Volume 9, Issue 4 **Wortham Villages** 

**April 2009** 

www.worthamweb.org

#### **Houston Rose Society City-Wide Rose Tour Comes** To Wortham



The Houston Rose Society will hold its 2009 Spring Rose Tour on Sunday, April 19, 2009 from noon until 5 pm. This year the theme will be small rose gardens. Every home on the tour will have fewer than fifty roses. This is your chance to see how much fun you can have with roses in a small area. Admission is free. The public is invited.

Margaret & Herb Loper's home will be included in the tour. The Lopers live at 11038 Lark Brook and would like to invite their neighbors to drop in. Details of the other homes on tour will be in the Houston Chronicle Gardening Calendar on April 18 and can be found on the Houston Rose Society Web Site at houstonrose.org.

The Lopers moved to Wortham 2 years ago. They left behind a very large garden of over 100 roses at their previous home. Margaret transplanted 15 roses to their present home. All of the roses in the back yard are from cuttings. In all, there are 40 rose bushes.

# **Between the Lane Lines:** Get that Olympic Feeling Again by Coach Jon Armstrong

So how many of you watched the Olympics last summer? It was pretty exciting watching Michael Phelps go for and win eight golds, wasn't it? But my favorite race, and one of the most exciting races of all time, was the Men's 4 x 100 Free Relay, and Jason Lezak coming from behind against the World Record Holder IN THE LAST 10 METERS to take the gold! I get shivers just thinking about it. I don't know about you, but I couldn't sleep after that one. Every four years, swimming gets a boost in popularity from the Olympics. The pools get crowded, and the local year round swim programs fill up. To me, I don't understand why it only happens every four years. Swimming is such a fun and exciting sport...

So what's the point of my trip down memory lane? My point is, those of us that are part of Swim Team get to have that same excitement and fun EVERY SUMMER. Hopefully we get to ride the wave a bit this summer and we will get all kinds of new swimmers to come

out and join us this year. And of course, I hope to see all my past and current swimmers up at the pool again setting their goals and pulling off amazing swims. That Jason Lezak relay miracle? Michael's butterfly win by 0.01 seconds? I get to see races like that every summer. I get to see pure excitement, commitment, fun, and team camaraderie like that every summer. Really. It is incredible what our kids can do when they have a goal in mind and set their mind to it. It's wonderful to see the looks of excitement on kids' faces when they meet their goals or just have a great time. Like the six & under who makes it across the pool without touching the rope for the first time, or the 18 year old who swims her last race, the 11 year old who figures out the flip turn, the 14 year old who makes a personal best, or the countless relay swimmers who swim their minds out for their team. And it is all the more amazing when it's your own child. It's something I hope I never have to give up watching. It's something that everyone, both young and old, should get to experience. You don't have to wait four years to experience it.

So come get that Olympic feeling again. Come out and join the Whitesharks. Swim with us again. Have fun with us. Every family can be a "swimmer family" for just 10 weeks. I promise I will do my best to make you

> enjoy it. Registration is open now at www. worthamwhistesharks. com. Practices start April 20. See you then!

The Cookie Monster Says That the Whitesharks Are, THE GREAT BIG COOKIES AT THE TOP OF THE JAR!



#### **IMPORTANT NUMBERS**

IIII OKIANI NOIII			
MANAGEMENT			
Crest Management	281-579-0761		
Kristi Buenger (Manager)kristi@crest-manage			
Stephen Johnson, (Assistant)stephen@crest-manager			
Robin Motley (Accounting)	Ext. 24		
Fax number			
BOARD MEMBERS			
Stan Schoensschoen@			
Jonathan Armstrongjarmstong@			
Steve Carter scarter@			
Rick Andersonranderson@	,		
Rebecca McShane rmcshane@	worthamweb.org		
COMMITTEE CHAIRPERSONS	S		
Architectural Control - Crest Management	281-579-0761		
Clubhouse - Linda Carter			
fou			
Directory - Mindy Armstrong	281-970-2187		
Info. Signs - Fred Trascher fatrascherjr@aol.			
Phyllis GiblinPhyllis.Giblin@cfise			
Neighborhood Watch - Marie Trascherfatrascherjr@aol			
Park Committee - Martin Mayne martin@mayne.			
Recreational Facilities Committee Bob Paziten			
Sports Fields Reservations - Myra Edwards			
Social - Rachel Gerhardt			
r_gerha			
Tennis Committee - Dorota Jankovsky	281-955-9626		
<b>EMERGENCY NUMBERS</b>			
Life Threatening Emergency	911		
Fire			
Sheriff's Department			
Poison Control			
NON-EMERGENCY NUMBERS			
Ambulance	713-466-4073		
Cy-Fair Med. Clinic (24 hr)			
Sheriff's Department			
Harris County Health Dept.			
yy			
Animal Control			
FBI			
UTILITIES			
Electricity - HL&P	713-207-7777		
Gas - Entex			
WATER & SEWER - MUD 222 (AquaS			
Service & Billing	713-983-3602		
Leaks & Repair			
Telephone - Southwestern Bell			
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# Neighborhood Recreational Facilities Corner

By Rick Anderson

Swim season is almost upon us now and as always, there will be lots of things happening soon related to the pool. We will be handing out pool tags later this month on 4/25 and 4/26 from 1:00 to 3:00 pm and 4/28 from 6:30 to 8:30pm at the clubhouse and that announcement is also in another article in this newsletter.

We are also planning our Annual Pool Opening Party for Saturday, May 2, from 12:00 to 3:00 pm. We will once again have games/activities for the kids (and adults if you are really up for it) directed by Greater Houston Pool Management. We will have door prizes and food and it should once again be a great time. Plan on coming up to the pool that day with your family, friends and fellow neighbors.

As far as the facilities upkeep, we are planning to replace the wind screens at the tennis courts, which were damaged by the storm. As mentioned in my previous article we do not have any major repair/replacement items on the agenda for this year. We will look at some repairs/painting at the tennis courts as well as coordinating with our Parks Committee for cleaning and repairs/repainting to the playground equipment and repairs/replacements of the benches, tables and grills around the retention pond area. These items are going to

(Continued on page 4)



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# Musings on Mascots By Terri Welch

My sweet little Texas-born nine year old asked me the other day if I was an Aggie or a Longhorn. I had to break it to her that her that I was neither. I am a mighty Shocker! She looked shocked, as if the whole world was divided into either Aggies or Longhorns, and to be neither seemed.... wrong. Then she looked confused, as do most people who find out I went to Wichita State University.

Mascots are supposed to represent something fearful, something you wouldn't want to meet late one night in a dark alley. A longhorn, ok, those horns could probably

> could see how you'd be scared of a

> > longhorn. My

inflict some damage. I

husband is a Cyclone of Iowa State, and I could certainly see that one would not want to meet a cyclone in a dark alley. Your lights and cable would go out for three weeks, at least. I don't know what a Red Raider is, but that sounds pretty dangerous, all kind of Viking like or whatever. But, um, the mascot of Wichita State University? A giant SHOCK OF WHEAT. Yeah. Pretty scary, that wheat. Heh. You meet a giant shock of wheat in a dark alley, and all you have to do is set it on fire, or trample it into flour for some bread.

This may explain why WSU no longer has a football team. It's hard to be intimidated by a team of wheat. Just come at them with a lit torch and they'll run screaming in the night.

I don't know if one can be scared by an Aggie, because I'm not really sure what one

is. It took me years to figure out that people were not putting stickers on their cars to celebrate they just went to the ATM and got some cash, but that they were alumni of A&M. And I'm still not sure about the whole hand motion thing, and slogans or whatever. Hook 'em, who? I was at my friend Deanna's house the other day, and complimented her on this elephant statue she has. She said, "My husband got that for me. You know, because I went to A&M." I had to look at her and say, "Be patient with me. I am new to your country."

Texas. It's like a whole 'nother culture.



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Facilities Corner - (Continued from page 2)

be planned and priced and work may begin later in the year or early next year depending on budget constraints.

I would like to also discuss is the tennis courts usage and upkeep. It is certainly great to see then courts being used most of the time. At times the usage is so much that the trash cans inside and outside the tennis courts are overflowing and there is trash around the side of the courts. Please take the time and effort to pick up this trash when you are using the courts, even if you did not put it there. If the trash cans inside the courts are full, please empty them into the bigger trash can outside the courts. To help alleviate this issue, we have ordered another trash can to be installed beside the one outside the tennis courts and hopefully it will be installed soon. Also, I drive by the tennis courts at night and several times I notice that the lights are on and no one is playing. If you are the last ones using the courts, please turn off the lights when you leave. We are trying to save money where we can.

I am requesting assistance and more volunteers for our Recreational Facilities Committee. We have had great help from the members of our committee for several years and we need some help going forward if we want to keep looking for ways to improve our facilities. The Recreational Facilities Committee's responsibility is 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 have a meeting towards the end of April, so please consider volunteering and supporting our community.

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

#### **Scoop That Poop!**

Dog poop tops the list of top ten neighborhood complaints. So, when doody calls; please be a responsible pet owner and considerate neighbor. Don't make others Doo your dirty work.

Scoop That Poop!



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#### Wortham Park **Committee Reminder**

Just a friendly reminder from the park committee that the baseball field, soccer field and pavilion area are pretty much free for everyone to use, but there is a calendar for teams or groups to sign up.

Priority will be given to teams that are on the calendar. I will print out the calendars from time to time and put them on or near the sign board in the park area, but the calendar as it exists on the internet governs who has the field reserved for a particular time.

The calendar is at http://my.calendars.net/worthamvillages

Send an email to park@mayne.us to get your group or team on the calendar.

Also, I'm trying to get a list of contact people for all the teams that use our facilities. For the people who email a request, you are by default my contact for that group. I would appreciate it if the people or teams using the facilities would help me out by getting contact information for teams or groups that are not on the calendar. I'm not always around when the teams are out there, so please let any team or group you see out there that's not on the calendar know that they should send me an email.

There are times where the combination of practice times causes traffic problems etc., and I would like a way to get in touch with all teams or groups if there is a problem such as traffic or any other issue.

Thanks again, Martin Mayne

#### **Dear Water Customer –**

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    - Press 2 Payment or Balance information
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    - **Press 4** Tapping & Inspections
    - Press 5 All other inquiries

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#### **Neighborhood Watch Committee BLOCK CAPTAINS**

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Azalea Creek	Slacik, Deborah	281-955-2146
Birch Falls	Carter, Linda	281-894-5821
Brook Mill	Young, Deanna	281-890-0598
Carriage Lake	Boushley, Connie	281-890-3499
8	Betty Meineke/J. Harrove	281-890-4329
Chestnut Woods	Hutchinson, Mark & Jan	281-894-8410
	Claiborne, Ed & Pam	281-469-7646
Dawn Point & Elm Bough	Ramos, Angelina	281-970-8545
Dogwood Blossom	Kably, Kimberly	281-725-1993
	McAnulty, Chris&Kelly	281-970-1405
Elm Bridge Ct	Henkhaus, Kim	281-469-7105
Fern Vale	Lawrence, Reschele & Phillip	281-469-6321
Grove Hollow	Kruppa, Beth & Chris	281-477-7381
Harvest Dale	Welch, Terri	281-890-4061
	Franklin, Vernette	281-807-3834
Hickory Tree	Pickens, Cindy	281-894-0444
Hillside Glen	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
Orchard Hollow & Town Elm	Dineen, Mike	281-894-6258
Orchard Hollow	Tolbert, Toney & Shirley	281-894-0085
Plum Vale	Kelley, Dale	281-469-1371
Reedwood Ridge	Kay McGlamory	281-955-2107
	Crawford, Tracy	281-650-3266
Shady Fern	Thornton, Carolyn	281-807-1816
Spruce Knoll	Bob Meyer	281-469-3740
Sycamore Heights	Sommer, Donna	832-237-4684
Timberland Trace	Peterson, Sandra	281-897-9875
Tulip Garden	Lawler, Tammie	281-807-1323
	Jones, David & Jill	281-955-8972
	Chisari, Paul	281-894-7053
Walnut Lake	Heafner, Cissy	281-477-9553
Wortham Blvd	Giblin, Phyllis	281-517-0191
Wortham Blvd	Culp, Susan	281-807-1330

#### 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

#### **Advertising Information**

Please support the businesses that advertise in the Wortham Villages newsletter. Their advertising dollars make it possible to provide your newsletter to all the residents in your subdivision at no charge. No homeowners association dollars were used to produce this newsletter. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com.

#### 2009 Pool Season

#### Wortham Villages Community Association, Inc. 2009 Pool Tag Distribution Information

In order to obtain pool tags for access to the pool facility, you must be current on your maintenance fees. Tags will not be issued if there is a balance on your account. Every resident that is issued tags will be required to wear pool tags for admittance to the pool area.

Pool tags can be picked up at the Wortham clubhouse located at 19011 Wortham Blvd on the following dates and times. An adult must be present to pick up tags.

Saturday, April 25	1:00 P.M 3:00 P.M.
Sunday, April 26	1:00 P.M 3:00 P.M.
Tuesday April 28	6·30 PM - 8·30 PM

If you are unable to attend the listed registration days, tags will be issued by Crest Management Company via regular mail. Please complete the enclosed form and submit it to our office via regular mail or fax. There is a fee of \$20.00 per home if you come to the Crest Management office to obtain pool tags. Again, you will not be admitted to the pool area without a tag. The cost for replacing lost tags is \$20.00.

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

MAY 2ND THROUGH JUNE 3RD	
Monday through Friday	

William uniough i riamy	Closed
Saturdays	10:00 am - 8:00 pm
Sundays	12:00 pm - 8:00 pm

Closed

#### **EXCEPTIONS:**

Saturday, May 2nd (Opening day)	10:00 am - 8:00 pm
Saturday, May 9th, 16th (Swim Meet)	2:00 pm 8:00 pm
Saturday, May 23rd (Swim Meet)	12:00 pm - 8:00 pm
Monday, May 25th (Memorial Day)	10:00 am - 9:00 pm

#### JUNE 4TH THROUGH AUGUST 23RD

Mondays	4:00 pm - 9:00 pm
Tuesdays through Thursdays	10:00 am - 9:00 pm
Fridays	10:00 am - 10:00 pm
Saturdays	10:00 am - 9:00 pm
Sundays	12:00 pm - 9:00 pm

#### **EXCEPTIONS:**

Saturday, June 6th (Swim meet) 2:00 pm - 9:00 pm

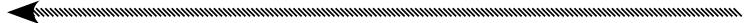
#### AUGUST 24TH THROUGH SEPTEMBER 7TH

Mondays through Fridays	Closed
Saturdays	10:00 am - 8:00 pm
Sundays	12:00 pm - 8:00 pm

#### **EXCEPTIONS:**

Monday, September 7th (Labor Day) 10:00 am - 8:00 pm

(Pool Rules on Page 8)





#### Meet Simon

Simon has a good sense of humor and an overall fun personality. He has a great imagination and loves to tell stories. He likes music, reading, playing games, sports, and fishing

Described as a kind and compassionate kid, Simon interacts very well with his peers and adults. He likes to be a big brother and take care of others. Simon's foster parents and teachers have high praise for Simon, saying he's a "great kid" and they enjoy having him in their lives.

Simon will flourish with a family who is active and keeps him engaged. Simon can benefit from participating is enrichment or mentoring programs that will aid in his educational and personal development.

Please let me know if you would like additional information on this great kid.

Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter Adoption Coalition of Texas, 2222 Western Hills, Ste. 101, Austin, Texas 78745 Phone 512-834-3424/Fax 512-692-2540, gracelindgren@adopttexas.org





#### Wortham Villages Community Association, Inc. ----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
- 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.

(Continued on Page 9)

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**Pool Rules -** (Continued from page 8)

- 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.

#### **Hospice Volunteers Needed**

We are currently looking for compassionate volunteers to visit terminally ill patients. We will provide training. These volunteers will provide companionship and socialization for patients. Many of our patients would love to have someone to come by and show that they care. The volunteer will be assigned patients in their zip code area. The visits are based upon the availability of the volunteer.

We are also looking for volunteers to help out in the office doing general office work.

For Houston and South Houston area please contact Volunteer Coordinator for Compassionate Care Hospice, Shronda Thrower-Rogers at 713 667-3247. The office location is 2020 North Loop West, Suite 140, Houston, TX 77018.

For North Houston area please contact Volunteer Coordinator for Compassionate Care Hospice, Leanne Crowe at 281 292-8227. The office location is 200 Valley Wood Dr., Suite 300-B, The Woodlands, TX 77380.

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Marian Allan, MD

Anthony Yee-Young, MD

Diana Malone, MD

Shital Patel, MD

Heidi Nashed-Guirgis, MD

Luz Marquez, MD

Jennifer Dong, MD

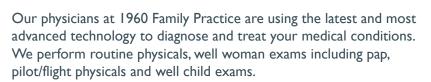
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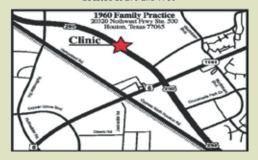
dedication

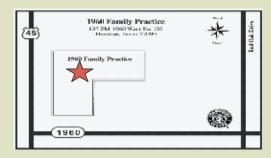


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Appointment press option 1

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# Houston Family Arts Center Presents:

# Performed in special arrangement Music Theatre International (MTI)

Adapted by Lawrence Kasha and David Landay Directed by Teri Clark Weekends April 17 to April 26, 2009

Wortham resident, Kenny McLaren is performing in the cast of *Seven Brides for Seven Brothers* produced by the Houston Family Arts Center (HFAC). HFAC is a non-profit theatre that has developed a strong reputation for producing high-quality, family-friendly entertainment in Northwest Houston.

We're goin' courtin' with this high-kickin' musical comedy! When Milly marries Adam Pontipee, she doesn't expect to find herself in the wilds of the Oregon territory in charge of six rowdy brothers-in-law. But Milly quickly whips her rough 'n tumble boys into shape, teaching them to be respectable gentlemen (mostly!). Soon all the brothers can think about is finding wives of their own. This audience favorite is filled with dancin', fightin' and rip-roarin' tunes like "Bless Your Beautiful Hide," "Goin' Courtin" and "Wonderful Wonderful Day." Based on the MGM film, and bursting with rambunctious energy, Seven Brides For Seven Brothers is all boisterous fun and romance. It's a roof-raisin' good time!

Seven Brides for Seven Brothers stars all local Houston actors including Joshua Clark (Adam Pontipee) and Pamela Moore (Milly). The six brothers are played by Marco Camacho (Benjamin), Justin Dresner (Frank), Trey Kroon (Ephraim), Jared Smith (Daniel), Terran Swonke (Gideon), and Luke Wright (Caleb). The six sisters are played by Meredith Bechtel (Martha), Anna Conover (Sara), Amy Henderson (Dorcas), Tiffany Hopper (Alice), and Emily Posch (Liza). Beth Chrisman is understudy for Milly and Martha. Mark Jammal is understudy for Frank.

Directed by Teri Clark, HFAC artistic director, Seven Brides for Seven Brothers features music by Gene de Paul, Al Kasha and Joel Hirschhorn, and lyrics by Johnny Mercer, Al Kasha and Joel Hirschhorn. Cary Thornton is the assistant director and the musical director/conductor is Guy Ben Murphrey. Dance choreography by Lizzie Kroon; fight choroegraphy by Ilich Guardiola.

Seven Brides for Seven Brothers opens for a two week limited engagement April 17, 2009, at the Berry Center at 8877 Barker Cypress in Cypress, TX. Performances dates and times are:

Friday, April 17, 2009 at 8 PM Saturday, April 18, 2009 at 8 PM Friday, April 24, 2009 at 8 PM Saturday, April 25, 2009 at 3 PM Saturday, April 25, 2009 at 8 PM Sunday, April 26, 2009 at 3 PM

The Berry Center is located at 8877 Barker Cypress in Cypress, TX in NW Houston off of US 290 W.

#### Hair Not Enough To Protect Scalp From Sun Danger

Baylor College of Medicine

HOUSTON – (March 2, 2009) – Whether your scalp is covered with a full head of hair or not, dermatologists at Baylor College of Medicine in Houston say play it safe when it comes to skin cancer on the scalp.

"While most cases of skin cancer on the scalp are found in balding men, a full head of hair doesn't mean you are fully protected," said Dr. Ida Orengo, professor of dermatology at BCM and director of the Mohs Surgery Center at the Baylor Clinic.

Dark thick hair gives more protection compared to blond wispy locks, but some type of extra protection should be used at all times. Drug stores now carry shampoo or leave-in conditioners that include sunscreen, Orengo said.

"The best prevention method is to wear a hat with at least a threeinch brim around the entire head," she added. "If not a hat, which can be uncomfortable in the heat, then carry an umbrella for shade."

Treatment for skin cancer on the scalp is the same as treatment for cancer on any other part of the skin – it must be cut out. Since there

is not a lot of extra skin on the scalp, it is more difficult to close a hole left behind after removal, and there is a chance for a bald spot. However, there is a large blood supply found on the head so incisions usually heal well, Orengo said.

The most common forms of skin cancer found on the scalp are basal, squamous and melanoma, which can be deadly.

"Early detection is important, so if you have a regular hair dresser you might want to ask him or her to keep an eye out for any new moles or bumps," Orengo said. "Most patients say it's their hair dresser or barber that finds the skin cancer first."

Those at risk for skin cancer should also have an annual full-body skin check, which includes the scalp.

Orengo cautions that it's not just the scalp, but also the skin along the hairline and ears that is sometimes forgotten when sun block is applied.

"You have to be diligent," Orengo said. "Even if you have protection with shade, always wear sun block."



# Happy Easter!

From our family to yours, may you enjoy the spirit of the season and the renewal of Spring.



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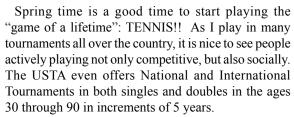


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#### **How to Start Playing Tennis**

Submitted by Fernando M. Velasco



The first thing to do is to contact a tennis center or club and find out the beginner classes they offer. Even if someone has played a few years ago, this is a good way to get back into the game again. A good program may last from six to 10 weeks, meeting once a week for about one hour each. The pro, would start with the basic grips on forehand and backhand, and also work with the proper footwork.

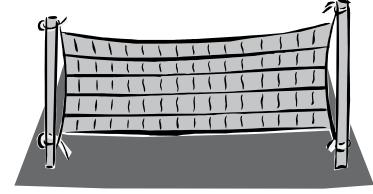
Once the player feels comfortable with moving and hitting the ball at the same time, the next step would be to teach the volleys, overhead and serve. At this point, advise would be given to the players to practice with each other and simply rally back and forth as many times as possible.

marks on the tennis court.

A good club will provide with demo rackets for the players to try out. A player should find the proper grip size and the proper weight and thickness of frame to fit their game.

In order to get used to the different bounce of the ball, one needs to spend a great deal of time just hitting balls. I recommend practicing against a wall, or use a ball machine that feeds balls. Players will learn to adjust to the depth, height and power of the ball by spending as much "court" time as possible.

In future articles, I will give you advice on how to select the proper racket, strings and shoes, and will provide you with information on how to get involved in leagues and tournaments. Get a "spring" start on your game and contact your local tennis club or park district to get started as soon as possible.



All players need is a good pair of tennis shoes and comfortable clothing. Walking/running shoes have a tendency to turn ankles, develop "plantar fasciitis", or hurt the "tennis calf" muscle. They also leave black

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# Lone Star College-CyFair Perspective



#### All are Welcome to Four Free Events

The 2009 Student Activities Talent Show with a "Vegas Showcase" theme is April 8. The Spring Poetry Slam is April 9. The "Who's Your Hero" Speech Contest is April 16. Deaf professionals speak out at Deaf Can! (followed with an ice cream social) April 17. For information on these events, go to CyFair.LoneStar.edu.

#### What's in the Gallery and on Stage?

Check out the end-of-the-semester Student Art Exhibition showcasing the work of the college's visual art students April 8 through April 30. Go to CyFair.LoneStar.edu/bosquegallery for gallery hours and information. In the Main Stage Theatre, enjoy "World Folk Music and Dance," a unique costumed choral event April 3; "Constant Star," a bio-drama April 16 through April 19 in collaboration with The Ensemble Theatre and "The Medium," an opera April 30 through May 3. For information, call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

#### Join the Earth Week Celebration April 20 - April 24

The Environmental Steering Committee welcomes the community to participate in a week of Earth Day Celebrations. Check out the poster exhibition in the library April 21 – April 27; enjoy the film "Flow, For Love of Water" and discussion April 22; and join a sunrise bird banding and the afternoon Charles Darwin Legacy forum April 23. For other events and information contact Sergio Sarmiento at 281-290-5234, Buck Buchanan at 281-290-3919 or go to CyFair. LoneStar.edu.

#### Teen Driver's Education Available in April

Spring driver's education courses for teens ages 15 to 17 are



(Continued on Page 17)





#### Lone Star College - (Continued from Page 16)

available April 13. 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.

#### Free Tax Preparation Assistance Ends April 15

Free tax assistance is available at the Lone Star College-CyFair Library, located at 9191 Barker Cypress Road, with AARP Tax-Aide volunteers from noon to 4 p.m. every Wednesday and Thursday through April 15 in the library, room 131. Taxes may be filed electronically. For information on what documentation to bring, go to cyfair.lonestar. edu/library and click on free tax assistance under the news section.

#### L.I.F.E. Lessons in April

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 April include: learning about new neighborhoods around the college April 1, surviving disaster without technology April 8, discovering life and

habitats of the raptor April 15, hearing stories of immigrants with award-winning author Graciela Limon April 22 creating an original pinata April 29. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

#### **Prom Dress Give-Away for Teens in Need**

The Fifth Annual Prom Dress Give-Away benefiting teens without the financial means to purchase a dress for prom is set at Lone Star College-CyFair Branch Library, 9191 Barker Cypress from 1 p.m. to 5 p.m. Saturdays April 4, April 11, April 18 and April 25 in the library, room 131 as well as by appointment. Teens in need of a dress should contact the Youth Service Specialist at their high school or Prom Closet organizers Nancy Flanakin at meaford8510@ yahoo.com or LSC-CyFair Teen Librarian Elise Sheppard at elise. j.sheppard@lonestar.edu or 281-290-5248.





#### Health Briefs, Provided by Baylor College of Medicine

#### **SYMPTOMS POINT TO DIABETES**

HOUSTON – Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, say experts at Baylor College of Medicine. Those with a higher risk of diabetes, which include people who are overweight and those who have a family history of the disease, should also have their blood glucose levels screened regularly.

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

#### SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- · Excessive thirst
- · Increased hunger
- · Weight loss
- Fatigue
- · Lack of interest and concentration
- · Blurred vision
- · Vomiting and stomach pain



#### FASHION CONSCIOUS MUST WEIGH HIGH-HEELED HAZARDS

HOUSTON – Does looking chic leave your feet screaming for help? Listen to them – not fashion pundits – for a change, says a foot and ankle expert.

Dr. John Marymont, associate professor of orthopedic surgery at Baylor College of Medicine in Houston, said that wearing a two-inch heel subjects the ball of your foot to 50 percent more pressure than flat shoes. High-heeled shoes do not usually have a foot-friendly design.

THE AMERICAN ORTHOPEDIC FOOT AND ANKLE SOCIETY, OF WHICH MARYMONT IS A MEMBER, SUGGESTS THE FOLLOWING WHEN CONSIDERING HIGH-HEELED SHOES:

- Don't choose a shoe based on its marked size; sizes vary among types of shoes and brands.
- Select a shoe similar to the shape of your foot.
- Try on high heels at the end of the day when your feet are at their biggest.
- The shorter the heel, the better.

(Continued on Page 19)



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**Health Briefs** - (Continued from page 18)

- Limit wearing high heels to special occasions.
- Make sure your heel fits comfortably within the shoe with minimal slippage.

In other words, put your best foot forward by lending an ear to those podiatric pleas. Your feet will thank you for listening.

#### WITH SEASONAL ALLERGIES, THE EYES HAVE IT

HOUSTON – Eye allergies often show up at this time of year, but they don't have to keep you from enjoying spring, says a doctor at Baylor College of Medicine.

Symptoms of eye allergies, called seasonal allergic conjunctivitis, include itching, swollen eyes along with burning, tearing and discomfort. Yvonne Chu, assistant professor of ophthalmology at BCM, has some tips to ease eye allergies.

Use over-the-counter artificial tears to dilute and flush out allergens and to relieve itching and redness. Apply a cold compress to the eyes to ease discomfort and reduce puffiness.

Over-the-counter antihistamines that are designed to help nasal allergies can also help treat eye allergies. For more severe seasonal allergic conjunctivitis cases, an ophthalmologist can prescribe eye drops that block histamines from being released.

She also said to avoid rubbing your eyes. Even though it's a natural reaction, it will only make matters worse.

Don't let this time of year get you irritated: preventative measures and topical treatments can help allergy sufferers get the "spring" back in their step.

#### MANY EAR INFECTIONS CLEAR UP WITHOUT ANTIBIOTICS

HOUSTON – Many children with ear infections are now being sent home from the doctor's office without a prescription for antibiotics.

While the traditional treatment for ear infections has been antibiotics, studies have shown that many ear infections improve without any treatment and with no complications, said Dr. Ellen Friedman, professor of otorhinolaryngology and pediatrics at Baylor College of Medicine in Houston.

"Decreasing a child's exposure to antibiotics is important because of the threat of antibiotic resistance caused by overexposure," said Friedman, also chief of pediatric otolaryngology at Texas Children's Hospital. "And with many ear infections, we're finding that a pain reliever to control fever and pain is all that's needed."

Fluid that stays in the ear after an ear infection can affect hearing and language, so Friedman recommends that a child who has been diagnosed with an ear infection be seen gain six to eight weeks after the diagnosis to make sure the fluid is gone.



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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.

	Sep 08	Oct 08	Nov 08	Dec 08	Jan 09	Feb 09
\$250,000 +	0	0	0	0	0	0
\$220,000 - 249,999	1	0	0	2	1	0
\$200,000 - 219,999	0	0	0	0	0	0
\$180,000 - 199,999	1	0	0	1	0	0
\$160,000 - 179,999	1	1	0	0	0	0
\$160,000 -	0	0	0	1	0	1
TOTAL	3	1	0	4	1	1
Highest \$/Sq Ft	74.04	57.91		72.38	57.13	49.84

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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