

Wortham Villages

Volume 6, Issue 4
Wortham Villages

April 2006

www.worthamweb.org

Neighborhood Recreational Facilities Corner

By Rick Anderson

Continuing on from my March article here is an update of what is going on with the recreational facilities we have in Wortham Villages. These facilities include the pool, clubhouse, tennis courts and playground areas. Several things have been accomplished over the last few months for the facilities.

The repainting of the pool area fences, gates, lights pools and doors has been completed. We want to again thank Five Star Painters for the great work that was done.

The clubhouse interior renovations are complete. The clubhouse is now available for normal use and rental. As in the past, contact Tina Clinkenbeard regarding setting up times for use of the clubhouse. The renovations have really updated the look and the place looks great. We think you will all enjoy what has been done. We again want to thank C/M Builders for completing these renovations on time and in budget and for doing a great job as well. Also, we want to note a special thanks to Bob Paziteny who worked as our board representative with the contractor during the renovations. Numerous hours were required for designing, planning and construction monitoring and Bob was a great help. There was an open house on March 22, 2006 at 7-9pm where several of our residents stopped by to take a look.

Well, before you know it, we will be again looking at our pool opening. It's hard to believe that in about a month we will be in the water again. The board of directors once again as a courtesy will be handing out pool tags for those residents who are in good standing with the association fees. The pool tags will be handed out on Saturday (4/22/06), Sunday (4/23/06) and Tuesday (4/25/06). The pool tag form, pool rules, and times for pool tag hand out will be distributed by Crest Management in a mail out and the pool tag hand out dates/times will also be noted on the message boards, so please make note. Also, we will be setting up a pool opening neighborhood party for Saturday April 29, 2006 and hope we do not get rained out like last year. But after rescheduling the party for 2 weeks later, it was a huge success with a large turnout. I am looking for volunteers to help coordinate and run the party. If you are interested please contact Rick Anderson at 281-890-4878 or email to rick_anderson@efiglobal.com.

Again, we are still looking for new members of the Recreational Facilities committee (formerly pool committee) to help us as we continue to look at ways we can effectively maintain and upgrade our facilities. I have been notified by two residents who are willing to help and am looking for more. We will try to set up an organizational meeting sometime in late March to early April.

Name the Column Contest

So that the good news regarding birthdays, anniversaries, team successes, etc. can continue to be shared, a new "corner" will debut in the monthly newsletter. As there is yet no official name designated for this column, Wortham Board Members are offering a **column-naming contest** to all residents. A \$25 gift certificate will be awarded to the person who comes up with the **catchiest title** for this new corner. The contest will continue until April 12 and the section name will be announced in the **May Newsletter**. Please send your recommendations for the announcement corner to: Vicky, @ worthamnews@houston.rr.com

New NWYTA Team for Wortham

Wortham Villages now has a tennis team for kids age 8-11 years old playing in the North West Youth Tennis Association. Their season started in February and runs through the end of April. The tennis team plays on Wednesdays, both home and away, after school. Good luck Wortham tennis players!



*front row: Chase McShane, Jordan Parker, (substitute Brady Sommer).
Back row: Julia Bryne, Kyle Anderson, Erika Holum, Jack Sommer, Team Manager Donna Sommer. Not pictured: Tristan Mayne.*

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

Wortham Villages

IMPORTANT NUMBERS

MANAGEMENT

Crest Management 281-579-0761
 Tami Martin (Manager).....
 Rita Keller, (Assistant/ARC) rita@crest-management.com, Ext. 16
 Robin Motley (Accounting)..... Ext. 24
 Fax number 281-579-7062

BOARD MEMBERS

Stan Schoen sschoen@worthamweb.org
 Jonathan Armstrong jarmstong@worthamweb.org
 Steve Carter..... scarter@worthamweb.org
 Rick Anderson..... randerson@worthamweb.org
 Rebecca McShane..... rmcsbane@worthamweb.org

COMMITTEE CHAIRPERSONS

Architectural Control - Crest Management..... 281-579-0761
 Clubhouse - Tina Clinkenbeard 281-970-7324
 Directory - Mindy Armstrong 281-970-2187
 Info. Signs - Fred Trascher fatrascherjr@aol.com, 281-970-1553
 Phyllis Giblin Phyllis.Giblin@cfisd.net, 281-517-0191
 Neighborhood Watch - Marie Trascherfatrascherjr@aol.com, 281-970-1553
 Park Committee - Michael Patrick..... 281-894-4880
 Pool Committee - Randall Reinhardt..... 281-970-2901
 Social - Rachel Gerhardt 832-912-1447
 Tennis Committee - Dorota Jankovsky..... 281-955-9626

EMERGENCY NUMBERS

Life Threatening Emergency 911
 Fire 911
 Sheriff's Department..... 911
 Poison Control 281-654-1701

NON-EMERGENCY NUMBERS

Ambulance 713-466-4073
 Cy-Fair Med. Clinic (24 hr) 281-890-5285
 Sheriff's Department..... 713-221-6000
 Harris County Health Dept. 713-440-4800
 713-440-3036
 Animal Control 281-999-3191
 FBI 713-693-5000

UTILITIES

Electricity - HL&P 713-207-7777
 Gas - Entex..... 713-659-2111

WATER & SEWER - MUD 222 (AquaSource)

Service & Billing 713-983-3602
 Leaks & Repair 713-983-3604
 Telephone - Southwestern Bell 713-237-6202
 Cable TV - Warner 713-462-8170
 Street Lights 713-207-2222
 Garbage & Recycling (Republic Waste)..... 281-446-2030

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

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	Chiarmonite, Ed & Norma	281-894-4926
Aspen Bough	Bruckner, Eric & Marie	281-890-8667
Azalea Creek	Condon, Debbie	281-955-6126
	Walker, Brenda	281-970-0564
Birch Falls	King, Lori	281-955-8419
	Sikkema, Robin	281-894-8924
Brook Mill	Young, Deanna	281-890-0598
Carriage Lake	Douglas, Linda & David	832-237-1333
Carriage Lake North	McDaniel, Angela & Jim	281-469-2417
Chestnut Woods	Hutchinson, Mark & Jan	281-894-8410
	Claiborne, Ed & Pam	281-469-7646
Dawn Point	Ramos, Angelina	281-970-8545
Dogwood Blossom	Garcia, Alfredo	281-894-1134
	Kably, Kimberly	281-970-0861
Elm Bridge Court	Henkhaus, Kim	281-469-7105
Fern Dale	Lawrence, Reschele & Phillip	281-469-6321
Harvest Dale	Welch, Terri	281-890-4061
Hickory Tree	Pickens, Cindy	281-894-0444
Hillside Glen	Livesay, Sonny & Nicole	281-807-7021
	Mayne, Martin & Tamara	281-955-2240
Lark Brook	Thomas, Barbara	281-897-1191
	Lara, Peggy	281-970-4052
Magnolia Leaf	MacDonald, Lori	281-469-0874
	Hubbard, Becky	281-890-7426
Orchard Hollow	Hooks, Ricky	281-894-5240
	Kuzniarek, Sharon	281-807-0465
Orchard Hollow & Town Elm	Dineen, Mike	281-894-6258
Plum Vale	Kelley, Dale	281-469-1371
Reedwood Ridge	Edwards, Meya	281-890-7119
	Crawford, Tracy	281-894-1331
Shady Fern	Thornton, Carolyn	281-807-1816
Spruce Knoll	Kohler, Doug	281-955-2491
Sycamore Heights	Sommer, Donna	832-237-4684
	Tang, James	281-469-3082
Timberland Trace	Peterson, Sandra	281-897-9875
Tulip Garden	Lawler, Tammie	281-807-1323
	Jones, David & Jill	281-955-8972
	Chisari, Paul	281-894-7053
Walnut Lake	Heafner, Cissy	281-477-9553
Wortham Blvd	Hutson, Micheline	281-955-1067
	Giblin, Phyllis	281-517-0191

Boy Scout BBQ - Fundraiser

Venturing Crew 288 of the Boy Scouts of America will be holding a BBQ fundraiser from **Friday April 28 5:00 p.m. to Saturday April 29 5:00 p.m.** in the parking lot of the Gander Mountain Store at 290 and Hwy. 6.

Pre-orders are now being taken until April 25th at www.geocities.com/crew288/fundraisers.

**FYI- HERE IS THE NEW WEBSITE FOR
 THE WORTHAM WHITESHARKS
www.worthamwhitesharks.com**

Wortham Villages

The Whitesharks Want You...To Have Fun!

Did you miss Swim Team registration? Don't worry, we've got you covered. You still have a chance to sign up (and we want you to), so you can't use that as an excuse. The Whitesharks are always excited to include anyone who wants to have fun with us. You can join the Wortham Whitesharks Swim Team during the first week of practice, April 24-28, but don't delay or you will miss out on the fun. Just bring a swim suit and get ready to start a great summer.

I know what you are thinking. Trust me, we have heard all of the excuses - and I mean all of them - and they just don't hold water. Here is a sampling of a few we have heard over the years:

Excuse: We're going out of town this summer.

Answer: Come for as much as you can!

Excuse: We participate in other sports.

Answer: So do all of the other kids. We can accommodate crazy schedules.

Excuse: We are "not really swimmers."

Answer: How do you know if you don't try it? Of the 400+ families we have had over the years, about 90% of them came in saying, "We're not really swimmers." Guess how many of them turn out to be?

Excuse: I'm not a very good swimmer/I'm not sure we'll fit in.

Answer: Of course you will! We have swimmers of all ability levels. The reason we are so successful is that we have never forgotten the #1 goal of this team, and that is *to have fun*. Doesn't that sound like something you could fit in with?

Excuse: We don't like getting up early on Saturday mornings.

Answer: Are you kidding me? If you had the opportunity to have the best day of your life, would you get up early for that? Believe me, you will want to get up for this!



If you are still on the fence, and don't know if you should join, just talk with one of the current Whiteshark families and they will convince you that there really is no question - you have to try it to believe it. If you have swum on the team in the past, but you're not sure you can come back, just talk to Coach Jon - he'll convince you that you can.

Swim Team is a community activity. The kids may be the ones swimming, but it takes everyone to make the whole thing work, and everyone benefits. We have enthusiastic coaches, a dedicated board, wonderful families, and supportive homeowners who ALL make the team a success. And that success is not just in victories, it is in the smiling faces of all those involved. So of course we need you (yes, I am talking to you) - your smiling face may just be the one we need.

Whether you are new to the team or have been around before, welcome, and get ready to swim fast and have fun!

The Cookie Monster says that the Whitesharks are, The GREAT BIG COOKIES at the top of the jar!

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Wortham Villages

Join the Fight against Cancer

April 7 and April 8

Join the fight against cancer and participate in the 2006 American Cancer Society's Relay for Life of Cy-Fair this April.

This unique overnight fund-raising effort, set for 6 p.m. April 7 to 6 a.m. April 8 at Cy-Fair College, 9191 Barker Cypress Road, includes a survivor/caregiver recognition walk, a luminaria lighting ceremony and a variety of entertainment for all ages.

For participation, donation or event information go to www.acevents.org/tx/relay/cyfair or contact Catherine Unger at 713-706-5646 or via e-mail at Catherine.unger@cancer.org.

Loop the Lake 5k – Cancelled

The Loop the Lake 5k race originally scheduled for May 6, 2006 has been cancelled. The race committee is looking into the possibility of holding the race later in the year. An update will be provided in this newsletter when a revised schedule has been determined.

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 Michael@michaelpatrick.com or 281-894-4880

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 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

Classifieds

FOR SALE: Tan snare practice pad - \$ 25.00 (or best offer); Tenor practice pad - \$75.00 (or best offer); Practice Xylophone - \$600.00 (or best offer); Promark stick bag (small) - \$15.00 (or best offer); Music Stand- \$40.00 (or best offer); Beginner snare drum & stand - \$35.00 (or best offer); Blue snare practice pad - \$7.00 (or best offer) Items used by a junior high/freshman percussionist. No longer in band, needs cash for car. Contact: Jan Hutchinson 281-894-8410

FOR SALE: Boy's wood captains bed with bookcase headboard and six-drawer, under-bed storage, \$75 (or best offer); Basketball goal, \$10. Contact Donna @ 281-970-2743

Gold Key Art Winner

Greg Kaufman, a senior at Cy-Fair High School is a **Gold Key** art winner in the 2006 Scholastic Regional Art & Writing Awards. This year there were a record, 1,279 entries of art submitted and Greg was named one of the 150 finalists here in Harris County. His winning portfolio for digital photography will advance to New York City to compete in the national judging from regions all across the country. Greg also won a **Gold Key** for an individual digital photo. The Harris County Department of Education sponsored a ceremony on February 14th where all the art was displayed and awards were presented to the winners. Cypress-Fairbanks ISD has 11 high school students win **Gold Key** awards and all 11 students attend Cy-Fair high school. **Congratulations Greg** for this remarkable achievement.

Tennis Anyone?

We are looking for women tennis players that would like to join an existing team for league play on Friday's as part of the Texas Jackrabbit League. We are also looking for women players that could possibly play on Tuesday or Thursday for a team starting up next fall in the Northwest Tennis League. Experienced players are needed, but new and rusty players are welcome too.

If you are interested please contact Donna Sommer at 832-237-4684 or djsommer@aol.com. We have a great time on and off the courts!



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CHARLES CLAUDER

WORTHAM RESIDENT

START SOMETHING

**Online, on site and phone registration is under way for
May mini-mester courses and summer sessions.**

High school students can also register for dual credit courses with their high school counselors.

Go to www.cy-faircollege.com for information.



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Wortham Villages

Mark Your Calendar

Save The Date!

Adam Elementary

Presents:

Adam Under The Big Top Family Fun Night

Friday, April 7, 2006

6:00 – 9:00 P.M.

Science Resource Center - Telge Road
There will be food and games for all ages.

Adam Elementary Important Dates

Will your child be attending kindergarten at Adam Elementary in the Fall? If yes, then you will want to write down these important dates and times:

Kindergarten Orientation for Parents @ Adam Elem. - April 5, 2006 - 9:30 - 10:30a.m.

See what a typical kindergarten day looks like with information given by the Assistant Principal and Kindergarten teachers.

Pre-Registration @ Adam Elem. - April 12 - 7:30-8:15a.m., 9:00 - 11:30a.m., 1:00 - 3:00p.m.

Avoid the long lines in August! Get your kindergarten student registered for school before the rush.

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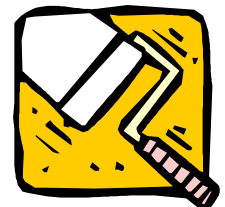
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Wortham Villages

Fit FactsSM

FROM THE AMERICAN COUNCIL ON EXERCISE[®]

I Need More Energy!

You're in the middle of a long workout and you're wondering how in the world you're going to muster up enough energy to finish. We've all been there. It's as though someone has unscrewed the cap and let all the fuel out of our tank.

So what should you reach for to help you comfortably finish your workout? Sports-product manufacturers have come up with all sorts of new items to help you do just that. But are they really any better than the old standards: water, a banana or a bagel?

Before we answer that question, a caveat: There is no single solution that works for everyone. Once you explore your options, you can determine which is the best for your body's particular needs.

Choices, choices, choices

There are few things more essential to maintaining performance than staying hydrated throughout your workout. Water is an obvious first choice, but you may need extra energy in the form of carbohydrates to get through a particularly long or strenuous exercise session.

If this is the case, energy bars or gels and sports drinks may be the answer to your depleted energy supply. What follows is a breakdown of the pros and cons of each.

Water

Water is a calorie-free source of the fluid your body needs to keep

going. There is no better way to compromise performance than to exercise while you're dehydrated. Research shows that your heart rate increases eight beats per minute for every liter of sweat lost during exercise. This can occur in as little as 30 minutes of exercise depending upon the environment and your intensity.

This increased heart rate, combined with inefficient cooling, causes your temperature to elevate. This not only compromises performance, but can lead to heat illness as well.

Most experts recommend drinking at least a cup (four to 10 ounces) of water every 15 minutes of exercise.

Sports drinks

Activities lasting longer than one hour can leave your body wanting more than just water. Sports drinks, which typically contain about 50 to 70 calories, plus vitamins and minerals, are an easy answer to both the fluid and carbohydrate drain that comes from prolonged activity. Research shows that runners and cyclists who consume a sports drink during races not only finish more quickly, but rate their exertion levels lower than those who consumed a placebo beverage. It is important to realize, however, that this was true only during longer-duration activities. You should be able to complete your 30-minute run or 45-minute step class without the aid of additional carbohydrates.

(Continued on page 7)

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Opening April




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Trust Tracy.. Who lives in Wortham Park!

Wortham Villages

I Need More Energy - (Continued from page 6)

Energy gels and bars

Energy gels are a relatively new alternative to traditional sports drinks or bars. They feel similar in texture to pudding and are easy to eat and easy for your stomach to digest. They typically contain about 70 to 100 calories and may also include caffeine and other ergogenic aids.

Energy bars have been around forever and are eaten more often as a snack than as an energy replacement during exercise. Today, the market is saturated with numerous flavors and types, each with a different ratio of fats, carbohydrates and protein. The key is to find one that tastes good and doesn't upset your stomach.

At 110 to 250 (or more) calories each, energy bars also provide extra vitamins, minerals and fiber, which ups their nutritional value considerably. But eating an energy gel or bar is not enough. You must consume enough fluid to replace what's been lost as well as to help speed digestion.

How you choose to refuel during a workout depends on your body's reaction to what you put in it. For sessions lasting less than an hour, water is sufficient so long as you consume at least four to 10 ounces every 15 minutes.

WOW – April Brings Chips & Salsa

By Reschele Lawrence

A big THANKS to Donna Sommer for hosting March WOW. The Kitchen Gift Exchange proved successful.

We will meet at Lupe Tortilla's for April WOW. Mind the signs and your email for the date!

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Don't miss Dr. Mark and Laura Shook
as they continue their Family First series

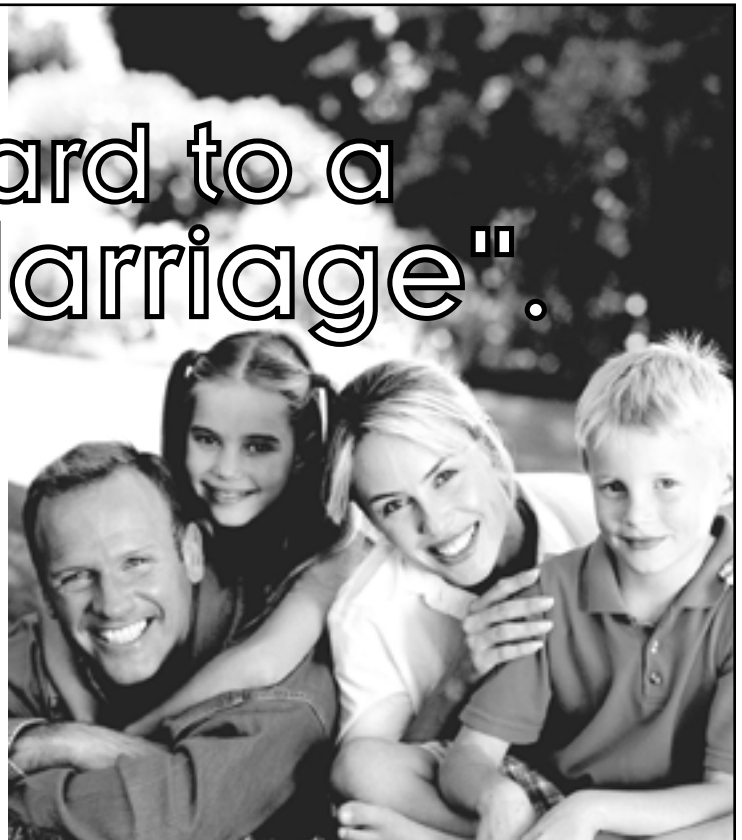
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At Community of Faith, we put Family First

Wortham Villages

Cy-Fair College, "Perspective"

Admissions and Financial Aid Sessions Set

Cy-Fair College will hold two high school student and parent information sessions in the College Center Conference Center rooms 152 and 153. This semester's last general admissions information session set at 7 p.m. and a general financial aid information session set at 8 p.m. will be presented in English April 12 and in Spanish April 13. Call 281-290-3200 for details.

Chili Cook-Off Teams and Judges Sought to Raise Scholarship Funds

The Cy-Fair College Emergency Services Chili Cook Off is set for 9 a.m. 5 p.m. April 22 at the Emergency Services Education Center at the Barker Cypress campus. Sign up a cook-off team for \$35 and compete to win in one or multiple categories such as the "Best", "Best Firehouse", "Best College", "Best Wurst", "Best Probie(Beginner)", "Best Community" and "Grand Champion Chili." For \$3 a cup, community members can choose to be one of the judges, tasting all the entries and voting on the winners. To sign up a cook-off team, call Phyllis Hahn at 281-290-5900. For information on Cy-Fair College's Fire Academy, go to www.cy-faircollege.com.

What's in the Black Box Theatre?

"The Good Doctor" runs from April 20 through April 30. In this charming production for the entire family, Neil Simon brings to theatrical life several of Anton Chekhov's short stories. These sketches present an appealing balance of hilarious and poignant moments. For tickets or information, call 281-290-5201.

Gallery Spotlights Student Talent

The 2006 Spring Student Exhibition is a juried show set from April 13 through May 4 in the Center for the Arts Gallery. An artists' reception will be held from 4:30 p.m. – 7:30 p.m. Thursday, April 20. Gallery hours are 11 a.m. – 2 p.m. Tuesday through Thursday. For information, call 281-290-5273.

Business Speaker Series Features Mattress Mac

The Cy-Fair College Spring Business Speaker Series concludes with Gallery Furniture's Jim (Mattress Mac) McIngvale presenting the "Defining and Refining Your Competitive Advantage." This speaker presentation will be held April 26 from 1:30 p.m. – 2:30 p.m. in the Cy-Fair College Conference Center, room 153. For information, contact Melinda Becker at 281-290-3284.

Join the Great Decisions Series Discussion

Cy-Fair College's Foreign Policy Association and Windows on the World sponsor the Great Decisions panel discussion series this spring. The series ends Thursday, April 26 at noon with a discussion on "Human Rights in an Age of Terrorism." This series is held in the Conference Center, room 152. For information, call Paul Cooke at 281-290-3246 or Buck Buchanan at 281-290-3919.

Free Tax Preparation Assistance Available

Free tax assistance is available at the Cy-Fair College Branch Library, located at 9191 Barker Cypress Road, with AARP volunteers from noon to 4 p.m. every Wednesday and Thursday through April 13 in the library, room 131. Taxes will be filed electronically. For information on what documentation to bring, go to <http://cfclibrary.nhmccd.edu> and click on free tax assistance under news and activities.

Spring into L.I.F.E. Programs

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.) April programs include songwriting, curb appeal for homes, Earth Day and networking. Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.

Free Spring Film Series Open to Community

The Cy-Fair College Spring Film Series is part of Windows on the World. Each film is hosted by a professor or student organization at the college and followed by a discussion after the movie. The series continues with April films such as "The Apostle", "End of Suburbia", "Barbarosa", "Giant" and "Chicago." The Spring Film Series is presented at no charge to students or the community and is offered as a Continuing Education class called Film Appreciation. Registration is available at all the film events. For a complete list of films or information, phone 281-290-3257, e-mail robert.obrien@nhmccd.edu or visit http://faculty.nhmccd.edu/robobrien/Film_Series.html.

C.A.L.L. Courses for Senior Adults Available

The Cy-Fair College Academy for Lifelong Learning provides opportunities for adults 50 and better to enjoy intellectual and social enrichment. In the April programs, learn about computer blogging, buying and selling on eBay or "Music of the Romantic Era." A San Jacinto Reenactment day trip is also on the schedule. Call 281-290-5273 or e-mail Andriav@nhmccd.edu for course information or to sign up now.

Library Offers Free Computer Classes and Book Clubs

The Harris County Public Library Cy-Fair College Branch offers free computer workshops, including a family-friendly class. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs are available including women of the world, mystery (discussing "She Walks These Hills" – April 26), democracy and sports page (discussing "A Good Walk Spoiled: Days and Nights on the PGA Tour" – April 13.). There are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to <http://cfclibrary.nhmccd.edu> for information.





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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.



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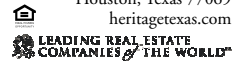
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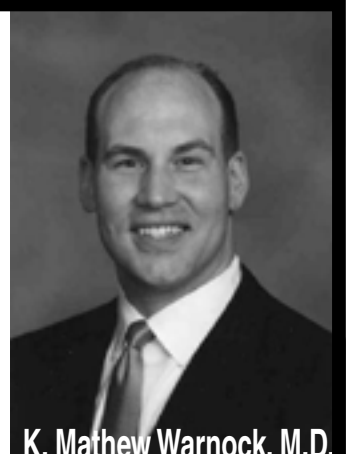
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Texas Events - April

9—HOUSTON: Migration Celebration Includes conservation booths, craft areas, games and special “Keeper Chats” and docent presentation. Hours are 10 a.m. to 3 p.m. Houston Zoo. www.houstonzoo.org 713/533-6500

15, 18, 23, 25, 28, 30—HOUSTON: Bizet’s *Carmen* Opera’s most famous femme fatale returns. This is a co-production of Houston Grand Opera, Opera Pacific and Michigan Opera Theatre. Wortham Theater Center. 713/228-6737 or 800/626-7372

17-23—HOUSTON: Shell Houston Open Golf Tournament About 150 of the world’s best golfers pursue the \$5 million-plus purse. Redstone Golf Club. www.shellhoustonopen.com 281/454-7000

21-22—HOUSTON: Waste Management Earth Day Festival Children can enjoy a variety of games and crafts from building environmentally friendly bird feeders to puzzling their way through the Migration Trail Maze. Learn how conservationists track migrating birds. Hours are 10 a.m. to 2 p.m. Friday and 10 a.m. to 3 p.m. Saturday. Houston Zoo. www.houstonzoo.org 713/533-6500

21-30—HOUSTON: WorldFest: Houston International Film Festival Brings a blend of feature films, shorts, screenplays, TV commercials, music videos and documentaries to viewers throughout the area. www.worldfest.org 713/965-9955

22-23—HOUSTON: BPMS 150 Bike Tour More than 12,000 cyclists

participate. Two-day bike tour takes riders from Houston to Austin to raise funds to fight MS. www.nationalmssociety.org/txh/home 800/344-4867

22-23, 29-30—HOUSTON: Houston International Festival Spotlights Jamaica. Downtown is filled with ethnic food booths, arts & crafts, kiosks, exhibits and 1,800 various performers. Features music and dance groups from around the world. Downtown Houston, including City Hall, Tranquility Park, Bagby Street, Upper and Lower Sam Houston Park and Allen Parkway. www.ifest.org 713/654-8808

28—HOUSTON: BREAK! The Urban Funk Spectacular Show explores the past 30 years of hip-hop dancing. Begins at 7 p.m. Jones Hall. www.spahouston.org 713/227-4SPA

29—HOUSTON: Monteverdi’s *The Coronation of Poppea* (L’Incoronazione Di Poppea) Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372

29-30—HOUSTON: 35th Annual Hal John & Judy Wimberly Memorial Chili Cook-Off Traders Village. E-mail: kdkone@aol.com
• www.houstonpod.org 281/890-5500

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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P	C	D	M	I	E	O	O	S	S	A	R	G	I	I
R	T	Y	N	K	L	N	L	K	C	Y	E	A	G	L
I	I	U	S	A	N	U	C	O	G	Q	T	H	E	I
L	B	A	D	E	L	U	T	B	C	N	S	T	R	E
Y	B	V	T	S	D	S	U	K	O	Q	A	P	M	S
S	A	A	E	Y	N	N	I	T	S	L	E	B	A	H
E	R	D	B	R	N	A	T	R	O	S	H	U	N	T
Y	R	A	N	Y	O	O	E	C	E	C	X	F	Y	E
D	B	G	S	U	C	K	O	B	Q	T	I	B	R	G
S	K	W	D	R	S	H	T	P	Y	N	S	W	V	G
W	M	N	E	I	C	P	I	J	D	L	E	A	M	S
S	C	T	S	X	N	S	I	C	C	J	L	K	E	S
W	E	D	A	R	A	P	I	S	K	M	P	E	K	C
P	T	V	N	K	G	N	I	R	P	S	E	A	J	J

- April
- Baby Chicks
- Baby Ducks
- Basket
- Bonnet
- Chocolate
- Color



- Jelly Beans
- Lilies
- Parade
- Peter Cotton Tail
- Rabbit
- Spring
- Sunday
- Tulip



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Kids' Health Briefs

Baylor College of Medicine

Depression hard to spot in children, teens

HOUSTON – Statistics suggest that more than 10 percent of the U.S. population experiences at least one episode of depression by the time they are 24 years old. Depression can be hard to spot in children and adolescents, but addressing it early can make all the difference in preventing development, learning, and additional emotional disorders.

"Many children and teens have somatic symptoms like head, stomach, and leg aches, as well as increased irritability and grumpiness or 'whininess.' Many times they suffer from antisocial behavior with friends and peers. Adolescents often suffer from feelings of guilt and indecisiveness," said Dr. Flossy Eddins-Folensbee, associate professor of psychiatry and behavioral sciences at Baylor College of Medicine.

"We believe girls suffering from depression outnumber boys, because girls more often use their anger and frustration, while boys tend to use more outlets for their emotions, like sports and more aggressive leisure activities. This might also be due to the biological changes that happen during female adolescence," said Eddins-Folensbee.

Clear diagnoses and target symptoms should be discussed and a plan developed for measuring and monitoring side effects and improvement.

Small steps not enough to reverse childhood obesity



HOUSTON – At the rate they're currently overeating, many overweight kids would need to walk three miles or more a day to just prevent further weight gain, say researchers at Baylor College of Medicine (BCM) in Houston.

"Although healthy children are expected to gain weight as they grow, weight loss is recommended for overweight children, which are those with a body mass index at or above the 95th percentile," said Dr. Nancy Butte, a professor of pediatrics at BCM and researcher with the USDA/ARS Children's Nutrition Research Center. "However, we found that many overweight children are continuing to gain weight at alarming rates."

According to Butte, to burn an extra 260 calories per day, these overweight children would need to walk the equivalent of three miles

or about 60 minutes per day.

"Halting the epidemic of childhood obesity will take much more than helping children make small changes in diet and physical activity," Butte said. "It will require a significant and concerted societal effort to change the way our children are eating and to increase their physical activity."



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Metabolic syndrome: The disease of the new millennium

Baylor College of Medicine

HOUSTON – (March 1, 2006) – A growing number of adults in the United States are afflicted by the fastest growing health condition in the world.

“Metabolic syndrome is the disease of the new millennium,” said Dr. John Foreyt, director of the behavioral medicine research center at Baylor College of Medicine (BCM) in Houston. “By the time you’re an adult, most of us have it. Its prevalence is increasing dramatically because of the rising number of people who are obese and inactive.”

Foreyt, also a professor of pediatrics at the Children’s Nutrition Research Center, says that in the United States almost 50 percent of adults age 60 and over have the syndrome, which may soon become the number one risk factor for heart disease.

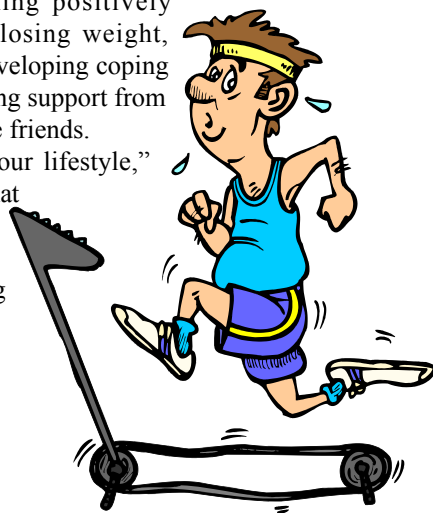
Metabolic syndrome is characterized by several risk factors, including central obesity or large waist circumference, elevated blood pressure, high plasma levels of triglycerides and low plasma levels of high-density lipoprotein cholesterol and impaired glucose tolerance. Foreyt says that if you have any three of these characteristics you have metabolic syndrome and are at risk of developing type 2 diabetes, coronary heart disease, or having a stroke or heart attack.

Lifestyle modification is an essential part of weight loss for people with or at risk for metabolic syndrome. Maintaining a healthy diet and

weight, doing 30 to 60 minutes of moderately intense exercise every day and quitting smoking can all help reduce a person’s chances of developing heart disease.

Foreyt has created a “toolbox” of strategies that can be used to combat the syndrome. The strategies include setting reasonable weight loss goals, raising awareness, confronting your weaknesses, managing stress, thinking positively and realistically about losing weight, preventing relapses by developing coping strategies and having strong support from family members and close friends.

“It’s about changing your lifestyle,” said Foreyt. “No matter what age you are the emphasis has to be on adopting a healthy diet and getting more exercise.”



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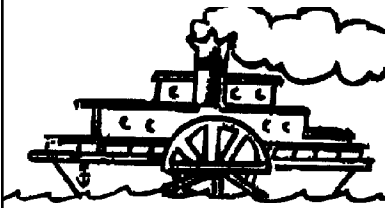
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14 Wortham Villages Newsletter - April 2006

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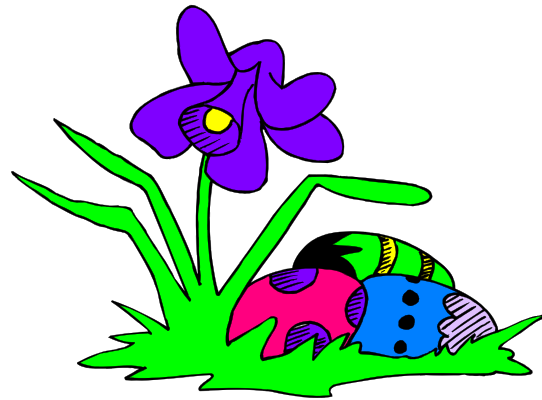
Wortham Villages

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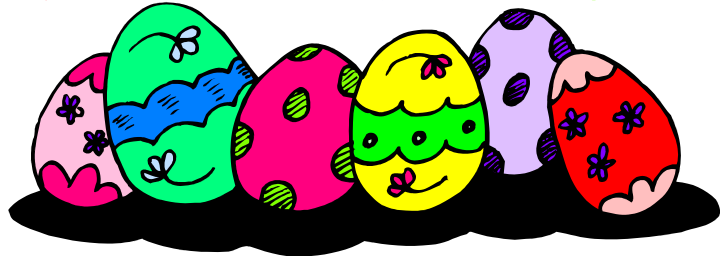


The first commercially successful steamboat was Robert Fulton's Clermont, built in 1807.

Until the 1700s, ballerinas wore long, heavy skirts, tight corsets and heeled slippers—all of which limited their ability to jump and perform other energetic movements.



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Courtesy of Super Dave

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\$190,000-209,999	0	0	0	1	0	0
\$170,000-189,999	0	1	2	3	1	2
\$150,000-169,999	0	0	3	0	0	1
\$130,000-149,999	0	0	0	0	0	0
\$130,000 -	0	0	0	0	0	0
TOTAL	0	2	6	5	1	3
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