



# Village Voice

Official Publication of Woodedge Village Homeowners Association

## August 2010 *Yard of the Month*



**MARK SMITH**  
**10327 SWEETWOOD**

The owner of this lovely home is Mark Smith and his 5 month old stray puppy, Charlet.

Mark has lived in his Woodedge home for 13 years. His main hobby, as you can see, is making his home and yard the best it can be. He also enjoys photography. I hope the picture of your home meets with your approval.

Look in future newsletters for an article from Mark on a new venture which may help all of us save money in our yards.

Thanks Mark for being a great Woodedge Village neighbor. Mark has donated his \$15.00 gift certificate from RCW Nursery to beautify our neighborhood club house.

*- Submitted by Bill & Darlene Borrello*

## August 2010

### *Most Improved Yard of The Month*



**RAY & OPAL WALLACE**  
**12114 LEAFY ARBOR DR.**

Ray and Opal Wallace have owned their home since April of 1978. Ray unfortunately had a stroke in November of 1978, just months after they moved into their home.

Opal, who will turn 80 years young this August, has raised her two daughters and maintained her home and yard by herself since Ray took ill. She visits her husband daily at the assisted living home to make sure he is well taken care of. Opal now has 3 grandchildren and 4 great-grandchildren.

Her yard is a daily work in progress, and you can always find her working to keep it well maintained.

In the evening, Opal can be found in her front yard enjoying a glass of wine and appreciating her day's work.

Just to let you know, Opal does all her own yard work, with no help. Her tools being a lawn mower, clipper and a broom; nothing high tech about this lady.

Opal has received a \$15.00 gift certificate from RCW Nursery for all her hard work. Great work Opal!!

# Woodedge Village

## IMPORTANT NUMBERS

Sheriff's Department Dispatch (Non-emergency) .. 713-221-6000  
Emergencies (If it's happening NOW): .....911

### Harris County Phone Numbers

Animal Control (To report stray or dead animals)..... 713-999-3191

Flood Control:..... 713-684-4000

Graffiti Reporting Hotline ..... 713-437-6833

Health Department (To report unsanitary, unsafe conditions)

..... 713-439-6000

Precinct 4 Commissioner's Office, Jerry Eversole . 713-755-6444

Poison Control ..... 800-222-1222

### Street Light Outages Online

..... <http://www.centerpointenergy.com/outage/>

Waste Management (Trash Pick-up) ..... 713-686-6666

Southwest Water (Billing Questions / Service Problems)

..... 713-405-1750

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*If you need to get in touch with a director, call  
281-469-0829.*

## NEWSLETTER INFO

### EDITOR

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### ARTICLE INFO

Woodedge Village HOA News is mailed monthly to all residents. Residents, community groups, schools, etc., are welcome to submit information. Personal news are also welcome. All submissions will be reviewed for content and approved by the Board of Directors and Newsletter Committee Chair. The deadline for submission is the 8th of the month before publication.

**DON'T WANT TO WAIT  
FOR THE MAIL?**

VISIT [WWW.PEELINC.COM](http://WWW.PEELINC.COM) FOR DETAILS.

## 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](mailto:trideltanews@yahoo.com)

## 1st Annual Golf Tournament

Cy-Fair Storm 8U Softball team 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)

## Kids Corner

We are looking for contributions to "Kids Corner". Please have your child write and or make a picture with the theme, "What I Like About My Neighborhood." Also, please send us a picture and few sentences if your child has done something you would like recognized in the newsletter. Send contributions to [jasonandrewmccoy@hotmail.com](mailto:jasonandrewmccoy@hotmail.com)

## Deed Restrictions Report July

*Submitted by Dave Casey*

- 7 Mow yards
- 2 Move brush from drive
- 2 Move boats
- 3 Move Cars
- 1 Move trailer

Go Green, Go Paperless 

Sign up to receive the *Village Voice* in your inbox. Visit [PEELinc.com](http://PEELinc.com) for details.

## *It's Only Natural...*

*Submitted by Mechele Beaty*

When I look back to a year ago, I have some "not so pleasant" memories. I was in the middle of a shingles outbreak. Unfortunately for me, it was not my first, and it was definitely worse than my first experience with shingles. When I had it several years ago, although the pain was pretty intense, the rash was mild and it only lasted about three weeks. This time, I was not as fortunate. The rash was worse and the pain was excruciating! It lasted for six weeks and I still had some burning sensation in the nerve for a few months after that.

Chicken pox and shingles are both caused by the varicella-zoster virus. After having chicken pox, usually at a young age, the virus stays inactive inside certain nerve cells. It can reactivate years later as a shingles infection (herpes zoster), usually in people who are under a lot of stress and/or have a weakened immune system. The entire outbreak can last from three to six weeks, but in some cases, post-herpetic neuralgia can occur and the pain can continue for months or even years after the rash and blisters have healed.

If you ever suspect that you have shingles, see your doctor as soon as possible. There are antiviral medications that can help shorten the duration of the rash, decrease the pain and reduce the risk of post-herpetic neuralgia, but you must start the medication within 72 hours of the outbreak to get the maximum benefits.

There are also some natural supplements that can be taken. L-lysine, an essential amino acid with antiviral properties and Monolaurin, an antiviral supplement may shorten the duration, reduce the risk of post-herpetic neuralgia and also prevent the replication of shingles. In addition to these supplements, I drank a high antioxidant juice blend to help boost my immune system.

As far as the painful rash, I used Terrasil, an all-natural ointment that I ordered online. It lessened the discomfort and my doctor even

commented on how quickly my rash was healing. Using a topical cream that contains capsaicin (a substance in hot peppers) is another suggested treatment for relieving shingles pain. It blocks pain signals from nerves just under the skin.

Try to eat foods that have a high Lysine content like meats, eggs, cheese and milk. Eat a lot of pears and drink pear juice; they are rich in antiviral caffeic acid and are recommended for shingles. Avoid chocolate, nuts, seeds and grains. These are high in Arginine and may counteract the benefits of Lysine. Also try to avoid sugar in your diet.

Speaking from experience, any added stress can increase the pain that you are already experiencing, so avoiding stress and getting plenty of rest and relaxation are key factors for quicker healing.

There is a shingles vaccine to reduce the risk of getting shingles and post-herpetic neuralgia, however, it is only recommended for people that are 60 years and older. Always research any special health considerations and possible side effects and discuss them with your doctor before getting vaccinated.

I recommend that everyone get proper nutrition for a strong immune system and find ways to relieve stress on a regular basis for good health and especially to help reduce your risk of getting shingles.

The contents of this article reflect the knowledge and opinions of the author and are for informational purposes only. Always check with a qualified health care provider and consult your local health food store for specific dosage information on natural supplements. For questions, comments or resource information on the above topic, email: [mbeaty@naturally4me.com](mailto:mbeaty@naturally4me.com)

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# Woodedge Village



*Woodedge Village Residents are getting fit by playing volleyball. Summer is a great time to visit with your neighbors in our park and swimming pool. Make sure to take advantage of our facilities, which HOA fees maintain. A new piece of playground equipment will be installed soon with monies residents donated to the separate playground fund.*

## The Woodedge Village Stork Report

Congratulations!  
Let us help celebrate...  
email info on the arrival  
of your little one to  
jasonandrewmccoy@hotmail.

# Electricity is **ON SALE** at StarTex Power!



Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at [www.StarTexPower.com](http://www.StarTexPower.com)

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## MOPS at The MET

### Registration

Submitted by Melissa Money

If you need a listening ear,  
friendship with other moms,  
your kids involved in a fun program,  
delicious breakfast buffets,  
advice from seasoned moms...  
then you need MOPS at The MET.

MOPS at The MET offers two dynamic  
Groups that meet two Friday mornings  
Per month (August – May)  
From 9:15 – 11:45am.

Childcare is provided upon registration.  
Registration fee is \$55 per semester.

Register online at [TheMETonline.org/MOPS](http://TheMETonline.org/MOPS)

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## TEAM TIARA

Team Tiara, a non-profit foundation dedicated to raising money to fund research and education for breast cancer. Each member of our team is committed to raising \$2300 to walk the Susan G. Komen 3-Day for a Cure. In addition to walking in the 3-Day, we provide direct assistance to men and women whose lives have been touched by breast cancer. To continue our efforts Team Tiara will be hosting Passionately Pink for the Cure, a gala benefiting Team Tiara & Susan G. Komen 3-Day

Saturday, October 2, 2010 at 6:00 pm  
Dinner & Auction • Wyndehaven Terrace  
12716 Cutten Rd. • Houston • 77066  
Tickets \$50/person, \$90/couple

**To purchase tickets/more  
information:**

[www.teamtiara.net/gala](http://www.teamtiara.net/gala) or mail in form

### PASSIONATELY PINK FOR THE CURE ORDER FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

### I WOULD LIKE TO PURCHASE THE FOLLOWING:

\_\_\_\_\_ Individual Ticket / \$50      \_\_\_\_\_ Couple Ticket / \$90

\_\_\_\_\_ Add'l Drink Tickets / \$6

My check for \$ \_\_\_\_\_ is enclosed. *Please make checks payable to Team Tiara.*

### MAIL FORM TO:

Team Tiara • Attn: Gala Committee • P.O. Box 2433 • Cypress, TX 77410-2433

# Woodedge Village

## GARDEN SECRETS - SEPTEMBER 2010

*Submitted by Bill & Darlene Borrello*

Ok, here we are and it's September. The heat has kept us from adding plants to our yard, as the water bill has taken all of our garden money.

We head out on our vacation to Colorado, in August every year and we are always great-full for our great neighbors who help keep our yard and plants watered while we are away. We also have several bird baths and they need water everyday with the heat. Best advise for the day, get to know your neighbors, ask for help and of course offer help when needed.

Southern Living say's Roses are partially dormant during our warmest season, so it's a good time to prune back and fertilize to encourage a big show of fall blooms. Take out dead or weak canes, shorten healthy ones by one-third. Then just wait for the blooms to come.

Remember, in your yard, more is less and less is more. If you can't take care of gardens in your yard, then get rid of them and plant grass or shrubs that don't take as much care. That way, your yard is neat and it's not as much work for you and your neighbors will appreciate it.

We have given Yard of the Month for 15 months and re giving it over to Sharon Day. It has been difficult and fun selecting the best yard each month. Please keep up the good work on your yards so that Sharon has an easy time picking the best.

*Happy Gardening and see you next month.*

*Bill & Darlene*

## FLAG DISPLAY DAYS

*Submitted by Dave Casey*

New Year's Day	January 1 <sup>st</sup>
Martin Luther King, Jr Day	3rd Monday in January
Lincoln's Birthday	February 12 <sup>th</sup>
Washington's Birthday (President's Day)	3rd Monday in February
Easter Sunday	variable
Mother's Day	2 <sup>nd</sup> Sunday in May
Peace Officers Memorial Day(half staff)	May 15 <sup>th</sup>
Armed Forces Day	3 <sup>rd</sup> Saturday in May
Memorial Day (half staff until noon)	Last Monday in May
Flag Day	June 14 <sup>th</sup>
Father's Day	3 <sup>rd</sup> Sunday in June
Independence Day	July 4 <sup>th</sup>
Labor Day	1 <sup>st</sup> Monday in September
Patriot Day (half staff)	September 11 <sup>th</sup>
POW/MIA, Recognition Day,	3 <sup>rd</sup> Friday in September
Constitution Day, Citizenship Day	September 17 <sup>th</sup>
Columbus Day	2 <sup>nd</sup> Monday in October
Navy Day	October 27 <sup>th</sup>
Veterans Day	November 11 <sup>th</sup>
Thanksgiving Day	4 <sup>th</sup> Thursday in November
National Pearl Harbor Remembrance Day (half staff)	December 7 <sup>th</sup>
Christmas Day	December 25 <sup>th</sup>

and such other days as may be proclaimed by the President of the United States; the birthdays of states (dates of admission) and on state holidays.

NOT AVAILABLE  
ONLINE

### *Classified Ads*

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to The Woodedge Village residents, limit 30 words, please e-mail [jasonandrewmccoy@hotmail.com](mailto:jasonandrewmccoy@hotmail.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com).

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Lakewood Grove  
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Longwood  
Oak Forest  
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Riata Ranch  
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Steeplechase  
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Summerwood  
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