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The Official Magazine of the Memorial Northwest Homeowners' Association

AUGUST 2018

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MEMORIAL NW MARKET REPORT FOR JUNE 2018*

HOMES SOLD IN JUNE

Total.....	11
Avg Days on Market.....	39
Avg Sales Price.....	\$281,055
Avg List Price vs Sales Price Ratio.....	98%
Avg Sales Price Per Sq. Ft.....	\$77.57

*Data is from HAR for 6-1-18 through 6-30-18

ACTIVE ON THE MARKET

Total Listings.....	35
Price Range.....	\$189,000 - \$507,000
As of July 3, 2018	

Stats provided by Esanet Benedict

14 HOMES UNDER CONTRACT

Option Pending.....	4
Price Range.....	\$199,500 - \$425,000
Pending Continue to Show.....	3
Price Range.....	\$244,900 - \$450,000
Pending.....	7
Price Range.....	\$186,500 - \$350,000

As of July 3, 2018

See you at
FOOD TRUCK FRIDAY

October 12th
5-8 PM

MNW Clubhouse Parking Lot



Due to the oppressive heat,
we will postpone the
August Food Truck Friday
to October!

Keep an eye out for our **Halloween House Decoration Contest!**

MEMORIAL NORTHWEST Messenger

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

Messenger is a monthly publication of the Memorial Northwest Homeowners' Association in partnership with Champions Printing & Publishing, Inc. It is printed and distributed free of charge to residents of Memorial Northwest.

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Magazine Staff Editor

Candice Cowin • 832-549-1381
newsletter@mnwhoa.org

Magazine Deadline

The deadline for the September issue is **August 1**.

Advertising

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



PRINTING & PUBLISHING

6608 FM 1960 W., Suite G, Houston, TX 77069

President, Publisher: James E. Callahan, Jr.

Account Executives: Charlotte Blanco
Cheryl Kirsch

Creative Director: Lori Short

Graphic Designer: Donna Moody

Editorial Coordinator: Karen Nichols

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

SCS Management Company

7170 Cherry Park Drive, Houston, TX 77095
Ph.: 281-463-1777 • Fax: 281-463-0050

MNW Newsletter Editor

Candice Cowin • 832-549-1381
newsletter@mnwhoa.org

MNW Webmaster

Jay Jackson • 281-728-2698
webmaster@mnwhoa.org

Pet Liaison

Elvie Kingston • 281-320-2912
elvie@elviekingston.com

MNW Ladybugs Garden Club

President, Eleanor Phillips
281-376-4548 • mehp5656@gmail.com

Swim Team

Pamela Evans • 832-790-7053

Tennis Pro

Gilberto Arcay • 281-799-5021

TENNIS LEAGUES

NWTL Ladder Chair

Regina Khim • 281-536-6193

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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:

August 7



From the Editor

*Submitted by Candice Cowin, neighbor
and MNW Messenger editor*

And just like that, summer is coming to a close. Although the official first day of fall will not arrive until **September 22** and cooler temperatures are still just a glimmer far in the distance, now is the time to launch those serious home improvement projects you might have been putting off due to the heat. If your home needs a new roof, fencing, windows, siding, or new landscaping, now is the time to get on a contractor's schedule. If you plan to do the work yourself, make a list and begin collecting the supplies you will need for your project. If you need interior work done, start gathering estimates so you can have a contractor chosen in time for cooler temperatures. Hired hands will be much happier working in mild weather, as will you. Fall is known as "second spring" in our part of the world, so it's a great time to work in the yard and possibly get a few new plants established before winter sets in. Your future self will thank your past self this winter when you are sipping hot cocoa and admiring your improvements from inside.

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 September issue is August 1

Deadline for October issue is September 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

MNW Website

www.mnwhoa.org

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Area 2 Director

Sara Mueller
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Area 3 Director

Gerome D'Anna
area3@mnwhoa.org

Area 4 Director

Kelley Minor
713-582-2028 • area4@mnwhoa.org

Area 5 Director

Bryan Thomas
281-370-1699 • area5@mnwhoa.org

Area 6 Director

Ryan Aduddell
832-296-7880 • area6@mnwhoa.org

Area 7 Director

Vincent D'Anna
area7@mnwhoa.org

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

HOA Election Process

Our October Membership Meeting is dedicated to electing positions to the Board of Directors. The positions up for election are the Third Vice President (Deed Restrictions and Architectural Control), Treasurer, Secretary, and Directors of Area 1, Area 3, Area 5 and Area 7. If you are interested in being nominated for one of the positions, you may contact the President, SCS Management or the Nomination Committee.

The Nomination Committee is required to have homeowner volunteers as participants in the process. This volunteer activity requires about three weeks of service. The primary duty of the Committee is to seek out candidates to ensure the Board of Director positions are filled. Please volunteer as a Nomination Committee member by emailing president@mnwhoa.org.

It is hard to believe the recreational facilities, excluding the Community Center building, are over 45 years old. Several generations have come and gone in Memorial Northwest. Some experienced the facilities when they were brand new and others not so much. You will be asked to decide if we should implement NEXGEN for all homeowners of the next 45 years.

The Board of Directors is limited to a fiscal year assessment increase of ten percent. Therefore, this month you will be receiving a ballot to vote YES or NO for a one-time proposed assessment increase in an amount of \$80 (14.5%) to be earmarked specifically for the proposed comprehensive recreational center upgrades called NEXGEN.

NEXGEN is a comprehensive plan for all age groups: seniors, young adults, teenagers and toddlers. This plan was developed because, quite frankly, a piecemeal approach over time is too expensive and does not address everyone's desire right now. NEXGEN consists of a pre-approved 15-year loan at a current market rate of 5.75% to fund upgrades to tennis, pool and playground.

More information will be included with the ballot and detailed information of our website. There will be scheduled several open house meetings prior to the vote deadline scheduled in order to have one-on-one questions answered. Please take the opportunity to get personally informed about this generational decision entrusted to us.

GARAGE DOOR 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.**

Memorial Northwest Community Discussion Groups

One of the main tasks of our HOA is to enhance the quality of life for our residents and build a stronger community.



What is a community?

It is a group of people

- That care about each other
- That have a feeling of “belonging”
- That have a feeling of “shared togetherness”

Toward this end, we will, as a part of the new functions of our Social and Education Committee, begin Community Discussion Groups to provide a vehicle for the residents of Memorial Northwest to get to know one another and to exchange ideas on interesting topics. Signups will be open to all Memorial Northwest adults (18 or over). We are limited to 20 per meeting, so if you wish to attend please sign up on our HOA website at the link below:

<https://mnwhoa.org/social-and-education-committee-adult-discussion-groups/>

We will be unveiling other new programs involving speakers doing talks to educate our community in areas that may be beneficial, so check our website for updates.

Please be aware that these discussion groups’ primary purpose will be social. They will be a way to meet other Memorial Northwest residents utilizing a discussion of a particular subject as a centerpiece. These discussion groups **are not** a conduit to our Board of Directors. They **are not** an avenue to discuss any items which should be communicated to our Board of Directors through the normal channels.

The Discussion Groups will be held twice a month with the same discussion topic for the month, one on a weekday morning, one in the early evening. This will give everyone with different schedules the opportunity to attend. All meetings will be held at the Memorial Northwest Community Center in the meeting area.

Meeting Number One – “We Are One”

Day Session

Date: September 11

Time: 10 a.m. to noon

Evening Session

Date: September 20

Time: 7 to 9 p.m.

Topics for Meeting One

1. Why do people fear others who are different?
2. What do you think drives these emotions?
3. How do we overcome these challenges?

Meeting Number Two – “A New Way of Looking at the World”

Day Session

Date: October 9

Time: 10 a.m. to noon

Evening Session

Date: October 18

Time: 7 to 9 p.m.

Topics for Meeting Two: In all societies, our world goes through generational shifts. With these shifts come new technology, new perspectives on long revered values, and new ways of looking at the world.

Keeping in mind all these factors, how would you try to successfully merge these viewpoints and culture changes into an up-and-coming society who will inherit and lead our world?

Meeting Number Three – “How Did We Become Irrelevant?”

Day Session

Date: November 13

Time: 10 a.m. to noon

Evening Session

Date: November 15

Time: 7 to 9 p.m.

Topics for Meeting Three: (How to reinvent your life during transitional periods)

Bob Pryor will open with fifteen-minute talk, and then discussion will follow.

"Rules of the Road"

As with any discussion group, we have a format which we agree on to participate. It provides structure and a basis for how we wish to communicate and treat each other.

The facilitator will briefly review protocols and then we will have a five-minute "getting to know each other session." Please approach a person you do not know, introduce yourself and tell each other a little about yourself.

When you speak during our discussion, please do it in a respectful manner, understanding that each person has their own views that should be respected and honored.

Vulgarity, personal attacks, or any disruptive behavior is not acceptable.

1. Each meeting we will have a discussion of a designated topic. For the first round we will go around the room, with each person first having up to five minutes to respond with no cross-talk or interruption.
2. Once everyone who wants to speak has spoken, then we will go into free-form conversation for the rest of the time about the subject. We ask that you please raise your hand to be acknowledged to speak. Try your best not to interrupt and exercise your listening skills.

We do request that at each meeting, everyone sign in to provide us with an accurate record of the attendance.

The facilitator in some cases will monitor the flow of discussion and occasionally ask related spin-off questions or follow-ups to a statement.

For any questions, please contact me at my email at social@mnwhoa.org.

We hope to see you at some of these meetings. Our goals are always to become better neighbors, foster relationships, and develop a community of mutual support.

*Bob Pryor
Social and Education Committee*

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Saturday, October 6: 7 a.m. - 1 p.m.

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To schedule a drop-off or pickup: Contact us at bearkatgaragesale@gmail.com or text/call 713-829-3639.

Take a Stand for Safety and Security

Are you interested in promoting a safe Memorial Northwest, building a network of neighbors and law enforcement, strengthening security efforts and implementing these concepts through community events? Then connect with us to support your neighborhood as a better place to live.

Karen Blackwell
 Safety & Security Committee
 MNW2VP@aol.com

Save the Date!

National Night Out is **October 2**, from 6-8 p.m. Your Safety and Security Committee is working hard to make this a fun and informative night for your entire family.

Come on out and meet your neighbors!





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Weekends only, noon to 8 p.m.

August 25 and 26 • September 1 and 2

Monday, September 3 (Labor Day) ... 11 a.m. – 8 p.m.

FOOD TRUCK FRIDAY

Schedule Change

Due to the oppressive heat, we will postpone the August Food Truck Friday event to **October 12**.

Also, keep an eye out for guidelines to our Halloween house decoration contest!

Brought to you by your neighborhood BHGRE Gary Greene Realtors, Jamie Berlin and Esanet Benedict.



Summer Pool Party!



August 18

Food and Fun – 6-8 p.m.

Movie Pool Side – 8-10 p.m.

Games and door prizes • Popcorn and snow cones
Bring a folding chair for the movie and a noodle for the pool.
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MNW Community Center

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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.

Well, the Ladybugs are still on hiatus this month, but in September we will resume our meetings! Our Social Chairperson, Marianne Steinbacher, has some wonderful programs for this year starting on **September 26** with Brandi Hill who will speak on cultivating orchids.

But before we start our new year, I'd like to go down Memory Lane with a few highlights and pictures of some of this past year's events.

- We gave a \$500 donation to Barbara Bush Library for repairs after Hurricane Harvey flooding.
- We gave a \$200 donation to Mercer Arboretum for repairs after Hurricane Harvey.
- We did our Yard of the Month judging and several Memorial Northwest residents were awarded with the YOM sign in their beautiful yards and a \$25 voucher to Plants for All Seasons on Louetta.
- The Ladybugs' Arbor Day Celebration was on February 23. The Ladybugs celebrated Arbor Day at Doerre Intermediate School. The club chose to plant a large live oak tree in memory of Nathaniel Richard McGarrett whose life was cut short at age 14 by cancer last year. His parents and family attended the ceremony at Doerre.
- We carried out our Neighborhood Flag Project by subscribing to the Klein High School Band's American Flag Service to place flags at the entrances to Memorial Northwest on the six patriotic days throughout the year.



- We delivered poinsettias to Barbara Bush Library.
- A monetary donation was given to MNW HOA towards the purchase of seasonal bedding plants in front of the MNW Community Center.
- The Ladybugs did their annual food donation to the food pantry at NAM.



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BRIAN A. MOHR, DDS, PA
ORTHODONTIST

- The Ladybugs held their annual toy drive for Star of Hope in December.
- At our installation luncheon in May we presented a \$1,000 scholarship to a high school senior living in Memorial Northwest. That lucky student was Evelyn Wall!

There are still more to mention, but I just wanted to share some of the things we worked on throughout the year.

It is through your support of our plant, tree and voucher sale we hold each spring that we can raise the money to give back to our neighborhood! So thank you all for your support!

The Ladybugs are looking forward to another busy, fun and rewarding year again. Please try to join us at one of our meetings sometime.

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

*Until next month,
The Ladybugs*

YARD OF THE MONTH CRITERIA

- | | |
|--|-------------------|
| 1. General Appearance: Grass mowed and edged, weed free, green with no brown grass | 20 points |
| 2. Beds cleaned and edged | 10 points |
| 3. Walks, driveways, and curbs edged and swept: | 10 points |
| 4. Shrubs neatly pruned: | 10 points |
| 5. Color contrast: | 10 points |
| 6. General neatness: Garbage cans out of sight; no toys, bikes, etc. on front lawn; hoses rolled up; air conditioners hidden by shrubs, etc. | 20 points |
| 7. Overall landscape design in keeping with the architecture of the house: | 10 points |
| 8. The front lawn has a discernable, intentionally balanced landscape design: | 10 points |
| Total | 100 points |

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What Does It Take to Get *Yard of the Month?*

For over thirty years now, the Memorial Northwest Ladybugs Garden Club has been consistently judging Yard of the Month for several strong reasons. The award promotes excellent landscaping, colorful gardening, and the subdivision's remarkable curb appeal. The promotion of the award has remained as steady as the purposes have remained. Often, the Ladybugs publish in the Memorial Northwest magazine the special criteria for earning the Yard of the Month award. You will find those careful, longstanding guidelines listed on page 13 along with their point values.

Reminders:

A yard cannot win more than once per year. A house with a "For Sale" sign is not eligible to win. A house cannot win with a boat or R.V. in the driveway. (This is a deed restriction. Those items have to be hidden behind a fence.)

Each judge uses this list every time she takes her turn in judging. With about 25 women in the Garden club, you can see why each member has to take two turns in the judging of over 2000 homes in our neighborhood. This year the Ladybugs have decided to judge the months of September, October, and November, and then the months of March, April, and May of next year. December is in a class by itself because the club does not use these same criteria for judging the Christmas award. As you know, the neighborhood yards are too dimly lighted to judge the grass and flower beds, so the judges for the Christmas Award are primarily looking at lights and theme decorations that the judges can see from their cars.

Each month of the September to May Garden Club year, the members sign up for the months that they can serve as YOM judges. This judging system ensures that the same people will not do the judging every month. The system also spreads the responsibility for choices around to help eliminate any biases that could possibly exist. The subdivision is always divided into three separate sections for judging YOM, so that no team

has to judge all 2,000 homes in one day. The two-member teams have five days to do the judging, starting on the first day of each month going to the fifth day, giving the ladies flexibility with their personal schedules. On judging day, the Ladybugs teams drive down each and every street of their assigned section, first selecting the strongest competitors and writing those addresses down. Then, the judges make a second sweep, comparing those three or four strong contenders more carefully. At this time, when the selected houses are so impressive, the judges take a harder look to see if any one of the limited selections is a clear winner. Really, when all the criteria have been met by all of the potential "winners," the subject of "color" usually comes up. Most often, the addition of "color" to the already excellent yards will decide the final YOM winner.

Remember, this same judging system is being used in all three sections so that each month three first-place awards are actually given, and three equally stunning yards are photographed for our MNW magazine. Most of the time, the competition is severe because there are so many high quality landscaped yards in our neighborhood. When you win this coveted award, your household is not eligible to win until one year later. This "fairness" rule has been a longstanding one in the club. The reason for it is that we want to pass the praises out to as many different homes as possible to accomplish our mission of encouragement. The whole point of Yard of the Month awarding is to compliment you for maintaining such wonderfully groomed front yards. When you win this award, you will receive a \$25 gift card from Plants for All Seasons on Louetta. You will also stand as a shining example to every house on your street. By looking at your award winning yard, your neighbors will see clearly for themselves what it takes to win Yard of the Month in Memorial Northwest.

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Being Your Best: Health, Fitness and Your Personal Journey



*Submitted by Roslyn Smith,
MNW resident and aesthetician*

To Wear or Not to Wear...That Is the Question

Happy summer to all! This is the season of hot weather for swimming, adventures, vacations, and plenty of downtime to soak up the rays, but while you're in the sun, are you wearing sunscreen? I know there is a lot of information about it out there and with good reason. Recently, there have been many claims that wearing sunscreen is more dangerous than not because of the chemicals in it. Another reason some have decided to kick the sunscreen is that they are Vitamin D deficient and feel that sunscreen gets in the way to take in the sun. I completely understand both claims, but you should still wear it. You just have to find the right one for you and your family. I always recommend wearing a safe, all-natural, mineral-based and non-nano sunscreen of at least 30 SPF or higher.

Mineral sunscreens are generally made with zinc oxide or titanium dioxide and they create a nice barrier on top of the skin to protect you from the sun. Chemical sunscreens usually consist of many ingredients that typically include oxybenzone, avobenzone, octisalate, octocrylene, homosalate, and octinoxate. These are some of the ingredients that are creating a lot of controversy nowadays. They tend to penetrate deeper into the skin, and according to EWG.ORG, they are rating at toxic levels. Try to be mindful of what you put on your skin, always do your homework first, read about different types and brands and check the ingredients in depth. There are a lot of wonderful sunscreens out there that are chemical free and can protect the skin very well.

Tips:

SPF (Sun Protection Factor) measures how long you will be protected from ultraviolet rays while using a sunscreen. If you are just going to be out and about and will not be in the direct sun for long periods of time, then apply your sunscreen after your skincare routine is complete in the morning. This should be the last step before makeup application if you use makeup. If you are going to do an activity and will be under the sun for longer periods of time, then be sure to reapply every three hours. When swimming it is good to reapply more often, especially if you are towel drying off, etc.

Enjoy your summer, have fun in the sun and remember to be mindful of how long you are exposed. Do not try to bake yourself! A sunburn today will go away, but the damage from it can sometimes show up years later.

Until next time. Take care of you!

Great links for skincare info:

https://www.ewg.org/sunscreen/report/the-trouble-with-sunscreen-chemicals/#.Wz4_UFKZPUo

<https://www.skinnbody.co/blog>



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Health and Fitness

*Brandon Ivey, IFA Certified Personal Trainer
and Memorial Northwest Resident*

The Keto Diet

So many people get lost in the world in the way they eat with Taco Bell, Burger King and Pizza Hut, etc. There are a lot of diets you can go on fast and slow. Well, if you have given up hope and are looking for something to change your life, look no further than the Keto Diet. It is low carb, high fat, moderate protein, staying away from sugar and things that will make you crave foods and lack energy. For breakfast some people start off with bacon and eggs or pancakes. But if you change it up you can still enjoy the things that you love. So instead of regular pancake mix, you can try what is called the Keto Pancake breakfast. All you have to do is mix almond flour, cream cheese and eggs and mix all of that into a batter. Almost anyone loves to drink their coffee in the morning and if you are like me, ever since I was ten years old I never miss a morning without drinking coffee. However, without naming names coffee shops are just full of sugar that will have you end up crashing and craving more foods. So just go with a little stevia and if you want maybe a mint to give it that cool flavor. If you're going to make pasta for supper, instead



of the regular pasta you make zucchini noodles with a kitchen gadget. Instead of the traditional breading go ahead and use flex meal just to get the texture of the breading. Before the Super Bowl comes in February, let me tell you the healthy snacks you can make to watch the big game. Instead of jalapeno poppers that are covered in fat, you can make jalapeno poppers with bacon, sour cream and cheese and bake them for just 30 minutes. For dessert and hot chocolate, you just change to a low carb sweetener and it will taste better because you won't have all of the cravings and stomachaches afterwards. With just a few modifications, nothing too extreme or crazy, you can make anything healthier and taste great at the same time. Just remember to eat in moderation.

Stretching Class

Bring a mat and join us in the Community Center Meeting Room for stretching and coffee every Friday. It's free! Let's start stretching at 7 a.m. Stay after to talk with your neighbors and have some coffee! For more information contact Pamela Evans at thatfitnesstrainer@gmail.com or call 832-790-7053.

Fitness Center 101

Second Friday of every month from 7-8 p.m. Have you ever walked into our Fitness Center and had no clue as to where to start or even how to work any of the machines? Well, wonder no more. Two of our neighborhood Personal Trainers, Brandon Ivey and Pamela Evans, will be in the Fitness Center on the second Friday of every month to help you for free. They will show you how to work the machines, answer your questions and show you a few basic exercises to help you get started.

Upcoming dates: **August 10 • September 14**



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Exercise of the Month

Smith Lunge

By Pamela Evans, PFTA Certified Trainer
and Memorial Northwest Resident

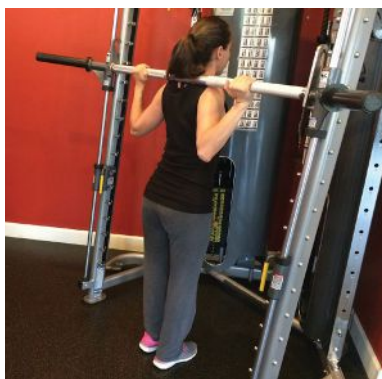
Type: Strength

Main Muscle Worked: Primarily Quadriceps

Secondary: Hamstrings, Glutes

Equipment: Smith Machine

Level: Intermediate



1. Place the bar height just below your shoulders.
2. Place the desired weight on the bar
3. Step under the bar and place the bar across the back of your shoulders
4. Hold on to the bar using both hands at each side and unlock it and lift it off the rack by first pushing with your legs and at the same time, you straighten your torso. Bring both feet together. This is your starting position.
5. Position your legs by placing one foot slightly forward under the bar and extending your other leg back. Then begin to slowly lower the bar by bending both knees as you maintain a straight posture with the head up.
6. Continue down until the angle of the upper leg and lower leg is 90 degrees. Inhale as you perform this portion

of the movement. Looking at your front leg, your knee should track over your foot but not past your toes. If your knee goes past your toes, you are placing undue stress on the knee.

7. Using mainly the heel of your foot, push up and go back to the starting position as you exhale.
8. Repeat for the recommended number of repetitions.
9. Switch legs and repeat the movement.

Variation: You can use a barbell or dumbbell to perform this exercise.

A more challenging version is doing it with a single leg and placing the other leg up on a bench.

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Monday - Thursday, 9 a.m. till 1 p.m.

August 13-16

DAILY SCHEDULE

9:00-9:30	Tennis warm-up and fun drills
9:30-10:15	Tennis strokes and tips
10:15-10:35	Snack
10:35-11:30	Tennis match play
11:30-12:30	Pool time
12:30-1:00	Lunch (Bring your sack lunch)

Disclaimer: A minimum of four students will be required per week.

Register today for Summer Tennis Camp
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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, pets 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.

Trash & Recycling

IMPORTANT REMINDER:

Both our household trash and our recycling are now garage door 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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18018 Vintage Wood Lane	17022 Shadow Valley Drive	18306 Thiess Mail Route Road
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