

Volume 2, Issue 9 Village Creek Community Association

September 2005

New Village Gazette Editor Julie Gibson has volunteered to take over the monthly newsletter.

Julie Gibson has volunteered to take over the monthly newsletter. Her contact information is as follows: 281-655-9758 and her email is Jcgibson@sbcglobal.net. Please e-mail all articles in word format by the 12th of the month to be included in the following month's newsletter. Thank you Julie for all your hard work in the community.

A Moment for Mom

A Moment for Mom is a rocking group of women with kids of all ages. We come together on the same wave length to enjoy food, fun and fellowship with other moms as we grow spiritually while growing our families. Meetings provide a mix of easy listening speakers, craft projects, and small group discussions, with plenty of time to mix and mingle. We meet from 9:00 am to 11:30 am in room A-124 (at the end of the hall of the adult Sunday School wing) at Windwood Presbyterian Church (on Spring Cypress just East of Hwy 249). Tune in with us September 14, 2005 for our Kick-Off meeting. Please contact Beth Miller at (281) 894-4482 for more information and rsvp to Beth if we can expect you at TheMillers8842@aol.com space is limited. The meetings are free of charge but lover offerings are appreciated. Please rsvp childcare needs to <u>WWMom2Mom@hotmail.com</u>. Please leave the name of the child and the age in the subject line. All moms are on the same wavelength of needing fellowship and networking so come join us.

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

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(NAPSA)-To millions of computer users worldwide, an outdated or malfunctioning computer is no different than a broken toaster; they simply toss it in the trash and buy a new one.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 it prior to selling, recycling or disposing of your computer.



computer can put your

personal information and

data at risk.

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.

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 Editor				
Julie GibsonJcgibson@sbcglobal.net, 281-655-9758				
Newsletter Publisher				
Peel, Inc.	512-989-8905			
Adver., Kelly PeelKelly@PEELinc.com, 512-989-8905				

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 Jimm Lubenow, Robins Crest. Jlubenow@houston.rr.com, 281-357-4933

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
@ 512-989-8905 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.

The Foundry Church's Craft Show and Tea Room

A Shopper's Heaven on Earth! The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Craft Classic on Saturday, October 15, 2005, 9 a.m. to 4 p.m. You'll find terrific values on a wide array of goods, including handcrafted items, fall & Christmas specialties, gourmet baked goods, children's toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you're hungry, be sure to stop by our Texas Tea Room, open 10:30 a.m. to 2:30 p.m., and enjoy salads, desserts, and coffees. Admission to the craft show is FREE; purchase tea room tickets at the show for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-½ blocks north of Hwy 290. For more information, call 713-937-9388 or see www.foundrychurch.org.

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Babysitting & More...

<u>Dubysning</u> A			House	Pet		
		Sitting	Sitting	Sitting		
Bates, Ian*	12		•	•	.281-374-6324	
Bates, Jennifer	16	•	•	•	.281-374-6324	
Bates, Kathleen*+	17	•	•	•	.281-374-6324	
Bauman, Madisen ^R	9	MH		•	.281-370-1255	
Bauman, Matthew ^R						
Bauman, Morgan ^R	11	MH	•	•	.281-370-1255	
Christopher, Ashley	16		•	•	.281-376-9236	
Christopher, Kyle	12		•	•	.281-376-9236	
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~	16			•	.281-370-5459	
Wagner, Isabel*~	13	•		•	.832-717-5259	
Wagner, Katarina*~	15	•		•	.832-717-5259	
	+ First Aid Training					
^R Has References MH Mother's Helpher						

Classifed

NANNY HELP WANTED: Stay-at-home Mom of twins seeking help. Looking to hire hard-working, energetic, caring and trustworthy live-in or daytime nanny. Please be able to work some weekend days and own transportation is preferred. Please contact Lien (pronounced Lyn) 713-459-4667.





I'm Proud to be a Village Creek Resident!

Texas Events - September

1—KEMAH: Rock the Dock Concert Series Kemah Boardwalk. www. kemahboardwalk.com 281/334-9880

1-4—HOUSTON: *Curviture & Texas Masters Series: Harlan Butt* Curviture features a form so versatile that it can transform a birch chair into a buoyant spring. The Texas Masters Series looks at works of artists who established Texas as a focal point for museum-quality craft. Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848

1-4—HOUSTON: *Cy Twombly: Fifty Years of Works on Paper* Features more than 80 works on paper by one of the most important American artists living today. The Menil Collection. www.menil.org 713/525-9400

1-5—CLEAR LAKE AREA: *That's So Weird* Visitors will encounter the bizarre, the creepy and the freaky in this new experience developed by Space Center Houston. 1601 NASA Road 1. www.spacecenter.org 281/244-2100

1-18—HOUSTON: *Invention Convention* Allows children to explore how to use creativity and imagination to not only solve problems but also identify challenges that already exist. The Children's Museum of Houston, 1500 Binz. www.cmhouston.org 713/522-1138 Gulf Coast

1-18—HOUSTON: *Pack Your Bags* ... Animated exhibit lets kids travel to different homes, visit new places and take imaginary trips to places of their dreams. The Children's Museum of Houston. www.cmhouston.org 713/522-1138

1-25—HOUSTON: Bill Traylor, William Edmondson & the Modernist Impulse Exhibition includes about 50 drawings and paintings by Traylor and 25 sculptures by Edmondson. The Menil Collection. www.menil.org 713/525-9400

3-4—KEMAH: Zydeco Festival Enjoy Cajun food and entertainment. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

10-11—HOUSTON: Cactus & Succulent Show Houston Arboretum & Nature Center. 713/827-8545

10-11—HOUSTON: Camera Show Shop and swap cameras and photographic equipment, new and used. Marriott Hotel, Hobby Airport. 713/868-9606

10-11—HOUSTON: Sixth Annual Country Roots Music Festival Features down-home Texas, bluegrass and gospel music by many of Texas' most popular bands. Includes bushel baskets full of mouth-watering, country-style foods. Shop for country crafts. Traders Village, 7979 N. Eldridge Road. www. tradersvillage.com 281/890-5500

10-11—KEMAH: Caribbean Luau Includes tropical Caribbean music and entertainment. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

15—HOUSTON: La Noche del Grito Celebrates Mexican heritage, music and dance. Miller Outdoor Theatre, Hermann Park. 713/284-8350

15-18—HOUSTON: 53rd Theta Charity Antiques Show Dealers bring a collection of antiques, antiquities and fine art. George R. Brown Convention Center. www.thetaantiquesshow.com 713/622-3560 or 713/722-8410

16-18—CLEAR LAKE AREA: Gulf Coast Film & Video Festival Includes independent film showings and an award dinner with film and television (*Continued on Page 5*)



Texas Events - (Continued from Page 4)

celebrities. Film and TV star Armand Assante is this year's celebrity guest. University of Houston Clear Lake and The Art Alliance Center Clear Lake. www.gulfcoastfilmfest.com 281/333-5804

17—HOUSTON: Fiestas Patrias One of the largest and most colorful community-sponsored parades in the Southwest celebrates Mexico's independence. Celebration culminates with the crowning of Miss Fiestas Patrias. 713/926-2636

17-18—HOUSTON: 10th Annual Metro Go-Texan Regional Cook-Off About 75 teams will compete with brisket, ribs, chicken, gumbo and showmanship. Includes a cake auction. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500

17-18—HOUSTON: Sixth Annual Houston Hot Sauce Festival Hours are 11 a.m. to 6 p.m. Saturday and noon to 5 p.m. Sunday. Houston Farm and Ranch Club. www.houstonhotsauce.com 281/558-3518

17-18—KEMAH: Fall Kids Festival Includes ice cream making, face painting, hands-on education, clowns, magic shows, live music, mad scientist, the Backyard Circus, street performers and more. Kemah Boardwalk. www. kemahboardwalk.com 281/334-9880 or 877/285-3624

18—HOUSTON: Doll Show Marriott Hotel, 9100 Gulf Freeway. 713/723-1762

22, 24-25, 30-Oct. 2—HOUSTON: *Mentors & Prodigy* (Fall Repertory Program) Houston Ballet performs. Wortham Theater Center. www. houstonballet.org 713/227-2787

23-24—GALVESTON: The Kingston Trio & The Brothers Four Tribute to the folk-rock music of the 1960s includes songs from a time when folk

music made the pop charts. Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894 **Gulf Coast**

23-24—HOUSTON: Houston Dance Coalition & Dance Source Houston Evening of contemporary dance at Miller Outdoor Theatre, Hermann Park. 713/284-8350

23-25—KEMAH: Eighth Annual Jazz Fest Kemah Boardwalk. www. kemahboardwalk.com 281/334-9880 or 877/285-3624

24—HOUSTON: Fairfield Fall Garage Sale Benefits the Fairfield community and helps collect funds for children's programs. Traders Village. www.tradersvillage.com 281/890-5500

24-25—SPRING: Old Town Spring Heritage Rod Run www. longhornrodandcustom.com 800/653-8696 or 281/353-9310

30-Oct. 1—HOUSTON: Houston Grand Taiko Festival Enjoy traditional and contemporary Taiko drumming and classical Japanese dance at Miller Outdoor Theatre, Hermann Park. 713/284-8350

30-Oct. 2—CORPUS CHRISTI: Bayfest 2005 Brings people together in a colorful explosion of music, arts & crafts, children's activities, entertainment, fun, food and game booths. North Shoreline Boulevard. www.bayfesttexas. com 361/887-0868

30-Oct. 2—LAKE JACKSON: Gulf Coast Golf Fest This 54-hole tournament is played at the Wilderness Golf Course, Riverside Country Club and Columbia Lakes Resort. 979/265-2505

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FROM THE AMERICAN COUNCIL ON EXERCISE*

The Truth About Steroids

Steroid abuse is still on the rise, and not just among professional athletes and bodybuilders.

Despite numerous educational efforts by health care officials, many amateur and high school athletes looking for that elusive competitive edge still believe they can get it from a syringe or a bottle of pills. What they don't realize is that steroids will give them a lot more than they bargained for.

Not worth the risk

Acne. Liver damage. Increased risk of heart disease. These are just a few of the side effects associated with anabolic steroid abuse. And there's more.

The side effects are severe. Men who use steroids also may develop gynecomastia (the development of breasts), priapism (painful prolonged erection) and edema from sodium and water retention. They also will be more prone to cardiovascular problems since steroids decrease high-density lipoprotein levels (HDL) or "good" cholesterol, and increase low-density lipoprotein levels (LDL) or "bad" cholesterol.

Coupled with hypertension and negative changes in myocardial tissue, steroids users are at an increased risk for heart attack as well.

Of additional concern are alterations in psyche and behavior (i.e., aggression, physical dependence) and decreased immune function. Changes in the reproductive system, such as a reduction in testicle size, sperm count and mobility, and a decrease in the levels of endogenous testosterone and other sex hormones are common.



Women at risk

Unlike men, whose side effects may be reversible once the abuse has stopped, women experience irreversible changes, such as a deepened voice, increased facial and body hair growth, enlarged clitoris and coarser skin. In addition, irregularities in, or cessation of menstrual cycle, increased libido, aggressiveness, acne and decreased immune function may occur.

Women are also prone to the cardiovascular risks and changes in psyche and behavior that men experience.

All risk, no glory

There is an even scarier risk of steroid abuse: death. Steroid users who share needles are putting themselves at risk for developing infections such as HIV, hepatitis or other viral diseases.

The terminal risks of steroid abuse are not fully known. Some published cases of tumors and other cancers related to steroid abuse have been reported. Even so, physicians and researchers do not know all the repercussions of steroid abuse on one's body and future health. Controlled research is unethical and only information from abusers is usable; yet this data may be inaccurate since most users are not forthcoming about the full extent of their steroid use.

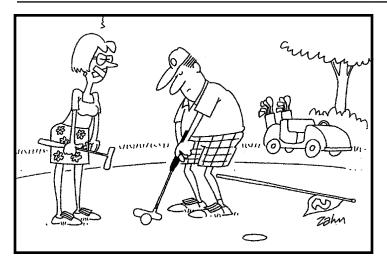
Since the late 1980s, the federal government has begun to crack down on steroid use and distribution. Possession of steroids with intent to distribute without a valid prescription is a felony and subject to prosecution. Likewise, steroid use is a violation of the rules of virtually all sports leagues and councils as well as the traditional ethics of good sportsmanship.

No substitute for training

What most steroid users don't realize is that they are placing themselves at risk for something they could achieve on their own. Many experts agree that the effects of steroids on strength and muscle mass of beginning weight lifters or athletes are minimal when compared with the effects of an intensive weight-training or conditioning program.

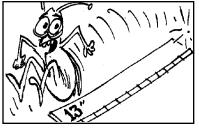
The best way to improve performance and increase muscle mass is to follow a welldesigned program that challenges both your body and your mind. No drug can do that for you.





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 Julie Gibson at 281-655-9758 or Jcgibson@sbcglobal.net. Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Kelly Peel @ 512-989-8905 or Kelly@PEELinc.com.



The average flea is only 1/8 inch long but can jump up to 13 inches.

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

You can get information about your service or products to I 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 512-898-8905. The deadline is the 10th of each month for the upcoming month's newsletter.

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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. 1935 Ryansbrook 15034 Carols Way



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