

# NEWS FOR THE RESIDENTS OF PARK CREEK

SEPTEMBER 2016

VOLUME 1, ISSUE 9



## Saturday, October 8th



## Volunteers Needed

Park Creek Community needs our help.

If you are willing to help save our community some cash please email Theresa Nastek at [Newsletter\\_Parkcreek@outlook.com](mailto:Newsletter_Parkcreek@outlook.com) for a list of events and items needing assistance.

It's your community so why not do something about it?

## Crickets

Field crickets are a common sight around homes in late summer into autumn. These insects are about 1" long when fully grown. Crickets are dark brown to black with large hind legs used for jumping. They also have two cerci, or appendages that come off the tip of the abdomen. Female crickets have a large sword-like structure, the ovipositor, protruding from the tip of the abdomen. The ovipositor is used to deposit eggs into soil.

Crickets feed on plant material as well as other insects. They are able to cause damage to seedlings and sometimes large populations can be destructive. Large masses of dead crickets around doorways or other areas can be distasteful to view and cause a foul odor.

Field crickets are primarily outdoor insects, but may occasionally venture indoors. When crickets do come indoors, they may bother residents with their chirping. Males chirp to attract a mate creating the sound by rubbing their forewings together.

Cricket management is more easily accomplished in the summer when nymphs, who cannot fly, are present. Unfortunately, this usually isn't when large populations of crickets are discovered.

Before turning to pesticides to manage your cricket problems, try these ideas:

- Turn off outside lights at night or use bulbs that are less attractive to insects
- Seal cracks & crevices where insects can enter with sealant
- Remove debris stacked near the structure
- Keep lawn & surrounding areas mowed
- Stuff weep holes with copper mesh

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at

*(Continued on Page 4)*

## 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.scsgo.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

### CYPRESS POINT RECREATION ROOM RENTAL

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>

### GARBAGE SERVICE

Best Trash ..... 281-313-2378

*(Service is contracted through the MUD and trash pickup is on  
Wednesday and Saturday)*

Board Meetings are the 3rd  
Tuesday of every month at  
the Cypress Point Recreation  
Center beginning at 6:00pm

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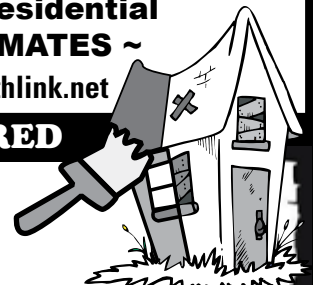
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# TENNIS TIPS

*By USPTA/PTR Master Professional - Owner, Manager and Director of Tennis  
Grey Rock Tennis Club, Austin, TX*



## How to execute The Backhand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash” and the forehand service return.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Susan Herb, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1: The Ready Position:** When Susan is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

**Step 2: The Back Swing:** Once Susan realizes that the ball has been directed to her forehand, she will turn her upper body

and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball.

**Step 3: The Point of Contact:** Susan now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the right knee being slightly bent and the right foot is pointing to the ball meeting the racket.

**Step 5: The Follow Through:** Once Susan has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her left elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

Look in the next Newsletter for: The Forehand High Volley Approach Shot



# PARK CREEK

*(Continued from Cover)*

512.854.9600. Check out my blog at <http://www.urban-ipm.blogspot.com>

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**The Texas Driver (from the Texas Driver Handbook)**

## FLOODS

### Job Seekers!!

If you or your child is interested in: babysitting, pet watching, lawn mowing, plant watering, house sitting, pool cleaning, or even pet walking please email [newsletter\\_parkcreek@outlook.com](mailto:newsletter_parkcreek@outlook.com) for an application. Your wanted jobs will be listed in the following newsletter.

- Six inches of water will reach the bottom of most passenger cars, causing loss of control and possible stalling.
- Twelve inches of water will float many cars.
- Two feet of water will carry away pick-up trucks, and most other vehicles
- Water across a road may hide a missing segment of roadbed or a missing bridge. Roads weaken under floodwater, get out quickly and move to higher ground. Better yet, when there's water on the road, Turn Around. Don't Drown. Saving your life may be as simple as choosing an alternate route.

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## Overnight Coffee Cake



Recipe provided by Sherry Watson. The original source is unknown (cut from an old magazine many years ago). This recipe is unbelievably simple, but it makes a beautiful presentation at the table.

1 pkg. frozen cloverleaf roll dough (about 25 rolls)  
1 pkg. (four-serving size) vanilla pudding mix (not instant)

½ cup brown sugar

½ cup pecans, chopped

1 stick butter, melted

Separate frozen roll dough into pieces (each cloverleaf makes three pieces). Other rolls will work, but with larger pieces of dough, use only 20; more may be too many for your pan.

Combine dry pudding mix with brown sugar and pecans.

Melt butter.

Place pieces of frozen roll dough in a well-buttered Bundt pan. (Do not use angel food pan; butter leaks out!) Pour melted butter over frozen dough and sprinkle with pudding mixture.

Leave cake pan out overnight; the dough rises beautifully by morning. Bake at 350 degrees for 30 minutes. Invert on serving plate to serve. Sticky – but good!



## NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER



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82 Texas children have already fatally drowned in 2016

DROWNING IS PREVENTABLE

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IN ARM'S REACH



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TO SWIM



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LIFE JACKETS



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[www.colinshope.org/quiz](http://www.colinshope.org/quiz)

LEARN more at [www.colinshope.org](http://www.colinshope.org)



## Me, eat Rabbit Food?

### A Plant Diet Can Boost your Health and Be Delicious!

Research shows that flexitarians . . . those who make plant foods the star of their diet, with meat, fish, dairy, and eggs playing a supporting role—are healthier than frequent meat eaters. Some of the possible benefits of this diet are:

- Decrease the risk of heart disease
- Decrease the risk of diabetes
- Decrease the risk of certain cancers
- Help maintain a healthy weight
- Lower the risk of inflammatory diseases
- Help improve cholesterol levels
- Help improve blood pressure

“When you base your meals on plant foods, you’re packing your diet with the fiber, vitamins, minerals and healthy fats that most Americans don’t get enough of.”

“A Harvard study that tracked more than 120,000 people for 30 years found that those who ate the most meat tended to die younger during the study period but that swapping just one daily serving of beef for nuts could cut the risk of dying

early by as much as 19 percent. One possible reason for those benefits is that a plant based diet can improve blood lipid levels.

A “less meat, more plants” style of eating can also improve the quality of your life.

Here are a few ideas if this is something you want to consider:

Breakfast: Avocado toast: 2 slices of whole grain bread, mashed avocado, red pepper flakes, sea salt; coffee with coconut milk creamer.

Lunch: Quinoa tabbouleh with chickpeas: Cooked quinoa, chopped tomatoes, chopped cucumber, chopped parsley, olive oil, lemon juice, black olives and garbanzo beans.

Dinner: Black-bean tacos: Corn tortillas, black beans, roasted cauliflower, jarred corn salsa, pico de gallo, cumin and salad greens.

Dessert: Frozen banana “ice cream”. Blend a frozen banana in a blender with a touch of almond milk until it resembles soft serve, topped with chopped walnuts.

Information courtesy of WebMD and Consumer Reports

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Peel, Inc. - Kids Club, 308 Meadowlark St, Lakeway, TX 78734-4717  
We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.  
DUE: September 30th

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

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

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



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