



the TIMES

November 2012

Volume 6, Issue 11

4TH ANNUAL BRIDGELAND **Chili Cook-Off**

December 1, 2012

11:30 am-2:30 pm

Lakeland Activity Center Parking Lot

Join us for an afternoon of fun at the
Bridgeland Activity Center!

Bridgeland is looking for the best chili cook!

Cooking will begin at 6:00 am, judging at noon, then chili will be
available for all to taste. Rules are available on request. There
will be 1st – 3rd place winner trophies, a peoples choice award,
and a best booth award.

Registration and the \$10 registration
fee must be turned in to the
Lakeland Activity center
no later than Nov 26th,

Register at :

<http://www.bridgelandlife.com/>

**Chili should LOOK GOOD, SMELL GOOD,
and most of all TASTE GOOD!**



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY911
 Fire 911
 Ambulance 911
 Harris County Sheriff.....713-221-3300
 Cy-Fair Volunteer Fire Dept.281-550-6663

AREA HOSPITALS

Cy-Fair Medical Center 281-897-3300
 North Cypress Medical Center 281-477-0830
 Willowbrook Methodist 281-477-1000

SCHOOLS

Cy-Fair ISD.....281-897-4000
 Cy-Fair ISD 281-897-4000
 Robison Elementary School..... 281-213-1700
 Warner Elementary School..... 281-213-1650
 Spillane Middle School 281-213-1645
 Smith Middle School 281-213-1010
 Cy Woods High School..... 281-213-1727
 Cy Fair High School..... 281-897-4600

UTILITIES

Trash - Republic Waste..... 281-446-2030
 Water and Sewer 800-579-4500
 Gas - Centerpoint Energy..... 800-579-4500
 Electricity - Reliant Energy..... 800-735-42568
 Cable/Internet/Phone - Comcast..... 713-341-1000

PUBLIC SERVICES

Cypress Post Office281-373-9125
 Drivers License Info. 281-955-1100
 Harris County Tax713-224-1919

NEWSLETTER PUBLISHER

Peel, Inc.....888-687-6444
 Article Submissionsbridgeland@peelinc.com
 Advertising.....advertising@peelinc.com

NOT AVAILABLE ONLINE

FALL SPORTS ARE HERE!



Dr. Amit Parikh, D.O.

Board Certified Family Practice
 Fellowship Trained Sports Medicine

281.373.9400

14315 Cypress Rosehill Road
 Suite 180 • Cypress, TX 77429

Comprehensive Primary Care & Sports Medicine
 for infants, children, adolescents, and adults.
 Comprehensive Dermatology Service Available.

**Schedule your
 appointment
 today!**

THE TIMES

A newsletter for Bridgeland residents.

The Times is a monthly newsletter mailed to all Bridgeland residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it bridgeland@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

5TH ANNUAL BRIDGELAND LADIES ASSOCIATION

Cookie Exchange

This is our Fifth annual Holiday Cookie Exchange. All Bridgeland Ladies are invited and newcomers welcome. If you would like to participate in the exchange, please bring two dozen cookies, whether made from scratch or store-bought, to take different cookies or holiday treats home. It's fun to catch up with everyone at the end of the year and to meet new ladies. Dress is casual. We will also have a gift exchange. Bring a wrapped gift valued under \$10. Join us for a fun evening of food, laughter, and friends! For information see the groups page on www.bridgelandlife.com our community web page. You can also RSVP at bridgelandwa@gmail.com.

Thursday, Dec. 6

7:00 pm - 9:00pm

Lakeland Activity
Center

Listing Your Home for Sale in Bridgeland?

Call your Cypress RE/MAX real estate expert

Dawn Fore

*Named one of Houston's Top 25 Real Estate Teams by the
Houston Business Journal for 2011!*

**Virtual Tour Our Listings
at:**

www.DawnFore.com

Broker/Owner

281-304-9500

281-731-7399



RE/MAX[®] Lakeland

17920 Huffmeister, Suite 140 • Cypress, Texas 77429



FULL SERVICE LANDSCAPE COMPANY



281-373-0378

Proudly serving northwest Houston since 1997



Gold Star
Accredited Business



Lawn Service

Commercial & Residential
\$25.00 & up

Landscaping

Landscape Design & Installation *
Seasonal Flowers * Drainage * Lighting
Sod Installation * Mulch Installation *
Rock Borders

Patios & Walkways

Pavestone * Concrete * Flagstone

Tree Service

Tree Trimming * Removal * Installation

Sprinkler Systems

Design * Installation * Repairs
Proper Coverage * Warranty
Licensed Irrigator #8587



Fertilization & Pesticide

Spraying & Feeding for Lawn, Shrubs & Trees
Fire Ant Control * Tree Deep Root Feed *
Brown Patch Reduction
State Licensed Applicator



www.horizon-landscape.com



Vision

Pools & Outdoors

- Custom Pools
- Pool Renovations/Remodel
- Outdoor Kitchens
- Patio Covers
- Cabanas & Pergolas
- Full Service Landscape Design
- Maintenance and Repairs

713-677-4210

Building visions of outdoor excellence

www.visionpoolsandoutdoors.com

THE NUTCRACKER BALLET

Artisan Ballet Company invites you to attend its annual performance of the timeless ballet classic, The Nutcracker, at the Berry Center, 8877 Barker Cypress Road, Cypress, Texas 77433. Performances are at 3pm and 7pm on Saturday, December 8th and at 3pm on Sunday, December 9th. Bridgeland ballerina, Ana Blanco, will be among the dancers in this year's presentation. Ana is cast in several roles as Fritz (Saturday, 3pm and 7pm) in the Party Scene, a Flower in the Waltz of the Flowers and a Snowflake in the Land of Snow.

Please support Artisan Ballet Company and our young neighborhood dancer by attending either one of the performances.

CONTACTS FOR TICKET INFORMATION:

Phone: 832-717-3263

Cell: 281-704-9139

E-mail: artisandance@sbcglobal.net

Web: <http://www.artisanschoolofdance.com>

Address: 12603 Louetta, Suite 110, Cypress, TX 77429

Tickets: Reserved seating tickets \$18.00 on sale November 1st

Call for group ticket information.



EXCEL
URGENT CARE

Stings, Slings, Cuts or Breaks
A trip to the Urgent Care's
all it takes! (it's cheaper and faster!)

Board Certified Physicians providing the following services & more:

- Non life threatening acute adult and pediatric medical care
- School and Sports physicals
- Occupational medicine and work related services
- Drug Screening and alcohol testing
- Digital X-ray services on-site
- Electronic prescriptions for your convenience

281-304-1100

www.excelurgentcare.com

Open Everyday 9am-9pm
(except major holidays)

Conveniently located at the end of the Target shopping strip adjacent to the Best Buy on US Hwy 290 & Spring Cypress



Your Neighborhood Urgent Care Center

COJEN
CONSTRUCTION
ROOFING
EXTERIORS & PATIOS

Cody Skelton, Owner and Cypress Resident

713-578-0085

- ❖ Roof Replacement
- ❖ Roof Repair
- ❖ Patios
- ❖ Insurance restoration
- ❖ Leak Detection
- ❖ Clean roof and gutters
- ❖ Skylight Replacement
- ❖ Power Wash driveway, fence and siding

Specializing in Leak Detection and Insurance Restoration
Free Estimate ♦ References Available

Cy-Fair Residents to Spend Less Time on US 290 as Key Construction Completion Dates Move Up

Chamber to look at future mobility for Cy-Fair at Annual Mobility Forum on Nov. 1

Cy-Fair residents and businesses can expect to get some much-needed traffic relief on one of the top 25 congested roads in Texas. Thanks to \$168 million in funding provided by state legislators and part of the additional \$2 billion TxDOT identified earlier this year, some key construction projects along US 290 in Houston will be completed up to two decades earlier than originally scheduled. The completion of critical projects also means travelers will see a 40 percent decrease in time spent in traffic along US 290.

"This is a huge win for Texas drivers," said Phil Wilson, TxDOT Executive Director. "Not only will sections of this road be ready 20 years ahead of schedule, they could save drivers 20 minutes in commute time during peak hours on US 290 from IH 610 to SH 99."

TxDOT and the Harris County Toll Road Authority (HCTRA) are working to finalize an agreement to provide the needed funding allocated by the Legislature. Under the agreement, TxDOT will contribute \$787 million and HCTRA \$400 million putting all US 290 projects between IH 610 and SH 99 (Grand Parkway) under construction by the middle of 2014.

PROJECT PLANS INCLUDE:

- Reconstruction and widening of US 290
- Four general purpose lanes for in- and outbound traffic
- Two to three reversible managed lanes in the middle to carry HOV and tolled traffic Future construction of the parallel Hempstead Tollway
- A bike trail and right-of-way preservation for a high-capacity transit system
- Additional safety improvements that should reduce the number of accidents that typically cause big delays.

"Our economy and our quality of life depend on our transportation system and our ability to efficiently move people, goods and services throughout the state," Lt. Governor Dewhurst said. "We all want to see more roads built so that hardworking Texans can spend less time in traffic and more time at home with their families, but we must resist the natural urge to spend money on easy projects and instead spend our hardworking taxpayers' dollars on projects that will have the greatest impact on our

economy and quality of life -- like the US 290 project."

Leslie Martone, President of the Cy-Fair Houston Chamber of Commerce, said "The US 290 project is a great example of how strong partnerships between the chamber, state and local legislators, transportation entities and the community can produce results." Martone added, "With this infrastructure in place the Cy-Fair area will be better prepared to accommodate the population growth projected for our region; however, there is still a lot of work to be done and we need to stay vigilant in our planning for future mobility in Cy-Fair."

The Cy-Fair Houston Chamber's 5th Annual Mobility Forum will be held on November 1 at the Berry Center. The event is underwritten by Methodist Willowbrook Hospital and will allow guests the opportunity to look at future mobility options. "This year's theme is 'Trains, Planes and Automobiles'". Martone said. "We want to make sure we stay ahead of the game to meet the needs of businesses and residents in Cy-Fair."

'TRAINS, PLANES AND AUTOMOBILES'

Berry Center, 8877 Barker Cypress Rd, Cypress, TX 77433

Thursday, November 1, 10:30 am – 1:30 pm

KEYNOTE SPEAKER:

- Phil Wilson, TxDOT Executive Director

FORUM PANEL:

- Seth Moulton, Managing Director of Texas Central Railway
- David Fulton, Director of the Aviation Division for Texas Department of Transportation
- George Greanias, Chief Executive Officer, Metropolitan Transit Authority of Harris County

Cost: \$60 per person; tables and sponsorships are available

The Cy-Fair Houston Chamber of Commerce (www.cyfairchamber.com) has provided leadership and direction to the Cy-Fair area since 1986. Now over 600 members strong, the Board of Directors and numerous committees interact on state and local levels to help build a strong economy and improve the quality of life within the Cy-Fair area.

ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

Support Your Community Newsletter



PEEL, INC.
community newsletters

www.PEELinc.com

Ryan Lundberg

Sales Manager

1-888-687-6444 ext 23

ryan@PEELinc.com



CYPRESS CUSTOM POOLS



2010 LIST OF TOP BUILDERS IN THE NATION!



14119 Grant Rd. Cypress, TX 77429

— CALL TODAY! —

281.351.6113

CYPRESSCUSTOMPOOLS.COM



FOR HEALTHY,

BEAUTIFUL SKIN

**BOTOX
SPECIAL**
\$10/unit Wrinkle
Free Wednesdays
Mention this ad!



Lisa Hitchins, MD
Board Certified Dermatologist

10720 Barker Cypress Road, Suite 200 Cypress TX 77433
dermatologynwhouston.com | 281.256.2000



Dermatology Center
of Northwest Houston

Cy-Fair ISD & Volunteers In Public Schools (VIPS)

Where "Volunteers are Treasures!"

"Heroes take journeys, confront dragons, and discover the treasure of their true selves."

-- Carol Lynn Pearson

All of our volunteers are true treasured heroes. They help in the library, sell school spirit items, organize fundraisers, read to a classroom, make costumes and test vision & hearing. The list is endless and their experience is vast. If you listen to their stories though, you will find that in all the things volunteers do, there is an element of discovery. They find not only what a child can do, but what their own treasured gift might be. And yes, there has probably even been an encounter with a dragon or two along the way.

Cypress-Fairbanks ISD is so fortunate to be able to draw from such a great diversity of skills and knowledge in our community. VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These jewels in our district give freely of their time and resources and have an impact on the academic and personal development of Cy-Fair ISD students.

If you are interested in being involved in Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

CY-FAIR ISD & VOLUNTEERS IN PUBLIC SCHOOLS

November & December 2012 Events

November 8: VIPS General Meeting – 9:30 a.m. to 12 p.m., Berry Center: Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn ways to improve your volunteer program through networking with other volunteers in our district!

November 27: PIE Mentor Training – 9:30 a.m. to 11:30 a.m., Berry Center: Training for individuals committed to serve as a role model and friend to CFISD students. There are no VIPS events scheduled for the month of December at this time. Be sure to check us out in January when the opportunities for volunteering are in full swing again.

HOW TO REGISTER FOR TRAINING

Register for training by emailing the PIE office at vipsrsvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Adults only please.

ALCO



\$20 Off Initial Service

Bees • Roaches • Termites • All Ants

Mosquitos • Rodents • Spiders

Same day service! Ask about Rodent Specials!

281-856-8222 • 281-373-0333

www.alcotermiteandpest.com



Solar Savings

For those of us living here in Houston, we're all acutely aware that the sun is a plentiful, if not unrelenting, source of heat and sunlight (okay, the heat is really a byproduct of the intense sunlight). And for many of us I bet that we've thought, "Gosh, if I could harness just some of that free sunlight..." The harder part is trying to answer the obvious questions about installing a solar array or solar panel system on the roof of your home - "How much electricity would it generate and how much money could I save on my electric bills?"

Without having to know much about solar or needing to contact a solar installer or solar company, you can easily get those estimates at your fingertips. The National Renewable Energy Laboratory, which is operated by the US Department of Energy, has created a website allowing anyone to calculate the amount of electricity a solar panel array system would generate. Here's the website (notice that it already takes into account that you're in Houston): <http://redc.nrel.gov/solar/calculators/PVWATTS/version1/US/Texas/Houston.html>. Once on the website, for your initial estimate, you can use the default information presented and just click on "calculate" at the bottom. On the results page you will see that in Houston, a South facing solar panel array (which means the Array Azimuth = 180 degrees) that's built for 4 kW of electricity generation, would generate 4879 kWh in a year and save you \$473.26. To give you a better estimate, there are 3 settings you can go back and change: *Array Azimuth in degrees, DC Rating in kW, and Cost of Electricity in cents.*

Array Azimuth: If you're considering placing your solar array on the side

of your roof that gets the most sunlight and that part of the roof faces due South, then the Array Azimuth would be 180 degrees. If your proposed solar array will be facing Southwest, the azimuth would be 225 degrees. Southeast would be 135 degrees. And so forth. The more accurate your submission, the more accurate your estimate.

DC Rating: The DC Rating (in kW) default is 4 kW in the calculator. This would be the "size" of electricity generation by your solar array - basically, by adding (or subtracting) more solar panels to your proposed system, the DC Rating would increase (or decrease). Makes sense - if you add more solar panels to your array, you'll increase the amount of electricity generated and therefore increase the amount of money saved.

Cost of Electricity: The default is the Texas state average of 9.7 cents per kWh. For those of you with an electricity provider with higher (or soon to be higher) rates, you should change the rate accordingly to get a more realistic estimate.

So that's it, an easy way to determine what you would be generating with a solar array on the roof of your home. This is a simple but fairly accurate way to determine the benefit of installing solar on your home. Of course, YMMV (your mileage may vary) but by getting a fairly accurate estimate of the amount of electricity generated and the money saved, you can better determine whether or not installing a solar array on your roof would make financial sense for you and your family. If you have any questions, please ping me at leec89@gmail.com.



WE CLEAN.
you shine
JUST LIKE OUR REPUTATION.

SAVE \$50
on your first clean.

New customers only. Not valid with other offers. Promo code: Fall

Call now to receive your free,
no-obligation estimate

832-593-7500

Serving the West Houston, Katy, Copperfield,
and Cypress.

www.MAIDS.com 



Referred for a reason.

Learn to Increase Business Success with Speed Networking

Linda Stiles shares a 7-Touches List technique at the Nov. 15 CYFEN meeting

What are the relationship and business networking skills needed to increase business success? Join Linda Stiles to find out as she presents "Seven Steps to Speed Networking" at the Cy-Fair Express Network (CYFEN) luncheon Nov. 15. President and CEO of Stiles & Associates Leadership Consultants, as well as a dynamic speaker and author of "Team Leaders' Toolkit," Stiles is dedicated to turning today's high-potential employees into the next generation of leaders. After 25 years in the corporate world, Stiles has spent the last decade focused on team building.

All are welcome to attend the monthly meetings of CYFEN, which are held at the Sterling Country Club, 16500 Houston National Blvd. This month's meeting features an extended program so networking will begin at 10:30 a.m. followed with a prompt 11 a.m. start of the program.

Bring business cards for networking. The meeting cost is \$25 with advanced

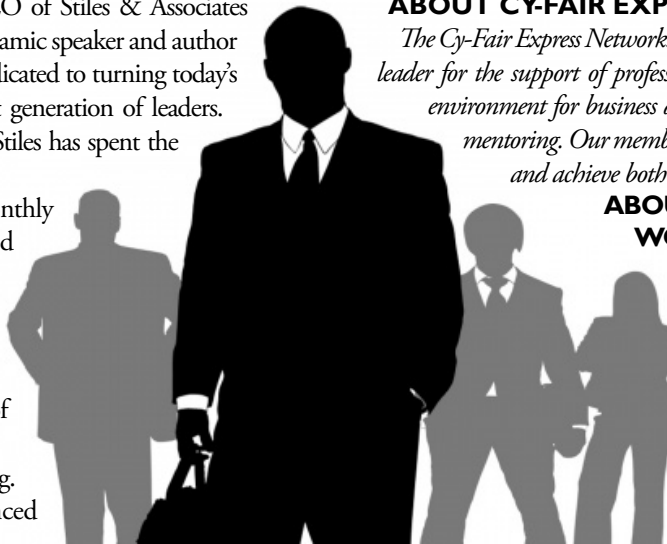
reservations made by the Friday prior to the meeting and \$30 at the door. For information on CYFEN, which is part of the American Business Women's Association, go to www.CYFEN.org.

ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition.

ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.



CertaPro Painters®



281-719-0021

Interior & Exterior Painting

- Free Estimates
- 2-Year Warranty
- Sheetrock Repair
- Wallpaper Removal
- Faux Finishing
- References
- Fully Insured
- Texturing
- Carpentry
- Murals

Ask About Our
FREE Color Consultation!

<http://cypress.certapro.com>



Texas Children's
Pediatrics

**A name you trust.
A neighbor you know.**

- Prenatal Counseling
- Newborn and Infant Care
- Well and Sick Child Visits
- Immunizations
- Lab Testing
- Hearing and Vision Screenings
- Camp, School and Sports Physicals
- Evening & Saturday hours available

Allison Arthur, M.D., and the staff of Texas Children's Pediatrics Cypress is proud to welcome new physician, Dr. Alyssa Kuban. From newborns to teens, your child's health care is our top priority, and you can trust that your child will receive the same care you expect from Texas Children's – close to home.



Allison Arthur
M.D.



Christy T. Knowles
P.N.P.



Alyssa Kuban
M.D.

Texas Children's Pediatrics Cypress

13203 Fry Rd. Cypress, TX 77433

texaschildrenspediatrics.org

We're Accepting New Patients, So Call Today!

281.304.5559

SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to bridgeland@peelinc.com. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.



The Times is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Times contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Creating Reflections of *Elegance*

Perry Pools & Spas
Since 1986 www.PerryPools-Spas.com 281-213-8100

Owner,
David Perry
Cypress, Texas



2006 Cy-Fair Small Business of the Year 1999 - 2010 BBB - Gold Star Award
2007 NHMCCD Finalist - Small Business of the Year
2008, 2010 BBB—Award of Excellence

WRAP Events

WRAP (Wildcats Right After Prom) is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug and alcohol-free all-night party for the graduating seniors and their guests after their prom. WRAP 2013 is already busy planning the numerous fundraising activities that will raise money for the WRAP party on May 24 at Dave & Buster's on I-10 near 610. If you haven't received emails from WRAP and would like to, please see our web page for a Parent Information Form that you can fill out and return as directed on the bottom of the form. Check out our website <http://www.cywoodswrap.com> or our Facebook page Cy-Woods WRAP 2013 for more information.

UPCOMING EVENTS:

NOVEMBER 7: Spirit Night at Willie's Ice House: Good food and a good cause! What more can we say? See the web page for a flyer.

NOVEMBER 12: General Meeting 7:00 CWSHS Commons
Come find out what we're doing for our seniors! Attendance is not a commitment to volunteer, though we hope you will! We have opportunities to fit all schedules!

NOVEMBER 17: Wildcat Plop: Tickets now on sale for the Wildcat Plop (formerly known as the Cow Plop). For just \$10 you

can purchase a ticket for a chance to win up to \$1,000 in American Express gift cards! See our website www.cywoodswrap.com for more details and how to purchase tickets.

NOVEMBER 19: Spirit Night at Newk's: No need to cook! Bring the family and support WRAP!

NOVEMBER 28: Spirit Night at Chili's: Take the night off from cooking and enjoy Chili's with family and friends while helping WRAP raise money. See our web page for a flyer.

DECEMBER 8: Runnin' Wild Fun Run: WRAP will be hosting the Runnin' Wild Fun Run December 8 at the trails in Coles Crossing. This event is open to the general public. There will be a 1K and 5K run. We need many volunteers and donations to make this event a success! Contact Becky Rusinovich at WRAP2013@gmail.com for more information or to volunteer.

DECEMBER 10: General Meeting 7:00 CWSHS Commons: Get all the latest information about everything going on with WRAP!

DECEMBER 17: Spirit Night at Newk's: WRAP meetings will be held on the second Monday of each month. Hope to see you there!!!

**NOVEMBER 12 | DECEMBER 10 | JANUARY 14 |
FEBRUARY 11 | MARCH 18 | APRIL 15 | MAY 13**

Any questions? Email the board at WRAP2013@gmail.com for answers! We look forward to working with you!

YardMasters, Inc.

A Professional Landscaping, Sprinkler System & Lawn Service Company



- * Landscaping
- * Lawn Service
- * Bed Cleaning
- * Hedge Trimming
- * Mulch
- * Bed Renovation
- * Landscape Lighting
- * Flagstone Walkways
- * Drainage Installation
- * French Drains

SPECIAL SAVINGS

10% OFF

PREMIUM BLACK MULCH
(Or Natural Hardwood Available)

OFFER ENDS 12/31/2012

YardMastersInc.com

281.469.5158

15420 Telge Rd.
Cypress, Texas 77429



Sprinkler System Installation & Repair Licensed Irrigator #5455



orangeleafyogurt.com

IT'S OUR BIRTHDAY!

COME CELEBRATE WITH US!



15% OFF

YOUR ENTIRE PURCHASE!


Please present this coupon for discount. Valid at the Orange Leaf Cypress HWY 290 location only. Expires 11/30/12.

26321 NW FRWY, STE 400
in Cypress!

ORANGE LEAF - CYPRESS HWY 290

Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco

HOW TO HIT A ONE-HANDED BACKHAND

In previous newsletters, I offered tips on how to hit a Forehand and a Two-Handed Backhand. In this issue, I will give you instructions on how to execute a one-handed backhand for a right hander. This stroke is still used by many league and tournament players since it gives players a wider range of reach and flexibility to hit slices and drop shots.

Step 1: Ready position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is on the throat of the racket. The left hand is holding the racket slightly tighter than the right hand. Feet are shoulder width apart and the body is in good balance.

Step 2: Back swing: When the opponent's ball is headed to the backhand side, the left hand takes the racket back and the right hand changes the grip with one quarter turn placing the index knuckle at the upper ridge of the handle. The body should start taking the racket back before the ball bounces. Notice the turn of the upper body and the right foot leading the left foot. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The eyes now shift toward the point of contact which should be about 12-18 inches in front of the right foot.



The right hand is holding the racket tight. The racket has made contact with the ball and weight of the player has shifted toward the point of contact. It is important to keep the right shoulder closed and not open the left hip too early. Flexing the right knee will allow more flexibility and power on the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, both of the arms need to be extended for better balance. The right arm should be straight and the follow through upwards above the head.

Look for next Issue: The Forehand Volley



We solve all the pieces to the puzzle.

Call Today to Get Started On All Your Printing Needs.

1-888-687-6444
Ext. 23



PEEL, INC.
printing & publishing
EXPERIENCE MATTERS doing business for 30+ years.



PANCREATIC CANCER ACTION NETWORK®

PURPLESTRIDE HOUSTON 2012



FIGHT PANCREATIC CANCER!

November 17 | Reliant Park

Chip-timed 5K run and awareness walk

Plus music, children's activities, refreshments and more!

www.purplestride.org/houston

SHALOM

Hi Jewish Community!
Let's get connected!

- Shabbat dinners
- Chanukah parties
- Passover Seders
- or simply get together!

INTERESTED?

E-mail us at
info@shalomcypress.org.
Or visit our website at
www.shalomcypress.org



www.BridgelandInsurance.com



**WHOA!!!
...These Rates
Just Blew
My Mind!**

281.373.1009



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

BG

Picture with Santa

Children, Family & Pets

Saturday, December 1st, 2012

Sponsored by:



In the Fairfield Shopping Center behind Shell.

15050 Fairfield Village Sq, #140

Bring your camera or we will take the photo for you.

Register for a \$500 gift certificate courtesy of Ashley Furniture, Willowbrook Location. Stop by the office in Fairfield to register beginning November 1st.

281.373.400 | mike@mikeschroederteam.com
www.mikeschroederteam.com