

Wortham Villages

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Wortham Villages

March 2008

www.worthamweb.org

Top 10 Reasons to Be a Whiteshark

by Coach Jon Armstrong

Last year I tried something a little different to try to convince Wortham families to join the Wortham Whitesharks Swim Team. I tried to give you a small taste of what the Whitesharks are all about, and then I tried to “debunk” the reasons I usually hear for not joining, which (sorry for the pun again) just don’t hold water. I made you stop and think, didn’t I? Some of you took the step, but some of you convinced yourselves that it just wasn’t for you, not this year.

This year I thought I would do a 180 and focus on the reasons why you should join (and rejoin) the best team in Northwest Houston. And it’s not just for the kids, adults can join in the fun as well. Maybe I can convince you that this year is a good one to join us. Here are my top ten:

10. Get out of the house. How many of you are looking for something to do (or for your kids to do) as school winds down? Swim Team is an opportunity to do something every day. Something constructive. Relaxing is overrated. Don’t you get bored just sitting around the house?

9. Spend time in the sun. What can be better than spending time outdoors on a beautiful sunny day? Just don’t forget the sunscreen.

8. Exercise. Encourage good habits early in your house. Swimming is a lifetime sport that is good for the whole body. It makes you feel good and sleep better!

7. Cross Train. Okay, so many of you already exercise, but did you know that swimming

is the best way to cross train for any sport? Swimming works the cardiovascular system, strength, flexibility, and core muscles. If you want to get better in your other sport, try swimming.

6. Get involved with your community. Swim Team is the single largest activity in our community. Everyone wants to get to know and spend time with their neighbors, right?

5. Hang out with friends. We all want to hang out with our friends. (Grownups too!) Guess what? They’re all at the pool! We have plenty of friends and offer plenty of time to spend with them on Swim Team. I even met my wife through swimming. Now I’m not promising anything, but who knows?

4. Learn. Learn to be a better swimmer, learn to be a better teammate, learn dedication, goal setting, hard work, competition, even time management. Don’t worry, it’s nothing like school.

3. Accomplish something. There’s just something about finishing a great workout or meeting a goal. That sense of accomplishment can’t be beat, and we offer ample opportunity to accomplish something.

2. Be a part of something great. The Whitesharks are great. We have had much success over our 13 year history, due to our swimmers, our parents, and our community. That success is measured in the smiles we generate.

1. Have FUN. This is ultimately what it

is all about. The Whitesharks have fun, and we do it well. It’s fun for the whole family, won’t you join us?

So there you have it. Who can argue with that? The Wortham Whiteshark Swim Team’s goal is to provide healthful recreation, teach responsibility, teamwork, and fair play, build self-confidence in an atmosphere of competitive sports, and above all to have FUN. We would love for you to be a part of it with us. If you have any questions, come see us at the clubhouse on April 6, or visit our website, www.worthamwhitesharks.com. I hope to see you all soon.

Wortham Whiteshark Swim Team
Registration: April 6, 2-4 PM at the clubhouse
or www.worthamwhitesharks.com

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Wortham Villages

IMPORTANT NUMBERS

MANAGEMENT

Crest Management281-579-0761
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Rita Keller, (Assistant/ARC) rita@crest-management.com, Ext. 16
Robin Motley (Accounting)..... Ext. 24
Fax number 281-579-7062

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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

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..... 713-440-3036
Animal Control 281-999-3191
FBI 713-693-5000

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Wortham Villages

Neighborhood Recreational Facilities Corner

By Rick Anderson

Well, it is now March and yes it is now time to start talking about the swimming pool season and pool tags. As a courtesy the Neighborhood Board of Directors will be handing out pool tags for the residents who are in good standing (annual maintenance fees paid in full and no pending deed restrictions). The dates for pool tag distribution are set for Saturday, April 26 and Sunday, April 27, both from 1 to 3 pm; and Tuesday April 29, from 6:30 to 8:30 pm. We are looking forward to a great year and we have already completed some renovations at the pool. As mentioned in an earlier article, 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 have also purchased the remainder of the new pool furniture, which we started last year.

We are also planning for another Pool Opening Party, sponsored by the Wortham Villages Homeowner's Association, to be held on the first day the pool will be open, which is Saturday, May 3. Once again we will have games for the kids, door prizes and food.

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 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.

Thanks to everyone for making this neighborhood a great place to live.

Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in the Wortham 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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Wortham Is Running

On January 13, there was much to be celebrated at the house of Dan and Brenda Hassebrock, as these Wortham residents and friends had run 26.2 miles, 13.1 miles, and 3.1 miles earlier that same morning during the Houston Marathon, Half Marathon, and 5K!

In case you were unaware, Wortham has a large running group that continues to grow and has even had a recent nonresident addition to the group! So, if you run 3 miles, or 26, we'd love to have you join us. This group of runners have traveled together to either run or support one another in great cities such as New York, Chicago, Las Vegas, Cleveland, Orlando, San Diego, Washington DC, Austin, and Dallas. We vary in age, occupation, years of running, and finishing times, but one thing we do share is a love for running and the pure joy

of getting together on Saturday mornings to run, laugh, and encourage each other (it is the latter 2 things that get us out of bed early Sat. morning!).

Those celebrating their successful finishes that day were Vesna Arezina (not present in photo) 5K, Stephanie Brackney Half

Marathon, Rick Brooks Full Marathon, John and Alma Carnicle(not present in photo) Half Marathon, Dana Cirelli Full Marathon, Susan Dool Full Marathon, Mandy Duran Full Marathon, Jelena Galagaza (not present in photo) 5K, Dragana Harris(not present in photo) 5K, Brenda Hassebrock Full Marathon, Cissy Heafner Full Marathon, Dorota Jankowsky(not present in photo) Half Marathon, Sonny Mimms Half Marathon, Mary Lee Mimms Full Marathon, Amy Parker Half Marathon, Corina Patrick(not present in photo) 5K, Krystal and Lauren Paolini(not present in photo) Half Marathon, Eloise Scanterbury Half Marathon, Frank Scanterbury Full Marathon. To these finishers and to all the others in Wortham that may have participated but I am not aware of, but would love to meet, congratulations! And to the Hassebrocks, thank you!



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Neighborhood Watch News

Marie Trascher

Most of you know that we have had our share of "minor" burglaries in our community. It is not "minor" when it happens to you. Our latest incident was a kick in to the back door in February. The safest way to prevent this is to replace the screws in both sides of your door with 3 to 4" screws including the strike plate. In most of our homes the builders used 1/2 or 1" screws. These do not go into the 2x4's that surround the door frame only the framing. If you change them they should go into the 2x4's and prevent a kick in from breaking away the door.

In late January there were a number of purse snatchings from women in our surrounding area. They happened near the Target Store, Kohl's, and Walmart. Three people were caught and this activity stopped.

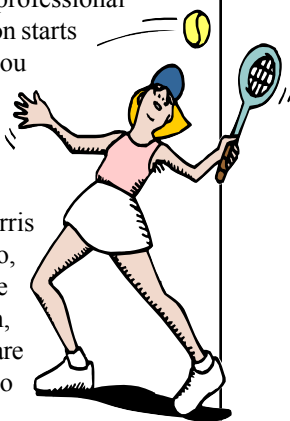
Some of our streets are not receiving word of these incidents due to not having a Block Captain or the street being too large for one person to take care of. I need volunteers for the following streets: Azalea Creek, Birch Falls, Harvest Dale, and Timberland Trace. Your community needs YOU. This is the only way to let residents know what is happening.

Incident Report – Jan 2008

Incident	Offense Total
911 Hang Up	1
Animal/Humane	1
Burglary/Motor Vehicle	4
Check Park	21
Contract Check	291
Credit Card Abuse	1
Criminal Mischief	7
Disturbance Juvenil1	1
Disturbance/Loud Noise	1
Domestic/Prevent	1
Follow Up	1
Forgery	2
In Progress	1
Information Call	1
Meet The Citizen	11
MUD Building Check	24
Property Found/Lost	1
Runaway	1
Solicitors	1
Suspicious Person	4
Traffic Stop	20
Vehicle Stickered	1
Vehicle Suspicious	4
Vehicle Stolen	1
Welfare Check	1

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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Wortham Villages

PARK COMMITTEE UPDATE

by Martin Mayne

Thanks so much for the input lately! I appreciate all the comments I get from the community. One of the themes recently is Graffiti in the area. We know it's happening, we don't really like it and we need your help!

Just so you know, in general, the neighborhood is responsible for the upkeep of improvements to the common areas (pavillion, trash cans, benches, playground) and the MUD is responsible for the upkeep of the physical structures of the detention ponds and lakes (cement walls, overflow tubes etc.)

It costs quite a bit to repaint signs and takes quite a bit of time to scrub graffiti off of the equipment. It is much better to keep it from happening in the first place.

We're asking for patrols from the Sheriff's office, and ask that all of you keep an eye out for anyone that may be painting anywhere in the area. Just go ahead and take a walk around the pond when you can't get to sleep at 2 in the morning, but take a buddy! ;-)

The MUD has been painting over graffiti almost weekly, but we need your help to keep ahead of it. Please let me know as soon as you see anything out of place, and let me know if you're available for any park clean-up.

On another note, the landscape people, who are doing a great job in general keeping the place in order, trimmed the bushes away from

the fences around the detention area. They did this because there was some wear and tear going on with the fences. You may also have noticed they trimmed the bushes along Eldridge. Let me know if you have any thoughts or requests relating to ongoing maintenance of our green-spaces and I'll make sure they get to the right person.

Till next time, take care and keep an eye out.

Thanks,

Martin Mayne - park@mayne.us

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!



The Foot Wellness Center

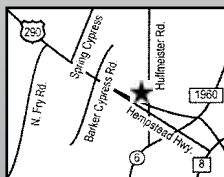
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Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday, February 6th and ends on Holy Saturday.

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) –

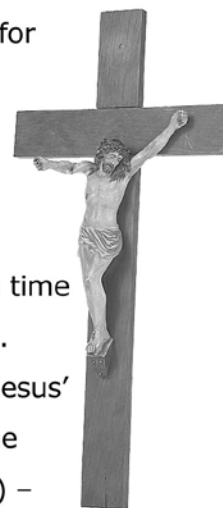
Christ's triumphal entry into Jerusalem and his subsequent passion and death.

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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Birch Falls	King, Lori	281-955-8419	Reedwood Ridge	Kay McGlamory	281-955-2107
Brook Mill	Young, Deanna	281-890-0598		Crawford, Tracy	281-650-3266
Carriage Lake	Boushley, Connie	281-890-3499	Shady Fern	Thornton, Carolyn	281-807-1816
	Betty Meineke/J. Harrove	281-890-4329	Spruce Knoll	Bob Meyer	281-469-3740
Chestnut Woods	Hutchinson, Mark & Jan	281-894-8410	Sycamore Heights	Sommer, Donna	832-237-4684
	Claiborne, Ed & Pam	281-469-7646	Timberland Trace	Peterson, Sandra	281-897-9875
Dawn Point & Elm Bough	Ramos, Angelina	281-970-8545	Tulip Garden	Lawler, Tammie	281-807-1323
Dogwood Blossom	Garcia, Alfredo	281-894-1134		Jones, David & Jill	281-955-8972
	Kably, Kimberly	281-725-1993	Walnut Lake	Chisari, Paul	281-894-7053
Elm Bridge Ct	Henkhaus, Kim	281-469-7105	Wortham Blvd	Heafner, Cissy	281-477-9553
Fern Vale	Lawrence, Reschele & Phillip	281-469-6321	Wortham Blvd	Giblin, Phyllis	281-517-0191
Grove Hollow	Kruppa, Beth & Chris	281-477-7381		Culp, Susan	713-599-1000
Harvest Dale	Welch, Terri	281-890-4061			
Hickory Tree	Pickens, Cindy	281-894-0444			
Hillside Glen	Livesay, Sonny & Nicole	281-807-7021			
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	Lara, Peggy	281-970-4052			
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	Vantiger Becky	281-890-7426			
Orchard Hollow & Town Elm	Dineen, Mike	281-894-6258			

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Nature's Playground and Man's Monuments

There is no excuse for not finding places to exercise when every city has a great staircase, stadium, or tall buildings where you can master the stairs without a machine. If stairs aren't your thing, cities have lots of places good for walking, running or even hiking. Ask the hotel concierge if there are parks or trails nearby; or if you have ventured to the mountains, ask for a map of local hiking trails. It is also a good idea to ask the concierge for a map of the city to find out how many of your destinations are reachable by foot. (Walking will increase your fitness and decrease your taxi fares.) Prior to departure on your trip, find out if your hotel has a workout facility and a pool, and remember to pack your bathing suit and workout clothes. If they don't have a facility, they may be affiliated with a local gym where you can get a one-day pass for a small fee. There are no limits to the exercise you can do while exploring new territory. Make the most of your trip, and get to know the city by foot.

Prepare for Power, No Excuses

If your hotel doesn't offer fitness accommodations, bring along a jump rope and an exercise tube. They are both lightweight and easy to transport. Jumping rope is one of the best forms of cardiovascular exercise, and you can do it anywhere.

With the exercise tube and a pre-arranged plan to keep you motivated, you can keep your entire body toned and energized without entering a gym or stepping on a piece of exercise equipment. Numerous magazines and Web sites offer workout instructions for each body part. And, of course, body-weight exercises such as push-ups and crunches require no equipment at all. The point is to find a workout routine that suits your needs and follow it. Plan a specific time each day or every other day to do your strengthening and cardiovascular routines (a good plan is to alternate days between the two). Remember that the 20 to 60 minutes you spend working out each day is for you, and try to stay on schedule.

Have Fun

Be sure to enjoy yourself and make the most of the area to which you have traveled. Remember to bring comfortable shoes so that you can easily get a workout while using your feet as your main mode of transportation. Whether your trip is for business or vacation, remember that you should have some time for yourself every day. Why not dedicate that time to improving your health and making yourself feel better!



Nutrition Road Tips

- Always drink plenty of water, particularly if you're flying.
- Conjure up a healthy meal in your mind prior to entering a restaurant, and stick to your plan as closely as possible.
- Try to eat at least three times per day to keep you from feeling famished and overindulging at any one time.
- Pick up portable, healthy snacks at a local market so you won't be caught hungry in front of the mini-bar.
- Go ahead and splurge on regional dishes or local cuisine, but balance your diet by choosing lower-calorie foods at other meals.

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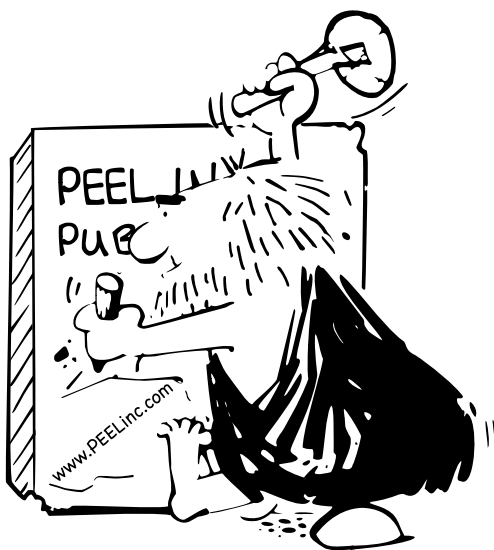
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Cooking Corner

Make Fast Friends Over This Slow-Cooked Lamb

(NAPSA)-For many, cooler weather means it's time to gather family and friends together for a hearty meal.

Home-cooked meals, particularly recipes that rely on savory slow-cooking techniques, can leave the cook plenty of time to spend with the guests.

For example, this American Lamb Ragu Puttanesca combines rich American Lamb with seasonal herbs and vegetables in a slow cooker to yield delightful fall fare for everyone at the table. Serving fresh American Lamb can add variety and distinction to your menu, no matter the occasion.

American Lamb Ragu Puttanesca

Makes 4 to 6 servings

Prep time: 30 minutes

Cook time: 5 to 10 hours



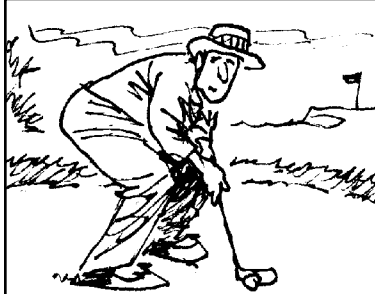
- 2 tablespoons olive oil
- 4 American Lamb shanks
- Salt and pepper
- 2 cups diced onion
- 2 tablespoons chopped garlic
- ½ teaspoon red pepper flakes
- 1 cup dry white wine
- ¾ cup pitted, quartered black olives (such as Kalamata)
- ¼ cup drained whole capers
- 1 tablespoon anchovy paste
- 2 cups beef stock or broth
- 2 cups canned crushed tomatoes
- 2 to 3 tablespoons tomato paste (optional)
- Hot cooked rigatoni
- ¼ cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley

Heat oil in a large skillet over high heat. Season lamb shanks with salt and pepper. Brown on all sides in hot oil, remove from pot; set aside.

Drain off all but 2 tablespoons of fat from skillet, add onion, garlic and red pepper flakes. Sauté over medium heat for 6 minutes or until vegetables are tender. Add wine, olives, capers and anchovy paste; simmer until the liquid has almost evaporated. Transfer mixture to a large slow cooker; stir in stock and tomatoes, then add shanks. Cover and cook on high for 5 hours or low for 10 hours, or until meat is tender enough to fall off the bone. Remove shanks from braising liquid and set aside to cool. When shanks are cool enough to handle, shred the meat, discarding excess fat and bone. Add meat back to braising liquid, stirring to combine. Add tomato paste to taste to thicken sauce slightly, if desired. Warm gently over low heat and serve over rigatoni, garnished with feta and parsley.

Recipe and image provided by the American Lamb Board.

Serving fresh American Lamb can add variety and distinction to your menu, no matter the occasion.



Did You Know?
The Grand Slam in golf is made up of the Masters, the U.S. Open, the British Open and the PGA Championship.

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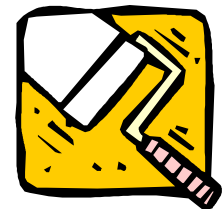
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WORTHAM MARKET REPORT

Courtesy of Super Dave

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

	Aug 07	Sep 07	Oct 07	Nov 07	Dec 07	Jan 08
\$250,000 +	1	0	0	0	0	0
\$220,000 - 249,999	0	0	0	1	0	0
\$200,000 - 219,999	1	1	0	0	0	0
\$180,000 - 199,999	1	0	0	0	2	0
\$160,000 - 179,999	0	1	0	1	1	0
\$160,000 -	0	0	0	1	0	0
TOTAL	3	2	0	3	3	0
Highest \$/Sq Ft	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.

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* According to information taken from the HAR MLS Computer

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