

Volume 9, Issue 5
Village Creek Community Association

May 2012

Landscape Corner

Last year's drought reminded us the importance of good irrigation. Texas lost between 2% and 10% of its trees and other plants (according to the Texas Forest Service). Nothing provides better irrigation than rain, but sometimes, nature needs a little help. This month we are providing some information that may help us avoid losing valuable landscaping in the future.

How do I know if my lawn needs water?

Do the "footprint" test: Walk across your lawn, then turn around and look for your footprints. If you can see them, your lawn is stressed and needs water. If you can't see them, if the grass springs back up quickly, then your lawn does not need additional water.

Dig a hole and feel the soil to see if it is moist. This is the most accurate method. Use a spade, shovel, trowel or other soil probe. Dig at least four to six inches deep. If there is any moisture at all in the sample, your lawn does not need water. (landscapetexas.org/irrigation.html)

According to the Texas Water Development Board (TWDB), as much as half of our outdoor use of water in the warmer months is wasted because of poor watering practices. This is from the article noted in item #4 below.

How much water does my lawn need?

According to the referenced article below (which has lots more water information), "In the Houston area, experts recommend watering every five days to apply .75 to 1 inch of water (subtracting any rainfall) during summer months. This amount will wet the soil to a depth of 4-6 inches." http://www.nhcrwa.com/conservation/simple-tips.html

Landscape Committee Note: Setting most controllers for every five days will probably not be possible. Controllers generally can be set

(Continued on Page 7)



Property Maintenance Checklist

Preferred Management Services noticed a few annual maintenance items that each owner should check on their property. Taking a few minutes to address these items may keep you from receiving a deed restriction letter.

☑ **DEAD TREES** – Each property owner is responsible for maintaining and replacing any dead or diseased trees. If you have any questions or need to remove/replace any trees on your property please contact Preferred Management Services at 281-897-8808.

☑ FADED PAINT – Please take a moment to check your house and garage door(s) for any areas that need attention. Faded garage doors will need to be cleaned and repainted with the same color. If you do not have the paint brand and color information that was used on your home, please submit a sample for review by the ACC. Home Improvement Forms are available on the website or you may contact Preferred Management Services with any questions or to obtain a form. Homeowners who have built in address plates might also want to check the black paint for necessary touch ups to faded paint.

▼ TREE CANOPIES – With Spring coming early this year, the trees have had some extra time to grow. Please check the trees that line your property (including sidewalks and driveways) for tree canopies that need to be trimmed. A typical height is 7ft. That usually allows enough clearance for people, bike riders, cars, etc.

▼ TREE STAKES – Some homeowners have trees that are leaning and need to be staked for vertical growth. Others may want to remove any unused tree stakes that are no longer attached or needed.

Finally, Preferred Management Services is tasked with sending out deed restriction letters every month. When we can, we like to share the good things we see, too. We would like to thank the many homeowners who have taken the time this Spring to beautify their yards. So many homeowners had yards that were beautiful just in time for Spring. Looking at all the lovely flowers and pristine lawns made the March inspection of the community a joy. The landscape committee is going to have a tough time selecting just one yard for Yard of the Month.

IMPORTANT NUMBERS

EMERGENCY NUMBERS or 911	
CenterPoint-Gas Leak	713 650 3552
Constables Office281-376-3472	1/1
Klein Fire Dept.	281-3/6-4449
Poison Control Center	
Willowbrook Methodist	281-477-1000
EMERGENCY 24 HOUR LINE	281-537-0957
(select 'emergency' option)	
SCHOOLS	
	1 11: 1
Tomball ISD281-357-3100, v	www.tomballisd.net
Willow Creek Elem (K-4)	
Northpointe Int (5-6)	281-357-3020
Willow Wood Jr (7-8)	
Tomball High (9-12)	281-357-3220
Tomball Memorial High School	281-357-3230
Transportation	
HOA MGMT	
	201 007 0000
Preferred Management	281-89/-8808
Patti Tine patti	
Fax	
Mailing: P.O. Box 690269 Housto	
Village Creek Community Associat	tion Website:
www.preferredmgt.com/villagecree	
SERVICES	
CPS	
CenterPoint-Gas	
Dead Animal Pick up	713-699-1113
Domestic Violence	281-401-6250
FBI	713-693-5000
Harris County Animal Control	
Houston Chronicle	713-220-7211
Greater Houston Pool	
Lost Petshttp://www.preferredmgt.com/vil	lagecreek/home asp
Municipal District Services (24 hrs)	281-290-6500
Reliant–Street lights	712 022 2212
www.centerpoin	
Sex Offenders www.centerpoin	c 1 1 1
Sex Offenderswww	ramilywatchdog.us
Comcast - Cable/High Speed Internet	/13-341-1000
Republic Waste	/13-849-0400
Trash pickup Tues/Fri	
Recycling Fri (only newspapers/#1 & 2 plas	
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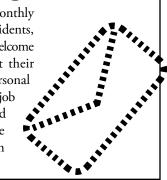
Republican Candidate Meet & Greet at VC

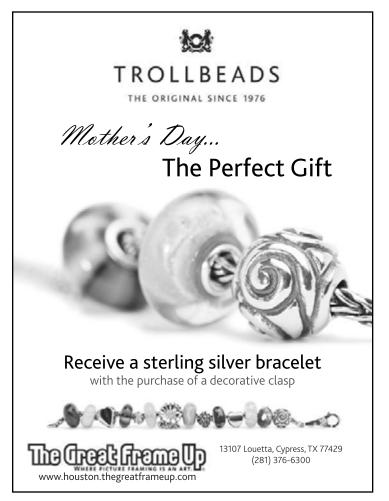
The primary election is quickly approaching! Come out and meet candidates running for your local government right in your own backyard.

Learn about candidates and what goes on with your tax dollars on Sunday, May 6, from 1 to 4pm at the Village Creek Park (next to the pool). This event is free and open to the whole family with hot dogs, drinks, and games for everyone.

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.





Websitewww.preferredmgt.com/villagecreek

2012 POOL HOURS OF OPERATION

MAY 26TH THROUGH MAY 30TH

Mondays through Fridays Closed

Saturdays & Sundays 10:00 AM - 8:00 PM

Exceptions: Monday, May 28th (Memorial Day) 10:00 AM – 8:00 PM

MAY 31ST THROUGH AUGUST 26TH

Mondays Closed

Tuesdays through Sundays 10:00 AM - 8:00 PM

AUGUST 27TH THROUGH SEPTEMBER 3RD

Mondays through Fridays Closed

Saturdays & Sundays 10:00 AM - 8:00 PM

Exceptions: Monday, September 3rd (Labor Day) 10:00 AM – 8:00 PM **Guest Policy - two guests per household and guests must register with the lifeguards.

POOL PARTY REQUESTS

If you would like to schedule an after hours pool party please go to www.haveapoolparty.com or call 713-771-7665.

SWIM LESSONS

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VILLAGE CREEK MARKET REPORT

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Pending Listings	4	\$268,725	\$77,26	88
Sold Since 1/1/12	5	\$221,042	\$72.83	41

Statistics are averages compiled from Houston Association of Realtors MLS, 4/6/12

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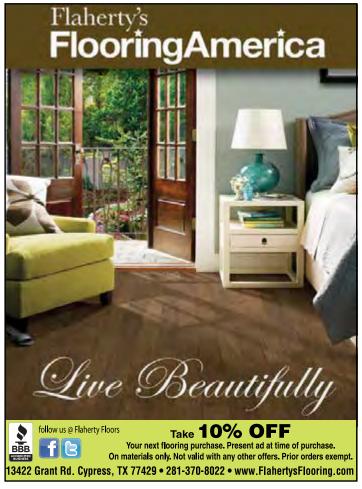
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- Roofing
- · Gutter Repair/Replacement
- Faux Painting
- · Door Refinishing
- · Window Installation
- · Trash Removal
- · Ceiling Fan/Light Fixtures

References Available • Fully Insured NO PAYMENT UNTIL COMPLETION

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A FOCUS ON PHYSICAL ACTIVITY

Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

Any physical activity is better than no physical activity

- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness Most health benefits occur with at least 150 minutes a week
- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make

SEND US YOUR

Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to villagecreek@peelinc.com. Be sure to include the text that you would like

to have as the caption. Pictures will appear in color online at www. PEELinc.com.





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sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: http://www.nsc.org/ resources/Factsheets/hl/fitness.aspx.

lasters, J

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Landscape Corner- (Continued from Cover Page)

only for specific days, even days, or odd days. In this case, you will probably have to program your controller for two days each week (Thursday and Sunday, for example), but maximum weekly total should still be .75 to 1 inch.

Set cans out to see how many inches your system provides with a day's watering for each zone.

If your irrigation controller is broken, consider having it fixed or replaced. Many new controllers are very user friendly. One is so simple that the manufacturer suggests you won't need to read the instruction manual.

A residential controller typically will have the following features:

- Season adjustment
- Rain sensor
- Rain delay
- Ability to run each zone three separate times per day.

If your irrigation system has a seasonal

adjustment, set up each zone for the worst case summer run time. For example, let's say, all zones have summertime irrigation run time of 10 minutes. The seasonal adjust feature allows you to change all zones to run anywhere between Off to over 100%. In this example, winter run time might be 0% (zero), spring, 30% (3 minutes), and summer, 100% (10 minutes). Using this feature eliminates the need to change each zone independently during each season.

Watch for water pooling or running off into the street. This is an indication that the amount of water in that particular zone is excessive. Turn the watering time down for just that zone.

Consider using the controller feature which allows you to have each zone come on three times per day during the water cycle rather than one. For example, if the total time required is 10 minutes, then watering three times would result in 3.3 minutes each; with time between to allow water to soak in. The delay between watering should be at least one-

half hour, but the interval length will probably depend on how the controller was designed.

Install and use a rain sensor. It will make your irrigation controller smart enough to avoid watering during rain.

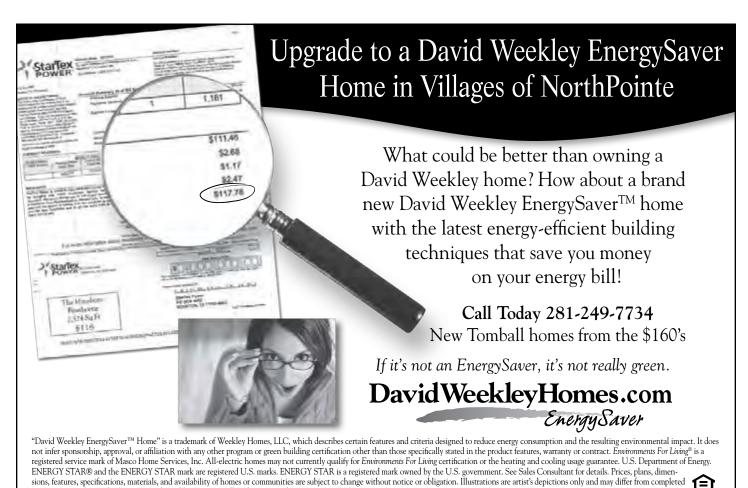
Using the rain delay on your controller will prevent watering (for a time interval you choose) when rain is forecast. For example, if your system is set to run tomorrow morning, but you know it is going to rain at noon, this manual adjustment will prevent the system from watering that day, but will return to normal schedule when the rain stops.

If you have lost the instruction manual for your controller, write down the make and model, and you will probably find it with an internet search.

Take an hour or so each year to watch each zone as it waters. Commonly, you will find problems which are preventing your system from doing its job.

Until next time, Happy Gardening!

The Village Creek Landscape Committee



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Top Ten Tips for Improving Bad Breath

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath

with these top ten tips.

Call it by its fancy name, "halitosis," and it won't smell any sweeter. Bad breath is frequently a sign that you're not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

Brush your choppers twice each day. Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

Reach between your teeth. Flossing daily helps you remove food particles from between your teeth, where your toothbrush just can't reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.

Pick up an electric toothbrush. Along with floss, an electric toothbrush removes plaque better than a manual toothbrush.

Treat your tongue right. Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

Tap your inner teenager and chew gum. The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to "dry mouth," a condition sometimes caused by medication, let us know; we can help address the problem.

Don't fall for the myth of mouthwash. Most mouthwashes merely mask the smell of bad breath and don't do anything to solve the underlying problem.

Hydrate, hydrate, hydrate. Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating.

Turn off the tobacco. Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health problems, from periodontal disease to cancer.

Take note of what you take in. Certain diets, foods and medications can affect your breath. If your problem doesn't appear to be oral, make a list of the foods you eat and medications you take. Review it with your dentist or your family doctor to assess the source of the problem.

Call in the experts. It's important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn't possible at home, as well as check for and treat early signs of problems such as cavities or

periodontal disease.

In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately.

Submitted by Dr. Flury



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Real Church. No Country Club Agenda Hei

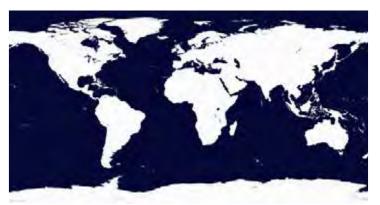
Join us Sunday! SERVICES AT 9 AM AND 11 AM, BIBLE STUDY AT 10:10.

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Looking for Volunteers!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 jennifer4cci@aol.com



Pick up after your pet!

When you take your pet for walks in the neighborhood, please remember to carry waste bags with you so that you can pick up after your pet. No one likes to pick up after someone else's dog, so please be considerate of your neighbors and help to keep the neighborhood clean.



REMINDER

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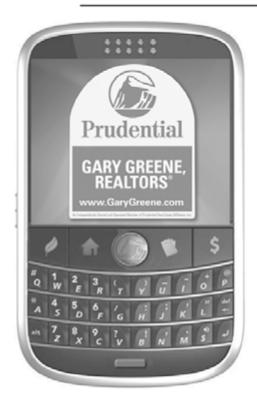


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