

THE *Current* Shadow Creek Ranch

FEBRUARY 2015
VOLUME 7, ISSUE 2



Host an International Exchange Student!

Across the US, families are welcoming talented and motivated high school students into their homes this Fall. Students come from over 60 countries and share your enthusiasm for education, personal growth, and cultural exchange.

MAKE A DIFFERENCE

If your family enjoys exploring new cultures and nurturing youth, please contact us to request more information about this amazing opportunity to share your life with a special young person and to learn how you can make a difference.

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- Teach a student about American values and traditions
- Change the course of a student's life
- Increase cultural awareness in your community

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Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at

www.ayusa.org



Keep Pearland Beautiful, an environmental non-profit affiliated with Keep America Beautiful and Keep Texas Beautiful, will be hosting its annual Cigarette Litter Awareness Day on Saturday February 14, 2015 from 12PM to 4PM. Participants are invited to meet up at the Pearland Community Center for lunch before heading out to major transition points in Pearland to remove cigarette litter from the streets of Pearland. In 2014, KPB removed over 33,000 cigarette butts on Cigarette Litter Awareness Day. Cigarette litter continues to be the number one most littered item in Pearland, and across the United States. For more information, please contact Keep Pearland Beautiful at (281) 652-1659 and at www.mypkb.org.

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

Shadow Creek Sports

SHADOW CREEK YOUTH BASKETBALL SUMMER LEAGUE

Current grades 1-4 boys and girls. Must be at least 7 and no more than 10 before August 1, 2015. Deadline to register May 1. First Game: June 13. Last Game: July 25 (6 games with July 4 break) Practices and games at Marek gym. Games will be Saturday afternoons 3, 4, or 5pm at Mary Marek.

More info and registration at

WWW.SHADOWCREEKSPORTS.ORG

Shadow Creek Summer Swim Team

Ages 6-13. Join the Swim Team to learn all four strokes, race against your friends, and improve your swimming ability. Practices run May-July. May practices begin May 11—Mon/Wed/Friday evenings 7-8 pm for the entire team. June & July practices are Saturday mornings, Tuesday & Thursday evenings, and Wednesday mornings. Make any or all practices. Details and registration at www.ShadowCreekSports.org



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SHADOW CREEK RANCH

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Are you afraid to speak in public? Do you dream of being a better speaker? The 2015 Officers of the West Pearland Toastmasters want to be your Dream Team. West Pearland Toastmasters is a Distinguished Club with a mission of providing a supportive and positive learning experience.

Since 1924, Toastmasters International has been recognized as the leading organization dedicated to communication and leadership skill development. Each week Toastmasters helps more than a quarter million men and women of every ethnicity, education level and profession build their competence in communication so they can gain the confidence to lead others.

By joining West Pearland Toastmasters, you gain confidence by regularly giving speeches and you gain confidence from the feedback. Let us help you to emerge a leader and achieve your goals. Learn to tell your stories.

This is your invitation to unlock the speaker in you.

www.WestPearlandToastmasters.com

Thursday evenings 7-8pm

at Orchard Park at Southfork

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For more info, visit www.WestPearlandToastmasters.com, call 713 436-9006 or email KimWalkerTeam@gmail.com.

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SHADOW CREEK RANCH

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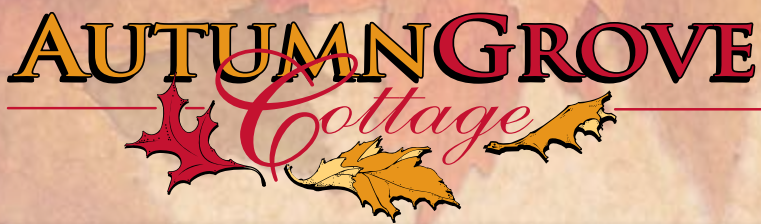
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www.AutumnGrove.com

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



THE MODERN GAME: “THE BACKHAND RETURN SERVE DROP 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 already be 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 Backhand Return Serve Drop Shot.” This shot is used when an opponent is expecting a deep service return and the player “surprises” the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men’s 70 Division in Texas, and #13 in Singles

and #8 and #10 in Doubles in the US.

Step 1: The Back Swing: When Fernando 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 incoming ball.

Step 2: The Point of Contact: The success of the drop shot is to “cup” under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

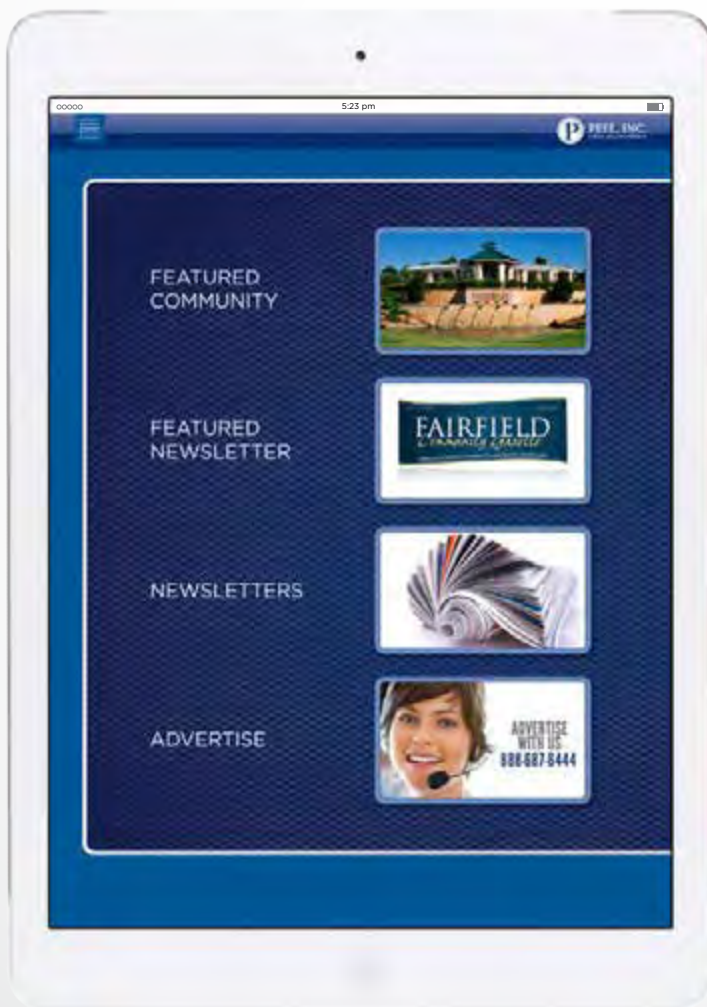
As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

Look in the next Newsletter for: “The Overhead from the Baseline”

Your Community at Your Fingertips



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SHADOW CREEK RANCH

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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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Fit and Fun: Health Tips for You & Your Children

By: Concentra Urgent Care

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.

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 US Centers for Disease Control and Prevention's website at:

www.cdc.gov/healthyyouth/physicalactivity/

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