

Wortham Villages

Volume 6, Issue 10
Wortham Villages

October 2006

www.worthamweb.org

WORTHAM VILLAGES ANNUAL FALL FESTIVAL

Come “Fall” into the Fun!!!!

**Saturday October 28th, 2006
4-6pm**

(Come rain or shine!)

Wortham Clubhouse & Grounds

Admission \$2

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Show your Halloween Spirit by coming dressed in your costume!

Bring your camera for a Fall Festival Photo Op!

To volunteer or for additional info contact the Fall Festival Coordinator:

Nikki Livesay 281.807.7021 at -snjlivesay@yahoo.com

or Wortham Social Committee Coordinator:

Rachel Gerhardt 832.912.1447 at- rgerhardt@houston.rr.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..... rmcsane@worthamweb.org

COMMITTEE CHAIRPERSONS

Architectural Control - Crest Management..... 281-579-0761
 Clubhouse - Linda Carter..... 281-894-5821
 fourlcs@houston.rr.com
 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 - Martin Mayne martin@mayne.us, 281-955-2240
 Recreational Facilities Committee - Bob Paziteney, 832-912-8473
 Sports Fields Reservations - Myra Edwards.....
 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

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Neighborhood Watch Committee BLOCK CAPTAINS

Apple Forest	Ghormley, Jay & Angela	281-955-7072
	Chiarmonte, Ed & Norma	281-894-4926
Aspen Bough	Bruckner, Eric & Marie	281-890-8667
Azalea Creek	Condon, Debbie	281-955-6126
Birch Falls	King, Lori	281-955-8419
	Sikkema, Robin	281-894-8924
Brook Mill	Young, Deanna	281-890-0598
Carriage Lake	Boushley, Connie	281-890-3499
	Douglas, Linda & David	832-237-1333
Chestnut Woods	Hutchinson, Mark & Jan	281-894-8410
	Claiborne, Ed & Pam	281-469-7646
Dawn Point & Elm Bough	Ramos, Angelina	281-970-8545
Dogwood Blossom	Garcia, Alfredo	281-894-1134
	Kably, Kimberly	281-970-0861
Elm Bridge Ct	Henkhaus, Kim	281-469-7105
Fern Vale	Lawrence, Reschele & Phillip	281-469-6321
Grove Hollow	Kruppa, Beth & Chris	281-477-7381
Harvest Dale	Welch, Terri	281-890-4061
Hickory Tree	Pickens, Cindy	281-894-0444
Hillside Glen	Livesay, Sonny & Nicole	281-807-7021
	Guido & Shelia Smet	281-970-4766
Lark Brook	Thomas, Barbara	281-897-1191
	Lara, Peggy	281-970-4052
Magnolia Leaf	MacDonald, Lori	281-469-0874
	Vantiger Becky	281-890-7426
Orchard Hollow	Hooks, Ricky	281-894-5240
	Kubinski, Terry	281-894-1331
Orchard Hollow & Town Elm	Dineen, Mike	281-894-6258
Plum Vale	Kelley, Dale	281-469-1371
Reedwood Ridge	Kay McGlamory	281-955-2107
	Crawford, Tracy	281-650-3266
Shady Fern	Thornton, Carolyn	281-807-1816
Spruce Knoll	Kohler, Doug	281-955-2491
Sycamore Heights	Sommer, Donna	832-237-4684
Timberland Trace	Peterson, Sandra	281-897-9875
Tulip Garden	Lawler, Tammie	281-807-1323
	Jones, David & Jill	281-955-8972
Walnut Lake	Chisari, Paul	281-894-7053
Wortham Blvd	Heafner, Cissy	281-477-9553
	Giblin, Phyllis	281-517-0191



Wortham Villages

Splinters From the Board

By Stan Schoen E-mail: sschoen@worthamweb.org Website: www.worthamweb.org

Our Annual Wortham Homeowners' meeting will be held at Adam Elementary at 7 p.m. on October 24, 2006. An annual homeowner's meeting is in our Covenants and is the right for every homeowner to get a 'state of the association' feedback. We try to make it interesting, educational, social, and hopefully a little fun. As much fun as we want everyone to have it is business and we do need to have a quorum to make this official so the more of us that show up the better. This time you get to vote for two seats on the board currently occupied by myself, and Jonathon Armstrong. Neither of us has campaigned and I don't know of any of us that have. We are interested in having a board that you elect and comfortable with so if you have an interest for yourself or another resident please submit that name in writing to Crest Management for ballot purposes. To clarify this point anyone voted to the board of directors occupies a seat on the board. The board appoints their own officers so you don't choose a secretary, as an example, you choose the member and the board appoints members to those given positions.

You can't help but notice the explosive growth that we've had in the FM1960/290 area. Home Depot and the yet to be completed Target will sure make a statement about the number of quality homes in the area and with the addition of the medical professional building and the businesses it will draw will be even more phenomenal in

my opinion. To me this all represents what I strongly feel is further value in our community. It boggles my mind to understand why we are not commanding an additional \$10.00 per foot above what I am seeing out here. We have the location and all the things I have been telling you for years it has to all transfer to dollars of value to our residents.

As our homes age we all need to be looking at our fences, paint, roofs, etc. all the things that are part of home maintenance to keep your home and surroundings in good repair and this will save you many dollars down the road. Please remember you need to turn in your architectural forms to Crest Management when you paint, roof, etc. to keep yourself out of potential problems.

Just for your information and home savings I have been checking into Radiant Barriers and I feel pretty knowledgeable about it now, I believe I can save money by putting in radiant-barrier paint. I'm hoping to lower my attic temperature by 30+ degrees by doing so and get a payback within 24 months. I am in process of planning right now and will keep you posted. One of the things I learned in the process is that we all have soffits that go around our house, on the outside, along the roofline and you will notice they are little vents to allow air in and out of our homes. When you have blown insulation as we

(Continued on Page 4)

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Splinters from The Board-(Continued from Page 3)

most all do, insulation gets blown over these vents. You can clean them out by going on a ladder with a leaf blower from the outside of your home and blowing out the insulation from the vent and probably open all of them up and notice a 10 degree drop in temperature in your attic. Lowering the heat in your attic will lower the amount you need to cool which is dollars! Sounds like I listened to some salesman, yes, I have listened to more than one and hopefully saved some of you an hour of your life.

As you will learn in our Annual Homeowners' meeting on October 24, 2006 at 7 p.m. we are a healthy community from financial aspects and for that matter any way you want to look at us. Welcome Home to Wortham everyone! See you at the meeting!

Make it a great day! See you at my table.

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If you would like your name added to the list, please e-mail your information to wchcoordinator@winchestercountry.org, drop your information off in the mail slot located at the clubhouse or mail to Holly Calbat at 9607 Rio Grande, Houston, Tx. 77064

Neighborhood Watch News

The Wortham Board and Deputies have decided that it is not safe to leave a Vacation Watch Form at the clubhouse. You may still use the form as a guide to report a vacation watch to the Harris County Sheriff's Office.

Please call 713-221-6000 and your information will be taken over the phone. It will then be dispatched to the Deputies on duty.

Please check our September Newsletter to let you know of the many businesses that have participated in our National Night Out. They have helped to make this event

a huge success and we appreciate their donations.

I hope that all residents attended and had a wonderful time.

Marie Trascher, Neighborhood Watch Chair



Looking for a Church Home that is making a difference in people's lives, the community and the world? *Come grow with us!*



Worship Services

8:15 a.m. – Traditional, *the Sanctuary*

9:30 a.m. – Contemporary, *the Ministry Activity Center*

11:00 a.m. – Traditional, *in the Sanctuary*

11:00 a.m. – **Common Ground**, *Ministry Activity Center*
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Wortham Villages

Wortham HOA Annual Meeting Notice

The Wortham Villages Homeowners Association Annual Meeting will be held on Tuesday, October 24, 2006, 7:00 PM at Adam Elementary. Elections for two board positions will be held and information about the state of the neighborhood will be shared. If you would like to run for the board, contact Crest Management. Please come and find out about your community, elect your representative board members, and have your questions answered. If you cannot attend, please remember to sign your proxy that should arrive in the mail soon (if it hasn't come already), and give it to a neighbor who will be there. We need at least a 10% quorum of homeowners to make the meeting and elections "official." Refreshments will be served.

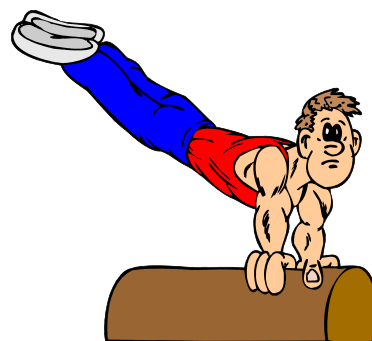
Standard Time



Neighbor's Corner

Congratulations Jonathan!!

Jonathan Horton, son of Al and Margo Horton, recently competed in the USA Championships in Minnesota and won the silver in the All Around competition and a gold medal on the floor exercise. He earned a spot on the USA men's national gymnastics team and selected to compete in the World championships being held in Denmark in October. Jonathan is a junior at the Univ. of Oklahoma and was the All Around winner at the NCAA championships this past April. Mom and dad will be traveling to Denmark to cheer him on at this very prestigious competition.



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Wortham Villages

Roof Rats in Wortham !?!

Roof Rats are found throughout the Gulf States including the Houston area and it appears we are experiencing a growing problem in Wortham. They favor an "aerial" habitat and often live in trees or on vine covered fences. Because they are agile climbers, they frequently enter buildings, including houses, from the roof or adjacent utility lines which they use to travel from area to area.

There are 4 basic steps to eliminate a rat population:

- 1) Inspect for signs including droppings, tracks, gnaw marks, burrowing, the presence of live or dead rodents, rodent sounds/odors.
- 2) Removal of possible rodent food including pet food and wild bird feed as well as excess vegetation, trash, lumber or equipment piles. All pet food should be put away at night, which is the peak feeding time, and all garbage cans should be covered at all times.
- 3) Rodent proof buildings by eliminating openings larger than ½ inch and repair of doors and windows that do not shut securely.
- 4) Reduce the population via the use of traps/glue traps and/or baits. It is critical that any bait used protects neighborhood pets against second kill. The best way to do this is to contract with a licensed pest removal service.

Working together we can minimize this nasty intruder!

WOW – La Chapala con Margaritas

By Reschele Lawrence

September's WOW at Willie's was fun and friendly. I love catching up with girlfriends and filling up on great food! Thank you, Angela, for recommending Willie's. We always appreciate the staff when we visit local eateries. It isn't easy keeping up with this bunch! Remember to take your families back to the restaurants we visit as a thank you to them.

October WOW will be held on Wednesday, the 25th at Chapala Mexican Restaurant (Jones & 1960 by Black Eyed Pea). Join Janine Cagney for Margarita Madness at 7pm. Bring your appetite and a friend!

Remember to start hunting up those awesome cookie recipes for Brenda Walker's Annual WOW Cookie exchange in November (tentative date: Nov. 15th). She'll prepare her wonderful Gumbo and we'll share our cookies!



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Musings on Halloween

By Terri Welch

Since I am the parent of small children, holidays are big around our house: Big, big, big. Like, my children start planning for Halloween right after the Fourth of July. Last Halloween, you may remember, it was FREEZING, And cold, And rainy. Perfect conditions for STAYING HOME and eating our own Halloween candy in front of a roaring fire. So, when my kindergartener got home from school, I explained to her gently that we would probably not be trick-or-treating that evening because it was too cold and I didn't want her and her sister to get sick. From her reaction, you would have thought I ran over her favorite doll on purpose or something. Wailing like you wouldn't believe: Tears; Recriminations; The whole shebang of guilt-producing child weapons.

So, being the strong-willed parent I am, I caved. And at 6:30 p.m., right after supper, there we were, the three of us, one Nefertiti, one cheetah, and one shivering mom in jeans, a sweater, boots and a raincoat braving the driving winds and rain.



And the streets were deserted. We were the only trick-or-treaters out there for at least an hour. Everyone was so grateful (and shocked) that we were out there, that they were giving us handfuls of candy. We had to ask someone for a grocery sack to put the overflow of candy in.

So, stock up on candy this year because, come rain, sleet or even snow, on October 31st the Welch girls will be at your door. Don't forget to wave at me -- I'll be the miserable wet lump at the sidewalk with the flashlight.

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Wortham Villages

Musings on ...

By Terri Welch

You may have noticed that my rantings on various topics have not appeared in this newsletter for a while. And the reason for the absence is also the topic for this month. And that would be procrastination.

For example, I like decorating the house for the holidays. Any holiday. Every holiday. Groundhog Day. Arbor Day. Doesn't matter. If they sell a decoration for it, I'm buying it, because I like the way the house looks when it has decorations up. However, as excited as I am to display the decorations, I am not so excited about putting them away. Currently in our house, we have one lone St. Patrick's Day plate on a wall, a Fourth of July garland on a sconce, and a ceramic nativity set on that little window sill above the front door. Our Christmas tree last year turned into a Valentine's tree and a St. Patrick's Day tree before I got around to taking it down. And if you think I'm kidding, you can ask my DH.

I hosted WOW back in July. The theme was Mexican Fiesta, so I bought some cute little mylar jalapeño garlands at Party City and hung them from the doorway into the living room. They were festive, and added to the whole atmosphere of fun and laughter. Needless to say, they are still there.

We are daily subscribers to the Chronicle, and if you pass by our house on any given day, you might be forgiven for thinking we were

out of town, as there are usually two or three forlorn newspapers out there on the lawn, vainly waiting for us to come out and pick them up and deposit them right into the recycle bin. I mean to read them, I really do. I don't want to stop my subscription, because once or twice a month, I end up actually reading one. And I would hate to WANT to read the paper, and have it not be there.

I have thank you notes in my large pile of "To Do Some Day Soon" stuff. They are written and addressed. They are also three years old.

Same concept applies with writing this little column. I MEAN to write one every month. I usually have a funny topic in mind, like a riff on Useless Things for Sale, featuring the Electronic Watch Winder I saw at Sharper Image the other day. Yours for only \$49.95! Or How Can Anyone With Children Carry a Small Purse? Those great ideas just never seem to make their way into a Word document. The only reason I remembered this time was the nice lady who is the coordinator or whatever for newsletter submissions sent me TWO email reminders.

So, anyway I'm glad to be back. I won't promise to have another one this calendar year, but I'll try. Just in case, though, Merry Christmas and Happy New Year!

Fall is here!

My business falls back on referrals.
If you know anyone in need of
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Have a Happy Halloween!



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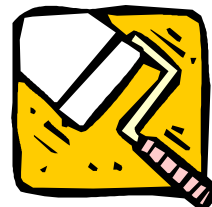
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Wortham Villages

6th Grade Social was a BIG Splash!

Beginning middle school can be stressful time for both the kids and parents. This year we started a new tradition where the students starting 6th grade at Arnold Middle School could have an opportunity to meet each other at the 6th Grade Social!

The kids enjoyed pizza and a private pool party at the Wortham Pool on Monday August 14th from 6-9pm. (If you have ever been at a pool party for a bunch of 6th graders you would understand why we made it private! Thanks to all our residents who displayed patience for this once a year event for our kids.) Heartfelt gratitude goes out to Donna Sommer and Rebecca McShane for coordinating this event and making it a huge success! What a wonderful way to start a new school year at a new school!

Rachel Gerhardt- Wortham Social Committee



**THANK YOU
DONNA SOMMER &
REBECCA MCSHANE
FOR MAKING THIS A
HUGE SUCCESS**

WVCA Newsletter Policies

Call Vicky at 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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Wortham Villages

Fit Facts
FROM THE AMERICAN COUNCIL ON EXERCISE

Kick Your Way to Fitness

Are you bored with your current fitness routine?

It may be time to kick your way to one of the hottest workouts around. Kickboxing, also referred to as boxing aerobics and cardio kickboxing, is a hybrid of boxing, martial arts and aerobics that offers an intense cross-training and total-body workout.

It blends a mixture of high-power exercise routines that strengthen the body and mind, decrease stress and hone reflexes while increasing endurance and cardiovascular power. While kickboxing's roots are in full-contact fighting, it has found a safe and very effective niche in the fitness community.

While some estimates of kickboxing's calorie-burning potential have reached as high as 500 to 800 calories per hour, ACE-sponsored research suggests that only very large individuals working out at exceptionally high intensities are like to burn that that many.

Instead, a 135-pound person is likely to burn 350 to 450 calories during a typical 50-minute class that consists of a warm-up, aerobic period and cool-down. There are, however, other important factors

to consider before taking the first kick.

What is your current fitness level?

Keep in mind that many clubs may not offer classes that are based on progression. Even if your current routine features a hearty combination of cross-training workouts, you may want to take it easy at first, then build as your body adapts.

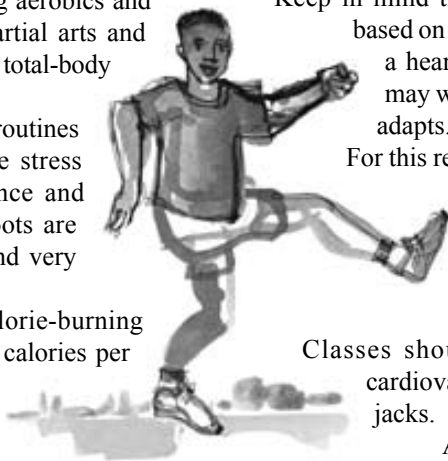
For this reason, an hour-long session may not be the wisest choice for someone who isn't used to this level of concentrated activity.

Familiarize yourself with the basics

Remember, adequate warm-up and close attention to proper technique are paramount.

Classes should begin with basic stretches and a light cardiovascular warm-up such as pushups and jumping jacks.

A typical aerobic kickboxing routine involves a series of repetitive punches alternating with hand strikes, kicks and then a combination of all three. The repetitions help participants focus on proper technique while engaging several muscles groups and getting a fierce cardiovascular workout.



(Continued on page 14)

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Wortham Villages

Kindergarten Social had Class!

The Kindergarten Social was a lot of fun for all that attended on Monday August 14th. Students were able to find out who there teacher and classmates were for the upcoming year at Adam Elementary!

The kids got to decorate a picture frame for their "Kindergarten" photo and enjoy refreshments in Luha style!

Special thanks goes to Cissy Heafner & Rebecca Howren for putting their help and hearts into making this event a wonderful way to start off the school year! *You are both "All Stars"* and make our neighborhood great!

Rachel Gerhardt- Wortham Social Committee



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Wortham Villages

Kick to Fitness - (Continued from page 12)

After the main section of the routine, stretches and floor exercises are commonly performed as a cool-down.

Don't forget to wear loose clothing that allows freedom of movement during your kickboxing workout and drink plenty of water.

Beginner beware

When attending your first class, try to avoid these common mistakes:

- Wearing weights or holding dumbbells when throwing punches, which puts your joints in danger of injury
- Locking your joints when throwing kicks or punches
- Over-extending kicks (Beginners should avoid high kicks until they get used to the routine and become more flexible.)
- Giving in to group peer pressure and exercising beyond fatigue
- And of course, you should ask your instructor about their training. Cardio kickboxing is a combination of martial arts and aerobics, and employs different techniques from a "pure" martial arts class.

Many teachers may have boxing or martial arts training, but may not have the appropriate class experience or be properly certified by an organization such as ACE. Finally, once you understand the basics of this stress-relieving, total-body workout, you can kick your way to a new level of fitness.

Basic moves and equipment

It may seem awkward at first, but the basic moves in a kickboxing class can be mastered with time, patience and practice.

A prepared class will have mirrors, a punching or "heavy" bag and hit pads for participants to use. Here are two basic lower-body kickboxing moves that work the hamstrings, gluteals and quadriceps:

- The roundhouse kick - Starting from a basic stance (side of body facing bag, knees slightly bent, shoulder-length apart), lift your right knee and point it just to the right of your target. Pivot on your left foot as you extend your right leg. Kick the target with the top of your foot.
- The side kick - From the basic stance, pull your right knee up toward your left shoulder. Pivot on your left foot as you snap your right leg into your target. Strike with either the outside edge of your foot or your heel.



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American Council on Exercise

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The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

					5			
6		5	1	7				
	1						3	9
8			4					
			3	2		1		5
	2	6						
2			6	4				
3					1		2	8
		7		3		4		

*See solution at www.PEELinc.com © 2006. Feature Exchange



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WORTHAM MARKET REPORT

Courtesy of Super Dave

This market information report is provided to keep you informed of resale market activity in your subdivision.

	Mar 06	Apr 06	May 06	Jun 06	July 06	Aug 06
\$210,000 +	0	2	0	1	1	2
\$190,000-209,999	0	1	0	3	1	2
\$170,000-189,999	1	1	0	0	1	1
\$150,000-169,999	0	0	1	0	0	1
\$130,000-149,999	0	0	0	0	0	0
\$130,000 -	0	0	0	0	0	0
TOTAL	1	4	1	4	3	6
Highest \$/Sq Ft	65.64	68.10	75.66	76.12	73.46	69.20

This chart represents the homes that have sold and closed in the past 6 months according to the Houston Multiple Listing Service.

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