

# Falls

## AT GREEN MEADOWS

February 2019

[www.fallsatgreenmeadows.com](http://www.fallsatgreenmeadows.com)

Volume 2, Issue 1

### WELCOME TO FALLS AT GREEN MEADOWS

*A Newsletter  
for the Falls at Green  
Meadows Community*

Falls at Green Meadows is a quarterly newsletter mailed to all Falls at Green Meadows residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you're interested in being on the newsletter committee please email: [jasmine.mitchell@fsresidential.com](mailto:jasmine.mitchell@fsresidential.com). Submittal does not guarantee it will be printed in the newsletter as space is limited.

**GO GREEN!** Subscribe via [Peelinc.com](http://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!

## ACUPUNCTURE

Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most non-emergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

### What is acupuncture?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

### What to expect?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of Chinese manipulative therapy, consisting of massage, acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

### What about herbal medicine?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Traditionally, this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

### What conditions can be treated?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight. Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. Please refer to the Classical Ads of this newsletter for our detailed information or visit [www.amaranthacupuncture.com](http://www.amaranthacupuncture.com).

*By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)*



# FALLS AT GREEN MEADOWS

## FLOUR BEETLES



There are two types of flour beetles that may be encountered in the home- red and confused. These beetles are small (about 1/8" in length), reddish-brown to brown in color with a somewhat flattened body. Adults can be long-lived and survive up to 3 years. To tell the difference between the two, you would need to look closely at the tip of the antennae; red flour beetles have a distinct 3-segmented club while confused flour beetles have a gradually formed 4-segmented club.

Fortunately, you don't really need to get that detailed in identification to manage them as they feed on similar foods and are often found in the same areas.

Flour beetles feed on grain dust and milled grains, but can also feed on undamaged grains. In homes they may be found in cereals, flour, pasta, dried beans, chocolate, nuts, herbs, spices, crackers, dried pet food, dried flowers and cake mix. With large populations of the insects, they may cause a foul taste and odor to infested products due to a secretion from their scent glands.

Red flour beetles are able to fly while confused flour beetles cannot, so it is possible for them to move to different areas of the house. If you are having a problem with flour beetles, but cannot locate the source in your pantry, check other areas of the home such as where pet food is stored or areas with dried flowers or potpourri. Sometimes people see flour beetles during or after they have had a rodent infestation because the beetles can eat grain that may be in rodent baits or eat food from rodent nests where food was stored.

Management tips:

- Inspect all food items and get rid of anything infested. If you do not want to throw away infested food, you can either put in the freezer for a week or heat in the oven at 200 degrees for 2-3 hours to kill off insects.
- Clean all pantry areas, making sure to get any grain dust out of cracks and crevices. Use a cleaning solution after all debris is removed. Seal any cracks where grain dust may accumulate with a sealant product.
- Do not buy damaged or expired items from the grocery store.
- Use products promptly. If you go away for a period of time (a week or more), store items in the freezer.

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](http://www.urban-ipm.blogspot.com)

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

*The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied.*

*The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.*

## SCHOOL ATHLETES CAN REGISTER FOR CLUB TRACK

Now in its 32nd year, the Northwest Flyers Track Club is accepting registrations for all middle and high school athletes for the spring and summer 2019 season. The team is sanctioned by USA Track & Field, and offers a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, discus, shot put and javelin and pole vault. It is an excellent "off-season" program for young athletes who currently compete on their middle school or high school track teams.

The team was founded 32 years ago by local Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. In July, 2018 the Northwest Flyers

had one of its most successful competitions ever at the Junior Olympics in Greensboro, NC.

In order to register, athletes must first attend one of the orientation sessions in March or April, 2019, which are listed on the team website at [www.northwestflyers.org](http://www.northwestflyers.org). For additional information about the team, email [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net) and "Like" the club on Facebook.





### ADVERTISE

Your Business Here

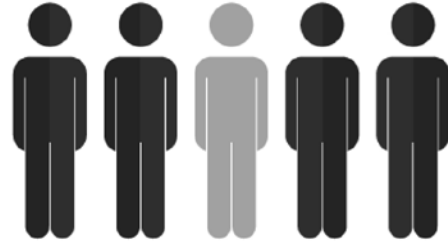
Call 512.263.9181  
for details

[www.peelinc.com](http://www.peelinc.com)

## SKIN CANCER

### THE SAD TRUTH

Every year, **5.4 million new cases** of skin cancer are diagnosed, making skin cancer more prevalent than any other cancer. 1 in 5 Americans will develop skin cancer in their life. The saddest part is that skin cancer is one of the most **easily preventable** and diagnosable cancers, and, if detected early, has one of the highest treatment rates. Yet, the public is still ill-informed on such a common cancer.



### WHAT CAN YOU DO TO REDUCE YOUR RISK

#### PROTECT

Apply sunscreen and wear long-sleeves & hats under the sun.



#### PREVENT

Avoid direct sun exposure between the hours of 11:00 am and 4:00 pm. Never use tanning beds.



#### DETECT

Look out for abnormal moles or skin patches on your skin and regularly get physical examinations.



Oddly shaped, discolored, large, and evolving moles are potentially malignant

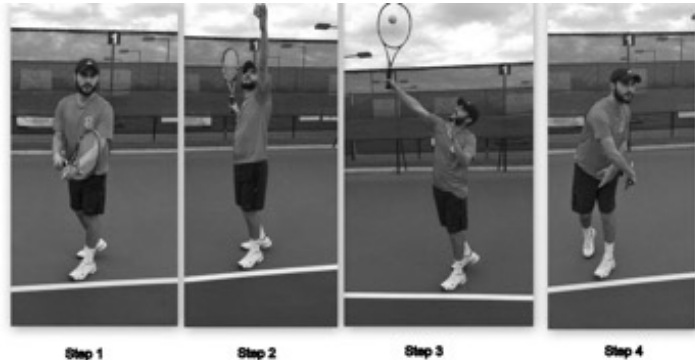


# FALLS AT GREEN MEADOWS

## Tennis Tips

By USPTA/PTR Master Professional Fernando Velasco

### "The Serve"



In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, and the two handed backhand volley. In this issue, I will give you instructions on how to execute the serve, considered as the most important stroke, since the player has complete control of the game at this time. In these pictures, Adolfo Gonzalez, one of the tennis pros at the Grey Rock Tennis Club, demonstrates the proper form and technique for a right-handed player. For a left-handed player, the instructions will be the opposite hands.

**Step 1: Ready Position:** The body is sideways with the right hand holding the end of the racket in a forehand grip position and the left hand is holding the ball under the throat of the racket. The left arm is slightly straight and the ball is held with the thumb, index finger and middle finger. This allows for a consistent toss without using the wrist and/or elbow. Feet are a shoulder width apart and the body is in equal balance. For beginners, it is okay to change the grip slightly toward the forehand grip. As the player gets more advanced, the continental grip will be a better one to give more spin on the ball.

**Step 2: Back Swing:** The left arm comes down and the right arm follows it. It is vital to slow down the motions to allow for both of the arms to have good balance in the front and behind the body. Notice that the hand is in the process of tossing the ball in front of the body and the left wrist is bent down. It is imperative to have a good consistent toss since it will dictate the success or failure of the serve.

**Step 3: Point of contact:** Once the player is ready to hit the ball, the right arm will force the racket toward the point of contact, while the left hand will come down toward the body. This allows for the "snap" of the wrist to accelerate and bring the ball down. Notice that the point of contact is slightly higher than the center of the racket. Eyes are still focused on the point of the contact and will be ready to look down as soon as the ball leaves the frame. The right hip is extended to allow the body to extend up.

**Step 4: Follow Through:** The racket speed will extend to the left side of the body. The right foot is coming forward and is pointing toward the net. The trunk is straight and eyes are focused on the direction of the ball. At this point the player will take the split step and will jump either behind the base line to rally with the opponent or will move toward the net to serve and volley.

*Look for in the next Newsletter: The Half Volley*

## The Right Start: Taking a Hard Look at Preschools and Daycares

by Sugandha Jain

Most parents think they can spot a poor quality preschool or childcare center. But the fact is, parents are woefully in the dark when it comes to making this kind of judgment.

"Parents cannot assess quality directly," says Dr. Suzanne Helburn, Professor Emerita of Economics at the University of Colorado, Denver and co-author of the book *America's Child Care Problem*. "So [some things] are subject to cost cutting strategies by providers whose quality looks good to parents, but who skimp on practices that affect quality that parents cannot readily observe."

Studies by both the RAND corporation and the Cost and Quality Project bear this out. Both studies found that parents tended to overestimate the quality of care at daycare centers. Indeed, in the Cost and Quality Project study, many parents rated their child's daycare or preschool as "very high" quality. But when trained observers rated the same centers, the results were "poor" or "mediocre".

That's because a typical parent judges a daycare center or preschool on whether the site is safe, clean, and in their budget rather than on how well the center provides emotional care and intellectual stimulation.

To figure that out, you have to look at the staff. And that's the place most centers skimp.

Before enrolling your child in any daycare center or preschool, you should ask how much education the teachers have, how long they've been with the school or center, and how much they are paid. It's also important to know whether the center offers health care or other benefits to its staff. If most of the tuition is being used to pay staff salaries and benefits, then the program is likely to attract and retain qualified staff.

### Licensing vs. Accreditation

Once you've determined whether a preschool or daycare center has educated, well paid teachers, you should ask about its accreditation. A lot of childcare centers will tout the fact that they are "licensed." This doesn't mean anything.

"Licensing of child care is a foundation, and basically it is a permission to operate," says Dr. Diane Adams, a senior lecturer and project manager at the Wisconsin Child Care Research Partnership. "Licensing is not the same as meeting high quality standards, such as accreditation."

When it comes to early childhood education, the gold standard is accreditation by the NAEYC. The NAEYC requires accredited centers and preschools to adhere to strict quality guidelines. The list is long and involved, and includes everything from low child-to-teacher ratios, age-appropriate curriculum, suitable

*(Continued on Page 5)*

# FALLS AT GREEN MEADOWS

(Continued from Page 4)

furnishings, and even what kind of food can be served to children. Schools that receive NAEYC accreditation demonstrate to parents that they strive to provide a high quality environment for children.

## Check 'Em Out

It goes without saying that you should visit a daycare center or preschool before placing your child in it. But dispassionately evaluating a center can be nearly impossible for most parents.

"Selecting a child care center is very much like the process of selecting a college for a graduating senior," says Dr. Adams, "except not nearly enough comparative information is available."

For this reason, parents can be easily wowed by things like classroom activities or worksheets. To avoid this, ask what a typical day looks like for the children—and how much time teachers have to prepare and plan for it. Also take a good, long look around: What are the kids on the playground doing? What are the teachers doing? How are children engaged in learning?

"A daycare [or preschool] should be a vibrant, lively place, and children should be talking, laughing and having fun," says Chris Van Deusen of the Texas Department of Family and Protective Services. "However, it shouldn't be chaotic—the adults should be running the place, and it should be clear who is in charge."

Once you've chosen a reliable preschool or daycare center, stop by periodically during the day—unannounced—to ensure that your child is being well cared for (reject centers or preschools that do not allow you to pop in whenever you want). If you notice anything amiss, you should immediately report it to the Texas Department of Family and Protective Services.

Choosing a good daycare center or preschool is a lot of work. And, in the end, you get what you pay for.

"In 1985, I chose to drive a 10-year-old car so I could pay a little more for child care tuition," says Dawn Leach, director of the Austin Community College Children's Lab School. "I have never regretted that choice."

*Sugandha Jain is the Educational Director of The Goddard School.*



## Recipe from the Kitchen

Hello, everyone. Chef Marty here with a fantastic dressing or marinade (works best with shrimp in my opinion) recipe that many of you got to sample during last month's Grape Stomper's Wine Dinner. By popular demand, I will now share it with you all! Enjoy...

**Yield: appx 2 cups**

- 2 tablespoon lime zest
- ¼ cup lime juice
- ¼ cup brown sugar, packed
- ¼ cup ginger, peeled and grated
- ½ cup green onion, chopped, white parts and some green
- 1 cup cilantro leaves, packed
- 1 tsp nutmeg, fresh grated
- ¼ cup honey
- 1 teaspoon balsamic vinegar
- 1 teaspoon Tabasco
- ¼ cup olive oil
- 6 ancho chiles, seeded and cut into strips

1. Place the lime zest and juice, brown sugar, ginger, green onions, cilantro, nutmeg, honey, vinegar, and Tabasco in a food processor or blender and process until smooth.

2. With the machine still running, slowly pour in the olive oil through the feed tube in a steady stream. Turn off the machine and stir in the ancho chiles. Transfer dressing into a tightly covered container and refrigerate. Will keep for up to 5 days.

## BASHANS PAINTING & HOME REPAIR

- |                                |   |
|--------------------------------|---|
| • Interior & Exterior Painting | • Wood Replacement                      |
| • HardiPlank Replacement       | • Interior Carpentry                    |
| • Sheetrock Repair             | • Sheet Rock Insulation                 |
| • Cabinet Painting             | • Interior & Exterior Door Replacements |
| • Pressure Washing             | • Stucco Repair                         |
| • Fence Replacement            | • Wallpaper & Texture Removal           |
| • Custom Staining              | • Crown Molding                         |

**NO MONEY UP FRONT**  
20 Years Experience • References Available

**Commercial/Residential**

**~ FREE ESTIMATES ~**

**BashansPainting@yahoo.com**

**◆ FULLY INSURED**

**281-347-6702**

**281-347-1867**



**HARDIPLANK®**



# FALLS AT GREEN MEADOWS

At no time will any source be allowed to use Falls at Green Meadows contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in Falls at Green Meadows is exclusively for the private use of the Falls of Green Meadows HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## Stain Solutions

Try as you might to prevent them, spills, drips and splatters in your house are inevitable. Whether you, your family or your guests are the culprits, stains happen. Most, if not all, are treatable, especially if you act quickly and use the right stain-removing technique.

If there's an accident on your carpet or a rug, start by scooping up any solids and soaking up any unabsorbed liquids. Then, blot the stain with a white cloth or paper towel. You should work from the outside in so you don't spread the spill, and dab at it instead of rubbing or pressing hard.

You also can try spot cleaning with a soapy water mix. Dilute a ¼ teaspoon of clear hand-dishwashing soap with 1 cup of lukewarm water. Spray the solution on the stain, and mist the area with clean water or blot with a wet towel. Then blot the area with a dry towel. Repeat this process until you get as much residue out as possible.

Follow these specific instructions for cleaning up the more stubborn stains and sticky spots on your floors:

- Red wine: Begin with the same three steps—blot, apply soapy water and rinse. Then, dribble very hot water from a sponge onto the spill. Continue to blot with a clean towel, and repeat until the carpet no longer shows any red.

- Soft drinks and coffee: Begin with the same three steps—blot, apply soapy water and rinse. Then dab on hydrogen peroxide. Wait one hour before repeating the process. Hydrogen peroxide bleaches a stain without breaking down carpet dyes. Use a 3 percent solution, which can be found at a drugstore, and apply at full strength.

- Candle wax and chewing gum: These are easiest to remove when hot or cold. For the cold method, harden the spot by rubbing it with an ice cube inside a plastic bag. Then, carefully scrape off the residue with a dull knife or a plastic card, such as an expired credit card. For the hot method, apply paper towels over the waxy area, and then use a clothes iron on low heat to soak up the wax. Replace the paper towels until all the wax is removed. Use a hair dryer to heat gum. Then with a plastic bag over your fingers, pull the goo off.

So the next time your carpeting endures a nasty spill, rest assured that it doesn't have to become a permanent stain. With these simple tips, you can keep your carpets and rugs looking great for years to come.

# WIRED

**ELECTRICAL SERVICES**

- Additional Plugs and Circuits
- Panel Upgrade / Replacement
- Smoke Detectors • TV Mounting
- Troubleshooting

**SAVE \$20  
OFF YOUR  
NEXT  
SERVICE CALL!**

Cannot be combined with  
any other offer.

\*Expires 3/1/19



**713-467-1125 | wiredes.com**

**TECL 22809 Master 100394**

**Licensed & Insured • Family Owned & Operated**



## The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.





**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

FGM

# YOU'VE SET YOUR GOALS, **NOW REACH THEM.**

Expand your  
target audience  
in **Falls at Green  
Meadows** today.

Call 1.888.687.6444  
or visit: [www.peelinc.com](http://www.peelinc.com)



**PEEL, INC.**  
community newsletters