

Wortham Villages

Volume 8, Issue 2
Wortham Villages

February 2008

www.worthamweb.org

Cy-Falls High School Project Prom Spring Mulch Sale

The Cy-Falls High School Project Prom Committee will be selling and delivering bagged mulch on Saturday, March 1st. The dark hardwood mulch can be ordered in advance or purchased at the clubhouse beginning at 9:00 a.m.. The cost is \$5.00 per bag and this includes delivery to your home.

For additional information and advance orders please call: (281) 894-8438

Neighborhood Watch News

Marie Trascher

Most of you know that we had a rash of car burglaries on Jan. 9 to some of our residents. The burglars proceeded to Wortham Falls and two were caught by a Deputy alerted by a resident. The other two were caught a couple of hours later. All have been arrested and jailed.

They were not from our area but found communities that have many cars on the street and in driveways near the street. Please do what you can to park in the garage or as least in your driveway near the garage and not on the street. Also, do not leave valuables in your car. The "take" of these burglaries was near \$5,000.00.

Following is the Incident Report for December.

Neighborhood Recreational Facilities Corner

By Rick Anderson

Well, it is now February and we will soon start thinking about getting out yards ready for Spring; before you know it we will be handing out pool tags again. At this point the dates have not been set for this, but it should be around the last weekend in April. We are looking forward to a great year and we have already completed some renovations at the pool. We have had the entire pool re-plastered with new tile and "safety-grip" coping along with replacing the tile at the outdoor shower. We are also planning to purchase the remainder of the new pool furniture, which we started last year. We feel this new furniture not only looks much better and is more durable, but is much more comfortable as well. This purchase was planned to be done in consecutive years to take advantage of special pricing, but also to ensure that we would be able to get the same style and colors.

The Recreational Facilities Committee will continue to look at ways to upgrade our amenities. Any reasonable suggestions/ideas are always welcome, so please feel free to join our committee or drop me an email (rick_anderson@efiglobal.com). We will begin our planning for the Annual Pool Opening Party soon, which is sponsored

by the Homeowner's Association and really need some help with the committee to make this a success and enjoyable event. Please consider volunteering.

We are also asking the residents to provide comments on the operation and usage of the pool (lifeguards and operations/maintenance by Greater Houston Pool Management), tennis courts and clubhouse from this past year. We are looking for positive and not so positive comments, as appropriate, so we can try to meet the needs of the community and fix anything wrong with the operation/upkeep of our facilities. Please send any comments to my email and the Board will take them under consideration.

Again a reminder to please please take time to clean the tennis court area up when you are using the courts and even if someone else has left trash, please help clean it up. We want this area to always look good and need everyone's help. If the trash cans are full inside the tennis court area, then use the trash can just outside the courts.

Thanks to everyone for making this neighborhood a great place to live and let's enjoy the remainder of cool weather ahead of us and look forward to a great spring season.

Don't want to wait for the mail?
**View the current issue of the Wortham Villages Newsletter
on the 1st day each month at www.PEELinc.com**

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@comcast.net
 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
 r_gerhardt@comcast.net
 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

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 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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**Greg Riddle
Owner**

Wortham Villages

Incident Report – Dec 2008

Incident	Offense Total
911 Hang Up	2
Accident/FSGI	1
Alarm Local	9
Alarm/Sil/Pan/HU	1
Burglary/Habitat	1
Burglary/Motor Vehicle	2
Check Park	28
Contract Check	320
Criminal Mischief	8
Discharge Firearm	1
Disturbance/Loud Noise	1
Disturbance/Other	4
Domestic/Prevent	1
DOA	1
Follow Up	3
Information Call	1
Intelligence Rep	1
Meet The Citizen	23
MUD Building Check	24
Property Found/Lost	1
Suspicious Person	2
Theft/Other	3
Traffic Stop	22
Vehicle Suspicious	3

Adam Elementary's Annual Family Fun Day

March 8!!

1-4 PM

Arnold Middle School

Please join us for a great old-fashioned "carnival" afternoon.

Activities include games, silent auction and a GREAT raffle.

Hotdogs also provided.

We hope to see you there!

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Important Enrollment Dates for 2007-2008

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7:00 p.m. - 8:30 p.m.

For more information www.CypressChristian.org

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Worham Villages

Worham Bookclub News

The Worham 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 Worham 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!



Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in the Worham Village Newsletter? Send it to us and we will publish it in the next issue. Email the picture to articles@PEELinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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Building and Preserving Your Wealth Through Home Ownership.

Healthy Lifestyle Can Add 14 Years to Your Life

Submitted by Alica Harrison

In a major study conducted by the University of Cambridge in the UK, researchers found that individuals engaging in a healthy lifestyle added an average of 14 years to their lives. Not a few months or even a few years – 14 years! And the benefits stemmed from relatively simple and easily achievable methods.

“We didn’t ask these people to do anything exceptional,” said researcher Kay-Tee Khaw. “We measured normal behaviors that were entirely feasible within people’s normal, everyday lives.”

In a study of 20,000 individuals aged 45-79, researcher Kay-Tee Khaw of UC and colleagues calculated that individuals that adopted these four healthy habits lived an average of 14 years longer than those that did not. What are these miracle cures?

- Not smoking
- Moderate alcohol intake
- Eating your fruits and vegetables
- Physical activity

“This research is an important piece of work which emphasizes how modifying just a few risk factors can add years to your life,” said Dr. Tim Armstrong, a physical activity expert at the World Health Organization.

So what can you do to modify your lifestyle?

- If you smoke, stop.
- If you drink, do so in moderation. In this study, participants drank 1-14 drinks per week.
- Eat fruits and vegetables. Five servings a day was the threshold for this study and is very achievable.
- Finally, get up and move. Physical activity of any kind on a daily basis is key to a healthy lifestyle.

And if you can’t do all of these things, then do some of them. After allowing for other factors that might have affected their likelihood of dying, people with a health behavior score of 0 were four times as likely to have died as those with a score of 4. People with a score of 2 were twice as likely to have died. So doing something is better than doing nothing.

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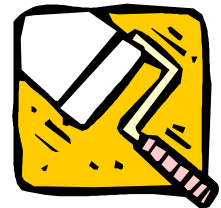
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Recipe of the Month:



Smothered Chicken Breasts

8 boneless, skinless chicken breasts 8 slices dried beef
8 slices bacon 1 cup sour cream
2 cans cream of mushroom soup

Season chicken breasts with salt & pepper. Place a slice of dried beef on each breast. Roll up and wrap with bacon slice. Combine cream of Mushroom soup and sour cream. Pour over chicken breasts and bake for 1 hour at 325°.

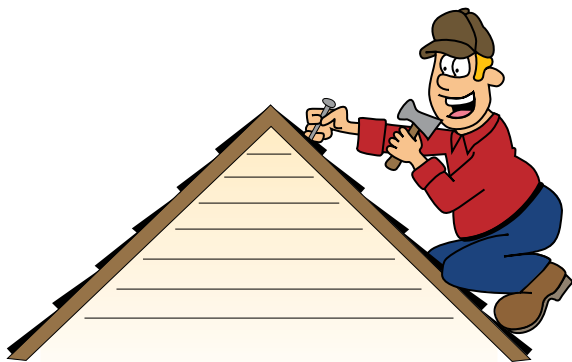
If you would like to submit YOUR recipe email it to articles@PEELinc.com.

Looking For A Few Good Tennis Players...!

The Wortham ladies B-2 level tennis team is looking for players to join our team. We are a neighborhood team that is competitive and loves to have fun! Our matches are played on Friday mornings at Wortham and neighboring courts in Northwest Houston. To prepare for our matches our team drills once a week with a professional coach. The fall season starts on September 7. If you would like further information or to see if you would be a match, please contact Dragana Harris at 281.894.9500. So, if you've got game and love to have fun, you are just what we are looking for. Hope to hear from you soon.



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FOUR STAGES OF IMPROVING YOUR TENNIS GAME

Submitted by Fernando M. Velasco

Tennis players, as many other individual sports, need to have “personal” attention in order to improve their games. In my 35+ years of coaching, I have been successful improving games of players who have trusted me with their games, using the Four Stages listed below.

Stage One: Consistency

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost “carbon” copy of each other.

Stage Two: Control

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and “miss-hits” Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the “where” and “how” type of shot. As players advance on control, they will combine these shots, such as “top spin cross court, slice down the line, top spin lobs, etc.

Stage Three: Depth

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are “skimmed” over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

Stage Four: Power

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the “vicious” circle again....

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	Betty Meineke/J. Harrove	281-890-4329	Spruce Knoll	Bob Meyer	281-469-3740
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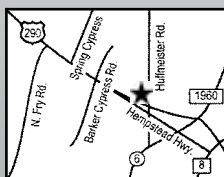
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The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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

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40 days of Lent.

What you'll find at
Cypress United Methodist Church

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday, February 6th and ends on Holy Saturday.

The season is a preparation for celebrating Easter.

Historically, Lent began as a period of fasting and preparation for baptism by converts and then became a time for penance by all Christians. The First Sunday describes Jesus' temptation by Satan; and the Sixth Sunday (Palm Sunday) –



Christ's triumphal entry into Jerusalem and his subsequent passion and death.

Cypress United Methodist Church is preparing for Easter and would like to welcome you to church during the Lenten Season. We are planning special Bible studies, worship services and events that will lead you to the cross. Visit our website, today, for our Lenten Season schedule at www.Cypress-UMC.org.

Sunday Worship Services

8:15 am – Traditional in Sanctuary
9:30 am – Contemporary Worship Center
11:00 am – Sanctuary & Worship Center

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For example, when you're sitting and watching TV, stretch your muscles. Never stretch so hard it hurts. Rather, stretch to the point of mild tension and hold the stretch for 10 to 30 seconds.

A healthy exercise program includes three kinds of exercise: aerobic activity, muscular strengthening and flexibility exercise. You can start your exercise program without investing in any elaborate equipment. For example, you can do simple exercises at home or at your desk at work, including sit-ups, push-ups and pull-ups.

For basic body weight exercises, weight-lifting equipment isn't required. Head for the kitchen and pick up the soup cans you have in the cupboard.

Aerobic activity can be fun

Aerobic activity is defined as prolonged continuous movement of large muscle groups. Translated, that means do something that keeps you moving. Ideally, do it for 20 minutes straight. If you don't have that much time, two 10-minute aerobic activity sessions will benefit you almost as much.

The good thing about aerobic activity is that it includes many of the sports you probably already enjoy. Walking, biking, hiking, dancing, swimming, even basketball are all examples of aerobic exercise.

Another good thing is that you can easily accomplish those two 10-minute sessions with things like taking the stairs instead of the elevator, walking around the neighborhood after work or parking your car farther away.

You could even turn shopping into an aerobic activity. Shopping is walking, so don't stop for 10 minutes straight and you've worked in one of your daily sessions! Check with your local mall for mall walker programs, and you'll have company.

Aerobic exercise is definitely good for cardiovascular health and fitness. And here's something else you'll like: Aerobic activity can help you lose weight.

Plenty of good exercise all around the house

If you do housework or yard work, you're doing yourself a favor. The stretching and lifting housework entails is good exercise. So is work you do outside. Yard work uses many muscle groups, especially activities like planting and working in the garden.

Raking uses your arm and back muscles. Digging gives your arms and legs a workout. And gardening provides a bonus: You'll have more fresh vegetables and fruits to add to your diet.

Is one time better than another to exercise?

It's really up to you. You can exercise in the morning, afternoon or evening. Lunch breaks offer an excellent opportunity to get out of the office and exercise. Use your coffee break to take a short walk around the office. Get rid of the day's stress by fitting in an exercise session after work.

Whatever time you choose, make sure you stick with it. For some people, it's easier to stay with an exercise program when you do it with a friend or co-worker.

Make time to stay healthy

Exercise is one of the best things you can do for yourself. If you're basically healthy, get going right now. If you're 40+ or have any health problems, consult your physician first.



ACE
AMERICAN COUNCIL ON EXERCISE

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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.

	Jul 07	Aug 07	Sep 07	Oct 07	Nov 07	Dec 07
\$250,000 +	0	1	0	0	0	0
\$220,000 - 249,999	0	0	0	0	1	0
\$200,000 - 219,999	0	1	1	0	0	0
\$180,000 - 199,999	0	1	0	0	0	2
\$160,000 - 179,999	1	0	1	0	1	1
\$160,000 -	0	0	0	0	1	0
TOTAL	1	3	2	0	3	3
Highest \$/Sq Ft	58.66	80.99	72.97		68.66	68.16

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

#1 Selling Agent In Wortham!*

David "Super Dave" Flory



- **#3** Realtor in Houston (out of 17,000)!**
- Top 1% of Realtors in the U.S.
- Over 615 Homes SOLD in 2006
- Over 96% of David's Listings Result in a Sale

HIGHEST PRICE PER SQ.FT. House Sold in Wortham: \$81.30



Direct line: 281-477-0345

* According to information taken from the HAR MLS Computer

**Ranked by the Houston Business Journal 3/2007

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