

Volume 2, Issue 7 Village Creek Community Association

July 2005

Kids And Canines: What Every Child Should Know

(NAPSA)-A dog's wagging tail and soft, fluffy ears can be as irresistible as the forbidden cookie jar to a child. But while the family pet is tolerant and patient with your child, other dogs may not be. So it's important to teach your child how to behave safely around all dogs.

"Most of the time dogs and kids make great companions," says canine behavior expert Dr. Mary Burch. "However, sometimes dogs can view a child as 'one of the pack' and play rough, or misinterpret a child's actions as threatening."

The American Kennel Club advises parents to teach their young children how to treat all animals with care and consideration, and how to steer clear of potentially dangerous situations.

What Kids Need To Know:

- Always ask a dog's owner if you may pet the dog. Some dogs shouldn't be touched. He may be "on duty" as a service dog or he may be ill or afraid of children.
- Approach a dog from the front or side-not from behind. Hold your hands low and speak softly. Do not surprise a dog, force him into a corner, wave your hands or scream at him.
- Dogs may get defensive at the food dish. Don't interfere when a dog is eating and never put your hands between a dog's mouth and his bowl.
- Some dogs are very protective of their balls or chew toys. Never take a bone or toy from a dog's mouth unless he's trained to drop it or give it to you.
- Avoid teasing, rough wrestling, or tug-ofwar games. Dogs may get too enthusiastic and forget you are not a dog. Fetch, frisbee and agility are better outlets for your dog's



Children should always ask the owner's permission before touching a dog.

energy.

- Respect a dog's space. Dogs naturally defend their territories. Do not stick your hand inside a strange dog's crate or car window.
- Never try to break up a dogfight. Trying to separate fighting dogs may make them more excited, and they might turn on you or accidentally bite you. Call an adult for help.
- Observe canine body language. Beware of a dog that is barking, growling or showing his teeth. Stay away if his ears are back or his hair is standing up on his back. Say "NO" firmly and slowly walk away with your arms by your side. Do not scream, stare into his eyes or run away.

Teaching parents and children how to behave safely around dogs is at the heart of AKC Responsible Dog Ownership Day. Please join the AKC and more than 400 affiliated clubs and organizations in September to celebrate. Visit www.akc.org to find an event near you.

Recycle

It is such an easy thing to do! Residents can simply call Waste Management, log onto their website at www.



wastemanagement.com to get started. WM will deliver a recycling bin to your home. You simply throw all your newspapers, aluminum cans, and plastics in a single bin. You set the bin out with your trash on Friday, and someone will pick it up. There's no excuse not to! With so many parents in the neighborhood, this is an easy thing we can do to help make the world a better place for our kids.



View the Village CreekCommunity Newsletter each month online at www.PEELinc.com

IMPORTANT NUMBERS

| Association Management Inc | | | |
|---|--|--|--|
| Klein Fire Dept. #6 | | | |
| Harris County Sheriff | | | |
| Tomball ISD | | | |
| Willowcreek Elementary | | | |
| Northpointe Intermediate | | | |
| Willow Wood Junior High | | | |
| Tomball High School | | | |
| Entex | | | |
| HLP Street Lights | | | |
| (provide pole # and closest address) | | | |
| Newsletter Publisher | | | |
| Peel, Inc. | | | |
| Adver., Kelly PeelKelly@PEELinc.com, 512-589-5471 | | | |

Homeowner Board Representatives

Village Creek Residents

Do you have a question about how things are done in your community? Contact one of your board members for the answers! Scott Porto, Cobble Shores...stporto@sbcglobal.net,281-379-2290 Brett Gilmore, Flower Mist.....kellygilmore@ev1.net, 281-376-8419

Please support the business that advertise in the Village Creek
newsletter.. Their advertising dollars make it possible for all
residents to receive a newsletter each month at no charge. No
homeowners association funds are used to produce or mail the
newsletters. If you would like to support the newsletter by
advertising, please contact our sales representative, Kelly Peel
@ 512-589-5471 or Kelly@PEELinc.com for ad information and
pricing The deadline for ads is the 10th of each month for the
upcoming month's newsletter.

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Fresh Cucumber Salad



Combine mayonnaise, sugar, and vinegar. Pour over sliced cucumbers and onions. Salt and pepper to taste. Chill approximately 2 hours before serving.

How May We Help You?

Our ears (and e-mails) are open and we are listening! The Village Creek Women's Club (VCWC) wants to know how we can best serve you—the residents of Village Creek, and our community. For those who do not know about the VCWC, we are a group of residents who meet once a month to discuss events we can sponsor for the community, such as the recent Summer "Picnic by the Pool" Mixer, the Spring Easter Egg Hunt, and the upcoming Fall Festival and Craft Fair to name a few. In addition, we are developing numerous committees to better serve the community and make certain everyone has their needs met. Some of the committees we are creating and/or currently have are:

Welcome Wishes Committee

Newsletter (Village Gazette) Committee Community OUTREACH Committee

Sponsors/Donations Committee

Membership Committee

Social Committee (responsible for many of our social events) Decorations Committee

We would love to have as many as 5 people per committee with one chair-person and possibly a co-chair if needed. You can serve on as many committees as you wish or that interest you. We know that everyone has different areas of interest and hobbies, and hopefully one of these committees will spark your desire to pitch in and get involved in the social activities of the neighborhood. If you have any ideas, suggestions, or comments regarding how the VCWC can better serve the community, please contact us, or attend a meeting. The meetings are open to ALL RESIDENTS (despite the name), and we welcome new faces, fresh ideas, and good fun.

___Please feel free to contact President Darla Porto at <u>dkhere@sbcglobal.</u> <u>net</u> or Vice-President Carissa Nelson at <u>vcwc@sbcglobal.net</u> to provide suggestions or if you need information on meeting dates and times. We are here to serve the community so we value your input on how we can best serve you.

Do Your 'Homework' Early Before Traveling Abroad

Baylor College of Medicine

HOUSTON – (June 17, 2005) – Headed to a tropical resort or for an exotic safari? Learn about possible health risks before skipping town, say physicians at Baylor College of Medicine (BCM) in Houston.

"There are many differences in terms of health risks based on what part of the world you are visiting, how long you will be gone, and what types of activities you are doing," said Dr. James Kelaher, assistant professor of medicine and director of occupational health at BCM. "Even within a small region, there can be big differences regarding health safety risks between cities and rural areas."

International travelers should consult their primary care physician or a local clinic with a travel center. Kelaher also recommends doing research about health safety in the region of interest.

"There can be outbreaks like polio or malaria in some parts of the world that vary in intensity at different times the year, so you need to get the latest information," Kelaher said.

In addition to reading up on infectious disease, travelers must prepare for injuries they could sustain from motor vehicle accidents and other health and safety hazard risks. Some health services may not be available at hospitals or clinics where they are heading.

Kelaher recommends that the following steps be taken before departing:

- Consult the Center for Disease Control (http://www.cdc.gov/travel), which offers detailed resources that assess varying health risks in different parts of the world.
- Check in advance on visa and admission requirements of the country you plan to visit. Some vaccines and health services may be required for entry.
- Consider getting health insurance for traveling abroad. Many health services overseas are expensive and available on a cash-only basis. Also, insurance companies are often limited to reimbursement of out-of-pocket expenses after the fact rather than direct correspondence with foreign hospitals.
- Assemble a "traveler's pack" with medical supplies such as additives that can purify water. While overseas, drink bottled water, and find out how your food is washed and handled.

Above all else, Kelaher recommends that travelers not wait until the last minute to get immunized.

"Some vaccines are hard to find, and others can be a multi-shot series that may take months to be fully immunized," said Kelaher. "As soon as you know where and when you are going, get your vaccine records together and contact your doctor. Good planning helps."



Texas Events - July

4—HOUSTON: Fourth of July at Miller Outdoor Theatre Houston Symphony continues its annual celebration at Hermann Park. Includes fireworks and Tchaikovsky's 1812 Overture accompanied by a dramatic 16-cannon salute. www.milleroutdoortheatre.org 713/224-7575

4—HOUSTON: The Freedom Over Texas Festival Annual July 4 downtown celebration features live entertainment, food booths and a world-famous fireworks display. Eleanor Tinsley Park. www.festivalsofhouston.com 713/555-9753

4—KEMAH: Fireworks View fireworks shot from a barge in Galveston Bay. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

4—SOUTH PADRE ISLAND: Fourth of July Fireworks Over the Bay Begins at 9:15 p.m. Bayside between Marlin and Red Snapper streets. 800/767-2373

8-10, 15-17—HARLINGEN: *Wizard of Oz* Little Dorothy Gale of Kansas dreams frequently of what lies over the rainbow. One day a twister hits her hometown and carries her away — over the rainbow. Harlingen Performing Arts Theatre, 1209 Fair Park Blvd. 956/412-7529

8, **15**, **22**, **29**, **Aug. 5—ROSENBERG: Hot Summer Concerts** Music fills the streets of Rosenberg as bands and musicians showcase their talents in free concerts. Performers are Phil Johnson & Rush Hour on July 8, John Gaar Band on July 15, Rob Darien and The Outside Dogs on July 22, Ezra Charles & The Works on July 29, and Son Tumba'o on Aug. 5. Hours are 7 to 10 p.m. Downtown Park on Avenue G. E-mail: rebeccac@ci.rosenberg.tx.us • www. rosenbergtourism.com 832/595-3520

9—WEST COLUMBIA: Brazoria County Bluegrass Concert Begins at 7 p.m. American Legion Hall, 213 N. 14th St. 979/265-4757

9—WEST COLUMBIA: Miss Ima's Birthday Celebrate with a tea party on the front porch of the museum. Includes a talk about Miss Ima and her family and fan painting. Hours are 10 a.m. to 2 p.m. Varner-Hogg Plantation State Historic Site. 979/345-4656

9-10—HARLINGEN: Lone Star Shootout Softball Tournament First place teams in all divisions receive an at-large berth in the 2005 Texas Championship Series. Harlingen Sports Complex Ball Park, 3139 Wilson Road. 956/245-0264

9-10—ROSENBERG: Fort Bend County Antique Market Fort Bend County Fairgrounds. E-mail: info@cwgs.com • www.cwgs.com 512/441-2828

13-18—HOUSTON: *The Music Man* Tells the story of Professor Harold Hill, a con man who — in order to sell band instruments — convinces the citizens of River City, Iowa, that he can teach their children to play in a magnificent marching band. Theatre Under the Stars at Miller Outdoor Theatre. www.tuts. com 713/558-2600 Gulf Coast

15—VICTORIA: Country Opry Community Center Annex. 361/552-9347 **15-17—PORT ARANSAS: Outboard Fishing Tournament** Offers a fishing tournament for boats powered exclusively by outboard motors. Registration is Friday. Fishing days are Saturday and Sunday. Robert's Point Park. 361/749-6211

15-17—PORT NECHES: Port Neches Trade Days Find arts & crafts vendors, antiques, food vendors, local entertainment, Longaberger baskets, special order



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baked goods, custom painted furniture and more. Port Neches Avenue. E-mail: pncoc@swbell.net 409/722-4023

15-Sep. 25—HOUSTON: *Bill Traylor, William Edmondson & the Modernist Impulse* Exhibition includes approximately 80 works from across the country — about 50 drawings and paintings by Traylor and 25 sculptures by Edmondson. Artworks are accompanied by photographs of the artists at work. The Menil Collection. www.menil.org 713/525-9400

16—GALVESTON: Artwalk Wine stroll takes people through art galleries, antique shops, designer clothing stores and exclusive boutiques. Hours are 6 to 9 p.m. Historic Strand District. 409/763-2403

16—VICTORIA: Market Day Special Events Area in Riverside Park. E-mail: parks@victoriatx.org • www.victoriatx.org 361/485-3200

16-17—BROWNSVILLE: Brownsville Police Association Annual Redfish, Surf Fishing Tournament Boca Chica Beach. E-mail: aflores3550@cob.us 956/548-7000 or 956/266-5050 Gulf Coast

16-17—SOUTH PADRE ISLAND: 43rd Annual Beachcombers Art Show & Sale Features artists from the Southwest. SPI Convention Centre. 956/425-4994

22-23—PORT ARANSAS: Blue Wave Owners Tournament Fishing tournament is held for owners of boats manufactured by Blue Wave. www. bluewaveboats.com 918/473-6768

22-25—ALVIN: 100 Mile Sale to the Surf Take a shopping tour across Brazoria County along Hwy. 288 and Hwy. 35. Maps are available at the Alvin Convention and Visitor Bureau. www.alvintexas.org 281/585-3359 or 800/331-4063

23—PORT ARTHUR: Nighttime Alligator Count & Marsh Tour Take a trip down 5 miles of the best alligator habitat in Texas and census the alligators. Hours

are 8:30 to 10:30 p.m., weather permitting. Permits and reservations required. J.D. Murphree Wildlife Management Area. 409/736-2551 ext. 23 or ext. 25

27-31—HARLINGEN: Pony Girls National Fast Pitch Softball Tournament Girls age 9 to 18 participate. Opening ceremony is 6 p.m. Wednesday at the Harlingen Field. Harlingen Sports Complex, 3139 Wilson Road. www.rgvpony. org 956/454-5078 or 956/399-8902

28-30—**CLUTE: Great Texas Mosquito Festival** Join in this fun-filled threeday family event. Enjoy about 100 different food and arts & crafts booths, carnival, contests and headline entertainers. Clute Municipal Park. E-mail: buzz@mosquitofestival.com • www.mosquitofestival.com 800/371-2971

29-30—HOUSTON: Houston Shakespeare Festival Two plays — *As You Like It* and *Hamlet* — are performed on alternating nights. Miller Outdoor Theatre in Hermann Park. E-mail: sjudice@uh.edu 713/743-3003

29-30—PORT ARANSAS: Hooked on Youth Fishing Tournament Proceeds benefit the Hooked on Youth Organization. Woody's Sports Center. 210/695-3016

30—CORPUS CHRISTI: Passion for Plumeria Learn to grow plumeria or take a tour. Sunrise Mall, Corpus Christi Botanical Gardens. E-mail: mjc@ccbotanicalgardens.org • www.ccbotanicalgardens.org 361/852-2100

30-31—CORPUS CHRISTI: Seashore Marketplace Includes marketplace and live music. Balli Park Pavilion on North Padre Island. www.seashoremarketplace. com 361/332-9978

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.

YOUR needs are my TOP priority -

whether you are selling or buying a home! Your success is our success!





Protecting Your Back at Work

Back pain is one of the most common medical problems in the United States. The cause is often poor posture and body mechanics in the workplace. A supervised program of back protection and exercise may be the key to alleviating and even preventing such problems.

Correct posture and body mechanics play a vital role in preventing back pain because pressure on the discs and strain of the muscles, ligaments and back joints is aggravated by incorrect posture and body mechanics. At the same time, when your posture is good and you move your body correctly, you reduce the strain on your back.

SITTING DOWN ON THE JOB

Sitting is often the greatest cause of back pain. When sitting either in a relaxed position, driving, or

while at work, support your lower back. Use a rolled towel, small pillow, or a specially designed seat support, available at medical supply stores. Remove this low back support every half hour for five minutes to give your lower back a change of position. Your head should be positioned so that your ear is in a line with your shoulder and your chin is parallel with the floor.

Avoid leaning to one side when you are sitting, and avoid overstuffed furniture as it does not offer adequate support.

When working at a desk, your chair should be pulled close to the desk. An office chair with short arm rests will allow this. Office chairs should also have adjustable height, back rests and seats. The back rest spring should be adjusted so that the back rest moves with you. A seat that tilts forward is a particularly useful feature.

Use a swivel chair to enable you to work without twisting your back. Place objects such as adding machines and computers as close to you as possible to minimize the amount of twisting and turning you need to do.

> When you lean forward at your desk, bend forward at the hips instead of rounding your lower back. This will allow you to keep your back straight and in good alignment.

TALKING ON THE PHONE CAN BE A PAIN IN THE NECK

Holding the phone between your ear and shoulder is a common cause of neck pain. Use a clipboard to hold your papers down so that your hands are free. Special phone adapters also are available.

After sitting for a prolonged period, it is helpful to straighten your back to an upright position and, if possible, stand and walk for awhile.

DON'T FORGET EXERCISE

Appropriate exercise, done regularly, will provide the strength and flexibility in the muscles of your legs and back that you need to help avoid excessive strain and possible injury. Some forms of exercise, such as yoga and tai chi, may help relieve or prevent back pain by increasing flexibility and reducing tension. These exercises should not be done, however, if they are uncomfortable or place a strain on the back. And don't neglect strength training; strong abdominal, back and leg muscles play a vital role in helping you maintain good posture and body mechanics.





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Babysitting & More...

| | Baby | House Sitting | | | |
|--|------|------------------|---|---------------|--|
| Bates, Ian10 | _ | • | • | .281-374-6324 | |
| Bates, Jennifer14 | • | • | • | .281-374-6324 | |
| Bates, Kathleen*+16. | • | • | • | .281-374-6324 | |
| Bauman, Madisen ^R 8. | | | | | |
| Bauman, Matthew | | • | • | .281-370-1255 | |
| Bauman, Morgan ^R 10 | MH | | • | .281-370-1255 | |
| Colvin, Katherine & Thoma | s MH | | | .281-370-8062 | |
| Cugini, Katie14 | • | • | • | .281-655-4296 | |
| Cugini, Kelly13. | • | • | • | .281-655-4296 | |
| Hicks, Lauren* $+\sim^{R}$ 16 | • | • | • | .281-257-8837 | |
| Lohberg, Lindsey~15. | | | • | .281-370-5459 | |
| Wagner, Isabel*~12 | • | | • | .832-717-5259 | |
| Wagner, Katarina*~15. | • | | • | .832-717-5259 | |
| * CPR Training + First Aid Training ~ Baby-sitting Course ^R Has References MH Mother's Helpher | | | | | |

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to VC residents, limit 30 words, please contact Carissa Nelson at vcwc@sbcglobal.net.

Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Kelly Peel @ 512-589-5471 or Kelly@PEELinc.com.



In the game of Scrabble, the only tile with a point value unique unto itself is the K (5 points).

Do you have a Home Based Business right here in Village Creek?

You can get information about your service or products to every home in Village Creek, by running a business classified | in The Village Gazette. It is a great way to get your name and [contact information to many potential customers in your growing neighborhood. The cost is \$45 for up to 40 words. There are discounts available for multiple month ads (10% off for 2 months, 15% off for 3 months). For more information, please contact Kelly Peel at Kelly@PEELinc.com or 512-589-5471. The deadline is the 10th of each month for the upcoming month's newsletter.



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11314 Sky Ridge 12111 Mile Drive 7210 Emerald Run 10010 Heron Meadows 14443 Sunbluff Lane 7902 Masonwood Lane 7902 Masonwood Lane 711 Brushy Glen 9827 Territory Lane 10615 Mills Wharf 26803 River Bend Lane 18 Stratford Way Lane

 20539 Westfield Estates
 19102 H

 16303 Canyon Mill Ct.
 17110 H

 13403 Nevermore Drive
 10003 M

 14418 Cypress Leaf
 12835 C

 16131 Cypress Trace
 16519 H

 5627 Spindle Drive
 20923 H

 18318 Running Vine Lane
 14627 C

 14606 Bradford Colony
 11203 Crooked Pine

 16215 Indian Cypress - sold in 23 days!
 11314 Rocky Mill Drive - sold in 21 days!

19102 High Canyon 17110 Little Cypress 10003 Magnolia 12835 Carriage Glen 16519 Barker Ranch 20923 E. Cameron Ridge 14627 Cypress Green

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