



## National Read a Book Day

National Read a Book day is September 6. To celebrate, we are offering a few book suggestions, depending on your mood.

### **If you're looking to extend summer a while**

The Summer Place by Jennifer Weiner - this multi-generational story is perfect for a late-summer beach read or a fall book club pick. The Summer Place is a "testament to family in all its messy glory; a story about what we sacrifice and how we forgive." With this page-turner, you'll find out why the New York Times has called Weiner the "undisputed boss of the beach read." Whether or not you made it to the beach this year, this Cape-set read will transport you seaside as you learn all about this family's secrets.

### **If you want to read or re-read a classic**

The Great Gatsby by F. Scott Fitzgerald - as the world reopens after lockdowns lift, you can read about the other roaring '20s. This book appears on every "must read" list imaginable, so if you have never experienced the glamour and tragedy of the Jazz Age tale, now may be the time. Meet Nick Carraway, Daisy Buchanan, and, of course, the mysterious millionaire Jay Gatsby in this Great American Novel. You can learn about love, loss, and the yearning that keeps us moving forward.

### **If you're ready for spooky season**

All Good People Here by Ashley Flowers - for true crime fans, the host of the podcast Crime Junkie, has now written a #1 New Times Best-seller. A journalist tries to uncover the truth

about the murder of her childhood neighbor when a similar case occurs in the next town over. Yet she encounters unexpected resistance from the town's residents as she digs into the disappearances. Called "twisty, chilling, and intense," this read will get you ready for fall and Halloween.

### **If you're looking to improve yourself this Fall**

Building a Second Brain by Tiago Forte - in our digital age, it can be overwhelming to manage the onslaught of information thrown at us each day. Enter the Second Brain, Forte's "personal knowledge management" system. Forte provides step-by-step guidance on how to customize your own system for storing and organizing your "trusted and organized digital repository of your most valued ideas, notes, and creative work".

### **If you want to read the next book adaptation before it hits the big screen**

A Man Called Ove by Fredrik Backman - a grumpy old man is depressed by his forced retirement, the death of his wife, and the loss of a friendship when his former friend ousts him as president of the local neighborhood association. Instead of the end he had imagined, he is interrupted by the needs of those around him, forming unlikely friendships and completely changing Ove's life. In December 2022, Tom Hanks will star in a film version of this heart-warming book A Man Called Otto.

What will you be reading this September 6th?

## News & Events

### • **Kelley Family Days**

Through a generous gift from the Kelley Family, complimentary admission to the Children's Adventure Garden will be offered on select dates. People interested in exploring the Rory Meyers Children's Adventure Garden will be able to do so for free on select days in 2022. Thanks to a gift from the William G. Kelley Family, guests paying for general garden admission will also receive free entrance to the Children's Adventure Garden on designated days, called Kelley Family Days. For general admission, timed tickets are required and must be purchased online or by calling 214.515.6615.

Sept. 3-5, Sept. 10-11, Nov. 11-13  
For more information visit:  
<https://dallas.kidsoutandabout.com/content/kelley-family-days-dallas-arboretum>

### • **Venardos Circus Coming to Austin**

Created by former Ringling Bros. Ringmaster Kevin Venardos, the show featured a cast of 6 artists in a kind of Broadway/Circus Musical. It was just a little Circus... but it had great BIG dreams. In the years since, Venardos Circus has grown into a living example of the power of dreams, reinventing the American Circus tradition for a new generation, and bringing joy to people everywhere.

September 21 to October 2  
Moontower Saloon  
10212 Manchaca Road  
Austin, TX

For more info visit:  
[www.venardoscircus.com/](http://www.venardoscircus.com/)

## Resources

### • **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: [www.vivaped.com/resources](http://www.vivaped.com/resources)

For current events visit us on Facebook. [www.facebook.com/VIVAPeds](http://www.facebook.com/VIVAPeds)

### • **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! [www.carestarter.co/connectionsapp](http://www.carestarter.co/connectionsapp)



### • **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at [www.theparkerleeproject.org](http://www.theparkerleeproject.org)

### • **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: [www.facebook.com/ProtectTXFragileKids](http://www.facebook.com/ProtectTXFragileKids)  
For more info visit: [www.protecttxfragilekids.org](http://www.protecttxfragilekids.org)

### • **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. [www.dfwchild.com/thrive/directory](http://www.dfwchild.com/thrive/directory)

### • **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



## Get Healthy with Giggles

### What Makes Adolescents Choose the Food They Eat?

Have you ever thought about why you eat what you eat? Is it because it's tasty? Healthy? Trendy? There are many factors that influence what an adolescent eats.

Current food environments do not promote healthy food choices. In some mixed and modern environments, nutrient-rich foods are more difficult to get. Nutrient-poor foods are easy to access, inexpensive, and highly advertised. In some traditional environments, poverty and food insecurity put adolescent health at risk.

Many adolescents do not choose food based on how healthy it is. Instead, food is an important way to express uniqueness. It also provides a sense of belonging, since eating is often a social experience. That is why countries need policies and programs that enable and encourage healthy food. To do this, we need more research to find ways to make nutritious foods more appealing. Adolescents have a lot to say about why they eat what they eat and what will motivate them to make changes. That means we must involve them in the conversations to create food programs. Only then can we help them navigate towards a healthy and socially appealing diet.

Becoming an adult means you have more control over what you eat. But what you eat also determines your current and future health. As you go through your day, think about what influences your food choices. Think about why you value your food. Is it to express your autonomy? Is it to fit in with your friends? Is it because someone online likes a particular food? Once you have figured it out, discuss it with a doctor or trusted adult. Think about ways that you can be yourself, feel like you belong, and eat healthy food.

\*[www.sciencejournalforkids.org](http://www.sciencejournalforkids.org)

## Food for Thought



### Frosted Mini Wheats® Chocolate Strawberry Yogurt Parfait

#### Ingredients

- ¾ cup plain yogurt
- 1 tablespoon honey
- ¾ cup Kellogg's® Frosted Mini-Wheats Little Bites® Chocolate cereal, lightly crushed
- ½ cup sliced fresh or frozen strawberries

#### Directions

- In small bowl mix yogurt and honey.
- In large glass layer ¼ cup crushed KELLOGG'S® FROSTED MINI-WHEATS LITTLE BITES® CHOCOLATE cereal, of the strawberries and ¼ cup of the yogurt mixture.
- Repeat layers once.
- Garnish with remaining KELLOGG'S® FROSTED MINI-WHEATS LITTLE BITES® CHOCOLATE cereal and strawberries.

Enjoy!

\* <https://fruitsandveggies.org/>

Where do cows go on Friday nights?



They go to the moo-vies!



Just for Giggles!