

**Yoga from page 6**

improves immunity and combats vulnerability to infections by lowering stress hormone levels in the blood.

In a very real way, regular practice of yoga helps to prevent disease and promote health and wellness.

*Satyantarayana V. Chilukuri, M.D., is an anesthesiologist who lives in Bellaire.*

**Yoga for Diabetes**

S-VYASA Yoga University will present a 20-hour program designed to help diabetes control and manage active diabetes from April 15-24 at four Houston-area locations. The program is delivered under the supervision of medical doctors and trained yoga therapists. It includes yoga postures and stretches, breathing and relaxation, diet and nutrition, stress management. For information email [info-sdm@sewasausa.org](mailto:info-sdm@sewasausa.org).

**Fatal Shooting of Man Found at 6095 Glenmont**

Houston police are investigating the fatal shooting of a man found at 6095 Glenmont about 6:15 p.m. on Saturday, March 19. The victim, Anthony Pereira, 17, of Houston, was pronounced dead at the scene. HPD Homicide Division Officers C. Elder and T.S. Miller reported: Pereira was a passenger in a vehicle being driven by a friend. As their vehicle approached the intersection of Westpark and the Southwest Freeway service road, a blue car of unknown make and model drove up to the passenger side. Shots were fired from inside the blue vehicle and Pereira was struck. His friend managed to drive them away, eventually stopping on Glenmont where paramedics pronounced Pereira deceased at the scene.

Anyone with information in this case is urged to call HPD Homicide Division at (713) 308-3600 or Crime Stoppers at 713-222-TIPS.

**ADHD Support Group Meeting in Central Houston**

The Attention Deficit Disorders Association-Southern Region Central Houston Support Group will meet Tuesday, April 5, at 7 p.m. Guest speaker will be Nancy Foreman, a speech and language pathologist in Bellaire, presenting "Pragmatic Skills and the ADHD/ADD Student." She will discuss how children with ADHD/ADD often have problems relating socially with peers and regulating their behaviors. A checklist will be reviewed to determine levels of appropriate pragmatic language. Strategies and resources within the home environment and school setting will also be explained. The support group meets at St. Andrew's Presbyterian Church, 5308 Buffalo Speedway at Bissonnet, room 215. For more information, contact Caroline Hassell, at (281) 686-4191 or [cwillhas6623@sbcglobal.net](mailto:cwillhas6623@sbcglobal.net). RSVP for door code and for a headcount.



Westbury High School students review the online training in preparation for the Advanced level training.

**Tax Internship Program**

Westbury High School students are working as a team for Beyond Careers' Volunteer Income Tax Assistance (VITA) free tax preparation. The students have applied for and accepted into Beyond Careers Internship program. This pilot program is student-led with supervision from Beyond Careers. The intern can include this milestone on their college and scholarship application, job applications and their resume.

Beyond Careers has provided in person or online VITA training since December 2015 for interns to become IRS-Certified tax preparer at the Advanced level. The student interns will gain long-term skill of tax preparation and gain hands-on experience with real world situations through service-learning.

Beyond Careers' VITA program generally offers tax help for qualified taxpayers, at no cost, to receive refunds they are due, such as Child Tax Credit (CTC), Earned Income Tax Credit (EITC), and other tax credits. The program uses the IRS approved online to provide free e-file and direct deposit.

Beyond Careers' VITA event will be held at Westbury High School on Saturday, April 9, from 10 a.m. - 2 p.m. Taxpayers making under \$58,000 can have their tax returns completed at no cost.

Westbury High School interns will promote the event by conducting Outreach at the school and in the community.

**Mark Twain Elementary Named to 2015 Texas Scholar Honor Roll**

Mark Twain Elementary was one of seven Houston I.S.D. elementary schools to be named to the 2015 Texas Scholar Honor Roll. The Institute for Productivity in Education announces the honor in collaboration with the Educational Results Partnership. According to the Institute's website, schools receive the honor "for demonstrating consistently higher levels of student academic achievement, improvement over time, and reduction in achievement gaps among ethnic minority and socioeconomically disadvantaged students." The website also notes that the Educational Results Partnership uses "the largest longitudinally linked system of data in the country." The results can be viewed at [www.productivityeducation.org](http://www.productivityeducation.org).



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