

# THE SPECTATOR

NEWS FOR THE RESIDENTS OF  
CYPRESS CREEK LAKES

JANUARY 2013

ISSUE II VOLUME I



**HAPPY  
2013  
NEW YEAR**

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## ARTICLE INFO

The *Tribune* is mailed monthly to all Cypress Creek Lake residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to [cypresscreeklakes@peelinc.com](mailto:cypresscreeklakes@peelinc.com). The deadline is the 9th of the month prior to the issue.




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## CY-FAIR WOMEN'S CLUB

# Women Serving the Community

We had a blast at our December Holiday Party and we marked the end of another successful year for our women's club. We look forward to 2013 with enthusiasm. Happy New Year Everyone!!

In January we will meet for our first annual business meeting followed by a fun game of Bunco. In February, organization is the word. We hope to receive guidance that we can use in all aspects of our lives.

CWC is a service organization that gives back to the community, so all funds raised will go right back to the community in scholarships for graduating high school seniors, at Lone Star College, Cy-Fair and grants to other non-profits in our community, as well.

Membership for the Cy-Fair Women's Club is open to all ladies in Northwest Houston/Cypress neighborhoods. Currently we meet the first Thursday of most months at West Houston Church of Christ. Our meetings begin with social time and refreshments at 7:00pm immediately followed by a program at 7:30p.m. The church is located at the corner of Queenston and West Road.

Our monthly meetings are not only educational and enjoyable, but they develop lasting fellowships. We look forward to meeting you! If you have any questions about our club or need directions to the church, please contact Cindy Pickens, Membership Chair at cyfairwomensclub@gmail.com.

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## Northwest Flyers Youth Track Club Registration on Feb 2<sup>nd</sup>

The Northwest Flyers Youth Track Club will celebrate its 26th Anniversary Season by hosting its annual free Registration/Information breakfast on Saturday, February 2nd, 2013, for all boys and girls who are interested in joining for the 2013 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the club's 2013 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle

distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net).



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## 2013 Relay for Life Cy-Fair

Friday, April 26, 2013 | 7 p.m.  
Cy Falls High School | 9811 Huffmeister Road,  
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All funds raised benefit the American Cancer Society  
Sign up to donate or participate or start a team today!



For more information, contact [erin.kasperek@cancer](mailto:erin.kasperek@cancer).

## Cy-Fair Choir Presents: **CHARTOPPERS** SHOWSTOPPERS 2013

**Date:** Friday, February 8<sup>th</sup>  
Saturday, February 9<sup>th</sup>  
Monday, February 11<sup>th</sup>

**Time:** 7:00 p.m.

**Place:** Cy-Fair High School, 22602  
NW Frwy, Cypress, TX 77429

**Admission:** \$8.00 per ticket

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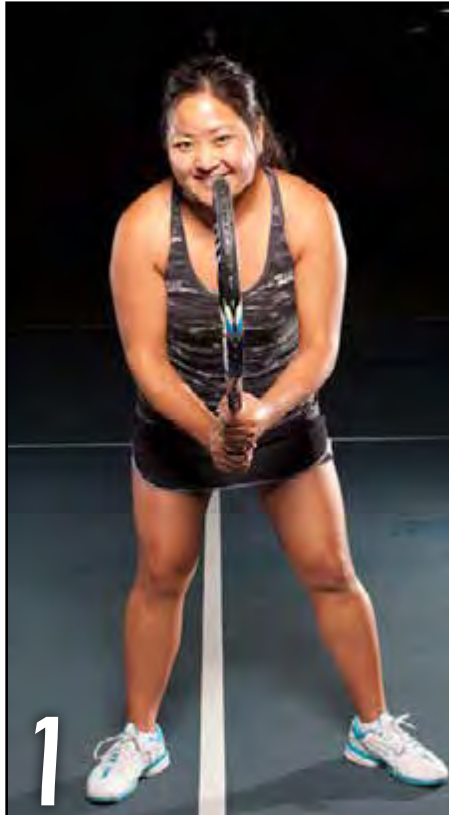


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# Tennis Tips

By USPTA/PTR Master Professional  
Fernando Velasco



## THE TWO-HANDED BACKHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Mindy Custer demonstrates the proper form and technique. Photos by Charlie Palafox.

**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 next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

**Step 2: Back Swing:** Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be "cocked" back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Mindy to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

**Step 3: Point of Contact:** The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

**Step 4: Follow Through:** Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

*Look for in the next Newsletter: The Serve*

## A Focus On Resolutions

*By: Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
  - A focus on fresh fruits, vegetables, and whole grains
  - Fat-free or low-fat dairy products such as yogurt, cheese, and milk
  - Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
  - Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
  - Staying away from foods high in sodium and added sugars
- For more information on weight management and improving

nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at [www.win.niddk.nih.gov/publications/for\\_life.htm](http://www.win.niddk.nih.gov/publications/for_life.htm).

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>. Happy New Year from Concentra Urgent Care!



## 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 [Cypresscreeklakes@peelinc.com](mailto:Cypresscreeklakes@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](http://www.PEELinc.com).



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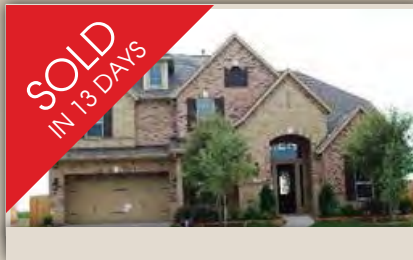
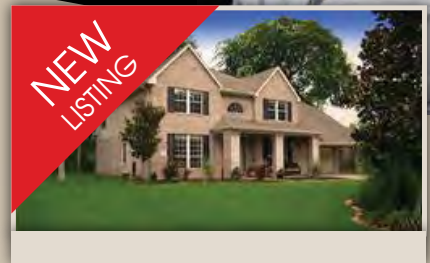
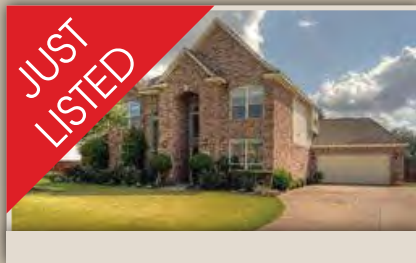
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