrolet at the end of 1965. He went up there to buy a Caprice, which was more of a luxury car. But when he saw this, he fell in love with the muscle.

“He wanted to keep the miles off the engine driving it back home, so he paid to have it towed. The whole family was excited about the brand new car. It was like a parade coming home. Everybody was there. It was their first major car because back then, it was all trucks for farm use.

“When great-granddad died, he passed it along to my granddad. Then granddad passed it to my father. Now I’ve got it. Everything on this car is original except the battery and engine. I still have the original engine at the house. It’s a 283, and it runs fine. I just like to go faster, so we put a 396 in there. It moves pretty quick.

“The family drove this car until the late ’70s. Then it just got parked in the garage, and nobody touched it. I started spending a lot more time with granddad when I was in college. I rebuilt the engine, the original 283 inside his garage, and got it running again. It’s been going ever since.

“It’s priceless. Had a guy offer $45,000 for it. Sorry, you can’t put a price on my whole family having been in this car. It’s a beautiful thing.

“There’s a song by Lee Brice, ‘I Drive Your Truck,’ about this guy driving around after his brother passes. It’s about reminiscing on certain things. And that’s how this is for me. When I drive it, I can feel them sitting right next to me. When I go around corners, I’ve got my granddad yelling at me and my dad cheering me on. It just feels good.”
“All the kids, from kindergarten through fifth grade, have to take art. So I get to see every student in the school once a week. My first year, I taught a lot about art history and the artists’ lives. And the kids’ eyes would just glaze over. They would fall asleep in class. After a while I realized that the best structure was to give them as much time as possible to do actual hands-on art, with just enough instruction to get the message across.

“Some of the kids who kind of gave me behavior problems were the ones who didn’t really enjoy drawing or painting. They didn’t feel like their artwork was as good as the other kids’. I could relate to that. That’s how I felt when I was going through school. Then in college, I realized there are many different mediums and different ways to go in art. I discovered that what I enjoyed most are things like sculpture, printmaking and origami.

“The first time I did origami with the kids, they were like, ‘That was so cool. Can we do it again?’ That blew my mind because it’s something that I really love. Now we do origami for about three weeks every year. It’s gotten to the point that on day one of school, they’re asking, ‘When are we doing origami this year?’

“Sometimes in art, like on a drawing assignment, students have more freedom than they can kind of handle at that age. But with origami, there’s a step-by-step process and specific directions to follow. So when they finish, there’s that level of fulfillment and achievement that’s pretty satisfying.

“In art, there aren’t a lot of times where you feel like you really finished a piece. It happens every time I paint. About 30 minutes before I stop is when it looks really good. But then I work 30 more minutes, and I hate it by the end. I’m like, I wish I would have stopped 30 minutes ago. With origami you have a stopping point, and you’re able to say, look what I made. I didn’t overwork it to the point where I didn’t enjoy it anymore or feel like I messed it up. I think the kids feel that, too.”

JOSH CROWHURST

Josh Crowhurst has been the art teacher at Ashbel Smith Elementary School for six years.
By Carol Skewes

After trying almost everything on the Wazabi Sushi Bar menu, I have a new some new favorites, the Alaskan Roll and the Harry Larry Roll.

The Alaskan is spicy crab and cucumber topped with salmon and avocado. The Harry Larry is shrimp tempura and cucumber inside with crab on top.

There is an appetizer that complements these two called Shrimp Shumai (steamed shrimp dumplings, served with spicy garlic citrus soyu.) I loved the Shrimp Shumai, but all the appetizers are good, including Ede-mame, Miso Soup, Ginger Salad, Seaweed Salad, Crab Rangoon, Kimchee Fries, Veggie Spring Rolls, Spice Tuna Nachos and Roasted Sprouts.

Sushi choices include:

The Wa-Lu Roll is Hawaiian White Tuna, Avocado & Cucumber Topped with strawberries and served with Ponzu sauce (a tangy, soy-based sauce made with citrus fruit.)

The Spider-Monkey Roll is Softshell crab and cucumber inside, topped with spicy salmon and crunchies.

Other fun special rolls to try are: Grass Hopper Roll – jalapeño, cream cheese and spicy tuna, flash fried; Aye Carumba – Shrimp tempura, filet mignon, cream cheese, jalapeño, topped with avocado; Kiss My Bass Roll – Crab, jalapeño and cream cheese topped with baked peppered sea bass; Tootsie Roll – Crab, shrimp, asparagus and cream cheese rolled in crunchies; Caterpillar Roll – Eel, crab, cucumber and shrimp topped with avocado; Rainbow Roll – Tuna, salmon, yellowtail, white fish and shrimp on top of a California roll; Crazy Roll – Shrimp tempura and cucumber inside, topped with spicy tuna and crunchies; Dragon Roll – Shrimp tempura and cucumber with Eel and avocado on top; Vegas Roll – Salmon, shrimp, avocado, cream cheese and asparagus flash fried; Texas Roll – Salmon and jalapeño topped with seared filet mignon and avocado with ginger dressing; Harry Larry – Shrimp tempura and cucumber inside with crab on top; Cajun Roll – Spicy shrimp and cucumber with spicy mayo baked scallops on top; Surf-n-Turf – Seared filet mignon and avocado with spicy mayo baked shrimp on top; Alaskan Roll – Spicy crab and cucumber topped with salmon and avocado; Tiger Eye – Smoked salmon, cream cheese and jalapeño, flash fried; and Tokyo Twist – Peppered Albacore, blue cheese, green onion inside, salmon on top. Wazabi Sushi Bar also serves bowls including the Chirashi, Poli, Unagi, Gogi and Bang Bang Shrimp; Tacos: Bang Bang Shrimp, Gogi and Maui; and a shrimp basket for the kids.

The Baytown location
Hours of operation: Dinner Monday through Saturday: 5-10 p.m.
Stop by 206 W. Texas Avenue on the Town Square or call 281-837-3095 for info. Visit https://www.wazabisushibar.com

Atascosita location: Hours vary. Closed Sunday
By Alan Dale

In what many believe is a sign of a true return to normalcy, Baytown's Bicentennial Park was the scene of a 4th of July celebration that focused on togetherness and not being locked away due to a pandemic.

A year removed from days that saw most Americans and people around the world sheltering in place due to the COVID-19 outbreak, hundreds of people flocked to Bicentennial Park for live music, a parade, plenty of food and frolic over the weekend to celebrate the nation's 245th birthday.

The town's celebration is well known, and Erich Horst of Dickinson made sure to revisit.

“We used to vend here 10 years ago, and I remember this place being great,” Horst said. “Since I retired, I wanted to enjoy an event, so I am here. We are carrying on the same tradition. This one turned out well, especially after the pandemic. This is about what I expected.”

Many noted the lack of masks being worn and the slow recovery to get closer to what people are familiar with.

“It’s great because we can all come together and celebrate without worrying about anything else,” Brandi Rivers of Baytown said. “I haven’t seen anyone with a mask. It’s so much better since we don’t have all the restrictions and can be around our friends and family and get back to what we used to be.”

The need to reconnect was obvious as was that to not have to wear masks as very few were seen being worn by those in attendance.

“I feel great about this: This is very much welcome,” Baytown city councilman Charles Johnson said. “We as human beings very much value social connectivity with other human beings and seeing all the smiles on people’s faces no matter how hot it is, we enjoy being amongst one another.

“I think we are phasing out, so I am not surprised that not many people are wearing masks. I and my family are vaccinated, so we choose not to, but I hope that most people who are out here are vaccinated and that’s why they choose not to.”

Major Brandon Capetillo was pleased with the numbers that attended the various activities and took in the mix of music.

“War did an excellent job, the Peterson Brothers did a great job with the fans (Saturday night),” Capetillo said. “As soon as the rains cleared, the park got packed. Here on the 4th, it’s a big crowd.

“As mayor and a council, we can’t be more excited as we celebrate the nation’s birthday. It’s exciting times. It’s very good for our mental health and people are ready to emerge and feel safe coming out into the community.”

Adam West, who recently moved to Baytown from Louisiana, said he had once been incarcerated and backed Capetillo’s assessment that getting out is just what people needed after being cooped up during the past year of a pandemic, social unrest and many concerns that wavered between life and death.

“You don’t want to be isolated for too long: Everyone needs a breather, man,” West said.

“This is my first time being out here. I like the vibe and having
Members of the Baytown City Council wrapped up the annual 4th of July parade.

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Greater Baytown - August 2021 31
By Alan Dale

It is quite the process, this Shrimp and Catfish Festival the Baytown Rotary Club has put on for now, 11 of the past 12 years. This year, the welcome return to normal was greeted by the club and the festival with a throng of eager fish eaters at Houston Raceway Park as the labor of love behind the scenes paid off once again.

The festival is hosted to raise monies for the many local charities Rotary supports.

Melissa Reabold, president of the rotary club and the festival chairwoman, said that this event begins its preliminary set up only a short time after the last one ends.

“It takes all of about 10 months to get it all organized,” Reabold said. “It’s a lot of details and logistics. I mean you are cooking food. There is a lot of solicitation for sponsorships and donations for the auctions as well as the raffle.”

Reabold said that the majority of the heavy lifting for the festival is done by Rotarians who get involved to aid in the various processes that make the whole thing click.

“The Rotarians are out there cooking and we used students from Goose Creek CISD and Lee College who are part of a rotary club,” Reabold said. “

The catfish came from Marine Foods in Houston and the shrimp from Rose’s in Seabrook.

“We picked up 900 pounds of shrimp,” Daryl Fontenot, club secretary and captain of the shrimp team, said. “This is how much of a science we have this down to: We cooked 900 pounds of shrimp in about two hours with the help of Wismer Distributing. We have two big boilers, and we could do 60 pounds in each one.

So, we are doing 120 pounds every 15 minutes. It works out great.

“The turnout exceeded my expectations. We were hoping that since people have been shut in with COVID, they are wanting now to get out. It looks like that’s what happened.”

They also picked up 1,350 pounds of catfish.

Doug Walker, a member and former president for the club, has been involved in the event since its inception.

“We started out with about 500-600 meals served, the last two years we approached 3,000,” Walker said. “We forecast that we would have 2,600 but have enough food for 2,900. I wasn’t sure with the virus how many people would come out.”

Walker said the number of those who walk up also determined the final number.”

The cooking operation took place out back toward the track while patrons enjoyed their meal inside.

Employees from Frank’s Collision Repair, Frost Bank and Navarre Funeral Home gave their assistance cooking up the catfish.

The recipe of the catfish breading was Ralph Oler of Eastside Honda.

David Daspit got the process of preparing the catfish going and said that after years of doing the festival it slowly becomes second nature.

“There is a lot of scheduling to do and coordinating and trying to find balance,” Daspit said. “We have practiced for 12 years to get to this year right. Yesterday, we picked up the fish and cut it up to prepare to cook it.

“It takes a lot of effort from a lot of people.”

Outback Steakhouse donated the fries and Texas Roadhouse provided the coleslaw.
Jacob MacPherson, Emily Limas, Francis Tongol, Veronica Ortega and Samantha Guillen

Volunteers Felix and Christina Dickerson of the Marcelous Williams Resource Center

Ari Dirden and Ramonia Williams

Dan Helgeson of ExxonMobil, Steve Daniele, Club President Melissa Reabold and Pam Warford

Linda Krisher and Kathy Clausen

First dine-in guests Roy and Sandra Whitaker

Barret Sivek, 2, and Conley Sivek, 5, enjoy the petting zoo.

Rowan Henson, 18 months old, rides the pony at the petting zoo.
McKynsie Lee, 7, hugs a donkey at the petting zoo.

Carlos Torres of the Eddie V. Gray Wetlands Center holds “Pork Chop” a western hognose snake for guests to view.

Taylor Sterling of Frost Bank feeds a goat in the petting zoo.

Wyatt McLeroy gets to play Fire Chief for a day!

photos by Carol Skewes
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