

## Are You Preparing for Your Future as a Competent Communicator?

National Preparedness Month is observed in September. Just as FEMA encourages us to prepare for emergencies, West Pearland Toastmasters encourages you to prepare yourself this month to become a better communicator at home, work, school and in your community. We will help you learn to use your communication skills to effectively exchange thoughts, messages, information and unlock barriers we have with one another.

One of our newest members Treva Felton says:

"I joined toastmasters in June 2016 to learn how to speak in public. Public Speaking has not been one of my strengths! I look forward to growing and learning in West Pearland's warm, comfortable, family friendly, uplifting and encouraging ToastMaster's Club!"

West Pearland Toastmasters is committed to helping you become

a Confident Communicator and a Competent Leader! Don't leave your future to chance. Prepare now! Be in control of your destiny. Come, be a part of the Toastmaster's experience.

Thursday evenings 7-8pm

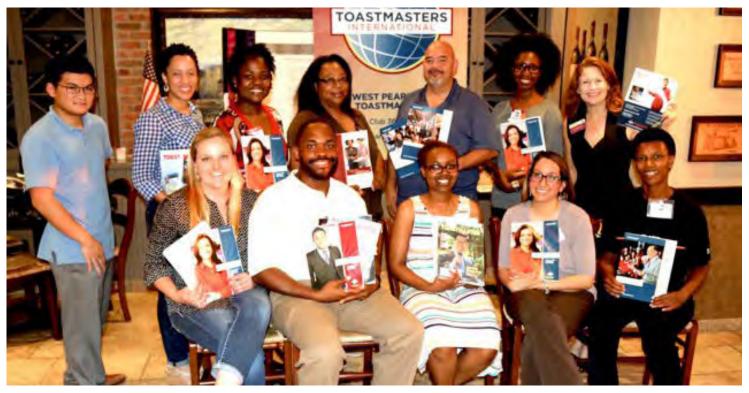
at Orchard Park at Southfork

Note: Last Thursday of every month-Meetings are at LaMadeleine in Pearland Town Center.

3151 Southfork Parkway

Manvel, TX 77578

For more info, visit www.WestPearlandToastmasters.com, call 713 436-9006 or email KimWalkerTeam@gmail.com Like us on Facebook!



### **IMPORTANT NUMBERS**

#### **EMERGENCY NUMBERS**

EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	
Pearland Police Department	

#### 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	
Trash Removal - City of Pearland	

#### CITY

281-652-1600
281-652-1603
281-652-1970
281-652-1100
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	
Cable/Internet/PhoneCOMCAST	713-341-1000

#### NEWSLETTER

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

## NOT AVAILABLE ONLINE

## Shadow Creek Basketball Winter League

Ages 7-12 boys and girls. First Game January 21. Practices and games at Nolan Ryan gym. Games will be Saturday afternoons 3, 4, or 5pm.

More info and registration at www.ShadowCreekSports.org





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> Ask the "Energy Analyst" 281.658.0395

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### **Alvin ISD Education Foundation Gala set for September 16 at Space Center Houston**

The Alvin ISD Education Foundation will hold 'An Evening Under the Stars' its' Eighth Annual Capital Campaign Gala on September 16 at 6:00 p.m. at Space Center Houston. Proceeds from the gala benefit Alvin ISD students and staff and help fund Innovative Teaching Grants, Scholarships, exciting programs like the Book Bus and much more.

The evening will include a reception, silent and a live auction, dinner and more all under the spectacular setting of Space Center Houston. The highlight of every Alvin ISD Education Foundation Gala is the 'Celebrity Waiters' and this year will be no different. The event promises to be 'out of this world'.

"This is an exciting time for the Education Foundation. Not only are we building long-lasting relationships with community members and businesses, but we are raising funds to invest in our students and teachers in a new and exciting location," said Sheila Olson, executive director of the Alvin ISD Education Foundation.

A number of sponsorship opportunities are available. Sponsorship levels include \$7,500 (Diamond level), \$5,000 (Platinum level), \$2,500 (Gold level) and \$1,000(Silver level). Table sponsorships are \$750. Individual tickets are \$75 per person. Sponsorships include a table for eight. To secure a sponsorship or ticket please contact Sheila Olson at 281-331-2586 or solson@alvinisd.net

It is the mission of the Education Foundation to provide support to students and teachers through campus grants, individual grants, and scholarships. Since 1998 the Education Foundation has raised over half a million dollars to create more opportunities for the students of Alvin ISD.

Photos:

1. Shadow Creek High School Lead Counselor Amber Dixon, Associate Principal Suzi Roberts and Principal Kelly Hestand enjoying some Gala fun.

2. Alvin ISDs Jackie Caffey and Mark McMahon ready to serve as Celebrity Waiters

3. Alvin ISD Board of Trustees Regan Metoyer, Cheryl Harris, Nicole Tonini, Tiffany Wennerstrom & Vivian Scheibel always ready to help out.



## SHADOW CREEK RANCH NATIONAL NIGHT OUT 2016



**POLICE · COMMUNITY PARTNERSHIPS** 

National Night Out is a great opportunity for citizens and law enforcement to partner up against crime.

This year, National Night Out is Tuesday, Oct. 4, 2016, from 7 to 9 p.m.

National Night Out is designed to:

Heighten crime and drug prevention awareness Generate support and participation in crime efforts

Strengthen neighborhood spirit and police community relations

Let criminals know that neighborhoods are organized and fighting back

During the event, residents in neighborhoods throughout Austin and across the nation are asked to turn on their porch lights, lock their doors and spend the evening outside with their neighbors, police officers, firefighters and EMS paramedics. Events such as cookouts, block parties and neighborhood walks will all occur simultaneously throughout the city and nationwide.

### HOUSTON METHODIST **COMPREHENSIVE CARE CENTER**

### **SCHEDULE** TODAY

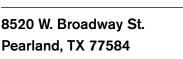


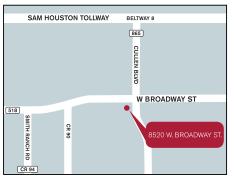
houstonmethodist.org/ccc/pearland 713.363.8600

The new Houston Methodist Comprehensive Care Center was designed with patient care and convenience in mind. Houston Methodist Comprehensive Care Center's providers are dedicated to providing high quality, coordinated,

and compassionate care to the Pearland community. In this new facility, we are bringing together:

- Primary Care Group
- DeBakey Cardiology Associates
- Orthopedics & Sports Medicine
- Bone & Joint Clinic of Houston





Schedule today!

Methodist OMPREHENSIVE CARE CENTER



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**TENNIS TIPS** 

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



STEP 1

STEP 3

STEP 4

#### 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.

EDITOR WANTED Call today to find out how you can contribute to your newsletter! 512.263.9181

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Shadow Creek Ranch - September 2016

# SHADOW CREEK RANCH 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)

1⁄2 cup brown sugar

1/2 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.

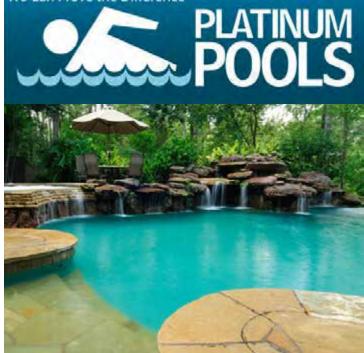
Combine dry pudding mix with brown sugar and pecans.

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!

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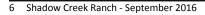
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## Crickets

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

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Who do we work with? We work with individuals as well as partner with organizations and businesses. Some of our partners are CrossFit boxes. We relieve the box owners of the hassle of mass shirt orders by creating their very own

store within W4 Apparel. This allows their members to visit our site and order their shirts directly. We create custom designs at their request and even toss in a few of our own. We offer the same service for non-profits, businesses, and organizations of all kinds.

Visit us online and view our Partners to see who we are currently working with.

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## **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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## The Gardener

Vegetable Planting in September (from AgriLife Extension of Texas A&M)

Early September: Beans (Snap, Lima, and Bush).

Middle September: Beets, Chinese cabbage, Collards, Kohlrabi plants, Eggplants, Mustard, Peas (English and snap), and radishes. Planting Trees and Bushes

September is a great time to plant containerized trees and shrubs that are not cold sensitive. It is not a good month for bare-roots or plants that may be damaged by early freezes. Typically, the days are not as hot as summer, and rains are often more common...conditions which are very good for new plants.

Dead-head (remove old blooms) perennials.

This will encourage the plant to add more blooms.

Mulch anytime

Most weeds hate shade, and mulch provides shade which reduces weeds, and reduces the need for water. Mulch also creates a wonderful fresh look for the yard. We are placing layers (about four or so) of newspaper down before we add mulch (at least in some areas. Keep mulch away from tree bark. Putting a pile of mulch against the tree will result in tree disease and roots growing above ground in the mulch. Join the campaign against "tree volcanoes."

Lawn and Garden Watering

As the temperature drops, use the "seasonal adjustment" to lower your watering time to much less than in the heat of summer. Water your plants less, but if it doesn't rain, do water trees and shrubs to assure they have sufficient water.

Lawn Fertilizing

Fall is the most important season to fertilize a lawn. Wait until the growth slows, but has not stopped. For our area, November is a good time to fertilize. READ the instructions on the fertilizer bag, but keep in mind that fertilizer companies love to sell fertilizer.

Until next time, Happy Gardening!



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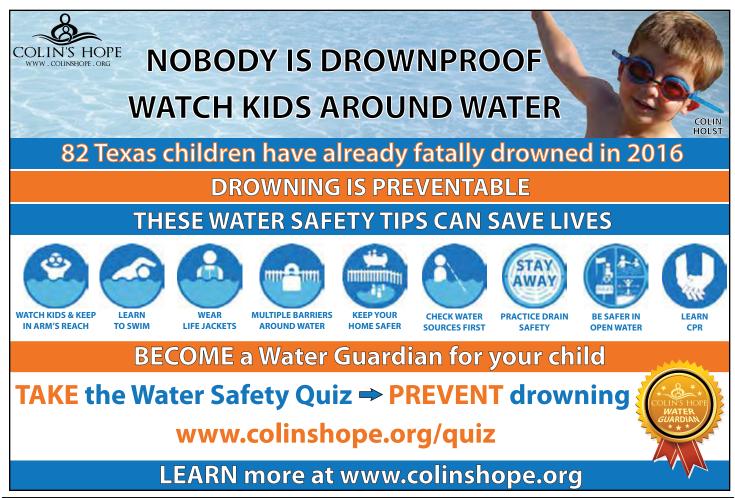


# The Texas Driver (from the Texas Driver Handbook) FLOODS

• 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.



Kids Cibbo Attention KIDS: Send Us Your Masterpiece!	
Color the drawing below and mail the finished artwork to us at: 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.	
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Name: (first name, last initial)    Age:	
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# HONORING THE American Worker



#### 2715 GREENBLADE CT., PEARLAND, TX 77584

This fabulous Perry Home located on Large cul-de-sac lot has sold! This beautiful home offers 5 bedrooms, 3.5 bathrooms, game room, formals, study and 3,893

sq.ft. Upgrades include: 18" tile in all wet areas, engineered wood floors in formal living/dining/family rooms! Beautiful large kitchen with dark cherry wood cabinets, granite counters, tile, island, SS appliances: double ovens and gas cooktop. Energy efficient double paned windows and radiant barrier.beautiful home is a MUST SEE!



#### 2003 ROARING SPRINGS, PEARLAND, TX 77584 This 4 bedroom, 2.5 bath former

model home has everything on your list! A spacious formal dining room, large family room, spectacular kitchen and upstairs game room

make this a perfect family home! The master bedroom features a large bath with separate tub and shower and walk-in closet. The kitchen features a breakfast bar and black appliances and has a large pantry. Outside you find a beautiful fully-fenced backyard with large covered patio! Easy access to Downtown Houston!



#### 13803 ROYAL RIDGE DR.

\$300,000, 3 bedrooms, 2 baths, 2,420 sq.ft., 1 story, 2 car garage, wood flooring throughout, covered patio and granite counter tops.