

Wortham Villages

Volume 8, Issue 11
Wortham Villages

November 2008

www.worthamweb.org

Splinters from the Board

By Stan Schoen

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

Once again Marie Trascher has outdone herself with help from a lengthy list of great Wortham residents that I'll let her thank, with the National Night Out (NNO) we had on October 7. I must mention Fred Trascher as well because even though he is not the chair he is very close to the chair and I know he is always very supportive of Marie and anything else our community needs. This was the first year that the powers of NNO allowed Texas to have a special date outside of the usual August date to accommodate our residents and keep us out of the hot August evening so that we could meet and greet our neighbors and visit with our public servants. We had many Sheriff Deputies, several on horseback so the kids could meet all close up and personal, we had finger-primers, fire department with equipment, Hunter the K-9 and many other things for children and adults alike to enjoy and to learn what is available to us in our community if and when it is necessary. Of course we also had the ever popular James Coney hot dogs that most of us enjoy.

Several homes in our community suffered damages from Hurricane Ike and we certainly wish you all the best that had any damages. There is everything from 'minor' to very major repairs, roofs, fences and internal damages to the home. Timing is everything and our concrete fence was completed just before the Hurricane and didn't suffer any damages and fences across the street as well as many fences around town weren't as fortunate including my own fence which had to be completely replaced which introduces me into my next topic – partnering up with your neighbor on fence replacement. I have been approached by many residents asking

me for a ruling or advice on how to work with your neighbor in sharing in the cost of a fence and what to do. I have wondered myself for years because there is no rule only 'hope' and reason. If a fence is torn down then there is little choice but to fix or replace and that decision of course is based on the life of the fence and the extent of the damage. In my case I had a 14 year old fence and the repairs were extensive and wasn't worth it because this would have had to be re-visited sooner rather than later due to the age of this fence. Because the fence was down this was easier for all my neighbors to understand the need for a fence. Having five neighbors sharing a fence was a challenge and I learned a lot and worth sharing. First, most of these neighbors on the other side of the fence were unknown to me and vice versa and they are fantastic people, each and every one of them were just plain nice. I had a contractor come out and walk the fence line with me and we measured each part of the fence so that I could show, on a spreadsheet, to each neighbor what footage we each shared and they of course were welcomed to measure as well so we could agree. Next I had a negotiated price (I had about 4 bids) and pre-agreed specifications and what I learned is that people are busy and don't want to be involved with a lot of work so when I presented the linear feet and the price per foot and showed them, on my spreadsheet, how much we would each have to pay (shared price) then each and every neighbor wrote me a check for that amount and the contractor was paid in full. Everything was fair and equitable and verifiable and most thanked me for doing the work to get this done. Now, if there is no hurricane but your fence is aged, and all are,

then I would suggest you decide what you want, we got a 12" rot board (2" x 12") with 6" x 6" pickets and three runners across, the fence we had originally had only 2 runners and no rot board. Then get it priced out and measure each section of the fence that borders your neighbor. Then present all this in a reasonable fashion to your neighbor and see if you can't get an agreement. The problem becomes when one person decides the fence doesn't need to be replaced and perhaps someone doesn't want to spend the money at that time on a fence. I like to hope that if there is truly a need most people would be reasonable about what to do but we can't force anyone from a board standpoint unless there is danger, such as a side yard and a pool is involved or some such thing as that.

By the time you read this we will have had our annual homeowners meeting, which was held on October 22 this year again at Adam Elementary and there will be no increase in homeowner fees this year as we still remain a very reasonable \$475 per home in Wortham. We know these are tough times for all of us and we respect that and try to keep our costs as low as we can. Our largest expenses are the pool and landscaping and we have always extended our contracts to keep our costs level. This year we had to renew these contracts and take increases for both services and will absorb this without passing on an increase and have just successfully negotiated a two year extension on our contract with our management company at no increase in price. The reason we could do this is because of our residents and the quality of the people living in Wortham. We have the lowest delinquency rates in fee payment by our homeowners, few
(Continued on page 3)

Wortham Villages

IMPORTANT NUMBERS

MANAGEMENT

Crest Management281-579-0761
 Kristi Buenger (Manager) kristi@crest-management.com, Ext 17
 Laura Pate, (Assistant) laura@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 Armstrong281-970-2187
 Info. Signs - Fred Trascher fatrascherjr@aol.com, 281-970-1553
 Phyllis GiblinPhyllis.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 Jankovsky281-955-9626

EMERGENCY NUMBERS

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 Fire911
 Sheriff's Department.....911
 Poison Control281-654-1701

NON-EMERGENCY NUMBERS

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 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 Control281-999-3191
 FBI713-693-5000

UTILITIES

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 Gas - Entex.....713-659-2111

WATER & SEWER - MUD 222 (AquaSource)

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 Leaks & Repair713-983-3604
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 Cable TV - Warner713-462-8170
 Street Lights713-207-2222
 Garbage & Recycling (Republic Waste).....281-446-2030

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7050 Brook Hollow West.....713-937-9108

Our annual homeowners meeting will take place on October 22, 2008 at Adam's Elementary. We have 2 spots up for election on our board currently seated by Stan Schoen and Jonathan Armstrong. We are looking for people interested to run for a board seat. If you or someone you know are interested please let a board member or Crest Management know.

At no time will any source be allowed to use the Wortham Village Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Wortham Village Homeowners Association and Peel, Inc. The information in the Wortham Village Newsletter is exclusively for the private use of Wortham Village residents only.

Business Classifieds

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Personal Classifieds

For Sale: 54" Round Solid Wood Kitchen (white washed) pedestal table with 4 chairs. Great condition but needs to be refinished \$300 or best offer. Call Angela 713-598-3978.

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Splinters - (Continued from cover)

deed restriction violations and a bevy of beautiful homes which are well maintained by all of us because we all care!

Please, if you haven't already, check out our NEW website www.worthamweb.org and sign up. With your e-mail address we can send you important information about the community and you could be notified of serious happenings in real time, things you would want to know or have your family know. We will never sell any e-mails or anything else! You will be able to enter a photo contest we are having from now through the end of this calendar year, reserve the clubhouse, soon read our covenants and deed restrictions, newsletter and many other things of interest so please sign up, it's easy to do and even if you signed onto our old website you will need to sign up again.

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



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Wortham Resident

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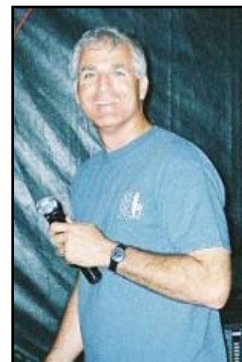
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Wortham Villages

NEIGHBORHOOD WATCH NEWS

Marie Trascher

Our National Night Out was a HUGE success for our 3rd Annual Event. James Coney Island catered; Bob Zuccarelo, a local realtor, furnished all of the bottled water; Tracy Crawford and Margo Horton, also two of our local realtors, donated all of the cookies; and Oceaneering donated all of the ice.

Many of our local business donated door prizes. Please visit them to show our support for their generosity. Academy Sports, Connie's Custard, Fantastic Sams, David Flory of Remax, Hobby Lobby, Rachael's Hallmark, Red Lobster, Sears Hardware on Jones Rd, Texadelphia, and Universal Propane on 1960.

Also, some of our Block Captains donated door prizes such as Kim Henkhaus, Debbie Slacik, Susan Culp, Pam Claiborne of Sweet Bambini, Lori MacDonald and Reschele Lawrence. Others donated their time and effort to setting up and cleaning up for the

night. Many served all evening and a big "THANK YOU" to all. To mention just a few, Angie and Pete Ramos, Connie and Tim Boushley, Jan Hutchinson, Kay McGlamory, Cindy Pickens, Tracy Crawford, Dale Kelly, Rick Anderson and Lisa Trascher who handed out the door prizes. Thanks to Josh Veselka for putting up all the banners. Once again, I could not do all of this without the help of Rachel Gerhardt our Social Committee Chair. Of course, another great job by Michael Patrick for being our DJ providing music and all the announcements. If I have forgotten anyone, I apologize. Everyone did a great job!

Another highlight was the many Sheriff's Office personnel that came to our event. I hope you had a chance to greet them. National Night Out was organized to bring together citizens and police to deter crime. We have had great success in this area as we are one of few communities that have the

lowest incidents of crime. They are a valuable asset to our community. We now have a new Captain J.D. Glesmann who will be our "hands on" officer. We are lucky to have him. The Mounted Patrol with their beautiful horses were a delight. The ID fingerprinting for the children is a valuable tool which I hope you never need. Deputy Tom Petty with his dog "Hunter" are so skilled as a pair that it is almost unbelievable. Our own Deputies Polk and Goforth were present along with Sgt. B. Martinez and Lt. S. Reeves. The Fire Dept. is always of interest to children as well as their parents. (There's always something fascinating about a fireman).

Thanks to all for your help and support.



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Greg Riddle
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Wortham Villages



Pumpkin Pie Recipe

Ingredients

- | | |
|-----------------------|-------------------|
| 1 can pumpkin | 1 cup brown sugar |
| 2 eggs, beaten | ¼ tsp. cloves |
| 1 t. salt | ½ tsp. ginger |
| 2 t. cinnamon | ½ tsp. allspice |
| 1 can evaporated milk | |

Directions

Combine and mix well. Pour into pie crust. Bake at 425° for 15 minutes; then 350° for about 45 minutes.

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

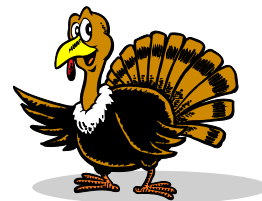
Cypress Assistance Ministries

11202 Huffmeister

281-955-7684

www.cypressassistance.org

Donations Needed



Angels' Attic Christmas Room is now open. The Christmas Room will be overflowing with one-of-a-kind Christmas tree ornaments, decorative accessories for the home, personal gift items and jewelry. Come find that one-of-a-kind gift for your family and friends. Funds received through the resale shop help support the ministry services and Food Pantry at CAM.

To brighten the holidays for a family in our community, please consider donating the following items to be used for Thanksgiving Food Baskets.

- Turkeys
- Canned sweet potatoes/yams
- Dressing mixes
- Canned pumpkin
- Evaporated milk
- Cake mixes and frosting

Donations of paper towels, toilet paper, diapers, and shampoo would also be greatly appreciated.

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

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

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

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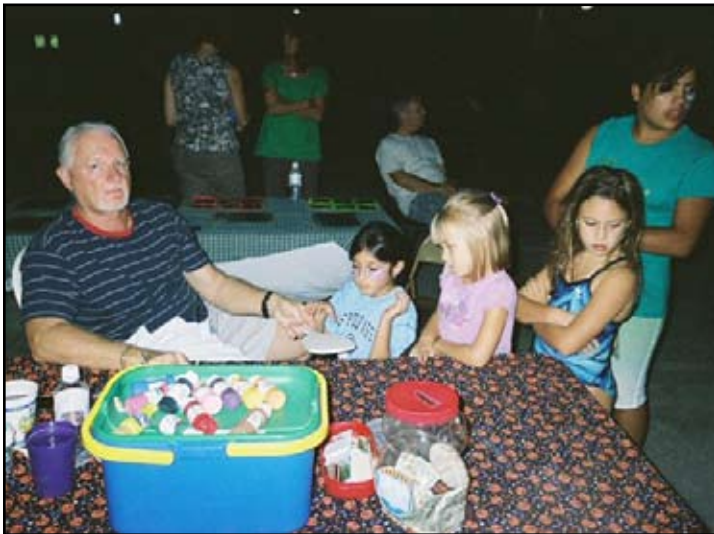
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NNO Pictures



Cub Scout Pack 1537 at the Houston Zoo

In October, Cub Scout Pack 1537 had their Fall overnight campout at the Houston Zoo taking part of the "Wild Winks" program. The boys got to take guided tours and see the Zoo's residents in a whole new "light" and then sleep in tents on the zoo grounds! It was a fun experience for all the boys.

Cub Scouts at breakfast: Mason Cheney, Mark Kubinski, Ryan Hanson, Travis Schubert, Trevor Lockstedt, Gehrig French and Ryan Bergeron

Checking out the bears in their lair...

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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Incident Report September 2008

Incident	Offense Total
911 Hang Up	3
Alarm Local	15
Assault	1
Burglary/Habitat	1
Burglary/Motor Vehicle	4
Check Business	2
Check Park	54
Contract Check	238
Criminal Mischief	2
Disturbance/Family	1
Disturbance Juvenile	1
Domestic/Prevent	2
Follow Up	1
Fraudulent Use ID	1
Meet the Citizen	8
Meet the Officer	2
MUD Building Check	32
Suspicious Person	1
Theft/Other	1
Traffic Hazard	2
Traffic Stop	4
Vacation Watch	37
Vehicle Abandoned	1
Vehicle Suspicious	4

What's that Quarter Pounder Worth to You?

Submitted by Alica Harrison

Ever wonder why it's so easy to gain 10 pounds and so hard to lose 10 pounds? How can something called a Quarter Pounder add 5 pounds to my hips? If a Krispy Kreme donut is traveling at 15 mph, how long does it take to reach my butt? These are the questions that keep me up at night. (Well, not really.)

During our summer vacation, my husband and I took the kids to the Houston Museum of Natural Science, a great way to spend a rainy, hot afternoon in Houston. Part of our tour included a hands-on science lesson by a Bill Nye wannabe. The kids loved the interactive experiments, but I was completely shocked by one that compared the density of Pepsi vs. Diet Pepsi. Did you know that a can of Diet Pepsi will float in water but a can of Pepsi will sink? Do you know why? It's that 12 teaspoons of sugar that weigh it down! 12 teaspoons! In one can! Put 12 teaspoons of sugar in a juice glass and tell me you're not impressed by that.

So, being the Coke lover that I am, I started wondering how many sit-ups it would take me to earn a single can of Coke. That would be 420. Yikes! That's like a month's worth of sit-ups for me! I could also rid myself of the Coke calories by jogging – for about 20 minutes. Or walking for about 40 minutes.

All for one lousy can of Coke.

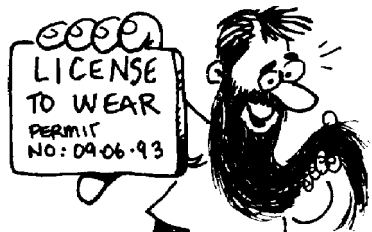
And if a can of Coke can do that to me, what about a plate of chicken fajitas? Turns out that those fajitas at Pappasitos with rice and beans and 2 tortillas (no sour cream or cheese) pack in a whopping 1150 calories! (That's like 8 cans of Coke, if you're still counting.) So plan on pushing that stroller for 9 ½ hours to burn those puppies off. Prefer the spaghetti and meat sauce at Macaroni Grill? You'll only need to ride your bike for 3 hours to work those 1110 calories off.

So these meals are great if you're Michael Phelps. For the rest of us mortals, it's much harder to maintain a healthy weight - much less lose weight - if we eat like this. You have to burn 3500 extra calories to lose one single, solitary pound. (That's about 14000 push-ups...) Which is why it's so much easier to gain weight than to lose it. I can easily eat an extra 3500 calories in a week. But it's much harder to exercise an extra 10 hours in a week. Here's a handy chart to let you know just how much effort you're going to have to expend just to break-even on some favorite foods.

So, as my trainer tells me, suck it up, Buttercup. And put down that Coke.

Delicious but costly food choice	Number of push-ups needed to offset those darn calories	Number of sit-ups needed to offset those darn calories
Quarter Pounder w/Cheese (530 calories)	2120	1590
Ice Cold Can of Coke (140 calories)	560	420
Chick Fil A Sandwich (410 calories)	1640	1230
Taco Bell Beef Burrito (400 calories)	1600	1200
Pappasitos Chicken Fajitas (1150 calories)	4600	3450
Macaroni Grill Spaghetti and Meat Sauce (1110 calories)	4400	3300
Starbucks Blended Mocha Frappuccino (346 calories)	1384	1038
Saltgrass Pork Chops, Baked Potato, & Veggies (1020 calories)	4080	3060

Did You Know?



Beards were once placed under government control in Romania. Whiskers could be worn only if the owner secured an official permit, and paid the appropriate fee.

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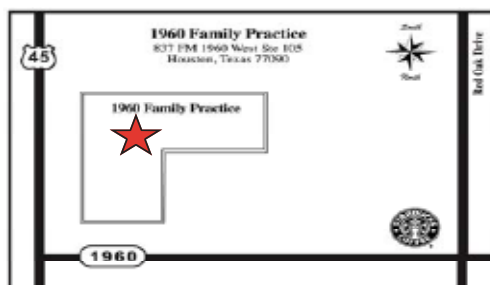


Meet Our Team

Huong T Le, MD
Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Marian Allan, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed, MD
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Luz Marquez, MD
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Wortham Villages

Protecting Your Children on the Internet

Submitted by Laurie Scott

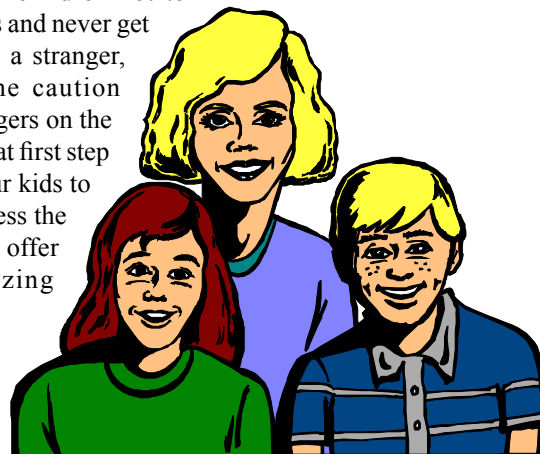
Just as we try to protect our children from bullies and predators on the streets, as parents we need to be doing the same when it comes to the Internet. Before the internet much of our socialization was done on the telephone. We would talk on and on while our parents were telling us to get off the phone. But with the advent of the Internet has come online chat as well as popular social networking sites such as MySpace and FaceBook, which have provided a totally new way for kids to socialize but at the same time exposed them to a new world of dangers. There is no need however to panic, as there are steps you can take to greatly reduce any risks.

First, talk to your kids. There is no software or hardware that will better protect your children than you. Keep computers out of children's bedrooms and in a public area of the home. Kids should not be talking to people online that they don't know in person. They should enhancing existing relationships, not creating new ones online. Never should your child give out personal information such as a phone number, address, birthday, school, etc.

Netsmartz.org is a fabulous site run by the National Center for Missing and Exploited Children; they have lots of material for both parents and kids from K – High School. An excellent tool is their "Internet Safety Pledge" that you and your child can read together and sign as an agreement between you. For younger kids there are

kid-safe web browsers such as "MyKidsBrowser" and "Kidzui". There are tools such as NetNanny and CyberSitter that can be installed on a computer to limit what programs can be run and what sites can be visited (be advised that clever teens seem to figure ways around them). OpenDNS is a free service that you can use to transparently control access for all computers in your home (though it does require a little technical knowledge to fully implement).

You tell your children not to talk to strangers and never get into a car with a stranger, using the same caution regarding strangers on the internet is a great first step in allowing your kids to enjoy the richness the Internet has to offer while minimizing the risks.



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Stress and Aging

Submitted by Dr. Tenesha Weine

Many things can speed up aging including a diet high in fats and white sugar/carbohydrates, not getting enough exercise, lack of sleep and too much exposure to the sun, but stress is number one!

A little bit of stress is not always bad, it wakes us up and makes us alert. We learn better sometimes when we have a little bit of stress. The danger of aging comes when we have prolonged stress and don't know how to counteract the negative stresses.

A stress response starts in the pituitary gland and hypothalamus, which is called the mind-body connection, or where the brain and body intersect. When the hypothalamus and pituitary are stimulated, they activate the adrenal gland, which releases chemicals into the body that rev the body for a "fight or flight" action. When your body gets stressed, such as in times of emotional distress, exercise, surgery, illness, or even daily living, hormones are produced by the adrenal glands called Glucocorticoids, one of them being Cortisol. Prolonged adrenal stimulation will eventually lead to adrenal fatigue, a condition I speak more in depth about on my website.

So what can you do about Stress? Life style change is by far the best antidote to stress.

1st is to breathe correctly from your diaphragm, this powerful muscle in your stomach can calm the vagus nerve which helps aid in balancing your body. This nerve sends branches to the heart, the lungs, and the intestinal tract. And what it's saying to your system is to calm down.

2nd is through meditation or prayer. This can strip decades, literally, off your life. If you find still meditation difficult, you can also use techniques like yoga, tai chi, or chi-gong. Just spending as little as 10 minutes alone, in silence will reset your endocrine system. You may say you don't have time, or you can't afford to take ten minutes. You really can't afford not to.

3rd, as we've all been told before, eat more fruits and vegetables!!! Specifically those rich in antioxidants like tomatoes, blueberries, carrots and broccoli. They can boost your immune system and help your body fight off the negative effects of stress.

4th, add magnesium to your diet. Magnesium is a well known anti-stress mineral. Look for it in whole grains, beets and raisins. Magnesium can also be taken as a supplement monitored by a health care practitioner.

5th, let it go! Relax. Don't sweat the small stuff....and it's all small stuff. Learn to keep from letting the little things in life drive you crazy. Don't focus on the negative and stressful. Most of us need some help with this. There are many relaxation techniques out there such as guided visualization and hypno-therapy that can help. Check out the book "Don't Sweat the Small Stuff," by Richard Carlson, PH.D, highly recommended!

Lastly, and this may be needed in cases of extreme prolonged stress and exhaustion, is monitored Adrenal Gland rebuilding by a certified Doctor. Each gland in your body can be rebuilt using proper herbs and supplements. Adrenal gland testing my need to be performed to see just how stressed your body is and the rebuilding starts from there!

More to come on Adrenal Testing. In the meantime, Relax!

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.

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

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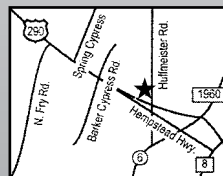


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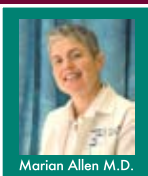
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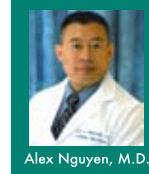
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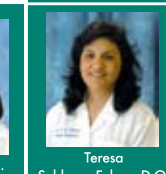
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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

CAN EXERCISE REDUCE YOUR RISK OF CATCHING A COLD?

Sir William Osler, the famous Canadian medical doctor, once quipped, "There's only one way to treat the common cold — with contempt." And for good reason. The average adult has two to three respiratory infections each year. That number jumps to six or seven for young children.

Whether or not you get sick with a cold after being exposed to a virus depends on many factors that affect your immune system. Old age, cigarette smoking, mental stress, poor nutrition and lack of sleep have all been associated with impaired immune function and increased risk of infection.

KEEPING THE IMMUNE SYSTEM IN GOOD SHAPE

Can regular exercise help keep your immune system in good shape? Researchers are just now supplying some answers to this new and exciting question. Fitness enthusiasts have frequently reported that they experience less sickness than their sedentary peers. For example, a survey conducted during the '80s revealed that 61 percent of 700 recreational runners reported fewer colds since they began running, while only 4 percent felt they had experienced more.

Further research has shown that during moderate exercise, several positive changes occur in the immune system. Various immune cells circulate through the body more quickly, and are better able to kill bacteria and viruses. Once the moderate exercise bout is over, the immune system returns to normal within a few hours.

In other words, every time you go for a brisk walk, your immune system receives a boost that should increase your chances of fighting off cold viruses over the long term.

SHOULD YOU EXERCISE WHEN SICK?

Fitness enthusiasts and endurance athletes alike are often uncertain of whether they should exercise or rest when sick.



Although more research is needed, most sports medicine experts in this area recommend that if you have symptoms of a common cold with no fever (i.e., symptoms are above the neck), moderate exercise such as walking is probably safe. Intensive exercise should be postponed until a few days after the symptoms have gone away. However, if there are symptoms or signs of the flu (i.e., fever, extreme tiredness, muscle aches, swollen lymph glands), then at least two weeks should probably be allowed before you resume intensive training.

STAYING IN SHAPE TO EXERCISE

For athletes who are training intensely for competition, the following guidelines can help reduce their odds of getting sick.

- 1 Eat a well-balanced diet. The immune system depends on many vitamins and minerals for optimal function. However, at this time, there is no good data to support supplementation beyond 100 percent of the Recommended Dietary Allowances.
- 2 Avoid rapid weight loss. Low-calorie diets, long-term fasting and rapid weight loss have been shown to impair immune function. Losing weight while training heavily is not good for the immune system.
- 3 Obtain adequate sleep. Major sleep disruption (e.g., three hours less than normal) has been linked to immune suppression.
- 4 Avoid overtraining and chronic fatigue. Space vigorous workouts and race events as far apart as possible. Keep "within yourself" and don't push beyond your ability to recover.

ACE
AMERICAN COUNCIL ON EXERCISE

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Courtesy of Super Dave

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

	Apr 08	May 08	Jun 08	Jul 08	Aug 08	Sep 08
\$250,000 +	0	0	1	0	0	0
\$220,000 - 249,999	0	0	0	1	0	1
\$200,000 - 219,999	1	0	1	0	0	0
\$180,000 - 199,999	1	1	2	1	0	1
\$160,000 - 179,999	1	1	1	1	0	1
\$160,000 -	0	2	0	0	0	0
TOTAL	3	4	5	3	0	3
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