

# Wortham Villages

Volume 9, Issue 7  
Wortham Villages

July 2009

[www.worthamweb.org](http://www.worthamweb.org)

## How to Google Smarter

*Submitted by Rich Keith*

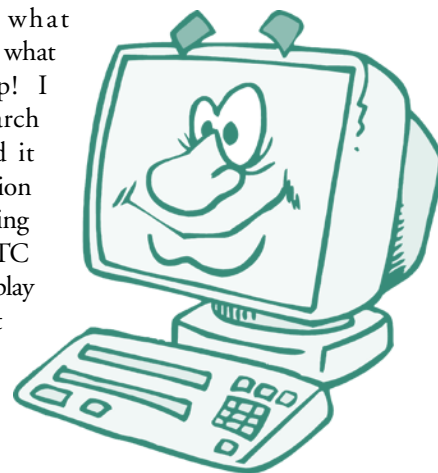
In my work as a financial service professional I often help my clients find information which will guide their understanding. But with my background in computer science I'm just geeky enough to enjoy the finer points of searching online. Here then, are ways to improve your Google experience.

- **Check your stocks.** Take a deep breath, and then enter a ticker symbol to see a real-time quote. Try ORCL or LUV.
- **Include the word you need.** Google ignores common words and characters such as where, the, how, and other digits and letters which slow down your search without improving the results. (Google will indicate if a word has been excluded by displaying details on the results page below the search box.)
- **If a common word is essential** to getting the results you want, you can include it by putting a "+" sign in front of it. (Be sure to include a space before the "+" sign.) For example, here's how to ensure that Google includes the "IV" in a search for Star Wars, Episode IV: Star Wars Episode +IV
- **Convert currency and units.** Easy examples: "12 euros in dollars" or "12 tsp in tbsp" or "12 % of 93,755" for example.
- Get the synonyms too with synonym search. If you want to search not only for your search term but also for its synonyms, place the tilde sign (~) immediately in front of your search term. For example, suppose you want to search for food facts. Here's how to search for food facts and also get similar information on nutrition and cooking information: ~food ~facts.
- **Narrow by file type.** To find PowerPoints, Excel spreadsheets, or books scanned into PDFs, add "filetype:ppt" (or any other extension) to your query.
- **Search ranges.** Use two periods between two numbers, like "Wii \$200..\$300." Even dates work. Try "Earl Campbell 1970..1990"
- **Be prepared for flight delays.** Type in the airline, then your flight number, like "AA 1237."
- **Easy definitions.** To get the definition for a word, just type the

word define: followed by the word. Include the colon and space, such as "define: annuity"

- **Find the right sources:** Add "site:edu" or "site:gov" to limit your search to school, org, or government domains. For example, "529 plan site:org." To target a specific web site, type, say, "annuity site:primerica.com."
- **Little known search operators.** This is neat: the asterisk (\*) can be used if you don't know exactly how to spell a word. For instance, "contagiou\*" will match all articles containing words that start in "contagiou." Give it a try, it's contagious. Other operators include the pipe code (|) which acts as the word "OR." For example, a search for "large cap|mid cap" will return search results for "large cap" OR "mid cap." You can also use the uppercase word OR. For example, here's how to search for a vacation in either Sedona or Flagstaff: "vacation Sedona OR Flagstaff"
- **Want a picture or a map?** Google can search for different media such as websites, images, videos, maps etc. Select the option above the input box. An easy way to refine your search is to select the "advanced search" option next to the input box.
- **Exact Phrases.** By default, Google searches for any of the terms you enter. To find a specific phrase, use double quotes ("). You will get different results for invest dollar cost average than you will for invest "dollar cost average".

Combine and see what happens. Now you have what you need to mix it up! I combined the stock search with the date range and it worked. To see information on Intel from 1968 (founding year) to 1978, type in "INTC 1968..1978". Now go and play with Google and see what you can find! Sources: Google, Wired.



# Wortham Villages

## IMPORTANT NUMBERS

### MANAGEMENT

Crest Management .....281-579-0761  
Kristi Buenger (Manager)..... kristi@crest-management.com, Ext 17  
Stephen Johnson, (Assistant).....stephen@crest-management.com, Ext. 627  
Robin Motley (Accounting) ..... Ext. 24  
Fax number ..... 281-579-7062

### BOARD MEMBERS

Stan Schoen ..... sschoen@worthamweb.org  
Jonathan Armstrong .....jarmstong@worthamweb.org  
Steve Carter ..... scarter@worthamweb.org  
Rick Anderson .....randerson@worthamweb.org  
Rebecca McShane ..... rmcshane@worthamweb.org

### COMMITTEE CHAIRPERSONS

Architectural Control - Crest Management .....281-579-0761  
Clubhouse - Linda Carter.....281-894-5821  
fourlcs@comcast.net  
Directory - Mindy Armstrong .....281-970-2187  
Info. Signs - Fred Trascher fatrascherjr@aol.com, 281-970-1553  
Phyllis Giblin..... Phyllis.Giblin@cfisd.net, 281-517-0191  
Neighborhood Watch - Marie Trascher fatrascherjr@aol.com, 281-970-1553  
Park Committee - Martin Maynemartin@mayne.us, 281-955-2240  
Recreational Facilities Committee - Bob Paziteney, 832-912-8473  
Sports Fields Reservations - Myra Edwards.....  
Social - Rachel Gerhardt 832-912-1447, r\_gerhardt@comcast.net  
Tennis Committee - Dorota Jankovsky.....281-955-9626

### EMERGENCY NUMBERS

Life Threatening Emergency..... 911  
Fire 911  
Sheriff's Department..... 911  
Poison Control.....281-654-1701

### NON-EMERGENCY NUMBERS

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Harris County Health Dept.....713-440-4800  
713-440-3036  
Animal Control .....281-999-3191  
FBI .....713-693-5000

### UTILITIES

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

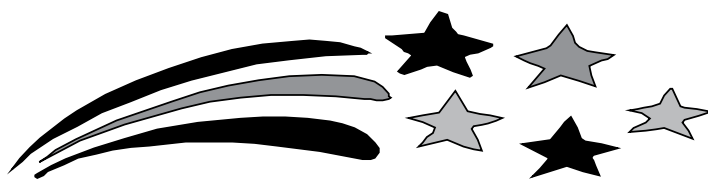
### WATER & SEWER - MUD 222 (AquaSource)

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Street Lights .....713-207-2222  
Garbage & Recycling (Republic Waste) .....281-446-2030

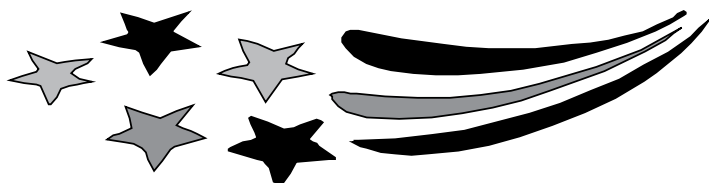
NOTE: If you have complaints about garbage service, after you call Republic Waste please notify AquaSource of your complaint.

### U.S. POST OFFICE - FAIRBANKS STATION

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## Happy 4th of July



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## Incident Report - May 2009

Incident	Offense Total	Incident	Offense Total
911 Hang Up	2	Fraudulent Use ID	3
Accident/Minor	1	Information Call	1
Alarm Local	14	Meet the Citizen	37
Assault	1	MUD Building Check	16
Burglary/Habitat	3	Neighborhood Check	3
Burglary/Motor Vehicle	12	Open Door/Window	1
Check Business	12	Parking Lot Check	5
Check Park	85	Solicitors	1
Contract Check	136	Suspicious Person	4
Credit Card Abuse	1	Theft/Other	1
Criminal Mischief	3	Traffic Initiative	2
Disturbance/Fireworks	1	Traffic Hazard	2
Disturbance/Loud Noise	5	Traffic Stop	84
Disturbance/Other	4	Vacation Watch	6
Domestic/Prevent	1	Vehicle Abandoned	4
DWI	1	Vehicle Speeding	1
Follow Up	1	Vehicle Suspicious	11
Forgery	2		

## Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in the Worham Village Newsletter? Send it to us and we will publish it in the next issue. Email the picture to [articles@PEELinc.com](mailto:articles@PEELinc.com). Be sure to include the text that you would like to have as the caption. Pictures will



appear in color online at [www.PEELinc.com](http://www.PEELinc.com).

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# Wortham Villages

## 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
  - 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



*(Continued on Page 6)*



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## Pool Rules - (Continued from page 5)

- Divers must wait for person in front of them to get to the side before diving
- 9. Any child nine (9) years or under must be accompanied by said child's parents or person eighteen (18) years old or older. Children 10 - 15 years of age may swim without adult supervision after passing a swim test and received pool tags.
- 10 Baby Pool Rules:
  - Only non-swimming toddlers 5 years and under may use the baby pool.
  - Parents, not lifeguards, are responsible for children in baby pool.
  - Any child not potty-trained must wear rubber pants with elasticized waist and legs over disposable diapers when in the water.
- 11 Trespassers and vandals will be prosecuted.
- 12. Parents are responsible for their children and guests at the pool. Parents must closely supervise their children at all times. The lifeguards will always enforce pool rules throughout the facility, but children who cannot swim must have an adult (18 or older) within arms reach at all times. The same rule applies even if the child is wearing a flotation device.

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## 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:

#### JUNE 4TH THROUGH AUGUST 23RD

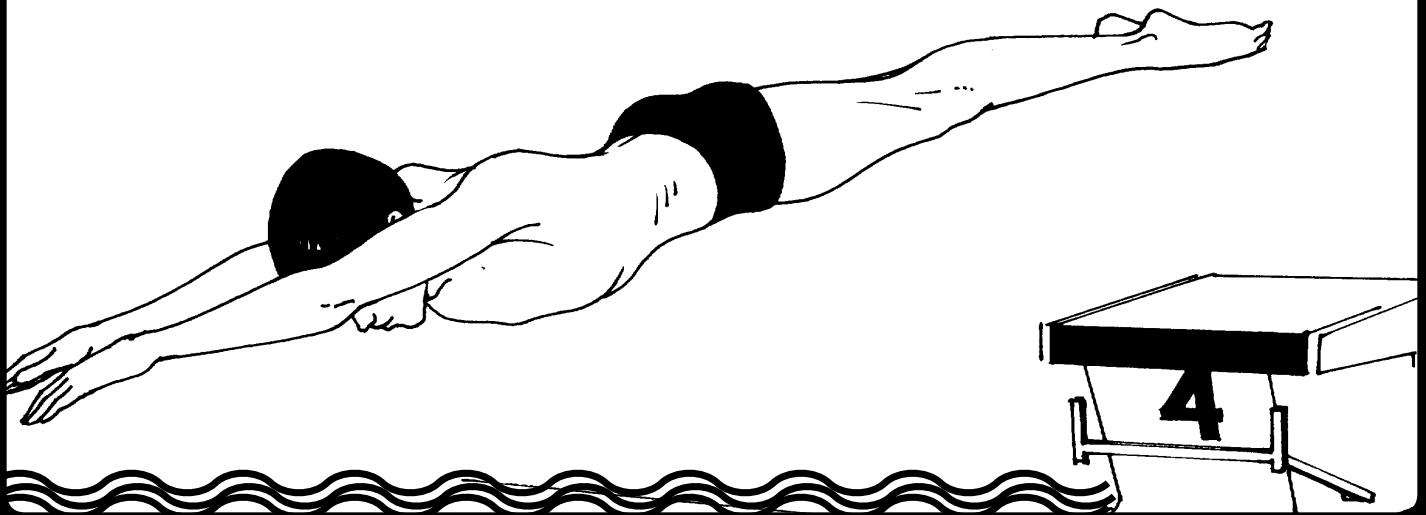
Mondays.....	4:00 pm - 9:00 pm
Tuesdays through Thursdays.....	10:00 am - 9:00 pm
Fridays.....	10:00 am - 10:00 pm
Saturdays.....	10:00 am - 9:00 pm
Sundays.....	12:00 pm - 9:00 pm

#### EXCEPTIONS:

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
--	--------------------



**NOT AVAILABLE  
ONLINE**

## 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!



## Sun-Blocking Babies Leads To Need For Vitamin D

*Baylor College of Medicine*

HOUSTON - The lack of sunshine exposure in many babies and small children has led to an upsurge in vitamin D deficiency and rickets.

"Since we don't want infants and children unprotected in the sun, we are now recommending vitamin D drops for all babies," said Dr. Steven Abrams, a professor of pediatrics at Baylor College of Medicine in Houston. "In addition, there is increasing recognition that maintaining adequate vitamin D intake is important for all ages, from infants to the elderly."

Infant formulas and cow's milk are fortified with vitamin D at the levels needed by infants and toddlers. However, breast milk does not contain enough vitamin D for some babies, especially those with dark skin who have limited sunshine exposure.

"The body can make all the vitamin D it needs when the skin is exposed to sunlight," said Abrams, also a researcher at the USDA's Children's Nutrition Research Center at Baylor. "However, the dangers of skin cancer have caused us to recommend that everyone, including young infants, be protected with a sunblock when exposed to sunlight. Sunblock also prevents the production of vitamin D."

Vitamin D is not easily obtained through diet. Certain types of fish are good sources, and some soy beverages, fruit juices and ready-to-eat cereals are fortified with the vitamin. Checking food labels is the best way to see if vitamin D has been added.

## 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.



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# Wortham Villages

## 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, Vernetta	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	Canterbury, Eloise	281-894-8424
	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
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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**

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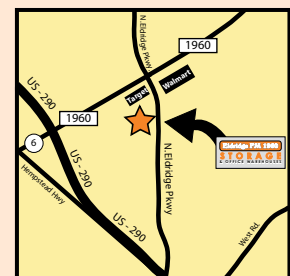
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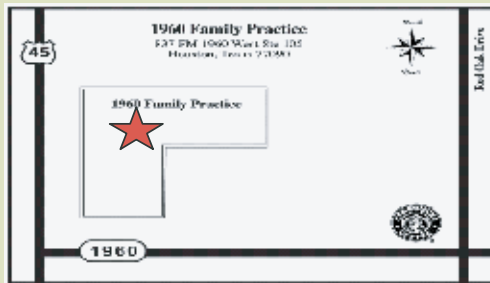
## 1960



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# Wortham Villages

## Healthier Homes - Easy Ways to Improve Household Air Quality

By: Michelle & Charlie Bubnis

Home cleaning products contain an array of harmful chemicals that are not required by law to be listed on the products' label. These chemicals have a toxic effect on indoor air quality. The best way to avoid this unknown risk to your family is to create your own cleaning products which is much easier than one may think. **Here are some suggestions:**

- Almond Oil: Furniture polish
- Baking Soda: Cleans, deodorizes, removes stains and softens fabrics
- BonAmi: Functions as an abrasive cleanser
- Borax: Natural mineral that can be used to bleach, deodorize, remove stains, and boost soap. It also kills bacteria and mold. It can also be used in your dishwasher as 1 part borax and 1 part washing soda. Add ¼ cup to dishwasher load
- Castile Soaps: All purpose cleaner
- Citrus peels: Deodorize garbage disposal
- Cornstarch: Absorb oil and grease, starches clothes
- Club Soda: Pre-wash and stain remover
- Hydrogen Peroxide: Germicidal. Hydrogen Peroxide and cream of tartar paste make a good cleaner for sinks and bathtubs
- Lemon Juice: Bleach alternative, grease cutter, stain and

perspiration remover for clothing. Lemon juice and salad oil as a furniture polish. Lemon juice on a cloth cleans aluminum

- Table Salt: Abrasive cleaner
- Vinegar : Water softener, cuts grease, removes stains; strips lime deposits from showers, removes white haze on glassware
- Washing Soda : Cleans clothes, boosts soap's cleaning power, softens water, cuts grease and disinfects

Consider always avoiding fragranced cleaning or fragranced laundry products as 95% of chemicals used in fragrances are synthetic and derived from petroleum. These chemicals are combined in untested combinations. They are capable of causing cancer, birth defects, central nervous system disorders and allergic reactions.

So pick up a few of the suggested items listed above at the grocery store and the air quality in the home will improve along with the health of your family.

### **FOR MORE INFORMATION:**

1. Less Toxic Alternatives by Carolyn Gorman, 2004
2. The Most Common Chemicals Found in Thirty-One Fragrance Products by a 1991 EPA Study by Julia Kendall [www.immuneweb.org/articles/perfume.html](http://www.immuneweb.org/articles/perfume.html)



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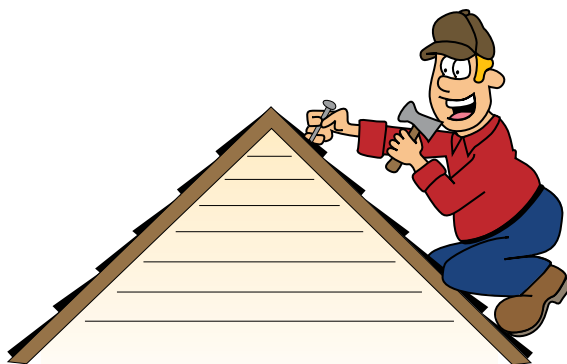
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*References upon request*



## 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

*Garbage is picked up twice weekly on Monday and Thursday*

Garbage and yard waste should be placed out by 7:00 A.M. All branches and tree limbs must be cut to four-foot (4') lengths and tied in small bundles or bagged yard clippings than can be lifted and handled by a single person. Bundles should be no larger than eighteen inches (18") in diameter and weigh no more than fifty (50) pounds.

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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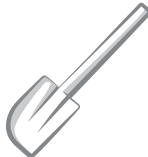


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## Recipe of the Month

### Ice Cream



Milk	1 can Eagle Brand
4 eggs, beaten	1 carton whipping cream
2 C sugar	1 T vanilla
2 T cornstarch	

Combine sugar and cornstarch. In heavy saucepan combine about 2 cups milk, sugar/cornstarch mixture and beaten eggs. Cook until thick, stirring constantly. Pour into freezer can. Add Eagle Brand, whipping cream, vanilla, and enough milk to fill.



*If you would like to submit YOUR recipe email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

## Meet Michael

DOB: 08/1993

Michael is a loving and thoughtful young man. He is sensitive and funny. Michael has a good sense of humor and a good attitude. He enjoys video games, summer camps, go cart racing, fishing, baseball and anything having to do with cars. He hopes to become a chef or work with cars someday. He currently participates in special education and tries really hard in school. He attends Catholic church and his religion is very important to him. Michael is a baseball player and hopes to continue this sport once he is adopted. Michael will capture your heart with his thoughtful ways, playful spirit, and his desire to be loved. He's adventurous and an absolute blast to be around.



## Spark Power Bank

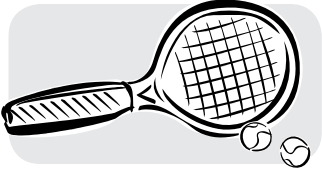
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## Four Stages Of Improving Your Game

*Submitted by: Fernando M. Velasco*

will give you some advice on how to progress on your game following the CCDP stages:

### STAGE ONE: CONSISTENCY

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost “carbon” copy of each other.

### STAGE TWO: CONTROL

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and “miss-hits” Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the “where” and “how” type of shot. As players advance on control, they will combine these shots, such as “top spin cross court, slice down the line, top spin lobs, etc.

### STAGE THREE: DEPTH

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are “skimmed” over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

### STAGE FOUR: POWER

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the “vicious” circle again....



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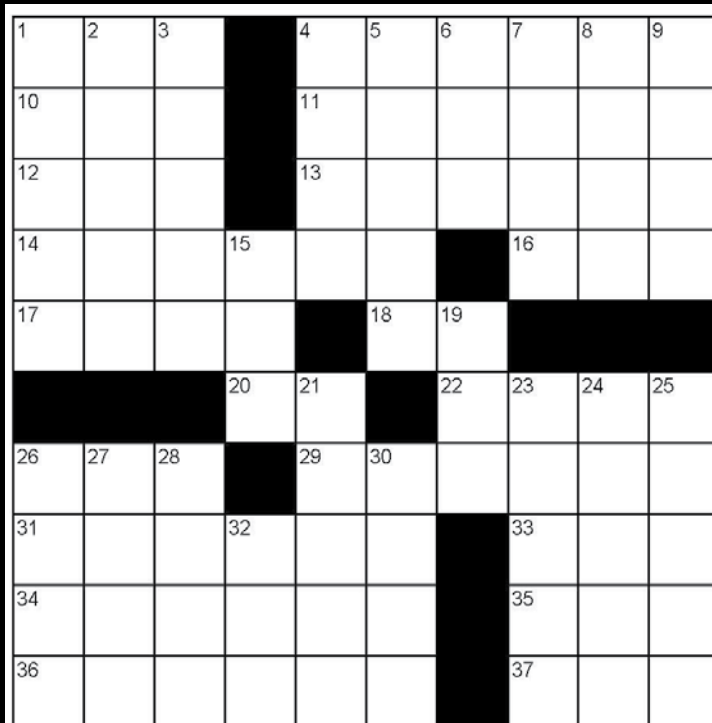


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# Wortham Villages

## Crossword Puzzle



### ACROSS

1. However
4. Brand of soda
10. Environmental protection agency (abbr)
11. Large zoo animals
12. Revolutions per minute
13. Timely (2 wds.)
14. Caren
16. BB association
17. Totals
18. We
20. Disc jockey (abbr.)
22. \_\_\_ the hatchet, forgive
26. Move up and down
29. Famous female pilot Earhart
31. For each one
33. Teaspoon (abbr.)
34. What a pastor gives
35. Representative
36. Scours
37. Whichever

### DOWN

1. Baseball player Yogi
2. Elevated
3. Broken in
4. Loafer
5. Eastern religion
6. Liable
7. Gyrate
8. Burial chamber
9. At sea
15. Drug
19. Compass point
21. Israel's former name
23. Radical
24. Got out of bed
25. Talky
26. Singing voice
27. Organization of Petroleum Exporting Countries
28. Energy
30. Not women's
32. Flightless bird

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# Wortham Villages

## Health Briefs

Baylor College of Medicine

### GOOD NIGHT'S SLEEP IMPORTANT TO WOMEN'S HEART HEALTH

Getting a good night's rest may help women minimize their risk of developing heart disease.

"Research has shown a link between sleep disturbances and the risk of developing heart disease," said Dr. Bhuvana Muthuswamy, assistant professor of medicine at BCM. \

***Women need about eight hours of sleep a night, said Muthuswamy. That's easier said than done and may require key behavioral changes, including:***

- Maintain a regular sleep/wake time
- Exercise regularly, but avoid exercising three hours prior to bedtime
- Finish eating two to three hours prior to bedtime
- Avoid caffeine and chocolate about six to eight hours prior to bedtime
- Restrict fluids, especially alcohol, close to bedtime

But most important is eliminating stress, according to Muthuswamy. "Approximately half of all sleep problems are attributed to stress," she said. "Relax with a good book, music or a bath before bedtime."

### MINOR STROKES HARDLY HARMLESS

No one is at zero risk for stroke, which explains why it is vital to know the signs and understand how to decrease the chance of experiencing one.

#### ***Warning signs include:***

- Sudden numbness or weakness affecting the face, arm or leg, especially on one side of the body
- Sudden difficulty in speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

It's important to seek immediate emergency care if a person experiences these symptoms because current therapies for stroke must be applied within a few hours, according to neurologists at Baylor College of Medicine.

Good cardiovascular health habits greatly reduce the risk of stroke. Hypertension and diabetes must be recognized and treated. Smoking, obesity and lack of exercise all increase the risk of stroke, but that risk is reduced when a person modifies those habits.

*(Continued on Page 19)*



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WV

## Health Briefs - (Continued from Page 18)

### DON'T LET SWIMMER'S EAR RUIN YOUR SUMMER

If you've ever had swimmer's ear, chances are you've wanted to pull the plug on the pain.

Swimmer's ear is an inflammation of the outer ear that is most often caused by the accumulation of excess moisture from swimming or daily showering, explained Dr. Jeffrey Vrabec, associate professor of otorhinolaryngology at Baylor College of Medicine.

Symptoms include swelling, redness, itching, muffled hearing and/or discharge from the ear. Antibiotic drops are used to treat the condition, and pain can be lessened by applying a warm cloth to the ear or by using a heating pad.

#### ***Prevention is possible. Vrabec recommends the following:***

- Wear earplugs and a cap when swimming.
- Use alcohol-based drops before and after swimming and showering.
- Use a hairdryer to dry the ear canal to prevent water build-up and infection.
- After getting out of the shower or pool, lie down on the affected ear to help remove excess water.
- Do not use cotton swabs to remove excess water from the ear.

### REGAINING A HEALTHY LIVER, ONE POUND AT A TIME

For those suffering from cirrhosis of the liver resulting from nonalcoholic fatty liver disease, each pound lost is a step toward regaining your health, say doctors at Baylor College of Medicine in Houston.

"It's important for people to understand that cirrhosis can be caused by obesity in adults and children," said Dr. John Vierling, professor of medicine and surgery at BCM and director of Baylor Liver Health. "Very often people think it is only associated with over consumption of alcohol or viral hepatitis."

Reaching a healthy weight is one way to reverse damage to the liver. For many people the thought of having to lose 100 to 200 pounds is daunting, but Vierling said even losing 10 percent of your body weight can help the liver begin to heal.

Cirrhosis is a condition associated with dense scarring and regenerating nodules on the liver. It can result from a number of illnesses, including alcoholic and viral hepatitis, autoimmune and metabolic liver diseases. Nonalcoholic fatty liver disease causes cirrhosis when a large amount of fat accumulates in the liver in the presence of damaging inflammation.

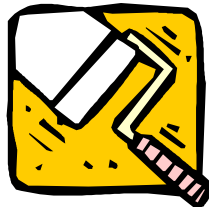
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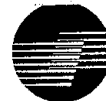
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## WORTHAM MARKET REPORT

Courtesy of Super Dave

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

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

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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