

THE Current

SHADOW CREEK RANCH

January 2011

Official Publication of the Shadow Creek Ranch

Volume 3, Issue 1

Turning New Years Resolutions Into *ALL* Year Resolutions

by Sarah S. Jordan, MS

January is here, and so is the tradition of making New Year's Resolutions. And many times, the tradition of breaking those resolutions. We find ourselves excited and motivated for the start of a new year, and within a few months we often experience frustration because we simply cannot stick with the resolutions we set.

I have been teaching fitness classes, personal training, and coordinating fitness programs for over a decade, and I see it every year. Gyms are packed from January through March, and then many members just seem to disappear or give up.

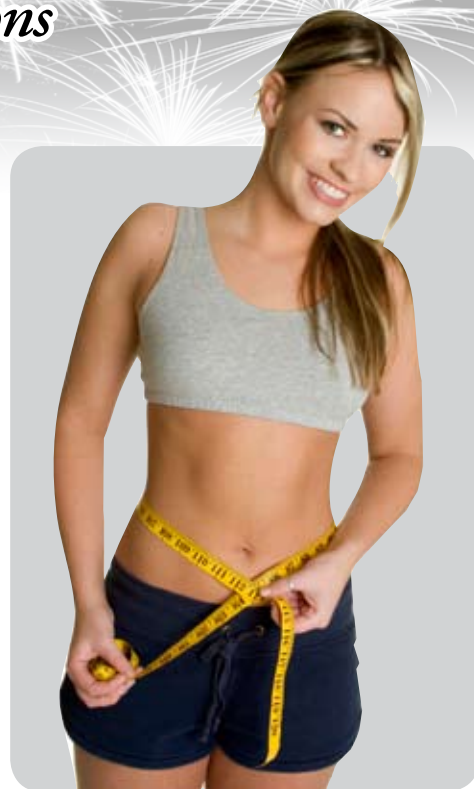
Here is my question. What can we do to stick with exercise and making healthy choices for twelve months out of the year instead of just three? It is not easy, but laying a proper and realistic foundation is the key. And remembering that if we do fall off the wagon, we need to hop right back on and not give up. As I have outlined in some of my previous articles, commitment, time management, setting measurable goals, and

being realistic are all vital components to our success.

If a sedentary and overweight client begins training with me and says, "My goal is to lose 50 pounds in five weeks," that client is sure to fail before she even begins. That rate of weight loss is simply not healthy, realistic, or lasting. However, if the same client says, "My goal is to workout three days a week for 20-50 minutes each time and as a result, lose 50 pounds this year," she is off to a great start! That goal is specific, measurable, attainable, realistic, and time-bound.

People often ask me what my New Year's resolutions are, and to be honest, I don't really set them anymore. You see... I, too, have set resolutions many times in the past, and within weeks or months felt defeated and gave up because they were not realistic. Instead, I find myself setting little goals throughout the year, but they very rarely include numbers on a scale.

Setting "number goals" (ex: "I want to lose 20 pounds by May") certainly has its merit,



(Continued on Page 3)

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	281-331-9000
Pearland Police Department	281-997-4100

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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

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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
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Pearland Animal Control.....	281-652-1970
Pearland Police Dept - Non-Emergency	281-652-1100
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Stork Report in Shadow Creek Ranch

Meadow Trails West we an announcement!
Congratulations to the Lucher Family on the
arrival of their baby girl Addison!
Thanksgiving brought them
a healthy little turkey weighing
just a little over 7 lbs!



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PEELinc.com](mailto:shadowcreekcranch@PEELinc.com) to let the community know!

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New Year's Resolutions - (Continued from Cover Page)

but I encourage my clients to move toward setting the "How can I become a better and happier person/wife/mother?" type of goals. And why limit ourselves to January? If you find something you want to do or become in March, set that goal right then and there, and create a specific plan of action that will get you there. Keeping a positive and realistic spin on our goal setting throughout the year will allow us to experience more success. And that is what matters in the end, right? Feeling successful and improved because of the things we learn along life's journey.

Here Are A Few Tips To Setting All Year Resolutions.

- Set S.M.A.R.T. goals. They should be specific, measurable, attainable, realistic, and timely.
- Find what works for YOU. If joining a gym is not realistic for you, find other

activities, classes, and opportunities that don't involve a gym membership.

- Get support. That could be a close friend, spouse, personal trainer, meet up group, or coworker. Communicate your goals and have people in your corner cheering you on.
- Set goals that will better yourself and those around you. Ex: This month, I will go on more walks with my child. This month, I will clean up my eating. This month, I will start a gratitude journal. You will find that little changes equal huge improvements over time.
- If you set "number (weight) goals," remember that your beauty and worth do not lie in the numbers on the scale. Healthy weight loss is slow and steady at a rate of about one pound per week. To lose just one pound per week, you must burn 3,500 calories more than you consume, which is no easy task.

- Keep in mind that fitness and health are a lifestyle - not a one-month trial. Any movement is good movement, and many times, the hardest part of exercise is just getting it started.
- Nutrition is key. What goes into your mouth is just as important as the exercise you get.

We are all beautiful and have so much to offer this world. Here is to an amazing 2011!

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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Shadow Creek Ranch residents, limit 30 words, please e-mail shadowcreekranch@peelinc.com.

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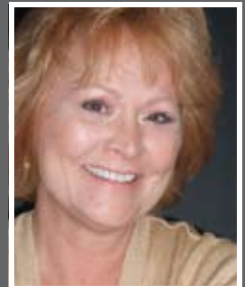
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ANNUAL PINECREST POTLUCK BOO

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Public Meeting Regarding Shadow Creek Ranch School Zoning:

Public meetings regarding proposed school attendance boundaries, including the newest York Elementary School, will be held Monday, January 10, 2011 at 6:30 p.m. at Manvel High School. For more information contact Alvin ISD at 281-388-1130 or visit www.alvinisd.net.

(AISD Proposed Zoning Maps on Page 6)

Shadow Creek Soccer Club Spring Registration Deadline for Registration is January 20.

Ages 4-9. Register now for Spring season at www.shadowcreeksoccer.org. Drive to practice and games in 3 minutes! Your child will play on a neighborhood team, receive a full uniform, KidSafe protection, and a trophy. Games are Saturday mornings 8 am - noon. Register at www.shadowcreeksoccer.org.

Arbor Day Celebration and Tree Give-Away

Keep Pearland Beautiful is planning an Arbor Day Celebration for January 14 and 15, 2011 at the Stella Roberts Recycling Center. The Center is located at 5800 Magnolia. Trees seedlings will be given away from 1:00p.m. to 5:00 p.m. on Friday the 14th and from 9 a.m. to 1 p.m. on Saturday the 15th.

The celebration will include a tree seedling give-away with 500 seedlings available. Varieties to be given away this year are Bald Cypress, Mexican Plum, Pecan, Nuttall Oak and Wild Pear.

The City of Pearland's Urban Forrester, John Walters will be on hand to demonstrate proper planting and pruning techniques for trees on Jan. 15 at 10 a.m. at the Center. Other handouts at the event will include the Trees For Pearland Tree Guide.

Call the Keep Pearland Beautiful office at 281-652-1659 or email cowles@keeppearlandbeautiful.org with any questions. For more information about environmental programs in Pearland, check our website at www.keeppearlandbeautiful.org.



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Business Classifieds

LESS THAN A PENNY: You can run a business classified in The Current and reach all of Shadow Creek Ranch for less than a penny per home. Call 512-263-9181 for details.

Personal Classifieds

FOR SALE: Gently Used Nursery Furniture--\$575.00. Set includes: Simmons Cherrywood finish convertible crib, changing table with 5-drawer storage, and bookcase with storage. Call 713-927-2366.

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Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 1-888-687-6444 or advertising@peelinc.com.

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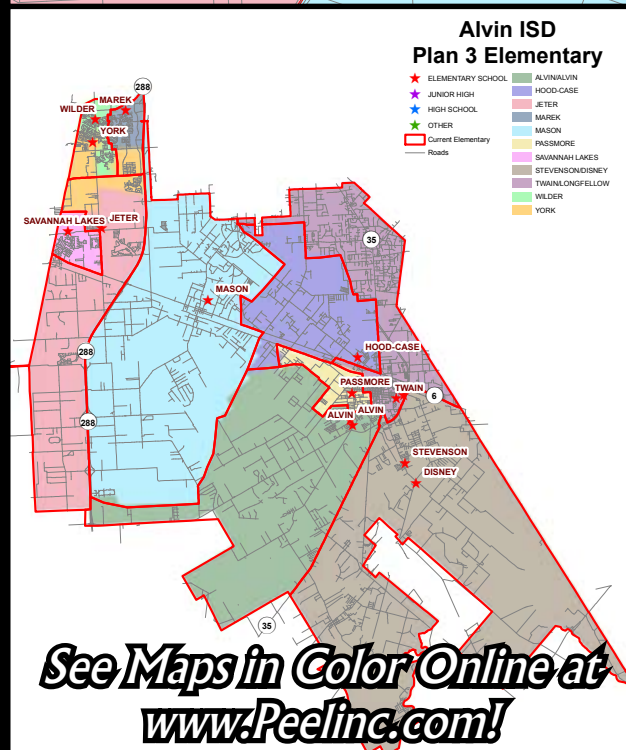
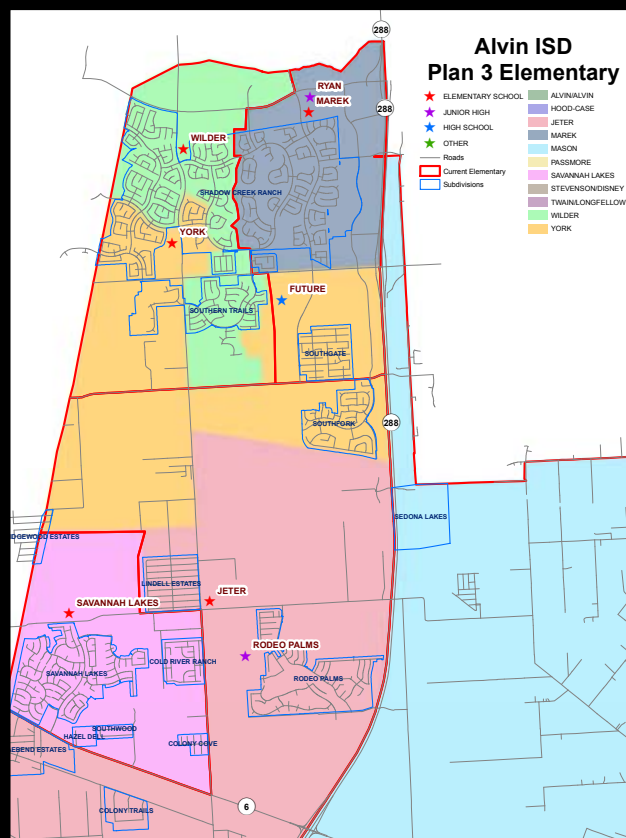
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AISD Proposed Zoning Maps for York Elementary



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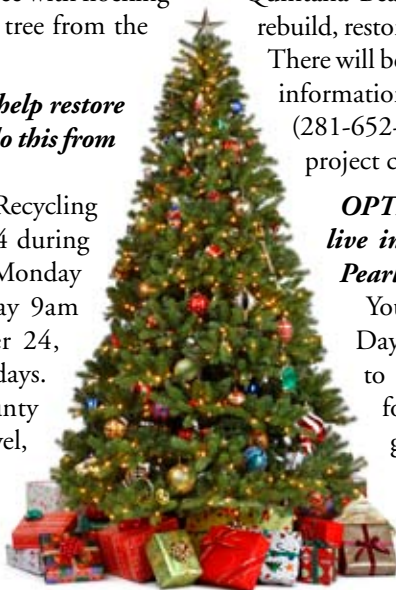
PLEASE *Don't Send that Christmas Tree to the Landfill!*

We have two recycling options for you...read on for more information.

First, In order to recycle your tree do not get a tree with flocking or add flocking to your tree. Please remove your tree from the stand, remove all tinsel, lights and ornaments.

OPTION ONE for those of you who want to help restore our "Brazoria County" sand dunes you have to do this from December 28, 2010 to January 13, 2011:

Bring your Christmas tree to the Stella Roberts Recycling Center, 5800 Magnolia Dr., Pearland, TX 77584 during the centers operating hours. The Center is open Monday through Friday from noon to 5pm and Saturday 9am to 1pm. The Center will be closed December 24, 25, 27, 2010 and January 3, 2011 for the holidays. Trees will also be accepted at the Brazoria County Precinct 2 Work Yard 7315 Corporate Dr, Manvel, TX Monday-Thursday 7:30AM-5:30PM. It is behind the Brazoria County Service Center (turn onto Corporate drive and pass the service center building). Trees collected at these sites in



Pearland and Manvel will be used for the Brazoria County Dune Project on January 15, 2011. At 9:00AM Volunteers will meet at Quintana Beach County Park and Stahlman Park, Surfside to rebuild, restore and strengthen our dune line against storm surges. There will be a lunch following the staking of the trees. For more information about where to drop off your tree call our offices (281-652-1659). For more information about the Dunes Day project call James at (979) 864-1541.

OPTION TWO if you can't transport your tree, you live in a single family dwelling and you are within Pearland City of limits.

Your tree can be set out curbside on your Green Waste Day (second trash day of the week). These trees will go to a commercial composting facility or chopped up for mulch at the facility along with the rest of your green waste.

Please call the offices of Keep Pearland Beautiful at 281-652-1659 or email cowles@mykpb.org should you have questions about recycling in Pearland.

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Texas Hold'em **POKER CLUB**

The Shadow Creek Ranch Texas Hold'em Poker Club meets the second Saturday of each month at 7pm. We are a casual group, friendly, and beginners are always welcome. We usually have between sixteen and twenty-five participants, and the host house changes from month to month.

If you would like to drop by, call Pete W. at 281-381-4110 for more details, or email Louise at Lwessner1@comcast.net to get the monthly email invitation. Because of size constraints, you must live in Shadow Creek Ranch to participate.

The buy-in is \$10 per game, and all monies are paid out as cash prizes to top finishers. Points are also awarded both for knocking people from the tournament and for playing -- the higher your finish the more points accumulated. At year-end the top ten people on the points list qualify for the Top 10 Final Table. The host house provides snacks. You are welcome to bring your own beverage of choice.

Submitted by Peter Wessner

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ya there!*



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Brazoria County Municipal Utility District No. 26

MUD 26 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) 860-6436 if you need confirmation of a Board meeting. *NOTE: At the request of 5 residents in the District, the MUD 26 February, 2011 regular meeting will be held within the District at a date, time, and location to be determined. If you wish to attend, please contact (713) 860-6436 or email khogan@abhr.com after January 4, 2011, for details.

MUD 26 has an "Information Kit" document that is updated annually with general information about the District. If you would like to receive a copy, please contact (713) 860-6436 or email khogan@abhr.com.

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.

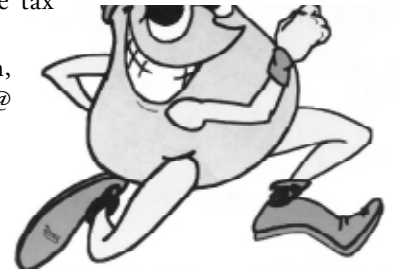
Pearland Fun Run

The Pearland Citizens Police Academy Alumni Association will hold its 7th Annual Pear Run 10k/5k/Walk on Saturday, May 7, 2011 at 7am on a certified course in Pearland's Independence Park. There will also be a free kids 1k fun run for children 9 years old and under.

The Pearland Citizens Police Academy Alumni Association (PCPAAA) is an IRS Section 501(c) non-profit organization and the Pearland Police serve as advisors to the group. All donations to the Pearland Citizens Police Academy Alumni Association are tax deductible.

For more information, contact us at info@pearrun.com.

(Registration Form
on Page 11)



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Homeowner Tips

Submitted by Chalmette Ray

In case you haven't already remember to do a little house keeping this winter season.

1. Clean the vents behind your dryer in the beginning of winter. Remember you are drying heavier clothes at this time of the year so more lint will be generated. There are kits you can find in the hardware store to assist you with this. If the vents are clean then clothes will dry quicker and lower the risk of a fire.
2. Check your furnace filter at least once a month during the heating season. You want to check for excess dust. You may want to change it once or twice a year so that it operates more efficiently. You can also ask your A/C and Heating professional to help you with this.
3. Vacuum the refrigerator condenser coils. They are usually located on the bottom or on the back of the fridge. Be sure to unplug it first then use your vacuum's brush attachment to remove the dust or lint build-up or other debris.
4. Check the expiration date on your fire extinguishers and make sure they haven't expired. Be sure to replace ground fault outlet circuit interrupters that aren't working properly. All items needing to be replaced can be purchased at your local hardware store.
5. Check to make sure your smoke and carbon monoxide alarms are working properly. You are supposed to change the batteries twice a year, but most people forget. An easy way to remember is to do it when the time changes in the spring and in the fall. They even have a product in the hardware store that is designed to aid you in testing your detectors.

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Pearland Citizens Police Academy Alumni Association 7th ANNUAL PEAR RUN 10K RUN /5K RUN/WALK

RACE REGISTRATION FORM

DATE: May 7, 2011
LOCATION: Independence Park – Pearland, TX
START TIME: 7:00 am 10K Run
7:10 am 5K Walk/Run

Registration And Early Packet Pick-up: Sports Authority
11200 Broadway, Pearland, TX 77584, 713-436-3363
Tuesday, May 3rd 2:30pm – 6:30pm
Thursday, May 5th 2:30pm – 6:30pm

Race Day Registration And Packet Pick-up: 6:15AM

ENTRY FEES AND RACE:

☐ 10k Run \$30 (after 3/31/11 \$35)

☐ 5k Run \$30 (after 3/31/11 \$35)

☐ 5k Walk \$25 (after 3/31/11 \$30)

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☐ Male

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☐ Female

Birthdate: _____

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City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

RELEASE OF LIABILITY:

In consideration of my participation in the PCPAAA Pear Run, I assume full and complete responsibility for any injury or damage done to my person or party that may occur during said participation, or while I am on the premises utilized by said event and I hereby release and hold harmless the sponsors, promoters, the City of Pearland, and all other persons or entities associated with this event from any and all injury, damage or expense suffered by me, whether it be caused by my own negligence or the sponsors or promoters or other entities associated with the event or agents or employees or otherwise.

Participants Signature

Date

Parent/Guardian, if less than 18 years of age

Date

CASH OR CHECK ONLY (MAKE CHECKS PAYABLE TO: PCPAAA)

*Please mail completed form and fee to: PCPAAA Pear Run, 2555 Cullen Parkway, Pearland, TX 77581
Mail by April 21, 2011; otherwise register in person at early packet pick-up or race day*

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