artham

Villages

Volume 5, Issue 8 Wortham Villages

August 2005

4th of July Parade and Picnic was a BLAST!

Thanks to all of the children and families that participated in the 7th annual Wortham 4th of July parade and pool party held on Saturday July 2nd. The kids really put a lot of effort into decorating their bikes, scooters, and wagons-It was really a fantastic display of national pride!

Thank you so much to all of you who participated in the Parade and Pool Party to make it so much fun!

*The Parade started with The Chick-Fil-A cow escorted in a Mustang driven by the beautiful Lindsey and Tricia McDonald. * Girl Scouts from several troops in our neighborhood started the event with the pledge of allegiance and the singing of the National anthem at the pool. Plus several posters to show their pride in our great country! You did an awesome job Girl Scouts! (Troop #15045-Jordan Livesay, Rachel Warman, Sabrina Sommers Troop#15008-Aubrey Heafner, Angela Kelly, Laura Palmer, Kathryn Palmer, Avery Parker, Jensen Picou, Madison Williamson Troop #10327-Lauren Kelly, Julia Byrne, Amy Kubinski Troop#10071-Jelena Galagaza, Kelli Lahasky)

*Bringing up the end of the parade was a group of Harley Davidson Motorcycles lead by Pat and Coy Doyles.

Many thanks go out to all of the sponsors and volunteers who without, the event would not take place. Give these people extra kudos for stepping up to make our neighborhood events great! :

- Ricos Mexican Restaurant, FM 1960
- Donated the chips and queso for lunch
- $\cdot\,$ Krogers, FM 1960 & Eldridge- donated all the hot dogs (300) for lunch

• Margo Horton, Gary Greene – Donated fans to cool down the parade participants

· Bob Zuccarello– Donated 240 water bottles

• Russell and staff, Greater Houston Pool Management – Coordinated great games and prizes for the kids to participate in

· Donna Sommer- coordinated the adult games

• Michael Patrick for the music and equipment to keep the event groov'n!

· Daryl Heafner for the opening prayer

• Phyllis & Steve Giblin-My Magical Mom and wonderful Step Dad-You know that without you this event would not have physically come together-Thanks for your support and "elbow grease"!

• Nikki Livesay-Wortham Social Events Co-Chairperson-You make life fun! You have such a wonderful heart and our neighborhood and kids are lucky to have you!

It was a wonderful way to celebrate our grand nation with family and friends. We hope you'll join us next year!

Rachel Gerhardt-Wortham Social Events Chairperson

www.worthamweb.org

BIG steps for Little Feet

Beginning Kindergarten is a BIG step for our kids and for us as parents too! Mark your calendar to attend the Annual Kindergarten Social to be held

August 8th, 2005

7-8pm at the Wortham Villages Retention pond

(off of Birch Falls Rd.). Students will find out who there teacher and classmates will be for the upcoming year

at Adam Elementary! The kids will enjoy a "social evening" filled with excitement for their very first school year! All residents of Wortham

Villages and Wortham Grove are welcome. If you would like to volunteer for this event or have questions please contact Tamara Mayne at 281-955-2240.



View the Wortham Villages Newsletter each month online at www.PEELinc.com

IMDORTANT NIIMREDG

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WORTHAM VILLAGES **INFORMATION SIGNS**

Anyone interested in posting an announcement on the Wortham Information Signs, please contact Tom Stevens at stevenst@houston. rr.com. Include your announcement and please submit your request at least one week prior to the date you would like it posted. Also submit the number of days you would like it posted. Submitting a request is not a guarantee that your notice will be posted, requests are taken on a first come, first serve basis. The number of days the request will stay posted varies according to demand. You may also request that your posting be put on the Eldridge sign, the Wortham Blvd. sign or both. Thank you -Tom Stevens



THE WORTHAM WHITESHARKS

www.worthamwhitesharks.com

I Love This Team!

Well, you know how it goes, "As I write this letter ... " To me, the Whiteshark swim season has just finished, and I am just coming down from the excitement. To you, it is a distant yet fond memory. Once again the Wortham Whitesharks had a fantastic season. The Whitesharks finished with an unbelievable 10th winning season in a row. Even more impressive: the Whitesharks won the coveted title of "the best team in the League" by winning it all in Division 1, the highest division in the North West Aquatic League (which, by the way, is the largest youth summer swim organization in the country, so we can pretty much say we are the best team in the country. don't you think?). We always knew we had the best team out there, now we are official.

Most importantly, <u>all</u> of the Whitesharks, families included, had a great time and an amazing experience this summer. The



real success of this team is in the joy and excitement of all of the swimmers as they work together to improve individually and as a team. EVERY swimmer is an important part of this team. It is truly remarkable what this team can do knowing that. That is what makes this team so great - we support each other, we cheer for each other, we have fun together, and we *know* that everyone makes a difference. That is the Whiteshark spirit, and that is the spirit that contributes to our success.

As we close the door on another fantastic season, we would like to give a very warm thanks to everyone who makes it possible, from the fantastic swimmers, to the enthusiastic families, the supportive neighbors, and of course the dedicated volunteers. This year we also give a huge thanks to our wonderful outgoing President, Debbie Chovanec. Without you Debbie, we would not be where we are today. This is truly a community activity, and what an amazing community it is.

If you have not yet been fortunate enough to experience the excitement of the Whitesharks, we hope you can join us next year as we continue to show the world just what we are all about – FUN!



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Musings on The First Day of School By Terri Welch

Big doings are afoot at the Welch household. Big doings indeed. It is the end of an era. I will no longer be the mother of preschoolers, as OT is about to enter kindergarten. She is so excited she's about to bust a rib. She has been anticipating this day for months. She was actually ready to go to kindergarten back in April when we registered her for school. She came home from registration and told her dad that she didn't go to preschool anymore, she was an Adam Elementary Eagle.

We will drive by the general vicinity of the school on Eldridge, and she'll say, "Mommy, that way is my SCHOOL. Adam. Elementary." She will quantify this for me because I am old and I may just forget the name of her school.

We have already bought her new Kim Possible lunch box. We have bought a hair bow made up of ribbons with the Adam Elementary colors. We have paid for her school supplies. She got her hair cut. We took advantage of tax-free weekend to get new shoes. We are set. The part she is most excited about is riding the bus. I personally do not understand this because my impression of school buses is that they are smelly, rickety, mobile units of sound - large vehicles that are held together by the sound waves of thirty children who are all talking at the top of their lungs at the same time. Or maybe that's just because I've

watched Ferris Bueller one too many times. Anyone? Anyone? My other offspring, YT, will be going to preschool three days a week.

We have upped this frequency from two days a week mostly due to her attention span, or lack thereof.

Case in point: she is currently taking a ballet class at the Y. Six precious little girls in their leotards and tights and tutus. The teacher says with a cheery smile, "OK, everyone! First position and arms over your head!" Five little pairs of feet obediently go into first position, and five pairs of arms go over five cute little heads. The sixth pair of feet aren't budging. They, of course, belong to YT. She is too busy studying the pattern of the hardwood floor to be bothered to do anything silly like go into first position. The teacher will say, "OK, everyone, sauté!" And five little pairs of feet will jump one time just like the teacher. Except YT, who takes this as a cue to do her world-famous bunny imitation and hop all over the ballet studio while singing "Little Bunny Fufu" at the top of her lungs. It may be my imagination, but the teacher's hair looks a little grayer now than it did at the beginning of the session.

So our fervent hope is that YT's preschool teacher will be able to introduce her to the joys of paying attention. If not, my Christmas gift to her may just have to include a nice bottle of Miss Clairol hair dye.

Shameless Plug: My play, "Revenge of a Broad", will be part of the 14th Annual 10x10 Playwriting Festival at Country Playhouse. The 10x10 is ten ten-minute plays by ten different playwrights. Mine is about what happens when the former wife and the current wife of the same guy happen to meet in a restaurant. Performances are August 12,13,19 and 20 at 8 p.m.





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TEENAGE JOB SEEKERS

	-		Yard	Car	
	•				
Rachel Albers+	Sit			Washing	201 000 0110
Bianca Arceo					
Colleen Borst^					
Kristen Boyd					
Lyndsey Chance	• • • • •		•••••		281-894-5102
Stephanie Chiramonte*	• • • • •	•••••••••••••••••••••••••••••••••••••••	•••••		281-894-4926
Candice DaCosta					
Goldie DaCosta					
Charlie Dineen					
Joey Dineen					
Sarah Hood	•	•	•		281-955-7299
Jennifer Jarrar	•	•			281-890-8739
Nadia Jarrar		•			281-890-8739
Kristen Krotofil	•	•			281-894-1687
Danielle Long	•				281-897-0826
Nicole Long	•				281-897-0826
Rachel MacDonald					
Brieann McDaniel	•				281-469-2417
Kellar McShane		•			281-890-7300
Andre Milito			•		281-955-5723
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Lindsay Quandt*+	•				
James Tang					
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Andrew Zarazee					
Jessica Zarazee					
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Personal Classifieds

FOR SALE: Weber Gas Grill 500 Series with Cover. Barely used. \$250.00. If interested, call Mona at 281-300-6233.

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.



References Available • Fully Insured NO PAYMENT UNTIL COMPLETION

bashanspainting@earthlink.net

CY-FAIR COLLEGE

August "Perspective"

Fall classes at Cy-Fair College start Aug. 29

In a partnership with Cypress-Fairbanks Independent School District, Cy-Fair College offers new evening classes at the Windfern High School. Registration for courses at all three locations - the new Windfern High School satellite location (12630 Windfern) the Fairbanks Center (14955 Northwest Freeway) and the Cy-Fair College comprehensive Barker Cypress campus (9191 Barker Cypress Road) - is available online at <u>www.nhmccd.edu</u> or call 281-290-3200 or 832-782-5000 for information.

Add a Little L.I.F.E. to Your Week

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) Among the August programs are soap making, basics of American Sign Language, hurricanes, virtual museum tour and family cookbooks. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at cy-faircollege.com/library.

Film Series Comes to Close with "Casablanca"

The Cy-Fair College Summer Film Series comes to a close in August with "eXinstenZ" at 1 p.m. Aug. 4, "Harvey" at 1 p.m. Aug. 9 and "Casablanca" at 7 p.m. Aug. 16. Films, shown as a continuing education class, are held and discussed at Barker Cypress campus, Art 102, at no charge to students or the community. Go online at: <u>http://faculty.nhmccd.edu/robobrien/Film_Series.html</u> for information and a complete schedule.

Free Hands-on Computer Workshops Open to Community

The Harris County Public Library Cy-Fair College Branch offers free computer workshops, including a family-friendly class and instruction in Spanish. Introduction workshops cover working with templates in Microsoft Word, Excel and PowerPoint. Topics range from basic computer functions like copying and pasting to saving and file management to introductions to the Internet and various software programs. Classes are held Thursdays and Saturdays in the library's computer classroom, LRNC 212. Open Lab is available for one-onone assistance or specific computer questions. Sessions are designed for community members high-school age and older. No registration is required. For a complete schedule, visit the library web site news and events page at <u>http://www.cy-faircollege.com/Library/information/ news.cfm</u> or call the reference desk at 281-290-3213.

Help Our Community Garden Grow

The Cy-Fair College community garden was recently dedicated as the Diane K. Troyer Garden, in honor of the continuous support of college president Dr. Diane Troyer. The garden is flourishing and produce has been donated to area food pantries. Join this group Saturdays at 9 a.m. in the garden (west of the library) or in the Cy-ber Café when raining. Anybody interested in helping out Wednesdays at 1 p.m., contact Charles Beresford at charles.e.beresford@nhmccd.edu or 281-550-7338. Enrollment in the "Community Gardening" CE course is required for membership, but volunteers and the "just curious" are always welcome. Old muddy shoes and work gloves are recommended. For information, contact Rob Coyle at robert.a.coyle@nhmccd.edu or visit http://faculty. nhmccd.edu/rocoyle/Garden.htm.

<u>Wortham Villages</u>

INTERACTING WITH PERSONS WITH DISABILITIES -

How to bridge the gap

Chances are you work with, have a friend or neighbor, or may soon have a family member who has reason to need a walker or wheelchair, or has some type of disability.

It can sometimes be uncomfortable to know how to confront this issue and to do or say the right thing.

Jersey Village Baptist Church is hosting an information session and discussion to help you learn what NOT to say to someone with a disability, and how to best interact.

Our presenter is Dr. Roberta Diddel. Dr. Diddel is a lecturer in the Psychology Department at Rice University and has published and presented papers on living with chronic pain and disability. Dr. Diddel is the Executive Director of Psychology Works, a non-profit organization dedicated to expanding awareness about the psychosocial impact of illness.

Everyone in the community is welcome to attend this free workshop. Please Come!

Questions call Janet Ward, 832-912-7150 or JLBWard98@aol.com Jersey Village Baptist Church 16518 Jersey Drive - Church Building D, Room 101 SUNDAY, AUGUST 21 - 5 PM



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, ¹/₂ 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.

1st Cypress Falls Sky Dancer

Dance Clinic

Saturday, August 13th, 2005 At Cy-Falls School 9:00 A.M. – 1:00 p.m.

1:00 p.m. Review for parents Registration cost \$25 (payable to Cy-Falls SkyDancers) mid

morning snack and water included.

Please call Norma B. Chiaramonte (281) 894-4926 for further information, and complete Registration/Medical Form.

All proceeds will benefit the Cy-Falls High School Sky Dancers

Garden Tips of the Month

- Watch for grub worms & chinch bugs in lawns. This is the time they can do real damage.
- Prune your roses back by a third.
- Remove any damaged wood from shrubs and trees.
- If you have fruiting vegetables, fertilize them after the first fruit has set.
- Discard bedded annuals and refurbish the soil.



Pavilion Reservations

If you would like to reserve the baseball diamond, soccer field or pavilion for your team practices or parties, please contact:

Meya and Keith Edwards meya@houston.rr.com (281) 890-7119

Also, contact Keith if you would like to **volunteer** to help with maintenance of the baseball diamond. We need everyone's help to keep the area looking great!

Any one is free to use the pavilion at anytime, but if you are planning a large group, please reserve. Remember, pavilion reservations do not include complementary maid service, so please pick up after yourself when using the pavilion or any of the facilities at the park.

Sports Fields and

Park Committee Questions Or Suggestions

If you have any ideas or suggestions for how we can continue to make better use of our parks (either the retention pond or clubhouse parks), please contact Michael Patrick at <u>Michael@michaelpatrick.com</u> or 281-894-4880

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Dawn Point Dogwood Blossom

Elm Bridge Fern Vale Harvest Dale Hickory Tree Hillside Glen

Lark Brook Magnolia Leaf

Plum Vale Orchard Hollow

Reedwood Ridge

Shady Fern Spruce Knoll

Sycamore Heights Timberland Trace

Town Elm Tulip Garden

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WVCA Newsletter Policies

Call Vicky@281-955-7312 or Email to Worthamnews@houston. rr.com any articles or information you would like to put in the newsletter. **NOTE: Articles must be submitted as Word documents and photos and graphics as separate 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 12th of each month for the following month's newsletter.

Please support the businesses that advertise in your newsletter. Their advertising dollars make it possible to provide your newsletter to all the residents in your subdivision at no charge. No homeowners association dollars were used to produce this newsletter.

Texas Events - August

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

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

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

5-7—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

5-Sep. 10—ROSENBERG: The Downfall of a Trusting Heart Downtown Theater. E-mail: casttheater@ev1.net 281/437-1458 6—ANGLETON: Kidfest Hours are 10 a.m. to 2 p.m. Brazos River County Park. 979/864-1541 or 281/331-6101

6—WEST COLUMBIA: Homemade Ice Cream & Lemonade Demonstrations Learn how to make old-time, hand-cranked ice cream and fresh-squeezed lemonade. Help turn the crank. Hours are 11 a.m. to 3 p.m. Varner-Hogg Plantation State Historic Site. 979/345-4656

6, 13, 19-20, 27—LAKE JACKSON: Story Time Storytellers read books about the sea and nature from 10 to 10:45 a.m. Friday and 10:30 to 11:15 a.m. Saturday. Stories are for preschool age but entertain all ages. Donations appreciated. Sea Center Texas. 979/292-0100

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

12-13—HITCHCOCK: Good Ole Days Festival Enjoy a barbecue cook-off, parade, live entertainment, carnival, crafts, food, petting zoo, relay games, raffles, drawings and pageant. Hours are 5 p.m. to midnight Friday and 10 a.m. to midnight Saturday. Good Ole Days Grounds, 8300 Hwy. 6. E-mail: hcofc662@msn.com 409/986-9224 or 409/986-7420 19-21—PORT NECHES: Port Neches Trade Days Find arts & crafts

(Continued on Page 11)



Texas Events - (Continued from Page 10)

vendors, antiques, food vendors, local entertainment, Longaberger baskets, special order baked goods, custom painted furniture and more. Port Neches Avenue. E-mail: pncoc@swbell.net 409/722-4023

20-VICTORIA: Market Days Special Events Area in Riverside Park. 361/552-9347

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

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

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.



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The Hidden Dangers Of Computer Disposal

(NAPSA)-To millions of computer users worldwide, an outdated or malfunctioning computer is no different than a broken toaster; they simply toss it in the trash and buy a new one. However, unlike a busted kitchen appliance, a computer should not be thrown away for two critical reasons: it can lead to identity theft and poison the environment.

Protect The Environment

Some pieces of hardware may contain toxic materials. Much like used motor oil or old paint, certain computer parts must not be disposed of in a public landfill in order to prevent toxic substances from leaching into the ground and contaminating water supplies. These components should be disposed of properly by trained professionals who participate in computer recycling.

Protect Your Identity

The hard drive inside your computer contains an extensive amount of private information, such as financial records, personal e-mails, family photos and critical documents. To prevent this data from falling into the wrong hands-which could lead to identity theft-it is imperative that you delete



Discarding your old computer can put your personal information and data at risk.

it prior to selling, recycling or disposing of your computer.

To erase files in a safe, permanent manner, you must do more than delete them and empty the Windows "recycle bin." While these actions may remove the information from Windows, they do not expunge the files from the hard drive itself. The only ways to ensure that your private files are permanently erased are to use special "shredder" software programs.

A word of caution: if your hard drive is on the fritz or appears to be "dead," don't assume that your data is incapable of being retrieved. A crafty thief could rummage through your trash, steal the malfunctioning hard drive you threw out, then use special hardware or software tools to recover your data. Before throwing away any hard drive that appears to be inaccessible or severely damaged, make certain the drive is truly dead by physically smashing it several times with a hammer or similar tool.

Geeks On Call offers a variety of on-site support services, including troubleshooting, maintenance, upgrades, networking and training/consulting for computer users at their homes or businesses. When virus and spyware issues surface or other computer headaches arise, the company's certified technicians deliver prompt, expert PC service on-site, including information on safely erasing data.

To learn more, call 1-800-905-GEEK or visit www.geeksoncall. com.



A Convenient Way To Keep Young Athletes Hydrated

(NAPSA)-Any way you slice it, watermelon can be a healthful snack, particularly when you want to make sure young athletes are getting enough liquids.

Parents are often concerned about the amount of fluids their children get before, during and after sporting activities. These liquids can come in the form of water, sports drinks and fresh fruit snacks, such as slices of watermelon.

As any mom or dad with a young athlete can tell you, parents of team members often take turns providing

snacks for their young athletes. "Ideally, these snacks should be a fruit with a high water content," says Barbara Levine, Ph.D., Associate Professor of Nutrition in Clinical Medicine and Director, Nutrition Information Center, Weill College of Medicine of Cornell University, New York, NY.

"Watermelon," says Levine, "is a favorite fruit among kids and is called the natural hydrator because it's 92 percent water. For sports activities, watermelon served in slices is easy for children and teens to eat. An inch-wide slice contains about a cup of fruit.

"And watermelon is more than a delicious thirst quencher," adds Levine. "It contains important vitamins and phytochemicals for growing bodies. A two-cup serving of watermelon has 20 percent of the daily recommended intake of vitamin A and 25 percent of the daily value of vitamin C. It's also a source of potassium and a leader in the powerful antioxidant lycopene."

Keeping children well hydrated should be a priority, especially when they are members of competing sports teams.

Suzanne Nelson Steen, D.Sc., R.D., head of the Husky Sports Nutrition Services in the Department of Intercollegiate Athletics at the University of Washington in Seattle, offers excellent advice on the subject on the Web site www.momsteam.com. "Kids should drink on a schedule, not just when they are thirsty," says Steen.

"By the time your child says he is thirsty, he is already dehydrated," she advises. She says that children should be reminded to drink five to nine ounces of water (10 to 18 half-ounce "gulps") every 20 minutes during activity and teenagers should drink more.

Finally, Dr. Steen reminds parents that kids' fluid intake needs to be supervised because children do not instinctively drink enough fluids to replace water losses.

With a little planning, you can help ensure that your children are well hydrated and happy.





Is Your Cat a Couch Pet-tato?

(NAPSA)-It's time to let the cat out of the bag. Our feline friends are becoming couch potatoes as a result of their sedentary lifestyles and "ho-hum" daily routines.

Obesity is the number-one nutritional disorder among cats, according to studies by NestlŽ Purina PetCare. In fact, studies suggest that approximately 25 percent of cats taken to veterinary clinics are overweight. And a survey conducted by leading cat food brand Friskies reveals that the average owner spends less than 10 minutes a day playing with her cat. Despite the perception that all cats like to do is sleep, they need playtime, social interaction and physical activity to help maintain good body condition and be as happy and healthy as possible.

True, cats do enjoy their catnaps. They sleep an average of 16 hours per day. But it is up to us- as their friends and providers-to make the most out of the eight hours they are awake. This means we need to make sure they get both physical and mental stimulation to get more out of life. "Many people believe that all cats need is food, water and a litter box-and that's simply not true," said Pam Johnson-Bennett, national feline behaviorist and author. "Cats are complex animals with keen minds and athletic bodies that require daily exercise, adventure and fun for optimum health."

According to Johnson-Bennett, there are two simple ways to give your cat more out of life.

Add Variety to Playtime

Cats respond well to play that mimics their natural instincts, such as climbing, scratching, hunting and exploring. By adding some basic elements to your home, such as elevated perches, a cat tree and a solid scratching post, you can increase their activity.

You should be part of the fun instead of sitting on the sidelines, because cats love human interaction. Playing with your cat also helps establish a stronger bond. With a little patience and time, cats can be trained to do fun behaviors like jumping through hoops and rolling over. As food-motivated animals, all it takes is a treat to encourage and reward the behavior. Use simple objects from around the house to create some fun purr-formances. For example, cut the bottom out of a paper bag to create a tunnel for your cat to explore. Or teach your cat to jump through an embroidered hoop for a food reward.

Make Mealtime More Fun

While it is important to feed cats a highquality cat food such as Friskies that provides the variety, great taste and nutrition they need, don't forget to add fun to their feeding routine. Rather than placing your cat's food bowl in the same location every day, try creating several fun feeding stations around her playroom so she can hunt for her food. And create a fun game at mealtime by placing your cat's normal portion of wet food into several compartments of a muffin tin so she can search for her supper.

Following these simple steps can help prevent cats from becoming couch pet-tatoes and enhance the quality of their lives. For additional information on how to give your cat more out of life, visit www.friskies.com.



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HINTS FOR HOMEOWNERS Clean Better

(NAPSA) Removing that stubborn shower stain, the streaks on your windows and the soapy film on your kitchen floor may be easier with some tips from an expert.

Cleaning up is hard enough without having to worry about whether your efforts will produce results. Today, there exist thousands of cleaning supplies and hundreds of methods to clean.

Free Advice And Cleaning Tool Now, one expert is recommending that

you first consider how and what you are cleaning, and then understand the

best method to accomplish your task. Just "Ask Mary" and she'll not only provide you with expert cleaning advice, but she'll send you a free Good Help" Scour Puff, a multipurpose, nonscratch cleaning tool. So if you want to clean better and more efficiently, visit www.quickie.com.



Free cleaning tips can help you be more efficient around the house.

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WORTHAM MARKET REPORT

Courtesy of Super Dave

	Jan 05	Feb 05	Mar 05	Apr 05	May 05	Jun 05
\$210,000 +	0	0	0	1	0	1
\$190,000-209,999	0	0	2	1	0	1
\$170,000-189,999	0	0	3	2	1	2
\$150,000-169,999	1	5	4	3	0	1
\$130,000-149,999	0	0	0	1	0	2
\$130,000 -	0	0	0	0	0	0
TOTAL	1	5	9	8	1	7
Highest \$/Sq Ft	57.19	71.36	73.87	74.28	72.38	72.99
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