



Memorial Northwest *Messenger*

The Official Magazine of the Memorial Northwest Homeowners' Association

MARCH 2018

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FRIDAY**

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*Source: HAR MLS Ranking Report for the year 2017

MEMORIAL NW MARKET REPORT FOR JANUARY 2018*

HOMES SOLD IN JANUARY

Total..... 8
Avg Days on Market..... 52
Avg Sales Price..... \$272,000
Avg List Price vs Sales Price Ratio..... 97%
Avg Sales Price Per Sq. Ft..... \$81.28

*Data is from HAR for 1-1-18 through 1-31-18

ACTIVE ON THE MARKET

Total Listings..... 31
Price Range..... \$195,000 - \$529,000

As of February 5, 2018

Stats provided by Esanet Benedict

10 HOMES UNDER CONTRACT

Option Pending..... 5
Price Range..... \$185,000 - \$379,999
Pending Continue to Show..... 2
Price Range..... \$285,000 - \$364,300
Pending..... 3
Price Range..... \$141,500 - \$339,990

As of February 5, 2018

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5-8 PM

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Memorial Northwest Community Center Office Hours:

Monday–Saturday.....9 a.m. – 3 p.m.

Manager **Ann Kidney**
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- Obstructive sleep apnea
- Pneumonia
- Pulmonary hypertension
- Sepsis

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MEMORIAL NORTHWEST *Messenger*

*The Official Magazine of the
Memorial Northwest Homeowners' Association*

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Magazine Staff Editor

Lynne Sanders
newsletter@mnwhoa.org

Magazine Deadline

The deadline for the April issue
is **March 1**.

Advertising

For information on this and other
neighborhood publications, please call
281-583-7661



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From the Editor

*Submitted by Lynne Sanders, neighbor, Realtor®
and MNW Messenger editor*

*"We become neighbors when we are willing to cross the road
for one another." Henri J.M. Nouwen*

Hello, friends and neighbors!

Welcome to the March issue of our *Memorial Northwest Messenger* magazine. This publication is a free service from your HOA paid for by local advertising, not HOA funds. Please continue to support your MNW HOA neighbors and *Messenger* advertisers who graciously offer this magazine to keep us informed of neighborhood events and to support our community. And thank you to all of you who are out there making our community a wonderful place to live. Don't forget that there are always opportunities for you to make MNW a better neighborhood.... Just contact any of our HOA Board members or Area Directors for ways you can help.

Area 1 Director	Alan Blankenship	area1@mnwhoa.org
Area 2 Director	Tim McWilliams	area2@mnwhoa.org
Area 3 Director	Gerome D'Anna	area3@mnwhoa.org
Area 4 Director	Kelley Minor	area4@mnwhoa.org
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Area 6 Director	Ryan Aduddell	area6@mnwhoa.org
Area 7 Director	Vincent D'Anna	area7@mnwhoa.org
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	Kim Thorne	kthorne@scsmgmt.com

Your volunteer Board Members are committed to the mission and vision of your Association and are committed in serving in a transparent manner. If you have any questions or comments, please feel free to send me an email at president@mnwhoa.org.

MNW Messenger

Memorial Northwest Messenger is our full color magazine published by Champions Printing & Publishing. The deadline to submit suggestions for articles and photos is the 1st of each month to be included in the following month's issue.

- Deadline for April issue is March 1
- Deadline for May is April 1

Got something to say? Help make MNW better! Your MNW media team is always looking for news regarding the happenings in our neighborhood. Submit photos, articles, announcements and suggestions to:

newsletter@mnwhoa.org

Now accepting the following from MNW residents:

- Engagement and Wedding Announcements
- Birthday and Anniversary Announcements
- Special Recognition Announcements
- Club and Committee News, Scouting News
- School News and Announcements
- Festival and Holiday Fair Announcements

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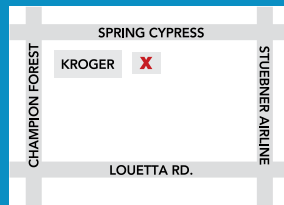
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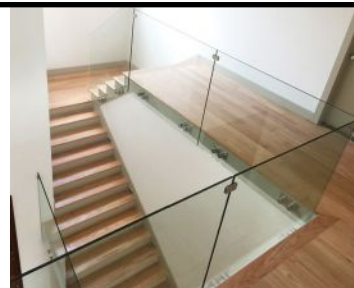


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Vincent D'Anna
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MEMORIAL NORTHWEST WEBSITE

Homeowners' Association
and Community Center

www.mnwhoa.org

Please email webmaster@mnwhoa.org
for website questions.

To receive e-blasts with current news,
go to the website and click on the link.



President's Message

Submitted by Greg Schindler, MNW HOA President

Home Values

During the subprime mortgage crisis of 2008 through 2010 we saw the greatest impact on home sales with a ten percent decrease in home values. For those long-term residents who have held on to your homes, we are seeing unprecedented growth in home values within Memorial Northwest. I am looking forward to when the 2017 HAR data is published. Will we break the \$80 per square foot ceiling and set a new record high in home value in our neighborhood?

If you are like me, I periodically visit an open house in our neighborhood or check out the photos of homes for sale on various Realtor websites. I enjoy seeing the interior design creativity, taking the original Goettee construction to a new level. The homes that are fetching top dollar in our neighborhood have modern flooring, fresh paint throughout, crown molding, updated fixtures, finishes and equipment in all bathrooms and kitchens, cement board exterior, double pane windows, 16 SEER HVAC systems, replaced galvanized piping and designer landscaping. These are immaculately kept homes that are presented to buyers as worry-free and ready to move in.

Yes, it takes gumption and a little knowledge and skill to invest \$50,000+ in upgrades to be considered one of the highest valued and desired homes in our neighborhood. But this strategy seems to be paying off for property owners who fully understand both what sells and the risks. There appears to be a niche market of young professionals moving in who have gained confidence in their careers and are now ready to settle down and raise a family. They are financially preapproved and desire a hassle-free fresh start in owning a home. They are smart, socially connected, and readily share information about what to look out for in an older home. The Memorial Northwest homes that have been updated sell quickly, whereas the others linger on the market.

This increasing trend in sales and value would indicate that Memorial Northwest is a highly desirable place to live in Northwest Houston. It is comforting to know that our memories and home update investments are safe until life's journey takes a turn and leads us elsewhere.

MNW Website

www.mnwhoa.org

Please email: webmaster@mnwhoa.org for website questions.
To receive e-blasts with current news, go to the website and click on the link.



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MEMORIAL NORTHWEST IMPORTANT NUMBERS

MNW COMMUNITY CONTACTS

Community Center Office

Ann Kidney • 281-376-4001

memorialnw@comcast.net

Mon.- Fri., 9 a.m.-3 p.m. • Sat. 10 a.m.-1 p.m.

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TENNIS LEAGUES

NWTL Ladder Chair

Regina Khim • 281-536-6193

Jackrabbit

Judie Cook • 281-370-5206

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Helen Haig • 281-376-0316

Men's North Suburban Tennis League

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SCHOOLS

Klein ISD 832-249-4000

Theiss Elementary 832-484-5900

Doerre Intermediate 832-249-5700

Klein High School 832-484-4000

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Nonemergency issues 713-221-6000

For emergencies, call 911

TRASH SERVICE

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MONTHLY HOA MEETINGS

Your involvement is important.

The first Tuesday of every month your Homeowners' Association meets at 7:30 p.m. at the Community Center. All homeowners are encouraged to attend. Please come out and hear how your HOA Board is trying to improve and maintain Memorial Northwest.

Upcoming Meeting Date:

March 6

Memorial Northwest Important Dates



Trash Pickup Days

Mondays – Regular Trash

Thursdays – Regular Trash,

Heavy Trash and Recycling

Pickleball Open Play

Mondays and Thursdays

7-9 p.m.

Saturdays 8-11 a.m.

Court 12

Men's Pickup Tennis

Tuesdays and Thursdays

9-11:30 a.m.

Tennis courts

Senior Card Day

Thursdays 9:30 a.m.

Clubhouse

Stretching Group

Fridays 6:30 a.m.

Clubhouse

Zumba

Second, third and fourth

Tuesdays 7-8 p.m.

Clubhouse

Free FamilySearch

Workshop

Sunday, March 11

KISD Spring Break

March 12-16

Marlins Spirit

Fundraiser at

Fuddruckers

March 19

All Day

Marlin Registration

Saturday, March 24 and

Saturday, April 21

10 a.m.-12 p.m.

MNW Community Center

KISD Staff Development

No School

March 29

KISD Easter Break

No School

March 30

Newsletter Deadline for May issue

April 1

Food Truck Friday

April 6

5-8 p.m.

Clubhouse Parking Lot

Texas Hold'em Poker

Tournament

April 14

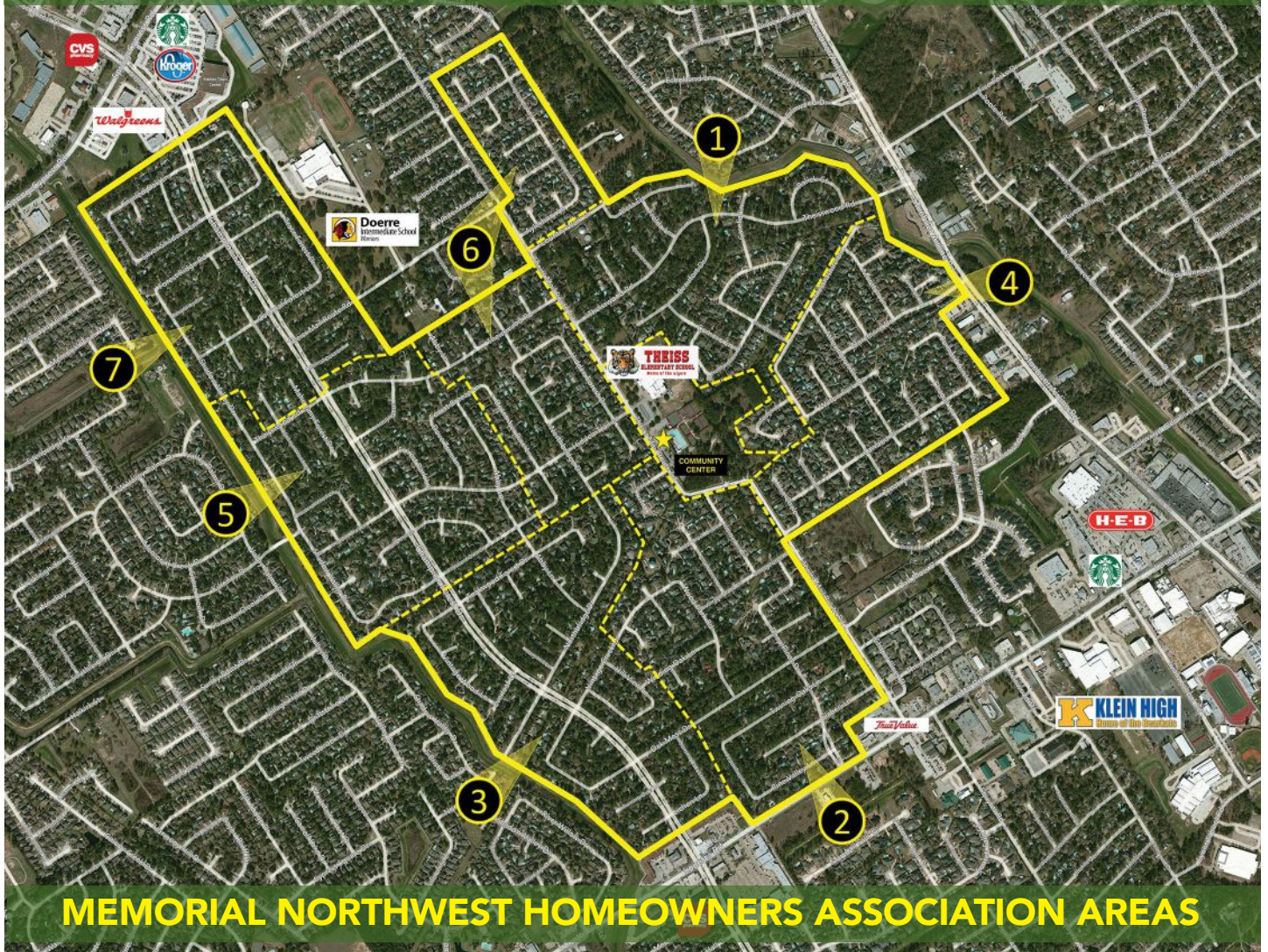
6-10 p.m.

Clubhouse

BACKDOOR PICKUP FOR TRASH AND RECYCLING

Don't forget: Household trash and recycling are now picked up at your garage door! Only yard waste should be taken to the curb.

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Area Directors

Your HOA Board Members are committed to the mission and vision of your Homeowners' Association of preserving property values and enhancing your quality of life. They are all volunteers and are committed to serving all homeowners.

The HOA does not use any social media websites, nor does it monitor or participate in social media. To obtain service or a resolution to a particular issue, please contact SCS Management at 281-463-1777 or your Area Director at their email address below.

Area 1	Alan Blankenship	area1@mnwhoa.org
Area 2	Tim McWilliams	area2@mnwhoa.org
Area 3	Gerome D'Anna	area3@mnwhoa.org
Area 4	Kelley Minor	area4@mnwhoa.org
Area 5	Bryan Thomas	area5@mnwhoa.org
Area 6	Ryan Aduddell	area6@mnwhoa.org
Area 7	Vincent D'Anna	area7@mnwhoa.org

SCS Management

Margie Naranjo	mnaranjo@scsmgmt.com
Kim Thorne	kthorne@scsmgmt.com

MNW Committees

MNW HOA has ten committees made up of homeowners who volunteer their time to help make Memorial Northwest a neighborhood we can all be proud of, preserve property values and enhance the quality of our lives. These committees' purpose is to increase homeowners' participation in the governance of the affairs of the Association.

These Committees are:

1. Community Center Management Committee (CCMC)
Bryan Thomas..... b.thomas03@comcast.net
2. Common Area Management Committee (CAMC)
Judy Gordon..... mnw3vp@gmail.com
3. Deed Restriction and Architectural Control Committee (ACC)
Judy Gordon..... mnw3vp@gmail.com
4. Health and Fitness
Pamela Evans thatfitnesstrainer@gmail.com
5. Media and Web
Kelley Minor..... mnwarea4@gmail.com
6. Safety and Security
Karen Blackwell..... mnw2vp@aol.com
7. Social and Educational Position Open
8. Tennis
Lynne Sanders..... Lynne.Sanders@cbunited.com
9. Welcome
Carol McNally..... CarolMcNally@gmail.com
10. Pool
Ryan Aduddell mnwarea6@yahoo.com
Michelle Eubank michellesnyder1997@hotmail.com

If you would like to join in the efforts to enhance your neighborhood, or if you have any questions about these committees, please feel free to contact the appropriate committee chair.



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Welcome, New Neighbors

Please welcome our newest neighbors!

Ritchie Malone	8102 Abby Lane Circle
Flavio Beato	7906 Beaufort Drive
Angela & Dustin Godfrey	17711 Forest Park Lane
Johanna Cannedy	18003 Mahogany Forest
Cynthia Niederhofer	17806 Memorial Oaks Lane
Michael & Rebecca Boeckelmann	8135 Northbridge Drive
Daniel & Tami Mao	7710 Oxfordshire
Edwin Hernandez	18014 Vintage Wood Lane
Tambre Moten & Bryan Dockery	18215 Willow Court
Josephine Foyet & Alan Kenfak	17210 Wunderhill Drive

MNW Welcome Committee

*Submitted by Rebecca Talley, MNW resident and
MNW Welcome Committee Member*

Several residents of MNW have formed a committee designed to help new move-ins feel welcome here in our community. The committee members will visit new residents and deliver a packet of useful information, such as a map with area numbers/directors and section numbers for deed restrictions, voter registration information, community center hours and rental information, Klein High School Band American Flag Program, a form for vacation/security watch, information about our SCS management team, an architectural review application, trash pickup details, and a list of important numbers as well as committees here in MNW.

The committee hopes this will help make the transition into MNW smoother and that new residents will feel integrated into our great community.

If you've been part of another HOA and have some suggestions of other information that would be useful (no solicitations), please contact Rebecca Talley at talleyrl@yahoo.com with your ideas and she will take them to the committee for evaluation.

If you did not receive a welcome visit or are a long-time resident and would like access to this packet, you can pick one up at the community center or log into the Memorial Northwest Neighbors Facebook Group and access the file online here: <https://www.facebook.com/groups/529107257209936>.

If you'd like to get more information or volunteer, please contact Rebecca Talley talleyrl@yahoo.com.



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MNW Safety and Security Committee

The MNW Safety and Security Committee purpose is to manage the overall safety and security program of our community. They are seeking another security committee member to assist in their effort.

Objectives:

- Safety and security is number one priority
- Assist homeowners with concerns and provide best safety and security practices
- Gather monthly crime statistics
- Maintain records and ensure transparency of all activities of the committee

If you have found yourself concerned or vocal about safety and security and have a desire to help your MNW community in this area, please contact Karen Blackwell, MNW 2nd VP Chairman of Safety and Security at mnw2vp@aol.com.

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FOOD TRUCK

Friday!

February's Food Truck Friday offered plenty of eats, treats and neighborhood fun. Many neighbors came out with kids and pups for one of the most popular events in MNW. The rainy weather forecast made things interesting but neighborhood favorite trucks Bayou City Eats & Tikiz Shaved Ice and Ice Cream were able to manage the attendees well. Future Food Truck Friday events will be every other month during April, June, August, October and December with the next event to take place on **April 6**.



**NEXT FOOD TRUCK FRIDAY
APRIL 6**

Food Truck Friday is organized by resident Realtors Esanet Benedict and Jamie Berlin with Better Homes & Gardens Real Estate Gary Greene, as a way to bring the MNW community together.

Food trucks accept cash and Visa/Mastercard. Please go to the MNW Food Truck Friday FaceBook page for the most up-to-date information.

MNW Marlins Swim Team Registration

***It's time to join the
MNW Marlins Swim Team!
Come Join the Fun!***



Do you have kids and want to get to know the people in the neighborhood better? Want your kids to get summer exercise? All while having lots and lots of fun!

Registration Dates

Saturday, March 24

MNW Community Center
10 a.m. - 12 p.m.

Saturday, April 21

MNW Community Center
10 a.m. - 12 p.m.

Open to all swimmers ages 4-18

First swimmer: \$140

Second swimmer: \$120

Third swimmer: \$100

Swimsuit included in Registration Fee

Swimmers 15-18 years old swim free

*With the purchase of a team swimsuit

Questions?

Kim Rittenhouse (Membership)

Email:

kscaliserittenhouse@yahoo.com

or call 832-928-4735

Don't Miss the Marlins' SPIRIT NIGHT FUNDRAISER

March 19



at Fuddruckers on Louetta – all day long!

Have lunch or dinner and support
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Neighbor Spotlight

National Mardi Gras Queen Annually Attends the *Galveston Mardi Gras Ball*

On January 28, Teresa Burkholder had the honor to entertain some "Very Special People" at a Mardi Gras Ball at Moody Gardens in Galveston. Teresa is a Memorial Northwest resident and is Ms. National Mardi Gras Queen with Stars Over the USA.

Teresa excitedly reports, "What a blessed day it was to make these people smile, dance, laugh and jump with joy! If you could have seen them smile, you would know God had a hand in this event and He was smiling down at them, too! It was an awesome experience!"

Teresa sincerely loves bringing joy to their hearts, taking photos with the children and adults, and allowing attendees to make her feel like a movie star.

"It was a joyous occasion, a very special day always to remember. I thank God for giving me the opportunity to entertain God's special people and my wonderful and loving husband Jim for always being so supportive and attending all events with me."

If you have anyone with special needs in your life and would like them to attend this ball next year, please contact teresa_burkholder@yahoo.com for information on how they can be invited next year.



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Memorial Northwest Clubhouse

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For Memorial Northwest community members only, please:

Bring your own laptop if possible.

For more information contact

Les Tollett 281-386-7150

Mike Ball 713-416-1890

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Ladybugs

GARDEN CLUB NEWS

Submitted by Kathy Dodge

The Ladybugs always welcome guests and new members. For information about joining us, please call Membership Chairman Maggie Houck at 281-379-2773 or email houckmaggie@gmail.com.



The Memorial Northwest Ladybugs have already been busy Ladybugs in the new year! The Ladybugs held their first board meeting of 2018 on January 3 at the home of Evelyn Chovanec. The general meeting was held on January 24 at the lovely home of Georganne Epperson. Co-hostesses Nancy Weaver and Kathy Dodge prepared a wonderful variety of delicious refreshments, and Barbara Maroney created a lovely floral centerpiece with sweet birds for the table. The Ladybugs brought food for a donation to the food pantry at NAM. This is one of our special club projects we do each year.



We had a wonderful program on "Backyard Birds" with speaker Kathy Adams Clark. Kathy's program was on a variety of birds and their habitats and plants that attract them.



After the program, the Ladybugs continued with their business meeting. President Eleanor Phillips began the meeting.

Carol McNally, our Ways and Means Chairman, talked about the planning she has been doing preparing for our annual Plant & Tree Sale, which is our club's only fundraiser. We will once again be selling vouchers to Plants for All Seasons on Hwy. 249 for \$25. Please contact one of our members to buy your vouchers. Our Plant & Tree Sale will be held, Saturday, March 24, at the MNW Community Center parking lot from 9 a.m. – 2 p.m. Our profit helps to fund our community projects, including beautification of our subdivision and the Yard of the Month contest. We hope everyone will be able to come to our plant sale!

The Garden Club will meet next on **March 22**. Our spring pilgrimage will be to the Painted Churches in Schulenburg.

The Ladybugs always welcome guests and new members. We would love to meet you, if you are interested. If you would like information about joining the Ladybug Garden Club, call Membership Chairman Maggie Houck at 281-379-2773 or email houckmaggie@gmail.com.

*Until next month,
The Ladybugs*



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Memorial Northwest Ladybugs Annual Garden Club

Plant and Tree Sale

Saturday, March 24

9 a.m. – 2 p.m.

MNW Community Center Parking Lot

The Ladybugs Garden Club will be holding their annual fundraiser Plant Sale on Saturday, March 24 at the MNW Community Center Parking Lot, 9 a.m. – 2 p.m.

We will be working in cooperation with Plants For All Seasons on Highway 249, and will bring to you a colorful selection of annual bedding plants, hanging baskets, herbs, and vegetables. We will also have a variety of other larger plants, such as fruit trees, ornamental trees and shrubs from the nursery. The Ladybugs will also have plant cuttings from their own gardens.

In addition to these plants, we will offer vouchers for \$25 to be used at Plants For All Seasons on Highway 249. The vouchers will allow you to purchase flats of plants you choose that sell for \$29 at the nursery. So you will be saving \$4 on each flat when purchased with a voucher from the Ladybugs Plant Sale.

Please stop by and help support your local garden club's fundraiser – our profit helps to fund our community projects, including beautification of our subdivision, Yard of the Month contest and the Neighborhood Flag Project.



2018 Ladybugs Scholarship for Klein High Seniors

The Memorial Northwest Ladybugs Garden Club is offering a scholarship to a deserving Klein High School senior who will graduate in May 2018. To be eligible for the scholarship, you must be a resident of Memorial Northwest and must be planning to enter college after graduation. You may check with your counselor or search the Klein High Scholarship Bulletin to access the application. We look forward to hearing from all eligible students who wish to apply!

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Holy Week Worship:

Palm Sunday: March 25 at 8:15, 9:30 and 11 a.m.

Maundy Thursday: March 29 at 7 p.m.

Good Friday: March 30 at Noon and 7 p.m.

Eggstravaganza!

Saturday, March 31, 2 - 4 p.m.

Easter Worship: Sunday, April 1

Sunrise Service at 6:15 a.m.

Traditional Festival Worship at 8 & 11 a.m.

Contemporary Festival Worship at 9:30 a.m.

Holy Communion celebrated at all Easter services. Childcare available at all Easter services except Sunrise.



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Ladybugs Horticulture

Submitted by Kathy Dodge

This winter has been very tough on our lawns, shrubs and plants. A lot of us have lost many plants due to the hard freezes, ice and snow. All the area garden centers and nurseries will be full of new plants and shrubs to replace those that may have frozen. This could be a good time to replace them with some of the newer plants available. There is a large variety available, so please check them out.

Also, remember you can buy vouchers from the Ladybugs for flats of plants at Plants for All Seasons for \$25 rather than the \$29 cost at the nursery!

Mow your lawn to help eliminate weeds. Keep weeds cut back to prevent flowering and re-seeding. Fill bare patches with St. Augustine sod. Apply lawn food after three mowings. At this time the grass will be actively growing and it is a good time to apply Micro Life or other lawn fertilizer.

Prune or plant roses. Now is the time to begin applying rose food on a monthly basis.

Plant fruit trees, shade trees, and ornamental trees. Be sure to apply mulch around the root zone to keep moist and avoid weeds. Make sure trees are watered regularly during first few years of growth, while tree is getting established. Use Root Stimulator every few weeks for the first three months after planting.

Plant shrubs such as roses and azaleas. Use Root Stimulator every two weeks for the first few months after planting.

Fertilize hibiscus, bougainvillea, plumeria. This will help plants to put out new lush growth and plenty of blooms.

Prune trees and shrubs while dormant. Prune spring-flowering shrubs such as azaleas, spireas, and redbuds after they've bloomed. Fertilize once after they bloom and then again in June.

Apply dormant oil to smother insects before they become a problem. Apply to hollies, magnolias, and camellias for scale. Release ladybugs to control insects like aphids and whitefly.



In mid-March, move houseplants outside into shade and repot, if necessary. Fertilize your plants.

Plant color annuals such as marigolds, fuchsias, petunias, osteospermum, perilla, bachelor buttons, coleus, forget-me-nots, dusty millers, annual phlox, geraniums, impatiens, begonias and more!

Plant sun perennials – Shasta daisy, pentas, rudbeckia, gaillardia, verbena, coreopsis, lantana, perennial salvias, bee balm, porterweed, mist flower, jatropha, and skullcap are some of the many plants.

Plant colorful shade perennials like firespike, shrimp plant, Persian shield, leopard plant, cat whiskers, ruellias, turk's cap, sweet potato vine, creeping jenny, and many more!

Spread a fresh layer of mulch around trees, shrubs, and beds to protect roots, retain moisture, and prevent weeds.

Clean bird baths and feeders. Keep feeders and birdbaths full! Birds are hungry and thirsty.

Put out hummingbird feeders. We are expecting our first sighting any day now! To keep birds at your feeder, maintain a fresh nectar supply, and empty and wash the feeder each time you refill. Hummingbirds remember where they find a reliable food source – so if your yard is one of them, they'll often return year after year.

Spring is a busy time of the gardening year. Try to enjoy your time in the garden and not try to make it too much work. It's always fun watching your old and new flowers and shrubs grow and bloom.



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Pet News

MNW Pet Liaison

Did you know we have a pet liaison? If you have lost or found a pet, MNW resident Elvie Kingston will help him/her get home. Social media is working well to help our pets get home, but don't forget to contact Elvie if you have found or lost a pet. She will keep track of where these pets are being kept until the owner can come pick them up.

Elvie Kingston, Pet Liaison

281-320-2912 • Elvie@ElvieKingston.com

Pet Walkers

When walking your pet, please be respectful to your neighbors by remembering to keep your pet leashed, restrain them from jumping on others and to clean up any messes they may make. By law, dogs must be on a leash when in public.

Deed Restrictions Regarding Pets and Animals

No animals, livestock or poultry of any kind shall be raised, bred or kept on any lot. No more than two dogs, cats or other household pets may be kept, provided that they are not kept, bred or maintained for any commercial purpose.

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March 30 • Noon - 3 p.m.
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EASTER SUNDAY

April 1

6:45 a.m. Sunrise Service
8:15 & 11:15 a.m. Sanctuary Worship
9:45 a.m. Modern Worship



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Being Your Best: Health, Fitness and Your Personal Journey

Exercise of the Month

Submitted by Pamela Evans, PFTA Certified Trainer and MNW resident

Cable Rear Delt Fly (Reverse Fly)

Type of Exercise: Strength

Main Muscle Worked: Rhomboids

Other Muscles Worked: Deltoid Lateral and Rear, Infraspinatus, Teres Minor, Trapezius

Equipment: Cable

Level: Beginner

1. Adjust the pulleys to just above your head and adjust the weight.
2. Grab the left pulley with your right hand and the right pulley with your left hand, crossing them in front of you. This will be your starting position.
3. Initiate the movement by moving your arms back and outward, keeping your arms straight as you execute the movement while squeezing your shoulder blades together.
4. Pause at the end of the motion before returning the handles to the start position.



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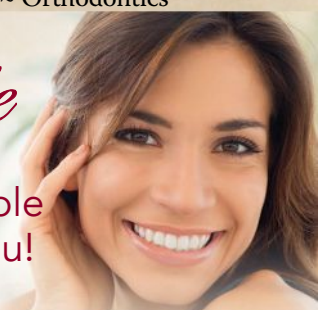
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Health and Fitness:

Keeping Your Back Strong

Submitted by Pamela Evans, PFTA Certified Trainer and MNW resident

We are going to look at three muscles in the back this month, the Trapezius (traps), Rhomboids, and Latissimus Dorsi (Lats).

The Traps is the muscle that extends from the base of your skull to the middle of your back and from the spine to the scapula. It is most often associated with the muscles in your neck. Its main function is to stabilize and move the scapula and support the arm.

The rhomboid muscles are located under the traps and work with the traps. They are responsible for the retraction of the scapula. There are two Rhomboids: the minor and major.

These muscles can be trained with a variety of different exercises.

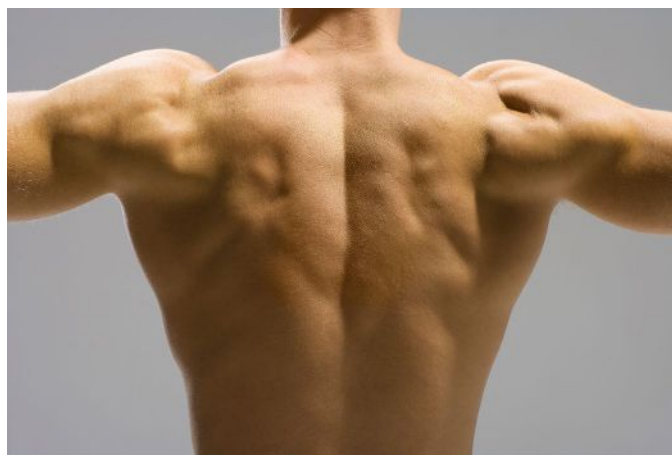
- The upper portion of the trapezius can be developed by elevating the shoulders. Common exercises for this movement are any version of the clean (particularly the hang clean) and shrugs.
- Middle fibers are developed by pulling shoulder blades together. This movement also uses the upper/lower fibers too. Common exercise for this movement is Reverse Flys.
- The lower part can be developed by drawing the shoulder blades downward while keeping the arms almost straight and stiff.
- These muscles are also used in throwing. So any movement that involves this motion will work these muscles.

A simple change in the angle between your arms and your torso from 90° to 110° switches the focus of both the free weight, as well as the machine-based exercise, towards the lower part of the traps. Some people may have experienced or may be concerned with shoulder impingement. The shoulder pull on a lat pull-down machine or a pull-up bar would be a perfect substitute. Instead of pulling with your lats (and arms) your arms stay extended throughout the movement and you move the weight or body just by pulling your shoulder blades back and downwards. While it is not a common exercise in the gym, it is generally used for rehab and can help prevent injury.

The latissimus dorsi (Lats), is a large, flat muscle on the back that stretches to the sides, behind the arm, and is partly covered by the Traps on the back near the midline. Your lats help you in pulling and reaching with your arms. It also supports your body in a variety of movements and situations.

This muscle can be trained with a variety of different exercises. Some of these include:

- Vertical pulling movements such as pull-downs and pull-ups
- Horizontal pulling movements such as bent-over row, T-bar row and other rowing exercises.
- Shoulder extension movements with straight arms such as straight-arm lat pull-downs and pull-overs.
- Deadlift



Leaning back at about 135 degrees while doing the lat pull-downs is actually beneficial and not cheating as some may call it. This leaning back actually has been found to increase muscle activation by 11%. Something else they found during EMG testing is that pull-ups done using a wide underhand grip will give you more benefits in the lats than the overhand grip by about 13%.

The problem with most back exercises is that they tend to be mislabeled as shoulder or leg exercises. Keep in mind you need to train all muscle groups of the upper/mid back if you want to develop a strong back. While almost all back exercises will activate all three muscles discussed, here would be the recommended exercises for your back.

Pull-ups – for lat development and all those hidden stabilizing muscles a full body movement such as the pull-up activates (5-10 reps)

- Narrow underhand grip pull-down to the sternum (in contracted position pull elbows back as much as possible) – (8-12 reps)
- DB shrugs – for upper trap development (10-12 reps)
- Reverse fly 90° – for mid trap development (10-12 reps)
- Deadlift – (10-12 reps)

Join the MNW Stretching Group

Bring a mat and join us in the Community Center Meeting Room for stretching and coffee every Friday. It's free! Arrive at 6:30 a.m. for some coffee and a treat. We will start stretching at 7 a.m. For more information, contact Pamela Evans at thatfitnesstrainer@gmail.com or call 832-790-7053.

Tennis News

*Submitted by Lynne Sanders,
MNW NWTL Ladder Chair*

Gilby Arcay
MNW Director
of Tennis



Who Wants to Learn Tennis?

We are always looking for ladies who want to learn the game! MNW Tennis Director Gilberto Arcay is currently organizing a group tennis lesson for new players/beginners. There are currently six to ten ladies who will attend, so now is a great time to join the fun if you have ever considered playing tennis. If you have any questions or would like to be included, please call Gilberto Arcay at 281-799-5021 or Regina Khim at 281-536-6193.

Ladies' Tennis League Opportunities

There are many tennis leagues that provide the opportunity to enjoy tennis competitively at your skill level on a regular basis.

Houston Ladies' Tennis League (HLTA) Monday morning, fall and spring seasons, doubles format. Contact: Helen Haig 281-376-0316 or HelenHaig@comcast.net.

North Houston Tennis Association (NHTA) Monday evening, fall and spring seasons, singles and doubles format. Contact: Sandy Brassard at 832-630-0448 or SandyBrassard@att.net.

Northwest Women's Tennis League (NWTL) Weekday mornings, fall and spring seasons. Doubles format, various levels. Contact: Regina Khim at 281-536-6193 or judy@judithsherwood.com.

Texas Jackrabbit League Friday mornings, fall and spring seasons, doubles format. Contact: Judie Cook at 281-370-5206 or JudieCook@gmail.com.

Summer USTA Leagues There are various USTA teams that form in the summer. Skill levels vary from 2.5 to 3.5. Contact: Lynne Sanders at 281-236-8217 or Lynne.Sanders@garygreene.com.

Men's Tennis Opportunities

Join the men for casual play or for competitive league play.

Men's North Suburban Tennis League Tuesday and Thursday evenings, fall and spring seasons.

All levels A-D. Contact: David Brassard at 832-250-3091 or dbrassard1@att.net.

Men's Pickup Tennis is composed of retirees who enjoy the game of tennis. There are no fees, no fixed teams, and no records – just a little bit of exercise, a lot of fun, and some very stimulating conversations. At least once a month we follow tennis with a luncheon to celebrate someone's birthday. Join us on Tuesdays and Thursdays from 9 a.m. until 11:30 a.m. Contact Mick Mikuenski at 346-412-2882.

Kids' Tennis Opportunities

We offer private lessons for kids and weekly summer camps. Contact Gilberto Arcay at 281-799-5021 or GilbertoArcay@sbcglobal.net.

Private Tennis Lessons and Group Drills

MNW has two full-time tennis pros available for lessons and drills, open for all ages and skill levels, from new beginners to advanced players. Gilberto "Gilby" Arcay is the director of tennis for Memorial Northwest. Contact Gilberto Arcay at 281-799-5021 or GilbertoArcay@sbcglobal.net.

Court Reservations

Court reservations may be made up to seven days in advance by contacting the club office, or by walk-in reservation sign-up at the tennis pavilion two days in advance. Contact: Anne Kidney at 281-376-4001 or memorialnw@comcast.net.

Ladies' Pickup Tennis

Contact Regina Khim at 281-536-6193 or khim_regina@yahoo.com

Mixed Pickleball

Pickle-Ball open play is Monday, 7 p.m.; Wednesday, 7 p.m.; and Saturday, 8 a.m. to 12 p.m. All on Court 12. Contact Lan Nguyen for more information at 281-804-8881.

Tennis League Ladies Honor

Women's Heart and Stroke Month

The Memorial Northwest NWTL ladies changed their standard pink team colors and dressed in **red** for the first match of the season. January is Women's Heart and Stroke Month, and NWTL asked every player to show her support.



Do Not Tape Your Signs to Street Signs

It is against MNW Deed Restrictions to tape signs (Lost Pet, Garage Sale, etc.) to our neighborhood street signs. Please do your part in keeping MNW tidy!

(All signs taped to streets signs will be immediately removed.)

Trash & Recycling

Important Reminder:


Both our household trash and our recycling are now backdoor pickup. Not only is this much more convenient, but it keeps the appearance of our beautiful neighborhood much more attractive to anyone driving through it on pickup days, including prospective homebuyers!

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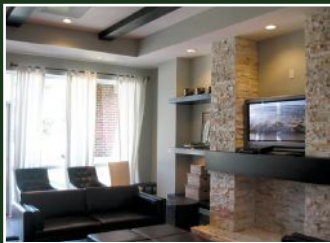
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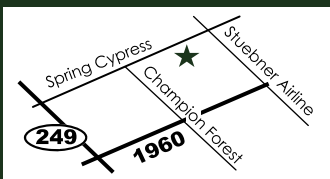
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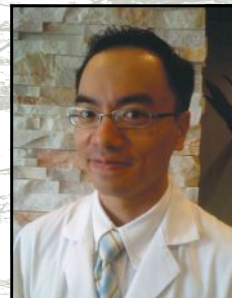
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