

Wortham Villages

Volume 11, Issue 10
Wortham Villages

November 2011

www.worthamweb.org

National Night Out!

Thank you for coming to meet your neighbors at the 2011 National Night Out celebration in early October.

Extra special thanks go to Rachel Gerhardt and her family, who “helped make this event happen”. Other thanks go to Peggy Lara, Monica Schreiber, David White and Evelyn Molnar and family, Paul Chisari, Mark and Jan Hutchinson, Shawn Lacagnina, Marie Thrasher, and Stan Schoen for all the very specific support they provided. A big thank you goes to the MUD for their support. Rick Anderson not only arranged for the pool to be manned and open but DJ'd for the evening as well. My apologies if I left off anyone else. As usual, we got great support from the Sheriff's department, K9 and the Cy Fair fire department and I hope you all enjoyed the Chick Fil A sandwiches (and prizes). The turnout numbers were slightly lower than last year but around the 400 mark; everyone agreed that this event was perfect for meeting your neighbors. In the newsletter I'll send out a special mention to area merchants (and neighbors) who contributed prizes, ice, water, cookies and other goodies to make this event fun.

The past few weeks, several neighbors in the Azalea Creek area, found items missing or moved to other yards. In talking to the deputies, it appears that most of this was part of the Junior/Senior activities going on in one area school. Please keep your perspective on such things, but do not fail to call the Sheriff if you are the victim of real vandalism.

Also over the past few weeks, there have been several reports of cars and garages being gone through once again. So please... Don't present an opportunity. Keep cars and garages locked and stay alert for anyone/thing that doesn't belong. Always call the Sheriff whenever you feel it necessary. We still have one of the safest neighborhoods in Houston. Most of these events are minor, yet still very concerning.

One other story I heard at the meeting is sort of sad. One of our neighbors recently lost a spouse and has had someone ringing her doorbell. Please mention to your children that seemingly harmless activities can really hurt someone.

*Be safe and have a great Thanksgiving this month.
Herman and Shawn*



(More Pictures on Page 5)

NEED TO USE *the baseball or soccer field in the detention pond?*

Need the pavilion for a party? Make a reservation so you can be sure it's available! The calendar is online at:

<http://my.calendars.net/worthamvillages>

Once you check to see if the date is available, send me an email at park@mayne.us and I'll get you on the calendar too!

Wortham Villages

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Jessica Lopez (Assistant).... jessica@crest-management.com, Ext. 627
Robin Motley (Accounting) Ext. 24
Fax number 281-579-7062

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Rebecca McShane rmcshane@worthamweb.org

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Wortham Villages

INCIDENT REPORT

September 2011

Incident Offense Total

911 Hang Up.....	5
Acc1/Unk/Maj Min	1
Accident Major	1
Alarm Local.....	11
Arson/Fire	2
Burglary/Habitat	3
Burglary/Motor Vehicle.....	1
Check Business.....	32
Check Park.....	145
Contract Check.....	35
Criminal Mischief	2
Discharge Firearm	1
Disturbance/Loud Noise	2
DOA.....	1
Domestic/Prevent.....	1
Follow Up	1
Information Call	1
Meet the Citizen	11
MUD Building Check	32
Parking Lot Check	1
Solicitors	1
Subject Stop	1
Susp Person	9
Theft/Other.....	1
Traffic Stop.....	37
Vacation Watch	26
Vehicle Suspicious	6

SUDOKU

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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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National Night Out!

National Night Out Photos - (Continued from Cover Page)



Wortham Villages



Project Prom 2012



GENERAL MEETINGS

Aug. 29th
Sept. 26th
Oct. 24th

Cy-Fair Cafeteria – 7pm

Come see what it's all about
& how YOU can keep your
Senior safe on Prom Night!

PROJECT PROM
April 27th 2012
Dave 'n Busters

UPCOMING EVENTS

Casino Night

>Oct. 30th

Christmas Wreaths

>Aug. 29th – Oct 25th

Homecoming Mums

>Sept. 14th

Texan Football

Concessions

>TBD

Denim & Diamonds

>TBD

Golf Tournament

>TBD



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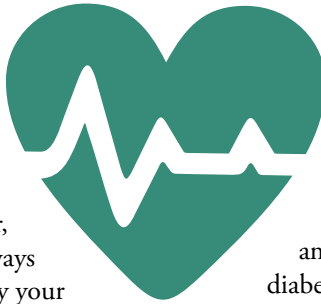
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Taking control of your Diabetes *Improving Self-Management*

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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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 effects 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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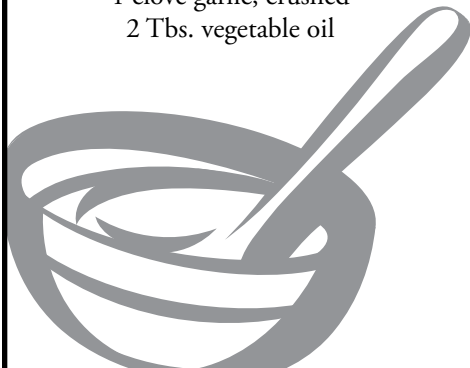


Wortham Villages

Recipe of the Month Chicken Enchilada Soup

SAUTE IN LARGE PAN:

- 1 small onion, chopped
- 1 clove garlic, crushed
- 2 Tbs. vegetable oil



ADD & SIMMER 1 HOUR:

- 1 - 4 oz. can chopped chilis, undrained
- 1 - 14 1/2 oz. can beef broth
- 1 - 14 1/2 oz. can chicken broth
- 1 - 10 3/4 oz. cream chicken soup
- 1 - 6 3/4 oz. can chicken
- 1 1/2 cup water
- 1 Tbs. steak sauce
- 2 tsp. Worcestershire sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/8 tsp. pepper

THEN ADD & SIMMER FOR 10 MORE MINUTES:

- 3 cups shredded cheese
- paprika
- 6 corn tortillas, cut in 1/2" strips

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