

# COMMUNITY

## Playing with sand at Fulshear Methodist Early Learning Center

By Laura Parker-Fox  
Staff Writer

Kids at Fulshear Methodist Early Learning Center (FMELC) have been having a great time at Summer Kidz Camp. This last week they learned all about the underwater animals like sharks, fish and whales.

All ages played in the sand and learned about the beach.

The older children sifted through the sand finding sea shells which they kept to make sand sculptures. They also made sand flags with their names on them. These types of activities help the children with fine motor and dexterity skills.

"We have lots of fun at FMELC," said Diane Lancaster, director of Fulshear Methodist Learning Center.

"We teach the children in all sorts of ways by using different themes, activities and arts and crafts. The children are so proud of their masterpieces, and we are so proud of them," Lancaster continued.

If you want to enjoy the fun at FMELC, or know somebody that does, give the FMELC staff a call at 281-533-0100. All are welcome!



Kids at FMELC showing off their painted shell sculptures and getting the sand between the toes! What fun!

## Boot Camp Challenge is Here in Fort Bend County

By Laura Parker-Fox  
Staff Writer

Sherry Wanamaker has brought to our area a new fitness craze, the Boot Camp Challenge. Do not let the name Boot Camp Challenge scare you. This program is designed to challenge you in a safe and supervised environment. The instructors will only push you as hard as your own fitness levels will allow and will help you reach your goal at your own pace.

Boot Camp Challenge (BCC), a group, personal training program, began over eight years ago in St. Peters, Missouri. Boot Camp Challenge is based on a specific program model which has been proven successful.

Wanamaker, since a child, had always made health and fitness a big part of her life. "I loved to exercise and was always trying to get my friends to join me. It just made sense to turn this passion into a career," said Wanamaker.

While staying at home for a few years with her children she realized that she did not want to return to an everyday office job. She wanted to do something more, something that fulfilled her life and those lives around her.

She obtained her Personal Training certification through ACE (American Council on Exercise) and worked as a personal trainer in a gym for a few years.

"I heard about Boot Camp Challenge and it seemed like a great way to reach a larger group of people while still being able to give on-on-one attention," Wanamaker continued.

Wanamaker decided that Fulshear and the west side of Katy was a great location because all of the health clubs and other similar fitness programs were concentrated in and around the Cinco Ranch area. She wanted to branch out and offer her services to everyone, not just inner-city residents.

The first step in starting

Boot Camp Challenge was for Wanamaker to travel to the Boot Camp Challenge training facility in St. Louis, Missouri to be trained and licensed to teach this particular boot camp program. Next, she needed to secure a location to run the program. She contacted River Bend Baptist Church in Fulshear and asked if they would be willing to let her use their parking lot for her Boot Camp Challenge.

"They were extremely receptive to the idea," said Wanamaker. "Since striking up a partnership with River Bend they have been extremely supportive of my program," Wanamaker continued.

Finally, she needed to let people know that Boot Camp Challenge had arrived in their area. She did this mainly with flyers that she distributed throughout the surrounding neighborhoods. "It took a lot of footwork," said Wanamaker. "I went door-to-door, posted my flyers on mailboxes and posted them at local businesses."

The first Boot Camp Challenge session was launched on May 11. The next six-week session begins on Monday, July 13 and will end on August 21. The Boot Camp Challenge meets currently from 5:30 to 6:30 a.m. on Mondays, Wednesdays and Fridays. Wanamaker plans to add additional classes at different times in the near future.

"One thing that makes this boot camp different than some others is that you will work only with myself. I do not work with any other trainers or have any assistants. I will be your exercise instructor as well as your nutrition coach. I have as much direct contact with each participant as they find helpful," said Wanamaker.

There will be a physical assessment at the beginning and end of each six week session. "That way I know your fitness level and we have a baseline to work from and you can see how much you've progressed

at the end of the program," Wanamaker continued. She also does a body composition at the beginning and end so you leave with measurable results.

The Boot Camp Challenge program is designed for all fitness levels. It does not matter if you have not exercised in years, or you exercise on a regular basis and are looking for something different to reach new levels of fitness.

"All of the exercises we do can be modified or intensified to meet your individual needs. You will be guided in exercise and nutrition by a knowledgeable professional and you will have the support of a group who are all working hard together. You will be pushed to challenge yourself but not pushed beyond your limits and you won't find an instructor yelling or using intimidation tactics at this Boot Camp," said Wanamaker. "You will get results and have fun if you follow all aspects of the program," Wanamaker continued.

Because the participants spend three hours a week together working towards a common goal they naturally form new relationships and have a great time while getting in great shape.

"I can't think of a better way to start your day! Before you even leave for work or start the day with your kids you will have done something invaluable for yourself," laughed Wanamaker.

People today have such hectic lives we often don't take enough time to care of ourselves by exercising and preparing healthy meals. Living a healthy lifestyle should be a priority for everyone. If you are interested in registering for the next session of Boot Camp Challenge please call Sherry Wanamaker at 713-367-6604 or email her at slwanamaker@comcast.net or go directly to her website at [www.bootcampchallenge.com/katytexas](http://www.bootcampchallenge.com/katytexas).

**Subscribe Today! 877-346-4949**

### Building Relationships is fun at FMELC Join Us for Kidz Camp at Fulshear Methodist Early Learning Center



**3 Sessions Available:**

- Session I**  
June 8, 2009 - June 30, 2009
- Session II:**  
July 1, 2009 - July 24, 2009
- Session III:**  
July 27, 2009 - August 19, 2009

**3 Day or 5 Day Programs Available for Children Ages 1 - 10.**

If you would like more information on FMELC or to find out how you can help a child receive a foundation for education at FMELC, call Diane Lancaster at **281-533-0100**

Each week has a unique theme, such as Pirates & Treasure, Rock & Roll, Circus and much more!

**Enroll Now — Space is Limited!**  
**281-533-0100**

Your local experts for:  
traditional braces • **invisalign™** • clear braces

JORGE GUTIERREZ, D.D.S.  
1260 Pin Oak Road, Suite 208  
Katy, Texas 77494  
281-392-0888  
866.NO.BRACES  
[www.ClearChoiceOrtho.com](http://www.ClearChoiceOrtho.com)  
[Katy@ClearChoiceOrtho.com](mailto:Katy@ClearChoiceOrtho.com)



You can find *The Fulshear Times* at the following locations:

- Snowflake Donuts,
- Doziers, Corner Hardware and Supply, Ropers,
- Simonton Grocery, Simonton Post Office and Flying J in Brookshire

### Seven Meadows - *Now Open!*

South Fry @ Katy Gaston



**Yes, You Can Bank Here!**

Members Choice Credit Union is a community credit union where you can bank. Serving Fulshear, Katy, Brookshire and more, you're not just a customer, you're a member/owner. As a member, you can choose from a wide range of products and services including:

Loans	Conveniences
<ul style="list-style-type: none"> <li>▶ New &amp; Pre-Owned Vehicles</li> <li>▶ Home Mortgage</li> <li>▶ Home Equity</li> <li>▶ MasterCard</li> <li>▶ Personal/Signature</li> </ul>	<ul style="list-style-type: none"> <li>▶ FREE Home Banking</li> <li>▶ FREE Bill Pay</li> <li>▶ 32,000 ATMs</li> <li>▶ Debit Cards</li> <li>▶ E-statements</li> </ul>

Deposits & Investments
<ul style="list-style-type: none"> <li>▶ Reward Checking — <i>Earns High Interest!</i></li> <li>▶ Money Market</li> <li>▶ IRAs</li> <li>▶ Certificates of Deposit</li> <li>▶ Youth Accounts</li> </ul>

281.398.9900  
[www.mccu.org](http://www.mccu.org)



Grand Parkway @ Peek • Park Row @ Hwy 6  
N. Fry, South of Clay • S. Fry @ Katy Gaston • S. Mason @ Cimarron (ATM Only)