

Volume 2, Issue 8 Village Creek Community Association

August 2005



Willow Creek Elementary School Registration dates: August 1-2-3 / 9:00 - 3:00

It is back to school time! Willow Creek Elementary registration will be held August 1-3 from 9:00-3:00. School supplies can be purchased on these days as well as placing your order for T-shirts. We are looking forward to a fantastic year with MANY fun activities for the children and families of the WCES Community. Come join the PTO and have fun supporting our school. Show your spirit and wear your colors proud!! For anyone interested in PTO membership the forms will be available during registration.

See you in August, Karen Perucki PTO President 2005/06



STORK REPORT

Jennifer and Harris Lamkin would like to announce the birth of

their son, **Jack Harris Lamkin** who was born June 17th at 9:12AM. He was 20 ¹/₄" long and weighed 8.4 oz. He is welcomed home by his four year old sister, Jordan Michelle Lamkin .



The Guions would like to announce the birth of their son, **Nathaniel Edgar Guion**, on May 25, 2005. He weighed 7lbs 12oz and was 20¹/₂" long. "**Nathan**" is welcomed home by his blessed family **Steve, Missy**, Matthew and Claire.

Call Kara at 281-376-3658 if you have a birth announcement.

Free Informational Seminar on Internet Safety at CCCS

Sgt. Gary Spurger, with the Computer Crimes division of the Harris

County Constables Office, Precinct 4, will be giving a free presentation on Internet safety, instant messaging, and identity theft for parents and students. This event will be held in the gym at Cypress Community Christian School (11123 Cypress North Houston Road at Jones Rd.) on Thursday, August 25th from 6:30-8:00 p.m. and is open to the public. For directions to the school, please access the school web site: www.cccs-hou.org.

> 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	713-659-2111			
HLP Street Lights	713-923-3213			
(provide pole # and closest address)				
Newsletter Publisher				
Peel, Inc.	806-385-6444			
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

Advertising Information

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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* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

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.

<u>Please feel free to contact President Darla Porto at 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.

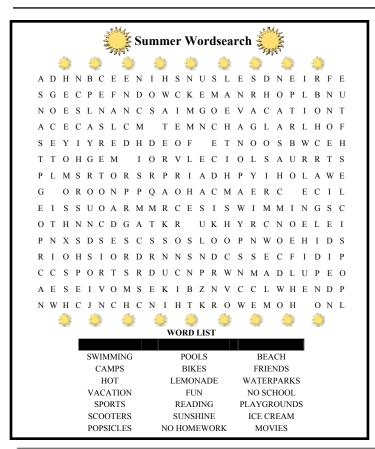
Carousel of Crafts Craft Bazaar

The 15th annual Carousel of Crafts will be held Friday, October 7th and Saturday, October 8th from 9 a.m.-5:00 p.m. at Cypress Creek Christian Church, 6823 Cypresswood Drive.

This robust event features unique booths showcasing home decorating items, stained glass and wood art, clothing, jewelry, candles, gourmet foods, florals, adult's and children's gifts, and much more.

For your pleasure, a light lunch menu will be offered each day. Visit our Bake Shoppe for homemade desserts and our famous Cran-Tea.

All profits of this event go to outreach projects of the Christian Women's Ministry including Boys and Girls Country, NAM. CAM, Youth Mission, NAM's Children's Clinic, Disciples' Quadrennial. The Bridges, and Bridges' Summer Program, Star of Hope, and Women Helping Hands.



Rally Day at Messiah Lutheran Church

Messiah Lutheran Church will be hosting 'Rally Day Sunday" on August 21, 2005. Rally Day is the opening event to kick-off the new 2005-2006 year. The day begins at 9:15AM in the church sanctuary to introduce our theme for this year and provide some special entertainment. There will also be some award presentations and the introduction of this year's staff.

After our 10:30 worship service the Education Ministry team will be

sponsoring a "kid friendly" catered lunch in our Fellowship Hall. Tickets will be on sale in early August, watch for more information to be posted on our church sign or call the church office at the number listed below. Everyone is invited to join in this fun-filled event.

Messiah offers classes for adults as well as children and youth. Our education hour is 9:15 to 10:15 each Sunday morning. You may contact the church office for more specific information.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America(ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular worship times are 6PM on Saturday evenings (a casual service of song and sacrament), and traditional worship at 8 and 10:30 AM on Sundays. The Education Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org. All people are welcome at Messiah.



Texas Events - August

3-6, 10-13—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

3-7—SOUTH PADRE ISLAND: Texas International Fishing Tournament Features the largest bay and deep-sea fishing tournament in this state. South Padre Island and Port Isabel waters. www.tift.org

4, 11, 18, 25—KEMAH: Rock the Dock Concert Series Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880

5—TOMBALL: Tomball Night Includes shopping, bands, carnival rides for kids and night parade. E-mail: admin@tomballchamber.org • www. tomballchamber.org 281/351-7222

5-6—ORANGE: OCARC Fishing Tournament Includes fishing tournament and weigh-in. 409/886-1363

5-6—PORT ARANSAS: Hope Devlin Kids Fishing Tournament Held in memory of Captain Hope Devlin. Proceeds benefit the Kiwanis Club Scholarship Program. Robert's Point Park. 361/749-3497

5-7—HOUSTON: Houston International Jazz Festival Take some Latin rhythms, mix in some smokin' soul sounds and add a few Asian jazz licks. Toss in some smooth jazz tunes so cool people will forget it is summer in Houston and people can get an idea what to expect at this 15th annual event. Verizon Wireless Theater/Bayou Place. www.jazzeducation. org 713/839-7000 or 713/629-3700

5-7, 11-14, 19-20—BAYTOWN: *Brigadoon* Baytown Little Theater. 281/424-7617

7—KEMAH: 37th Annual Blessing of the Shrimp & Pleasure Fleet Boat Parade As brightly decorated shrimp boats and pleasure craft file past the Kemah Boardwalk at 1:30 p.m., an officiating priest and minister bless each boat. Kemah Boardwalk. E-mail: ralph@underwaterinc.com • www.kemah.net 281/334-2303 or 832/347-8837

12-14—SOUTH PADRE ISLAND: Ladies Kingfish Tournament Features bay and offshore divisions. Register Friday at SPI Convention Centre. Weigh-in is Saturday at South Point Marina, Port Isabel. Awards and social occur Sunday at the SPI Convention Centre. www.spichamber. com 956/761-4412

20—CORPUS CHRISTI: Photo Phun with Phlowers! Workshop Two experienced, published digital photo hobbyists talk about equipment, taking fun, creative photos and more. Bring camera. Hours are 10 a.m. to noon. Corpus Christi Botanical Gardens and Nature Center. E-mail: mjc@ccbotanicalgardens.org • www.ccbotanicalgardens.org 361/852-2100

20—HARLINGEN: "Blues on the Hill" Features blues music with several bands participating. Lawn chairs and beach towels are welcome. Hours are 7 to 10 p.m. McKelvey Park, 1325 S. 77 Sunshine Strip. 956/427-8871

(Continued on Page 5)



Texas Events - (Continued from Page 4)

20-21—CORPUS CHRISTI: Seashore Marketplace Includes marketplace and live music. Balli Park Pavilion on North Padre Island. www.seashoremarketplace.com 361/332-9978

20-21—KEMAH: Steel Drum Festival Kemah Boardwalk. www. kemahboardwalk.com 281/334-9880 or 877/285-3624

20-21—PORT ARTHUR: Triangle Bird Show Bob Bowers Civic Center. 409/982-7404

20-21—ROSENBERG: 31st Annual Festival of Glass & Antique Show & Sale Hours are 9 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. Fort Bend County Fairgrounds. www.houstonglassclub.org 281/342-4876 or 713/729-4267

25—VICTORIA: Charity Concert Series Songwriter's Night with Alan Shamblin Leo J. Welder Performing Arts Center. E-mail: yeates@hospice-vic.org 361/572-4300

25-27—ANGLETON: Second Annual Rollin' Thunder Carshow & Bikefest Includes food, games, carnival, live music, vendors, car show and world famous bike builders — The MartinBros. Brazoria County Fairgrounds. www.rollinthundershow.com 979/299-1291

26-28—CLEAR LAKE AREA: Ballunar Liftoff Festival Touted as the "Largest Hot Air Balloon Event in Texas," this event features more than 80 hot air balloons, the world's largest balloon, a balloon glow, skydiving competitions, aerial demonstrations, midway games, arts & crafts, food, music and other entertainment. NASA Johnson Space Center. www. ballunarfestival.com 281/488-7676 **Gulf Coast**

27—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 Gulf Coast

27—PORT ARANSAS: Texas Women Anglers Tournament Features a fishing tournament for women. Robert's Point Park. www.gofishtx.com 361/882-6000 Gulf Coast

28—MCKINNEY: One-Room Schoolhouse Dedication & Fall Fashion Show Features school attire from the present and the past. Wilmeth Schoolhouse, circa 1887 replica, opens for tours and classes. Chestnut Square Historic Village. www.chestnutsquare.org 972/562-8790 **Prairies and Lakes**

28—SOUTH PADRE ISLAND: Brownsville River Rockets "Duel of the Dunes" This adventure race puts two member teams through a multisport challenge of 7-15 miles of mountain biking, 2-3 miles of running in the dunes, a 5-6 mile urban challenge at historical Isla Blanca, 2-3 miles of kayaking in the bay and mystery events that include an activity at Schlitterbahn Water Park. E-mail: mheggie17@aol.com • www. riverrockets.com 956/451-1500 Gulf Coast

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.



$\neg aC^{\dagger}$ FROM THE AMERICAN COUNCIL ON EXERCISE®

Managing Cholesterol with Exercise

Approximately 38 percent of Americans have excessively high blood cholesterol levels. The National Cholesterol Education Program (NCEP) states that a sound diet, weight loss and physical activity are the cornerstones of therapy for many individuals with cholesterol disorders.

(Cholesterol-lowering drug therapy is reserved for those who have the very highest lipid levels or for those who have diabetes or coronary disease.)

Atherosclerosis is a costly and fatal disease. Although there is no known cure, new evidence suggests that intensive lowering of serum total cholesterol, or more specifically, LDL cholesterol may retard the progression of coronary artery disease.

The box included in this article contains the NCEP cholesterol guidelines authored in 2001 by a panel of physicians and lipid experts.

Reducing cholesterol through exercise, particularly LDL cholesterol, can be quite labor intensive. When individuals accumulate a sufficient weekly volume of exercise they can lower both total cholesterol and LDL-cholesterol and increase HDL-cholesterol (the "good" cholesterol).

Exercise itself does not "burn off" cholesterol like it can with fat tissue. However, when exercise is of sufficient volume, for example, an adequate weekly frequency and duration, it can significantly reduce triglycerides and stimulate several metabolic enzyme systems in the muscles and liver to convert some of the cholesterol to a more favorable form, such as HDL-cholesterol.

Reducing triglycerides decreases triglyceride-rich particles that are known to promote the growth of fatty deposits on artery walls.

For many people with cholesterol disorders the first choice of therapy is dietary modification. In general, reducing high-glycemic carbohydrates reduces triglycerides, and reducing saturated and trans-fat foods decreases LDL-cholesterol. If LDL cholesterol (the "bad" cholesterol) is high enough, dietary therapy is often supplemented with cholesterollowering drug therapy.

Exercise is of tremendous benefit when used in combination with either of these two forms of therapy. For those who maintain a frequent and sufficient level of exercise, it is possible that their physician will reduce their cholesterol-lowering medication and in some cases stop it altogether.

National Cholesterol Education Program **Adult Treatment Panel III Guidelines**

Total Cholesterol <200 Desirable 200-239 Borderline high \geq 240 High LDL Cholesterol <100 Optimal* 100-129 Near Optimal 130-159 Borderline High 160-189 High >190 Very High * <70 mg/dL is a therapeutic option for very highrisk patients (i.e., those with established CHD plus diabetes or multiple risk factors such as the metabolic syndrome) HDL Cholesterol <40 Low >60 High Triglycerides <150 Normal 150-199 Borderline High 200-499 High >500 Very High Non-HDL Cholesterol (This is a secondary target of

therapy when fasting triglycerides are >200 mg/ dL)

Non-HDL Cholesterol is calculated as follows: Total Cholesterol - HDL-C

Non-HDL goal: Same as LDL-C goal plus 30 mg/dL (e.g., if

LDL-C goal <130 mg/dL then Non-HDL goal is 160 mg/dL)

All values are expressed in milligrams per deciliter.

Here are guidelines that outline a systematic approach for favorably altering cholesterol levels with regular exercise:

- If you do have a less-than-desirable cholesterol level, or your doctor has told you have a cholesterol disorder, have your physician establish your cardiovascular health status before engaging in a vigorous exercise program. Your physician may elect to perform additional blood tests (e.g., Creactive protein)and/or a graded exercise test with an ECG (treadmill stress test) on you first.
- · Choose dynamic forms of exercise that tend to

last at least 20 to 30 minutes and are performed at moderate intensities. Moderate exercise intensities would be an approximate effort of four to seven, on a scale of one to ten with ten being near maximal exercise.

In general, for exercise to significantly lower cholesterol levels, a relatively high volume of exercise is recommended (e.g. 1,500 kcal or more per week). In 12 to 16 weeks this volume of exercise can reduce total cholesterol by 10 to 20 percent. Fifteen hundred calories expended during exercise is equivalent to about three to four hours per week for the average unfit person performing moderate intensity walking, swimming, walkjogging or cycling.

This volume of weekly exercise is approximately the same volume of physical activity required to lose weight. As a result, fat weight loss tends to be associated with increases in HDL-cholesterol and reductions in total cholesterol and LDL-cholesterol levels, especially fat lost around the waist and abdomen.

A sample program would be to start with walking 20 minutes per day, four days a week. Over six to eight weeks graduate this program to one hour, six to seven days a week of walking over hilly (variable) terrain or walk-jogging over relatively flat ground. An alternative would be to walk 50 to 60 minutes three days a week and take an aerobics class three days a week and perhaps two to three sets of singles tennis on the seventh day.

It is important to know that lower volumes of weekly exercise can still produce many other benefits, such as improved fitness and overall health, reduced blood pressure, and increased psychological well being. An ACE-certified Clinical Exercise Specialist can help you make the connection safely and effectively.

Ralph La Forge, M.Sc., is an exercise physiologist at Duke University Medical Center in Durham, N.C.



Babysitting & More...

		Baby	House	Pet		
		Sitting	Sitting	Sitting		
Bates, Ian	10		•	•	.281-374-6324	
Bates, Jennifer	14	•	•	•	.281-374-6324	
Bates, Kathleen*+	16	•	•	•	.281-374-6324	
Bauman, Madisen ^R	9	MH		•	.281-370-1255	
Bauman, Matthew ^R	13		•	•	.281-370-1255	
Bauman, Morgan ^R	11	MH	•	•	.281-370-1255	
Colvin, Katherine & T	homas	MH			.281-370-8062	
Cugini, Katie	14	•	•	•	.281-655-4296	
Cugini, Kelly	13	•	•	•	.281-655-4296	
Hicks, Lauren*+~R	16	•	•	•	.281-257-8837	
Hollywood, Caitlyn		MH		•	.281-370-2395	
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					0	
^R Has References MH Mother's Helpher						

Newsletter Deadline

15th of each month

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.

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.





Debbie Herkert

Debbie's SALES in 2005

11314 Sky Ridge 12111 Mile Drive 7210 Emerald Run 10010 Heron Meadows 14443 Sunbluff Lane 7902 Masonwood Lane 711 Brushy Glen 9827 Territory Lane 10615 Mills Wharf 26803 River Bend Lane 18 Stratford Way Lane 20539 Westfield Estates

16303 Canyon Mill Ct. 13403 Nevermore Drive 14418 Cypress Leaf 16131 Cypress Trace 5627 Spindle Drive 18318 Running Vine Lane 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 13042 Mossy Ridge 11206 Crooked Pine 14310 Heron Marsh 16119 Cypress Trace 13910 Fair Glade Ct.

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- Listed on the Internet 3 Ways
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• Consultation with an interior decorator to enhance the salability of your home.

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