

# The Village Gazette



Volume 7, Issue 9  
Village Creek Community Association

September 2010

## AUGUST YARD OF THE MONTH

*Congratulations  
17610 Eden Grove!*



## THE 20TH ANNUAL *Carousel of Crafts Bazaar*

*featuring unique booths showcasing home decorating items,  
stained glass, wood art, jewelry, clothing, candles, gourmet  
foods, florals, adult and children's gifts and much more.*

For your pleasure, a light lunch will be offered each day  
by Tea for Two Tea Room.

**Cypress Creek Christian Church**  
Cypresswood Dr., Spring, TX  
Friday, October 1st, Saturday, October 2nd  
9am - 5pm

## CY-FAIR STORM 8U SOFTBALL TEAM

*Is Looking for Girls Interested in  
Playing Tournament Ball.*

Contact [cfstorm2002@yahoo.com](mailto:cfstorm2002@yahoo.com) for tryout information.

*Will Be Holding Tryouts in August.*

The time and date will be announced. We have had a successful first year 8U season and we are looking forward to an aggressive second year 8U season. We will be looking for several dedicated young ladies to compliment our core group of returning players. Good athletes who are willing to work hard, play hard, learn the game of softball and improve your skills are encouraged to come. All positions are open. We are apart of the very successful CFGAA Organization out of Dyess Park in Cypress. Contact Dan LeDoux at 713-204-0274 or [cfstorm2002@yahoo.com](mailto:cfstorm2002@yahoo.com) for more information.

*Is Holding their 1st Annual Golf  
Tournament at Longwood  
Golf Club on October 1st.*

We are looking for players as well as sponsors. For more information, please contact: [cfstorm2002@yahoo.com](mailto:cfstorm2002@yahoo.com).

## MARK YOUR CALENDARS!

*The Fall Garage Sale will be held  
September 24 and 25.*

# The Village Gazette

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS or 911

CenterPoint-Gas Leak .....	713-659-3552
Constables Office .....	281-376-3472, <a href="http://www.cd4.hctx.net">www.cd4.hctx.net</a>
Klein Fire Dept. ....	281-376-4449
Poison Control Center .....	800-764-7661
Willowbrook Methodist .....	281-477-1000

### SCHOOLS

Tomball ISD .....	281-357-3100, <a href="http://www.tomballisd.net">www.tomballisd.net</a>
Willow Creek Elem (K-4).....	281-357-3080
Northpointe Int (5-6).....	281-357-3020
Willow Wood Jr (7-8) .....	281-357-3030
Tomball High (9-12).....	281-357-3220
Transportation.....	281-357-3193

### HOA MGMT

Chaparral Management Company .....	281-537-0957
Kay Serventi .....	<a href="mailto:kserventi@chaparralmanagement.com">kserventi@chaparralmanagement.com</a>
Fax .....	281-537-0312
6630 Cypresswood Drive, Suite 100, Spring, Texas	
Mailing: P.O. Box 681007: Houston, Texas 77268-1007	

### SERVICES

CPS.....	713-626-5701
CenterPoint-Gas.....	713-659-2111
Dead Animal Pick up .....	713-699-1113
Domestic Violence .....	281-401-6250
FBI.....	713-693-5000
Harris County Animal Control .....	281-999-3191
Houston Chronicle .....	713-220-7211
Greater Houston Pool .....	713-771-7665
Municipal District Services (24 hrs) .....	281-290-6500
Reliant-Street lights .....	713-923-3213
.....	<a href="http://www.centerpointenergy.com/outage">www.centerpointenergy.com/outage</a>
Sex Offenders .....	<a href="http://www.familywatchdog.us">www.familywatchdog.us</a>
Time Warner Cable .....	281-774-7222
Waste Management .....	713-686-6666
Trash pickup Tues/Fri	
Recycling Fri (only newspapers/#1 & 2 plastics/aluminum cans)	
Yard Stork .....	<a href="mailto:kpuente@garygreene.com">kpuente@garygreene.com</a>

### NEWSLETTER

Editor, Tisha Butler .....	<a href="mailto:tisha@myvillagecreek.net">tisha@myvillagecreek.net</a>
(Deadline is the 10th of each month)	
Publisher - Peel, Inc.....	512-263-9181
Advertising.....	<a href="mailto:advertising@PEELinc.com">advertising@PEELinc.com</a> , 888-687-6444

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Pool Card Info .....	<a href="mailto:poolcards@myvillagecreek.net">poolcards@myvillagecreek.net</a>
Social Committee.....	<a href="mailto:social@myvillagecreek.net">social@myvillagecreek.net</a>

## TIPS FOR TRAVELING

### *With Older Adults*

Preparation is key when planning for any type of trip. However, when traveling with older adults, be sure to take extra precautions to ensure safe travels, said an expert at Baylor College of Medicine ([www.bcm.edu](http://www.bcm.edu)).

"Planning is everything, and one needs to plan for every possible accommodation to an elder's needs," said Dr. Robert Roush, associate professor of medicine-geriatrics (<http://www.bcm.edu/medicine/geriatrics/?pmid=7761>) at the Huffington Center on Aging (<http://www.bcm.edu/hcoa/index.cfm>) at BCM.

The first priority should be medications an elderly traveler may need on the trip, whether prescription or over-the-counter. Be sure that there is enough medication for the length of the trip, and don't pack medications in checked bags, just in case luggage gets lost. If the trip is outside of the country, consider any types of vaccinations recommended by the U.S. Centers for Disease Control and Prevention <http://wwwnc.cdc.gov/travel/content/vaccinations.aspx> well ahead of one's departure, said Roush. Have emergency contact information for English-speaking doctors in the country of destination.

Next, consider how to accommodate an older adult in different modes of transportation. For example, if the trip involves a long car ride, be sure that there are frequent stops for the older adult to stretch and take bathroom breaks. That's good advice for younger travel companions, too.

If traveling on an airplane, book seats that provide additional leg room, and notify the airline in advance if walkers or wheelchairs are needed.

Older adults should take frequent walks in the aisles of the airplane every two to three hours. And for especially long plane trips like those to Australia, the far East, Europe or even Latin America, talk to your doctor to see if you have any risks for DVT, deep vein thrombosis. Usually, taking a full aspirin, walking down the aisle and stretching are sufficient to prevent DVT. On a cruise ship, notify the cruise line about any special needs.

If staying at a hotel, check to see if grab bars are available in the bathrooms, and if there are no elevators, try to book a room on the first floor.

### OTHER GENERAL TIPS FOR TRAVEL INCLUDE:

- Prepare a list of all medications and medical history, including allergies
- Pack comfortable clothing, especially shoes
- Check the weather forecast ahead of time and pack accordingly
- Be aware of time zone changes as that can affect sleep patterns
- Drink plenty of water
- Pace yourself and have fun!

## CYPRESS CHRISTIAN STUDENT

### *Donates Hair to "Locks for Love"*

Morgan Roth, sixth grader at Cypress Christian School cut her VERY LONG hair giving 12 inches to "Locks for Love."

"Locks of Love" is a public non-profit organization that provides hairpieces to financially disadvantaged children in the United States and Canada under age 21 suffering from long-term medical hair loss from any diagnosis. They meet a unique need for children by using donated hair to create the highest quality hair prosthetics. Most of the children helped by Locks of Love have lost their hair due to a medical condition called alopecia areata, which has no known cause or cure. The prostheses they provide help to restore their self-esteem and their confidence, enabling them to face the world and their peers. To learn more about this organization visit [www.locksoflove.org](http://www.locksoflove.org).

Morgan's mom is thankful to partner with Cypress Christian School to nurture the spirit of giving in her daughter. "I love the fact that CCS provides an environment that encourages servanthood and giving which begins in Kindergarten and grows with each year," commented Mrs. Roth.

Each year, CCS students participate in multiple service projects in our local community, nation, and world. Visit [www.CypressChristian.org](http://www.CypressChristian.org) to see how K-12 students are making a difference!



## WHEN IT'S TIME TO BUY OR SELL YOUR HOME— DEPEND ON DEE PARDUE!

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### VILLAGE CREEK MARKET REPORT\*

	#	Price	Price/SF	Days on Mkt
Active Listings:	22	\$262,545	\$82.32	139
Pending Listings:	4	\$238,625	\$79.40	50
Sold since 5/1/2010:	21	\$236,842	\$82.06	56

\*Average Data Used - Source: Houston Assoc. of Realtor MLS August 4, 2010

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## ATTENTION NW HARRIS

### County Tri Delta Alumnae

Mark your calendars to join your Tri Delta sisters for our annual "Salad Social" to kick off the year on Tuesday, September 14th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Christina at 281 -855-6893 or Karen at trideltanews@yahoo.com



## Recipe of the Month Apple Cake



- 3 medium apples, peeled & thinly sliced
- 1/4 Cup plus 1 tablespoon sugar
- 1 tbs plus 2 tsp cinnamon
- 3 cups flour
- 2 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 4 eggs, beaten
- 1 cup vegetable oil
- 1/4 cup orange juice
- 1 tablespoon vanilla

Combine first 3 ingredients, tossing well. Set aside.

Combine flour, 2 cups sugar, baking powder, and salt in a large mixing bowl. Combine next 4 ingredients; add to flour mixture, mixing well. Pour 1/3 of batter into a greased and floured 10 inch tube pan. Top with half of the thinly sliced apples, leaving a 1/2" margin around center and sides. Repeat layering, ending with batter on top. Bake at 350° for 1 hour or until a wooden pick comes out clean. Cool in pan 10-15 minutes; then remove from pan. Let cool completely. Sprinkle with powdered sugar, if desired.

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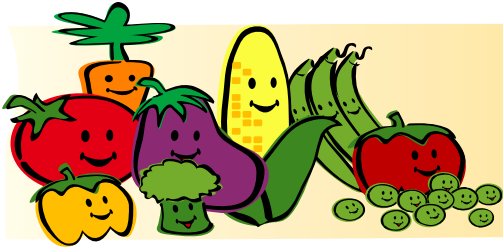
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## PACK A LUNCH *With a Lesson in Nutrition*

Parents may urge their children to pack their lunch to lighten their own load during the busy school year but it also helps teach kids important lessons about nutrition and responsibility, said a Baylor College of Medicine ([www.bcm.edu](http://www.bcm.edu)) expert.

"Allowing children to pack their own lunch provides a great opportunity for children to take on more responsibility as they get older," said Dr. Teresia O'Connor, assistant professor of pediatrics - nutrition at the USDA/ARS Children's Nutrition Research Center (<http://www.bcm.edu/cnrc/>) at BCM and Texas Children's Hospital ([www.texaschildrens.org](http://www.texaschildrens.org)). "It is also a great occasion to talk to your child about a balanced diet and teach about healthy balanced meals."

Parents should offer a little guidance initially, however. Younger children and parents should pack lunches together, and as the child gets older, he or she can take on more of the responsibility. This way, parents can teach their children what constitutes a healthy lunch. Later, parents can check in with them, learn the child's preferences and help

make sure that everything is available from the grocery store.

No matter who packs the school lunch, O'Connor recommends that it include a serving of fruit and a serving of vegetables. Veggies can include carrot sticks, celery or some other cut up vegetable as well as sliced tomato or lettuce on a sandwich. Sandwiches can be made on whole wheat bread to get the whole grains recommended on [Mypyramid.gov](http://Mypyramid.gov), a resource of the USDA ([www.usda.gov](http://www.usda.gov)). Low-fat or skim milk or water makes a great drink option. Fruit is a good way to satisfy a sweet tooth, but a healthy lunch can still include occasional cookies or other sweets, O'Connor said.

"Sweet snacks have a place in a balanced healthy diet but the key is moderation," O'Connor said. "If the child gets a sweet at lunch, give them different choices for their after school snack or after dinner. Think about what the child ate throughout the whole day." The same rules apply if your child decides to buy lunch at school. They should select foods from a variety of food groups, including fruits and vegetables.

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## HEALTH BRIEFS

### **Five Ways to Ease your Child Back Into School**

Establishing a normal school routine can be hard for children after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at BCM, offers the following tips to make it less stressful for children and parents.

- After staying up late and sleeping in during summer, kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns, especially those changing schools. Do some advance problem solving and planning.
- Get involved with your child's school. Most importantly, get to know your child's teachers. Make a point of meeting them and discussing their expectations. Use the meeting to talk about your child's special needs and goals. Find out about homework and projects. Teachers are more likely to contact parents when they have a good relationship. Also, get to know other parents as a way of sharing responsibilities (like car pooling) and learning about school expectations.
- Talk to your children about what they want to accomplish this school year.

Discuss their academic and social goals, but emphasize balance.

### **Cell Phones Make their Way on to School Shopping Lists**

Cell phones are now common items on back-to-school shopping lists, along with the usual notebooks, backpacks, pens and pencils. Before buying their kids a phone, parents must first make sure they are ready to handle the responsibility, according to Baylor College of Medicine specialists in adolescent behavior.

#### **Some guidelines to follow include:**

- Establish how many minutes a month your child is allowed to talk on the phone - which can be monitored easily by parents
- -Set a phone curfew. Nighttime is when a lot of problems can occur, like arguing with friends over the phone, inappropriate texting or staying on the phone too long.
- Let children know that a phone is a privilege and if they misuse it, the phone will be taken away for a set amount of time.
- Ask older children to contribute whatever they can to the cost of a cell phone. Kids will take more responsibility for their phone if they are helping to pay for it.
- For those adolescents who are ready for a phone, there are many advantages.
- Parents are able to keep tabs on their children, plus youngsters can learn important lessons about handling responsibility and setting limits.

*Do You Have Reason  
to Celebrate?*

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[risha@myvillagecreek.net](mailto:risha@myvillagecreek.net) to let the community know!



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Average Price	\$260,699	\$229,833	\$234,428
Avg Price/sq.ft.	\$82.55	\$75.99	\$79.76
Avg DOM	78	54	56
High Price/sq.ft.			\$108.43
Low Price/sq.ft.			\$66.75



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# The Village Gazette

## FINANCIAL FOCUS

### *Can You Save for Retirement and College?*

As another school year approaches, you may be thinking about the day in which you'll be sending your children off to college. Can you afford to help them pay for school while still saving for your own retirement?

There are many strategies to explore when saving for your retirement and your child's education. To implement the right mix of options, it's important to discuss your situation with a professional financial advisor, but here are some options to consider:

- **Contribute to your 401(k).** Since many people don't have unlimited funds available to save for retirement and college, it's important to get the most mileage possible from the money invested. Try to utilize the tax-advantaged retirement accounts available to you. For starters, contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan. Not only can your earnings grow on a tax-deferred basis, but your contributions are generally made with pretax dollars, so the more you contribute, the lower your annual taxable income — which, in turn, could give you more disposable income to invest for college. In 2010, you can contribute up to \$16,500 to your 401(k), or \$22,000 if you're 50 or older.

- **Fund your IRA.** Depending on your income level, your contributions to a traditional IRA may also lower your taxable income, again potentially freeing up resources for college. Plus, your earnings can grow tax deferred. If you qualify for a Roth IRA, your contributions are not tax-deductible, but your earnings grow tax free. Withdrawals are also tax-free, provided you've held your account at least five years and you don't start taking withdrawals until you're at least age 59½. Also, you can withdraw Roth IRA contributions without paying taxes (since you've already been taxed on this money), so you could use these funds, if necessary, to help pay for college costs, although ideally you'd like to leave your account untouched until you retire. If eligible, you can contribute up to \$5,000 to your traditional or Roth IRA in 2010, or \$6,000 if you're 50 or older.

- **Open a 529 college savings plan.** Contributions to a 529 plan are made with after-tax dollars. However, when you contribute to a 529 plan, your earnings grow tax free. Withdrawals are also tax-free, provided they are used for qualified higher education expenses. (Withdrawals for expenses other than qualified higher education

*(Continued on Page 9)*

## ARE YOU READY TO SELL?

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**17134 Ligustrum Trail – representing seller**  
**17611 Edengrove Dr – representing seller**  
**12607 Ligustrum Trail – representing seller**  
**17818 Scarlet Forest – representing seller**  
**12602 Ligustrum Trail – representing seller**  
**17223 Cobble Shores – representing seller – sale pending**



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## Financial Focus - (Continued from Page 8)

expenditures may be subject to federal and state taxes plus a 10% penalty.) Furthermore, 529 plan contributions may be eligible for a state tax deduction or credit in certain states for residents who participate in their own state's plan. Also, the lifetime contribution limits for 529 plans are quite generous, and you can gift \$13,000 per year, per beneficiary, without incurring gift taxes. To make sure you understand the tax ramifications of a 529 plan, you'll want to consult with your tax advisor.

It may not be easy to put away as much as we'd like for retirement and college. But you do have some attractive savings and investment options. Don't delay, because when saving for any goal, time is a great ally.

## DOGGY DOO DON'T

Please remember to clean up after your pet while walking them. An easy way to do this is to bring along a plastic bag attached to your pet's leash. Thank you for helping us keep our neighborhood clean and the outdoor areas enjoyable for all residents.

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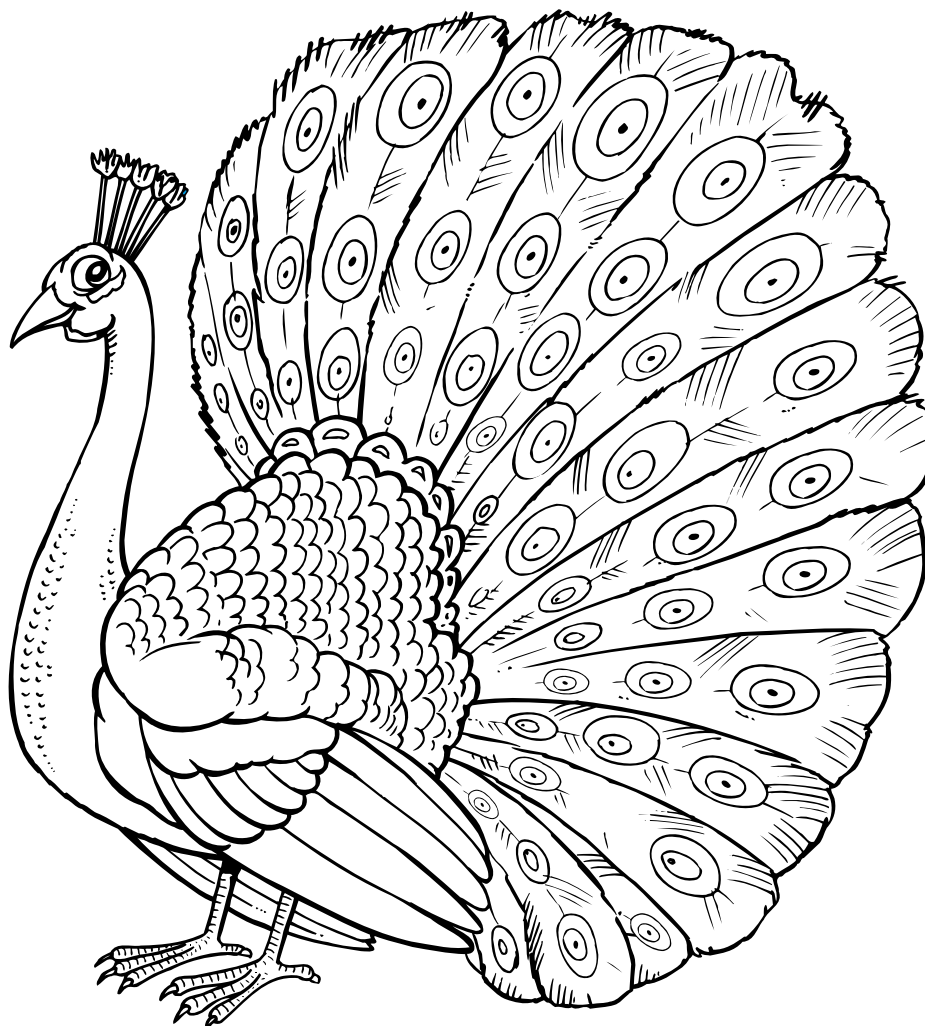
We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: September 30<sup>th</sup>

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(first name, last initial)

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VC

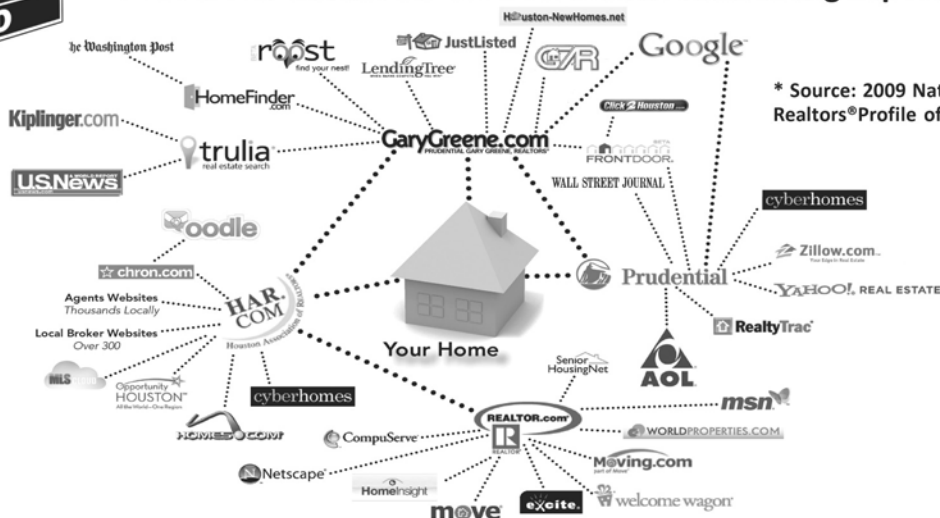




## Planning on Selling Your Home?

**FACT:** 90% of all homebuyers\* in 2009 used the internet as a resource to find their home.

**SOLUTION:** Call me for the Best Internet Marketing Exposure available!



\* Source: 2009 National Association of Realtors® Profile of Homebuyers and Homesellers.

**Prudential Gary Greene, Realtors® exclusive Pathways to Success in Selling Your Home.**  
**Please contact me today!**



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**The Right Move**

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