

THE MEMORIAL CREEK ESTATES

Bulletin



Letter From The Board

Here we are closing in on the end of another year here in Memorial Creek Estates. We as a board are so excited about many of the accomplishments that have taken place this year. We have had a monthly newsletter that has informed and has kept home owners up to date on items that have happened along the way and with future events, thank you to all that have contributed. Please feel free to join the staff of those that help with information that would be beneficial to all the home owners in the community. There have been several homes recognized for their beautification efforts and many more that we will continue to recognize in the months ahead. Thank you to all those that continue to beautify their homes and property. There are also many home owners that have replaced their fences and it is very much appreciated. That is a responsibility of the home owner to keep up with the replacement of their fence both side and back, it is a big expense but is necessary for each of us under the current covenants and restrictions of the HOA. I would like to remind all of us of a safety issue that has been discussed many times and that is the vehicles and the speed that we drive in our neighborhood. As you know we have many homeowners that like to walk around the neighborhood, please drive slow and courteous so we can protect all the residence. In addition, there are several children that are playing in yards and walking from school at different times, we need to drive slow and protect all those that could be walking at any given time. We do not have the luxury to have side walks so please drive slow and courteous. Thank you to everyone and we wish you and your family a happy holiday season.



ANNUAL UMW GARAGE SALE
Lakewood United Methodist Church
11330 Louetta Road
SATURDAY, FEBRUARY 9th
8:00AM - 2:00PM



The United Methodist Women will hold their annual garage sale on Saturday, February 9th from 8 a.m. until 2 p.m. Proceeds from this garage sale will support local missions such as Boys and Girls Country, CyHope, Habitat for Humanity Northwest Harris County, Northwest Assistance Ministries, and TOMAGWA among others. Stop by for some great buys. Just ask our many repeat customers. We welcome your donations prior to February 6th. For more info, please contact umwgaragesale@gmail.com.



The Tomball Art League invites you to their
Annual Springtime Art Show and Sale!

Show will feature members and guests of the league.
When: Saturday, March 9th from 10:00 am - 4:00 pm

Admission is Free and Open to the Public!

Where: Lone Star College-Tomball Community Library
30554 Tomball Parkway, Tomball 77375

15% of Sales Donated to the Tomball Community Library
www.thetomballartleague.com

Find us on Facebook!!

Email: thetomballartleague@gmail.com

Memorial Creek Estates Bulletin

IMPORTANT CONTACTS

MANAGEMENT COMPANY

First Service Residential..... contactus.tx@fsresidential.com
Jasmine Mitchell | Community Manager..... 713-984-7206

NEWSLETTER

Lauren McCarty | Editor..... lauren.mccarty7@gmail.com
Peel Inc. | Publisher..... www.PEELinc.com
Advertising..... advertising@PEELinc.com

HOA

Jeff Crock..... President
Steve Peltier..... Board Member
Kurt Gooslsbee..... Board Member
Anthony Carroll..... Committee Member
Deborah Maly..... Committee Member
Lauren McCarty..... Committee Member
Lester Brown..... Committee Member

*Monthly HOA meetings on the 3rd Thursday at 6:30 pm
6900 Crescent Clover, Spring, TX 77379*

COMMUNITY SERVICES

Gas | Centerpoint Energy..... 713-659-2111

Call Centerpoint for street light repair or outages

Pool | Sweetwater Pools..... 281-988-8480

Closed on Mondays

Constable Precinct 4 | Non-emergency..... 281-376-3472

In the event of an emergency, please call "911"

Trash & Recycling | Texas Pride Disposal..... Tuesday & Friday

Fire Department..... 9755 Landry Blvd.

Animal Control..... 281-999-3191

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.

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



Like us on
Facebook

**Memorial Creek
Estates
Facebook**

Did you know we have a Facebook Page! We are the "Unofficial Memorial Creek Estates" Stay in the know between newsletters.

Memorial Creek Estates Bulletin

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 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

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.



IT'S YOUR MOVE, WE'RE HERE TO MAKE IT SMOOTH

FREE

COMPARATIVE
MARKET
ANALYSIS

- We work with Buyers, Sellers, Investors & Renters
- Bilingual Speakers (English & Spanish)
- 20+ years in business
- 99% Referral Rate



YOUR LOCAL AND INTERNATIONAL REALTOR

THE CORONA TEAM

281.376.2971

www.delcorinternational.com

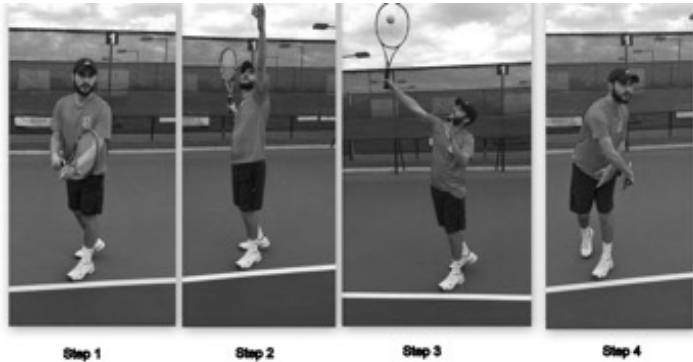
Follow us on @delcorinternationalrealty

Memorial Creek Estates Bulletin

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 then 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

(Continued on Page 7)

KNOW YOUR RISK

Take this first step in protecting yourself against heart disease. Join the experts at Houston Methodist Willowbrook Hospital for:

- Free heart screenings, including cholesterol and blood pressure readings, to learn your 10-year risk for heart disease
- Talk with an expert about your results

Free Heart Screening Event
Thursday, Feb. 28 | 6-8 p.m.

Houston Methodist Willowbrook Hospital
18220 State Hwy. 249
Conference Center, 1st Floor
Houston, TX 77070

Light refreshments provided.

Visit houstonmethodist.org/heart-event to reserve your spot.



Memorial Creek Estates Bulletin

At no time will any source be allowed to use the Memorial Creek Estates Newsletter's contents, or loan said contents, to others in any way, 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 the Memorial Creek Estates Newsletter is exclusively for the private use of the Memorial Creek Estates 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.

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

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

BASHANS PAINTING & HOME REPAIR

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



Memorial Creek Estates Bulletin

(Continued from Page 4)

child-to-teacher ratios, age-appropriate curriculum, suitable 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.



REACHING YOUR NEIGHBORS *and many others...*

- Atascocita CIA
- Atascocita Forest
- Blackhorse Ranch
- Briarhills
- Bridgeland
- Canyon Gate at Northpointe
- Cardiff Ranch
- Cypress Creek Lakes
- Cypress Mill
- Cypress Park
- Eagle Springs
- Fairfield
- Grand Lake Estates
- Lakeshore
- Lakes of Fairhaven
- Lakes of Rosehill
- Lakes on Eldridge
- Lakes on Eldridge North
- Legends Ranch
- Meyerland
- Normandy Forest
- North Lake Forest
- Park Creek
- Park Lakes
- Riata Ranch
- Shadow Creek Ranch
- Silverlake
- Steeplechase
- Sterling Lakes
- Summerwood
- Towne Lakes
- Village Creek
- Villages of NorthPointe
- Walden on Lake Houston
- West Bend CIA
- Willowbridge
- Winchester Country
- Woodwind Lakes
- Wortham Villages

**CONTACT US TODAY
FOR ADVERTISING INFORMATION
1-888-687-6444**

www.PEELinc.com
advertising@PEELinc.com

PEEL, INC.
community newsletters





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

MCE

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

Expand your
target audience in
**Memorial Creek
Estates** today.

Call 1.888.687.6444
or visit: www.peelinc.com



PEEL, INC.
community newsletters