



The Village Gazette

Volume 8, Issue 11
Village Creek Community Association

November 2011

Lost Pets

Please help your neighbors reunite with their pets through the Village Creek Neighborhood Watch network! If you find a lost pet the fastest way to get them to their rightful owner is to notify your block captain so they can email the entire neighborhood. Leaving food out for strays and keeping a homeless animal will only prolong them being found and returned home. Be a good neighbor and help lost pets find their home. Lost and found pets can also be sent to the newsletter if you are not a part of your Neighborhood Watch group for your street.

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.

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.



The Village Gazette

IMPORTANT NUMBERS

EMERGENCY NUMBERS or 911

CenterPoint-Gas Leak713-659-3552
Constables Office281-376-3472, www.cd4.hctx.net
Klein Fire Dept.281-376-4449
Poison Control Center800-764-7661
Willowbrook Methodist281-477-1000
EMERGENCY 24 HOUR LINE281-537-0957
(select 'emergency' option)

SCHOOLS

Tomball ISD281-357-3100, www.tomballisd.net
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
Transportation.....281-357-3193

HOA MGMT

Chaparral Management Company281-537-0957
Kay Serventikserventi@chaparralmanagement.com
Fax281-537-0312
6630 Cypresswood Drive, Suite 100, Spring, Texas
Mailing: P.O. Box 681007: Houston, Texas 77268-1007

SERVICES

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CenterPoint-Gas.....713-659-2111
Dead Animal Pick up713-699-1113
Domestic Violence281-401-6250
FBI.....713-693-5000
Harris County Animal Control281-999-3191
Houston Chronicle713-220-7211
Greater Houston Pool713-771-7665
Municipal District Services (24 hrs)281-290-6500
Reliant-Street lights713-923-3213
.....www.centerpointenergy.com/outage
Sex Offenderswww.familywatchdog.us
Comcast - Cable/High Speed Internet.....713-341-1000
Waste Management.....713-686-6666
Trash pickup Tues/Fri
Recycling Fri (only newspapers/#1 & 2 plastics/aluminum cans)
Yard Storkkpunte@garygreene.com

NEWSLETTER

Editor
Lana Brogan.....newsletter@myvillagecreek.net
(Deadline is the 10th of each month)
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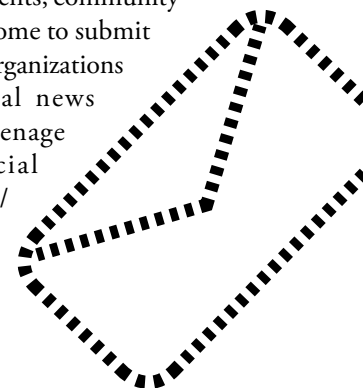
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Pool Card Infopoolcards@myvillagecreek.net
Social Committee.....social@myvillagecreek.net

NOT AVAILABLE
ONLINE



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.



Black Eye Pea Salsa/Salad

INGREDIENTS

- 2 cans Trappey's Black Eye Peas (drained and rinsed)
- 1/4 cup green bell pepper, chopped
- 1/2 cup pickled jalapenos, chopped.....can use 1/2 to whole fresh pepper if desired
- 2 fresh tomatoes, chopped
- 2 T fresh cilantro, chopped
- 4 green onions, chopped
- 2/3 cup Zesty Italian Dressing(HEB)

DIRECTIONS

- Let marinate overnight and then add 2 chopped avocados just before serving.
- Serve with Scoops as salsa or on a lettuce leaf as a salad.

Enjoy!

Village Creek Birthdays

Send your Birthday
announcements
to [newsletter@
myvillagecreek.com](mailto:newsletter@myvillagecreek.com)



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VILLAGE CREEK MARKET REPORT

CATEGORY	NO.	PRICE	PRICE/SQ FT	DAYS ON MKT
Active Listings	16	\$228,937	\$76.03	190
Pending Listings	6	\$191,650	\$75.30	115
Sold Since 7/1/11	8	\$219,787	\$73.46	145

Statistics are averages compiled from Houston Association of Realtors MLS, 10/6/11

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HEALTH BRIEFS - NOVEMBER 2011

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain



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- Window Installation
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ADOPTION COALITION Jaquevius (Nov 2003) & Ny'Asia (Aug 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or gracelindgren@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.



adoptioncoalitiontx.org

Market results for Village Creek and Surrounding Areas

Subdivision	Street	BR/Bth	SF	Lot Size	DOM	Sale Price	YB
Lakewood Oaks Estates	Pegasus Circle	4, 3/1	3,550	12610	18	323,000	1995
Village Creek	Berry Shoals Ln.	3, 2	2148	7286	45*	142,000	2003
Village Creek	Carriage Glen Dr.	4, 2/1	2961	6990	134*	173,500	2004
Village Creek	N. Gables Bend	4, 3	2634	7475	248	213,000	2004
Village Creek	Briar Harbor Drive	4, 3/1	3124	11809	40	232,000	2004
Village Creek	Ajuga Ct.	4, 3/1	3458	10411	8	244,900	2004
Village Creek	Mossy Woods Dr.	4, 3/1	3231	8748	14	282,500	2004
Villages of Northpointe	Oxenberg Manor Dr.	4, 3	2934	8490	8	162,400	2003
Villages of Northpointe	Autumn Briar Ln.	3, 2	2113	7113	97	155,000	2006
Villages of Northpointe	Dusty Rose Ln.	3, 2	2240	9039	36*	165,000	2003
Villages of Northpointe	Village Meadow Ct.	4, 3/1	3432	7897	223	200,000	2006
Villages of Northpointe	Arlington Meadows	3, 3	2530	8350	525	192,200	2010

Information is believed to be accurate but is not guaranteed. This is an opinion of value or a comparative market analysis and should not be considered an appraisal. Please note that before making any decisions that rely upon my work, I have not used the guidelines set by the Uniform Standards of Professional Appraisal Practices of the Appraisal Foundation. Each property is unique and this is a realtor's market analysis based on information provided by HAR. It should not be used to replace a professional appraisal of your property by a licensed appraiser.



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NOMINATE YOUR FAVORITE YARD FOR

Yard Of The Month

Do you know a neighbor who takes excellent care of their property or a neighbor who has added something new to their yard? Nominate them by emailing the address to newsletter@myvillagecreek.com. Please include a photo if possible.



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OPERATION CHRISTMAS CHILD

Epiphany Lutheran Church and School is giving thanks for the chance to play an important role in providing needy children with a simple gift this Christmas season. Last year was Epiphany's first time participating in Operation Christmas Child, a ministry devoted to providing needy children shoe boxes full of toys, hygiene items, school supplies, candy, etc. The congregation collected over 80 boxes to send overseas. "We were strongly moved by this particular ministry" commented one member.

The church members felt that the increased visibility of the new location this year made it a prime spot to become a "drop-off" location for OCC. This means that during "Collection Week" (Nov. 14th-21st) they will be accepting shoe box donations from the general public. «We are so excited to serve our community in this way. What a wonderful beginning to the Christmas season.» remarks Lauren Thom, an Epiphany Member and OCC volunteer.

*For more information about Operation Christmas Child
and where you can donate your items go to
<http://www.samaritanspurse.org/index.php/OCC/>.*



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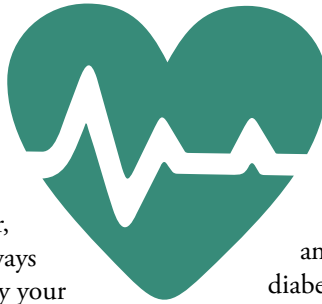
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Taking control of your Diabetes *Improving Self-Management*

By: *Concentra Urgent Care*

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death. Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- Monitor your blood sugar and take your prescribed medications: By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- Watch your diet carefully: By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietician or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.



- Lose weight: The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietician can help you find ways to eat the foods you like while reducing your intake of calories.

- Increase physical activity: A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.

- Sleep well and reduce stress: Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: www.diabetes.org



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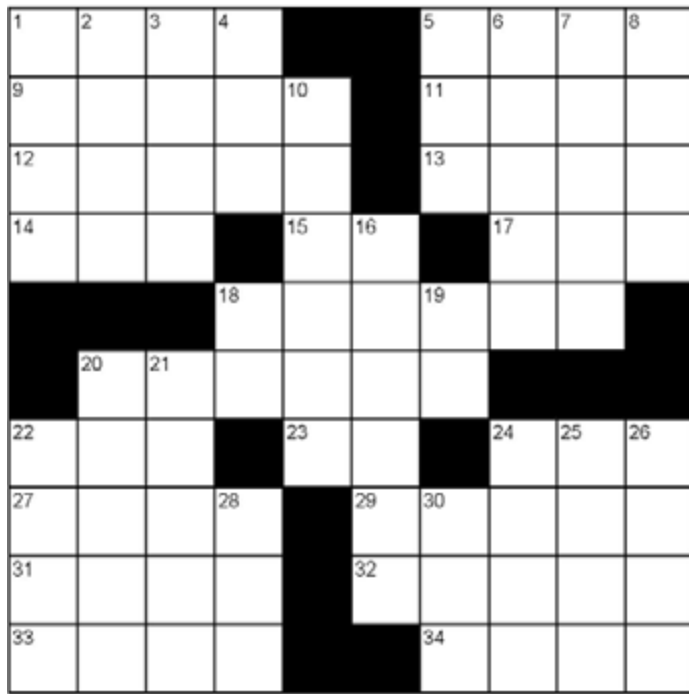


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ACROSS

1. Swiss-like cheese
5. Black
9. Confuse
11. Dog food brand
12. Flat
13. Sticky black substances
14. Mr.
15. Advertisement
17. No
18. Make better
20. Pre-Nissan
22. Electric spark
23. Miss lang
24. Tire
27. Saloons
29. Immense
31. Shine
32. Santa's helpers
33. Madam
34. Ribald

DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont ____
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
24. Skimp
25. Afresh
26. Posttraumatic stress disorder
28. Pigen
30. Unwell

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- Stone Forest
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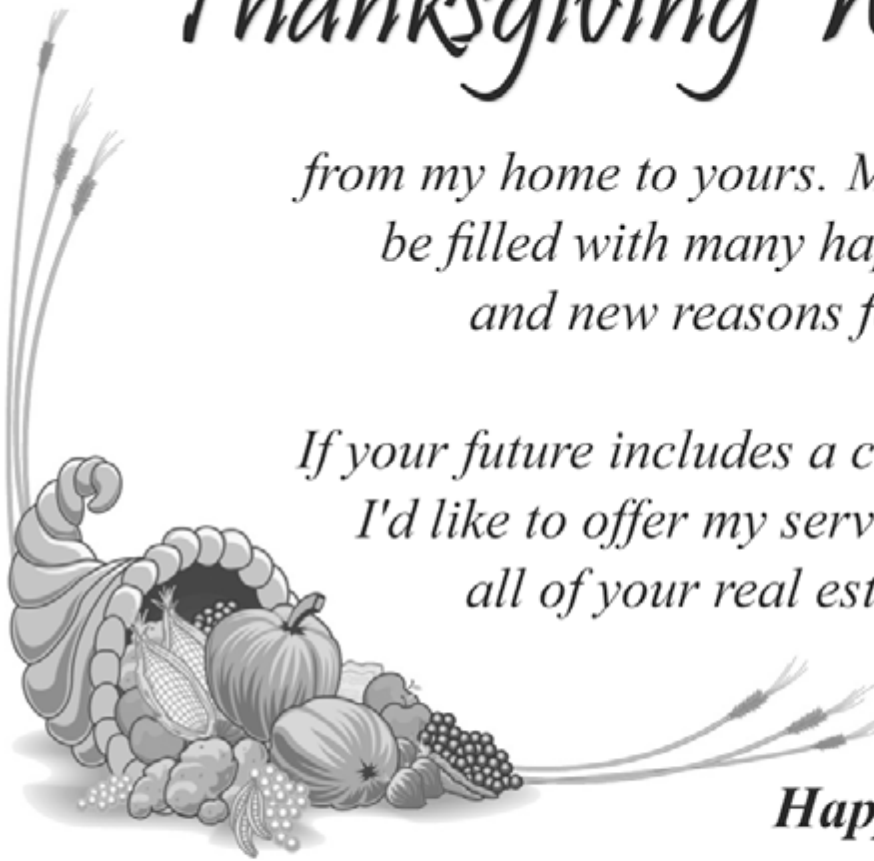
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