



LAKES

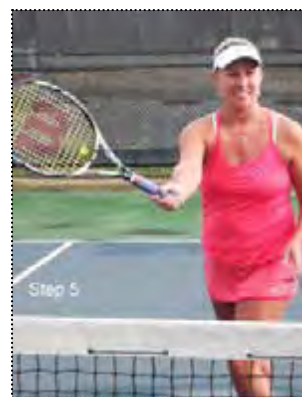
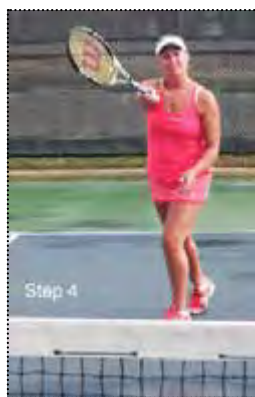
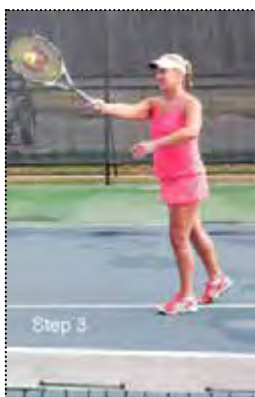
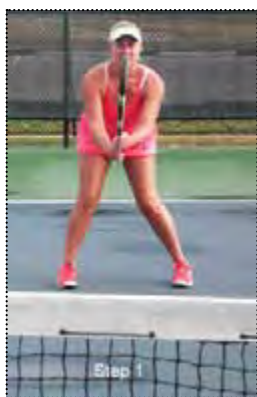
ON ELDRIDGE
NORTH

Volume 12, Issue 8

August 2013

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to execute The Forehand High Volley Approach Shot

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead "smash", the forehand service return and the backhand service return.

In this issue, I will offer you instructions on how to execute the forehand high approach shot. This shot is used when a player is caught in "no-person's land" (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or

to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the "killer or placement volley". In the illustrations, Kathy Smith, a player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position and Split Step: When Kathy realizes that she is caught in "no-person's land", she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

(Continued on Page 2)

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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Email Articles to loen@PEELinc.com.

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Please e-mail articles and/or photos to loen@peelinc.com.

Submissions must be received by the
10th of the month for the following month's issue.
(Advertising deadline is the 8th of the month.)

(Continued from ... Cover Page)

Step 2: The Back Swing: Once Kathy realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket slightly back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step forward to meet the ball.

Step 3: The Point of Contact: Kathy now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep.

Step 4: The Follow Through: Once Kathy has made contact with the ball, she finishes the follow through with her wrist laid back. Her left arm is next to her body and her eyes have shifted toward her target.

Step 5: The Move for the Kill Volley: As the ball is headed toward her opponent and Kathy realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, Kathy will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the "kill volley".

*Look in the next Newsletter for: The One
Hand Backhand Volley Approach Shot*



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NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

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The Northwest Harris County Aggie Mom's Club wants to extend a big "Howdy" to all Moms of freshman Aggies and current Aggie students.

Please join us for our HOWDY PARTY on Tuesday, August 13, 2013 at 7 p.m. at the Houston Distributing Center, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. This fun-filled Aggie evening is a great way to meet other Aggie Moms, find out about upcoming events and Aggieland trips, buy care packages for your student and win door prizes! Enjoy light refreshments while you shop our Boutique for that one-of-a-kind Aggie treasure. Our hand crafted items celebrate the heart-warming TAMU traditions.

Aggie Moms as an organization, encourages parents to become familiar with A&M during their student's freshman year. Aggie Moms has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience through graduation.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. All meetings are open to Aggies, future, present or past. You will also enjoy hearing from dynamic speakers throughout the year like, Brigadier General, Joe Ramirez, Commandant of the Corp of Cadets or a visit from the Texas A&M yell leaders! For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org. or contact Shannon Eberle, Club President at clubpres2012@gmail.com. We are looking forward to meeting all our Aggie Moms!



Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on September 19, 2013 at 7:00 p.m. For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306. We look forward to meeting you.

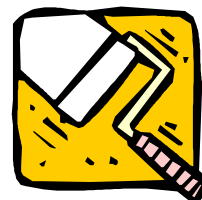
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Two Families Receive Keys to New Habitat for Humanity Home

Thrivent Financial and area churches support affordable home construction

Habitat for Humanity Northwest Harris County (Habitat NWHC) celebrates the construction of two more Habitat NWHC homes at a dedication ceremony on July 20, 2013 at 8:30am at Hamill Crossing, a completely designed and built Habitat NWHC neighborhood. The new homeowners, Katherine Garrett and Martha Turcios will thank all those who worked so hard to help them reach this goal and there will be an open house of the newly completed homes directly following.

Each Habitat for Humanity homeowner puts in what we call 'Sweat Equity' by working on the construction site to build their home alongside local volunteers. Ms. Garrett and Ms. Turcios were no exception and both put in well over the minimum of 350 Sweat Equity hours required by the program. They will both be closing on their homes the week following the dedication ceremony.

Ms. Garrett's home is unique because it was sponsored and built by Thrivent Financial for Lutherans and area Lutheran churches. Sponsorship is the process by which a church, company or organization gives a financial donation that Habitat then uses to purchase the materials to build the house. This generosity helps increase Habitat's ability to build more homes in its ongoing effort to eliminate substandard housing here in Northwest Harris County.

Ms. Turcios is unique because upon closing on her home, she will be the oldest homeowner that Habitat NWHC has ever had. At 74 years of age Ms. Turcios has never owned her own home or even had her own bedroom. Ms. Turcios' home was also sponsored and built by area churches.

Ms. Turcios and Ms. Garrett worked hard and formed a warm relationship with the volunteers that helped build their homes and the end result is two beautiful homes that their families can enjoy for many years to come.

Through donations of money, materials and volunteer labor, Habitat NWHC was able to build the homes and sell them at an affordable price. Ms. Garrett and Ms. Turcios will purchase their homes with a no-profit loan, and their monthly mortgage payments will be used to build more Habitat houses.

"It has been exciting to get to know these two neighbors during the construction of their homes and the completion of the Habitat program. I was talking to Katherine [Garrett] just the other day about how amazing it is that all these people that didn't even know her before came out and worked so hard so that she and her family could have a decent place to live. It truly is an amazing and awe inspiring process." – Karly Grilliot, Habitat NWHC Development Manager

If your company, church or organization is interested in partnering with Habitat NWHC please contact Karly Grilliot at kgrilliot@habitatnwhc.org or at 281-477-0460

For more information please visit www.habitatnwhc.org



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Houston Livestock Show and Rodeo

The Houston Livestock Show and Rodeo awarded \$866,000 in scholarships to 49 deserving high school seniors in the Cypress Fairbanks Independent School district in May. Community Liaison, Jeanne Mason, is shown here at Cy-Springs High School.

Jeanne says, "Thank You! to our community for their continued support with our fundraising efforts. It's such a wonderful feeling to present scholarships to deserving students knowing full well that it will change their lives forever."



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Kids' Cross-Country Team's Season Starts September 10th

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Tuesday, September 10, 2013, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. The first practice will be held at the Cypress Creek YMCA on Thursday, September 12.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 26th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome.

Contact Coach Eric Wentworth at emw1105@gmail.com, 281-961-6603, or Coach Donnell Carter at dcarter.nwflyers@yahoo.com, 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit www.northwestflyers.org to get updates and learn more about the team.


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CY-FAIR KIWANIS CLUB

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crawl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE



PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization as well as individual memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

We look forward to welcoming you to our meetings.

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Lakes on Eldridge North



Back To School

School starts in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

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September 8: 5th Annual Colin's Hope Kids Triathlon <http://www.tinych.org/KidsTri>

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When It's Just You in an Emergency



"Mom!" you yell down the stairs. "Where's my math book? I can't find it and the bus is coming! Please help me ... it's an emergency!"

It is kind of an emergency with the bus coming and all, but what about a medical emergency? That kind of emergency is usually more serious. If you don't have your math book or miss the bus, that would be bad. But a medical emergency means someone needs care from a doctor right away. Let's find out the right thing to do.



Be a Hero - the Smart Way

In an emergency, a kid might think about playing the superhero by driving a car or racing into a burning building. Don't do it! You could cause another accident or make the situation worse. If you get hurt, too, who will call 911?

After calling for help, your first thought might be to rush over to the person who's injured. But stop and look before you do. Make sure the scene is safe. If it's not, wait in a safe spot until a grown-up or an emergency team arrives.

If the scene is safe, and as soon as Liz is sure someone is calling 911 — or she has called it herself — she could return to her brother and wait until help arrives. (She shouldn't move her brother at all because he could have a neck or other bone injury. Moving someone who has that sort of injury can make it much worse.) She can help him feel

calm by being calm herself.

QUICK THINKING: WHAT WOULD YOU DO?

Liz and her little brother Jamie are out for a walk. Jamie decides to race ahead down a very steep hill. He's running pretty fast when he suddenly trips. Over and over he falls, rolling down the hill at high speed until he's sprawled out on the sidewalk at the bottom. Liz rushes to her brother's side, hoping that he's OK. Then she sees some blood on the pavement. And Jamie isn't moving at all. What should she do? First things first: Liz should look around for a grown-up and call him or her to help right away. If no one is close by, she should make a phone call either on a cell phone or from the closest phone. Calling for help is the most important thing a kid can do in an emergency. If you're going to be the one making the emergency phone call, here's what to do:

- Take a deep breath to calm down a little.
- Call 911.
- Tell the operator there's an emergency.
- Say your name and where you are (the exact address if you know it).
- Explain what happened and how many people are hurt. (The operator will need all the information you can provide, so give as many details as you can.)
- Follow all of the operator's instructions carefully.
- Stay on the line until the operator says it's OK to hang up.

IN CASE OF EMERGENCY

The best way to handle an emergency is to be prepared for one. Knowing what to do ahead of time can help you stay in control so that you can help. Here are some suggestions on how to be ready to help in an emergency:

- When you're outdoors, make sure you're in an area where you can call out for help even if you don't have a phone with you.
- Know how to dial 911 or your local emergency number (in most areas in the United States, it's 911).
- If you have one, carry a cell phone or know how to use your parent's cell phone.
- Learn first aid. Look for basic first-aid classes with your local Red Cross, the YMCA or YWCA, the Boy or Girl Scouts, 4-H clubs, your local hospital, and other organizations. Or ask your school nurse to have a first-aid class just for students in your school.

It's scary to think about someone getting hurt. But the truth is that accidents can and do happen. They happen when people are being careless and careful. Sometimes, kids are the ones who get hurt. Sometimes, grown-ups get hurt. Either way, it's good to know what to do if someone needs emergency medical help. Even though you're a kid, you can make a big difference by doing the right thing.

Reviewed by: Kate M. Cronan, MD Date reviewed: October 2010

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