

Wortham Villages

Volume 6, Issue 12
Wortham Villages

December 2006

www.worthamweb.org

Splinters From the Board

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

Website: www.worthamweb.org

Our Annual Wortham Homeowners' meeting was held at Adam Elementary on October 24, 2006 where, amongst other things, we voted for two seats on the Board. We must have a quorum for any votes to count and I'm proud to say we had a quorum and all votes counted and completed in the same evening. We thank you for your continued support and Jonathan Armstrong and I will continue to proudly serve our community for another two years.

Now for something I know you care about and I don't know how I got myself into this position of informing you of new 'stuff' but now it can be told...If you like the Red Onion Restaurant you're going to love this. Buffalo Wings Southwest Grill or whatever the restaurant that was destroyed by a fire was called has now been cleaned up and will be transformed into a Red Onion Restaurant. I had the opportunity to meet the owner of the Red Onion Restaurants, Rafael, and he is a good man and a hard worker who truly pulled himself up by the bootstraps. About two years ago the Houston Chronicle ran a feature article on him in their business section and he is an amazing guy and rags to riches story. When it opens check it out for yourself and make your own decisions but it is worth a try.

Notices were taped on doors recently asking homeowners to have their house numbers painted on the curb in front of your house. A reminder that your homeowner association paints the numbers on the curb for all homeowners and maintains them so that we are uniform in size and color and are well seen in the event of an emergency vehicle or for your visitors to be able to better and more quickly identify your house. Do not pay anyone for this service that we already provide and we will paint over anything that is not consistent with what we are already doing.

At the homeowners meeting we had to announce an increase in dues which would bring us from \$399.00 to \$440.00. This increase is necessary and we provided a budget to all those in attendance. The information is available to any homeowner free of charge and you have a right to see any data we have and are always available to you. Further, we provided a listing of other communities and what their rates are and you would have seen that we are on the lower end of the spectrum when it comes to fees compared to anyone with amenities close to ours. The basis for an increase was based on our needs and the fact that we have not had an increase in many years but found it necessary at this time.

We wish all of our friends in Wortham and your families the best life has to offer at this holiday season, for good health, happiness and prosperity! Happy Holidays and a Happy New Year!

Please keep our troops who are in harms way, in your thoughts and prayers.

We are thankful for all our service people in the armed forces and on our streets for fire and police who are responsible for the safety and protection for all of us and willing to put their own lives on the line to protect us. Thank you!

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

Neighborhood Recreational Facilities Corner

By Rick Anderson

Well it's hard to believe that we are already past Thanksgiving and headed for Christmas. The year has really flown by. The recreational facilities include the pool, clubhouse, tennis courts and playground area (including the pool and retention pond areas).

The board has completed the budgeting for 2007 and we have identified some items for the facilities that we will be addressing. Now that the major renovation upgrades have been completed for the pool area and clubhouse, we are looking at some other upgrades and maintenance to the pool area, tennis courts and playground equipment. For next year we are planning on replacing some of the pool furniture with new furniture and hopefully in 2008 will replace the remainder. We will also have to repair/replace the lifeguard stands. Additionally we are planning a few things for the tennis courts, including replacing of the lights (glass covers, upgrade bulbs), new windscreens and repairs/repainting of fence poles/gates.

Another item we are looking at is installing new playground equipment at the pool area. The current playground equipment is beginning to break and we would like a more functional, multiple option type of playground, while maintaining the space limitations.

We will be having a meeting of the Recreational Facilities Committee probably in January, so if you are interested in joining us and helping out on this committee, please contact Rick Anderson (rick_anderson@efiglobal.com). We are always looking for energetic/creative people to help us come up with ways to improve our facilities within a reasonable budget. Thanks and I hope everyone has a great holiday season.

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..... rmcshane@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

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CHARLES CLAUDER

WORTHAM RESIDENT

Wortham Villages

Neighborhood Watch News

Marie Trascher

There continues to be minor incidents that have occurred in our community. The Deputies are on the look-out for the vandals. Please report any activity to the Sheriff's Department (713-221-6000).

There were 2 major incidents in Wortham Grove. One a burglary and the other a Halloween Party where 2 people were arrested. Let us keep this from our community.

The incident report for October is a good one with very few incidents that required follow-up.

Please be cautious as the Holidays are approaching and the incidents may increase.

HAPPY HOLIDAYS AND HAPPY NEW YEAR

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Incident Report for October 2006

Code#	Offense	
251	Criminal Mischief	3
350	Prop/found/lost	1
407	Assault/Agg	1
450	Suspicious person	4
501	Vehicle/suspicious	2
502	Vehicle abandoned	1
504	Vehicle stops	30
505	Vehicle Stolen	1
509	Vehicle speeding	1
512	Alarm local	14
516	Alarm	1
601	Dist/juvenile	0
602	Dist/family	2
607	Dist/Load noise	4
609	Dist/other	3
670	Meet the citizen	5
689	Contract ck	338
706	MUD Bldg Check	6
801	Accidents/FS GI	1
911	Hang up	1



Happy Holidays

The Smith Family

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"Who says there's no rest for the weary?"

Holiday seasons are busy. Frenzied. Hurried. Noisy. And then they're gone. What happened?

Remember when you were a child and could drift away without a care, celebrating a well-deserved rest? You still can...

Take a moment (now might be good!) to reflect on what this Holiday means to you: Giving thanks, getting joy, and sharing both freely.

We give thanks to you for letting us services your home and look forward to seeing you again.

Happy, Happy Holidays from us to you

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Wortham Villages

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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WOW Meets for a Copperfield Christmas

By Reschele Lawrence

Thank you Brenda! As always, the Annual Cookie Exchange was a lot of fun. Everyone got to sample some wonderful treats along with the yummy Gumbo! I can't wait until next year.

On Thursday, December 14th, at 7pm, Susan McLeroy will be hosting WOW (16531 Torrey View Terrace in Copper Village off of West Road). There will be a Christmas Gift Exchange (\$10 value) and everyone should bring an appetizer or dessert to share.

We will also decide where WOW will go in 2007 and who will be taking it there!

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Wortham Villages Newsletter
each month online at
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Happy Holidays



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Warmest Wishes for the Holiday Season.



Tracy Crawford



RE/MAX Suburban Northwest

Direct: 281-650-3266

Office: 281-376-9900, xt. 193

Email: TrustTracy@aol.com

Trust Tracy...who lives in Wortham Park!

Wortham Villages

Fall Festival was Fantastic

Thanks to all of the kids and families that came to the Annual Fall Festival on Saturday October 28th! There were lots of kids that put some wonderful flare into their costumes for Halloween! It was a beautiful crisp autumn day and we could have not asked for nicer weather. There were wonderful refreshments, moonjump, and all kinds of kid friendly games!

My most heartfelt appreciation goes out to the following volunteers and sponsors that without their helping hands this event could not take place:

- Nikki Livesay and her husband Sonny for Coordinating the Fall Festival this year! Their time and effort in putting this event on made the day magical for our kids! It would not have happened without them and they are truly wonderful neighbors to have in Wortham!
- Margo Horton for donating the funds for the moonjump!
- Tracy Crawford for her donation of the delicious cookies and apples for refreshments!
- Bob Zucarello for the bottled water!
- Rick Anderson and swim team for loaning us the sunshades- just in case it rained...
- All the volunteers that came to help set up, run the games, and clean up! You are all the Life Force of the neighborhood's social events being able to take place. Your time and enthusiasm are so greatly appreciated!

We hope to see all of you again next year for fun at the Annual Wortham Fall Festival! Mark your calendar for "Breakfast with Santa" on December 2nd from 9-11am. Parade starting at 8:15am. Volunteers contact Elio Cunningham at (281)890-8993.

Rachel Gerhardt-Wortham Social Events Chairperson



*A life spent making mistakes
is not only more honorable,
but more useful than a life
spent doing nothing.*

-George Bernard Shaw

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Considering a Private School?

Attend the 5th Annual NW Houston Private School Preview

Sponsored by: The Kid's Directory and Chick fil A

Come explore the rich variety of private educational opportunities in our community. This event offers you the opportunity to visit with representatives from over twenty private schools that offer quality academics and a safe and orderly environment.

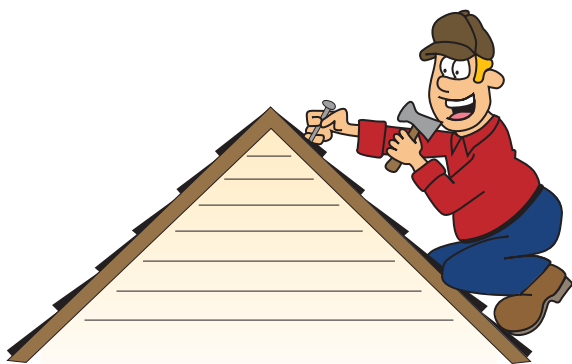
FAST FACTS ABOUT PRIVATE SCHOOLS:

Did you know?

- Private school students perform better than their public school counterparts on standardized achievement tests.
- Parents often look to private schools as an extension of the home in promoting the values they embrace, and private schools respond.
- Students thrive when allowed to learn in a safe and supportive environment.
- A very high percentage of private high school graduates attend college
- The participation of private school students in community service projects is very strong

The 5th Annual NW Houston Private School Preview is free of charge and will be held on Sunday, January 21, 2007, from 3 p.m. until 5 p.m. The Preview will be held at Champion Forest Baptist Church, located at 15555 Stuebner-Airline Road. Schools participating this year are; The Banff School, Champions Christian Academy, Concordia Lutheran High School, Covenant Academy, Cypress Christian School, Epiphany Lutheran School, First Baptist Academy, Houston Christian High School, Houston Learning Academy, The John Cooper School, Living Word Christian Academy, Lutheran High North, Northland Christian School, Northwoods Catholic School, Our Savior Lutheran School, Providence Classical, Redd School, Rosehill Christian School, St. Anne Catholic School – Tomball, St. Edwards Catholic School, St. Elizabeth Ann Seton Catholic School, St. Pius X High School, Salem Lutheran, Step By Step Christian School, Trinity Lutheran School, and The Woodlands Christian Academy. There will also be vendors at the preview that will have items of interest to families who visit.

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

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

Cy-Fair College, "Perspective"

In an effort to provide you with important information about Cy-Fair College, "Perspective" was developed. This column provides the latest information about news and events. Here is a sampling of what's going on:

Holiday Music Events to Enjoy

The Cy-Fair College Music Department will present several holiday shows this December. A String Orchestra Holiday Concert is set for Dec. 4 in the Main Stage Theatre. A jazz band performance is set for Dec. 6 in the Recital Hall. The Cy-Fair College Chorus presents "Once Upon a December", a collaborative concert combining classic holiday favorites and folk song styles, vocal and instrumental, Dec. 8 and Dec. 9 in the Main Stage Theatre. All shows are held in the Cy-Fair College Center for the Arts located at 9191 Barker Cypress. For tickets and information call 281-290-5201 or go to www.cyfaircollege.com.

Family Day at Library set Dec. 26

Need somewhere to take this year's holiday visitors? Why not bring the family for a tour of the traveling exhibition "Alexander Hamilton: The Man Who Made Modern America" followed with the crossing of the Delaware (or Cy-Fair College Lake) re-enactment? The Harris County Public Library's Cy-Fair College Branch is proud to be the only Houston library (and one of three Texas libraries) to host this traveling exhibition Dec. 21 through Feb. 16, 2007. Take the family tour at 10 a.m. Dec. 26 to learn about Alexander Hamilton,

see rare and precious historical objects and documents, pistols used in a deadly duel and handwritten correspondence. Stay for the Battle of Trenton program at 11 a.m. which includes presentation on Washington Crossing the Delaware and a re-enactment of the surprise siege in Trenton with help from BSA Troop 658. The program ends with a colonial hat craft activity. For exhibition information, go to www.alexanderhamiltonexhibition.org.

Student Art in the Gallery

Check out this Fall 2006 Student Exhibition containing work from painting, drawing, design, photography, sculpture and ceramics students. This exhibition not only represents the creativity and skill of the art students, but also the diversity of the art program at Cy Fair College.

This exhibition continues through Dec 7 in the Center for the Arts Gallery, located at 9191 Barker Cypress. Call 832-482-1038 for gallery hours and information.

Want to Win a Free Semester at Cy-Fair College?

Spring semester students who register and pay (or execute and installment payment plan) for spring credit courses before the close of business Monday, Dec. 18 are automatically entered to win - an IPOD Shuffle, a \$250 book voucher good at the Cy-Fair College or Fairbanks Center bookstore or the grand prize covers payment of tuition and fees up to \$1,000 for credit classes at the Barker Cypress

(Continued on pg 9)



Wishing you & your family
many simple pleasures
this holiday season.

Margo Horton

During this busy time of year,
it's important to remember the most significant things in life...

*Family, Friends
& Faith.*



MARGO HORTON

*Hablo Español
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Perspective - (Continued from pg 8)

and Fairbanks campuses. Funds will be posted to the student's account. All winners will be notified and announced by Dec. 20. Register for online, weekend, evening or distance learning courses by phone, online or in person at Barker Cypress, 9191 Barker Cypress or the Fairbanks Center, 14955 Northwest Freeway. Call 281-290-3200 or 832-782-5000 for information or go to www.cy-faircollege.com.

Add Some 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 December programs are "It's Happening at the Zoo" Dec. 6 and "For the Woman, a Kiss; for the Man the Sword" Dec. Call the library at 281-290-3213 for monthly L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.

December Mini-mester Registration Under Way

Catch up or get ahead this holiday season! Take a mini-mester course. Phone, online and on campus registration is under way. Mini-mester classes begin Dec. 18. Mini-mester courses range from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester registration is also under way. Spring classes begin Jan. 16. For information, call

281-290-3200 or 832-782-5000 or go online to www.cy-faircollege.com.

Start the New Year with A.L.L. Courses for Senior Adults

The Cy-Fair College Academy for Lifelong Learning (A.L.L.) provides opportunities for adults 50 and better to enjoy intellectual and social enrichment. With an annual membership of \$10, participants can take member-driven courses for free or at a reduced rate; study under the guidance of members who represent a wide range of expertise and life experiences; develop friendships within a diverse group of people; participate in social activities; and be part of a collective voice of active adults in the community. For information e-mail Twana.m.york@nhmccd.edu, call 281-290-5246 or go to www.cy-faircollege.com/goto/all for a full schedule of offerings.

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 also available including, history, women of the world, democracy, and sports page. 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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www.cypressassistanceministries.com

Angels' Attic Christmas Room

Quality items at discount prices abound in the Angels' Attic Christmas Room.

The shelves in the Christmas Room are being restocked daily with dated Christmas ornaments, collectibles, Christmas clothing for adults and children, gift items and home accessories. Shoppers eagerly await this exciting shopping experience.

Proceeds from purchases at Angels' Attic benefit the ministry services and Food Pantry at CAM.

The Food Pantry

Christmas Food Baskets are being prepared for CAM families. To complete the food baskets, donations of the following would be greatly appreciated.

- Stuffing mix
- Boxed potatoes
- Canned sweet potatoes
- Cranberry sauce
- Cold cereal
- Evaporated Milk

Angel Tree at CAM

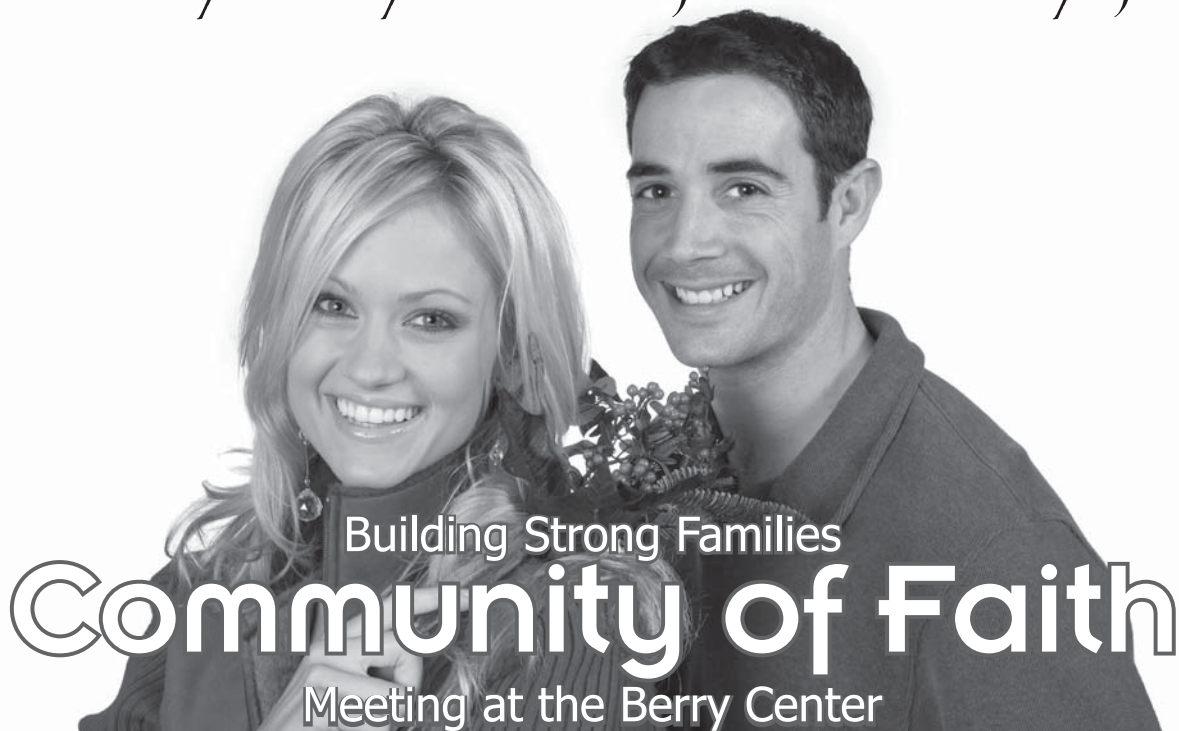
The Angel Tree, an annual Christmas tradition at CAM, went up November 17. Each angel represents a 'wished-for' Christmas gift for a child hoping for a Merry Christmas. Please make The Angel Tree part of your family's Christmas tradition by selecting an 'angel' and bringing the new, unwrapped gift to CAM by December 15, 2006.

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, exists to provide a safe place for individuals or families to tell their story and be offered some measure of hope during difficult times. For a description of all our services please see our Web site, www.cypressassistanceministries.com

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

If you need further information, please give us a call at 281-955-7684 and ask for Kelly or Lisa.

Have a "Berry" Merry Christmas from Community of Faith!



Pastor Mark and Laura Shook

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Wortham Villages

TEENAGE JOB SEEKERS

Cypress Christian School Students Perform for the Community

High School Choir

High school choir students from Cypress Christian School will use their talents to make the holidays brighter for those in attendance at the events below. To book the choir for your event or organization, please contact Choir Director, Stephanie Shepson, at 281-469-8829 or Stephanie.Shepson@CypressChristian.org.

- December 6, 11 – Both High School Choir Groups will sing for residents of Ainsley Courte (Assisted Living for Senior Citizens)
- December 7 – Audition Choir will perform Christmas music for AFLAC Insurance District Christmas Party
- December 8 – Christmas Concert by Audition Choir at Cypress Bible Church at 7:00 p.m. All welcome!
- December 12 – High School Choir Christmas Concert at Willowbrook Mall from Noon-1:00 p.m. - All welcome!

High School Drama

The Drama Department will perform scenes from the musical, HONK!, based on the story of the Ugly Duckling at the Barnes & Noble Book Store in the Champions area. Please log on to the school web site for date and times – www.CypressChristian.org

Elementary Christmas Program

Celebrate the season as K-5 students perform “Christmas around the World” on Friday, December 15 at 7:00 p.m. in the multi-use facility of Cypress Christian School, 11123 Cypress N. Houston Road at Jones Road. You won’t want to miss this delightful evening!

For information on any of these performances, please call the school at 281-469-8829.

Not Available Online

If you would like your name added to the list, please e-mail your information to whcoordinator@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

Once Upon a December

Classic holiday favorites and folk song styles, vocal and instrumental

December 8 and 9

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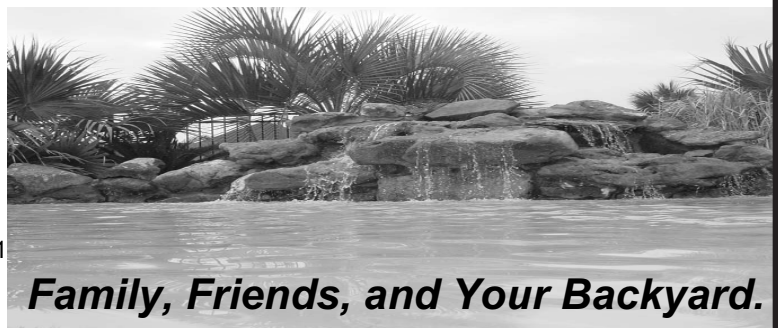
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Fit Facts™
FROM THE AMERICAN COUNCIL ON EXERCISE

Exercising in the Cold

The biggest concern for exercising in the cold is hypothermia, or too much heat loss. When you exercise in a cold environment you must consider one primary factor: how much heat will your body lose during exercise?

Heat loss is controlled in two ways:

1. Insulation, consisting of body fat plus clothing.
2. Environmental factors, including temperature, wind and whether you're exercising in the air or in the water.

Each of these factors plays a role in the body's ability to maintain a comfortable temperature during exercise.

Insulation

Although many people aspire to have a lean figure, people with a little more body fat are better insulated and will lose less heat. Clothing adds to the insulation barrier and is clearly the most important element in performance and comfort while exercising in the cold. One study showed that heat loss from the head alone was about 50 percent at the freezing mark, and by simply wearing a helmet, subjects were able to stay outside indefinitely.

Clothing is generally a good insulator because it has the ability to trap air, a poor conductor of heat. If the air trapped by the clothing cannot conduct the heat away from the body, temperature will be



maintained. Unlike air, however, water is a rapid conductor of heat and even in the coldest of temperatures, people will sweat and risk significant heat loss. With this in mind, you want to choose clothing that can trap air but allow sweat to pass through, away from the body.

By wearing clothing in layers, you have the ability to change the amount of insulation that is needed while many new products can provide such a layered barrier, it is important to avoid heavy cotton sweats or tightly woven material that will absorb and retain water. Because these materials cannot provide a layer of dry air near the skin, they can increase the amount of heat your body loses as you exercise.

Keeping the hands and feet warm is a common concern when exercising in the cold. Lower temperatures cause blood to be shunted away from the hands and feet to the center of the body to keep the internal organs warm and protected. Superficial warming of the hands will return blood flow to prevent tissue damage. Blood flow will not return to the feet unless the temperature of the torso is normal or slightly higher (.5-1.0 degree Fahrenheit (F) above normal). So, to keep your feet warm you must also keep the rest of your body warm at all times.

(Continued on pg 13)

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Fit Facts - (Continued from pg 12)

Check with the weatherman

Always check the air temperature and wind chill factor before exercising in the cold. Data from the National Safety Council suggest little danger to individuals with properly clothed skin exposed at 20° F, even with a 30 mph wind. A danger does exist for individuals with exposed skin when the wind chill factor (combined effect of temperature and wind) falls below minus 20° F.

That can be achieved by any combination of temperatures below 20° F with a wind of 40 mph and temperatures below minus 20° F with no wind. If you are exercising near the danger zone for skin exposure, it also is advisable to warm the air being inhaled by wearing a scarf or mask over your nose and mouth to warm the air being inhaled.

Rules for exercising in the cold

- Check the temperature and wind conditions before you go out and do not exercise if conditions are dangerous.
- Keep your head, hands and feet warm.
- Dress in layers that can provide a trapped layer of dry air near the skin (avoid cotton sweats and other similar materials).
- Warm the air you are breathing if temperatures are below your comfort level (usually around 0° F).

Did You Know?



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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.

	May 06	Jun 06	July 06	Aug 06	Sept 06	Oct 06
\$250,000 +	0	0	0	0	0	0
\$220,000 - 249,999	0	1	0	2	0	0
\$200,000 - 219,999	0	1	1	1	2	2
\$180,000 - 199,999	0	2	1	1	2	1
\$160,000 - 179,999	1	0	1	2	0	2
\$160,000 -	0	0	0	0	0	0
TOTAL	1	4	3	6	4	5
Highest \$/Sq Ft	75.66	76.12	73.46	69.20	70.19	75.16

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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* According to information taken from the HAR MLS Computer

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