

OCTOBER 2013

NEWS FOR THE RESIDENTS OF SHADOW CREEK RANCH

VOLUME 5, ISSUE 10



Join Parent Teacher Organization

Submitted By David Selsky

If you think PTO moms and dads just organize school carnivals and fund-raising, you are in for a big surprise. The PTO (Parent Teacher Organization) speaks on behalf of your children and helps school staff develop and evolve school programs to meet your child's needs. There may be nothing better you can do for your child's early education than becoming more involved with their school. And all our Shadow Creek elementary schools have a PTO that will warmly welcome your participation.

The PTO connects you to the principal, teachers, staff, and other parents. It puts you "in the know" and gives you a way to learn what is going on at the school, quite often before anyone else does. And the PTO is a great place to network and share resources. It's a place you can ask other parents about their experiences and compare notes. Anything you would like to improve about your child's school can be discussed through your PTO. It gives you an active voice.

But perhaps most importantly, you'll be demonstrating to your child the importance you place on their education. Don't just live in Shadow Creek, be a part of it. Call Marek, Wilder, or York elementary schools and learn the date of their next PTO meeting today!

Keep Pearland Beautiful

Submitted by Sherwin Sun

Keep Pearland Beautiful (KPB) invites all to the 10th Annual 'Plant Thyme Fall Luncheon' in conjunction with the Annual Herb and Plant Sale – at the Pearland Community Center, 3523 Liberty Dr., on Friday, October 11, 2013. Luncheon tickets are \$30, with proceeds benefiting the Joe Miller Scholarship Fund and KPB educational programs.

This year's Fall Luncheon keynote speaker will be Mr. John Irwin of the Lady Bid Johnson Wildflower Center in Austin. As a charter member of the Wildflower Center's speaker's bureau, John acquired his love and appreciation for the outdoors while growing up in the fields and woods in central Pennsylvania. He began working on the natural areas and trails as a Wildflower Center volunteer in late 1997. It was during this time that John became acquainted with Lady Bird Johnson. He became a Docent in spring 1998, continued his natural area work for some years and also conducted visitor tours of the Center often accompanied by Lady Bird herself. Today, John helps to fulfill requests for speakers on native & adaptive plantings, the Wildflower Center, and about Lady Bird Johnson.

The doors to the Center will be open at 10:30am, with the silent auction taking place in conjunction with the luncheon. Please make your plans now to be on hand for the Plant Thyme Fall Luncheon and Plant Sale on October 11, 2013. Plants from the sale will also be available for purchase on October 12, 2013 from 8AM to noon at the Pearland Farmers Market, located at Zychlinski Park, 2243 Grand Blvd. Call 281-652-1659 for more information about the luncheon or plant sale information.

For information on becoming a sponsor of the 10th Annual Plant Thyme Fall Luncheon, please call (281) 652-1773.

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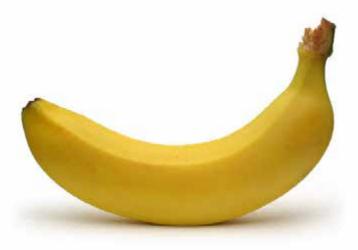
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Easy Power Breakfasts

Tennis Players! do you have Breakfast before you head out for a tennis lesson or match?



To all the breakfast avoiders out there, if you last ate at 6 or 7 p.m. the previous evening, waiting to eat until lunchtime is more than 12 hours of ?fasting.? This depleted state slows down your metabolism and has you working off fumes. You can't expect your body to perform at its peak if it's running on empty.

Endurance athletes function at their best when their bodies are fueled by a combination of calories from protein, carbohydrates and fat. The following breakfasts include all three, and will help power your training and your day.

1. If you want to repurpose your leftovers, this is the breakfast for you. Scramble one or two eggs with rice, quinoa or couscous. Add in chopped vegetables, beans and cheese. If you have leftover chicken, turkey, beef or pork, chop it up and toss it in. Cook the scramble until the eggs are to the desired doneness.



- 2. Mix plain or vanilla Greek yogurt with a high-fiber cereal, ground nuts of your choice, fresh fruit and a little bit of ground flax seed. Greek-style yogurt has more protein than traditional yogurt, and the high-fiber cereal offers more crunch with less calories than granola. Additionally, yogurt, fiber, flax and fruit provide all the ingredients for a healthy digestive tract.
- 3. GET Bananas: Top a bagel with nut butter and banana slices for a great source of carbohydrates, protein and calories. These foods are not only easily digestible, but can also be effortlessly assembled when you're out of town for an event.
- 4. Mediterranean breakfast. COMBINE CUCUMBERS, TOMATOES, CORN, PEPPERS, RADISHES, AVOCADO, FETA CHEESE AND PARSLEY WITH A LIGHT VINAIGRETTE. PAIR THIS WITH A SLICE OF WHOLE-GRAIN BREAD AND A HARD-BOILED EGG FOR A COLORFUL WAY TO START YOUR DAY.



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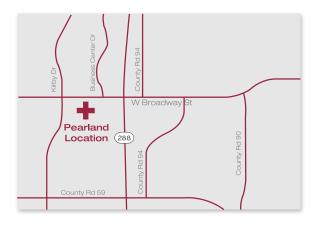
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Pearl Theater

Announces Fall Auditions and Classes for Youth

We are seeking actors ages 7-50s for upcoming holiday production: The Best Christmas Pageant Ever. In this hilarious Christmas tale, a couple struggling to put on a church Christmas pageant is faced with casting the Herdman kids—possibly the most inventively awful kids in history. You won't believe the mayhem—and the fun—when the Herdmans collide with the Christmas story head on! There are many parts available including 8-10 adults and 17 youth are needed. Auditions are Oct. 20 and 21 at 7pm. Rehearsals are scheduled to begin Oct. 24 at 7pm.

The Pearl Academy of Performing Arts is also offering a Fall II session for young actors. Classes in acting and musical theatre begin on October 19. Young Actor training focuses on teaching skills in stage presence, character development, voice projection, as well as audition and memorization skills. Also an Annie! Musical Theatre Revue Workshop will feature songs and scenes from the classic musical Annie! Students learn to sing, act, and dance to Broadway favorites. Classes meet weekly and end in a final sharecase for friends and family. Class sizes are limited. Please visit pearl-theater.com for more information or call (713) 340-2540 with questions.

The Pearl Theater is managed by the Pearland Theatre Guild a 501c3 non-profit performing arts organization founded in 2010.



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SHADOW CREEK RANCH

Tennis Playday at Shadow Creek Ranch August 24th



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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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To better serve the growing healthcare needs of Pearland, we're opening a new location in September 2013 that makes it easier and more convenient than ever to be KelseyConnected.SM This large, beautiful new Pearland Clinic is conveniently located at 2515 Business Center Drive, off Highway 288 and West Broadway.

All your physicians and medical services will be in the same building, with ample, free parking. Specialties include primary care (Family Medicine, Internal Medicine, Pediatrics) and specialty care (Endocrinology, Gastroenterology, OB/GYN, Orthopedics and Sports Medicine, Physical Medicine and Rehabilitation/Spine, Podiatry and Pulmonary Medicine). And, you'll have the added convenience of an onsite pharmacy to fill prescriptions plus expanded diagnostic and medical services including MRI and Travel Medicine.

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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 his kept her 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"

SHADOW CREEK RANCH

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/









Kids Stuff-



From the candy to the costumes, Halloween is a fun-filled time for kids and parents alike. But it's also a holiday that can pose dangers to young revelers. To help make this year's festivity a trick-free treat, follow these simple safety tips:

Adorning Your Little Ghouls

- and back of the costume so your kids can be easily seen.
- Don't buy a costume unless it's labeled "flame-retardant." This means the material won't burn.
- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Don't let your children wear masks they can make it difficult for kids to see and breathe. Instead, use nontoxic face paint or makeup. Have younger children draw pictures of what they want to look like. Older kids will have fun putting the makeup on themselves.
- Put a name tag with your phone number on your children's
- Avoid oversized and high-heeled shoes that could cause kids to trip.
- Avoid long or baggy skirts, pants, or shirtsleeves that could catch on something and cause falls.
- Make sure that any props your kids carry, such as wands or swords, are flexible.

Pumpkin-Carving Precautions

- Don't let kids handle knives. Have them draw their designs on the face of the pumpkin with a black marker — then you do the carving. And make sure you're using a sharp knife or a mini-saw that's pointed away from your body.
- Keep kids at a safe distance while you're carving the pumpkin so that choking. they don't distract you or get in the way of sharp objects.
- Remove pumpkin guts safely. If your children beg to remove the guts of the pumpkin — as many kids do — don't hand over a knife to do it. Instead, let your little ones get messy by scooping out pumpkin flesh with their hands or an ice cream scoop.
- Clean up your mess. Pumpkin flesh is slippery and can cause falls and injuries when dropped on the floor. Layer newspaper or old cloths under your carving workspace and clean up spills right away so no one slips or trips.

Skip the candles. A burning candle in a pumpkin may become a blazing fire if left unattended. Instead, use a glow stick (available in many colors) to safely illuminate your jack-o'-lantern.

Trouble-Free Trick-or-Treating

Accompany young children (under age 10) on their rounds. But make sure Choose a light-colored costume or add glow-in-the-dark tape to the front they know their home phone number, the cell phone numbers of parents and any other trusted adult who's supervising, and how to call 9-1-1 in case they get lost.

> For older kids who are trick-or-treating on their own, make sure you approve of the route they'll be taking and know when they'll be coming home. Also be sure that they:

- carry a cell phone, if possible
- go in a group and stay together
- only go to houses with porch lights on and walk on sidewalks on lit streets (never walk through alleys or across lawns)
- know to never go into strangers' homes or cars
- cross the street at crosswalks and never assume that vehicles will stop
- Give kids flashlights with new batteries.
- Limit trick-or-treating to your neighborhood and the homes of people you and your children know.

When your kids get home, check all treats to make sure they're safely sealed and there are no signs of tampering, such as small pinholes, loose or torn packages, and packages that appear to have been taped or glued back together. Throw out loose candy, spoiled items, and any homemade treats that haven't been made by someone you know.

Don't allow young children to have hard candy or gum that could cause

Make sure trick-or-treaters will be safe when visiting your home, too. Remove lawn decorations, sprinklers, toys, bicycles, wet leaves, or anything that might obstruct your walkway. Provide a well-lit outside entrance to your home. Keep family pets away from trick-or-treaters, even if they seem harmless to you.

Take these quick and easy precautions to help your little ghosts and goblins have a hauntingly happy and safe Halloween.

> Reviewed by: Mary Gavin, MD Date reviewed: October 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006.The Nemours Foundation

SHADOW CREEK RANCH

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