

# THE *Current* Shadow Creek Ranch

JULY 2014  
VOLUME 6, ISSUE 7



## *Fit and Fun:*

### Health Tips for You and Your Children

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: [www.aahperd.com](http://www.aahperd.com).

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>



# SHADOW CREEK RANCH

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

|                                  |              |
|----------------------------------|--------------|
| EMERGENCY .....                  | 911          |
| Fire.....                        | 911          |
| Ambulance .....                  | 911          |
| Sheriff – Non-Emergency .....    | 281-331-9000 |
| Pearland Police Department ..... | 281-997-4100 |

### SCHOOLS

|                                       |              |
|---------------------------------------|--------------|
| Mary Marek Elementary .....           | 281-245-3232 |
| Laura Ingalls Wilder Elementary ..... | 281-245-3090 |
| Manvel Junior High .....              | 281-331-1416 |
| Alvin Senior High .....               | 281-331-8151 |
| Manvel High School .....              | 281-245-2235 |
| Alvin ISD Administration .....        | 281-338-1130 |
| Alvin ISD Transportation .....        | 281-331-0960 |

### UTILITIES

|  |              |
|--|--------------|
| Electricity - Reliant Energy.....      | 713-207-7777 |
| Gas - Center Point .....               | 713-659-2111 |
| Trash Removal - City of Pearland ..... | 281-652-1600 |

### CITY

|   |              |
|---|--------------|
| Pearland City Hall.....                     | 281-652-1600 |
| Pearland Utility Billing - Water Dept. .... | 281-652-1603 |
| Pearland Animal Control.....                | 281-652-1970 |
| Pearland Police Dept - Non-Emergency .....  | 281-652-1100 |
| Pearland Public Works.....                  | 281-652-1900 |

### OTHER NUMBERS

|   |              |
|---|--------------|
| Pearland Post Office .....              | 281-485-2132 |
| Poison Control.....                     | 800-764-7661 |
| Brazoria County Health Department ..... | 979-864-1484 |
| Animal Control.....                     | 281-756-2265 |
| Cable/Internet/Phone...COMCAST .....    | 713-341-1000 |

### NEWSLETTER

|                  |                               |
|------------------|-------------------------------|
| Articles.....    | shadowcreek ranch@peelinc.com |
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[www.WestPearlandToastmasters.com](http://www.WestPearlandToastmasters.com)

Pearland Toastmasters

Wednesday mornings at 7am-8am.

Vic Coppingers YMCA

[www.PearlandToastmasters.com](http://www.PearlandToastmasters.com)

Mid Pearland Toastmasters

Monday(s) at noon-1pm

Pearland Chamber of Commerce.

Open House 7-7-14

The choice is yours. Visit a Toastmasters near you and learn how you can grow personally and professionally.

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## How To Find and Select An Attorney

Finding the right professional service provider, whether a doctor, dentist, lawyer, veterinarian, etc. can be challenging. Whether you relocated to a new area, or just finally have need for one of these services, there seems to be some discomfort, perhaps a premature buyers remorse, e.g. "What happens if I make a mistake"? The consequences of selecting the wrong professional to solve your particular problem are surely more troublesome than picking the wrong dry cleaner or restaurant. Furthermore, it can be difficult to assess the technical competence of professional service providers. If your dry cleaned suit is dirty, or the restaurant food is bad, you know it right away. If you get inappropriate legal advice, the implications may not emerge for months or years.

The challenge of finding the right attorney can be compounded by the circumstances surrounding your need for an attorney. Such circumstances, whether it be a divorce, child support or custody, abuse, bankruptcy, etc. can cause anxiety and stress, which effect our decision-making capability.

Attorneys must attend an accredited law school and pass the bar exam in the states in which they wish to practice. Given this common base level of training, how does one make a selection?

1. Ask family, friends, and colleagues for recommendations. Keep in mind law firms can range from one attorney to hundreds, and firms can handle a wide variety of legal disciplines and clients, none of which may be relevant to your particular need and circumstance. Be sure the recommendations you follow are in the same area as your need.

2. Seek at least 10-15 years direct experience in the specific area of your need.. The experience should also be regional in nature, in our case, central Texas, and particularly in the county in which you reside. Texas law is administered by Texas judges in your county of residence. Each judge and court has its own local idiosyncrasies and your chances of a favorable outcome are significantly enhanced if your attorney is intimately familiar with these idiosyncrasies, knows

the judges, and is known by the judges. You do not want a rookie, at any price, gaining experience at your expense, in a matter which might affect the rest of your life.

3. Select an attorney who is located reasonably close to your residence. There are several reasons for this. First, as stated in #2, your attorney will be familiar with local judges, courts, and practices. Secondly, your attorney should be accessible to insure accurate communications in such vital manners. Having to drive an hour each way in heavy traffic to see your lawyer wastes times, causes unnecessary stress, and reduces communication.

4. Check local attorneys websites, read the attorneys biography (and his staff's), and look at their videos. Do you think you will feel comfortable with this person? Do they seem to have empathy for their clients? Then make your selection. If you are not comfortable after the first visit, leave, and go to your second choice.

**NO LEGAL ADVICE INTENDED:** The contents of this article are intended to convey general information only and not to provide legal advice or opinions. The contents of this article should not be construed as, and should not be relied upon for, legal advice in any particular circumstance or fact situation. An attorney should be contacted for advice on specific legal issues.



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# SHADOW CREEK RANCH

## 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.

Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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# SHADOW CREEK RANCH

## Wash Your Hands

### *Reducing Spread of Disease While at Home and Work*

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands.

From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

#### WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change a diaper or clean up after children
- Handle an animal or animal waste

#### HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

#### WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.

#### FOR MORE INFORMATION

To learn more about how washing hands regularly can help prevent disease, ask your health care provider, or visit the CDC’s creative Web site dedicated to raising awareness of the importance of hand washing at [www.henrythehand.com](http://www.henrythehand.com).



Fourth of July fireworks can be scary for your pets, so let's give them something to celebrate that isn't scary—FREE nail trims the entire month of July!!! Just mention this ad when you schedule. 713-436-9400

## FOURTH OF JULY

Safety Tips for Dogs



**More pets go missing on July 4th than any other day.**



**Keep Your Pets Safe**

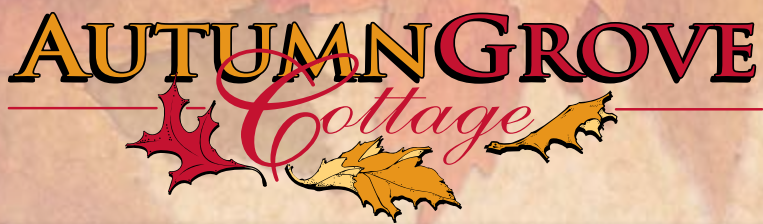


**Fireworks terrify pets!**

Create a safe haven for your pets in a sheltered, escape-proof part of your home with plenty of water. Also, turn on the TV to help mask the fireworks with familiar sounds.

**Fireworks are Scary**

**\*Patients with firecracker attitude may be disqualified**



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# SHADOW CREEK RANCH

## Asthma Can Be Controlled, Not Cured

*Medications and lifestyle changes help manage asthma, but they will not actually cure it*

"You still have airway inflammation that needs to be treated," said Dr. Nicola Hanania, associate professor of medicine at BCM.

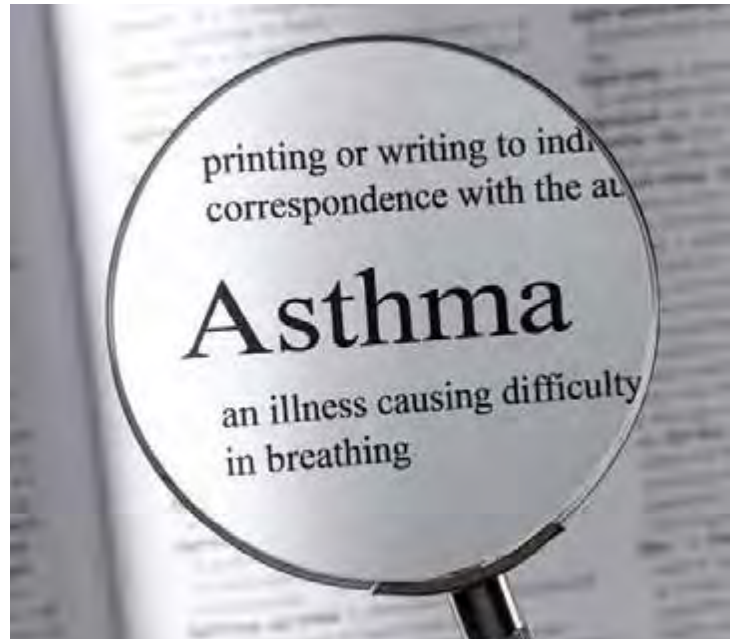
Asthma has a higher prevalence in the inner city population. Treatment incorporates anti-inflammatory medications and lifestyle changes.

Hanania stresses controlling indoor allergens such as dust mites and mold, as well as controlling exposure to second hand smoke.

Although asthma symptoms may not be as apparent when medication and lifestyle changes are incorporated, asthma is not actually cured. If medication or lifestyle changes are stopped, signs of poor control, such as exacerbations and an increased use of an inhaler, will appear and can lead to emergency room visits, hospitalizations and sometimes even death.

Hanania suggests proper education about asthma and having an action plan and knowing when to get help or when to go to the emergency room.

It is possible for adults to develop asthma even though it was not present previously.



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# TENNIS TIPS

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



CAPTION 1



CAPTION 2



CAPTION 3



CAPTION 4



CAPTION 5

## THE MODERN GAME: THE FOREHAND APPROACH SHOT

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now 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 in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. 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. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

**Step 1: The Back Swing:** When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has loaded his right hip to help him drive his weight forward. His grip is relaxed and his wrist is “laid back” to allow maximum

point of contact.

**Step 2: 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 and accelerating the racket head around the outside of the ball. Christian started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

**Step 3: The Follow Through:** In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has “snapped” his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

**Step 4: The Finish:** Christian’s upper body acceleration forced his head of the racket to “wrap around” his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

**Step 5: The Ready Position:** Once Christian hits the ball, he must get ready to volley if the ball was not a “winner”. By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to “kill” the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Backhand Approach Shot”



# SHORT WAIT TIME



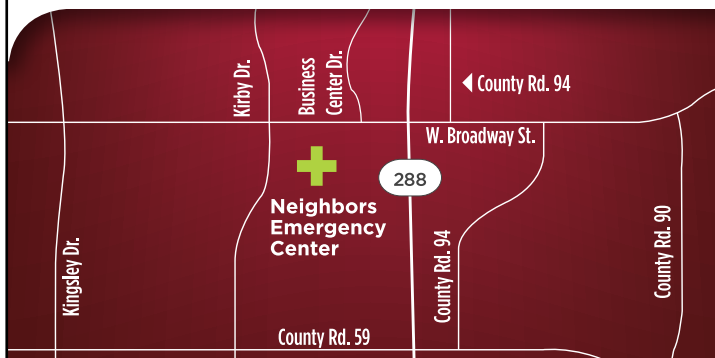
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Call credit card companies and request an account number change. Do not cancel your card. If your account is closed it will inconvenience you and hurt your credit score.

#### File a Report with the Police.

Get a copy of the report and send copies to your bank and credit card companies.

#### Alert Your Bank

Change Pin #'s , cancel ATM cards and get a new checking account number if your checkbook is missing.

#### Contact Your DMV

Replace your driver's license and ask that a stolen/lost warning be placed in your file.

#### Put a Fraud Alert or Security Freeze

On your file at the three major credit bureaus. experian .com; equifax.com; and transunion.com . Alerts are free, but freezes are more secure and free to people over 65.

#### Private Medical Insurers

Should be asked for new cards with new account numbers to prevent fraud. Call Medicare and your auto insurer in case someone tries to make an accident claim from your policy.

#### Check Credit Reports

After your wallet is lost 2 weeks, go to creditreport.com to get a free report. That is usually time enough for thieves to open credit in your name. Recheck credit report in 2-3 months.





# SHADOW CREEK RANCH



**Please remember to pick  
up after your pets and  
“scoop the poop”**

## SUDOKU

View answers online at [www.peelinc.com](http://www.peelinc.com)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 9 |   | 8 |   | 6 |   |   |
| 7 |   |   |   | 6 |   |   |   |   |
|   |   |   | 9 |   |   |   |   | 5 |
|   |   |   |   | 3 |   | 9 |   | 1 |
| 1 |   |   | 4 |   |   |   | 6 |   |
|   |   |   |   |   |   | 8 | 7 | 4 |
|   |   |   |   |   |   | 2 |   | 9 |
|   | 6 |   | 7 | 9 |   | 1 |   |   |
|   |   | 8 | 1 |   | 4 |   |   |   |

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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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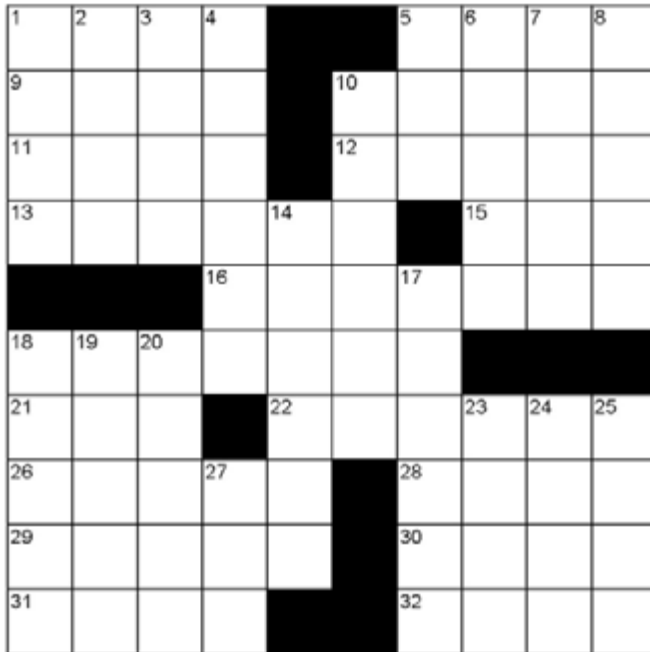


To get your house  
**SOLD**  
List it with  
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And start packing



# SHADOW CREEK RANCH

## CROSSWORD PUZZLE



### ACROSS

1. Chunk
5. Tramp
9. Run
10. Confuse
11. Cain killed him
12. To that time
13. Fraud
15. Compass point
16. Taught
18. Hides
21. Brew
22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

### DOWN




1. Attired
2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
8. Eyed
10. Combustible material
14. Angry
17. Old Testament prophet
18. Fireproof storage areas
19. Climate
20. Summary
23. Fly alone
24. Matching
25. Secure
27. Whack

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# HEADACHES

## Have You Tried Doing This?

*By Mike McTague, DPT, OCS*

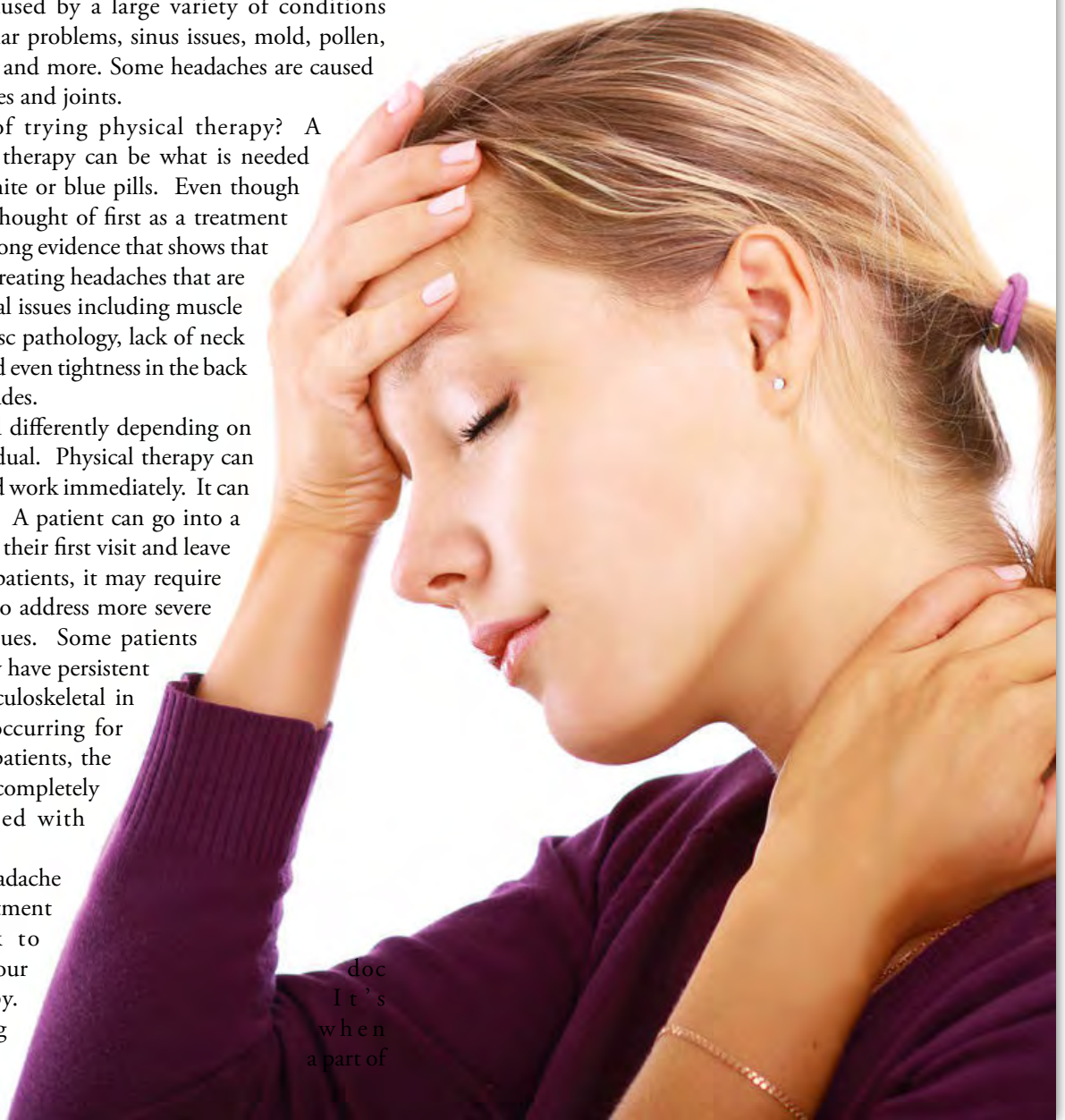
“Take two aspirin or ibuprofen, drink lots of water, rest and get a good night's sleep.” Sound familiar?

Headaches can be caused by a large variety of conditions including tumors, vascular problems, sinus issues, mold, pollen, pesky Austin cedar fever and more. Some headaches are caused by issues with our muscles and joints.

Have you thought of trying physical therapy? A prescription of physical therapy can be what is needed instead of those little white or blue pills. Even though physical therapy is not thought of first as a treatment for headaches, there is strong evidence that shows that it can be effective when treating headaches that are caused by musculoskeletal issues including muscle tension and tightness, disc pathology, lack of neck motion, poor posture, and even tightness in the back between the shoulder blades.

Each patient is treated differently depending on the cause and the individual. Physical therapy can be extremely effective and work immediately. It can work as fast as one visit. A patient can go into a clinic with a headache in their first visit and leave without one. For other patients, it may require a few weeks of therapy to address more severe motion and strength issues. Some patients require more time if they have persistent headaches that are musculoskeletal in nature and have been occurring for a long time. For these patients, the pain may not go away completely until they are addressed with therapy!

Next time you get a headache and your preferred treatment doesn't do the trick to alleviate the pain, ask your doctor about Physical Therapy. It's definitely worth trying when headaches are too often a part of your everyday life!



doc  
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when  
a part of

# SHADOW CREEK RANCH

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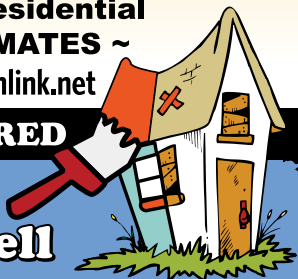
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## SOLD IN SHADOW CREEK RANCH IN 2014!

|  |  |  |  |
|--|--|--|--|
|  <p><b>SOLD IN 36</b><br/>8 DAYS ON MARKET</p> <p>2003 SHORE BREEZE DR.</p> |  <p><b>SOLD IN 36</b><br/>4 DAYS ON MARKET</p> <p>12802 QUAIL CREEK</p> |  <p><b>SOLD IN 36</b><br/>4 DAYS ON MARKET</p> <p>13102 FERRY COVE</p> | <div><h3>FOR SALE</h3><p><b>NEW LISTING</b></p><p><b>2005 SHORE BREEZE DR.</b></p><p>1.5 STORY HOME<br/>3 BED   2 BATH<br/>2 CAR GARAGE</p></div> |
|  <p><b>PENDING</b><br/>2 DAYS ON MARKET</p> <p>2502 HARBOR CHASE DR.</p>    |  <p><b>PENDING</b><br/>6 DAYS ON MARKET</p> <p>2009 CREEK RUN DR.</p>   |  <p><b>PENDING</b><br/>4 DAYS ON MARKET</p> <p>2010 CREEK RUN DR.</p>  |  |

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