

Volume 6, Issue 2 Village Creek Community Association

HOA Board Position Open

Our Treasurer & Neighborhood Watch Chairperson, Mike Preiser, has stepped down from his position. The HOA and Village Creek would like to thank Mike for his devotion to the Neighborhood Watch Program and rallying residents to get involved and become block captains. The HOA is now accepting volunteer (that's correct we are not compensated) nominations to fill the Director at Large position. If you have an interest in Village Creek, please contact any board member via the website: www.myvillagecreek.net.

Social Event Coordinator Needed

Village Creek would like send out a TEXAS SIZE THANK YOU to Stacey Coscio (and husband) for their dedication and hard work over the past couple of years as our Social Chairperson. They have devoted countless hours coordinating the Social Events for Village Creek. Stacey has decided to hang up her hat and give someone a turn.

Do you like to plan parties? If your answer is yes, then Village Creek has a volunteer job for you! The Social Chairperson plans and coordinates all of Village Creek's community events such as the Neighborhood Garage Sale, Easter Egg Hunt, Fourth of July Parade, Fall Festival and Cookies with Santa. It's a lot of fun and best of all the HOA provides the funds in order to provide these events to our community. If one person does not want to handle all events, we will consider assigning each event to individuals. If you are interested please contact Diana Christopher at Diana@myvillagecreek.net.



February 2009

Thank You!

Your resident Board Members would like to thank those who have volunteered in Village Creek during 2008. Up first is Shawna Stengel for her strong editorial skills and getting the newsletter out each month for all to read. A big thank is in order for John & Leigh Ann Wheat who headed up the "Yard of the Month" and the "First Annual Chili Cook-off". Thank you to all residents who volunteered for any social event, and lastly to all of those residents who have signed up to be Block Captains. Village Creek has 750 residences and it takes a lot more than just those mentioned above to keep Village Creek vital. If you have a special talent or would like to volunteer, please contact any board member via the website: www.myvillagecreek.net.

Walking and Pets

Did you know you should exercise your pet for at least 30 minutes twice a day? A great way for you and your dog to stay active is by walking. Village Creek has lots of walking paths throughout our community and the distance around the lake is ³/₄ of a mile.

When out walking your four legged friend, please remember to keep them on a leash at all times and to clean up after Fido. Thank you!

Go Green Go Paperless

Sign up to receive *The Village Gazette* in your inbox. Visit PEELinc.com for details.

IMPORTANT NUMBERS

EMERGENCY NUMBERS or 911

| CenterPoint-Gas Leak | |
|-----------------------|--|
| Constables Office | |
| www.cd4.hctx.net | |
| Klein Fire Dept. | |
| Poison Control Center | |
| Willowbrook Methodist | |
| | |

SCHOOLS

| Tomball ISD | |
|--|--|
| www.tomballisd.net | |
| Willow Creek Elem (K-4) | |
| Northpointe Int (5-6) | |
| Willow Wood Jr (7-8) | |
| Tomball High (9-12) | |
| Transportation | |
| Northpointe Int (5-6) Willow Wood Jr (7-8) Tomball High (9-12) | |

HOA MGMT

| Chaparral Management Company | |
|------------------------------|----------------------------------|
| Ms. Tally Jenkins | . tallyj@chaparralmanagement.com |
| Fax | |

6630 Cypresswood Drive, Suite 100 Spring, Texas

Mailing: P.O. Box 681007: Houston, Texas 77268-1007

SERVICES

| CPS | |
|--------------------------------------|-----------------------------|
| CenterPoint-Gas | |
| Dead Animal Pick up | |
| Domestic Violence | |
| FBI | |
| Harris County Animal Control | |
| Houston Chronicle | |
| Greater Houston Pool | |
| Municipal District Services (24 hrs) | |
| Reliant-Street lights | |
| www.centerpointenergy.com/outage | |
| Sex Offenders | www.familywatchdog.us |
| Time Warner Cable | |
| Waste Management | |
| Trash pickup Tues/Fri | |
| Recycling Fri (only newspapers/#1 & | & 2 plastics/aluminum cans) |
| Yard Stork | kpuente@garygreene.com |
| | |

NEWSLETTER

| Editor | Diana Christopher |
|-----------------------------------|--------------------------------------|
| | diana.christopher@sbcglobal.net |
| (Deadline is the 10 th | |
| Publisher - Peel, Inc | |
| Advertising | advertising@PEELinc.com_888-687-6444 |

RESIDENT BOARD MEMBERS

| Scott Porto | scott@myvillagecreek.net |
|-------------------|------------------------------|
| Diana Christopher | diana@myvillagecreek.net |
| Don Rumsey | don@myvillagecreek.net |
| Jason Giddens | jason@myvillagecreek.net |
| | poolcards@myvillagecreek.net |
| | |

Attention Aggie Moms-The "Countdown" has begun!

You are cordially invited to join the members of the Northwest Harris County Aggie Moms Club on Tuesday, February 10th at 7:00 p.m. for our monthly meeting.

Come be enchanted as you listen to **Brian Blake**, Director of the George Bush Museum, describe the new space exhibit, *Beyond the Moon: NASA's Continuing Mission* that has "launched" in College Station! Additionally, he will talk about the re-modeling of the museum that has just been completed and bring us up to date on the unique events planned in the near future.

We will "blast off" for food, fun, and fellowship at the Houston Distributing Company, conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road, just south of FM 1960.

Don't miss out on this fun evening- it will be "out of this world"!!!

Shelly Fine-VP Programs

Check Out Our Website: www.Myvillagecreek.net

HOA Meetings

The Home Owners Association (HOA) meets the 3rd Monday of each month at 6:00 p.m. to discuss general business and special concerns. The meetings are held at the Fairwood club house, located at 14701 Spring Cypress. All residents are encouraged to attend.

Block Captains Still Needed!!!

The streets below still are in need volunteer block captains. If you'd like to volunteer or would like to receive more information, please visit www.myvillagecreek.net or email mike@myvillagecreek.net.

| Brair Harbor | Pedder Way |
|---------------------------|---------------------------|
| Cloverview | Scarlet Forest |
| Cobbleshores-South | Sherlock Acres |
| Days Dawn | Sky Haven |
| Flower Mist | Towne Bridge |
| Gables Bend | Village Breeze |
| Imperial Crossing | Village Commons |
| Leeside Drive | Village Creek Trail Court |
| Ligustrum Trail | Willow Breeze |
| Midland Creek | Wandering Streams-East |
| Morning Rain | Wandering Streams-West |

Village Creek Market Report

Courtesy of "DAVID FLORY"

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

| | Jul 08 | Aug 08 Sep 08 Oct 08 | | Oct 08 | Nov 08 | Dec 08 | |
|---------------------|--------|----------------------|-------|--------|--------|--------|--|
| \$350,000 + | 0 | 0 | 0 | 0 | 0 | 0 | |
| \$300,000 - 349,999 | 0 | 0 | 1 | 0 | 0 | 2 | |
| \$250,000 - 299,999 | 1 | 0 | 0 | 0 | 0 | 0 | |
| \$200,000 - 249,999 | 3 | 2 | 0 | 1 | 0 | 1 | |
| \$160,000 - 199,999 | 2 | 0 | 2 | 0 | 2 | 0 | |
| \$160,000 - | 0 | 1 | 0 | 0 | 0 | 0 | |
| TOTAL | 6 | 3 | 3 | 1 | 2 | 3 | |
| Highest \$/Sq Ft | 82.36 | 70.50 | 83.25 | 66.30 | 76.42 | 95.41 | |

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



Health Briefs

Baylor College of Medicine

Nickel Allergies Come Out of Hiding

HOUSTON – People with nickel allergies take precautions to stay itch-free, but a Baylor College of Medicine expert says nickel can be hiding in some unexpected places.

Most people only think to look out for reactions to jewelry, said Dr. Rajani Katta, associate professor of dermatology at BCM. But nickel can also be found in eyeglasses and pant buttons, resulting in rashes on the face and stomach.

Some other items where nickel can be found are zippers, snaps and bra clasps. Fortunately, there are ways to work around a nickel allergy. Katta suggests buying nickel-free products which include eyeglass frames and jewelry.

She also said using a few layers of clear nail polish on a button close to the skin can prevent an allergic reaction. Some people with allergies also sew patches to cover an exposed clasp or zipper, Katta said.

While a rash from a nickel allergy is rarely severe, possible scarring could occur if exposure continues and the affected area is not treated.

Pain In The Neck A Thing of The Past

HOUSTON – Getting rid of a pain in the neck is usually easier said than done, but a new treatment option may offer a solution.

According to experts at Baylor College of Medicine in Houston, injecting Botulinum toxin into trigger points in the muscle may offer longer lasting relief for patients suffering from muscle pain in the back or neck that is due to muscle spasms.

This treatment used in conjunction with physical therapy can help loosen the muscles and provide relief for several months, said Dr. Benoy Benny, assistant professor of physical medicine and rehabilitation and director of the spine, sports and pain program at BCM.

Many patients suffering with this type of pain have tried several treatment options including non-steroidal anti-inflammatories, physical therapy and trigger point injections with a local anesthetic. Those who felt short-term relief from the trigger point injections may find that Botulinum toxin injections provide the same relief for a longer period of time, said Benny.

Over time, the frequency of the injections can be reduced as the patient continues with physical therapy.



Lone Star College-CyFair Perspective

Teen Driver's Education Available this Spring

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

Check out Courses for Ages 50 and Better

The Academy for Lifelong Learning (A.L.L.) at Lone Star College-CyFair offers adults, 50 years and older, leisure classes, lectures and informal activities. The spring session will include classes on computer programs, history, cooking, Bible study, health and fitness, day trips and much more. An A.L.L. annual membership fee of \$10 entitles members to free or discounted classes. Registration will be from 8 a.m. to 1 p.m. Feb. 9 through Feb. 13. Register early as classes will fill up quickly. For information, go to CyFair. LoneStar.edu/ALL or call 281-290-5991.

L.I.F.E. Lessons in February

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in February include the economic and social importance of Hangzhou, a city in China Feb. 4; chocolate formulas for health and happiness Feb. 11 (HSC 105); make a voodoo doll and learn beneficial effects Feb. 18; and study of children of presidents Feb. 25. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Encaustic Exhibition in Gallery and Importance of Earnest on Stage

Check out an ancient method of painting Feb. 24 through March 26 at the Bosque Gallery Encaustic Exhibition, showcasing the work of a continuing education class. An opening reception with artists is set for 4:30 p.m. to 6:30 p.m. Thursday, Feb. 26. Go to CyFair. LoneStar.edu/bosquegallery for gallery hours and information. Enjoy Oscar Wilde's popular comedy "The Importance of Being Earnest" on stage Feb. 26 through March 8. Group rates are available. For information, call 281-290-5201 or go to CyFair. LoneStar.edu/boxoffice.





Threads of Time Quilt Show

West Houston Quilter's Guild's bi-annual quilt show will be held February 20-21 at the Leonard E Merrell facility in Katy, Texas.

Hours: Fri. 9-5 Sat. 9-4

There will be over 200 quilts, vendors, donation quilt, guild boutique, quilt appraisals by appointment.

Also featuring the "God Bless America" patriotic quilt exhibit that is touring the US.

For more information: www.whqg.org or 281-373-0072. DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

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February is American Heart Month

Submitted by Karen Behrend

February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

RISK FACTORS:

I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister before age 65).
- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at 140/90 in a month, see your doctor)
- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.
- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

III. Other contributing Factors

- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

Primary Risk Factors have the strongest relationship to heart disease (family history, smoking, high blood pressure, high cholesterol and physical inactivity), when two or more of these are present, the likelihood of heart disease greatly increases.

10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

Take care of your heart and your children's hearts by:

- 1. Regular daily physical activity (walk, bike, hike together)
- 2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
- 3. Participate in household chores (the physical kind)
- 4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
- 5. Don't reward kids with food...find other ways to celebrate!
- 6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
- 7. Limit TV, video game and computer time... disconnect from it! 1-2 hours a day max!
- 8. Be a positive role model and practice what you preach
- 9. Set goals and limits. Daily activity, 1-2 desserts a week
- 10.Learn CPR. The next life you save may be someone you love!

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Five Big Changes Coming to Air Travel in 2009 Submitted By Marina Byrum

Big changes in the world of air travel are coming in 2009. From merger mania to airport security adjustments, here's what's on our shortlist of important changes in the year ahead.

Merger Mania

Late in October, Delta Airlines' proposed merger with Northwest Airlines was approved by the Department of Justice, and the two airlines will enter full-blown merger mode in early 2009. The tie-up may not be fully complete until 2010, but you can expect Northwest's name and brand to be phased out in 2009. The two airlines' frequent flyer programs will be merged towards the end of this year.

There is also the possibility of more mergers in an industry that clearly has excess capacity, is adding surcharges despite a retreat in fuel prices, and is facing international competitors that are expected to consolidate in the coming year."

Airlines Introduce A-La-Carte Pricing

Despite protests from passengers, American Airlines and Frontier Airlines are set to introduce a-la-carte pricing in 2009. As of the time of this writing, American had not announced full details of its new fare structure, although it may use Air Canada as a model. For more information, you can go to www.aa.com and click on About Us, and then Press Releases.

In December, Frontier announced details of its new AirFairs fare structure. Economy fares are bare-bones, no-frills tickets; Classic fares include seat assignments, checked bags, DirecTV, and frequent flyer miles; and Classic Plus tickets are fully refundable and changeable with lots of extras.

If these new ventures from Frontier and American prove successful, other airlines may adopt similar fare structures, similar to the avalanche of new fees that were introduced in 2008. Whether that will be a good thing for travelers remains to be seen.

Airport Security Update

Travelers, say good-bye to your plastic baggies and tiny bottles of shampoo. The 3-1-1- rule may be discontinued in 2009, as new Xray technology is introduced at airports around the country. The new technology can detect differences between benign liquids such as hair gel or juice boxes and potentially dangerous liquids used in bombs.

The TSA expects to have as many as 900 machines in place by the end of the year, so the 3-1-1 rule will be phased out and eventually halted altogether in the near future. This is good news for travelers frustrated by limitations on such items as toothpaste, hair sprays, etc.

(Continued on Page 11)



Air Travel - (Continued from Page 10)

In-Flight Internet Service Expands

Expect Internet access to be available on many more flights in 2009. American, Delta and Virgin America all introduced Internet service on some flights in 2008, and will likely expand the service to more planes this year. Delta plans to add service to a new plane every few days, with the goal of outfitting all its aircraft with Internet by the end of the year, and will also begin to add the service to Northwest's planes.

Other airlines, including Air Canada, Alaska Airlines, and Southwest plan to test Internet service this year as well.

Paperless Boarding Passes

Paperless boarding passes are the wave of the future, and will become more widespread this year. You'll soon be able to download a boarding pass to your PDA or cell phone, and scan the barcode at an airport security checkpoint scanner, eliminating the need for a physical printout.

Continental Airlines was the first U.S. airline to test paperless boarding passes in late 2007, and has since expanded its Mobile Boarding Pass option for departures from Austin, Boston, Cleveland, Houston, New York's LaGuardia airport, Newark, San Antonio, and both Reagan and National airports in Washington, D.C.

Other carriers, including Air Canada, Alaska Airlines, American, Delta and Northwest are also beginning to introduce paperless boarding options for travelers.

So it goes that the only thing that never changes in the airline industry is they are constantly undergoing changes. Stay tuned for further developments in 2009 and 2010.

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.

| | | | 6 | | | | | |
|------|---|---|---|---|---|---|---|---|
| | 5 | 1 | | | 9 | 3 | | |
| | | | | | 5 | 1 | | |
| 6 | | | | 5 | | | | 4 |
| | | | 3 | | | | | |
| | 9 | | | | 7 | | 1 | 5 |
| Г | | | | | 1 | 4 | | |
| | 8 | | | 7 | | | 6 | |
| 3 | | 4 | | | | | 2 | |
| *Sol | *Solution at www.PEELinc.com © 2007. Feature Exchange | | | | | | | |

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Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Village Creek teenagers seeking work. Submit your name and information to diana.christopher@sbcglobal.net by the 8th of the month!

Deed Restriction Reminder:

Village Creek deed restrictions prohibit residents from operating a business from their residential home. Selling items from your personal business, such as overstock and clearance items, are in violation of the deed restrictions.





A heartfelt thanks for your continued support.

Buying, selling or relocating, please remember me for all your real estate needs this coming year.



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