

NEWS FOR THE RESIDENTS OF PARK CREEK

MARCH 2016

VOLUME 1, ISSUE 3

WELCOME TO PARK CREEK HOA NEWS

*A Newsletter
for the Park Creek
Community*

The Park Creek Newsletter is a monthly newsletter mailed to all Park Creek residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

ZIKA VIRUS



Zika virus is transmitted by Aedes mosquitoes and there is no specific treatment or vaccine currently available. The best way to avoid getting the virus is to avoid being bitten by infected mosquitoes. About 20% of people with Zika virus actually get ill. Severe disease, requiring hospitalization, is uncommon and death due to the virus is rare.

The incubation period of Zika virus is thought to be a few days to a week, but is still unknown. Symptoms include fever, skin rash, conjunctivitis, muscle and joint pain, and headache. Symptoms tend to be mild and last from 2-7 days. Zika virus can be contracted through the bite of an infected mosquito, through blood transfusions, through sexual contact, and from mother to child during pregnancy.

The mosquitoes that are able to transmit Zika virus are also able to transmit dengue and Chikungunya viruses. These mosquitoes are daytime biters, but can also bite at night. Aedes mosquitoes lay their eggs in standing water- buckets, tires, tree holes, animal water dishes, etc.

To protect yourself from mosquito bites, wear light-colored clothing that covers as much skin as possible, use insect repellent (read and follow label instructions), use screening on doors and windows, use mosquito netting (if needed) while sleeping, and reduce standing water areas.

For more information on Zika virus, please see the CDC website here <http://www.cdc.gov/zika/index.html>

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com



IMPORTANT NUMBERS

ASSOCIATION MANAGEMENT CO.:

SCS Management Services, Inc.

Phone:..... 281-463-1777

Fax: 281-463-0050

..... 7170 Cherry Park Drive Houston, TX 77095

Website:www.scsngo.com

Association Manager

Jessica Smith..... 281-500-7129

Service Manager

Jessica Riggs 281-500-7111

Deed Restriction Coordinator

Susan Spratley 281-500-7118

FIRE DEPARTMENT:

Cy Fair VFD 281-550-6663

HARRIS COUNTY SHERIFF

Sheriff Dispatch 713-221-6000

SCHOOL DISTRICT:

Cy Fair ISD..... 281-897-4000

WATER DISTRICT

MUD 10..... 832-467-1599

HEALTH DEPARTMENT

Harris County..... 713-274-6300

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Voicemail 281-256-1579

ELECTRIC COMPANY/ OUTAGES

Centerpoint..... 713-207-2222

<http://www.centerpointenergy.com/en-us/residential/in-your-community/electric-outage-center/report-streetlight-outages>

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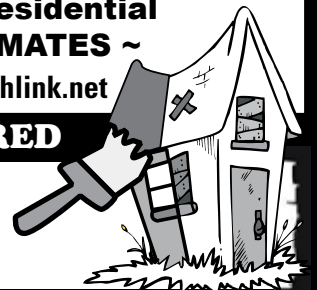
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Are you a Cheap, Thrifty or Frugal?

Webster's.com says: "Cheap = stingy or miserly." Example...do you water down hydrogen peroxide to make it go farther? Do your own dental work? Time yourself when opening the fridge? You might be frugal if you save leftover bars of soap in a jar with water to make your own soft soap. (OK. I'll confess to trying this one, but with dismal success.) "Frugal = not wasteful and careful." The word "thrifty" sounds even better than "frugal" and has a tremendously positive definition. Noted at Webster's.com as Thrifty = "Successful, wisely economical". As you hunt and experience the thrill of shopping at a resale/thrift stores, think to yourself "I am thrifty! I am successful! I am wisely economical" and laugh all the way to the bank. At times in my life, I have been all three.

The perception of thrift stores several years ago was that many smelled like old socks and Fritos. What you can expect to find in most of today's shops are cheerful, eager volunteers or staff, a daily change of inventory, clean fitting rooms, thrifty pricing, lots of used coffee mugs, and stores offering sales.

Some of the items I have found at local stores are. New Prada scarf--\$1.00, Fossil Leather purse new with tag--\$3.00, New Suede Pants with bead embellishments --\$7.99 and Whoohoo!,

they sported a new \$230 tag. Genuine Brighton purses and shoes have been purchased too.

I have been shopping thrift for years and have developed the following:

Ten Successful and Wisely Economical Thrift Store Tips to save time AND money:

- Always take donations to drop off if you are planning to bring some things home. Simultaneously bring out and bring in and always clean up your clutter. Make a detailed list for taxes.
- Find a thrift store by your home, visit frequently and check out store websites for sale calendars. Inventory changes daily.
- Have a list when you go in to the store. The clothing in most thrift stores is sorted by color not size. Don't become overwhelmed. If it was super quick to find a deal, wouldn't everyone be doing it?
- Don't buy clothing if it doesn't fit. This is a frugal thing to do. Are you really going to lose 5-10 pounds?
- Wear bike shorts and slip on shoes for quick changes.
- Look outside the box. You'll need to shop when people are cleaning out their closets and not when retail stores would typically have

(Continued on Page 4)

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To learn more about our services, or to find a physician, visit cyfairhospital.com/maternity.

PARK CREEK

(Continued from Page 3)

- sales. Shop June through September for long underwear and seek out Hawaiian Shirts in November. Housewares, baby items, toys and furniture are good finds at any month. I feel the best time to shop is second or third week of June, and second or third week of January when de-cluttering typically occurs.
- Buy essential wardrobe pieces
 - Black turtle neck sweater
 - Hawaiian shirt
 - Purses
 - Jackets, Scour through tons of women's dress and denim jackets.
 - Pants that fit. Seek moderate sportswear labels if you are a label snob. Chicos, Liz Claiborne, Banana Republic can be found at \$7.99 vs \$60.00.
 - Silk Black Tank Top--easy to find after Christmas.
 - Western Shirt. We ARE in Texas. Someone is always having a party or Go Western Day in February/March Look for shirts in April- Summer.
 - Ties. Find a good funeral tie or ripe, ugly tie for about \$2.00 instead of \$20++.
 - Try to find someone in the aisle to brag about what you have found, but to avoid spreading the word about your thrift store gold mines,

- just call it a "boutique near your home" when talking to friends.
- Play right. Don't take more than the recommended items in the dressing rooms and put back what you don't want.
 - Take everything to a \$1.75 cleaners on the same day. This feels like you have been shopping retail. Be "frugal" and buy many clothes that are machine washable, but find yourself a "good, but cheap" dry cleaners.
- The National Thrift Shop Day will be August 21st. Yes, it even has its own "day", but I personally think every day is a great thrift store day--Good luck.



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TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco



STEP 1

STEP 2

STEP 3

STEP 4

How to execute The Half Volley

In previous newsletters, I offered tips on how to execute a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Liz Stanis from the Grey Rock Tennis Club demonstrates the proper form and technique.

Step 1: The Split step: When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

Step 2: The Back Swing: The secret of the half volley is to take the racket back early and have a short back swing. Also, it is critical to lay

the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

Step 3: The Point of Contact: As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

Step 4: The Finish: Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.

Look for in the next Newsletter: The One Handed Backhand Volley

PARK CREEK

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View answers online at www.peelinc.com

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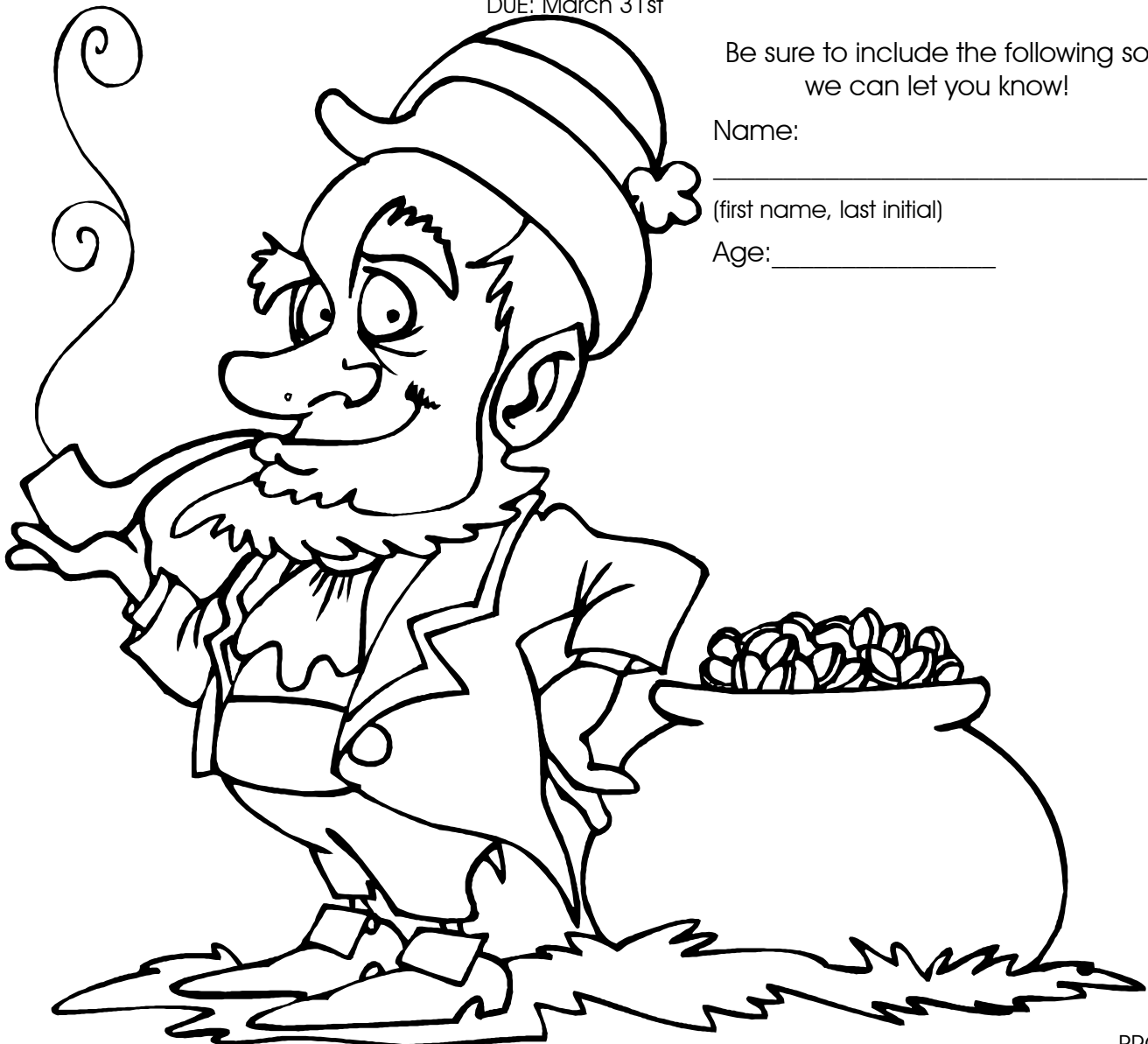
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