Volume 9, Issue 6 Wortham Villages

June 2009

www.worthamweb.org

## Neighborhood Recreational Facilities Corner

By Rick Anderson

Hope everyone is having a great summer season so far and enjoying the pool facilities. Obviously the pool tag hand out has already occurred and you will need to contact Crest Management to get your pool tags at his time. There is a \$20 fee per family for the pool tags. Pool tags will be required for access to the pool as per the guidelines outlined in another article in this Newsletter.

The Annual Pool Opening Party was held on May 2, 2009. The part was a great success and many families joined us at the pool. We estimated over 200 people attended the event. This pool party was organized and managed by the members of our Recreational Facilities Committee, which include Bea Robertson, Cindy Byrne, Bob Pazitney, Darrell Heafner and Martin Mayne. A special thanks to all of them as well as their other family members and other children volunteers that helped in putting this party on. Bea Robertson was responsible for obtaining all the door prizes that were handed out and she did a great job. We also want to thank all the businesses that contributed the door prizes and they are as follows; Skeeter's Mesquite Grill, La Madeleine, Russo's New York Pizzeria, Toro's Japanese Steakhouse, Lockton Companies, LLC (Astros Tickets), ACE Risk Management (Astros Tickets), Rose's Carrabba's Italian Restaurant, Martha Gomez with ReMax Professional Group (2 Carrabba's Gift Cards), Margo Horton with Prudential Gary Greene Realtors (Target Gift Card) and Goode Co. BBQ (whick also cooked the briskets for us). Cindy Byrne was responsible for all the food/drinks and you all must have enjoyed that as we had nothing left over. Martin Mayne handled the music/announcing and did a great job as well. Greater Houston Pool Management provided the games and prizes for the kids and we thank them. This event is provided free as a benefit to our residents at Wortham Villages by the Homeowner's Association and for those of you that missed it this year, plan on being there next year.

The tennis courts have now hand new windscreens installed and the fence poles repainted. The new screens are full height which will make all of you tennis players play even better, right? I also want to mention a few things regarding the tennis court usage. First of all, the door lock is frequently being vandalized, broken or jammed. We have to pay \$70 every time to repair it. We are exploring other types of locks but they are fairly costly. All of this costs the neighborhood money that we could use elsewhere. We are increasing our monitoring of this area to try to discourage the vandalism that is occurring and the Board will certainly address any charges for such individuals causing vandalism with the Sheriff's Department accordingly. We are also requesting that all of you using the tennis courts to watch for these activities and report them to the Sheriff's Department for our neighborhood patrolmen to address and if you know who the vandals are, please provide that information as well.

Also, as I have mentioned before, when you are done playing at night and no one else is

(Continued on Page 2)

## Splinters from the Board

By Stan Schoen E-mail: sschoen@worthamweb.org June 2009

Website: www.worthamweb.org

Summer has arrived! Now the mowing begins in full force and the whirling sound of the lawnmower and weed eaters can be heard at all hours so I hope we are considerate of each other and our sleep and rest time. Of course with this heat you should be cautious and do strenuous activities after the heat has 'cooled' down or before it starts to heat up.

This is the most critical time for those that are moving because most people move when their kids are out of school. The busy moving season is from Memorial Day to Labor Day and that means a lot of decisions need to be made and planning is most important to a successful move. One of the most important decisions that you have to make is which mover do you use. I have heard all the horror stories about a person using a mover and have nothing in writing only to get to their new destination and the price has quadrupled and the mover won't take your goods off their truck until you pay their price. My recommendation would be for you to check on www. texdot.org or www.southwestmovers. org the first is the Texas Department of Transportation and the later is a regional organization of movers. Find a

(Continued on Page 3)

## **IMPORTANT NUMBERS**

MANAGEMENT	
Crest Management	281-579-0761
Kristi Buenger (Manager) kristi@crest-man	
Stephen Johnson, (Assistant)stephen@crest-man	
Robin Motley (Accounting)	
Fax number	
BOARD MEMBERS	
Stan Schoensschoen	@worthamweb.org
Jonathan Armstrongjarmstong	
Steve Carterscarter	
Rick Andersonranderson	
Rebecca McShane rmcshane	
COMMITTEE CHAIRPERSONS	ce wortham web.org
Architectural Control - Crest Management	201 570 0761
Clubhouse - Linda Carter	
fourles@comcast.net	201-0/4-/021
Directory - Mindy Armstrong	281-970-2187
Info. Signs - Fred Trascher fatrascherjr@aol.c	com. 281-970-1553
Phyllis Giblin Phyllis.Giblin@cfisd.	
Neighborhood Watch - Marie Trascher fatrascherjr@a	
Park Committee - Martin Maynemartin@mayn	
Recreational Facilities Committee - Bob Pazito	
Sports Fields Reservations - Myra Edwards	
Social - Rachel Gerhardt 832-912-1447, r_ge	rhardt@comcast.net
Tennis Committee - Dorota Jankovsky	281-955-9626
EMERGENCY NUMBERS	
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Life Threatening Emergency	911 281-654-1701 713-466-4073 281-890-5285 713-221-6000
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#### Neighborhood Recreational Facilities - (Continued from Cover)

using the courts, please turn off the lights. We need to save energy and costs when we can. We are also adding another trash can outside the tennis courts to address overflowing trash from the tennis courts usage. Once again, do not leave any trash inside or outside the tennis courts area and please keep the tennis court area clean of trash and pick up what you see, no matter if it is yours or not. Thanks.

If you have any comments, questions or suggestions, feel free to contact me at rick\_anderson@efiglobal.com. Also, we are still looking for volunteers for our committee. We all have a responsibility to the community to make it better and this committee is part of that effort, so please consider helping. Thanks to everyone for making this neighborhood a great place to live.

### **NEWSLETTER INFO**

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## <u>Wortham Villages</u>

#### Splinters from the Board - (Continued from Cover)

reputable mover and check them out before you make any decisions as this is a very important step even if you are not personally paying the mover and your company is. It is very personal to you because it is your goods that are being moved and your family is your number one concern, always!

Wortham is doing well, we have just completed sprucing up the clubhouse and tennis courts with badly needed coats of paint and lights that are working, the tennis court gate has been an issue and we hope we have addressed that. People are jamming whatever they can into the fence lock and it has cost us a lot of money to constantly repair. I say 'us' people because we all have to pay for these expensive 'door openers' for whatever reason folks do this it is costly. We just appropriated money for a new type of lock that we hope works to rid ourselves of this problem.

Our security and neighborhood watch program has been under the watchful eye of Marie Trascher and Fred Trascher as her helper and partner. I can't tell you enough how much they have both meant to me personally and to our community. Marie has done more than I ever expected when I asked her to take on this responsibility and she gladly accepted. What she has done with the National Night Out is simply amazing and incredible and to the extent that she has made this truly an event and one that will be difficult to surpass in

the future. I am saddened to tell you that Marie is asking for us to replace her as Chairperson of our Neighborhood Watch Program. I am, as of now, actively searching for a new Chairperson. If anyone is interested in this job I'd like to speak with you or correspond with you via e-mail. Please let me or any of our board members know of your interest. This will be an interview process as we did speak and visit with at least 6 candidates before choosing Marie and Fred. I can't express enough how important this person, this position is to this community. Just one point to let you know the level of commitment that Marie and Fred have had that most of you may not know and certainly was not a requirement. This couple spent 11 weeks for training with the Sheriff's Dept to learn about how the process works, inside and out. I'm sure my facts are a little off but my point remains, they have gone above and beyond the call of duty to this community and are to be commended for everything they have done for all of us.

We are financially sound! We are now and always have been and I'll tell you this each and every newsletter because this is important. We know that times are tough for many of us and we wish everyone the best through these trying times. The news will tell you that they think we're in the 7th inning of this 'recession'. If you are having a

(Continued on Page 4)





## **Incident Report - April 2009**

Incident	Offense Total	Incident	Offense Total
911Hang Up	1	Forgery	1
Alarm Local	16	Fraudulent Use ID	1
Alarm/Sil/Pan/HU	1	In Progress	1
Animal/Agressive	3	Information Call	1
Burglary/Habitat	6	Meet the Citizen	17
Burglary/Motor Vehicle	2	MUD Building Check	26
Check Business	13	Solicitors	2
Check Park	51	Suspicious Person	2
Contract Check	257	Traffic Initiative	4
Criminal Mischief	1	Traffic Stop	13
Disturbance/Juvenile	2	Vacation Watch	1
Disturbance/Loud Noise	e 2	Vehicle Speeding	1
Follow Up	3	Vehicle Suspicious	9

**Splinters from...** - (Continued from Cover)

tough time with your dues we need for you to discuss this with our management company so that they can lay out a plan for you, if necessary. We are here for you - for us!

Thank you all for being such wonderful people, neighbors and friends. We are Wortham!

Wortham, we're looking good! Make it a great day! See you at my table.

## Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in the Wotrham Village Newsletter? Send it to us and we will publish it in the next issue. Email the picture to <u>articles@PEELinc.com</u>. 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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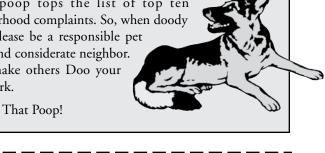
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## **Scoop That Poop!**

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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# The Cy-Fair VFD Urges Citizens to be prepared for Hurricane Season

June 1st is the official start of Hurricane season and the Cy-Fair Volunteer Fire Department would like to urge all citizens to make sure they are prepared in the event a hurricane affects them this year. The best way to do this is to have a Disaster Supply Kit ready in advance. This kit should include at a minimum:

- ☐ Water –At least a five to seven day supply (one gallon per person per day)
- ☐ Food –At least a five to seven day supply of nonperishable/ canned food
  - (Change out stored water and food supplies every six months)
- ☐ First Aid Kit
- ☐ Flashlight with extra batteries
- ☐ Battery powered radio
- ☐ Medications and special items (pain relievers, diapers, etc.)
- ☐ Tools and supplies
- ☐ Sanitation (toilet paper, personal hygiene items, etc.)
- ☐ Change of clothes and bedding

☐ Cash

- ☐ Important documents (birth certificates, insurance/bank account information, etc.)
- ☐ Food, water, and medicine for your pets
- ☐ Kennels or crates for pets

You can also visit the Harris County Office of Emergency Management's website at: www.hcoem.org and clink on the right side link to natural disasters to access additional information on preparing for and dealing with hurricanes.

The Cy-Fair Volunteer Fire Department provides fire, rescue, and EMS services to 156 square miles of Northwest Harris County for the residents of Harris County Emergency Service District #9. By operating from 12 community based volunteer fire stations we are able to quickly and efficiently respond to help our neighbors in times of emergency.

For more information on the Cy-Fair Volunteer Fire Department or on how you can join the other 350 volunteers of our Department and be one of Cy-Fair's bravest call us at 281-656-3840 or visit us on the web at www.cyfairvfd.org.



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## <u>Wortham Villages</u>

#### 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 P.M 8:30 P.M.

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	Closed
Saturdays	10:00 am - 8:00 pm
Sundays	12:00 pm - 8:00 pm
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

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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:**

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

#### 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)

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

Apple Forest	Ghormley, Jay & Angela	281-955-7072
Aspen Bough	Bruckner, Eric	281-890-8667
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
	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		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

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# Wortham Villages Community Association, Inc.

- 1. Proper swim attire must be worn to be admitted to the pool.
- 2. Only Wortham Village residents and their guests will be allowed to use the pool. Residents must accompany guests. Residents are allowed four (4) guests with each adult pool tag (this does not include children 10 15 years old). Under this guest policy, there must be one adult for every two kids under 12 years of age. No Wortham resident under the age of 18 is allowed to bring a guest.
- 3. Pool passes will be strictly enforced. It is the resident's responsibility to bring to the pool. It is very awkward and uncomfortable situation for everyone when the lifeguard must ask a member to go back home and get his or her tag.
- 4. Lifeguards are employed to insure the safety of swimmers, and they have the authority to remove from the pool area anyone disobeying the rules and/or endangering the safety of themselves or another person.
- 5. There will be a 10 minute break each hour. During this time the pool will be cleared with the exception of persons who are eighteen (18) years of age and older.
- 6. The following activities and items are not allowed:
  - Running or rough-housing
  - Skates, bicycles or skateboards

- Glass containers and/or alcoholic beverages
- Littering
- Cooking
- Loud music
- Pets
- Cutoffs
- Loud, abusive or foul language
- Cocoa butter, baby oil or other heavy suntan oil
- 7. Flotation items for swimming pool are allowed, but are restricted to small size tubes and floats.
- 8. Diving Rules:
  - No diving in the shallow end
  - No swimming in the deep end while the boards are open for diving
  - Only one person on the diving board at all times
  - Divers must jump straight out and not towards the sides
  - Divers must wait for person in front of them to get to the side before diving
- 9. Any child nine (9) years or under must be accompanied by said

(Continued on Page 9)



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

child's parents or person eighteen 18 years old or older. Children 10 - 15 years of age may swim without adult supervision after passing a swim test and received pool tags.

- 10 Baby Pool Rules:
  - Only non-swimming toddlers 5 years and under may use the baby pool.
  - Parents, not lifeguards, are responsible for children in baby pool.
  - Any child not potty-trained must wear rubber pants with elasticized waist and legs over disposable diapers when in the water.
- 11 Trespassers and vandals will be prosecuted.
- 12. Parents are responsible for their children and guests at the pool. Parents must closely supervise their children at all times. The lifeguards will always enforce pool rules throughout the facility, but children who cannot swim must have an adult (18 or older) within arms reach at all times. The same rule applies even if the child is wearing a flotation device.

## **Neighborhood Watch News**

As promised, the names of our new Deputies are: Daytime: Matthew Hablizel and Nighttime: Nicholas Hoschar. Please welcome them to our community.

School will be out June 3rd. Let's all watch out for our children to ensure their safety.

#### NOT AVAILABLE ONLINE



# 1960 Family Practice

837 FM 1960 West Ste 105 Houston, Texas 77090 (Right behind Starbucks @ Red Oak) (281) 586-3888

Board Certified Physicians in Fa and Pediatrics dedicated

### office hours

Mon-Tues 8am-8pm

Wed, Thurs, Fri 8am-5pm

Saturday 8am-1pm

Sunday Noon-3pm

#### 290 LOCATION:

Mon-Fri 8am-5pm

Saturday 9am-12pm

#### 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-Guirgis, MD

Luz Marquez, MD

Jennifer Dong, MD

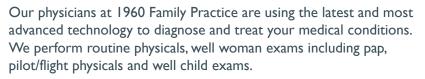
Haley Nguyen, MD

Tami Berckenhoff, PA-C

Brandi Valenzuela, PA-C

Sydney Payne, PA-C

providing quality care for the entire family



Our doctors are board certified in Family Practice, Internal Medicine and Pediatrics. We have experience of 20+ years in the medical field. We look forward to providing our patents with excellent services at our new location as well as maintaining our current care in the 1960 area. For those patients living in the 290 area, we encourage you to schedule appointments at our second location.

Because sickness doesn't revolve around a Monday-Friday 8-5 schedule, we are offer Urgent Care for your convenience. Our 1960 location has extended hours with evenings and weekends available. The 290 location offers Saturday hours from 9am-12pm.

Call today to schedule your appointment. 281-586-3888



# & Urgent Care Center

mily Practice, Internal Medicine to your healthcare needs.

20320 Northwest Frwy Ste 500 Houston, Texas 77065 (turn right at the Firework Warehouse) Located at 290 and 1960

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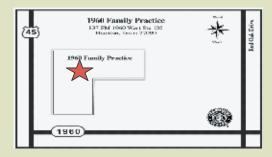


## **FAMILY PRACTICE**

#### \*NEW LOCATION AT HWY 290\*

20320 Northwest Frwy. Ste. 500 - Houston, TX 77065 Located at 290 and 1960





## Services offered at 1960 Family Practice

Physicals
Well Woman Exams
Diabetes
Hypertension

Heart Disease Lung Disease Sleep Disorders Workmans Comp Hormone Therapy Cancer Screening Gastrointestinal Disease Bone Density

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Appointment press option 1

shots

## **How To Start Playing Tennis**

Fernando M. Velasco

In the last issue, I gave you some tips on how to select the proper racket, strings and shoes. In this issue, I will give you some tips on how to practice with another player.

One does not need a full tennis court to practice the fundamental strokes of the game. I suggest contacting some of the tennis centers in your area and ask them to give you some of their "old teaching balls." Most of the clubs replace them every so often and they may have some that are still good for practicing.

I recommend placing the balls in a ball hopper (available in sport stores), or even a simple laundry basket (like we used to before the sophisticated ball retrievers became available). Start practicing by simply dropping the ball and hitting it over the net. Remember to take your racket back early, have a good point of contact and follow through without snapping your wrist. Start first with your forehand and then practice your backhand.

After hitting all balls over the net, then each player should be on opposite sides of the court. One will feed the ball; the other will try to retrieve it back. Try to hit as many consecutive balls as possible. Once, all balls have been used up, then let the other player do the same.

If you are playing with your spouse or spouse-to-be, I suggest not making too many suggestions. No one wants to make mistakes and hit balls long, into the net, nor to the parking lot. Your local tennis professional will come in handy to give you advice on how to become a "consistent" player.

Your local club offers many lessons for beginners, advanced beginners and players who are returning to the game. These group lessons are inexpensive and allow players of equal ability to meet and later practice with each other.

In the next issue, I will give tips on how to become better players by following the "CCDP" principles.

#### More Tips to Come!





## Wortham Villages Recycling Information

There have been some questions about the recycling in the neighborhood – what is taken and when. Republic Waste is the company that provides garbage and recycling services to Wortham. This service is contracted by our MUD board and the cost is included in your water bill. Recycling is included as part of your weekly residential garbage service so please take advantage of this service and help the environment by keeping these items out of landfills.

If you would like to request a free recycling bin, call Republic at 713.849.0400

Recycling is picked up each Monday

#### WHAT CAN BE RECYCLED

#### **NEWSPAPER**

Includes the newspaper itself and any glossy inserts that are included with your Sunday paper. Please do not include other types of paper. Papers should not be tied or strapped together. If the newspaper volume is such that the bin does not provide ample space, you may place the newspaper in a brown paper bag and set it next to your bin.

#### **PLASTIC**

Plastic bottles and jugs that are marked with a No. 1 or No. 2 recycling logo. This includes milk and water jugs, soda bottles, etc. Please remove caps and rinse the containers. There is no need to remove labels.

#### ALUMINUM BEVERAGE CANS

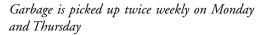
Please rinse empty cans. Crushing the cans will provide additional space for other materials in your recycling bin.

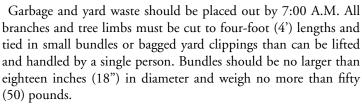
#### **BI-METAL CANS**

This includes your food (tin) cans. Please rinse empty cans. There is no need to remove labels.

GLASS is NOT currently included in our curbside recycling program, due to the glass recycling market. It is just not financially feasible to recycle glass curbside.

## GENERAL GUIDELINES FOR CURBSIDE GARBAGE COLLECTION





Trash pickup will happen on most holidays with the exception of three – Thanksgiving, Christmas and New Years Day. Trash will be collected on the following scheduled collection day. In the event of "Acts of God" like Hurricane Ike, collection will happen on the next possible scheduled day.

#### **HEAVY TRASH**

Appliances, hot water heaters, mattresses, heavy or large volumes of yard waste and other white goods appropriate for disposal, shall be placed within five feet (5') of the curbside.

#### REFRIGERATION UNITS

Refrigerators, air conditioners, freezers or items that contain CFC's (Freon), by law, must have the gas removed by a licensed technician and must be red tagged prior to collection.

#### PROHIBITED WASTE

Republic Waste Services of Houston cannot pick up: cross ties, tires, solvents, paint, petroleum products, pool chemicals, fertilizer, herbicides, pesticides, hazardous material/chemicals, logs or stumps, car batteries, soil, rocks, concrete, construction material, remodeling debris (such as carpet, wood, tile), medical waste, medical sharps and closed containers.

And remember, please do not put your garbage or yard clippings out until Sunday or Wednesday evening to keep our neighborhood looking great!

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## Regular Checkups Big Part of Staying Healthy

Regular screenings are an important part of staying healthy, but it's hard to remember what tests are needed at what age. Baylor College of Medicine doctors offer guidelines to help maintain good health through the ages.

"It is very important at any age to have regular health screenings," said Dr. Steve Rosenbaum, assistant professor of medicine at BCM and section chief of general internal medicine at Baylor Clinic. "It allows us to appreciate our good fortune for good health, and regular exams can detect problems early, so they can be treated and dealt with more expeditiously."

As we age, it is even more important to have regular screenings, kind of like having a favorite old car that we have to "baby" along, Rosenbaum said. He recommends people come in during their birth month. That way it's very easy to remember.

Just how often people should visit their doctor for regular checkups and screenings is a common question. For people with no chronic health issues, Rosenbaum suggests:

- -People in their 30s should have checkups every two to three years
- -By 40, checkups are recommended every 12 to 18 months
- -Annual checkups starting by 50

## RECOMMENDED SCREENINGS INCLUDE: CHILDREN

- -Hearing
- -Vision
- -Height/weight/Body mass index
- -Blood pressure
- -Speech and motor skills development
- -Social/behavioral skills

#### **TEENS**

- -Pap smear
- -Sexually transmitted infection screening if sexually active
- -Vision

#### **20S**

- -Vision
- -Pap smear
- -Lipid test

#### **30S**

- -Baseline mammogram at 35
- -Vision
- -Pap smear

(Continued on Page 15)



# Now is the time for change!

If you're thinking about selling your home, you'll want to carefully choose the real estate professional you work with. You should choose someone who specializes in residential real estate and has specific knowledge of the area. You should choose me...as a resident of the area, I have a vested interest in keeping the values of the neighborhoods as high as possible. So, when you're ready to sell, please give me a call.



## Margo Horton

Wortham Resident

Office: 281-890-4024

Cell: 713-553-3809

email: mhorton@garygreene.com www.MargoHorton.garygreene.com

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Building and Preserving Your Wealth Through Home Ownership.

## <u>Wortham Villages</u>

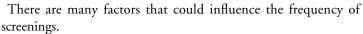
#### Regular Checkups - (Continued from Page 14)

#### **40S**

- -Mammogram
- -Pap smear
- -Vision
- -Prostate
- -Heart stress test

#### 50-PLUS

- -Colonoscopy
- -Glaucoma/vision
- -Prostate screening
- -Skin cancer
- -Stress test
- -Hearing



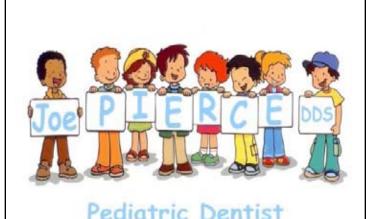
Family history of certain illness and risk factors should be discussed with your doctor. For some illnesses, like skin or colorectal cancer, if a first degree relative has been diagnosed, screening could be recommended to begin in the early 20s.

Remember, talking about family medical history with your doctor is just as important as staying up to date on your checkups.



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## **Texas Events - June**

- 1-21—HOUSTON: Marlene Dumas: Measuring Your Own Grave Includes about 65 paintings and 25 drawings installed thematically to emphasize the serial nature in which the work was conceived and realized. The Menil Collection. www.menil.org 713/525-9400
- **1-Jul. 3—HOUSTON:** Literally Figurative Focuses on the many aspects of the human figure as depicted by craft artists through works made from ceramic, fiber, glass, metal, wood or mixed media. Houston Center for Contemporary Craft. www. crafthouston.org 713/529-4848
- **1-Aug. 2—HOUSTON:** Contemporary Conversations: John Chamberlain American Tableau Presents a single large-scale sculpture as a room-size installation, accompanied by rare examples of the artist's drawings. The Menil Collection, 1515 Sul Ross. www.menil.org 713/525-9400
- **5-28—HOUSTON:** The Farnsworth Invention In 1929, two ambitious visionaries race to invent a device called "television." Alley Theatre. www.alleytheatre.org 713/228-9341
- **7-Sep. 27—HOUSTON:** Cildo Meireles Brazilian artist is best known for visceral, room-size installations that require the viewer to become a part of dialogues the artist has constructed about faith, power and politics. Museum of Fine Arts, Houston. www. mfah.org 713/639-7300
- **9-13—VICTORIA:** Victoria Bach Festival Leo J. Welder Center for the Performing Arts. www.victoriabachfestival.org 361/570-5788
- **11-21—HOUSTON:** Swan Lake Artistic director Stanton Welch has put his 21st-century signature on this 19th-century love story. Houston Ballet. www.houstonballet.org 713/227-2787
- **11-Aug. 6—NASSAU BAY:** Open Doors Series: Summer 2009 Juried Exhibition Features juried art in all media and subject matter by area artists. The Arts Alliance Center at Clear Lake. www.taaccl.org 281/335-7777
- **12—HOUSTON:** Bats on the Bayou Observe the emergence of approximately 250,000 bats from Waugh Street Bridge. The 90-minute guided tour is guaranteed to be both mesmerizing and informative. Meet at Allen's Landing. www.buffalobayou.org 713/752-0314 ext. 4
- **12—HOUSTON:** Doug Stanhope Stand-up comic whose confrontational stance comes from the rough, blistered underbelly of America's trailer parks. Warehouse Live. www.warehouselive. com 713/629-3700

- **12-14—BEAUMONT:** Seventh Annual SETx Mid Summer Classic Wakeboarding Tournament Starts with a pre-party on Crockett Street to watch wakeboarding videos and see some of the boats in the competition. More than 100 riders compete in four categories ranging from novice to outlaw. 409/781-4786
- **13—BAYTOWN:** Nike Bayou Bowl All-Star Football Game Gates open at 7 p.m. Stallworth Stadium, 2509 E. Archer Road. www. bayoubowl.org 281/422-8359
- **13—BEAUMONT:** Zydeco Fest Enjoy true zydeco music along with a multitude of fun and games. Gator Country Adventure Park. www.gatorcountrytx.net 409/794-WILD
- **13—EDNA:** National Get Outdoors Day Try the Scavenger Hunt. Pick up the information at the Nature Center and look for the items. Hours are 9 a.m. to 3 p.m. Lake Texana State Park. 361/782-5718
- **13—HOUSTON:** The Blew Notes Trio Offers a collection of spoken word, visual art and jazz musical performances featuring renowned poet and spoken word artist, Gil Scott Heron. Begins at 8 p.m. Miller Outdoor Theatre. www.milleroutdoortheatre. com 281/373-3386
- **14—HOUSTON:** Buffalo Bayou Kayak Trip Enjoy a kayak adventure through Houston's urban wilderness. Hours are 9 a.m. to 1 p.m. Paddle from Shepherd to east of downtown and return to Allen's Landing. www.buffalobayou.org 713/752-0314 ext. 3
- **14-Aug. 9—PORT ARTHUR:** The White House Garden Exhibition Traveling exhibition traces the development of the gardens and grounds from the plans of Pierre Charles L'Enfant to the present. Museum of the . www.museumofthegulfcoast. org. 409/982-7000
- **16-28—HOUSTON:** Cabaret Travel back in time to the decadent world of 1930s Berlin. Theatre Under the Stars. www.tuts.com 713/558-TUTS or 888/558-3882
- **19—HOUSTON:** A Juneteenth Includes Trombone Shorty and Orleans Avenue, Keith Frank and the Soileau Zydeco Band, and Diunna Greenleaf with Houston blues legends I.J. Gosey and Earl Gilliam. Miller Outdoor Theatre. www.june19.org 281/373-3386 or 713/521-3686
- **19—PORT ARTHUR:** Juneteenth Celebration Includes a pageant and other activities through the week. Downtown. 409/982-8040 or 409/985-7768 (Continued on Page 18)











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June 2nd 12:00pm "Reverse Your Skin Age by Years" June 4th 5:30pm "Reverse Your Skin Age by Years" June 9th 12:00pm "Skin Tightening" June 11th 5:30pm "Skin Tightening" June 16th 12:00pm "Botox and Juvederm"

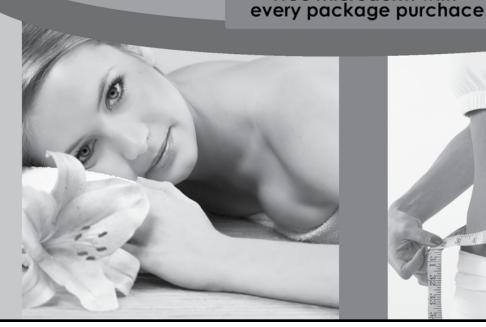
June 18th 5:30pm "Botox and Juvederm" June 23rd 12:00pm "Laser Toning" June 25th 5:30pm "Laser Toning" June 29th 12:00pm "Laser Hair Removal July 2nd 5:30pm "Laser Hair Removal"



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**Texas Events** - (Continued from Page 16)

- **19—VICTORIA:** Victoria Country Music Show Hours are 7 to 10 p.m. Jaycee Hall. 361/552-9345
- **19-20—PORT ARANSAS:** Powderpuff Tournament Open to women only. Woody's Sport Center. www.woodysonline.com 361/749-5252
- **19-Jul. 19—PORT ARTHUR:** Black Art Ancestral Legacy Exhibition Photographic exhibition addresses the question "What is Africa to me?" Works by 20th-century African-American artists visually respond to this question. Museum of the . www. museumofthegulfcoast.org 409/982-7000
- **20—EDNA:** Take Dad Fishing Day Start with free fishing at the Day Pier from 9 to 11 a.m. Then, go to the amphitheater to learn more with fish ID, casting, knot tying and fish printing from 2 to 3 p.m. Lake Texana State Park. 361/782-5718
- **20—SANTA FE:** Third Annual Custom & Classic Car & Bike Show Includes a swap meet. 16000 Hwy. 6. www.santafetexaschamber. com 409/925-8558
- **20-21—EL CAMPO:** Ricebelt Antique Tractor Pull & Show American Legion Grounds. E-mail: ecc@elcampochamber.com 979/543-9498
- **20-21—PORT NECHES:** Trade Days on the Avenue Includes antiques, collectibles, decor, entertainment, food and music. Port

Neches Avenue. 409/722-4023

- **20-Oct. 24—ORANGE:** Pistols: Dazzling Firearms Fifty exceptional American firearms illustrate how art, historical events and popular culture have influenced the design and symbolism of decorative weaponry. Stark Museum of Art. 409/886-ARTS
- **21—SANTA FE:** Summertime Festival Begins at 1 p.m. Haak Winery. www.haakwine.com 409/925-1401
- **24—HOUSTON:** Eric Clapton & Steve Winwood Toyota Center. www.houstontoyotacenter.com 866/446-8849
- **25-28—WHARTON:** Annie Junior Little Orphan Annie foils the villainous Miss Hannigan and teaches President Roosevelt how to end the nation's economic woes. The Plaza Theatre. www. whartonplazatheatre.org 979/282-2970
- **26-28—HOUSTON:** DockDogs Consists of dogs jumping into water from a designated dock with the largest or highest leap earning that canine a victory. The competition will be open to local dogs, too. Discovery Green. www.discoverygreen.com 713/400-7336

**Texas Events** has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.





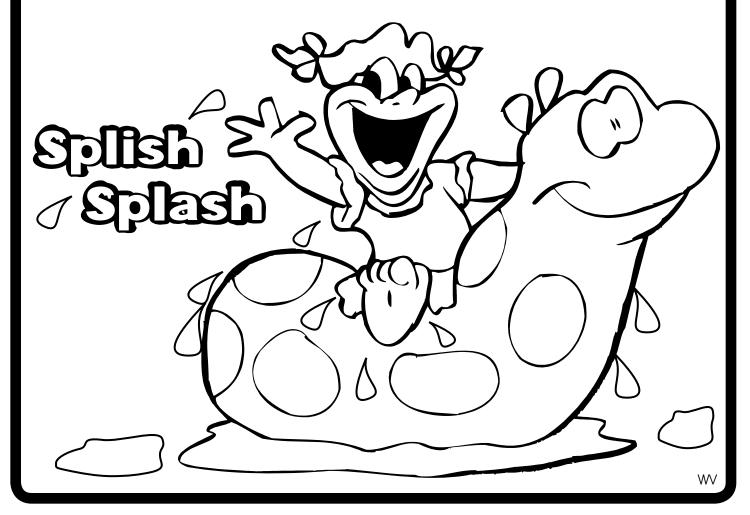
## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at Peel, Inc. - Kids Club 311 Ranch Road 620 S, Suite 200 Lakeway, TX 78734

We will select the top few and post their artwork online at www.PEELinc.com. DUE: June 30th

Be sure to include the following so we can let you know!

[This information will only be used to notify you or your parents if your artwork was selected.]



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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.

	Nov 08	Dec 08	Jan 09	Feb 09	Mar 09	Apr 09
\$250,000 +	0	0	0	0	0	0
\$220,000 - 249,999	0	2	1	0	0	1
\$200,000 - 219,999	0	0	0	0	0	0
\$180,000 - 199,999	0	1	0	0	0	0
\$160,000 - 179,999	0	0	0	0	0	0
\$160,000 -	0	1	0	1	0	3
TOTAL	0	4	1	1	0	4
Highest \$/Sq Ft		72.38	57.13	49.84		73.38

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

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\* According to information taken from the HAR MLS Computer

\*\*Realtor Teams per Remax 9/2008