

Worthingham Villages

Volume 9, Issue 9
Worthingham Villages

September 2009

www.worthinghamweb.org

Splinters from the Board September 2009

Website: www.worthinghamweb.org

By Stan Schoen, E-mail: sschoen@worthinghamweb.org

Wow, it has been hot, dry summer, we have had volunteer water rationing for the first time in our brief history and I can't remember a summer this hot and miserable, ever! I can remember a bad June followed by a very wet July and while we all feel the heat, so does our grass. Watering only twice a week won't help much but the rationing was a necessary call by the M.U.D. because their pump was working overtime as compared to what it normally runs. Thank goodness this was voluntary and it was the first time this happened and the emergency is over for us for now. Thank you to those of us that tried to help out in this situation and Worthingham Folks, as we all know, always respond!

You may have noticed the funny looking 'things' in the grassy part of the lake area that the M.U.D. owns. The scoop is that this is called 'Frisbee Golf' and was brought to us as an Eagle Scout project by Benjamin Lefler (I hope I spelled that correctly Benjamin) As part of this project he and his helpers had to scrape and prepare for paint and paint the water districts' plant and then plan and develop the 9 hole Frisbee Golf course. It is good to see our residents using this course which is on M.U.D. property and available for anyone to use. As I understand it this can be as difficult as a normal golf game and that being a fact and given this heat, I think I'll wait for it to cool off to try my hand and I doubt I can throw a Frisbee far enough to be a threat to the windows of nearby homes.

We are well into the second half of 2009 and we're still in need of a community neighborhood watch chair. It's hard to believe that as important a position this is for us that I have heard from no one! We need your help and we need it now. Marie is retiring her position after the National Neighborhood Watch and we will have no one to replace her on a permanent basis. Please contact any of our board members if you have an interest and let's not wait for something to happen and wonder why we didn't have this coordinated the way it should be done.

Our next big event will be held in October and is our annual homeowner meeting and I hope you will attend to learn more of what is going on and to provide your input and be heard. We are financially sound and all things are looking good for us.

Please watch out for our children as they go to and from school!

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

Worthingham, we're looking good!

Make it a great day! See you at my table.

Neighborhood Recreational Facilities Corner

By Rick Anderson

Well we have finished another swim season and I hope you were able to enjoy the pool facilities. It's hard to believe the summer has gone so fast. I am sure you are all looking forward to getting past our hot, dry summer this year. Now is also the time, while it is fresh on everyone's minds, to get feedback from the residents on how you felt the operation of the swimming pool went this year. We are looking for honest positive and not so positive comments from our residents. This is the time of the year where we review with the pool management company, Greater Houston Pool Management, on how their staff and upkeep of the pool performed this season so we can make improvements for next season. Please provide your comments to me at rick_anderson@efiglobal.com.

We are just about to begin our budgeting process for next year so we looking for any upgrades/maintenance items that need to be done to our facilities. The committee is still in the process of reviewing and getting pricing for the replacement, repairs, cleaning and repainting of our playground and picnic/benches equipment at the retention pond area. We hope to have our pricing in by the end of the year so these items can be taken care of early next year. We will also be looking at some other possible upgrades to our facilities at the pool and retention pond areas, but have not settled on what other things we need to do. With that being said, I am looking for additional volunteers for our recreational facilities committee to help us review where we can add value/improvements to our facilities in the community. If you are interested or have suggestions on what we can do, please let me know.

Thanks for making this community a great place to live.

Wortham Villages

IMPORTANT NUMBERS

MANAGEMENT

Crest Management281-579-0761
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 Armstrongjarmstong@worthamweb.org
Steve Carter scarter@worthamweb.org
Rick Andersonranderson@worthamweb.org
Rebecca McShane rmcshane@worthamweb.org

COMMITTEE CHAIRPERSONS

Architectural Control - Crest Management281-579-0761
Clubhouse - Linda Carter.....281-894-5821
fourlcs@comcast.net
Directory - Mindy Armstrong281-970-2187
Info. Signs - Fred Trascher fatrascherjr@aol.com, 281-970-1553
Phyllis 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 Control281-654-1701

NON-EMERGENCY NUMBERS

Ambulance713-466-4073
Cy-Fair Med. Clinic (24 hr).....281-890-5285
Sheriff's Department713-221-6000
Harris County Health Dept.....713-440-4800
713-440-3036
Animal Control281-999-3191
FBI713-693-5000

UTILITIES

Electricity - HL&P713-207-7777
Gas - Entex.....713-659-2111
WATER & SEWER - MUD 222 (SouthWest Water Company)
Service & Billing.....713-405-1750
Telephone - Southwestern Bell713-237-6202
Cable TV - Comcast.....888-210-9147
Street Lights713-207-2222
Garbage & Recycling (Republic Waste).....281-446-2030

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

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What's Happening in Wortham?

Summer is over... everyone is ramping back up for the busy school year. If you have some news or fun activities happening in your life, please let us hear from you! We'd like to share the news in our future newsletters. Are you or someone in your family running a

marathon? Do you have a new member of your family? Any children accomplishments to brag about? Please share with your neighbors! Send your info and pictures to worthamnews@comcast.net.



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Submitted by Jennie Everage

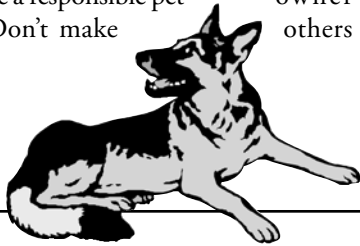
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Dog poop tops the list of top ten neighborhood complaints. So, when doody calls; please be a responsible pet owner and considerate neighbor. Don't make others Doo your dirty work.

Scoop That Poop!



Looking for a Few Good Boys...

Parents of young boys face a lot of choices in after-school activities. Boys want to have fun, while parents want them to learn positive values and skills that will last a lifetime. If your boy is entering 1st through 5th grade, Cub Scouting may be exactly what you are both looking for.

As a parent, you can be assured that Cub Scouting:

- involves a variety of family activities
- encourages good behavior
- teaches lifelong values
- strengthens the bonds of family

Pack 1537 meets at the Adam Elementary Cafeteria at 7pm on every third Thursday during the school year. We have many fun and educational activities that help our boys achieve the aims of Scouting - citizenship training, character development, and personal fitness. Our Fall 09 Campout is scheduled for November 21st and 22nd at Camp Bovay!

If you'd like more information on getting involved in Cub Scouts, come to our Rally Night on September 8th, 7pm at the Adam Elementary Cafeteria. You can also visit our website: www.pack1537.com, or email/call our Cubmaster: David Hansen, dhansen@hmp texas.com, 281-894-1303.



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Incident Report July 2008

Incident	Offense Total
Accident	1
Alarm Local	23
Alarm/Sil/Pan/HU	1
Assault/Sex Child	1
Animal/Aggressive	1
Burglary/Motor Vehicle	3
Check Business	10
Check Park	117
Contract Check	32
Criminal Mischief	2
Discharge Fireworks	1
Disturbance/Family	2
Disturbance/Loud Noise	2
Disturbance/Other	4
DOA	1
Drug/OD/Possession	1

Incident	Offense Total
Follow Up	4
Meet the Citizen	22
Meet the Officer	1
MUD Building Check	34
Open Door/Window	1
Parking Lot Check	5
Robbery/Individual	1
Solicitors	2
Suspicious Person	1
Theft/Other	2
Traffic Hazard	1
Traffic Stop	45
Unknown Medical Emergency	1
Vacation Watch	28
Vehicle Speeding	1
Vehicle Stickered	5
Vehicle Suspicious	12



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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 7)

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Wortham Villages

Pool Rules - (Continued from page 6)

- 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.

(Pool Hours on Page 12)

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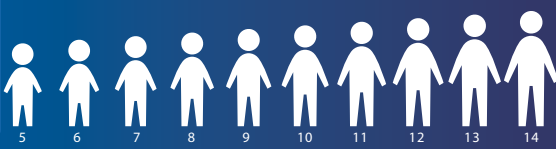
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FACTS YOU NEED TO KNOW ABOUT DROWNING

DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW

Drowning is the leading cause of unintentional injury-related death in children ages 1-4





Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.


DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" - no matter their level of swimming ability.


Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.


DROWNING IS QUICK AND SILENT




Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



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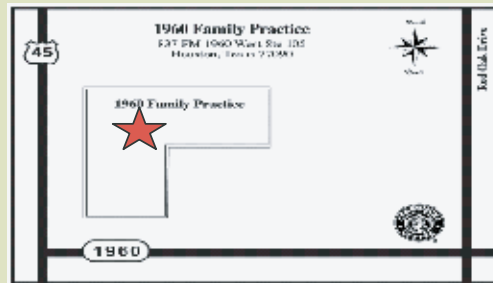
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Wortham Villages

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
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EXCEPTIONS:

Monday, September 7th (Labor Day).....	10:00 am - 8:00 pm
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By: Charlie & Michelle Bubnis

Have you ever been walking in the neighborhood enjoying the fresh air and then suddenly you are hit by the sweet fragranced smell of a heated artificial, petrochemical based scent from someone's clothes dryer exhaust? Often times a headache will occur, similar to people's reaction to perfumes worn in the office or at church. This is a normal protective reaction by the body as these fragrances are harmful neurotoxins and should be avoided whenever possible. National surveys found that at least 10% of the population reacts adversely to laundry products vented to the outdoors. Young children are particularly affected by fragranced chemicals because their body's detoxification mechanism is not fully developed.

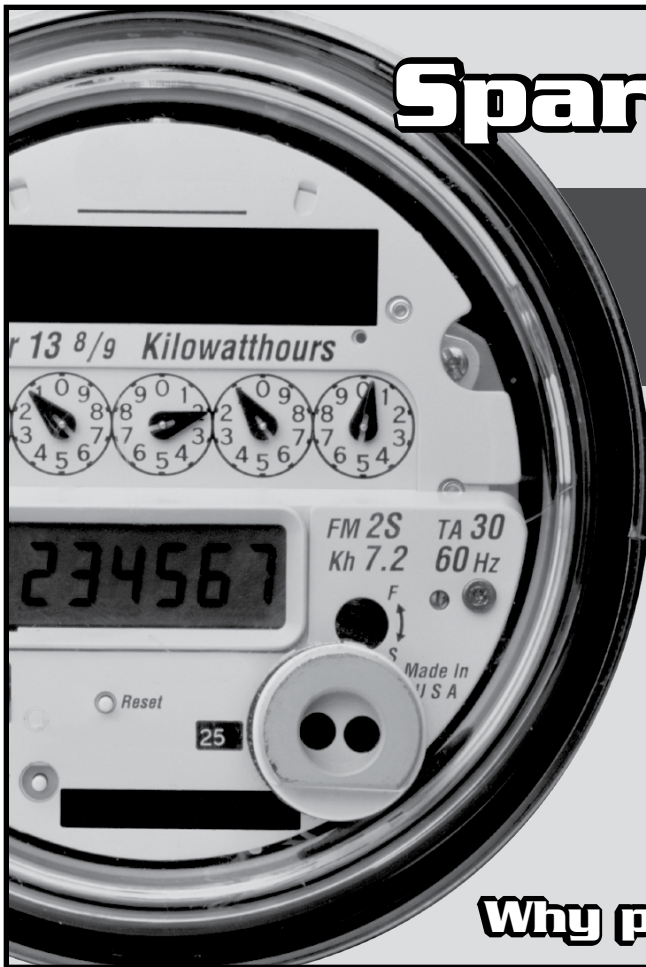
Some of the most common chemicals used in fragranced laundry products are benzyl acetate, camphor, ethyl acetate, limonene and pentane. Many of these substances are capable of causing cancer, birth defects, central nervous system disorders, allergic reactions and chemical sensitivities. Some are on the EPA's hazardous waste list. According to a joint study by NIOSH and the U.S. House Subcommittee on Business Opportunities, 778 of the chemicals used in the chemical fragrance industry cause acute toxicity.

So the next time you are considering picking up a box of fragranced laundry detergent or fragranced dryer sheets... think about the impact on the neighborhood air quality and the proliferation of second hand scents. Healthier options could be: Add baking soda to the rinse cycle, or add ½ cup vinegar to the wash cycle to soften fabrics and reduce static cling. Vinegar is a natural fabric softener.

Do the neighborhood a favor and make sure your dryer exhaust doesn't pollute the environment. Be kind to yourself and to your neighbors, use unscented laundry products.

FOR MORE INFORMATION:

- <http://ehnca.org> – Fabric Softener = Health Risks from Dryer Exhaust and Treated Fabrics by Julia Kendall
- www.mcs-global.org – Could it be your Fabric Softener?
- www.physorg.com – Toxic Chemicals Found in Common Scented Laundry Products, Air Fresheners
- www.scorecard.org – enter your zip code and you can get information regarding air, water and chemical releases for your county



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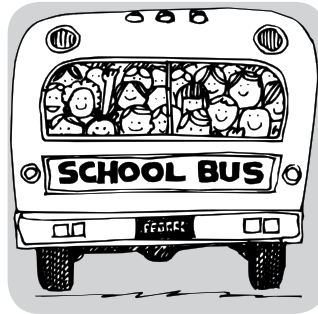
Why pay more than you have to?

Wortham Villages

It's Not Too Late to Get Organized for the New School Year

Submitted by Kelly Butcher

School has just begun and you probably feel like you are drowning in the sea of papers, activities, and homework. As a professional organizer, I work with a lot of busy families who need help setting up routines for handling the abundance of paper from school, the mail, and for getting homework done. I hope to offer a few suggestions about routines to set-up and implement to help you have smooth sailing through this school year.



SOME GENERAL SYSTEMS TO HAVE IN PLACE INCLUDE:

- Calendar
- Incoming papers
- Homework

A large wall calendar with room enough to write each family member's activities is a must. Display the calendar in a location easily accessed by all family members. If you track your calendar

electronically, have a centrally located computer with easy access for all family members. Assign a color to each family member and color-code activities.

Papers consisting of incoming mail, school papers, both school work and items that require a response, and activity-related items (schedules, release forms, etc) are always an issue. Set up an action file system for handling the incoming paperwork such as a desktop hanging file organizer with files for each child or school. Teach your children to get into the habit of

putting important papers or papers requiring a signature in a folder marked with "Mom" or "Dad". After you have signed the paper, either place the paper in a folder to return to school or have your child put directly into their backpack. Also set up an archival system for the treasured school work that you want to save.

Fitting homework into our busy schedules is often difficult. Designate an area for your children to complete their work. For

(Continued on Page 15)

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Wortham Villages

It's Not Too Late to Get Organized - (Continued from Page 14)

younger students, the kitchen table is probably where most of the homework is completed, so make sure all of the necessary supplies are available, so there is no excuse not to get started. I recommend using lidded plastic shoe-box size containers to hold markers, crayons, scissors, glue sticks, etc. Label the containers for ease in cleaning up. For older students who may complete their homework at a desk in their bedroom, ensure they have the necessary supplies available as well. A well-lit, clutter-free area away from distractions will help them stay focused on their work.

Establish a set time for homework to be completed. It may not be the same time every afternoon or evening based on after school activities. Look at the week ahead on Sunday evening and map out with your child the time they should complete their homework for each day based on that day's activities and mark it on the calendar. Most importantly, help your child get into the habit of packing their backpack before they go to bed. That way during the morning rush, important papers and items needed for school will not be forgotten at home.

Remember that developing new habits requires consistency and time. Begin setting up and implementing new systems as soon as possible and this school year will be off to a great start!

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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

*Solution at www.PEELinc.com

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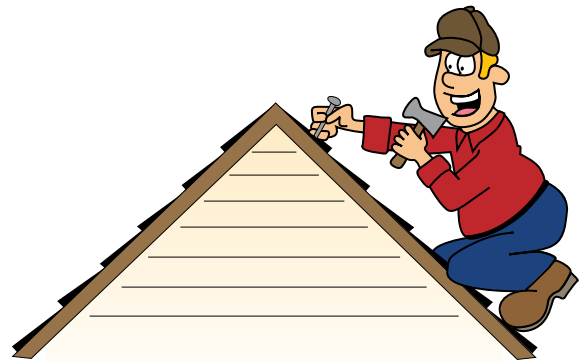
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Neighborhood Watch Committee BLOCK CAPTAINS

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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
	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
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Orchard Hollow	Tolbert, Toney & Shirley	281-894-0085
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	Chisari, Paul	281-894-7053
Walnut Lake	Heafner, Cissy	281-477-9553
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Eating to Live: 5 Foods You Should Eat Daily

Submitted by Dr. Tenesah Weine

1. Spinach - Spinach is the best source of omega-3s (plant-based), and folate, both help reduce the risk of heart disease, stroke, and osteoporosis.

Incorporate Spinach into your salads, add spinach to scrambled eggs, or drape it over pizza.

2. Blueberries - Blueberries have more antioxidants than any other North American fruit, blueberries help prevent cancer, diabetes, and age-related memory changes (they are nicknamed "brain berry"). Blueberries are rich in fiber and vitamins A and C, they also boost cardiovascular health. Aim for 1 cup fresh blueberries a day, or 1/2 cup frozen or dried. Stick them into yogurt, cereal, or a smoothie. Of course they are great alone!

3. Yogurt - Yogurt containing probiotics will boost your immune system by building the gut lining. One ailment I test for in my office is candid/yeast, when positive I treat with probiotics. Not all yogurts have probiotics, so make sure the label says "live and active cultures." Aim for 1 cup of the calcium and protein-rich yogurt a day. Avoid yogurts with high sugar content, goat yogurt is most preferred.

4. Walnuts - Walnuts are richer in heart-healthy omega-3s than salmon, loaded with more anti-inflammatory polyphenols than red wine, and packing half as much muscle-building protein as chicken. Other nuts combine only one or two of these features, not all three. A serving of walnuts - about 1 ounce, or 7 nuts--is good anytime, but especially as a post workout recovery snack. Walnuts are great sprinkled over a salad.

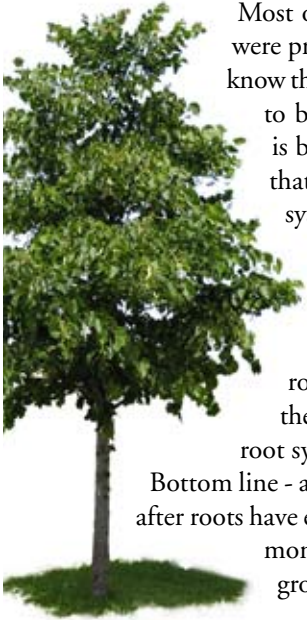
5. Tomatoes - Red are the best, because they're packed with more of the antioxidant lycopene, and processed tomatoes are just as potent as fresh ones, because it's easier for the body to absorb the lycopene. Diets rich in lycopene can decrease your risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce the risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about eight red cherry tomatoes or a glass of tomato juice.

Note: While eating blue berries and other fruits you want to eat them on an empty stomach. You may have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet. When you eat fruit with foods, the fruit mixes with the putrefying other food and produces gas, hence you will bloat!

When you eat fruit, it immediately wants to go straight through the stomach into the intestines, but it is prevented from doing so when other food is present in the stomach. Adding fruit to a meal causes the whole meal to rot, ferment and turn into acid. The moment fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

This will not arise if you eat the fruit on an empty stomach. If you eat fruit on an empty stomach, or right before a meal, it will play a major role to detoxify your system. It supplying you with a great deal of energy for weight loss and other life activities.

What's at Stake? *The Health of Your Trees*



Most of us have trees in our front yards that were provided by our home builders. Did you know that the stakes supporting these trees need to be removed within the first year? This is because stakes provide artificial support that replaces a supportive trunk and root system.

Movement of the trunk helps strengthen the tree by thickening it and giving it taper from bottom to top. Trunk movement also stimulates root growth. The artificial support from the stakes leaves tree trunks weak and their root systems less developed.

Bottom line - all staking material needs to be removed after roots have established. This can be as early as a few months, but should be no longer than one growing season.

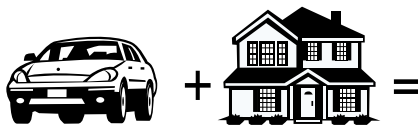
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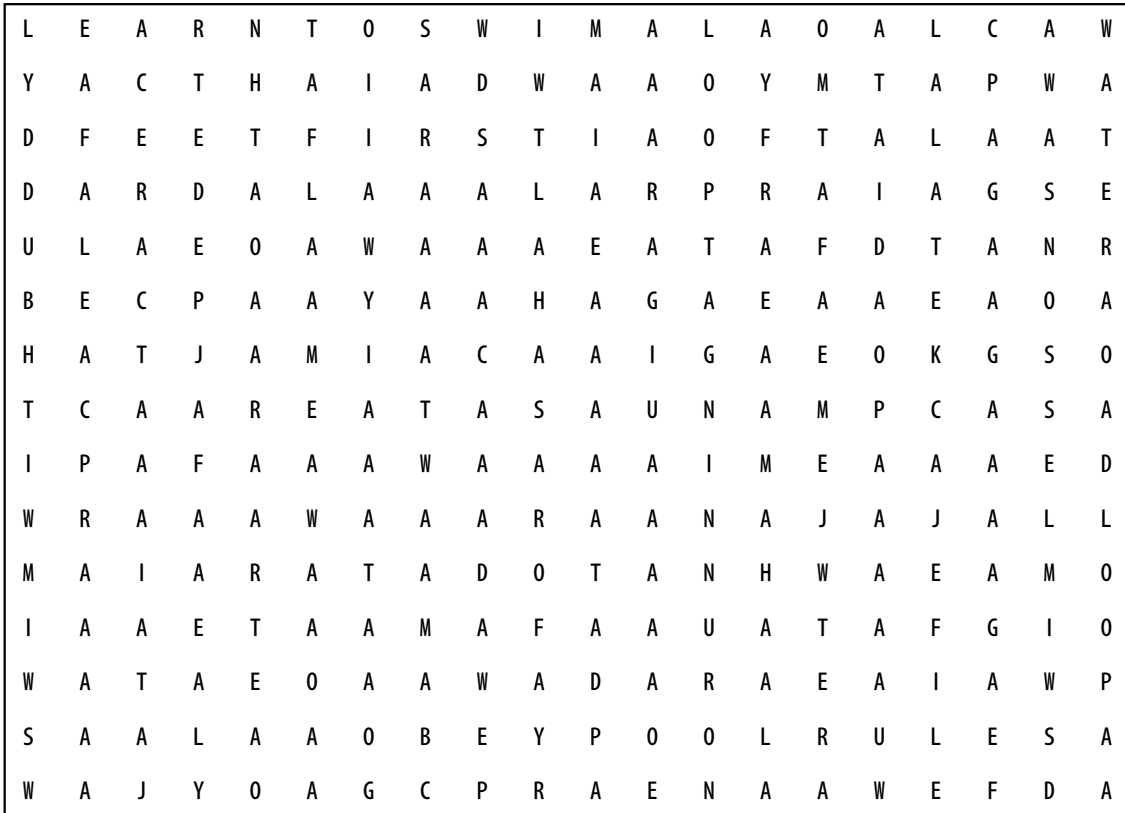
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COLIN'S HOPE

Increasing water safety awareness and standards

Water Safety Word Find



**Find and circle all of the words that are hidden in the grid.
The words may be hidden in any direction.**



POOL
LIFE JACKET
LIFEGUARD
LEARN TO SWIM
NO RUNNING AT POOL

SWIM LESSONS
FEET FIRST
SWIM WITH BUDDY
OBEY POOL RULES
WATER WATCHER



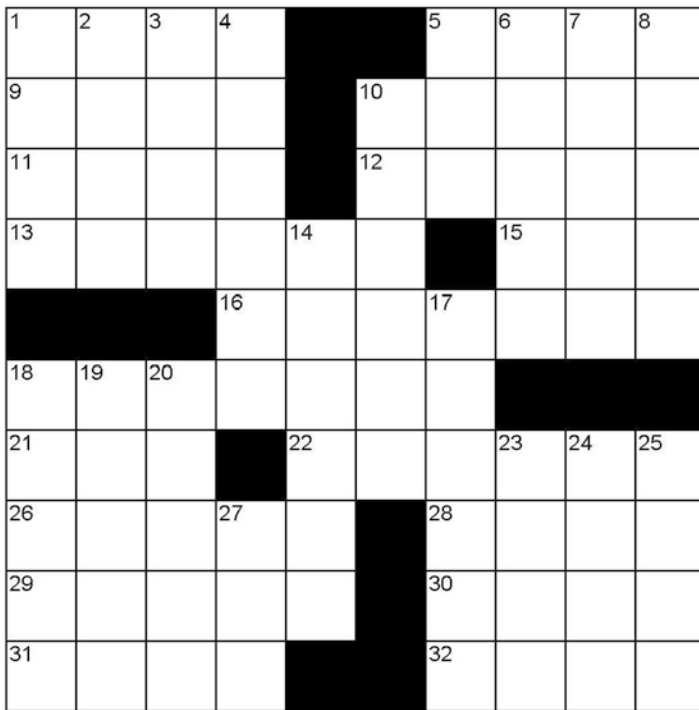
For more information check out our website at:

www.colinshope.org

Colin's Hope is an all-volunteer 501(c)(3) nonprofit organization that creates and supports programs that aid in preventing children from drowning. Despite numerous sources for water safety, the number of children who drown per year is staggering. Colin's Hope of saving children from drowning is being achieved through increased water safety awareness and improved standards throughout the community.

Wortham Villages

Crossword Puzzle



ACROSS

1. Chunk
5. Tramp
9. Run
10. Confuse
11. Cain killed him
12. To that time
13. Fraud
15. Compass point
16. Taught
18. Hides
21. Brew
22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

DOWN

1. Attired
2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
8. Eyed
10. Combustible material
14. Angry
17. Old Testament prophet
18. Fireproof storage areas
19. Climate
20. Summary
23. Fly alone
24. Matching
25. Secure
27. Whack

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