

# THE Current

## SHADOW CREEK RANCH

NOVEMBER 2013

NEWS FOR THE RESIDENTS OF SHADOW CREEK RANCH

VOLUME 5, ISSUE 11

# TEXAS RECYCLES DAY

Celebrate Texas Recycles Day with Keep Pearland Beautiful on Saturday November 16, 2013 from 9AM – 1PM at the City of Pearland's Stella Roberts Recycling Center, located at 5800 Magnolia. On Texas Recycles Day only, the Recycling Center will be accepting tires from Pearland residents (No Businesses or Municipalities, please). Tires on rims, foam filled tires, or solid tires will not be accepted. Limit 8 tires per household; additional tires will be \$5 each. Proof of residency (City of Pearland water bill) will be required.

In addition to tires, KPBB will also be collecting #6 plastics (polystyrene) and pet products for the City of Pearland Animal Shelter. A list of needed supplies can be found on our website.

This program is sponsored in part by Avangard Innovative and HEB.

*Sherwin Sun  
Executive Director  
Keep Pearland Beautiful*

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

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Ambulance .....	911
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Pearland Police Department .....	281-997-4100

### SCHOOLS

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Alvin Senior High .....	281-331-8151
Manvel High School .....	281-245-2235
Alvin ISD Administration .....	281-338-1130
Alvin ISD Transportation .....	281-331-0960

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Trash Removal - City of Pearland .....	281-652-1600

### CITY

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Pearland Animal Control.....	281-652-1970
Pearland Police Dept - Non-Emergency .....	281-652-1100
Pearland Public Works.....	281-652-1900

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### OTHER NUMBERS

Pearland Post Office .....	281-485-2132
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Animal Control.....	281-756-2265
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## Pearland DEMOCRATS CLUB

Reminder: Election Day is Tuesday, November 5th from 7am-7pm at the Westside Library in the HEB Shopping Center. At our October meeting we discussed the continuing voter registration efforts and the announcement of Wendy Davis for Governor campaign. The Club is currently focusing resources on a comprehensive Get Out The Vote (GOTV) effort for our community.

Monthly meetings of the Pearland Democrats will occur on the second Thursday of every month at 7pm at Mimi's Cafe in the Pearland Town Center (11200 Broadway, Ste 1600, Pearland, Texas 77584). The next meeting is Thursday, November 14th. Networking begins at 6:30pm and the meeting will commence at 7pm. New members and guests are welcome to attend. Speakers or training for each monthly meeting will be scheduled and communicated through our Facebook Group and Page-Pearland Democrats Club. E-mail inquiries may be directed to [pearlanddems@gmail.com](mailto:pearlanddems@gmail.com). We hope to see you there! Now is the time to get involved and engaged.

## STORK REPORT!



**Greyson Knox Lucher**  
**August 21, 2013 @ 6:35 pm**  
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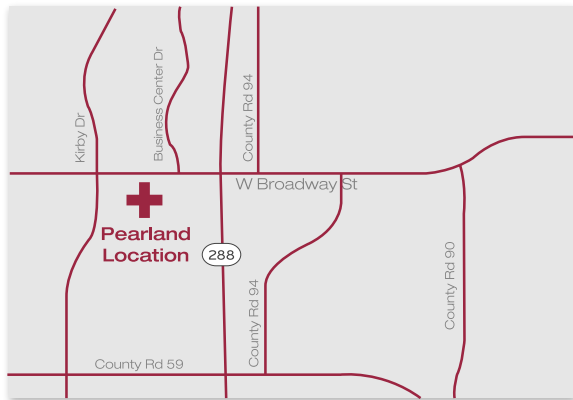


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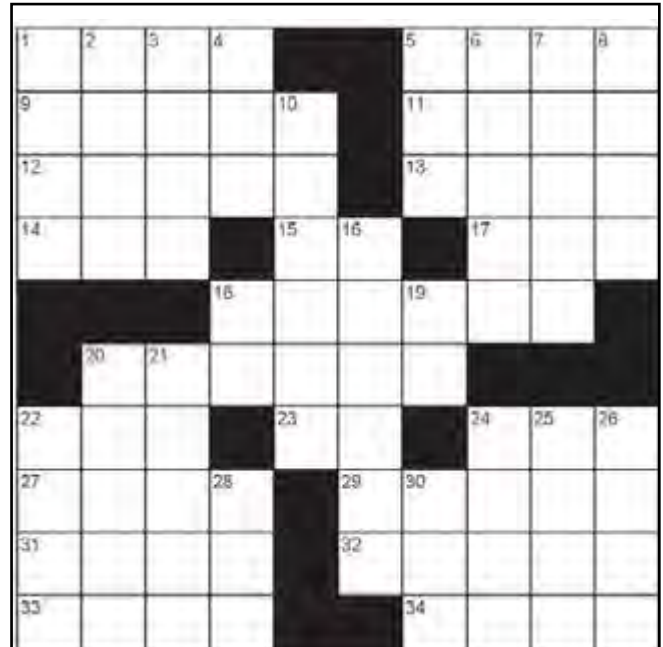
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- Advertisement
- No
- Make better
- Pre-Nissan
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- Miss lang
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- Santa's helpers
- Madam
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### DOWN

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- Far away
- Day of wk.
- Sup
- Mont \_\_
- Ms. Winfrey
- Curious
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# SHADOW CREEK RANCH

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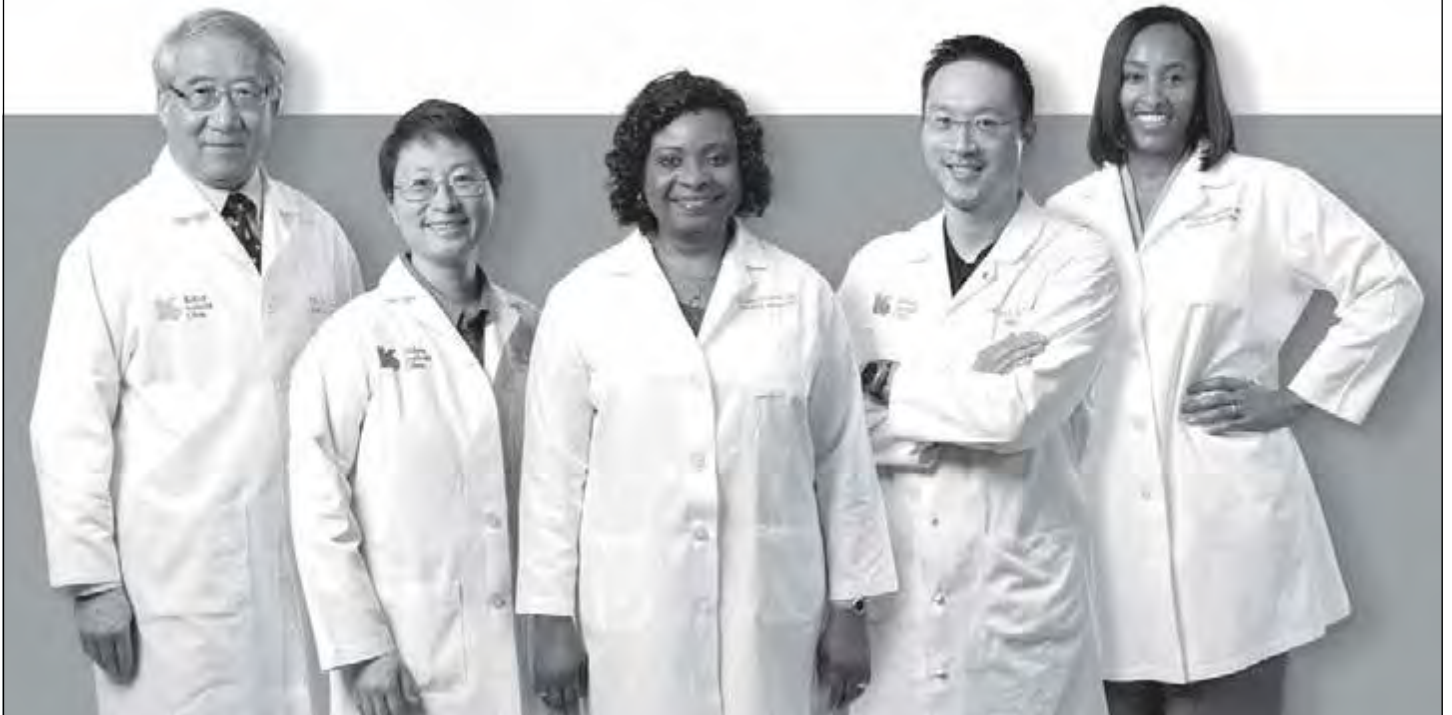
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## TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



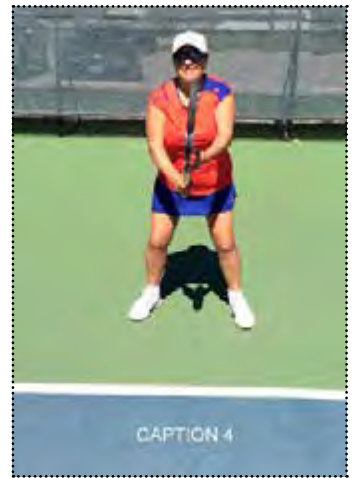
CAPTION 1



CAPTION 2



CAPTION 3



CAPTION 4

## HOW TO EXECUTE THE FOREHAND LOB

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the 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, the two handed high volley approach shot and the one-handed high volley approach shot.

In this issue, I will offer instructions on how to execute the Forehand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Carmen Manzur, Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1:** The Back Swing: When Carmen is forced deep into the

court and realizes that she has to hit a defensive lob, she pivots to the right and gets her racket back early. Notice that the head of the racket is low and her left arm is up in front to keep her balance. Her eyes are focused on the path of the ball and her weight is in her right foot.

**Step 2:** The Point of Contact: Carmen is now ready to hit the ball. Her eyes are now on the point of contact and the face of the racket is tilted at a 45 degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

**Step 3:** The Follow Through: The success of a deep lob is the follow through. Carmen’s wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right arm is still in front of her in order to allow maximum balance.

**Step 4:** The Shuffle Back: Once Carmen finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to paddle back to the middle of the court to drive the next ball back to the opponent.

*Look in the next Newsletter for: How to execute “The Two-Handed Backhand Lob”*



## 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 [shadowcreekranch@peelinc.com](mailto:shadowcreekranch@peelinc.com). Be sure to include the text that you would like to have as the caption.

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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

## THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

## BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

## AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

**REVIEWED BY:** Steven Dowshen, MD

**DATE REVIEWED:** August 2009

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](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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