

SPECTATOR

May 2014

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 3, Issue 5

A FOCUS ON PHYSICAL ACTIVITY *Pathway to Improved Health*

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
 - Includes people with disabilities
 - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
 - Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

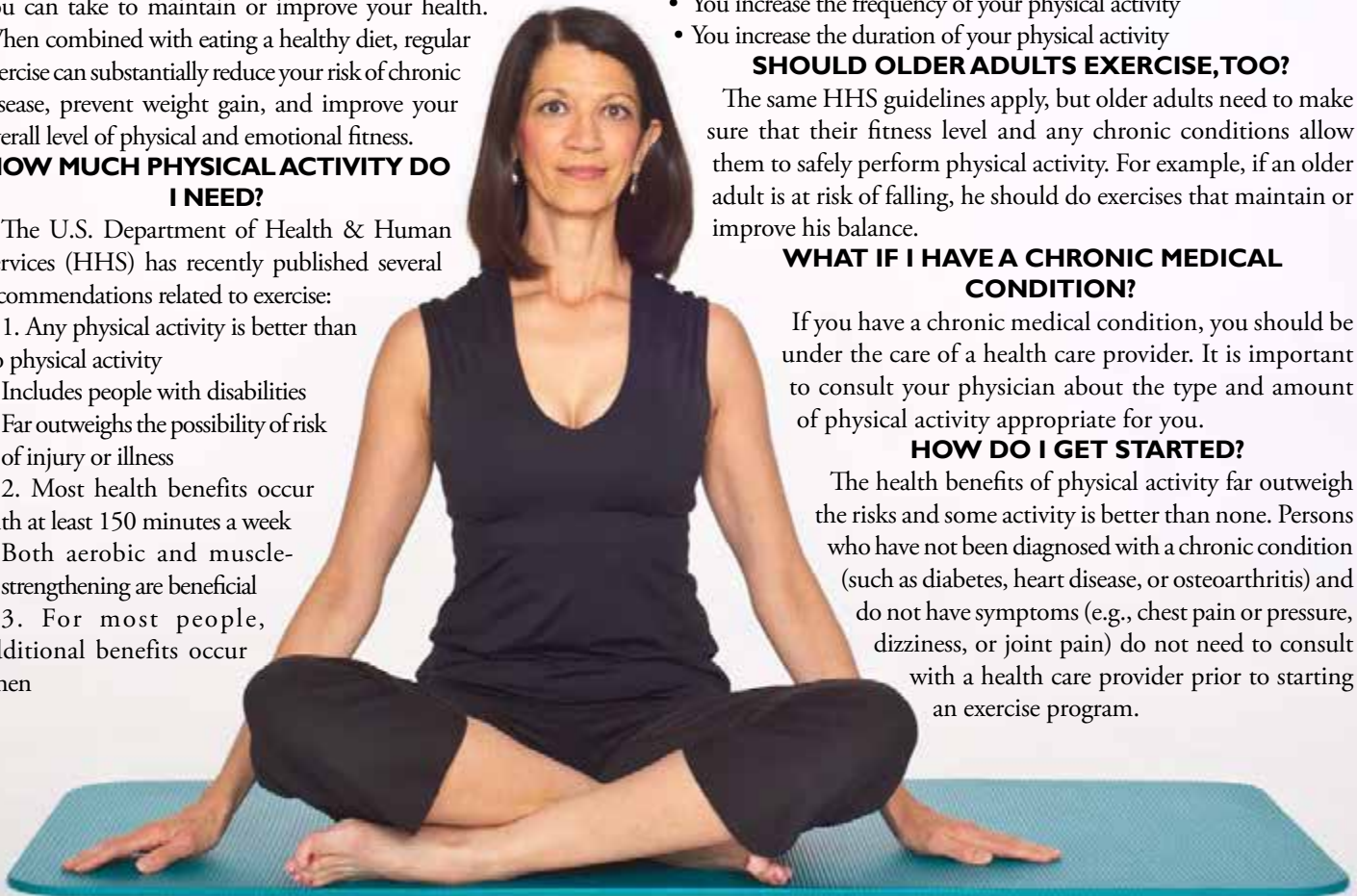
The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.



IMPORTANT NUMBERS

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- Auto Theft	281-550-0458
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- Child Abuse	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
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Cypress Fairbanks ISD Transportation	281-897-4380
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Cy-Ranch High School	281-373-2300

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Reliant Energy.....	713-207-2222
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Waste Management - Trash	713-686-6666

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Harris County Health Department	713-439-6260
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Harris County Public Library.....	281-290-3210
Cy-Fair Hospital.....	281-890-4285
North Cypress Medical Center.....	832-912-3500

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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. The deadline is the 9th of the month prior to the issue.



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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



STEP 1



STEP 2



STEP 3



STEP 4

The Modern Game: The Top Spin Forehand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are starting to play tennis or who want to get back into the game.

From this newsletter on, I will be offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Spin Forehand. This shot is used when a player is now hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Danny Rodriguez, Director of the Pre-Advanced Tennis Program at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the service line as an “approach shot” to the net.

Step 1: The Ready Position: When Danny prepares to hit

a forehand top spin, he will change his grip toward the “semi-western” or “full western grip” (The palm of the hand is flat on the handle). His knees are slightly flexed and his eyes are focused on the oncoming ball.

Step 2: The Back Swing: Danny is now ready to perform the shot. The head of the racket is now above his head, his shoulders are turned, the left hand is in front to help him keep the center of gravity in front, and he has loaded his weight to the back foot. His grip is relaxed and his wrist is “laid back” to allow maximum point of contact.

Step 3: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle. Danny started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing the ball as he makes contact with it. His left shoulder is almost opening and his weight has now been shifted toward the front.

Step 4: The Follow Through: Notice Danny’s finish above his left ear and his elbow pointing toward his target. He has now shifted his weight on his right foot and is ready to shuffle back to his home base.

Look in the next Newsletter for: “The Modern Game: The Backhand Top Spin”

Texas A&M University Traditions Council to speak to
NORTHWEST HARRIS COUNTY
AGGIE MOM'S CLUB

Northwest Harris County
Aggie Moms to Recognize
Graduating Seniors

Join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, May 13, 2014 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. At our May meeting we will be recognizing our graduating Seniors, announcing the book awards and installing our 2014-2015 Board Officers. Please help us congratulate these students on this significant achievement and the beginning of an amazing journey! All meetings are open to the public and prospective students, current students and Aggie families are always welcome!

SUMMER MIXERS

Are you a new Aggie Mom? Are you sending off your first to Aggieland this fall? Find out how we help your student succeed that first year at one of our informal Summer Mixers. Our first summer mixer will be held at the home of Connie Pritchard, incoming President, on June 8, 2014, from 2-4 p.m. Dates and locations are listed on our website at www.nwhcaggiemoms.org.

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and YOU enjoy the TAMU experience.

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. Refreshments are available at 6:45! 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.

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LEARN TO TURN STRANGERS INTO VIP CLIENTS MAY 22

CYFEN welcomes international speaker, radio host, author Tonya Hofmann

Don't miss this unique opportunity to increase your business as Tonya Hofmann shares tips on turning strangers into clients at the Cy-Fair Express Network (CYFEN) luncheon May 22.

CYFEN's keynote international speaker wears many hats such as host of "Change Your World" radio show and author of two books: "A Client a Day the Coffee Shop Way!" and "Change Your World". She is also a profit strategist, corporate and entrepreneurial educator, CEO and founder of the Public Speakers Association as well as recipient of the International eWomenNetwork conference 2008 Business Matchmaker of the Year Award. In addition, she was not only nominated for the Most Connected Person in Dallas by the Small Business Conference as well as Austin's Business Journal's Profiles in Power; she has been nominated for the upcoming 2014 Global Connector of the Year Award for the Sales Strategy Summit.

Join Hofmann, who is always focused on helping business professionals become more successful in sales, marketing and standing out from competition, at CYFEN's special extended networking and lunch. Networking will begin at 10:30a.m. with the program starting at 11a.m. sharp.

All are welcome to attend the monthly meetings of CYFEN, which are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd.

Bring business cards for networking. The meeting cost is \$35 for non-members with advanced reservations made by May 15 and \$40 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to www.CYFEN.org.

ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

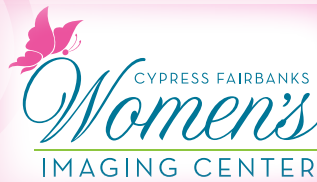
The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition.

ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

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Cypress Creek Lakes Year-to-Date Sales Report

	June '13	July '13	Aug '13	Sept '13	Oct '13	Nov '13	Dec '13	Jan '14	Feb '14	Mar '14
\$500,000 and above	1	1	0	0	1	0	1	0	1	0
\$451,000--\$499,999	1	0	1	0	1	0	1	1	0	1
\$351,000--\$450,999	3	3	3	5	2	4	5	5	3	8
\$276,000--\$350,999	2	2	1	2	0	3	3	1	2	2
\$231,000--\$275,999	2	1	3	0	1	1	2	2	3	5
\$201,000--\$230,999	1	0	10	0	0	2	2	0	0	2
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
Total	10	7	9	7	5	10	14	9	9	18
Highest \$/sq ft	\$111.90	\$114.79	\$109.91	\$106.16	\$117.94	\$115.86	\$110.87	\$129.12	\$124.38	\$124.27

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KIWANIS CLUB OF CY-FAIR HOUSTON

What is Kiwanis? Here are a few facts about the International and local organizations. Kiwanis clubs, located in 80 nations, help their communities in countless ways. Each community's needs are different—so each Kiwanis club is different. By working together, members achieve what one person cannot accomplish alone. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects.

Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. When you give a child the chance to learn, experience, dream, grow, succeed and thrive, great things happen. To do this, many clubs also sponsor Kiwanis family clubs—K-Kids for primary school children; Builders Clubs for adolescents; Key Clubs for teens; CKI clubs for university students and Aktion Clubs for adults living with disabilities. Through these outreach activities, Kiwanis is able to reach more people and have a greater service impact on their communities.

No two Kiwanis clubs look exactly the same. Each member's and community's needs are different, and each club should look different. Some clubs are very traditional, with weekly meetings and a strong sense of history. Other clubs don't meet at all, and instead hold meetings online

and only come together for service projects. Newer Kiwanis clubs help their communities in countless ways. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and by attending district and international conventions.

Houston has several Kiwanis Clubs located throughout the city so that you may find a Club near your home or your place of business. The Cy-Fair Club is located in the Cypress-Fairfield community; however, the membership extends beyond those boundaries. It was founded in 1985 and will celebrate its 29th birthday on May 6 at our regular meeting at the Hearthstone Country Club at 12:15 pm.. You are cordially invited to attend and learn more about the services we render in the community. Lunch will be served. Please call George Crowl at 832-467-1998. Other meetings in May will be held on May 13 and May 20, same time and place. Your visit is always welcome.



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The Cypress Ranch High School Choir would like to invite you to their final concert on May 19, 2014 at 7pm. The concert will be held in the Cypress Ranch High School Auditorium located at 10700 Fry Road. We would love for you to join us and enjoy wonderful music by our fantastic Cypress Ranch Choir Students!

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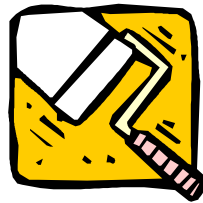
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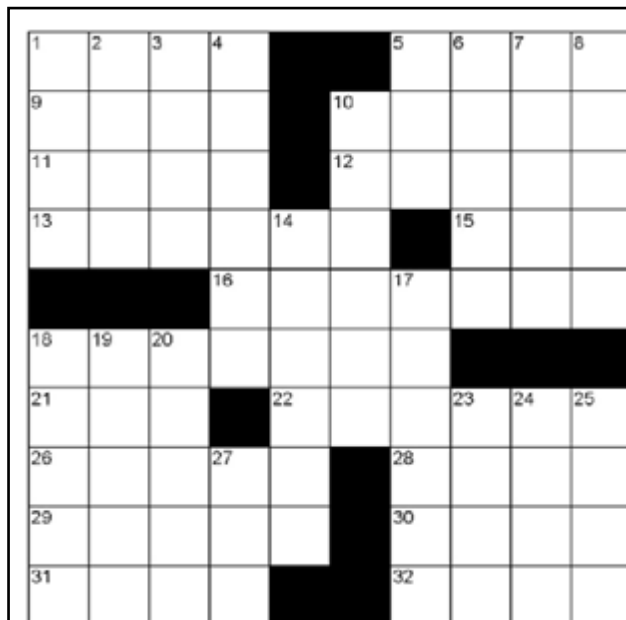


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32. Official document

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5. McDonald's "Big __"
6. Join
7. Snitch
8. Stems of letters
10. Make gloomy
14. Opulently
17. Boiled
18. Supports
19. Sleep disorder
20. Trite
23. Naughty or __
(what Santa checks)
24. Lotion ingredient
25. Deliver by post
27. Southwestern Indian

View answers online at www.peelinc.com

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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. 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.

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