

# The Village Gazette



Volume 8, Issue 8  
Village Creek Community Association

August 2011



## Village Creek 4TH OF JULY COOKOUT

Village Creek neighbors came together to celebrate our nation's independence and to cool down at the community pool. The 4th of July cookout for Village Creek was well attended with over 120 residents enjoying hot dogs and apple pie. Kids made fruit sparklers out of berries and marsh melloes. Despite the fireworks ban, VC celebrated the 4th with a bang thanks to the all the volunteers who made the party a success!



The Village Gazette is mailed monthly to all Village Creek Residents. Residents, community groups, churches, etc. are welcome to submit their information about their organizations to the newsletter. Personal news such as the stork report, teenage job seekers, recipes, special celebrations, and birthday/wedding announcements are also welcome. Just send the information to [newsletter@myvillagecreek.net](mailto:newsletter@myvillagecreek.net).

# The Village Gazette

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# The Village Gazette

## NEIGHBORHOOD WATCH NEWS

Good news! We now have 100% Neighborhood Watch coverage in Village Creek! Every street now has a block captain who helps by sending out important information to each street. Our Neighborhood Watch program is designed to help us get to know our neighbors and to keep an eye out for any suspicious activity in our community so we can all stay informed.

If you haven't already done so, please reach out to your Block Captains and ask to become part of the group. The web site has an email link to use: [villagecreekneighborhoodwatch-owner@yahoo.com](mailto:villagecreekneighborhoodwatch-owner@yahoo.com)

Please use this link to contact the Watch Leader and she will direct you to your Block Captain who will then get you plugged in. As a member of the Watch, you will receive contact information from all the folks on your block in one handy spreadsheet and

will start receiving emails regarding the Constable's Report as well as other vital community alerts from your Captain.

Another safety update you will notice will be the Crime Stoppers signs at both entrances to the community. We are thrilled to be a part of Crime Stoppers. This service will provide a contact number for tips about accidents and crimes committed around the community and at times also give a reward for tips leading to an arrest.

Please remember to be safe, and get to know your neighbors. The best defense against criminals is a good offense. If you do see suspicious activity or especially people, please try to remember a description to give to the Constable and compare notes around the community. Remember to call the Constable if you see anything that looks suspicious.

## Personal Classified

**WANTED:** I am in need of a sitter for my 17 month old son for 4 days: August 30th, September 1, 6, 8. If anyone currently has a nanny or uses a sitter that I could use for these 4 days before my child enters daycare, I would greatly appreciate it. My cell is 832-878-9507. Thank you.

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### VILLAGE CREEK MARKET REPORT

Statistics are averages compiled from Houston Assoc. of Realtor MLS, 7/6/11

CATEGORY	NO.	PRICE	PRICE/SQ FT	DAYS ON MKT
Active Listings	23	\$224,691	\$78.37	141
Pending Listings	5	\$246,500	\$79.84	130
Sold Since 4/1/11	10	\$219,388	\$77.39	227

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Great job! Keep our neighborhood looking beautiful and it could be your yard next month! Many thanks to Arbor Gate for supplying a \$25 gift card to the winner.



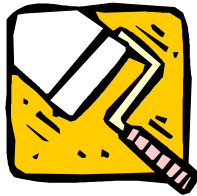
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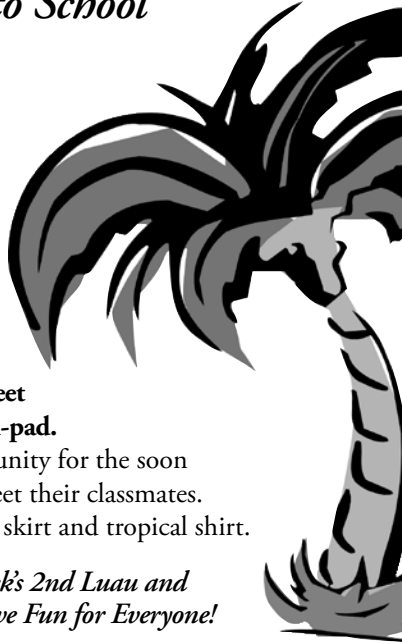


# The Village Gazette

## VILLAGE CREEK LUAU

*Celebrating the End of Summer  
& Back to School*

- Saturday, August 13
- 10:00-1:00
- Pizza, Drinks, Dessert
- Pool Games
- DJ



### Kindergarten Meet & Greet

**10:00-11:00 at the Splash-pad.**

This will be a great opportunity for the soon to be Kindergartners to meet their classmates. Grab your swim suit, grass skirt and tropical shirt.

*This will be Village Creek's 2nd Luau and there will be plenty of Festive Fun for Everyone!*



Keyon'te is 15 years old and will absolutely melt your heart with his sweet smile! He has a friendly and engaging personality. He loves playing soccer and also enjoys riding bikes, going fishing, skateboarding and playing video games. Keyon'te enjoys listening to Christian music. He is a smart young man and makes all A's in school. Keyon'te responds well to structure and needs a family that can give him a lot of attention.



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### ***Keep toddlers close enough to touch in pools***

Parents can help prevent potential accidents at the pool this summer by staying alert and attentive, said a pediatric emergency medicine physician at Baylor College of Medicine.

*"A high percentage of summer drownings and accidents occur in community and residential swimming pools,"* said Dr. Rohit Sheno, assistant professor of pediatrics - emergency medicine at BCM and Texas Children's Hospital. *"By far, the most common cause of drowning is lack of supervision."*

Parents need to keep a close watch, both physically - in proximity to the child - and mentally, with little distractions to prevent these accidents, Sheno said. A good rule of thumb, he said, is to implement *"touch supervision,"* which means keeping within arms-length of your toddler at all times.

#### **Other Safety Tips Include:**

- Don't rely on floating devices because children can easily slip out of them
- Make sure the pool has two unblockable drains to prevent the child or a body part from getting stuck in the drain
- Fence in your pool

### ***Active summers can lead to healthy lifestyles***

A balance of indoor and outdoor activities can help children maintain a healthy weight during the summer months. *"Some research has shown that kids gain the most weight during summer vacation, so it's important that parents take an active role in providing opportunities for their children to be physically active,"* said Dr. Jason Mendoza, assistant professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. Children should have at least one hour of physical activity per day, the type of activities that raise their breathing and heart rate.

Outdoors activities can include swimming, biking and other outdoor play but remember to follow safety precautions, such as using sunscreen, drinking plenty of water and wearing proper safety

gear. Television, computer and other media usage should be kept to no more than two hours a day for children ages 2 and up. Instead, parents can read to younger children, encourage them to use their imagination by playing around the house, or engage them in arts and crafts activities.

For older children, parents can arrange summer camps through the school or YMCA and plan simple family activities like preparing meals together or taking evening walks together. Getting children involved in chores is another way to keep them active, said Mendoza.

### ***Exercise-induced asthma is manageable condition***

Gasping for breath during a workout may be more than just a sign that you're out of shape. It could also indicate a condition called exercise-induced asthma, according to an expert at Baylor College of Medicine. It occurs when someone has shortness of breath, gets winded easily, has wheezing and sometimes even a cough shortly after exercise begins, explained Dr. John Rogers, professor of family and community medicine at BCM.

The condition is manageable and people are still able to perform at a very high level athletically with proper treatment, he said. Treatment usually includes using an inhaler 20 to 30 minutes before exercise. The inhaler helps relax the smooth muscle and can last for up to four hours. There is not one exercise routine that is better for the condition than another. Rogers recommends those with the condition do other things to manage it such as staying away from cigarette smoke, staying indoors when pollen or other allergen counts are high if you have allergies and avoiding exercise when you have cold symptoms. Getting the flu shot each year is also recommended to help maintain healthy lung function.

### ***Food poisoning major concern during summer***

If this summer weather has you feeling wilted, imagine what it does to your food. An expert at Baylor College of Medicine advises taking extra precautions with food during the summer heat.

Roberta Anding a registered dietitian at BCM, advises following

*(Continued on Page 8)*

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## Health Briefs - (Continued from Page 6)

the "golden hour" rule for foods such as meat, mayonnaise, eggs and cheese. These foods can only stay in an environment above 90 degrees for an hour before they need to be thrown out. This rule also applied to baby formula.

*"Don't assume that you can leave something like a turkey sandwich in the car while you run to the mall for an hour. Don't run the risk of a food-borne illness,"* said Anding. In addition, be sure to wash all fruits and vegetables before cutting or eating. Use separate cutting boards for meats and veggies, and do not use a sponge to clean up drippings after working with raw meat - it only spreads the germs around.

### Other Food Safety Tips Include:

- Be sure to have a refrigerator thermometer and a meat thermometer to ensure that food is always at the right temperature.
- When reheating food, make sure it's not just lukewarm. The center of a piece of meat should be hot, ensuring that any potential bacteria that has grown is killed.
- Be cautious when going organic - make sure milk products are pasteurized to avoid food borne illnesses and bacteria.



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## WILL MY CHILD BE *READY* FOR ELEMENTARY SCHOOL?

*Submitted by: Brandi Muse*

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

"Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor,

social-emotional, creative and academic skills," said Brandi Muse, of Primrose School at Summerwood. "It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed."

- **Academics:** Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- **Technology:** In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.

- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.

- **Music and Art:** Young children naturally engage in "art," or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.

- **Social-Emotional Development:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.

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# The Village Gazette

## GOING 100 PERCENT ORGANIC NOT FEASIBLE?

*By Melanie Dragger, M.Comm.*

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated “Dirty Dozen” list of the 12 fruits and vegetables containing the most pesticides. Topping this year’s list? Apples. This begs the question, “Can eating an apple a day really keep the doctor away?”

The answer may lie in where you get your apples. Although the EWG’s ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization

(WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG’s list offers a good starting point for consumers.

According to the EWG’s 2011 report, which is based on its analysis of tests conducted by the U.S. Department of

Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the “Dirty Dozen”) consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- |                          |                            |
|--------------------------|----------------------------|
| 1. Apples                | 7. Grapes (imported)       |
| 2. Celery                | 8. Sweet bell peppers      |
| 3. Strawberries          | 9. Potatoes                |
| 4. Peaches               | 10. Blueberries (domestic) |
| 5. Spinach               | 11. Lettuce                |
| 6. Nectarines (imported) | 12. Kale/collard greens    |

*(Continued on Page 11)*



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community newsletters

# The Village Gazette

## Going 100 Percent Organic Not Feasible? - (Continued from Page 10)


Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

- |               |                          |                    |
|---------------|--------------------------|--------------------|
| 1. Onions     | 6. Sweet peas            | 11. Cabbage        |
| 2. Sweet Corn | 7. Mangoes               | 12. Watermelon     |
| 3. Pineapples | 8. Eggplant              | 13. Sweet potatoes |
| 4. Avocado    | 9. Cantaloupe (domestic) | 14. Grapefruit     |
| 5. Asparagus  | 10. Kiwi                 | 15. Mushrooms      |

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.






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## DROWNING ALERT!!!




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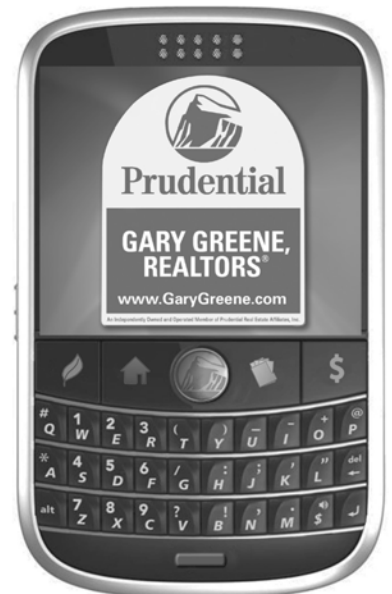
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