

# Wortham Villages

Volume 12, Issue 1  
Wortham Villages

January 2012

[www.worthamweb.org](http://www.worthamweb.org)

## MUD 222 CORNER

Neighborhood Graffiti. Harris County offers this "free" program (see form elsewhere in the newsletter) and the MUD has been aware of it but we would never asked them to paint over our graffiti and hopefully, our neighbors will not either. The Harris County program offers to paint over the graffiti using gray paint of their choosing. I doubt a homeowner would want this done to their own house, likewise, the MUD and the HOA carefully choose matching colors or have the graffiti removed with power washing/sandblasting - usually the next day after it is reported to us. More expensive but well worth it to keep our neighborhood clear of ugly gray squares and rectangles. Imagine how much more it will cost us to remove the gray paint also.

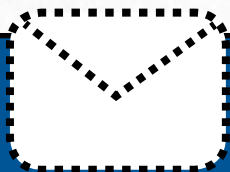
To clarify, requests should only be made for their own private property, anyone seeing graffiti on public property should notify the HOA. (The HOA will forward any MUD property vandalism to us and we will take care of it right away.) This especially includes the stone fences on Eldridge or Wortham Blvd, sidewalks, benches, playground equipment, etc.

*Happy New Year!*

## Go Green Go Paperless

Sign up to receive the Wortham Villages Newsletter in your inbox.

Visit [PEELinc.com](http://PEELinc.com) for details.



## Neighborhood Watch Corner

*Block Captain meeting in clubhouse,  
7-7:30pm, Tuesday January 31.*

### WATCH HARRIS COUNTY

Did you know that the Harris County Sheriff's Department has a FREE app that you can download to your smart phone?? It is called "iWatch Harris County". This free application allows you to *immediately* turn in crime tips to the Sheriff's department using your mobile phone. You can send non-emergency tips via text messaging, anonymous email, or a completed form with attached photos or video. It also has a 911 button.

Armed with this immediate access, the excuses for not reporting are gone. There is no more "remembering to call" when you get home. You can take a picture and send it to them immediately! See something that isn't right... call, text, or email now. Please do not assume that someone else has reported it.

When in doubt, always call the Sheriff's department. Not sure if it is an emergency? Call 911. In our opinion, it is better to error on the side of doing too much rather than not enough. After you have reported it to the Sheriff, please drop your block captain, Herman, or me a note so we can stay on top of it as well.

*Wish you a safe New Year!!*

*Herman and Shawn*

## 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](mailto:park@mayne.us) and I'll get you on the calendar too!

# Wortham Villages

## IMPORTANT NUMBERS

### MANAGEMENT

Crest Management ..... 281-579-0761  
Kristi Buenger (Manager).... kristi@crest-management.com, Ext 617  
Jessica Lopez (Assistant).... jessica@crest-management.com, Ext. 627  
Robin Motley (Accounting) ..... Ext. 24  
Fax number ..... 281-579-7062

### BOARD MEMBERS

Stan Schoen ..... sschoen@worthamweb.org  
Jonathan Armstrong ..... jarmstong@worthamweb.org  
Steve Carter ..... scarter@worthamweb.org  
Rick Anderson ..... randerson@worthamweb.org  
Rebecca McShane ..... rmcshane@worthamweb.org

### COMMITTEE CHAIRPERSONS

Architectural Control - Crest Management ..... 281-579-0761  
Clubhouse - Linda Carter..... 281-894-5821  
fourlcs@comcast.net  
Directory - Mindy Armstrong ..... 281-970-2187  
Info. Signs -  
Meredith Miller ..... mam10411@yahoo.com, 281-469-3967  
Angie Haine ..... angiehaine@yahoo.com, 281-890-0186  
Park Committee - Martin Maynemartin@mayne.us, 281-955-2240  
Recreational Facilities Committee - Rick Anderson, 281-890-4878  
Sports Fields Reservations - Myra Edwards.....  
Social - Rebecca Shane..... 281-890-730  
Tennis Committee - Dorota Jankovsky..... 281-955-9626  
Neighborhood Watch Committee Co Chairs  
Shawn Lacagnina, shawnlacagnina@gmail.com, 281-235-5830  
Herman de Hoop, hdehoop@worthamweb.org, 281-546-1493

### EMERGENCY NUMBERS

Life Threatening Emergency ..... 911  
Fire ..... 911  
Sheriff's Department..... 911  
Poison Control..... 281-654-1701

### NON-EMERGENCY NUMBERS

Ambulance ..... 713-466-4073  
Cy-Fair Med. Clinic (24 hr)..... 281-890-5285  
Sheriff's Department..... 713-221-6000  
Harris County Health Dept..... 713-440-4800 or 3036  
Animal Control ..... 281-999-3191  
FBI ..... 713-693-5000  
UTILITIES: Electricity - HL&P ..... 713-207-7777  
Gas - Entex..... 713-659-2111  
WATER & SEWER - MUD 222 (Municipal Operations)  
Service & Billing..... 281-367-5511  
Telephone - Southwestern Bell ..... 713-237-6202  
Cable TV - Comcast..... 713-341-1000  
Street Lights ..... 713-207-2222  
Garbage & Recycling (Republic Waste) ..... 281-446-2030

NOTE: If you have complaints about garbage service, after you call Republic Waste please notify Municipal Operations of your complaint.

U.S. POST OFFICE - FAIRBANKS STATION

7050 Brook Hollow West ..... 713-937-9108

## NEWSLETTER INFO

### NEWSLETTER PUBLISHER

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# Wortham Villages

## Cy-Fair Project Prom Cow Plop

THURSDAY, DECEMBER 15, 2011

4:00 PM – 6:00PM

CY-FAIR RODEO ASSOCIATION EXHIBIT HALL  
11206 TELGE ROAD

Tickets are \$10 each. Field is plotted for 800 squares.

Winner of the "Plopped Square" wins \$1,000 AMX  
or Visa gift card.

Four surrounding squares each win \$100 AMX or Visa gift card.

Winners need not be present to win.

For more information or to buy tickets, call Maribel Villarreal  
(832) 443-7203 or Donna Powers at (281) 373-3314.

[www.cyfairprojectprom.org](http://www.cyfairprojectprom.org)

Official Rules: Field is plotted for 800 squares and will be marked  
off in a grid formation prior to the event. Each numbered ticket will  
be assigned a random square prior to the event and the squares will  
be hypothetically marked with a number. A map of squares will be  
posted at the event and on the Project Prom website prior to the  
event. If cow's plop covers more than one square, the square with  
the most plop wins.

The official judge will determine the winning square and their  
decision is final. If cow does not plop by 5:45 pm, winner will be  
determined by drawing.

## PROJECT PROM NEEDS YOU!!

Come see what it's all about and how you can help. Mark your  
calendars for the following general Meetings held on the 4th Monday  
of each month:

**All General Meetings 7:00 pm Cy Fair Cafeteria (4th Monday  
of each month)**

- Nov. 28, 2011
- Jan 23, 2012
- Feb 27, 2012
- March 26, 2012
- April 23, 2012
- **Prom** - April 27, 2012
- **Project Prom** - April 27-28 - Dave & Busters
- **Graduation** - June 2, 2012 - 7:30pm



Meetings begin at 7pm and are held in the Cy-Fair High School  
Cafeteria!

Come see how you can earn points for your son/daughter while  
learning about all the opportunities to help make Project prom  
2012 a huge success

Make sure you check for updates on the Cy-Fair Project Prom  
2012 Facebook page and [www.cyfairprojectprom.org](http://www.cyfairprojectprom.org)



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# Wortham Villages

## RECIPE OF THE MONTH

### EARTHQUAKE CAKE

- 1 cup coconut
- 1 cup chopped pecans
- 1 - 2 layer pkg. German chocolate cake mix
- 8 ounces cream cheese, softened
- 1/2 cup melted oleo
- 1 - 1lb. pkg. confectioners sugar

Sprinkle coconut and pecans in greased and floured 8 x 14" cake pan. Prepare cake mix using package directions. Pour into pan. Beat cream cheese and oleo in mixing bowl. Add confectioners sugar; mix well. Pour over batter. Bake at 350° for 45 minutes or until cake tests done. Yield 15 servings.



CALLING ALL PARENTS!

PROJECT PROM NEEDS YOU!

PLEASE MARK YOUR CALENDAR WITH THE DATES BELOW FOR UPCOMING MEETINGS:

December 12, 2011

January 23, 2012

February 27, 2012

March 26, 2012

April 29, 2012

7pm Cy-Fair High School Cafeteria

[www.cyfairprojectprom.com](http://www.cyfairprojectprom.com)

## Wortham Articles

Please submit your articles, neighborhood news items, birthday announcements by the 12th of the month to get for the next month's newsletter.

Email to [Hdehoop@worthamweb.org](mailto:Hdehoop@worthamweb.org)

**Rachael's**



THANKS FOR  
ALL OF YOUR  
BUSINESS IN 2011.

*Happy  
New Year!*

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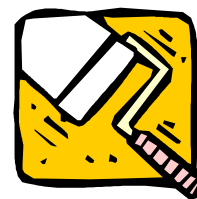
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**Open House**

Feb. 1, 2012  
9 am - 2 pm  
6 - 8 pm

## Thank you Deputies!!!

Both of our contract deputies, M. Hablzel and N. Hoschar, are moving to other areas in the county beginning the first of January. We wish them the best in their new positions and will miss their good cheer and experience in our area. If you see them in December, please stop and thank them for their good service to our neighborhood. Under new Sheriff Department rules, contract jobs are now up for internal bid every two years.

Our new contract deputies are P. Boyd and J. Sauer. Welcome to the Wortham neighborhood.

Herman and Shawn

## REMEMBER PLEASE:

Leash laws require all dogs to be on a leash when off the owner's premises.



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## INCIDENT REPORT

*November 2011*

Incident	Offense Total
Alarm Local.....	12
Animal/Aggressive .....	1
Arson/Fire .....	1
Assault.....	1
Burglary/Habitat .....	2
Check Business.....	30
Check Park.....	134
Contract Check.....	28
Criminal Mischief .....	1
Dist/Other .....	2
Domestic/Prevent.....	1
Follow Up .....	1
Meet the Citizen .....	11
Meet the Officer.....	1
MUD Building Check .....	27
Parking Lot Check .....	1
Solicitors .....	1
Susp Person .....	5
Traffic Stop.....	30
Vacation Watch .....	4
Vehicle Suspicious .....	5



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# Wortham Villages

## TOP TEN TIPS

### FOR PROTECTING YOUR ENAMEL FROM EROSION

The outer coating of enamel on your teeth may be the hardest substance in your body, but if it erodes, there's no way to get it back. Follow these top ten tips for keeping your enamel — which will help you keep your teeth! Enamel, the outer coating on your teeth, is the hardest substance in your body. But while it's tougher than bones, **enamel has a key weakness: it lacks the ability to regenerate itself** as bones do. If you break a bone, it can grow back together. If your enamel wears away, it's gone and you can't get it back. Since enamel defends your teeth against cavities, **it's extremely important to take care of this protective layer.**

Enamel erosion can occur for a variety of reasons, and the **three major categories are diet, health issues and physical wear and tear.** Many people are unaware of the effect diet has on enamel. Acid sources like carbonated drinks and citrus drinks,

when consumed with regularity, can have a serious effect on your enamel. Health issues including dry mouth, acid reflux disease, gastrointestinal problems and bulimia can also lead to enamel erosion. Wear and tear includes friction from your teeth rubbing against each other, fractures due to stress on the teeth, and damage from outside sources, such as brushing your teeth too vigorously or chewing on hard objects.

*Following are our top ten tips for holding on to your enamel.*

#### WATCH YOUR DIET:

- **1** - Drink fewer carbonated drinks like soda pop and citrus drinks like grapefruit juice, or eliminate them altogether.
- **2** - If you do occasionally indulge in these types of beverages, drink them through a straw, so the liquid goes straight to the back of your mouth instead of surrounding your teeth.
- **3** - Rinse your mouth with water after eating or drinking.

- **4** - Chew sugar-free gum to increase saliva, which helps clean your teeth.

#### ADDRESS HEALTH ISSUES:

- **5** - If you experience dry mouth, let us know; your dentist can help you with this condition.
- **6** - If you suffer from acid reflux, gastrointestinal problems, or bulimia, talk to your family doctor to address the issue; each of these conditions affects more than just your teeth.

#### BE GENTLE WITH YOUR TEETH:

- **7** - Always avoid biting pens and other hard objects, and use your teeth for chewing food only — not as tools to open containers.
- **8** - If you are a habitual tooth-grinder, your dentist can help you address the habit.

#### STAY ON TOP OF ORAL HYGIENE:

- **9** - Brush with fluoride toothpaste to strengthen your teeth.
- **10** - Keep up with your regular oral care, including brushing and flossing daily and getting professional cleanings every six months.

*Submitted by Dr. Flury*



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## Yoga for Weight Loss?

We've all heard the formula for weight loss. Just "burn more calories than you take in." But if weight loss is so simple, how come so many of us have a hard time with it? If we all know what to do, how come we're not doing it? There are many factors to weight loss, and there's a big gap between knowledge and action. It's a lot more than calories in, calories out. In between the "I know what I should be doing," and "how come I'm not doing that?" is a pause (and sometimes frustration). This 'pause' is where yoga can help.

Being aware of your actions - what you're eating, when you're eating it and why, are keys to weight loss success. Tuning in to your inner voice and actually hearing your body's signals is difficult. Diets fail a great deal of the time. What if you were able to smooth out your brain waves, so that you could notice the moment of choice? Yoga for weight loss? Maybe you've thought in the past that only heavy-duty cardio would do the trick, and the pounds would magically melt away. But if you are successful at this heavy-duty huffing and puffing, how come the pounds come back, and the change

isn't permanent? It may surprise you to know that a recent study at the Fred Hutchison Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. (Excerpts from Natural Health, "The New Weight-Loss Math," by Hillari Dowdle). Yoga practitioners were found to be "more aware of what they were eating and better able to stop when they were full," characteristics that the study attributes to mindfulness.

In yoga, postures are practiced slowly, which is counter-intuitive to what the mind wants. We want to burn calories, and lose weight this instant, so we think we have to move fast. But, by practicing the postures slowly, we allow our minds to catch up with our bodies. We use the breath to actually feel what our muscles are doing. And this introspection, this reflection, will bring about an awareness. An awareness of choice. "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," explains Ashley Turner, M.A. "You get to ask

yourself, 'Do I really want to eat more?' Most of us never even encounter that moment," she adds. Yoga can help you develop that awareness. And, it can also help you remove toxins from your body. New studies indicate that toxins in the body suppress thyroid function, slowing metabolism. "Scientists now believe that the obesity epidemic is going hand in hand with an increase in environmental toxins," says Gaetano Morello, N.D. from British Columbia. And fasting only slows your metabolism and causes more toxins to be released from your fat stores. Yoga can help remove these toxins.

You will get more benefits from yoga than you could ever imagine. And over time, it gets easier and more fun. No, it will not be a quick "fix" overnight. But what if you could develop the awareness to be more mindful of what you were eating, and better able to stop when you were full? These are all characteristics of mindfulness, which is practiced in every yoga class.

*Hope to see you in class soon!*

*Submitted by Melinda Jennings*

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Hardie Siding?**

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- 15 lb. or 30 lb felt?
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# Wortham Villages

## A Focus on Resolutions - Resolve to Be a Better You

*Submitted by Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use.

***Your healthy eating plan should include:***

- Taking into account foods you like & dislike

- Focus on fresh fruits, vegetables, & whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

For more information on weight management and improving nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at [www.win.niddk.nih.gov/publications/for\\_life.htm](http://www.win.niddk.nih.gov/publications/for_life.htm).

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood

and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-min. miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>.



**MARGO HORTON**

*Wortham Resident*

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*& Listing Leader*



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# Wortham Villages

## Neighborhood Watch Committee Block Captains

Apple Forest	Position Open	
Aspen Bough	Bruckner, Eric & Marie	281-890-8667
Azalea Creek	David White & Evelyn Molnar	713-253-9281
Birch Falls	Carter, Linda	281-894-5821
Brook Mill	Young, Deanna	281-890-0598
Carriage Lake	Boushley, Connie	281-890-3499
Carriage Lake	Meinecke, Betty-J.	281-890-4329
Chestnut Woods	Hutchinson, Mark & Jan	281-894-8410
Chestnut Woods	Claiborne, Ed & Pam	281-469-7646
Dawn Point & Elm Bough	Ramos, Angelina	281-970-8545
Dogwood Blossom	Sanchez, Brice	281-894-0890
Dogwood Blossom	Johnson, Jean & Lonnie	281-300-8282
Dogwood Blossom	Lacagnina, Shawn & Kim	281-970-7604
Elm Bridge Court	Henkhaus, Kim	281-469-7105
Fern Vale	Lawrence, Jermy & Amy	713-859-2785
Harvest Dale	Welch, Terri	281-890-4061
Harvest Dale	Franklin, Vernetta	281-807-3834
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Hillside Glen (North)	Bell, Tom & Sharon	281-890-7606
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Lark Brook	Lara, Peggy	281-970-4052
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Magnolia Leaf	Canterbury, Eloise	281-894-8424
Orchard Hollow & Town Elm	Dineen, Mike	281-894-6256
Orchard Hollow	Tolbert, Toney & Shirley	281-894-0085
Plum Vale	Kelley, Dale	281-469-1371
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Tulip Garden	Jones, David & Jill	281-955-8972
Tulip Garden	Chisari, Paul	281-894-7053
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Wortham Blvd.	NEED BLOCK CAPTAIN	281-517-0191
Wortham Blvd.	Culp, Susan	281-300-2411

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## GRAFFITI ABATEMENT CONSENT

9111 Eastex Fwy. #300, Houston, TX 77093

Phone: 713-759-9454 Fax: 713-759-9726

Email: [Graffiti@sheriff.hctx.net](mailto:Graffiti@sheriff.hctx.net)

Website: [www.hctx.net/Graffiti.aspx](http://www.hctx.net/Graffiti.aspx)

Business Name: \_\_\_\_\_

Property Owner/Agent Name: \_\_\_\_\_

*(Please print legibly)*

Property Address: \_\_\_\_\_

I, the undersigned owner or authorized agent of the property identified above, hereby consent to entry upon this property for the abatement of graffiti. I understand that the paint used to abate the graffiti will not be matched to the color of the vandalized surface. **I hereby release and hold harmless Harris County, the Harris County Sheriff's Office, the graffiti abatement crew, and the officers, agents, volunteers and employees of each of these organizations from all claims of any liability, claims, demands, causes of actions, or obligations of any character, type or description whatsoever, even if arising from the negligence of any of the persons released above, arising out of or relating to the graffiti abatement program and/or entry upon my property for the purpose of or in relation to abating graffiti.** I understand that this consent shall remain in effect unless and until written revocation is received by the Harris Sheriff Sheriff's Office.

Owner/Agent Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

### Special Instructions:

Do you want to be present during abatement? ☐ YES ☐ NO

Do you need to be contacted for scheduling the abatement crew's work on your property? ☐ YES ☐ NO

(NOTE: The abatement crew must be able to freely access the property)

What surface needs to be painted? ☐ wall ☐ fence ☐ dumpster ☐ sign ☐ other: \_\_\_\_\_

Do you want to supply the paint to be used or do you want the abatement crew to use gray indoor/outdoor latex paint which is supplied free of charge. ☐ Owner/Agent to provide paint ☐ Crew may use HCSO paint

Special instructions: \_\_\_\_\_

Please return completed form to the Harris County Sheriff's Office. Thank you. (Revised: 02/11)

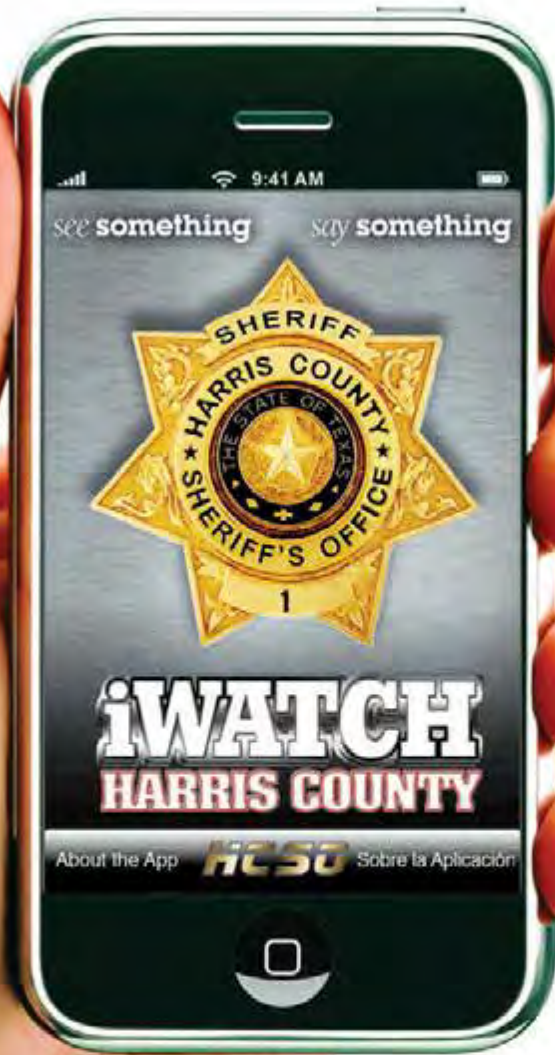
Handled by: \_\_\_\_\_ Entered by: \_\_\_\_\_

HCAD # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

SO CASE #: \_\_\_\_\_

# iWatch Harris County. Do You?

*Send Crime Tips from the Web or Your Mobile Phone. Anywhere, Anytime. Anonymously.*



iWatchHarrisCounty applications are available for a wide range of smartphones, visit [iWatchHarrisCounty.com](http://iWatchHarrisCounty.com).



## What is iWatchHarrisCounty?

iWatchHarrisCounty is a mobile crime watch tool that you and your neighbors can use to report suspicious or criminal activity. It's a proactive, hands-on, partnership between you, the citizens of Harris County, and the Harris County Sheriff's Office (HCSO).

## Why should I report these behaviors and activities?

You are the eyes and ears of your community. Your awareness of suspicious behaviors and activities and reporting it to the police can help solve crimes or prevent crimes.

## What should I report?

**Give as many details as possible, for example:**

- ✓ Time of day
- ✓ Where it happened
- ✓ What you witnessed
- ✓ A description of individual(s) involved
- ✓ Was there a vehicle?
- Color and license plate number?
- ✓ Have you seen this activity before?

## There are four ways to report:

- ✓ Report online at [iWatchHarrisCounty.com](http://iWatchHarrisCounty.com)
- ✓ Text a tip to 1-855-HCSO-iWatch (1-855-427-6492)
- ✓ Use the downloadable app found on [iWatchHarrisCounty.com](http://iWatchHarrisCounty.com)
- ✓ Call 1-855-HCSO-iWatch (1-855-427-6492)

**If you have an emergency and need the police immediately do not use iWatchHarrisCounty, call 911.**

**If you see something, say something.**

*A simple observation, a single report can help solve or prevent a crime.*

*If one person can make a difference, consider what an entire community can do.*

**I Watch Harris County. Do You?**

*Adrian Garcia, Sheriff*

# **iWatchHarrisCounty.com**

**see something say something**

Harris County Sheriff's Office ~ 1200 Baker St., Houston, TX 77002  
Suspicious Activity Reporting ~ 1-855-HCSO-iWatch (1-855-427-6492)





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