

THE Current

SHADOW CREEK RANCH

February 2010

Official Publication of the Shadow Creek Ranch HOA

Volume 2, Issue 2

FITNESS EXPERT TO HELP HUNDREDS OF PEARLAND RESIDENTS TRANSFORM

Their Bodies In 6 Weeks...FREE

JC Guidry, the owner of Method Evolution is on a mission to change the shape of Pearland. His **Your Best Body Challenge** could help hundreds of local residents transform their bodies in 6 weeks, free of charge.

"There's no cost to participate in the challenge," says JC Guidry, "all we ask is that each person make a small, one-time \$20 donation to the Forgotten Angels. That's it."

JC Guidry's **Your Best Body Challenge** is part of the fitness and weight loss contest phenomenon started by the hit TV show, **The Biggest Loser**. "That show really focused the nation's attention on the benefits of participating in a contest, guided by certified personal trainers, in terms of the motivation and accountability necessary for success," explains JC. "It's difficult to lose weight on your own. Anyone who's tried and struggled knows that – and unfortunately, that's the majority."

At www.PearlandBestBodyChallenge.com JC Guidry gives the details of the challenge and provides a complete guide that can be downloaded instantly, containing instructions, questions and answers, rules and regulations, prizes awarded to winners and even a complete 6-week exercise and nutrition program.

"Anyone living here in Pearland over the age of 18 is welcome to participate," JC says. "We want to help as many people as we can, and this is the best way to do that."

The City of Pearland's Park and Recreation as well as many local business like Keller Williams Realty, Which Wich, My Fit Foods, and On the Run have agreed to sponsor the challenge by helping spread the word and provide many of the prizes awarded to the Your Best Body Grand Champion and two runners up. "It's definitely a town effort," says JC, "we couldn't do this without a lot of help. We're all very grateful for the way this challenge is being received and look forward to helping a lot of folks lose the weight and get into great shape."

Pearland Parks and Recreation

Submitted by Angie Sanders

DADDY DAUGHTER DATE NIGHT,
"FLIP FLOPS FOREVER" - FEBRUARY
6, 2010

6-8:00 p.m. Pearland Jr. High South, 4717 Bailey Road. Parking is on-site. \$40 couple (\$15 additional sibling). Attire: Casual, semi-casual. For young ladies ages 4-14 and their father, uncle, big brother or grandfather! DJ will be on-hand for dancing and a dinner is served. Plus other activities to entertain everyone! MUST pre-register. 281-652-1673 or www.pearlandparks.com

LADIES AND LITTLE GENTS, "A
WALK ON THE MOON" - FEBRUARY
13, 2010

6-8:00 p.m. Location to be decided. \$40 couple (\$15 additional sibling). For young gents ages 4-10 and their mother, aunt, big sister or grandma! Come dressed in comfortable attire for interactive projects and activities all evening long! MUST pre-register. 281-652-1673 or www.pearlandparks.com

Angie Sanders

Recreation Specialist - Special Events

Pearland Parks and Recreation

2947 Broadway, Suite 200

Pearland, TX 77581

(o) 281-652-1775 (f) 281-412-2659

www.pearlandparks.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	281-331-9000

SCHOOLS

Mary Marek Elementary	281-245-3232
Laura Ingalls Wilder Elementary	281-245-3090
Manvel Junior High	281-331-1416
Alvin Senior High	281-331-8151
Manvel High School	281-245-2235
Alvin ISD Administration	281-338-1130
Alvin ISD Transportation	281-331-0960

UTILITIES

Electricity - Reliant Energy.....	713-207-7777
Gas - Center Point	713-659-2111
Trash Removal - City of Pearland	281-652-1600

OTHER NUMBERS

Pearland Post Office	281-485-2132
Poison Control.....	800-764-7661
Brazoria County Health Department	979-864-1484
Animal Control.....	281-756-2265

CITY

Pearland City Hall.....	281-652-1600
Pearland Utility Billing - Water Dept.	281-652-1603
Pearland Animal Control.....	281-652-1970
Pearland Police Dept - Non-Emergency	281-652-1100
Pearland Public Works.....	281-652-1900

NEWSLETTER

Articles	shadowcreekranch@peelinc.com
Publisher	
Peel, Inc.	1-888-687-6444
Advertising.....	1-888-687-6444

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ASSOCIATION MANAGEMENT, INC.

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Kerry Holmes	713-436-4563
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Shadow Creek Ranch Stork Report

MADELINE GRACE KLECKLEY

Proud Parents: Jon and

Amanda Kleckley

Born 12/4/09 at 8:46 am

6 lbs 6 oz at Women's

Hospital of Texas

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email info on the arrival

of your little one to

shadowcreekranch@peelinc.com.



AROUND SHADOW CREEK RANCH

CONGRATULATIONS SHADOW CREEK RANCH *Christmas Decoration Winners!*

1ST PLACE: 11206 MISTY MORNING
MR. AND MRS. CORBELLO

2ND PLACE: 13203 QUIET LAKE
MR. AND MRS. SCHULZ

3RD PLACE: 2511 ROCK SHOALS
MR. AND MRS. JELONEK

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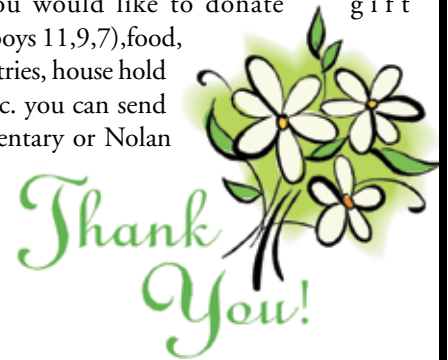
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THANK YOU

Shadow Creek Ranch

I want to say thanks to all in Shadow Creek Ranch that helped the family that lost their home on the 3rd of January! Our community was very generous in donating items to help this family in need. It is great to see our community reaching out to others. Express Storage on Broadway donated a storage unit for the family to use to store items until they can find a place to live and a special thanks to H E B Plus Pearland. If you would like to donate gift cards, gas cards, toys (boys 11,9,7), food, grocery gift cards, toiletries, house hold items, and furniture etc. you can send them to Wilder Elementary or Nolan Ryan.

*Thank you,
Angelicque
Guzman*



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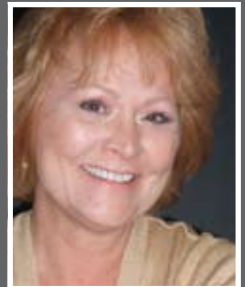
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AROUND SHADOW CREEK RANCH

KELSEY POINTE

Hi neighbors ,

After a cold January, I am hoping we start seeing some sun this month! Along with that, I know my kids will be outside more. Please remember to drive slowly down our streets and watch out for children at play. With the warmer weather, we are planning to have a neighborhood get together in March. I will send out an e-mail as we decide on a date. If we don't have your e-mail address, please send it to larryandcarey-kelseypointe@yahoo.com. We look forward to seeing everyone soon!

Carey Stanteen

OSPREY POINTE

I never thought I'd be reporting on the festive snowmen spotted throughout our neighborhood last month, but sure enough, we had several cute ones in Osprey Pointe after our unusual snowfall. It was great to see so many kids out enjoying what could be a once in a lifetime chance to make a snowman with real snow! I'm sure everyone enjoyed the holiday decorations. So many homes lit up the neighborhood, but once again, our great neighbors Sally & Wendy transformed their home into a winter wonderland. It was so fun to see "snow" every time I drove past their house. Thanks to everyone for making our neighborhood look great this holiday season. Please let me know about any news that I can share or if you have information to be e-mailed to our neighbors.

*Sue Roberts: sueroberts123@gmail.com
or 832-868-8947.*

OAKWOOD TERRACE

Hi Friends and Neighbors,

I hope everyone had a great Christmas Season. It was great seeing our neighborhood filled with Christmas Spirit and SNOW! It was a true Winter Wonderland, I saw a lot of snowmen in our area and it was an awesome sight to see!

The Holiday Light Contest was great! If you drove around the neighborhood, you know the Holiday Light Team had tough choices to make. The three categories and the winners are the following. The Candler Family for the Most Traditional, the Marion Family for the Most Creative and the Parker Family won The Griswold Award. Congratulations to our winners! Also, thank you everyone who participated, you all did a wonderful job!

It was a hard decision, but the votes are in! Congratulations to our first winners for Yard of the Month, Mr. and Mrs Larry Roberts-January and Sharon Cushingberry-February. If you would like to participate with the Yard of the Month Team please email me at jaynjessica@sbcglobal.net or you can call me at 713.436.1662. Everyone is welcome to nominate a fellow neighbor. If you have seen your neighbor work hard in their yard please email me with their name and address.

Also, if you have not joined the Oakwood Terrace Watch Group on yahoo groups, please email me. This is our primary way to communicate with each other. It helps spread the any news (good or bad) fast in our village. I have received some feedback on our second playgroup and the day that would work for everyone is Sunday afternoons at 4pm. If you would like to join this group, please email me your information.

Thank you, Jessica L. Harris

SUNRISE CREEK

Almost every year, right after Thanksgiving Joey & Betsy Corbello at 11206 Misty Morning Court started to plan for Christmas decorations in their yard. If you live in Sunrise Creek subdivision or other places happen to drive by, you would know about their huge preparations for this event. Their work is continuing until real close to a week before Christmas, when everything is ready for show. Joey put on this big display not only for people in this area, but for many people from far way to drive by to enjoy it. He gets a lot of traffic in his cul-de-sac. People in cars or on foots, with a lot of kids had stop to take pictures and listen the sound of music (tune into 99.7 FM) in sync with different lights pattern display. I am so proud to have them live in our Sunrise Creek. As representative, I felt like I need to brag a little in this monthly newsletter, because Joey and his wife Betsy are the First Place Winners of the Shadow Creek Ranch Christmas Lights contest!

Again, congratulations to Joey and Betsy and hope you will be continue to do this beautiful event next year for our neighbors and everyone to enjoy the spirit of Christmas.

Bui Bao



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Viet Nguyen

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NEW FITNESS CENTER on Shadow Creek Pkwy (don't fight the 518 traffic any longer!) The first non-intimidating, no high-pressure-to-buy fitness center in Pearland!

BODY EVOLUTION fitness center is now pre-selling memberships for Pearland's newest health club. Pre-sale rates only \$24.99* no contracts / month to month. Offer good for the first 99 members!

DISCOUNTS on pre-sale personal training rates also available!

FREE BOOTCAMP CLASSES Join now and receive free bootcamp classes until gym opens; Tues & Thurs 7pm, Sat 9am; meet at location



Elizabeth G.
(Shadow Creek Ranch Resident)
90lbs lost and still going!



Joe K.
(Pearland Resident)
35lbs of fat lost and 15lbs of muscle gained!

BODY EVOLUTION

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& Shadow Creek Pkwy)
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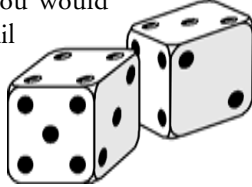
*first and last month due when joining

AROUND SHADOW CREEK RANCH

Bunco

Submitted by Angelique Guzman

Are you interested in playing Bunco? We are in need of subs for each group. If you would like to be on the sub list please email angelique92@att.net and we will get you on the list. You don't need to know how to play.



Ladies Lunch Club

Submitted by Angelique Guzman

Happy New Year ladies! Just want to invite all the ladies in SCR to come out once a month to join us for ladies lunch. We meet each month at a different location and enjoy great food and conversation. If you would like to be added to the list please email angelique92@att.net to be added to the list.

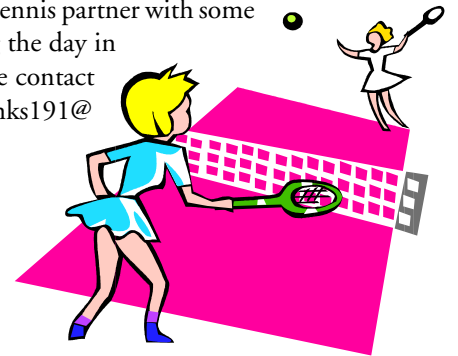
POKENO

Submitted by Angelique Guzman

It's time to get the Pokeno group off the ground this year. I have several ladies interested in playing. If you are interested in playing please email angelique92@att.net and let me know. We are planning on starting in February. We will be meeting to set up a day of the month to play. You don't need to know how to play it is easy and we will teach you. Just another way to come out and meet other SCR residents.

LADIES TENNIS???

Seeking ladies doubles tennis partner with some experience to play during the day in SCR. If interested, please contact Stacey Wallace, gardenbanks191@yahoo.com



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AROUND SHADOW CREEK RANCH

SHADOW CREEK RANCH

Salsa Group

Happy Valentine's Day!!! Come out and dance with us! Join our Salsa Group, make new friends and move to the sound of Afro-Cuban music. If you ever wanted to learn Salsa, Merengue, or Bachata; if you ever wanted to move to the music; if you ever wanted to impress your friends with a hot Latin dance routine, now it is the time. We organize weekly outings and monthly socials. For more information, contact Christian at 832-693-5842.

Hope to meet you soon, and keep on dancing!!!

Christian Gutierrez

SCR Salsa

Club



ARE YOU READY

To Rodeo?

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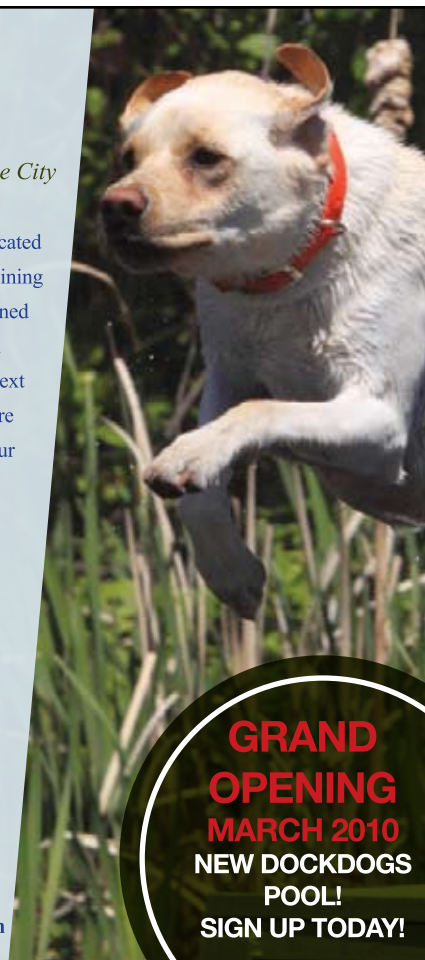
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PEARLAND NEWS

BRAZORIA COUNTY MUNICIPAL UTILITY

District No. 26

We hope you have noticed the presence of Pearland police patrols in your neighborhood. It is our hope that the additional police presence will provide added safety for our community and our property. Please help reduce criminal mischief in our neighborhood by never leaving valuables in your vehicle and always locking your vehicle. The Pearland Police Officers working our community have noticed a high number of false alarms caused by the improper setting of home security systems. False alarms can also be caused by pets and the weather. Please make sure your home security system is running properly and is serviced on a regular basis. Erroneous home security checks take our Police Officers off the streets where they are needed most. We hope you will get to know your Pearland Police Department Officers and stop them as they patrol the neighborhood so that you know who they are and they know who you are! You may wish to visit the Pearland Police Department's website which you can reach by clicking on, www.cityofpearland.com.

In other "green" news, Brazoria County Municipal Utility District No. 26 has recently teamed up with the Shadow Creek Homeowners Association to relocate approximately 309 trees and plants from a CenterPoint Energy easement and replacing the trees and plants

throughout the District in public open space reserves.

As a reminder, the City of Pearland operates our water and sewer system and provides garbage collection services. If you have any questions about your service, please call the City of Pearland at (281) 652-1603.

The District generally meets every first Tuesday at 11:00 a.m. at the offices of Allen Boone Humphries Robinson LLP, 3200 Southwest Freeway, Suite 2600, Houston, Texas 77027. Agendas for each meeting are posted at the Emerald Village Recreation Center, 11814 N. Clear Lake Loop, Pearland, Texas 77584, and at the Brazoria County Courthouse at least 72 hours before every meeting, and the Board of Directors invites all members of the public to attend its meetings. Please contact (713) 860-6488 if you need confirmation of a Board meeting.

Street Lights Out?

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MEET NICHOLAS

DOB: 02/1996

Nick is a friendly and sweet child, although he is shy when meeting new people. Nick enjoys interacting with other children in his class and in his home. He also likes to please others and enjoys helping when he can. Nick is all boy and enjoys throwing a football, playing outdoors, video games & board games. He also likes to draw and play with various action figures. Nick is also interested in collecting cars. Nick performs well in school and receives good reports from his teachers. Nick is most proud when he is reported for doing things well. His foster parent notes that he can be a very sweet and helpful child. He befriends other children easily. He catches on to various activities quickly and likes to figure things out, such as how to take things apart and put them back together. Nick's caseworker notes that he's competitive when playing games and is a natural "practical joker" as he enjoys making people laugh.

If you would like more information about Nick, or the adoption process, contact the Adoption Coalition of Texas at info@adopttexas.org.

Remember ~ There are no fees to adopt from the foster care system, regardless of what agency you work with!

The Adoption Coalition of Texas is a nonprofit organization (operating under the Austin Community Foundation), created in 2003 to focus on finding forever families for children languishing in the foster care system. Adoption Coalition of Texas partner agencies include Arrow Child and Family Ministries, Child Protective Services, Lutheran Social Services of the South, Marywood Children and Family Services, and Pathways Youth and Family Services.



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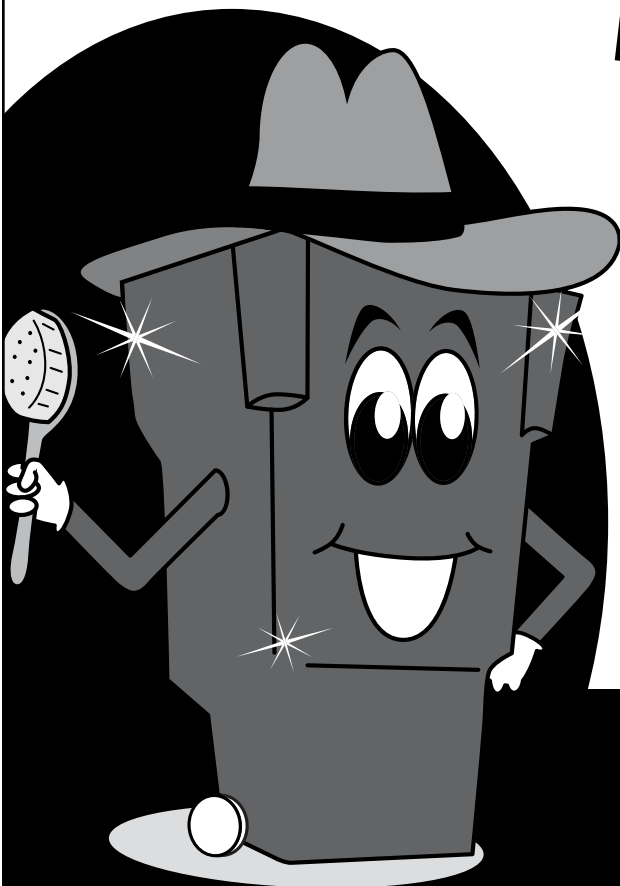
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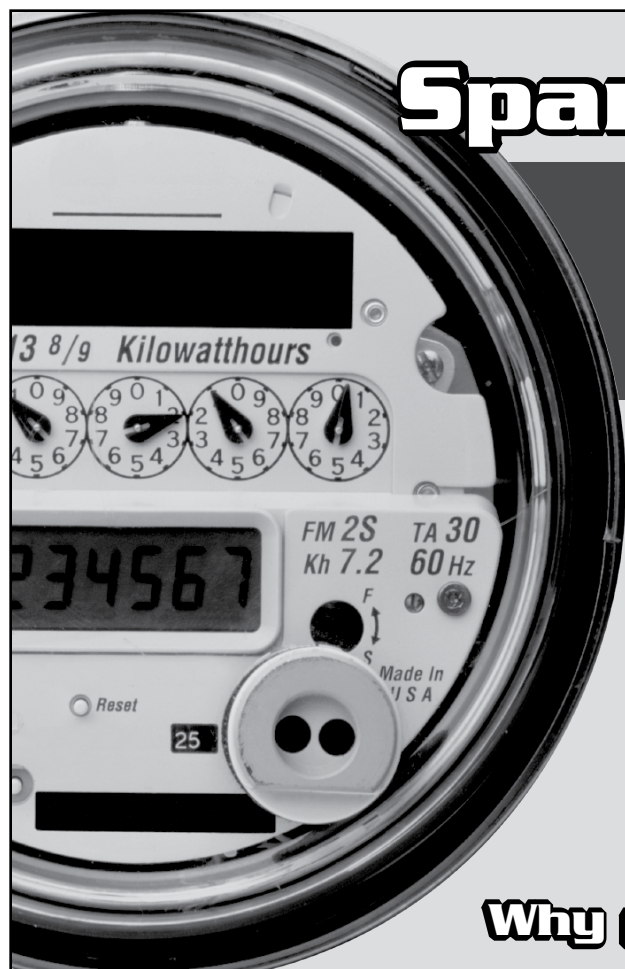
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NEWS YOU CAN USE

BAYLOR COLLEGE OF MEDICINE

Looks Can Be Deceiving; Read Labels For Accurate Food Facts

When reaching for a healthy food option at the grocery store, do you ever wonder if your selection will live up to its label? According to an expert at Baylor College of Medicine, you might not be choosing the best option.

"You still have to look at the food labels to ensure that you are choosing the right foods," said Dr. Rebecca Reeves, assistant professor of medicine at BCM. Reeves said that many people consider butter to be the healthier option because it does not contain trans fats. However, it does contain saturated fat and cholesterol, both known to increase LDL cholesterol, the "bad" cholesterol in the blood. LDL is linked to increased risk of heart disease. A much better choice is a margarine produced with no trans fat. Several types of margarine are now made with plant sterols and no trans fat which

make them a healthier choice.

Many people believe that artificial sweeteners are not a healthy option. However, if used in moderation, they are safe for daily use. Another misconception is that sherbet is a healthy substitute for ice cream, but sherbet can contain a large amount of sugar. "Look at the label to see if the calorie and fat levels are actually lower than regular ice cream," said Reeves, also a registered dietitian at BCM. "Even low-fat ice creams have high amounts of sugar and fat in them."

When selecting a frozen dessert, compare various products to see which ones actually contain less sugar and fat. Many times, whole fruit popsicles may be the best option. In the bread aisle, look for options with 100 percent whole wheat flour or whole grains in them, said Reeves. Read the food label to be sure

that whole wheat flour is listed as the first ingredient on the ingredient list

When it comes to energy bars, the most important thing to check for is how many



(Continued on Page 15)

Belly Fat?

- Find out why diet and exercise doesn't work for your belly fat.
- Learn how to eliminate cravings, increase your energy and improve your sleep.
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Dr. Marc Skaggs



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A logo for COPE (Certified Distressed Property Expert) with the text "CERTIFIED DISTRESSED PROPERTY EXPERT" below it.

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Baylor College of Medicine - (Continued from Page 14)

calories they contain, said Reeves. Some energy bars can contain many more calories than you can actually burn during a workout. Reeves recommends purchasing popcorn kernels and a popcorn popper rather than purchasing microwaveable options that are high in fat. "Popcorn is a whole grain, so it's really a healthy snack option. If you prefer the microwaveable brands, then choose one that lists fat-free on the label," said Reeves. Also, be sure to use salt sparingly when making your own popcorn.

Anytime a food is labeled as "fat free," be cautious of how much sugar is included and whether the calories per serving are actually different from the regular option. Remember that fat free does not mean sugar free, and even 'light' options may have a large amount of calories.

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- Kids Stuff -

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This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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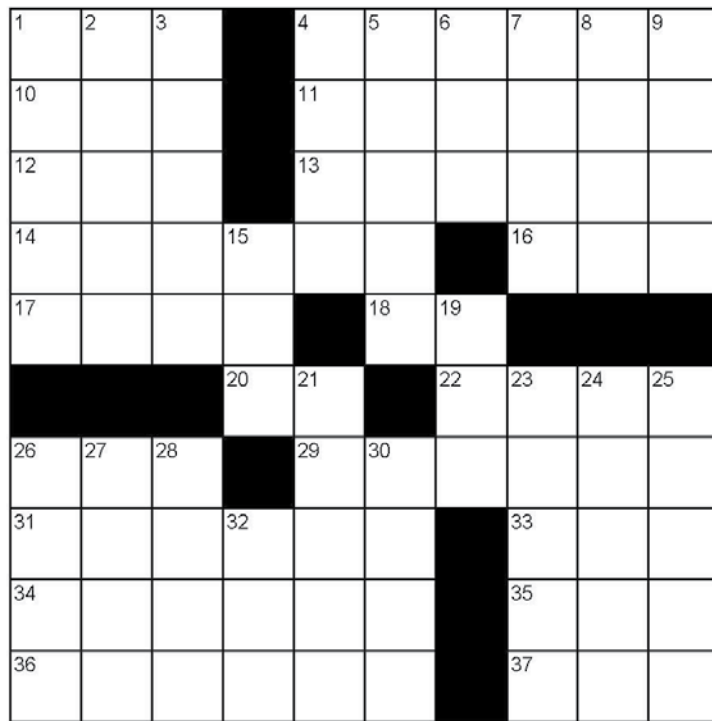
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Happy Valentines Day



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Crossword Puzzle



ACROSS

1. Kimono sash
4. Hype
10. Really cool
11. Hateful
12. Sailor's yes
13. Dissolved substance
14. Replacement car
16. British drink
17. Flower start
18. Book of Samuel abbr.
20. Arkansas
22. Fish lifting hood
26. Popular president's initials
29. Portugal's peninsula
31. Elicit
33. Titan
34. Destroyer
35. Single
36. Stretched circle
37. Little bit

DOWN

1. Toothbrush brand
2. Marsh
3. Utopian
4. Tights
5. Bad smells
6. Lube
7. Mope
8. Stringed instrument
9. At sea
15. BB association
19. Stage of life
21. Got up
23. Jargon
24. Female singer ____ Apple
25. Colorless
26. Gambling game
27. Beat severely
28. Churn
30. Floating ice
32. Card game

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