

Wortham Villages

Volume 8, Issue 7
Wortham Villages

July 2008

www.worthamweb.org

Splinters from the Board

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

In my last article back in May I informed you that we were about to start construction on a new concrete fence along N. Eldridge. At this time I can tell you that the money has been placed and that the material has been purchased and notifications to the residents affected are being done as I write this. We are going to have this fence go the length of our property on North Eldridge and continue into the entrance along Wortham Ridge and into the subdivision which will make a very nice entranceway into Wortham.

The project I am working on right now is a revamped website that is much more user friendly and functional than the one we now have. To make this a huge success the e-mail addresses for our residents is crucial to be able to get a serious message to our residents in the event of an emergency or any event we feel you need to know. We will be working on lists and groups of lists such as all block captains, all residents, different committees and chairs such as clubhouse reservations, etc. I think when it's all said and done you will like it and my goal is to have this up and running in September. One reason I feel this is important is for internal communications with each other, news items and things of interest and the other is for Real Estate purposes so that if and when you want to sell your home the buyer, wherever they may be, can learn more about Wortham in a positive and honest manner. We will never sell any information that we obtain and we'll keep everything as secure as we possibly can so no one should have any of those concerns. When the time comes (consider this a heads up)

we will have a 'picture page' and will ask anyone and everyone to submit photos of family, friends, landscapes, pools, community, anything you wish and we may even make this into a contest so we can have some fun and load up our website with great family pictures and a picture of Wortham.

In every article that I've written I have always mentioned Neighborhood Watch because that is of utmost importance to us all. Our job is to maintain and enhance the value in our homes in our community and safety is a big part of anything we may do so I encourage you to either be a block captain or be involved in Neighborhood Watch in any way you can or want to. I know Marie is always looking for folks to help in this and would be more than happy to hear from you.

Personally, I am ready for the Goode Company Barbeque to open their doors. This will be a lot closer than going to Hwy 59 and Kirby to visit that restaurant! We will be getting some more professional buildings as well with more details as I learn them.

Please allow me to welcome our newsletter chair Ms. Lora Bergeron, a resident of Wortham who is a marketing specialist and no stranger to newsletters. We are fortunate to have this talent available and willing, I might add! We would like to thank you Lora for volunteering to take on this daunting task and thank you Marie for finding Lora and bringing her to our fold.

Wortham, we're looking good!

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

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

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
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 Cable TV - Warner 713-462-8170
 Street Lights 713-207-2222
 Garbage & Recycling (Republic Waste) 281-446-2030

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As a parent, you can be assured that Cub Scouting:

- involves a variety of family activities
- encourages good behavior
- teaches lifelong values
- strengthens the bonds of family

Pack 1537 meets at the Adam Elementary Cafeteria at 7pm on every third Thursday during the school year. We have many fun and educational activities that help our boys achieve the aims of Scouting - citizenship training, character development, and personal fitness. Our Fall 08 Campout is scheduled for October 5th at the Houston Zoo!

If you'd like more information on getting involved in Cub Scouts, visit our website: www.pack1537.com, or email/call our cubmaster: Rob McLaren, ramclaren@sbcglobal.net, 281-955-9640.

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Wortham Villages

Neighborhood Watch News

Marie Trascher

A few of our neighbors have written to me that they are going on vacation. The correct procedure for requesting a "Vacation Watch" is to call the Sheriff's Office (713-221-6000). They will email our Deputies to "watch" your home while you are away.

School has been out for a month now and we have not had any incidents that warrant attention. Our neighborhood has been very quite. Our teenagers have been polite, courteous and following the rules. A big HURHAH to them. It is a pleasure to see so many children and teens enjoying their summer.

Following is the incident report for May:

Incident Report May 2008

Incident	Total	Incident	Total
Alarm Local	13	Follow Up	2
Animal Aggressive	1	Meet the Citizen	12
Burglary/Motor Vehicle	1	MUD Building Check	24
Check Park	47	Property Found/lost	1
Contract Check	441	Standard Motor Vehicle	1
Credit Card Abuse	1	Suspicious Person	5
Criminal Mischief	2	Traffic/Hazard	2
Disturbance/Family	2	Traffic Stop	21
Disturbance/Loud Noise	4	Vehicle Abandoned	3
Disturbance/Other	2	Welfare Check	1
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Wortham Villages

Cypress Assistance Ministries

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CAM School Supply Drive

With the start of school just around the corner, CAM's school supply drive is in full swing. In August, we will be handing out school supplies to hundreds of children whose families are served through CAM. Your donations of school supplies are greatly appreciated. For a current list of needed school supplies go to our web site: www.cypressassistance.org.

For the summer, the Food Pantry is needing kid-friendly foods.

Cypress Assistance Ministries provides an array of services to needy families in the Cypress and Northwest Houston area. For a description of all our services, please see our web site, www.cypressassistance.org.



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Kindergarten Social

For kindergarten age children only, please!

Tuesday, August 19th from 4-6 p.m. @ the Wortham Club House.
It is a come & go event.

Please bring your child for some refreshments & fun! This is a great opportunity for our little ones to get acquainted with their soon-to-be classmates! Every child wants to see familiar faces on the first day of school...& this is their chance to meet new friends!

Let's get our kiddoes excited about their big start at Adam!

Coordinator: Hope Boyd 281.469.6935

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Sudoku

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

*See solution at PEELinc.com

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Neighborhood Watch Committee

BLOCK CAPTAINS

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Aspen Bough	Bruckner, Eric & Marie	281-890-8667	Orchard Hollow	Tolbert, Toney & Shirley	281-894-0085
Azalea Creek	Slacik, Deborah	281-955-2146	Plum Vale	Kelley, Dale	281-469-1371
Birch Falls	Carter, Linda	281-894-5821	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	Kably, Kimberly	281-725-1993		Jones, David & Jill	281-955-8972
	McAnulty, Chris&Kelly	281-970-1405	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	281-807-1330
Harvest Dale	Welch, Terri	281-890-4061			
	Franklin, Vernetta	281-807-3834			
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			

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Wortham Villages

“Adventures in Mothering” at The MET

Submitted by Jennifer Everage

Mothers of Preschoolers need a little encouragement... and a whole lot of fun!

METMOPS is registering throughout the summer for the fall semester of MOPS. We are exploring “Adventures in Mothering”. Join us this fall (September – December) on Friday mornings from 9:15 -11:45 a.m. at the Metropolitan Baptist Church. METMOPS meetings include awesome speakers, creative crafts, encouraging discussion time, food and door prizes. Childcare is provided with registration. Register now at metmops.org.

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 Villages

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 four (4) guests with each adult pool tag (this does not include 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 passes will be strictly enforced. It is the resident's responsibility to bring to the pool. It is very awkward and uncomfortable situation for everyone when the lifeguard must ask a member 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 eighteen (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 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 nine (9) years or under must be accompanied by said child's parents or person eighteen (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 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 a flotation device.

Wortham Village Community Association

2008 POOL SEASON

POOL TAGS & DISTRIBUTION:

Residents must be current on their maintenance fees before tags will be issued. Every resident issued tags will be required to wear pool tags for admittance to the pool area.

The pool tag registration days for tag distribution at the clubhouse have been completed for this season.

If you were unable to attend the official registration days, tags will be issued by Crest Management by mail only at a cost of \$ 20.00 per family. Fill out the form you received in the mail and send in with the \$20.00 fee for the tags to be mailed. Again, you will not be admitted to the pool area without a tag. Cost for replacing tags is \$20.00.

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

May 3rd through May 26th

Monday through Friday Closed

Saturdays 10:00 a.m. to 8:00 p.m.

Sundays 12:00 p.m. to 8:00 p.m.

Exceptions:

Saturday, May 3rd (opening day) 10:00 a.m. to 8:00 p.m.

Monday, May 26th (Memorial Day) 10:00 a.m. to 9:00 p.m.

Saturdays, May 10th and 17th Pool will not open until 2:00 p.m. due to swim meet

May 29th through August 24th

Mondays 4:00 p.m. to 9:00 p.m.

Tuesdays through 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.

Exceptions:

Thursday, May 29th 4:00 p.m. to 9:00 p.m.

Saturdays, May 31 and June 7th Pool will not open until 2:00 p.m. due to swim meet

August 25th through August 31st

Mondays through 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.

September 1st through 14th

Mondays through Fridays Closed

Saturdays 10:00 a.m. to 8:00 p.m.

Sundays 12:00 p.m. to 8:00 p.m.

Exceptions:

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

Attention Whiteshark Parents:

All team communications during the season are by email. You must 1) sign up on the website and 2) confirm your address to receive emails. You cannot be automatically added. Comcast Customers: Don't forget to add your new email address!

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“I’m a Primrose Kid”

Margaret Erwin; Double Major, Business and Marketing,
University of Georgia; Dean's List;
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Wortham Villages

Garage Doors Certainly are "Beasts of Burden"

Submitted by Bill Cook

One of the most ignored and overlooked maintenance components of your home is your garage door and opener. These "beasts of burden" are frequently ignored, neglected and taken for granted...that is until they stop working.

An average two-car garage door has nearly forty moving parts and weighs approximately 300 pounds. When in the up position, the door is usually 8 feet above the floor with your second most expensive investment parked directly underneath. Last year approximately 20,000 garage door related injuries were treated in America's emergency rooms.

Given these facts, proper maintenance and repair should be a higher priority on our never-ending "to do lists".

Basic routine maintenance should be performed every six months to maximize performance and extend the life of the moving parts of your garage door(s). While repairs should be left to the professionals, the following activities should be completed every six months:

Door:

1. Lubricate hinge joints with a silicone-based lubricant. Be careful in selecting a product as many common spray lubricants are alcohol-based and can actually dry out moving parts.
2. Do not lubricate track and rollers. This common misconception only serves to attract dust particles and cause further wear. While it does appear to be a short-term fix, over that short time, problems will become worse.

3. Release the door from the opener by disengaging the trolley (pull the red string down). * Raise the door to the halfway point. A properly balanced door should remain in that position. If the door falls or rises on its own this is a symptom of spring failure. Improperly balanced garage doors can cause opener and/or door damage. * Raise and lower the door manually. The door should require no more than ten pounds of force to raise. This is the maximum weight residential openers are designed to raise. Clacking, screeching or popping sounds also indicate moving parts failure. * Please Do Not attempt any repairs as certain garage door components can cause serious injury!

Opener:

1. Chain and belt drive openers should have a light coating of silicone-based lubricant sprayed on the boom (bar from the motor unit to the door) twice per year.
2. If the system has safety eye sensors (located at the bottom of the door tracks), make sure these are properly aligned and free of dust and debris. An obstruction could stop the opener from closing the door. POWER SURGES to your home can severely damage the electronics of electric door openers. Should your opener operate erratically, DO NOT attempt to continue using it as it may damage your garage door. It is always wiser to error on the side caution concerning this large, heavy moving wall in your home.

The Foot Wellness Center

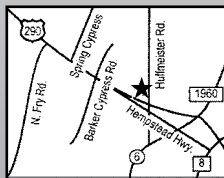


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Meet Austin

DOB March 2001

Austin is a playful and loving boy who enjoys playing in the water. he also loves Sesame Street books and his favorite character is the Cookie Monster. Austin is diagnosed with Autism and is learning how to communicate through sign language. He is also working on potty training. Austin is in special education and in kindergarten. His teacher reports that she enjoys having him in her class and that he has made a lot of progress. Austin is legally free for adoption and would do well with parents who can make an unconditional commitment to him.

For more information please contact:

Vanessa Coppola, MSSW

Adoption Coalition of Texas/Wendy's Wonderful Kids Recruiter

vcoppola@adoptioncoalitiontx.org

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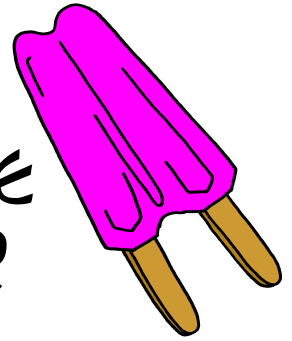


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Recipe FOR THE SUMMER



Popscicles

- 1 - 3 oz. package jello
- 1 package Kool-Aid
- 1 cup sugar
- 2 cups boiling water
- 2 cups cold water

Dissolve jello, sugar and Kool-Aid in boiling water.
Add cold water. Pour into molds and freeze.

If you would like to submit YOUR recipe
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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Prevent Osteoporosis Now

Today is the day to begin preventing osteoporosis, an age-related disorder in which bones become gradually thinner, more porous and less able to support the body.

This condition affects both men and women, but women usually suffer more severely because bone loss accelerates rapidly after menopause. By the time a woman reaches the age of 70, she may have lost as much as 30 percent of her bone density.

Prevention is the Key

The following lifestyle-related factors may lead to the development of osteoporosis:

- lack of exercise
- calcium and vitamin D deficiency
- prolonged use of drugs, alcohol, caffeine, high-phosphate soft drinks
- smoking

The good news is that osteoporosis may be prevented by a combination of exercise and good nutrition.

Get Plenty of Exercise

Weightbearing exercises can help prevent bone loss and may encourage bone growth. Specific exercises to twist, bend, stretch and compress bones are needed to strengthen the common sites at risk: the upper arm at the shoulder, the forearm at the wrist, the thigh bone at the hip, and the spine. This process is known as "bone loading."

Before beginning any exercise program, always consult your physician. If you're given the go-ahead, start slowly and build

up over time. An ideal program should include bonespecific, aerobic weightbearing exercise three days per week. Weightbearing exercise includes such activities as walking and crosscountry skiing.

Include a variety of exercises that will stimulate as many different bones as possible. Add upper-body muscle strength and endurance training two days per week.

Stick with your program and work up to at least 20 to 30 minutes of physical activity a day, on most, preferably all, days of the week. Also, think about ways to increase your daily activity, such as taking the stairs or gardening.

Keeping Bones Healthy at Every Age

	Calcium (mg/day)	Vitamin D (IU/day)	Physical Activity	Bone Density Testing
Infants				
0—6 months	210	200	Interactive play	As clinically indicated in high-risk patients.
6—12 months	270			
Children and Adolescents				
1—3 years	500	200	Moderate to vigorous activity at least 60 minutes per day. Emphasizes weight-bearing activity.	As clinically indicated in high-risk patients.
4—8 years	800			
9—18 years	1300			
Adults				
18—50 years	1000	200	Moderate activity at least 30 minutes per day, on most, preferably all, days of the week. Emphasize weight-bearing activity. Fall prevention programs, modified for the frail elderly and spine fracture patients.	As clinically indicated in high-risk patients.
51—70 years	1200	400		Bone density testing by DXA in all women over age 65; consider in women under 65 with risk factor. No consensus on men.
>70 years	1200	600		
Source: Adapted from U.S. Department of Health and Human Services. <i>Bone Health and Osteoporosis: A Report of the Surgeon General</i> . Rockville, Md.: U.S. Department of Health and Human Services, Office of the Surgeon General, 2004.				

Source: Adapted from U.S. Department of Health and Human Services. *Bone Health and Osteoporosis: A Report of the Surgeon General*. Rockville, Md.: U.S. Department of Health and Human Services, Office of the Surgeon General, 2004.

Eat for Stronger Bones

You can bolster your bone strength by eating a high-calcium, high-fiber, low-fat diet.

Did you know that two-thirds of your bone is composed of calcium? The accompanying chart lists the recommended dietary allowances (in milligrams per day) for calcium and vitamin D for various individuals.

You need vitamin D to help metabolize calcium. The best source of vitamin D is the sun, but fortified milk products offer the same benefit without the risk of skin damage.

You can also get a good dose of calcium from the following sources:

- nuts, seeds, beans and peas
- fish with bones
- green vegetables

Bones to Last a Lifetime

Bone-loading exercise and a balanced diet are important components for preventing osteoporosis. By taking care of your bones now, they will stay strong enough to carry you safely through a lifetime of health and activity

ACE
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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.

	Dec 07	Jan 08	Feb 08	Mar 08	Apr 08	May 08
\$250,000 +	0	0	0	0	0	0
\$220,000 - 249,999	0	0	0	0	0	0
\$200,000 - 219,999	0	0	0	0	1	0
\$180,000 - 199,999	2	0	0	0	1	1
\$160,000 - 179,999	1	0	1	1	1	2
\$160,000 -	0	0	0	0	0	3
TOTAL	3	0	1	1	3	6
Highest \$/Sq Ft	68.16		80.58	51.52	73.25	68.37

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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