

The Village Gazette

Volume 8, Issue 1
Village Creek Community Association

January 2011

The Village Creek Cookies with Santa party was held on Dec 11 at the clubhouse. Santa was on hand to visit with the neighborhood children and take pictures. After the children got a cookies and gift (book) they listened to Mrs. Clause recite "Twas the Night Before Christmas".

A BIG Thank You to Mike Seal for assisting Santa again this year, you did a great job! And thank you to new Village Creek resident Sharon Dillard for assisting Mrs. Clause, you were very entertaining! Thank you Jr. Volunteer, Suzette for passing out cookies and as always to the Village Creek Social Committee for making it all happen.

The Village Creek Social Committee meets the 1st Wed of the month at 6:30. Contact social@myvillagecreek.net if you'd like to learn more or participate. We are a committee of only 6 and could always use more help and new ideas.



*Thanks for
Coming Out!*

The Village Gazette

IMPORTANT NUMBERS

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Klein Fire Dept.281-376-4449
Poison Control Center800-764-7661
Willowbrook Methodist281-477-1000

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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
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Domestic Violence281-401-6250
FBI.....713-693-5000
Harris County Animal Control281-999-3191
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Municipal District Services (24 hrs)281-290-6500
Reliant-Street lights713-923-3213
..... www.centerpointenergy.com/outage
Sex Offenders..... www.familywatchdog.us
Time Warner Cable281-774-7222
Waste Management713-686-6666
Trash pickup Tues/Fri
Recycling Fri (only newspapers/#1 & 2 plastics/aluminum cans)
Yard Storkkpuente@garygreene.com

NEWSLETTER

Editor..... newsletter@myvillagecreek.net
(Deadline is the 10th of each month)
Publisher - Peel, Inc..... 512-263-9181
Advertising.....advertising@PEELinc.com, 888-687-6444

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Pool Card Info poolcards@myvillagecreek.net
Social Committee..... social@myvillagecreek.net

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Meet Jermaine, Tibreauna, Keatrick, Jaderrion, and Treyveonne

Jermaine is 11 years old and his siblings; Tibreauna, Keatrick, Jaderrion and Treyveonne are 10, 5, 2 and 8 years old respectively. Jermaine enjoys all outdoor activities including riding his bike, scooter, and skateboard. Tibreauna is sweet child who enjoys school. She is protective and nurturing of her brothers. Keatrick is described as silly and funny and likes to play with his guitar and toy cars. Jaderrion is an incredibly cute, active toddler. Treyveonne is an outgoing child who enjoys all sports. The children need a loving family that can provide them with structure and stability. For more information contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter at the Adoption Coalition of Texas at 512-810-0813 or gracelindgren@adopttexas.org



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| | # | Price | Price/SF | Days on Mkt |
|----------------------|----|-----------|----------|-------------|
| Active Listings: | 19 | \$237,426 | \$78.96 | 99 |
| Pending Listings: | 3 | \$263,000 | \$82.89 | 126 |
| Sold since 9/1/2010: | 3 | \$255,516 | \$76.36 | 144 |

*Average Data Used - Source: Houston Assoc. of Realtor MLS December 9, 2010



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Turning New Years Resolutions Into ALL Year Resolutions

by Sarah S. Jordan, MS

January is here, and so is the tradition of making New Year's Resolutions. And many times, the tradition of breaking those resolutions. We find ourselves excited and motivated for the start of a new year, and within a few months we often experience frustration because we simply cannot stick with the resolutions we set.

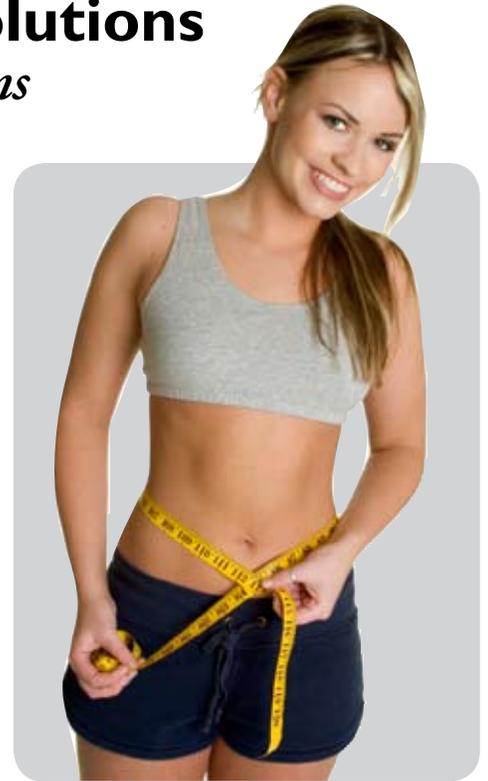
I have been teaching fitness classes, personal training, and coordinating fitness programs for over a decade, and I see it every year. Gyms are packed from January through March, and then many members just seem to disappear or give up.

Here is my question. What can we do to stick with exercise and making healthy choices for twelve months out of the year instead of just three? It is not easy, but laying

a proper and realistic foundation is the key. And remembering that if we do fall off the wagon, we need to hop right back on and not give up. As I have outlined in some of my previous articles, commitment, time management, setting measurable goals, and being realistic are all vital components to our success.

If a sedentary and overweight client begins training with me and says, "My goal is to lose 50 pounds in five weeks," that client is sure to fail before she even begins. That rate of weight loss is simply not healthy, realistic, or lasting. However, if the same client says, "My goal is to workout three days a week for 20-50 minutes each time and as a result, lose 50 pounds this year," she is off to a

(Continued on Page 5)



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DID YOU PURCHASE A HOME IN 2010? DON'T FORGET TO FILE THE HOMESTEAD EXEMPTION FORM THIS MONTH.

Turning New Years Resolutions - (Continued from Page 4)

great start! That goal is specific, measurable, attainable, realistic, and time-bound.

People often ask me what my New Year's resolutions are, and to be honest, I don't really set them anymore. You see... I, too, have set resolutions many times in the past, and within weeks or months felt defeated and gave up because they were not realistic. Instead, I find myself setting little goals throughout the year, but they very rarely include numbers on a scale.

Setting "number goals" (ex: "I want to lose 20 pounds by May") certainly has its merit, but I encourage my clients to move toward setting the "How can I become a better and happier person/wife/mother?" type of goals. And why limit ourselves to January? If you find something you want to do or become in March, set that goal right then and there, and create a specific plan of action that will get you there. Keeping a positive and realistic spin on our goal setting throughout the year will allow us to experience more success. And that is what matters in the end, right? Feeling successful and improved because of the things we learn along life's journey.

Here Are A Few Tips To Setting All Year Resolutions.

- Set S.M.A.R.T. goals. They should be specific, measurable, attainable, realistic, and timely.
- Find what works for YOU. If joining a gym is not realistic for you,

find other activities, classes, and opportunities that don't involve a gym membership.

- Get support. That could be a close friend, spouse, personal trainer, meet up group, or coworker. Communicate your goals and have people in your corner cheering you on.
- Set goals that will better yourself and those around you. Ex: This month, I will go on more walks with my child. This month, I will clean up my eating. This month, I will start a gratitude journal. You will find that little changes equal huge improvements over time.
- If you set "number (weight) goals," remember that your beauty and worth do not lie in the numbers on the scale. Healthy weight loss is slow and steady at a rate of about one pound per week. To lose just one pound per week, you must burn 3,500 calories more than you consume, which is no easy task.
- Keep in mind that fitness and health are a lifestyle - not a one-month trial. Any movement is good movement, and many times, the hardest part of exercise is just getting it started.
- Nutrition is key. What goes into your mouth is just as important as the exercise you get.

We are all beautiful and have so much to offer this world. Here is to an amazing 2011!

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

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The Village Gazette

Recipe of the Month

Picante Sauce

INGREDIENTS

- 1 lb. peppers (bell, banana, & jalapeno; according to how hot you want the sauce; the seeds of the jalapeno peppers add a lot of WARMTH!)
- 3 onions
- 3 qts. tomatoes
- 1 C vinegar
- 3/4 C sugar
- 4-5 cloves garlic
- 2 T salt

DIRECTIONS

Scald tomatoes and peel. Quarter and place in large pot. Chop peppers, onions, and garlic; and mix with tomatoes. Add sugar, vinegar and salt. Simmer slowly several hours until the sauce is the desired consistency. Pour into sterilized jars. Close and invert to seal. (*I pressure mine for 5 minutes at 5 # pressure.*)

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**SAVE THE DATE:
LADIES' NIGHT OUT!**

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