

THE *Current* Shadow Creek Ranch

NOVEMBER 2014
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NATIONAL NIGHT OUT



The residents of the Crescent Landing neighborhood enjoyed good food and camaraderie at the 2014 National Night Out on Tuesday, October 7th. The kids as well as adults got an up close and personal look at the Pearland Fire Truck, Ambulance and the Pearland Police Officers shared information on safety in an around our homes. We look forward to this again next year.

SHADOW CREEK RANCH

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Ambulance	911
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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 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	shadowcreekranch@peelinc.com
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Congrats!



Nolan Ryan Junior High's Symphonic Band I, directed by Josh Mooney, Freddy Patrick, Hannah Colvin, and Lou Boldrighini, was recently selected as National Winners in the Mark of Excellence / National Wind Band Honors recorded music contest. The Mark of Excellence recorded music contest offers bands, choirs, and orchestras the unprecedented opportunity to earn national recognition for their musical accomplishments.

224 musical ensembles from across the nation submitted recordings for the contest last May. Nolan Ryan Junior High's Symphonic Band I submitted recordings for consideration in the Class AA Division and the New Music Division, and was the only junior high band selected as a national winner in both categories.

"This is an amazing accomplishment for our students and our school. Not only is it remarkable to have world-class teachers and musicians critique our band, but to be selected as one of the elite groups in the nation is truly an honor. We couldn't be prouder of our students!" said Josh Mooney, director of bands at Nolan Ryan Junior High.



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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 SWINGING BACKHAND APPROACH SHOT OR VOLLEY

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 Swinging Backhand Approach Shot or Volley.” This shot is used when an opponent hits a soft shot that is floating high on the service line area. The player will take advantage and will hit the ball on the fly with a huge swing, 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, Vishwa Aduru, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Vishwa is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Vishwa 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 is gripping the racket tight and the right hand is semi-relaxed. His weight is on the front foot as his momentum carries his forward to attack the ball. His left 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. Vishwa 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 left shoulder is almost opening and his weight is moving through the shot.

SHADOW CREEK RANCH



Fall in Love with West Pearland Toastmasters

Congratulations West Pearland Toastmasters is a Distinguished Club that supports members in developing communication and leadership skills. Join us at Orchard Park at Southfork Thursday evenings 7-8pm. Special meeting held at la Madeleine the last Thursday of the month. Visit www.WestPearlandToastmasters.com for information and directions and Fall in Love with Toastmasters.

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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.

SMART STEMulation Academy

Nolan Ryan Junior High officials have announced that the campus has been selected to partner with The Links, Incorporated Greater Pearland Chapter, to provide a SMART STEMulation Academy After-School Program for 7th and 8th grade students.

The SMART STEMulation Academy is designed to expose students to STEM (science, technology, engineering, and mathematics) related fields, in an effort to increase interest amongst youth; as well as promote advocacy for both parents and students with a goal of helping them to make informed decisions, as it relates to education and career pathways.

"We are excited to partner with the Greater Pearland Chapter of The Links, Incorporated, in an effort to engage our students in STEM," said Christina Lovette, Nolan Ryan Junior High principal. "We are working daily to develop outstanding citizens, and this is just another way that we are preparing our students to be productive and successful global leaders."

The partnership with The Links, Incorporated will enable the students to participate in various enrichment activities related to STEM; some of which will include student projects, college tours, and a Speakers Bureau, that will consist of dynamic speakers in a related field. Participants will also receive mentoring and coaching from leaders in STEM, as well as opportunities to correspond with students from other countries.

"It is our expectation that this program will not only promote and strengthen interest and aptitude in the areas of science, technology, engineering and mathematics, but will also expose and enable our young learners to interact with STEM related organizations and professionals; while providing them with real-world applications and experiences," added Lovette.

STEMulation Academy participants will meet on the last Wednesday of each month. Meetings will consist of one hour of enrichment and two hours of instruction. Parent involvement is a required component of the program.

During the October 29 meeting, participants will have the opportunity hear a special presentation on Rocket Science, led by Stephanie D. Wilson, engineer and NASA astronaut. The presentation will take place in the Nolan Ryan Junior High cafeteria starting at 4:30 p.m. until 5:30 p.m.

For additional information on the STEMulation Academy at Nolan Ryan Junior High, contact the campus at 281.245.3210. To continue to stay abreast of all of the great things occurring in Alvin ISD, visit www.alvinisd.net.

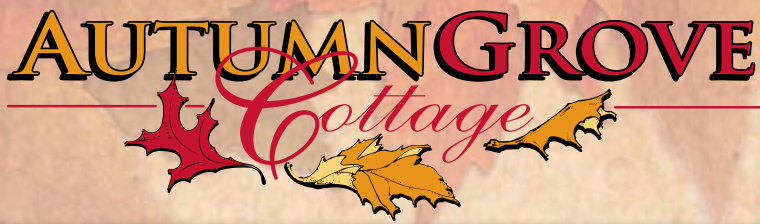


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- Kids Stuff -



What does it mean to be green? "Green" is more than just a color. It also means taking special steps to protect the environment — the water, the land, and the air we breathe. Why green? Plants are green, and without them the Earth wouldn't be such a lovely home for us human beings. Every day, people make choices that affect the amount of trash and pollution that gets produced in our world. What can you do? A whole lot, actually. Here's a four-step guide to being green:

- Reduce the amount of stuff you use and throw away.
- Reuse stuff when you can.
- Recycle cans, bottles, paper, books, and even toys.
- Enjoy the Earth — walk in the woods, plant a tree, and eat some of the delicious food it produces.

REDUCE IT!

When you use less of something, you do a good thing for the Earth. For instance, a shorter shower means you used less water and less fuel since your house uses fuel to run the water heater that warmed up the water.

Here's a list of other stuff you can reduce:

- Turn off lights you're not using. Better yet, encourage your parents to switch to compact fluorescent light bulbs. They last longer and use less energy. They do need to be disposed of properly, though, so make sure your mom or dad helps if one breaks.
- Turn off the water when you're brushing your teeth.
- When you can, walk or ride your bike instead of driving in the car. You'll use less gas — and get some exercise!
- Unplug the chargers for your phone and MP3 player when you're not using them.
- Put your computer to "sleep" instead of leaving it on with the screensaver running.

REUSE IT!

Sometimes people call ours a "throwaway society." That means that we're a little too willing to throw away old stuff and buy new stuff. Many times, even if you no longer need something, someone else just might. For instance, if your baby brother outgrows his plastic basketball hoop, why not give it to another family who has a little kid? That's one less plastic basketball set that they need to buy. It's also one less large plastic toy that needs to be produced, packaged, and shipped to the toy store. Here are some additional ways to reuse the stuff you have:

- Use rechargeable batteries for your handheld computer games, MP3 players, cell phones, and digital cameras.
- Choose reusable travel cups instead of disposable paper or plastic cups.
- Take your own bags — preferably reusable ones — when you go to the grocery store.

- Drink tap water instead of buying bottled water. If you don't like how your tap water tastes, a low-cost filtration system could make a difference. Get a reusable water bottle so you can take it with you.
- Organize a swap among your friends. What can you swap? Books, toys, even clothes. It's a way for everyone to get something new without spending any money and without throwing a bunch of stuff away. Set aside some items for your swap when you're cleaning your room!
- Take paper from your computer printouts and use the other side for more computer printing or just to draw or doodle on.

RECYCLE IT!

Recycling has never been easier. Many communities will pick it up right in front of your house and some towns even require it. Tell your mom or dad you want to become "Chief of Recycling" for your household. That means you'll organize the recyclable items in bins, remember to put them on the curb on recycling day, and help remind others which items can be rinsed and recycled.

By separating plastic bottles, cans, bottles, and more, you're reducing the amount of trash that goes to the landfill. What's a landfill? A big mountain of trash, where all the trash trucks go to dump their loads. Recycled goods go instead to a recycling center, where they can be crushed, broken down, and later turned into new cans, bottles, and paper.

What else can be recycled? Sometimes water can be. For instance, some communities take used water — like from the washing machine and shower — and clean it up so it's safe to use for watering the grass and flowers.

ENJOY IT!

It's true that trash and pollution are problems, but the Earth remains a huge and glorious place that's ready for you to explore. You can start locally by visiting the naturally beautiful spots in your city and state. Go for a hike, visit local nature centers and gardens, climb up mountains, and explore lazy creeks.

Experience the outdoors in all sorts of weather — from a sunny day at the beach or lake to a wintry adventure when it snows. And if you're planning a family vacation, suggest a trip to a national treasure, such as the Grand Canyon, Yellowstone Park, or Chincoteague Island to roam with the wild ponies.

But before you travel the globe, take a look at your own backyard. Is there a spot where you could plant a tree or put in a little fruit or vegetable garden? If so, get out there and get your hands dirty. Then you can watch with pride as your tree takes root and your garden plants grow from sprigs to big plants full of ripe, red tomatoes or tiny, succulent blueberries. Who knew being green would taste so good?

*Reviewed by: Mary L. Gavin, MD
Date reviewed: September 2013*

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

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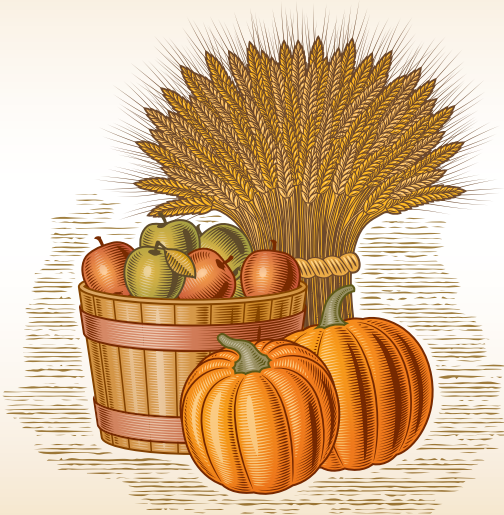
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12

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