

# THE *Current* Shadow Creek Ranch

DECEMBER 2014  
VOLUME 6, ISSUE 12



## TOUR DE LITES 2014

Keep Pearland Beautiful will be sponsoring the 21st Annual Tour de Lites Family Bicycle Ride on Saturday December 13, 2014 as part of the holiday activities in Pearland. Check-in begins at 5:30PM and the ride begins promptly at 7PM.

The one and a half hour evening recreational ride begins at the pavilion in Independence Park and goes through the Green Tee Subdivision to view the Christmas lights. The riders then return to Independence Park for hot chocolate and refreshments. There will be a hayride available (must pre-register for the hayride) for those who cannot ride a bicycle. All proceeds from Tour De Lites go toward hike and bike trails in Pearland.

The ride includes a contest for the best decorated bicycles and/or rider. Prizes will be awarded for first place in adult and youth categories and ribbons will be awarded for second place winners. Judging will begin promptly at 6:30 p.m.

The pre-registration fee is \$15 for the first rider, with \$5 for each additional immediate family member. On site registration fee is \$25 for the first rider, with \$5 for each additional immediate family member. Your fee includes one ride t-shirt per family, a route map, and ride refreshments. Additional t-shirts are \$10 each. No registrations will be accepted after 6:30PM on the day of the event.

***There is no rain date scheduled in the event  
of inclement weather.***

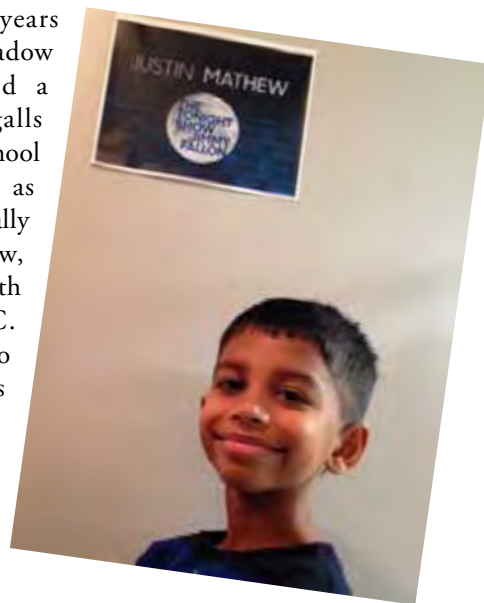
All riders are required to wear a helmet, follow all posted safety rules, and sign a waiver of release. Sponsorship opportunities are available.



## Way to Go Justin Mathew!

Justin Mathew (7 years old, 2nd grade) a Shadow Creek resident and a student at Laura Ingalls Wilder Elementary School was recently featured as a guest on the nationally aired television show, The Tonight Show with Jimmy Fallon, NBC. Justin was selected to appear to showcase his invention, "The No-Sweat Sweatshirt". He had won first place at the school for the Young Inventor's Showcase and went on

to present at the city level. From there, he entered into a national contest and was chosen as one of 3 finalists to appear on "Fallonventions", a General Electric sponsored segment on the show. The segment aired October 30, 2014, and the video is available to view on the website: [www.tonightshow.com](http://www.tonightshow.com) under the GE tab and on [youtube.com](http://youtube.com) under the search: no sweat sweatshirt. Justin received a scholarship from GE and we are very proud of his accomplishments.



# SHADOW CREEK RANCH

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

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

### SCHOOLS

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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

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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.....	shadowcreekranch@peelinc.com
Publisher .....	
Peel, Inc. ....	1-888-687-6444
Advertising .....	1-888-687-6444

## TOASTMASTERS PLAY with PURPOSE and PASSION

Several of Pearland and West Pearland members were recognized and honored at the District 56 Toastmasters Fall Humorous and Evaluations Speech Conference.

Congratulations to Pearland Toastmasters Arzella Miller, recognized as District 56 Toastmasters Outstanding Club Secretary 2013-14

Congratulations to West Pearland, Kim Walker, recognized as President's Distinguished Area Gov 2013-14 and Distinguished Toastmaster.

Our Youth are our Future and Congratulations on creating and maintaining Gavel Clubs for youth 10-18 years, Toastmasters Tracey Peterson and Michaela Price. For Generation of Tomorrow Gavel Club at the YMCA, contact Traceymap@gmail.com. For Pearland High School Diamond Communicators contact Michaela.Price@yahoo.com.

For those 18 and older to Play with Purpose and Passion while developing your communication and leadership skills:

### VISIT

www.WestPearlandToastmasters.com on Thurs evenings 7pm-8pm  
www.PearlandToastmasters.com on Wed mornings 7am-8am

Mid-Pearland Toastmasters at the Pearland Chamber of Commerce on Mon(s) at 12.

We look forward to meeting you and helping you in your communication goals.

Toastmasters mission is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

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## YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email your document to [shadowcreekranch@peelinc.com](mailto:shadowcreekranch@peelinc.com).



## A FEW HOLIDAY THOUGHTS...

It is good to be children sometimes, and never better  
than at Christmas, when its mighty founder was a  
child Himself.  
Charles Dickens

There are two ways to live your life. One is as  
though nothing is a miracle. The other is as though  
everything is a miracle.  
Albert Einstein

The way you spend Christmas is far more important  
than how much.  
Henry David Thoreau

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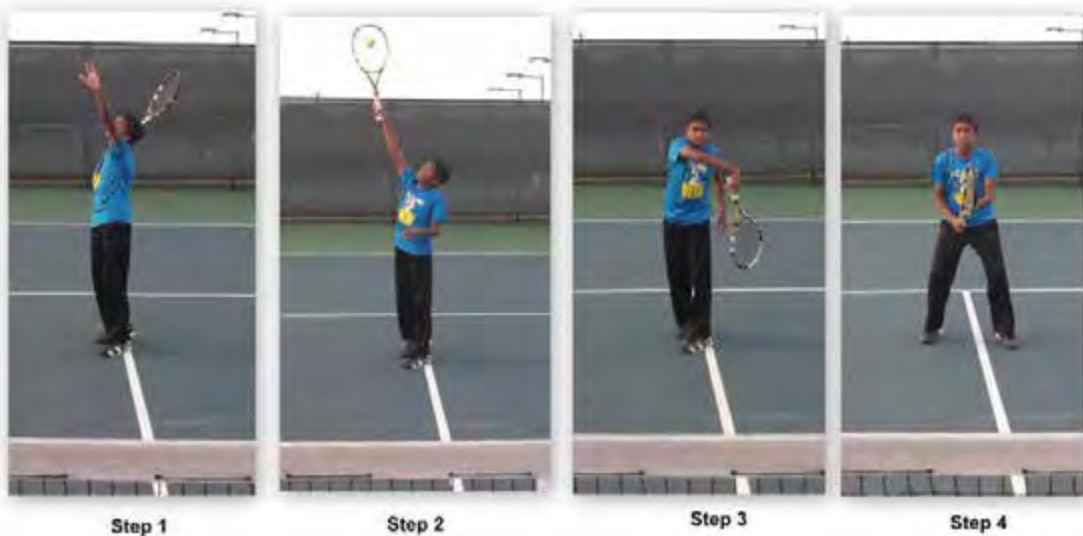
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## TENNIS TIPS

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



## THE MODERN GAME: THE SLICE OVERHEAD

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 content with hitting the ball over the net and controlling the point with consistency. These players may already be 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 Slice Overhead.” This shot is utilized when an opponent hits a lob that is both high and deep. The player will take the overhead and hit it slightly on the side of the ball forcing the opponent off the court.

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

**Step 1:** The Back Swing: When Chaitanya 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, and his eyes are focused on the ball. His right wrist is “laid back” to allow maximum for point of contact.

**Step 2:** The Point of Contact: The success of a slice overhead shot is in keeping the ball on the strings of the racket as long as possible outside of the ball. Chaitanya started the swing high and is allowing the head of the racket to be fully extended. His left shoulder is almost opening and his weight is moving through the shot.

**Step 3:** The Follow Through: In order to attain maximum control and power, Chaitanya is wrapping the racket around his body. He has “snapped” his right wrist and has the head of the racket facing down. His weight is going forward.

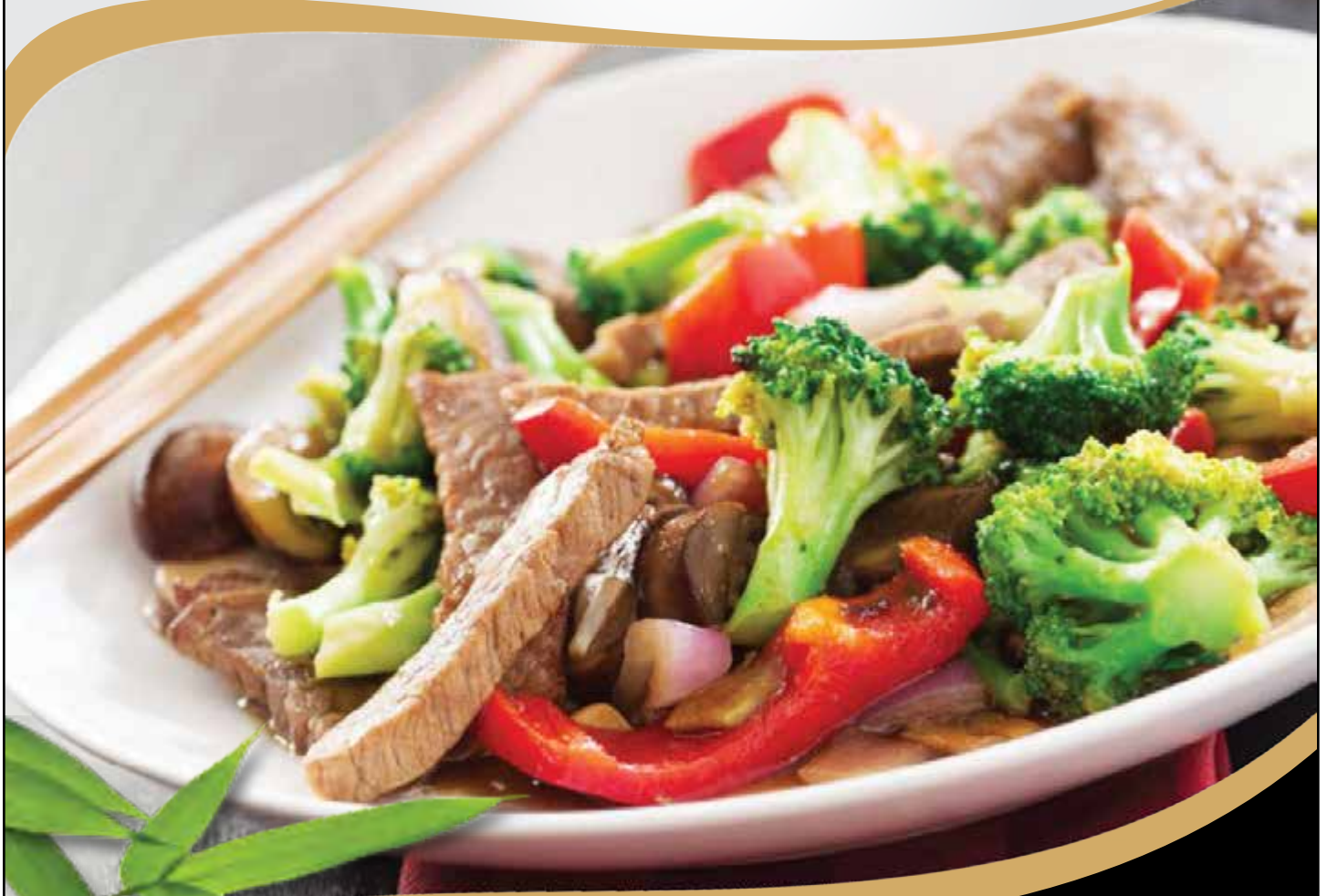
**Step 4:** The Ready Position: If Chaitanya’s overhead is successful but was not a winner, he now gets ready for the next shot, which probably would be a volley.

Look in the next Newsletter for: “The Modern Game: The Forehand Baseline Drop Shot”



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# SHADOW CREEK RANCH

## SUDOKU

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

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© 2006, Feature Exchange

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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## 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.

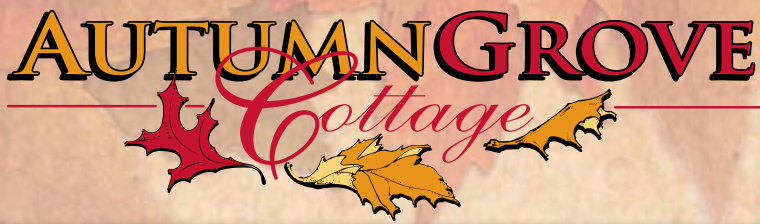
### WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

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.





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# SHADOW CREEK RANCH



## Recipe of the Month

### "Pumpkin Pie"

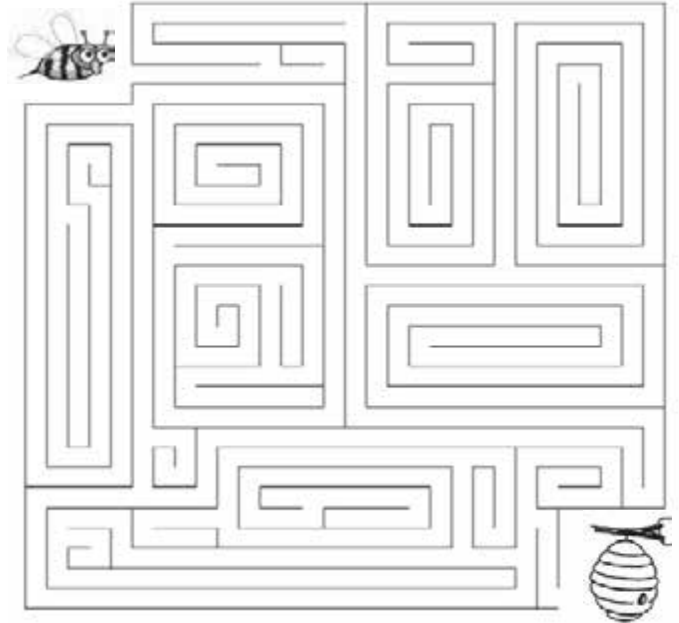
1 can pumpkin 1 can evaporated milk  
1 cup brown sugar, 2 eggs, beaten  
1 t. salt ½ tsp. ginger  
2 t. cinnamon ½ tsp. allspice  
¼ tsp. cloves

Combine and mix well. Pour into pie crust. Bake at 425° for 15 minutes; then 350° for about 45 minutes.

*Submit your recipes to [info@peelinc.com](mailto:info@peelinc.com).*

## Kidz Maze Mania

Help Buzz get back to the beehive!



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## 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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## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

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We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.  
DUE: December 31<sup>st</sup>

Be sure to include the following so we can let you know!

Name: \_\_\_\_\_  
(first name, last initial)

Age: \_\_\_\_\_



SCR

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ONLINE**

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

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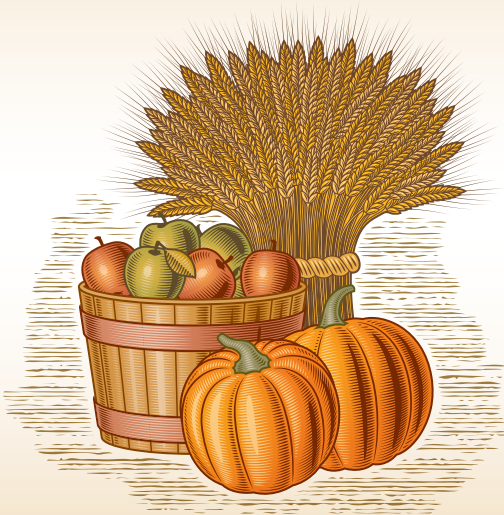
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*Happy  
Thanksgiving!*



**12**

**12 days on the market is the average  
days on market with ListwithJen**

*\*Based on 2014 sold listings in Shadow Creek Ranch*

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