

Wortham Villages

Volume 10, Issue 9
Wortham Villages

September 2010

www.worthamweb.org

NEIGHBORHOOD WATCH COMMITTEE

Co-chairs Shawn Lacagnina and Herman de Hoop

July and August have been quiet months as far as crime is concerned. Still, one of our neighbors continues to have vandals steal birthday signs etc on a regular basis and two neighbors reported that items were stolen from unlocked cars. It should go without saying that we should keep our cars locked and parked in the driveway, but if you do leave a car out on the street make sure keep items out of sight and the car locked. Whenever you notice something "out of the ordinary", call the Sheriff's non-emergency number at 713-221-6000 and report it. Please put that number in your cell phone so that it is handy when and if it is ever needed. Only use 911 for an emergency situation.

The Sheriff's office sent the following item that is likely of interest to all of you.

"NEW ON-LINE SERVICE OPTION FOR CITIZENS REPORTING CRIMES"

The Sheriff's Office has implemented an on-line service called "CopLogic" for Harris County citizens to report crimes. This is for reporting lost property, theft or vandalism ONLY and ONLY when the complainant has NO suspect information.

This will be provided as an option to the citizen in lieu of waiting for a unit to respond to their location.

EXAMPLES OF INCIDENTS THAT CAN BE REPORTED VIA COPLOGIC:

1. **LOST PROPERTY:** When property is missing or lost, i.e. leaving items in a restaurant or missing from home.
2. **THEFT:** Property is taken without the owner's permission.
3. **VANDALISM:** The act of changing, modifying or defacing public or private property, i.e. graffiti, knocking over a mailbox, throwing a rock through a window, etc. www.hcso.hctx.net <<http://www.hcso.hctx.net/>> Click on "Report Crime" link at top of screen Click on "Report an Incident" Follow instructions on the screen for filing an offense report

This a new service being offered by HCSO. Use of this system is not required and a unit will be dispatched if requested."

Finally, the Neighborhood Watch Committee can always use more eyes. Please feel free to let us know if you would like to help. Specifically we need block captains for the following streets – Hillside Glen (North end), Harvest Dale, Birch Falls, Carriage Lake and Timberland Trace. While it is not a big time commitment, it can have a big impact!

Herman and Shawn.

SOFTBALL LADIES???

Cy-Fair 8U Storm Softball team is looking for girls interested in playing tournament ball. Contact cfstorm2002@yahoo.com for tryout information.

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

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IMPORTANT NUMBERS

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Jessica Lopez (Assistant).... jessica@crest-management.com, Ext. 627
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Fax number 281-579-7062

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Park Committee - Martin Maynemartin@mayne.us, 281-955-2240
Recreational Facilities Committee - Rick Anderson, 281-890-4878
Sports Fields Reservations - Myra Edwards.....
Social - Rebecca Shane..... 281-890-730
Tennis Committee - Dorota Jankovsky.....281-955-9626
Neighborhood Watch Committee Co Chairs
Shawn Lacagnina, shawnlacagnina@gmail.com, 281-235-5830
Herman de Hoop, hdehoop@worthamweb.org, 281-546-1493

EMERGENCY NUMBERS

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

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 or 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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CUSTOM WINDOW TREATMENTS

From Budget to Big Bucks

Submitted by Susan Kostelecky



Custom window treatments are a decorative and functional complement to a home, and add color, texture and softness. Custom treatments can range in price from very reasonable to very expensive. If you are considering window treatments for your home, there are a number of factors to consider. Those factors are: style, budget and function.

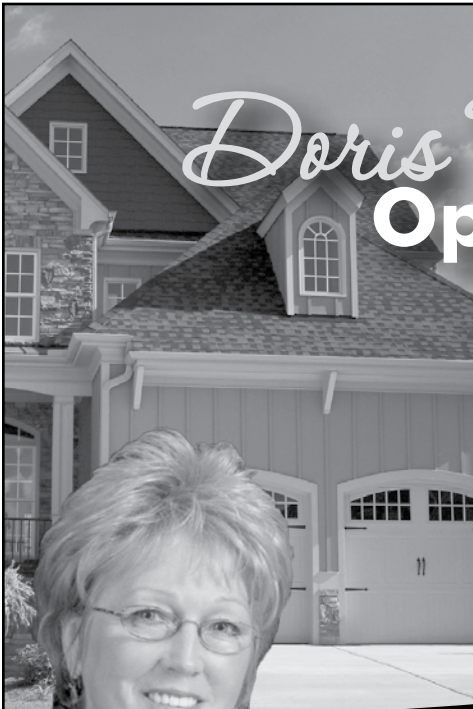
STYLE

You can accomplish great style in any budget range. You may already have ideas that you like, from model homes or decorating magazines. You may prefer light and airy, or richly luxurious, casual or formal. If you are working with a window treatment specialist or decorator to determine what style treatments will best fit your home, it

is important to discuss the budget you have allotted for this project. You may decide to focus on one room at a time, which makes it easier on your wallet and also to make decisions. Knowing your budget helps your consultant present style ideas and fabrics that will keep the project in your price range.

Some treatment styles require considerably more fabric than others, which generally means more lining and more labor. Fabrics with a very large motif (such as a large bouquet of flowers) may require more yardage in order to center or match the motif throughout the project. Treatments with deep folds or pleats require more fabric than a flat treatment. Flat does not mean boring: adding contrasting trim, banding, buttons or tassels adds interest.

(Continued on Page 4)



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Custom Window Treatments - (Continued from Page 3)

A flat treatment (like a roman shade, cornice or a straight valance) also lets the fabric print be seen completely. If you have fallen in love with a tulip floral print, a flat treatment showcases the tulips much better than a gathered treatment does.

If there are blinds in place, you have many choices to select from to accent your furnishings. Consider how the room is used: a bedroom might dictate room-darkening draperies to permit sleeping late on the weekends. A west-facing window might require interlining or other linings to prevent light bleed-through, fabric fading and/or rot. Silk may be interlined to add lush body, insulation and to protect the silk from the sun. A kitchen window may only need a fabric accent valance for color and interest. These are options, depending on your goals for your room.

Fabric prices vary greatly. Retail fabric stores offer a good selection, reasonable prices and can generally order fabric for you if they do not have the quantity you require.

Outlet stores have very low prices, stock that changes rapidly and cannot be reordered, and may sell "second quality" fabrics that may be flawed. If the price is right, you can purchase additional yardage to offset flaws. The stock changes rapidly, and if you mull over your sample options, the fabric may no longer be available when you go to purchase it. A designer or window treatment consultant has access to the Decorative Center of Houston, which has tens of thousands of fabrics available. The selection of fabric, rods, trimmings, tassels, etc. is far beyond that found in retail locations. This is a huge benefit if you are trying to coordinate with existing fabrics in your furnishings that may be discontinued and no longer available.

Custom window treatments should reflect your taste and lifestyle, and still leave money in the bank! Make your home your personal oasis by choosing a treatment that has style and personality and fits within your budget.

What's Happening In Wortham?

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 lorabergeron@gmail.com.



2010 Fall Festivals, Shows, and more!

Sept 11 • Boy Scout Merit Day at Moody Gardens - scouts@moodygardens.com	800-582.4673
Sept 11-12 • Fall Kids Festival at The Kemah Boardwalk - kemahboardwalk.com	
Sept 24 - Oct 2 • Fort Bend County Fair & Livestock Show - fbcf.org	281.342.6171
Oct 2 • 20 th Annual Race For The Cure - komen-houston.org	713.783.9188
Oct 7-10 • 44 th Original Greek Festival - greekfestival.org	713.526.5377
Oct 8 - 10 • Conroe Cajun Catfish Festival- conroecajuncatfishfestival.com	936.539.6009
Oct 9 - Nov 8 • Texas Renaissance Festival - texrenfest.com	800.458.3435
Oct 15 - 17 • 32 nd Annual Festa Italiana - houstonitalianfestival.com	713.524.4222
Oct 16 • Big Texas Train Show - Geo R Brown Convention Ctr - bigtexasrainshow.com	
Oct 16 & 17 • 13 th Galveston ARToberFEST, Galveston - artoberfest.com	
Oct 22 & 23 • Texian Market Days - georgeranch.org	281.343.0218
Oct 23 • Texas Mushroom Festival, Madisonville - texasmushroomfestival.com	
Oct 23 - 24 • Wings Over Houston Airshow - wingsoverhouston.com	713.266.4492
Oct 31 • Moody Gardens 'Ghostly Gardens' - www.moodygardens.com	800.582.4673
Nov 4 - 7 • International Quilt Festival - quilts.com	713.781.6864
Nov 11 - 14 • Nutcracker Market - nutcrackermarket.com	713.535.3231
Nov 12 -14 • Annual Bead & Jewelry Show - houstonbeadsociety.org	713.294.9886
Nov 13 & 14 • 15 th Annual Children's Festival - woodlandscenter.org	281.363.3300
Nov 13 - Jan 1 • 9 th Annual Festival of Lights - moodygardens.com	800.582.4673
Nov 20 & 21 • 2010 ViaColoriHouston- centerhearingandspeech.org	713.523.3633

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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).

"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!

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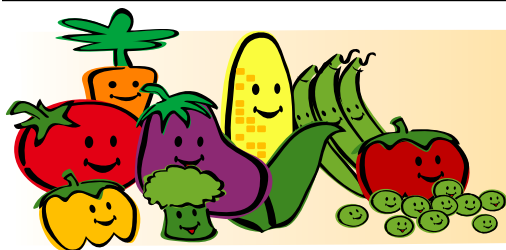
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PACK A LUNCH

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) 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). "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, a resource of the USDA (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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(DOB: 10/1996)

Jessica is described as a very loving and helpful child who has a lot of potential to do great things in life. She is quite creative, with a great imagination. She is also very friendly, child-like and eager to please. Her feelings are hurt easily, but she responds readily to comfort and affirmation. She thrives on individual attention.

Jessica likes to color, draw, sing and make jewelry. She also enjoys reading as well. Jessica is involved in basketball and track at school and plans to play volleyball in the fall. Jessica loves animals and has recently raised a rabbit through Future Farmers of America (FFA) at her school.

Jessica's forever family needs to be patient and committed to parenting a teenage girl. Jessica would like a family that lives in the country and prefers to be an only child. Jessica needs to have a family to love her unconditionally; make her feel secure and encourage her and help her become more self-confident. *For more information contact the Adoption Coalition of Texas at 512-687-3208*

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INCIDENT REPORT JULY 2010

Incident Offense Total

Alarm Local.....	19
Alarm/Hold Up.....	1
Alarm/Sil/Pan/HU	1
Assault.....	1
Burglary/Motor Vehicle.....	3
Check Business.....	33
Check Park.....	152
Contract Check.....	41
Criminal Mischief.....	3
Disturbance/Juvenile	1
Information Call	2
Meet the Citizen	11
MUD Building Check	36
Parking Lot Check	7
Runaway	2
Subject Stop	1
Suspicious Person	22
Theft/Other	4
Traffic Initiative.....	2
Traffic Stop.....	39
Unknown Med Emer	1
Vacation Watch	45
Vehicle Stickered	3
Vehicle Suspicious	17

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.

(Continued on Page 9)

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Health Briefs - (Continued from Page 8)

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.

Cooking substitutions aid in calorie reduction

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and

oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

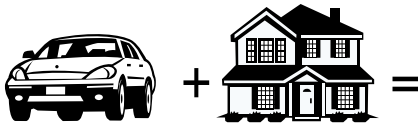
"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.

Tips address food allergies

Food packages often come with the caution, "Warning: may contain peanuts," and for good reason. It's estimated that more than 1 million Americans suffer from peanut allergies and their reaction if exposed can be life-threatening.

But peanuts aren't the only food that can cause allergies. Many people are also allergic to cow's milk, tree nuts, fish and shellfish, egg and even some fruits and vegetables, said Dr. Celine Hanson, professor of pediatrics at Baylor College of Medicine and chief of

(Continued on Page 10)



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

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Health Briefs - (Continued from Page 9)

the allergy/immunology clinic at Texas Children's Hospital.

Symptoms of food allergies can range from mild to severe and can affect various parts of the body, including the digestive system, the respiratory system and the skin. The most severe reaction is called anaphylaxis.

The best way to manage food allergies is avoiding the foods that cause them, but there are also medications such as antihistamines and corticosteroids.

Patients who suffer severe reactions, like in the case of peanut allergies, should keep a device such as an EpiPen on hand so that they can administer an epinephrine shot.

Allergy sufferers should wear a medical bracelet or necklace with information about their allergy, and schools, caregivers and even the parents of children's friends should be notified of food allergies.

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(must present
coupon)

WV

10700 Kuykendahl Road • The Woodlands, TX 77381

(281) 363-1962

13422 Grant Road • Cypress, TX 77429

(281) 370-8022



Pediatric Dentist

infants children teens

13611 Skinner Road, Suite 135

Cypress, Texas 77429

(Skinner at Spring Cypress)

www.cypresskidsdentist.com

p 281.758.2790 f 281.758.2791

Wortham Villages

2010 WORTHAM VILLAGES

Pool Schedule

AUGUST 23RD THROUGH SEPTEMBER 6TH

Mondays through Fridays	Closed
Saturdays	10 AM – 8 PM
Sundays	12 PM – 8 PM

EXCEPTIONS:

Monday, September 6th (Labor Day)	10 AM – 8 PM
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832-593-7555



Real Estate Market Report

Wortham Specialist

DAVID "SUPER DAVE" FLORY



- **#1 Realtor in Wortham***
- **#2 Realtor in Houston & Texas****
- **#7 Realtor in United States****
- **Selling Over 500 Homes A Year**

	ACTIVE	PENDING	SOLD Last 6 Mos
# of Listings	12		22
Price Range:	\$165,900 \$259,997		\$137,000 \$225,000
Average Price	\$202,416		\$183,713
Avg Price/sq.ft.	\$69.53		\$66.95
Avg DOM	62		67
High Price/sq.ft.			\$79.03
Low Price/sq.ft.			\$51.42



RE/MAX

Professional Group
832-478-1205

Direct line: **281-477-0345**

WWW.SUPERDAVE.COM

*According to information taken from the HAR MLS Computer

**Realtor Teams per Remax 9/2008. 3/2009