

Wortham Villages

Volume 7, Issue 6
Wortham Villages

June 2007

www.worthamweb.org

NEIGHBORHOOD WATCH NEWS

Marie Trascher



***Proud graduates of the Citizen's Patrol Academy are our
Wortham Neighborhood Watch leaders Marie and Fred Trascher.***

The last class of the Citizens Patrol Academy was held and the speakers talked on many subjects. Deputy T. Coleman is assigned to the MAP (Motorist Assistance Program). Many of you that travel the Freeways know of this program. Deputies patrol all the freeways except the toll way. They assist with fuel, flats, phone, jump starts and minor engine repair. There are "Please help" signs that I will try to have available for National Night Out.

Deputy R. Dennis spoke about Senior Safety – fraud and scams that some of our seniors are talked into. The best thing we can do if you have an older parent or friend is to talk with them and make them aware that there are many con-men and women that will try to take advantage of them.

Deputy L. Evans told us of a Program that does Home Inspections. They are free to all residents of Harris County. They will send a packet of information and come to your home to do an inspection. The number for this program is 281-537-9492.

The next week we 'GRADUATED'. There were speakers from District I because that is where the classes were held. Our own District V, Captain J. K. Hughes did attend. It was a pleasure to talk with him again. You will be able to meet him at our National Night Out.

There was a block captains meeting May 8th. The main topic was home and personal safety. Deputy Rawls gave many pointers to protect our homes.

The incident report from April is listed on page 2.

Splinters from the Board

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

Dirt becomes mud: Mud becomes clay, dries up and becomes dirt and sand. At the end of the day all that is dirt around the wet pond will be the completion of our hike and bike trail. Our M.U.D. (municipal utility district) has done it again and is finishing where they left off a few years ago and the trail will become a complete circle! Thank you again to our good friends at the M.U.D.

As stated in my last article we have partnered up with the M.U.D. to install sprinkler systems in our cul-de-sacs. With this improvement will be further improvements in these areas to include more grass and other plantings as deemed practical. As these are not play parks these are areas of beautification to add to our home values and some quality of life issues in the neighborhood I am asking that basketball goals be limited to your driveway. With the investment, which is significant, we don't need to hide or trample on our improvements. I understand the argument, 'but they have one' and that was all well and fine before but now we have a new situation, new 'plumbing' new expenses that we are to protect and need your help.

School is out and will be out for about 3 months so enjoy your summer and have a great vacation if that's where your plans take you.

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

E-mail: sschoen@worthamweb.org

Website: www.worthamweb.org

Wortham Villages

IMPORTANT NUMBERS

MANAGEMENT

Crest Management281-579-0761
 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)

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 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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Incident Report April 2007

<u>Incident</u>	<u>Offense Total</u>
Accident/Major	3
Accident/Minor	2
Alarm Local	7
Alarm Vehicle	1
Arson/Fire	1
Burglary/Business	1
Burglary/Habitat	4
Burglary/Motor Vehicle	1
Check Business	1
Check Park	10
Check Csty Disp	1
Contract Check	243
Criminal Mischief	7
Disturbance/Loud Noise	2
Disturbance/Other	4
Follow Up	3
Forgery	1
Fraudulent Use ID	1
Meet the Citizen	12
Missing Person	2
MUD Building Check	13
Property Found-Lost	1
Runaway	3
Subject Stop	1
Suspicious Person	2
Theft/Other	1
Traffic Stop	36
Unknown Med Emerg	1
Vehicles Stolen	1
Vehicle Suspicious	4

Jersey Village Baptist Church Vacation Bible School June 4-8 from 9am-12noon

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Wortham Villages

Neighborhood Recreational Facilities Corner

By Rick Anderson

Well, it is already June and the pool season is almost half over. I hope you all are having a great summer so far and enjoying the pool facilities. The pool dates and hours of operation are noted in this issue as well as the upcoming issues of the Newsletter. Please note the changes in the August schedule for pool open times due to the school start date not happening until late in August.

The Wortham Villages Homeowner's Association hosted our annual Pool Opening Party on Saturday April 28, 2007. We had a great turnout with over 250 people attending during the event. The Recreational Facilities Committee planned and coordinated the event and we want to thank those members for their help. The members of the committee are Bob Pazitney, Bea Robertson, Cindy Byrne, Darrell Heafner and Shawn Williamson. We had some great door prizes and I want to note a special thanks to Bea Robertson for all her efforts. We also want to recognize the following businesses who donated prizes for the event; Texadelphia, Kroger, Chick-fil-a, Carrabba's, Skeeter's Mesquite Grill, La Madeliene, Lockton Companies, Panera Bread, Margo Horton with Gary Greene Realtors and Rachel's Hallmark. In addition, I want to thank Cissy Heafner and a few of her lady friends who put up all the decorations for the party and also to Rob Pazitney (Bob's son) who did all the grilling for the party. We also want to thank Greater Houston Pool

Management for setting up games for the kids throughout the event. It will be a great time and all who attended enjoyed it. For those who missed it, we will do it again next year.

Also, the Wortham Villages Board of Directors and the Recreational Facilities Committee handed out pool tags on, Saturday April 21, Sunday April 22 and Tuesday April 24, 2007. As in the past only those homeowner's in good standing (no outstanding Maintenance Fees or deed violations) can receive pool tags. People who do not pick up tags at this time will need to contact Crest Management and pay a fee.

We have some new pool furniture in place and hope you are enjoying it. We are planning on replacing half the furniture this year and the remainder next year. We are also planning to replace the playground equipment at the pool area and the Recreational Facilities Committee has received approval from the Board of Director's to proceed with the installation of a very useful/functional design. The installation of this new playground equipment is expected to be completed by the end of June.

Thanks to everyone for making this neighborhood a great place to live and let's enjoy the rest of the summer season ahead of us.

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Happy 4th of July!



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Pool Hours

HOURS OF OPERATION: The pool will be open during the following hours:

April 28th through May 24rd

Monday through Friday	Closed
Saturdays	10:00 a.m. to 8:00 p.m.
Sundays	12:00 p.m. to 8:00 p.m.

Saturday, May 12 & 19, 2007 Pool will not open until 2:00 P.M. due to swim meet.

May 25th through 31st

Thursday, May 24th	10:00 a.m. to 9:00 p.m.
Friday, May 25th	10:00 a.m. to 10:00 p.m.
Saturday, May 26th	2:00 p.m. to 8:00 p.m.
Sunday, May 27th	12:00 p.m. to 8:00 p.m.
Monday, May 28th (<i>Memorial Day</i>)	10:00 a.m. to 9:00 p.m.
Tuesday, May 29th	4:00 p.m. to 9:00 p.m.
Wednesday, May 30th	10:00 a.m. to 9:00 p.m.
Thursday, May 31st	10:00 a.m. to 9:00 p.m.

Saturday, May 26, 2007 Pool will not open until 2:00 P.M. due to swim meet.

June 1st through August 7th

Mondays	4:00 p.m. to 9:00 p.m.
Tuesdays	10:00 a.m. to 9:00 p.m.
Wednesdays	10:00 a.m. to 9:00 p.m.
Thursdays	10:00 a.m. to 9:00 p.m.
Fridays	10:00 a.m. to 10:00 p.m.
Saturdays	10:00 a.m. to 9:00 p.m.
Sundays	12:00 p.m. to 9:00 p.m.

Saturdays, June 9, 2007 Pool will not open until 2:00 P.M. due to swim meet.

August 8th through 26th

Mondays	4:00 p.m. to 9:00 p.m.
Tuesdays	10:00 a.m. to 9:00 p.m.
Wednesdays	10:00 a.m. to 9:00 p.m.
Thursdays	10:00 a.m. to 9:00 p.m.
Fridays	10:00 a.m. to 10:00 p.m.
Saturdays	10:00 a.m. to 9:00 p.m.
Sundays	12:00 p.m. to 9:00 p.m.

August 26th through September 3rd

Mondays	4:00 p.m. to 8:00 p.m.
Tuesdays	4:00 p.m. to 8:00 p.m.
Wednesdays	4:00 p.m. to 8:00 p.m.
Thursdays	4:00 p.m. to 8:00 p.m.
Fridays	10:00 a.m. to 8:00 p.m.
Saturdays	10:00 a.m. to 8:00 p.m.
Sundays	12:00 p.m. to 8:00 p.m.

Exceptions:

Monday, September 3rd (*Labor Day*) 10:00 a.m. to 8:00 p.m.

September 8th through 16th

Mondays through Fridays	Closed
Saturdays	10:00 a.m. to 8:00 p.m.
Sundays	12:00 p.m. to 8:00 p.m.

Wortham Villages

Pool Rules

1. Proper swim attire must be worn to be admitted to the pool.
2. Only Wortham Village residents and their guests will be allowed to use the pool. Residents must accompany guests. Residents are allowed to bring four (4) guests with each adult pool tag (this does not include pool tags assigned to children 10-15 years old). Under this guest policy, there must be one adult for every two kids under 12 years of age. No Wortham resident under the age of 18 is allowed to bring a guest.
3. Pool tags will be strictly enforced. It is the resident's responsibility to bring them to the pool. It is very awkward and uncomfortable situation for everyone when the lifeguard must ask a resident to go back home and get his or her tag.
4. Lifeguards are employed to insure the safety of swimmers, and they have the authority to remove from the pool area anyone disobeying the rules and/or endangering the safety of themselves or another person.
5. There will be a 10 minute break each hour. During this time the pool will be cleared with the exception of persons who are 18 years of age and older.
6. The following activities and items are not allowed:
 - Running or rough-housing
 - Skates, bicycles or skateboards
 - Glass containers and/or alcoholic beverages
 - Littering
 - Cooking
 - Loud music
 - Pets
 - Cutoffs
 - Loud, abusive or foul language
 - Cocoa butter, baby oil or other heavy suntan oil
7. Flotation items for the swimming pool are allowed, but are restricted to small size tubes and floats.
8. Diving Rules:
 - No diving in the shallow end
 - No swimming in the deep end while the boards are open for diving
- Only one person on the diving board at all times
- Divers must jump straight out and not towards the sides
- Divers must wait for person in front of them to get to the side before diving
9. Any child 9 years or under must be accompanied by said child's parent or person 18 years old or older. Children 10 - 15 years of age may swim without adult supervision after passing a swim test and received pool tags.
10. Baby Pool Rules:
 - Only non-swimming toddlers 5 years and under may use the baby pool.
 - Parents, not lifeguards, are responsible for children in baby pool.
 - Any child not potty-trained must wear rubber pants with elasticized waist and legs over disposable diapers when in the water.
11. Trespassers and vandals will be prosecuted.
12. Parents are responsible for their children and guests at the pool. Parents must closely supervise their children at all times. The lifeguards will always enforce the pool rules throughout the facility, but children who cannot swim must have an adult (18 or older) within arms reach at all times. The same rule applies even if the child is wearing floatation devices.



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Cy-Fair College, "Perspective"

Prestigious Piper Professor Recipient is Jeff Edwards

Cy-Fair College Economics Professor Jeff Edwards is considered one of the best in Texas having recently been named a 2007 Piper Professor. This Minnie Stevens Piper Foundation honor is one of the most prestigious honors among Texas colleges and universities. Edwards is one of only 15 professors to receive the award, which is given in recognition of superior teaching at the college level. He is also one of six North Harris Montgomery Community College District winners of the Piper Professor Awards since its inception in 1958 and he is Cy-Fair College's second Piper Professor since the campus opened in 2002. His wife Susan Edwards was the first Cy-Fair College honoree. Edwards has also earned the Cy-Fair College's Faculty Excellence Award and numerous Phi Theta Kappa honors, including the society's most prestigious Mosal Award.

Two Children's Summer Shows Set

Mark your calendars for two children's summer shows – "If You Take a Mouse to School" set June 25 – July 7 and 'Tite Rouge set Aug. 6 – Aug. 18. For tickets and information on these performances, call 281-290-5201 or go online to www.cy-faircollege.com/goto/cfcboxoffice.

Self-Portrait Submissions Wanted

Get ready to submit your self-portrait for the Bosque Gallery's first ever open call self-portrait exhibition for all ages, all experience

levels, all mediums. Submissions will be accepted from noon to 7 p.m. June 7, June 12 and June 13 and from 10 a.m. to 4 p.m. June 14. Exhibition dates will be June 19 – July 12 in the Center for the Arts Bosque Gallery. All information and guidelines are posted at www.cyfaircollege.com/bosquegallery or contact the gallery committee chair, Suzanne Shield-Polk at 281-290-3252.

Teens driver's education available this summer

Summer driver's education courses for teens ages 15 to 17 are available at 4 p.m. and again at 6 p.m. Monday through Thursdays July 30 through Aug. 23. The in-classroom driver's education course covers road rules, road signs, and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. Call 832-482-1043 for information.

What's L.I.F.E. Like in June?

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair

(Continued on page 7)

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Wortham Villages

CyFair College - (Continued from Page 6)

College Branch Library (Room 131.) June programs include fitness success, Qigong, Dance Salad performance and online buying and selling tips. 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>.

Library Offers Summer Reading Program, Free Computer Classes and Book Clubs

The Harris County Public Library Cy-Fair College Branch's 2007 Summer Reading Program includes storytime, movies, crafts, a computer kids program, a picnic, performers and more. The library also 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 mystery, 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.

WOW – Lessons Learned

June 2007

In May, we met at Julie Long's house. We survived the hail storm and managed to "learn" a few things while we munched on great snacks and laughed at "momisms."

Lesson 1

You don't have to move to get a bigger house; simply add on over the garage – 2 car = 600 sq ft. (Just make sure your husband thinks it's his idea!)

Lesson 2

The Flip Flap Body Book by Judy Tatchell and Alastair Smith will help you answer those pesky questions all young children seem to ask (Before your ready to answer them!)

And Lesson 3

There is nothing a Mother can't do!
(But we already knew that!)

On Thursday, June 21st, WOW will meet to celebrate Summer at the new Los Cucos at Jones Road and Hwy 290 (in the Spec's parking lot). Plan on meeting at 7pm for dinner and dishing!

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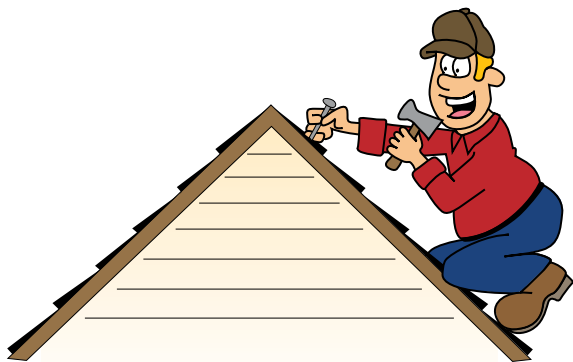
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Wortham Bookclub News

The Wortham Bookclub was started almost three years ago by residents that enjoy reading. The group reads about nine books a year. We meet at members homes in Wortham to discuss the books about every six weeks in an informal potluck format. The books vary in topics and length. We are now looking for new members to join our bookclub. If you are interested in finding out more about our bookclub, please email Donna Sommer at djsommer@aol.com. Happy Reading!



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References upon request

Cypress Assistance Ministries School Supplies Needed

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Families of hundreds of school-aged children in the Cypress/Northwest Houston area are depending on CAM to assist them with necessary school supplies for their children. These start-up supplies can be impossible to fit into an already strained budget. Your donations of the following would be greatly appreciated:

- pocket folders with brads
- washable markers
- large & small packages manila paper
- large & small packages construction paper
- pencil boxes
- scissors and rulers
- new socks and underwear in all sizes

For the Food Pantry, donations of the following will help families with children home for the summer:

- peanut butter & jelly
- Cold cereal
- pasta
- Spaghetti Os
- snack foods

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

For a description of the services and volunteer opportunities at Cypress Assistance Ministries, please see our web site, www.cypressassistanceministries.com

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

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The Pearl Days Bus Trip to the Museum of Fine Arts Houston

The Pearl Fincher Museum of Fine Arts-Cypress Creek is offering northwest residents a bus excursion to the Museum of Fine Arts, Houston on Friday, June 29, 2007.

The MFAH is currently showcasing several exhibits including: The Great Wall of China: Photographs by Chen Changfen, Arms and Armor from the Ancient World and Fit for a King: English Silver from the Collection of George S. Heyer, Jr.

Participants will have the opportunity to attend a private docent-conducted tour of the exhibition at 10:30 a.m. as well as the noon Lunchtime Tour of Highlights of the European Galleries.

The bus leaves the parking lot behind the Cypress Creek Christian Church/Barbara Bush Library at 6815 Cypresswood Drive promptly at 9:00 a.m. Participants must be 50 years of age or older to ride the bus. If

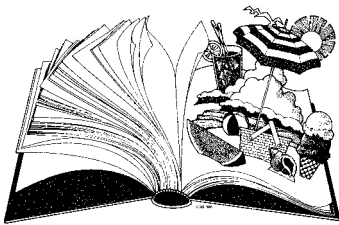
you are under the age of 50, we encourage you to carpool and meet the bus at MFAH. The Pearl Days Bus Trip is sponsored by the Volunteer organization for The Pearl Fincher Museum of Fine Arts-Cypress Creek. A \$5.00 non-refundable donation to The Pearl Fincher MFA will reserve your seat.

It's your museum! The renovation process of turning what once was the Harris County Library into a world class museum of fine arts is underway. Don't miss your chance to become a part of this exciting time. Participating in Pearl Days is one way you can show your support of our new museum. Don't miss the bus! Reserve your seat today by calling Laura Barousse at 281-370-5474 or Judi Redilla at 281-469-3434.

Visit online at www.pearlmfa.org to find out more ways you can support The Pearl and about upcoming events.

Cancer Counseling, Inc Support Group Comes to Cypress

A support group for cancer patients and caregivers is beginning on Thursday, June 14 at 7 PM at Messiah Lutheran Church in Cypress, 11522 Telge Road, one-half mile north of Highway 290. The group will be led by licensed therapists from Cancer Counseling, Inc, a non-profit organization located near the Medical Center, 713-520-9873. Messiah Lutheran is hosting a satellite group of Cancer Counseling for folks in the Cypress area who need some support and who don't need another drive to the Medical Center. The group will be ongoing, meeting on the 2nd and 4th Thursday evenings of the month. The meetings are FREE, and all people in the community who are dealing with cancer are invited. Questions? Call 281-890-3013, and ask for Lynette.



Summer Vacationing Tips . . .

Before your leave, it's always a great idea to:

- Have newspaper and mail stopped or regularly picked up by a trusted neighbor
- Ask a trusted neighbor to check on your home
- Set timers on interior lights to deter burglars
- Unplug TV, computer and appliances susceptible to lightning and power surges
- Advise your alarm company and local police if you will be gone for an extended vacation
- Take jewelry and valuable papers to a safe deposit box
- Turn off water valves to your washing machine, icemaker and dishwasher

Visit www.MargoHorton.GaryGreene.com for more Rock Solid Tips and a variety of home services.



MARGO HORTON

*Hablo Español
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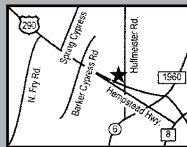
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Summer Camps at Cypress Christian School

Cypress Christian School will once again host summer camps for children and adults in the community.

Camp Invention - June 4 - 8: This is a week-long summer enrichment program in the fields of science, mathematics, history, and the arts for children entering grades 1 - 6.

Computer Explorers Summer Camp - June 11 - 15: During this week-long summer camp, elementary students will discover how to become Master Builders with hands-on exploration of engineering, construction, and programming.

High Touch - High Tech Science Camp - June 18- 22: This is a one-week session that brings a child's imagination to life as he/she enjoys a variety of interactive, science-related activities. It will be an inspiring week of fun and learning!

St. Thomas University Summer Reading Enrichment Program - June-August: CCS will host this program again this summer. It is scheduled to run from June to early August and is available to children and adults.

Sports Camps - June-July

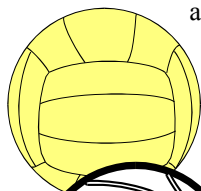
• **Volleyball Camps** - Most Mondays and Fridays from June 4 through July 30

Students of all grade levels are encouraged to attend to improve skill levels and knowledge of the game.

All grade levels through grade 8 (2007-2008) - 5:30 to 7:00 p.m. (Students in grades 6-8 can qualify for the Advanced session upon recommendation by the Coach)

Grades 9-12 (2007-2008) - 7:00 - 9:00 p.m.

• **Basketball Camps** - The main purpose of the camps is to teach the fundamentals of dribbling, shooting, passing, and defense, while also developing self-confidence and a positive mental attitude.



• **CCS Basketball Camp 1**, June 18 - 21, 9:00 a.m. to 12:00 p.m. (Camp 1 is for students entering 2nd- 6th)



• **CCS Basketball Camp 2**, June 25 - 28, 9:00 a.m. to 12:00 p.m. (Camp 2 is for students entering 7th-12th)

• **Sports Quest Soccer Camp** - June 25 - 29, 5:30 p.m. to 8:30 p.m.

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Heart-related Strokes Trigger 'Double-jeopardy' Race Against Time

Baylor College of Medicine

HOUSTON -- When a stroke stems from disorders of both the heart and mind, the window to save a victim's life closes nearly as fast as the onset of symptoms.

"In terms of damage, a stroke originating from the heart presents a double jeopardy for the patient," said Dr. Wayne Franklin, assistant professor of medicine-cardiology at Baylor College of Medicine in Houston. "The treatment and recovery effort are magnified."

Roughly 20 percent of all instances of ischemic stroke, in which blood supply to the brain is blocked, result from cardioemboli, or clots in the heart that break off and clog blood vessels in the brain.

During onset of heart-related strokes, or cardioembolic strokes, doctors are in a race against time to treat them, given that the brain cannot survive more than a few hours without treatment. The complicated nature of cardioembolic strokes, which can block blood flow to parts of the brain, makes it all the more challenging for doctors to arrive at a proper diagnosis.

"They need a whole work-up -- head CT scan, head MRI, carotid Doppler exam, EKG, echocardiogram -- to determine if the cause is from a clot in the heart or from a narrowing of blood vessels," said Franklin, who is also medical director of the Texas Adult Congenital Heart Center. "Time is of the essence."

Fortunately, clot-busting medications can be administered shortly after the onset of stroke to reestablish blood flow to the brain, although room for improvement remains.

"Anti-clotting oral medications are in development that are easier to monitor and less erratic in their effect," said Franklin.

Cardioembolic stroke from clots that originate in the heart have several possible causes, the most prevalent being atrial fibrillation, a condition caused by an abnormal heart rhythm that can go undetected.

"It is quite common to have atrial fibrillation as people get older, but it can be treated with medication to prevent clot formation, and it can also be treated with drugs that control heart rhythm and rate," said Franklin.

For ischemic strokes from narrowed arteries, surgical options include carotid endarterectomy, a procedure that cleans out diseased neck blood vessels, as well as ballooning and stenting of carotid arteries, all of which go a long way toward preventing further ischemic strokes.

"Stroke is the number three killer in this country and has caused a great deal of sickness and disease," said Franklin. "But we can prevent more of it by detecting and treating it earlier."



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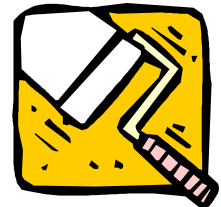
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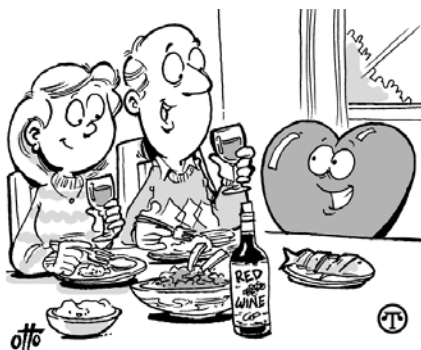
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The Health Benefits Of Wine

by Peggy Fleming



Moderate wine drinkers have a lower risk of heart attack due to wine's ability to reduce blood clotting.

(NAPSA)-A glass of wine can offer much more than a relaxing drink at the end of a stressful day. It may also ensure a healthier heart, a reduced risk of cancer and many other health benefits scientists continue to discover.

Those who drink one glass of wine per day have a 30 to 40 percent lower rate of death from cardiovascular disease than nondrinkers. In fact, a daily glass of wine also significantly reduces the risk of stroke and can help assist in recovery.

A good point to remember is that wine's health benefits outweigh alcohol's risks only when experienced in moderation: no more than one glass of wine per day for women and two per day for men.

You don't have to be a wine connoisseur to enjoy this age-old remedy. You can learn as much or as little as you'd like. Pop the cork because a healthier you calls for a special occasion.

Here are some facts that may want to make you trust your heart to the vine:

- Over half a million Americans are diagnosed with heart failure each year. Moderate wine drinkers have a lower risk of heart attack due to wine's ability to reduce blood clotting.
- Anti-oxidants in grapes' skin and seeds lead to red wine's heart- healthy nature. This substance helps reduce "bad" cholesterol while increasing "good" cholesterol, a process that also reduces the risk of a heart attack.
- Johns Hopkins University scientists found that red wine may help protect you from the brain damage associated with strokes.
- A diabetic presents the same risk of coronary heart disease as someone who has already suffered a heart attack. A glass of wine may help prevent this leading cause of death in the U.S.
- Wine also helps fight cancer by preventing cancer cells from receiving the protein they need to survive. In addition:
- A glass of red wine per day appears to cut the risk of prostate cancer in half for men. Moderate red wine drinkers also reduce their risk of colon cancer.
- While wine can help prevent some cancers, the American Medical Association warns that women who drink more than the recommended one drink per day actually increase their rate of breast cancer.

To learn more, visit www.healthsaver.com.

During her career as a figure skater, Peggy Fleming earned five U.S. titles, three world titles and a 1968 Olympic Gold Medal.

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Sudoku

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.

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

*Solution at www.PEELinc.com © 2006. Feature Exchange

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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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
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E85 Stations Surpass 1,200 Locations!

Submitted by Michelle Kautz with NEVC

The number of E85 refueling locations across the United States has now exceeded 1,200. The Renew E85, LLC station at 1440 Horicon Street in Maryville, Wisconsin, is one of the newest E85 stations and put the total number of E85 fueling sites over 1,200.

Jay Stoflet of Renew E85, LLC added, "It's great to reach a milestone like this, but we know there is still a long way to go to for Americans to have the type of convenient access across the US needed to make E85 a viable option for the masses. Being the 1,200th facility to offer E85, our hope is that it illustrates to others there is a waiting market in this country for E85 and that it inspires them to join the cause, helping to fill the demand US consumers have for alternative fuels."

Last year at this time, the number of E85 sites across the U.S. was less than 750 facilities. During the past year, more than 450 new sites have been established including E85 locations opening for the first time in Alabama and Arkansas. Currently, there are 70 privately accessed and 1,134 publicly accessed E85 sites. The NEVC has assisted with the establishment of all of these facilities providing technical, promotional and/or financial support.

"Growth and interest in E85 fuel and infrastructure is continuing at a rapid pace," said Chairman of the NEVC and Director of Government Affairs for ICM Greg Krissek. "We are thrilled to celebrate this milestone and look forward to helping to grow the nation's E85 infrastructure even more in the coming months. Congratulations to the Renew station in Maryville, Wisconsin and to all the retailers supporting E85."

The NEVC is currently working with our many partners to encourage Congressional appropriations are made available to continue to grow the numbers of E85 stations across the nation.

The NEVC provides the most accurate and up-to-date E85 fueling station listing. To find an E85 station near you, go to www.E85Refueling.com.



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Recipe of the Month

Strudel

- 2 cups flour
- canned apple pie filling
- 1 C oleo
- 1 C powdered sugar
- ½ pt. sour cream or half & half
- slivered almonds (optional)



Cut oleo into flour, stir in sour cream. Refrigerate overnight. Cut in half; roll each half out to a 16x10" rectangle. Fill center with canned pie filling. Fold over sides & ends. Bake in 350° oven 50 minutes. About 15 minutes before taking out of oven, sprinkle with almonds if desired. Combine powdered sugar & 3 T water to make icing. When cool, drizzle with icing. Any flavor pie filling may be used.

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WORTHAM MARKET REPORT

Courtesy of Super Dave

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	Nov 06	Dec 06	Jan 07	Feb 07	Mar 07	Apr 07
\$250,000 +	0	0	0	0	0	0
\$220,000 - 249,999	0	0	0	0	0	0
\$200,000 - 219,999	2	1	0	1	0	0
\$180,000 - 199,999	0	1	0	1	0	0
\$160,000 - 179,999	1	0	0	2	1	0
\$160,000 -	0	1	0	1	0	0
TOTAL	3	3	0	5	1	0
Highest \$/Sq Ft	73.42	68.70		76.65	78.05	

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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