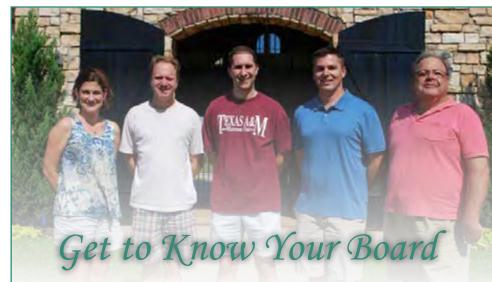


Volume 8, Issue 10 Village Creek Community Association

October 2011



The Village Creek HOA Board is working hard for you! The members have all volunteered their time and talents to help run our community. Take a brief moment to learn a little about each one.

President - Jeff Lev has lived in Village Creek for over four years and has been serving on the board for almost two years. Currently he works as an Engineering Manager for Business Notebooks at HP. He has 3 children, that all attend Willow Creek Elementary. He enjoys playing basketball, golf and spending time with his family.

Vice President - Thomas Brogan has served on the Board since July 2010. Tom loves meeting all his neighbors here in Village Creek where he has lived for four years and is a block captain for four streets. He and his wife of eleven years have four precious children and expecting a fifth in March 2012. Tom is employed as a Financial Advisor at Wells Fargo Advisors where he manages investments and retirement planning. He ran for the Board to serve the needs of the neighborhood as well as help promote a close knit community. Tom loves to help residents and is proud to call Village Creek home.

Secretary – Richard Moore is a native Houstonian who has been married to Theresa Moore, homemaker and partner, for almost 40 years. They are the parents of three beautiful daughters and blessed with seven grandchildren ages 18 months to 18 years. Richard's roles include Father, Trial Lawyer / Litigator, Civic and Community Activist. He is a member of various boards, committees, HOA associations and State affiliates throughout Texas. He is a resident of Village Creek for almost six years and is working to assist with community needs and improvements since July 2010.

(Continued on Page 3)

- Village Village Creek Fall Festival OCTOBER 15TH I0:00AM - 12:00 PM Come out and enjoy the fall weather with your neighbors! Fun for the Whole Family
 - * Crafts
 - * Games and prizes
 - * Pumpkin Patch
 - * Meet and greet your HOA Board of Directors

Volunteers needed for the Village Creek Fall Festival. Please contact social@ myvillagecreek.net

IMPORTANT NUMBERS

EMERGENCY NUMBERS or 911

CenterPoint-Gas Leak	
Constables Office	281-376-3472, www.cd4.hctx.net
Klein Fire Dept	
Poison Control Center	
Willowbrook Methodist	
EMERGENCY 24 HOUR	LINE
(select 'emergency' option)	

SCHOOLS

Tomball ISD	281-357-3100, www.tomballisd.net
Willow Creek Elem (K-4).	
Northpointe Int (5-6)	
Willow Wood Jr (7-8)	
e	

HOA MGMT

Chaparral Management Company	281-537-0957	
Kay Serventikserventi@chaparral	management.com	
Fax	281-537-0312	
6630 Cypresswood Drive, Suite 100, Spring, Texas		
Mailing: P.O. Box 681007: Houston, Te	exas 77268-1007	

SERVICES

CPS	713-626-5701
CenterPoint-Gas	
Dead Animal Pick up	
Domestic Violence	
FBI	
Harris County Animal Control	
Houston Chronicle	
Greater Houston Pool	
Municipal District Services (24 hrs)	
Reliant–Street lights	
www.centerpointenergy.com/outage	
Sex Offenderswww	v.familywatchdog.us
Comcast - Cable/High Speed Internet	
Waste Management	713-686-6666
Trash pickup Tues/Fri	
Recycling Fri (only newspapers/#1 & 2 pla	stics/aluminum cans)
Yard Storkkpuer	nte@garygreene.com

NEWSLETTER

Ed	itoi

Lana Brogan	newsletter@myvillagecreek.net	
(Deadline is the 10th of each month)		
Publisher - Peel, Inc		
Advertisingadvertising	@PEELinc.com, 888-687-6444	
RESIDENT BOARD MEMBERS		

NOT AVAILABLE ONLINE



Get to Know Your Board- (Continued from Page 6)

Treasurer - Sharon Gabbert moved into Village Creek in 2006 and plans to live here for a long time. She was born in New Orleans but raised in North West Houston then graduated from Texas A & M University. She and her husband have two children and love to spend time with family and friends. Sharon loves Village Creek because of its great families! She joined the Board as an interim member in January 2011 and then elected in August 2011. Her goal is to make a contribution and a difference for our community. For now she is a stay at home mom who also enjoys dedicating her time to helping the neighborhood. Although her roots are in Louisiana, her kids root for the Aggies!

Board Member - Ken McCoy was elected to the Village Creek HOA Board this past August. He and his wife Tracy have lived in Village Creek since 2004. They have two sons – Ty (age 2), Chase (age 1) and two beagles Sadie and Lexie. He is currently employed with GE Aero Energy as a manager of aftermarket projects. As a member of the board Ken wants to ensure that Village Creek is a preferred community for families to reside and ensure the HOA is working for the residents to always make it a better place to live.

> Left to Right: Sharon Gabbert, Thomas Brogan, Jeff Lev, Ken McCoy, and Richard Moore

Attention Village Creek:

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.

PARK HOURS

Village Creek parks close at dusk. No one is permitted in the park area after dark. Please call the Constable if you see or hear any activity at one of the community parks.







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October 4 is National Night Out

Celebrate America's Night Out against crime with your neighbors in Village Creek. National Night Out (NNO) has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in our fight for a safer nation. Communities all over Texas will display outdoor lighting to show support for their local law enforcement and commitment to keep our homes safe. In addition, many neighbors organize block parties, flashlight walks, contests, and visits from local police and sheriff

departments. Check out <u>www.natw.org</u> or call 1-800-Nite-Out to find out how you can be a part of NNO 2011!





Save the Date!

Cookies with Santa party will be Sunday, December 11, 4-6 at the front of the clubhouse. The social committee is considering adding a Christmas market to the Santa Party if there is enough interest. Please notify social@ myvillagecreek.net if you are interested in being a vendor.





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HEEL PAIN / FALLEN ARCHES

Do you suffer from heel pain? Do the first steps out of bed cause you to limp or walk on your toes? If so, there is no longer any reason to suffer. Treatment for painful heel spurs has greatly improved and become less invasive. Relief can usually be obtained after one treatment. So if heel pain is cramping your style, don't despair, our doctors can help!



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ADOPTION COALITION



MEET DENVER

Denver is 14 years old and is always smiling! He has a very sweet personality and is a friendly, polite young man. He makes friends easily and loves to have fun. Denver enjoys riding bikes, reading comic books, playing basketball and video games. He is a huge animal lover! Denver enjoys school and receives special education services. Denver needs a family to open their hearts and provide him with unconditional love.

To find out more about Denver, Please contact Stephanie Berka, Wendy's Wonderful

Kids Recruiter, at the Adoption Coalition of Texas, (512) 301-2825 or stephanieberka@ adopttexas.org. To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

www.adoptioncoalitiontx.org



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Dear Residents,

Chaparral Management company has noticed that many of our trees are still staked. We are asking for your support to remove the stakes that are no longer needed. Here are some helpful tips from www.Gardenguides.com.

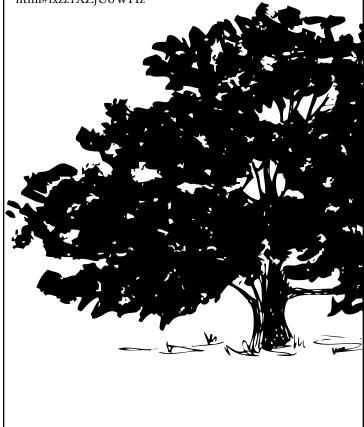
How to Remove Tree Stakes

When creating a beautiful wooded landscape, younger trees generally require stakes to keep them supported until they reach a height where they can safely stand on their own without being broken and damaged by wind and other effects of nature. As trees grow, removal of the surrounding tree stakes is required for the tree to be able to spread out and grow properly. Removing tree stakes can be done easily with a few tools.

Step 1: Measure the tree(s) using a measuring tape. If the tree has exceeded a height of at least 6 feet, or a circumference greater then 2 inches, then the tree stakes can be removed. Step 2: Remove the string or material that attaches the trees trunk to the tree stake. Step 3: Use a hammer to remove each tree stake. Hit the stake on each side, causing the stake to move in a back-and-forth motion. After a few hits with the hammer the stake should be loose enough to pull from the ground. Step 4: Lift the tree stake from its hole and fill in the hole using loose soil.

Reference

Read more: How to Remove Tree Stakes | Garden Guides http://www.gardenguides.com/124328-remove-tree-stakes. html#ixzz1XZjU6WHz



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HEALTH BRIEFS OCTOBER 2011

TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

VITAMIN C PROTECTS, MAINTAINS **HEALTHY BONE MASS**

Vitamin C plays an important role in maintaining bone mass promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the healthy bone equation but studies show that it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

SLEEPING PILLS NOT EASY ANSWER

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Overthe-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they have other side effects, including dry eyes and mouth. They may also cause an altered mental state,

and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

BEST BETS IN BEVERAGES FOR KIDS

When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.



Roofing

Faux Painting

Door Refinishing

Trash Removal

Window Installation

• Gutter Repair/Replacement

Ceiling Fan/Light Fixtures

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- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement

References Available • Fully Insured **NO PAYMENT UNTIL COMPLETION** bashanspainting@earthlink.net





• Selling Over 500 Homes A Year "Realtor Teams per Remax 9/2008. 3/2009

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SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Village Gazette.

E-mail your pictures to newsletter@myvillagecreek.net by the 9th of the month.

 $\star \star \star \star \star \star \star$

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BRITT'S BOOK BUZZ: THE HUNGER GAMES

Remember the compelling and cultfollowing TV show, Lost? To me, The Hunger Games is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while Lost was the result of a plane crash on a strange island where anything could happen, The Hunger Games is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game"

by Suzanne Collins

where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident

but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

Their experience at the Capitol and the whole tradition around the hunger games

is so intriguing and fascinating as are the people they encounter. However, it is the

way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on

the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

http://brittsbuzz.blogspot.com



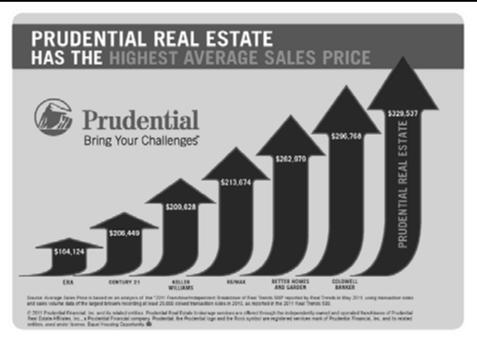
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