

Wortham Villages

Volume 4, Issue 9
Wortham Villages

September 2004

www.worthamweb.org

New & Old Friends meet at the Bus Stop on the First Day of School!



Splinters From the Board

By Stan Schoen

E-mail: sschoen@worthamweb.org

Website: www.worthamweb.org

September 2004

It's that time again where you decide who will run this community. We have so many bright minds out there and all comers are welcome to sign up for possible election. Please contact Crest Management or any board member if you have any desire to be on the Board of Directors for Wortham Villages Community Association.

We also need to get our committees rolling again. These committees are so important to the success of our neighborhood and really tell us all what the pulse of residents is. Please tell us if you have any interest and what that interest is. We will have sign up sheets at the election site for you to sign up on any given committee you feel like you would enjoy and can make a difference. One of our many important committees is security. It amazes me with all the notoriety that security gets, we have no one that will take this bull by the horn and make it work for us. So many people have done so many wonderful things and we cannot let this go to waste. We had a national night out on August 3 and only one street (Carriage Lake) was represented and the Sheriff, Tommy Thomas, was out here and got to see a lack of interest and this from a place where we have been #1 in everything we've ever done. Need more motivation? We have a phone tree that has so many dead limbs it is no longer effective. The purpose of this phone tree was to have as many people made aware of serious situations in our neighborhood such as child abduction, burglary, suspicious vehicles, etc. This is very important and we need to treat it with the importance this deserves. We should not wait for something devastating to happen to get this done. Let's be proactive and not reactive to this so if you have any organizational skills, a tiny bit of leadership and can communicate then please sign up for a committee position or a chair. We truly need you. This is one committee of many that we need to get going.

The neighborhood is in great shape as I've said all along. We are financially sound and we're looking good thanks to all of our caring residents.

Make it a great day! See you at my table.

Wortham Villages

IMPORTANT NUMBERS

MANAGEMENT

Crest Management 281-579-0761

Tami Martin (Manager)

Rita Keller, (Assistant/ARC) rita@crest-management.com, Ext. 16

Robin Motley (Accounting) Ext. 24

Fax number 281-579-7062

BOARD MEMBERS

Stan Schoen sschoen@worthamweb.org

Jonathan Armstrong jarmstong@worthamweb.org

Steve Carter scarter@worthamweb.org

Rick Anderson randerson@worthamweb.org

Rebecca McShane rmcsane@worthamweb.org

COMMITTEE CHAIRPERSONS

Architectural Control - Crest Management 281-579-0761

Clubhouse - Tina Clinkenbeard 281-970-7324

Directory - Rebecca McShane 281-890-7300

Information Signs - Christina Sheehy 281-890-0978

Park Committee - Michael Patrick 281-894-4880

Pool Committee - Randall Reinhardt 281-970-2901

Social - Margaret Carnicle 281-955-7584

Tennis Committee - Dorota Jankovsky 281-955-9626

EMERGENCY NUMBERS

Life Threatening Emergency 911

Fire 911

Sheriff's Department 911

Poison Control 281-654-1701

NON-EMERGENCY NUMBERS

Ambulance 713-466-4073

Cy-Fair Med. Clinic (24 hr) 281-890-5285

Sheriff's Department 713-221-6000

Harris County Health Dept. 713-526-1841

Animal Control 281-999-3191

FBI 713-693-5000

UTILITIES

Electricity - HL&P 713-207-7777

Gas - Entex 713-659-2111

WATER & SEWER - MUD 222 (AquaSource)

Service & Billing 713-983-3602

Leaks & Repair 713-983-3604

Telephone - Southwestern Bell 713-237-6202

Cable TV - Warner 713-462-8170

Street Lights 713-207-2222

Garbage & Recycling (Republic Waste) 281-446-2030

NOTE: If you have complaints about garbage service, after you call Republic Waste please notify AquaSource of your complaint.

NEWSLETTER PUBLISHER

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Adver./Donna Sommer dsommer@PEELinc.com, 832-237-4684

U.S. POST OFFICE - FAIRBANKS STATION

7050 Brook Hollow West 713-937-9108

The Social Section

The Kindergarten Social is a fun way for kids to meet their future Wortham classmates before the first day of school. A HUGH thanks goes out to Kim Lacagnina for organizing the activities this year. Thank you Kim and to all the volunteers who helped make this event a success.

The Fall Festival is right around the corner. Please contact Rachel Gerhardt at 832-912-1447 you have any questions or if you would like to help out this year.

Karen Watson

281-469-4219

karenwatson@houston.rr.com

Kindergarten Kids Meet

A big thanks to everyone who helped with the kindergarten party this year. About thirty kids were there to meet other children entering kindergarten this school year. The kids decorated a picture frame and munched on some goodies, all in an effort to ease the transition from preschool to kindergarten. Good luck to all our Wortham kindergartens and their parents!



*Sabrina Sommer & Catherine Yanowski
decorating picture frames.*

Security Committee Chairperson Needed

The Wortham Board of Directors is looking to fill the Security Committee Chairperson position. If you are interested in this position, please contact a board member immediately.

Wortham Villages

Cypress Falls Senior Class of 2005

Attention All 2005 Cy-Falls Senior Parents....

Well.... It's finally here. Your little one is now a senior. My how time flies. Won't you please join us and be a part of one of the biggest events in your senior's final year in high school? Project Prom-2005 meetings will be held in the Cy-Falls High School Library now through April 2005. Below are the scheduled meeting dates. Please make a note on your calendar now and plan to join us.

This month's meeting will be **Monday, September 20th at 7:00 PM** in the Cy-Falls High School Library.

If you have any questions, please feel free to contact **Barbara Whiteley** at **281-463-3016**. She will be happy to answer your questions. This is a great opportunity to get to know the parents of your senior's friends and classmates and be an integral part of this important event.

MEETING DATES: MONDAY EVENINGS @ CY-FALLS LIBRARY:

Upcoming meetings are scheduled for September 20th / October 18th / November 15th / December 13th / January 24th / February 21st / April 18th. Hope to see you there!

PROM/PROJECT PROM DATES: May 6-7, 2005

Para traducción en español por favor llame a Elenora Avellan @ 281-774-6698 or email eaavellan@aol.com

September WOW

Please join us for a night of food, drinks, and great conversation as the Women of Wortham gather for our September meeting. We'll meet at the home of Angela McDaniel, 11203 Carriage Lake Dr. on Thursday, September 23rd at 7:00 p.m. Bring a fall-themed item (wrapped) for a gift exchange and an appetizer to share.

See you there!

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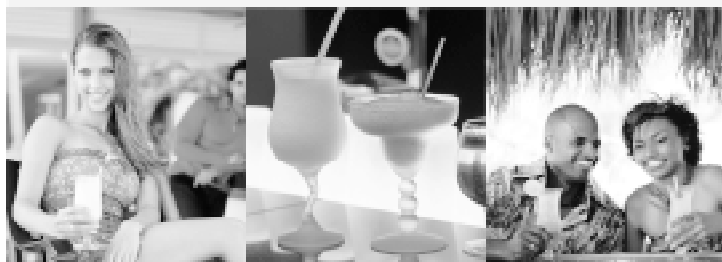
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Take the Locks of Love Challenge!

Dragana Harris

With great excitement and a little nervousness, two friends who have known each other since kindergarten strolled into Ulta Salon, their entourage in tow, to do an extraordinary thing – get their hair cut. But this wasn't just any haircut. Emilia Harris and Victoria Teague were there to donate their flowing golden tresses to Locks of Love, a non-profit organization that provides hairpieces to financially disadvantaged children suffering from long-term hair loss.

Once in the salon, five highly animated teenage girls and a couple of siblings took the decibel level to new heights as other innocent clients watched in awe at the proceedings.

Emilia went first, with Victoria's hands firmly holding hers for support, and the mommy paparazzi ready to document the auspicious event. After quickly braiding her ultra-thick blonde hair, the hairstylist worked diligently with the scissors and in seconds, more than ten inches of her crowning glory was gone, replaced by a sophisticated new bob. "Emilia, you look so pretty!" "The child that gets your hair will be very lucky" and "Look at the size of that braid!" were the comments that filled the air.

Victoria went next and took it like a champ. A few short snips, and her curly golden tresses were unceremoniously placed in a Ziploc bag! Her hair was then styled into a lovely flip. "What is daddy going to say?" was the definitive question, as we all know daddy strong wish for all three daughters to have long hair. Daddy is proud of his daughter's act and is slowly getting used to her new look. As the mommy paparazzi finished their jobs, the entourage praised both friends as they stepped outside, their heads and hearts a lot lighter for having helped some deserving kids.

Our expedition was a testament to kids' generosity. Locks of Love says the majority of all hair donated comes from children who wish to help other children. Why don't your take the challenge? Do something special for a child less fortunate. If you don't have ten inches of hair to donate, Locks of Love can always use volunteers or financial help. Go to locksoflove.org for more information.



*Emilia Harris and Victoria Teague
before their haircuts.*



Emilia went first!



The entourage, from left to right: Hilary Leahy, Kari Scarborough, Elizabeth Teague, Emilia Harris, Victoria Teague, Kendall Ginsburg, Kelsey Anderson, and McKenzie Teague.

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Wortham Villages

Wortham Pool Schedule 2004

DATES	DAY OF WEEK	HOURS
August 12- Sept. 6	Monday	4:00 p.m. to 8:00 p.m.
September 11, 12, 18, 19	Tuesday	4:00 p.m. to 8:00 p.m.
	Wednesday	4:00 p.m. to 8:00 p.m.
	Thursday	4:00 p.m. to 8:00 p.m.
	Friday	10:00 a.m. to 8:00 p.m.
	Saturday	10:00 p.m. to 8:00 p.m.
	Sunday	12:00 p.m. to 8:00 p.m.
	Labor Day, (9/6)	10:00 a.m. to 8:00 p.m.

POOL TAGS

If you have not picked up your pool tags yet and your maintenance fees are current, please contact Crest Management for procedures on how to receive them.

Business Classifieds are \$45.00. Please contact Donna Sommer, dsommer@peelinc.com, 832-237-4684.

Community L.I.F.E. Programs have something for everyone

Cy-Fair College announces the Learning, Inspiration, Fellowship, and Enrichment program topics for September. This month's programs will help adults clear clutter Sept. 1, find the right words for important moments Sept 8, decorate a cake Sept. 15, "punch up" Power Point presentations Sept. 22 and research genealogy Sept. 29. **These Wednesday, 10 a.m. programs held in the Cy-Fair College Branch Library, are free to adults in the community.** Call 281-290-3213 for L.I.F.E. program information.

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*Jack Sommer celebrates his 9th birthday
with friends at the Wortham Pool.*

Library Offers Free Computer Workshops

Free Saturday Computer Workshops will be held at the Harris County Public Library Cy-Fair College Branch Sept. 11 with an "Introduction to Computers," Sept. 18 with an "Introduction to PowerPoint" and Sept. 25 with an "Introduction to Word." All sessions, designed for community members high-school age and older, will be held from 10 a.m. to 11 a.m. in LNRC 212. Classes are limited to 20 people, but walk-ins are welcome on a space-available basis. To register, call the Reference Desk at 281-290-3213 or e-mail cyfairlibrary@nhmccd.edu.

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Young at Heart, But Still at Risk

Baylor College of Medicine

Houston – (Aug. 3, 2004) – Active baby boomers who dread “getting old” can follow some simple lifestyle steps.

“As we age, our health risks increase,” says Dr. Lawrence Chan, professor of medicine and molecular and cellular biology and chief of the division of diabetes, endocrinology and metabolism at BCM. “Today’s baby boomers can lower their risks of illness associated with aging by adopting a healthier lifestyle.”

The American Cancer Society, American Diabetes Association and American Heart Association recently announced four guidelines that can reduce the risks of developing cancer, diabetes, heart disease and stroke:

- * Eat a healthy diet
- * Be active
- * Don’t smoke
- * See a physician

“I recommend a balanced diet that is low in simple sugars and high in fiber. Thirty minutes of moderate exercise, five days a week has also proven to lower the risk of developing diabetes,” says Chan, the Houston spokesman for the American Diabetes Association.

Chan encourages baby boomers to attain their ideal body weight, but warns that a trim exterior doesn’t always signify first-rate health. Regular visits to a physician are necessary to evaluate individual health risks.

The risk factors of cancer, diabetes, heart disease and stroke overlap, so decreasing the risk of one disease will essentially decrease the risks of others, says Chan.

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	Brenda Walker	281-970-0564
Birch Falls	Robin Sikkema	281-894-8924
	Lori King	281-955-6766
Brook Mill	Deanna Young	281-890-0598
Carriage Lake	Linda & David Douglas	832-237-1333
Carriage Lake North	Angela & Jim McDaniel	281-469-2417
Chestnut Woods	Ed & Pam Claiborne	281-469-7646
	James Saunders	281-469-3996
Dawn Point	Angelina Ramos	281-970-8545
Dogwood Blossom	Kimberly Kably	281-970-0861
	Karen Watson	281-469-4219
Elm Bridge	Kevin Boehm	281-955-6953
Fern Vale	Reschele & Philip Lawrence	281-469-6321
Harvest Dale	Tammy Fowler	281-807-0014
	Deanna Gau	281-890-0547
Hickory Tree	Cindy Pickens	281-894-0444
Hillside Glen	Martin & Tamara Mayne	281-955-2240
	Peter & Lori Schubert	281-955-9706
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Magnolia Leaf	Becky Hubbard	281-890-7426
	Jamie Sejman	281-894-8615
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Orchard Hollow	Mike Dineen	281-894-6256
	Ricky Hooks	281-894-5240
	Sharon Kuzniarek	281-807-0465
Reedwood Ridge	Meya Edwards	281-890-7119
	Terry Kubinski	281-894-1331
Shady Fern	Carolyn Thornton	281-807-1816
Spruce Knoll	Doug Kohler	281-955-2491
Sycamore Heights	Donna Sommer	832-237-4684
	James Tang	281-469-3082
Timberland Trace	Bill & Geri Eubank	281-807-1780
	Sandra Peterson	281-897-9875
Town Elm	Mike Dineen	281-894-6256
Tulip Garden	David & Jill Jones	281-955-8972
	Lena Lahasky	281-955-7890
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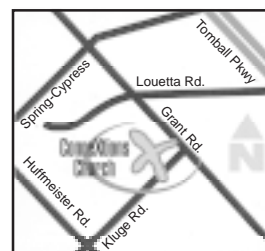
WVCA Newsletter Policies

Call Donna @ 832-237-4684 or Email to Worthamnews@aol.com any articles or information you would like to put in the newsletter.
NOTE: Articles must be submitted as a Word documents and photos as separate jpg files. Photos imported into a Word document or PDF files are not acceptable. Please include your name and phone number, also. The deadline for submitting news is the 15th of each month for the following month's newsletter.

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Wortham Villages

Back-to-School Eye Exams Deserve an A-Plus

Baylor College of Medicine

HOUSTON – Back to school essentials: pens, pencils, erasures, and...eye exams?

"Many elementary schools provide routine eye examinations, and as long as they are done correctly, they are a sufficient way to detect vision problems," says Dr. Evelyn Paysse, an associate professor of ophthalmology at Baylor College of Medicine (BCM) in Houston. "These examinations check for a certain level of visual acuity based on a child's age. For example, literate children are tested with lettered vision charts, while younger children are tested with picture charts."

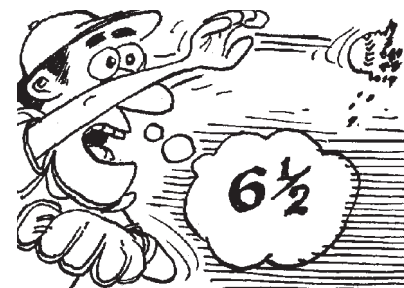
In between eye examinations, parents can monitor their child's eye health by detecting problematic symptoms. According to Paysse, also a pediatric ophthalmologist at Texas Children's Hospital, the following are common indicators of eye disorders:

* Drooping of an eyelid.

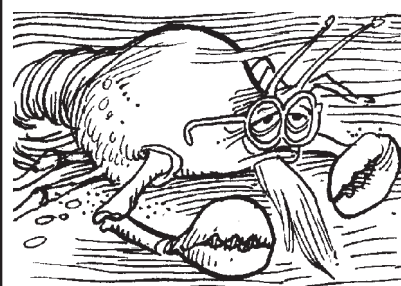
- * Intermittent or constant drifting of one or both eyes.
- * Involuntary movement of the eyes.
- * Misalignment of the eyes.
- * Squinting of one or both eyes.
- * Staring closely at visual material.

If parents suspect their child has an eye disorder, they should discuss their concerns with their primary care physician who can perform a vision and eye health screening. If any abnormalities are found, an appointment with an eye care specialist for diagnosis and treatment options should be made.

"If an eye problem is left untreated, permanent vision loss can develop," says Paysse.



In the major leagues, a baseball has an average life span of seven pitches.



Some lobsters can live to be more than 100 years old.

2004 College Football Schedule

HOUSTON Cougars

DATE	OPPONENT	TIME
Sept. 5	Rice	4:00 pm
Sept. 11	at Oklahoma	TBA
Sept. 18	Army	7:00 pm
Sept. 23	Miami	6:30 pm
Oct. 2	at Memphis	1:00 pm
Oct. 7	at Southern Miss	6:00 pm
Oct. 23	at TCU	6:00 pm
Oct. 30	Tulane	4:00 pm
Nov. 6	East Carolina	4:00 pm
Nov. 13	at UAB	3:00 pm
Nov. 20	Louisville	4:00 pm

TEXAS A & M Aggies

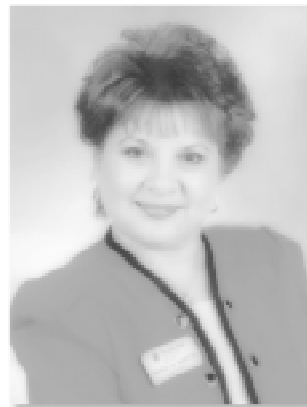
DATE	OPPONENT	TIME
Sept. 2	at Utah	6:30 pm
Sept. 11	Wyoming	2:30 pm
Sept. 18	Clemson	6:00 pm
Oct. 2	Kansas State	TBA
Oct. 9	at Iowa State	TBA
Oct. 16	at Oklahoma State	TBA
Oct. 23	Colorado	TBA
Oct. 30	at Baylor	TBA
Nov. 6	Oklahoma	TBA
Nov. 13	Texas Tech	TBA
Nov. 26	at Texas	2:30 pm

TEXAS Longhorns

DATE	OPPONENT	TIME
Sept. 4	North Texas	TBA
Sept. 11	at Arkansas	TBA
Sept. 25	Rice	TBA
Oct. 2	Baylor	TBA
Oct. 9	at Oklahoma in Dallas	11:00 am
Oct. 16	Missouri	TBA
Oct. 23	at Texas Tech	TBA
Oct. 30	at Colorado	TBA
Nov. 6	Oklahoma State	TBA
Nov. 13	at Kansas	TBA
Nov. 26	Texas A&M	2:30 pm

RICE Owls

DATE	OPPONENT	TIME
Sept. 5	Houston	4:00 pm
Sept. 18	Hawaii Rainbows	7:00 pm
Sept. 25	at Texas	TBA
Oct. 2	at San Jose State	8:00 pm
Oct. 9	SMU	7:00 pm
Oct. 16	at Nevada	8:05 pm
Oct. 23	at Navy	12:30 pm
Oct. 30	at Tulsa	2:05 pm
Nov. 6	Fresno State	2:00 pm
Nov. 13	at Texas-El Paso	8:05 pm
Nov. 27	Louisiana Tech	2:00 pm



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Wortham Villages

College Freshmen, Beware: 'Dorm Disease' Set to Return

Baylor College of Medicine

HOUSTON — High school graduates have more in common with newborn babies than one would think. Although departing the proverbial family nest, incoming college freshmen need vaccinations, too.

Meningococcal meningitis, the bacterium-induced inflammation of the lining of the brain, primarily affects first-year college students who live in dormitories. While health experts do not fully understand why this demographic is more susceptible than others, they have long believed that living in close quarters provides the most logical explanation.

"For reasons that are not completely understood, young adults are susceptible to being infected as they go away to school and live in dormitories," said Dr. David Tweardy, chief of infectious diseases at Baylor College of Medicine in Houston.

The culprit, a bacterium called *Neisseria meningitidis*, is transmitted person-to-person and settles in its hosts' nasal passages, where it can reside for days and even weeks at a time. The organism either remains in a harmless state or enters into the bloodstream and gains

access to the brain where it causes infection. People whose immune systems have no prior exposure to the bacterium are the most susceptible to infection.

Out of approximately 3,500 cases of meningococcal meningitis each year in the United States, up to 10 percent of patients die within a few days to weeks of contraction. Even those who survive infection may suffer from serious neurological repercussions like permanent hearing damage.

Detection of bacterial meningitis can be tricky because of its non-specific symptoms, which may include fever, headache, malaise, nausea and vomiting. Photophobia, the fear of bright light, a stiff neck and a runny nose may also occur.

Although physicians are not always diligent about vaccinating graduating high school students, a growing number of colleges are treating incoming freshmen as soon as they set foot on campus.

"Getting vaccinated is a benefit to reduce the small but nonetheless real risk of getting this disease, which can be devastating," said Tweardy.

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Easy Granola Pie Wins Million-Dollar Prize



(NAPSA)-One million dollars. That was the top prize at the 41st Pillsbury Bake-Off(r) Contest won by Suzanne Conrad of Findlay, Ohio, with her delicious Oats 'n Honey Granola Pie. She was among 100 of the best amateur cooks at the country's most celebrated culinary competition held in Hollywood.

Conrad, a wife and mother of two, created her entry by adapting a family-favorite pie. The judges agreed that her recipe surpassed the 99 other contestants, because of its wonderful flavor and simple preparation. For all recipes in this year's Bake-Off(r) finals, visit www.pillsbury.com.

OATS 'N HONEY GRANOLA PIE

CRUST

- 1 Pillsbury® Refrigerated Pie Crust (from 15-oz. box), softened as directed on box

FILLING

- 1/2 cup butter or margarine
1/2 cup packed brown sugar
3/4 cup corn syrup
1/8 teaspoon salt
1 teaspoon vanilla
3 eggs, lightly beaten
4 Nature Valley® Oats 'n Honey Crunchy Granola Bars (2 pouches from 8.9-oz. box), crushed*
1/2 cup chopped walnuts
1/4 cup quick-cooking or old-fashioned oats
1/4 cup chocolate chips
Whipped cream or ice cream, if desired

Heat oven to 350° F. Place pie crust in 9-inch glass pie pan as directed on box for one-crust filled pie. In large microwavable bowl, microwave butter on high for 50 to 60 seconds or until melted. Stir in brown sugar and corn syrup until blended. Beat in salt, vanilla and eggs. Stir crushed granola bars and all remaining filling ingredients into brown sugar mixture, except whipped cream. Pour into pie crust-lined pan. Bake at 350° F. for 40 to 50 minutes or until filling is set and crust is golden brown, covering crust edge with foil during last 15 to 20 minutes of baking to prevent excessive browning. Cool at least 30 minutes before serving. Serve warm, at room temperature or chilled. Serve with whipped cream or ice cream. Store in refrigerator. 8 servings
* To easily crush granola bars, do not unwrap. Use rolling pin to crush bars.

Cy-Fair College Hosts Fall Film Series

Join Cy-Fair College professors and student organizations as they host more than 20 films this fall featuring a variety of Hollywood, independent and foreign releases followed with discussions and held at the Barker Cypress campus and Fairbanks Center at no charge to students or the community. The film series, which is part of an effort to promote cultural activities on campus, is also offered as a free continuing education class. Those interested may register at the film event.

September film schedule:

Sept. 1 (noon) - "Salvador"

Sept. 2 (7 p.m.) - "House of Sand and Fog"

Sept. 7 (7 p.m.) - "Pelle the Conqueror"

Sept. 9 (7 p.m. at Fairbanks) - "11'09'01-September 11"

Sept. 15 (2:30 p.m.) - "Like Water for Chocolate"

Sept. 16 (7 p.m.) - "The Invisible Children"

Sept. 21 (7 p.m.) - "Pi"

Sept. 22 (2:30 p.m. at Fairbanks) - "It Happened One Night"

Sept. 30 (2:30 p.m.) - "The Contender"

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Runny Nose Or Nasal Allergy?



Child allergies are nothing to sneeze at. A non-medicated spray can help relieve the symptoms.

(NAPSA)-Your child has had a runny nose and cough for several weeks now. You realize that this is her third or fourth cold this summer. In fact, she never really seems to get completely well in between the colds. You are growing weary of the constant nose wiping and doses of cold medicine during the night just so she-and you-can sleep. When will these colds end? Or could it be allergies? How do you tell? Here is some information to help you treat these bothersome symptoms.

First, common signs of nasal allergy include nasal congestion; clear runny nose; itchy nose; excessive sneezing; itchy, watery, red eyes and recurrent ear infections.

For children suffering from nasal congestion, many parents use a non-medicated product such as Baby Ayr Saline Nasal Spray/Drops. This helps to loosen and thin secretions to aid in the removal of mucus from the nose and sinuses.

To learn more, visit the Web site at www.bfascher.com.

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NUTRITION NEWS & NOTES

Strawberries: A Healthy Indulgence

(NAPSA)-There are ways to keep your sweet tooth from taking a bite out of your diet plan. Dietitians say the key is to find healthful ways to meet your need for sweets. They recommend guilt-free indulgences, such as California strawberries. These are naturally sweet, low in calories and sugar-and they pack a nutritional punch. Research shows that eating eight strawberries a day may actually improve risk factors for poor heart health. It may also help lower blood pressure, reduce the risk of some cancers and support cognitive memory. In fact, the California Strawberry Commission says that strawberries give consumers "The Red Edge" for better health. Many dietitians consider them a "superfood" because of their high levels of:

- vitamin C-strengthens the immune system,
- folate-heals tissue and produces red blood cells,
- potassium-helps regulate blood pressure,
- fiber-helps lower blood cholesterol.

"When looking for simple snacking solutions for my clients, strawberries are at the top of my list," explains registered dietitian Deanna Conte. "They're loaded with folate, fiber, potassium, vitamin C and other antioxidants, which are critical for a healthy diet. California strawberries are also naturally low in sugar-making them the perfect indulgence for any diet-even low-carb ones."

California strawberries are in great supply throughout the year, making it easier to incorporate them into a nutritious healthy diet.

For a sensational pick-me-up, try this Strawberry-Ginger Refresher. This combination of California strawberries, pineapple, ginger and honey will awaken your senses and give your body a nutrient and energy boost.

STRAWBERRY-GINGER REFRESHER

Prep time: 5 minutes

- 1 cup frozen whole unsweetened California strawberries
- 1 (8-ounce) can unsweetened pineapple chunks, with juice
- 1/2 cup soy milk
- 1 tablespoon honey
- 1/2 teaspoon grated ginger

In blender, combine all ingredients and puree until smooth.

Makes 1 (16-ounce) serving.

Nutrition Information Per Serving: 230 calories; 3 g fat; 0 mg cholesterol; 21 mg sodium; 52 g carbohydrate; 6 g fiber; 5 g protein; 9% calories for fat.

For more recipes and information, visit the Web site www.calstrawberry.com.



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WORTHAM MARKET REPORT

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	Feb 04	Mar 04	Apr 04	May 04	Jun 04	Jul 04
\$210,000 +	0	0	1	0	0	0
\$190,000-209,999	0	0	1	0	0	0
\$170,000-189,999	0	2	2	2	1	4
\$150,000-169,999	3	2	2	2	1	0
\$130,000-149,999	0	0	0	0	0	0
\$130,000 -	0	0	0	0	0	0
TOTAL	3	4	6	4	2	4
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