

BREAST CANCER

Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
 - Recurrent pain in a particular part of the breast
 - Pulling in of the nipple
 - Nipple discharge that starts suddenly in only one breast
 - An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>

IMPORTANT NUMBERS

GOVERNMENT SERVICES

Emergency	911
Constable (<i>Closest Law Enforcement</i>).....	281-463-6666
Poison Help	1-800-222-1222
Library and Community Center.....	832-393-1880
City Services.....	Call 311
Citizens' Assistance.....	713-247-1888
Public Works.....	713-837-0600
Neighborhood Protection.....	713-525-2525
Animal Control.....	713-229-7300
Wild animal problem	713-861-9453
Hazardous waste.....	713-551-7355

OTHER UTILITY SERVICES

Street light problem.....	713-207-2222
.....	(then 1 then 4)
Power out/emergency	713-207-2222
Gas leak suspected.....	713-659-2111
Before you dig.....	Call 811

BRIARHILLS SERVICES

Trash collection	713-733-1600
Amenity tags	281-558-7422
Tennis courts.....	281-558-7422
Pool parties.....	281-558-7422
Clubhouse rental	281-558-7422
Marquee messages	281-558-7422

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NEWSLETTER INFORMATION

Article Submission.....
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NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

nwhcaggie moms.org

The Northwest Harris County Aggie Mom's Club will host Texas A&M University's Abby Howell from the Department of Student Activities on Tuesday, October 8, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Ms. Howell was named Texas A&M University's Sponsored Student Organization Advisor of the Year, and received The Department of Student Activities Excellence Award. Enjoy light refreshments while you shop our Boutique for that one-of a kind hand- crafted Aggie treasure or our new Tradition Beads!

Mark Your Calendar! For the First Annual Hullabaloo Huddle, Saturday, October 12, at the Bareback Bar and Ice House, 19940 Kuykendahl, Spring, Texas 77379. This NWHC Aggie Mom's Watch Party-Texas A&M vs. Ole Miss will feature a 12th Man Silent Auction, Food Trucks, a cash bar and more!(No one under 21) Tickets are \$12 each and can be purchased on line at www.nwhcaggie moms.org.

Aggie Moms as an organization, encourages parents to become familiar with A&M during their student's freshman year. Aggie Mom's 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 enjoy hearing from dynamic speakers throughout the year! For more information on monthly speakers or upcoming events visit our website at www.nwhcaggie moms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com. We are looking forward to meeting all our Aggie Moms!





Back To School

School started 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.

Time To Slow Down!



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TENNIS TIPS



By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The One-Handed High Backhand 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, the backhand service return, the forehand high volley approach shot, and the two handed high volley approach shot.

In this issue, I will offer you instructions on how to execute the one-handed backhand 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 at the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put into a defensive mode. This will cause the player to hit a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Darin Pleasant, Director of the ATP Academy at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When Darin realizes that he is caught in “no-person’s land”, he takes the split step by bending of the knees and staying on his toes. His racket is in the volley position and his feet are angled toward the path of the incoming ball. Notice that the left hand is on the throat of the racket.

Step 2: The Back Swing: Once Darin realizes that the ball has been directed to his backhand, he will turn his upper body and will take the racket slightly back. Notice that the left hand is still on the throat of the racket. He has loaded his weight onto his left foot and will be ready to step forward to meet the ball. He will make a slight change toward the continental grip on the right hand.

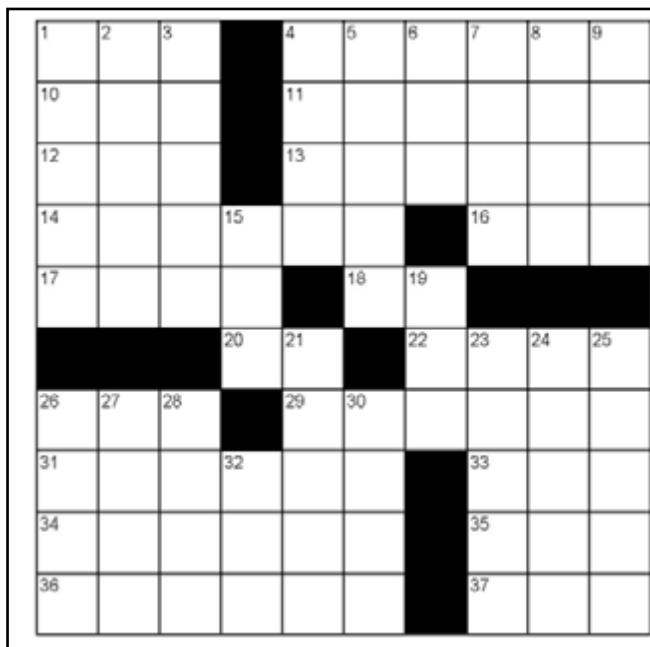
Step 3: The Point of Contact: Darin is now ready to step into the ball. He has kept his eye on the ball and his center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow him to hit behind the ball and allow maximum net height and allow him to hit the ball deep. The control of the ball will be made with the right hand, which is holding the racket tighter. The right hand will keep the face of the racket at a 45 degree angle at the point of contact.

Step 4: The Follow Through: Once Darin has made contact with the ball, he finishes the follow through with his left wrist laid back. His left arm is pulling back for better body balance and his eyes are still watching the racket where he made contact with the ball.

Step 5: The Move for the Kill Volley: As the ball is headed toward the opponent and Darin realizes that his shot is deep He now moves closer to the net for the put away volley. If his shot was not deep, Darin will decide to stay close to the service line to protect the lob over his head. By the look in his eyes and his smile, he just did a “kill volley”.

Look in the next Newsletter for: How to execute “The Lob”

CROSSWORD PUZZLE



ACROSS

1. Owns
4. Short people
10. Grain
11. In the air
12. Single
13. Nun's headwear
14. Musician (3 wds.)
16. Homesick
17. Booty
18. Horsepower (abbr.)
20. Cincinnati locale
22. Hasten
26. Mountain Standard Time
29. Eras
31. Cover
33. Eccentric
34. Beaches
35. Vane direction
36. Hug upon greeting
37. Danish krone (abbr.)

DOWN

1. Coat hangers
2. Root beer brand (3 wds.)
3. Stone
4. Aurora
5. Ponder
6. Build up
7. Holes
8. Syllables used in songs (2 wds.)
9. Sledge
15. Gone by
19. Not against
21. Cycles per second
23. Pimpled
24. Glob
25. Organic compound
26. Soft mineral
27. Prig
28. Tyrant
30. Mexican money
32. North American country

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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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