

Wortham Villages

Volume 12, Issue 6
Wortham Villages

June 2012

www.worthamweb.org

Seniors at PROM 2012

MCCUBBIN, CONNER PATRICK,
KAITLIN ANDERSON, CRAIG
CONDON, ALLI RYAN, JUSTIN
WELCH & TREVOR MENDES



Wortham Villages

IMPORTANT NUMBERS

MANAGEMENT

Crest Management281-945-4613
Connie Navarre (Manager).....connie@crest-management.com
Surrón Stokes (Assistant).. Surrón@crest-management.com
Robin Motley (Accounting) Ext. 24
Fax number 281-579-7062

BOARD MEMBERS

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

COMMITTEE CHAIRPERSONS

Architectural Control - Crest Management281-579-0761
Clubhouse - Linda Carter.....281-894-5821
fourlcs@comcast.net
Directory - Mindy Armstrong281-970-2187
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

Ambulance713-466-4073
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 Control281-999-3191
FBI713-693-5000
UTILITIES: Electricity - HL&P713-207-7777
Gas - Entex.....713-659-2111
WATER & SEWER - MUD 222 (Municipal Operations)
Service & Billing.....281-367-5511
Telephone - Southwestern Bell713-237-6202
Cable TV - Comcast.....713-341-1000
Street Lights713-207-2222
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 West713-937-9108

NEWSLETTER INFO

NEWSLETTER PUBLISHER

Peel, Inc. Sales Office888-687-6444
E-Mail advertising@PEELinc.com

**NOT AVAILABLE
ONLINE**

ALL-TEX PLUMBING SERVICES LLC FREE ESTIMATES

**Mention this ad and
take 10% off any repairs.*

Residential • Commerical
For All Your Plumbing Needs

- Quality that is affordable
- Service that is exceptional
- Licensed, bonded and insured-
Master Plumber License #38632
- 30+ years experience
- Financing available - WAC

(281) 469-3330 • 24/7

www.alltex-plumbing.com



Recreational Facilities Corner

By Rick Anderson

The pool season should be well under way by the time you receive this Newsletter. Hope you all are enjoying the pool and other facilities. Pool tags were handed out again this year on April 28, 29 and May 1. If you did not pick up your tags during those times, you will need to contact Crest Management and a fee of \$20 per home for them to be mailed to you. Just a reminder that you must be a resident in good standing (Annual Fees paid and no outstanding deed restrictions) in order to receive your tags.

We had our annual pool opening party on May 5 and we had a great turn out and fun time. It was great seeing several members of our community out enjoying the warm, sunny day and meeting new neighbors. Door prizes were awarded. We want to issue a special thanks to neighboring businesses who donated prizes for this event; they include Margo Horton with Gary Greene Realtors, Goode Company BBQ, Rosie Carrabba's Italian Restaurant, Bea and Joe Dryden, Greater Houston Pool Management and Chartis Insurance. We also want to thank Greater Houston Pool Management who provided games for the kids. All of this is sponsored and paid for by the Wortham Villages Homeowner's Association as a benefit for our residents. This event is planned and put on by the Recreational Facilities Committee and I want to personally thank them for their time and efforts to make this a success; they include Bea Dryden, Cindy Byrne, Bob Pazitney, Darrell Heafner and Sheldon Barr. We also has several helpers who we wish to hank as well.

For those of you who use the tennis courts, we request that you maintain/pick up the trash as needed to keep the are clean. If the trash cans inside are full, please help out by emptying them in the larger barrel trash cans outside the court fence or place any additional trash in these barrels. Also, please make sure that you turn off the lights when you leave if you are the last ones using the court, so we can save energy/costs.

We do not have any major renovations/repairs scheduled for this year, but are planning some upgrades/replacements in the future at the pool area and detention areas. We have a Recreational Facilities Committee that meets a few times during the year to plan the events noted above and to look at upcoming needed repairs, renovations or upgrades. We really could use some help and would encourage you to volunteer for this committee. Please contact Rick Anderson at rick_anderson@efiglobal.com or call 281-890-4878

RECYCLING

While walking the neighborhood on Sunday night and then again on Monday morning, I have noticed that there is a lot of recyclable material being put in the trash. If you need a recycle bin, yours is broken and needing replaced, or you have so much recyclable material that you need a second one (yeah for you), then please contact Republic Services at (281) 446-2030. What you will need to know before you call is that MUD #222 is how you pay for recycling. It takes approximately one to three business days to get a new bin and you can throw away the old one. You do not need to sort your recycling either. I have attached the recycling guidelines below. Remember, we should all be doing what we can to help preserve our earth.

ACCEPTABLE RECYCLABLE MATERIAL FOR CURBSIDE PICKUP

- **Paper:** Newspaper, Magazines, Catalogs, Junk Mail and Envelopes, Office Paper, Bond Paper, Construction Paper, Construction Paper (colored and white), Calculator Tape, Printer Pin Wheel Perforation Tabs, Stationary, Folders, Paper Bags, Phone Books, Holiday Cards and Greeting Cards
- **Cardboard:** Corrugated Cardboard Boxes, Paperboard Boxes (cereal, soda/beer, egg, shoe boxes, etc.)
- **Containers:** Aluminum Cans, Tin Cans, Steel Cans, Bi-Metal Cans, Glass Bottles, Glass Jars, Plastics #1-#2, Plastic Water Bottles, Liquid Detergent, Shampoo, Milk, and Juice Plastic Bottles

UNACCEPTABLE RECYCLABLE MATERIAL

- PLASTIC BAGS, STYROFOAM, Soiled Pizza Boxes (because of the oils), Coat Hangers, Paint and Solvent Containers, Light Bulbs, Mirrors, Windows, Dishes and Cups, Pyrex Pans, Paper Towels, Facial and Toilet Tissue, Disposable Plates and Cups, Wax coated Milk and Juice Cartons, Wrapping Paper, Aluminum Foil, Plastic Coated Paper, Wax Paper, Ceramics, Cookware, Hardcover Books, Yogurt/Margarine Tubs or Similar

CY-FAIR PET CLINIC

Vickie N. Lawrence, DVM

281-955-7200


New Location

12020 W. FM 1960, SUITE 900 AT WINDEMERE LAKES DRIVE

1/2 PRICE VACCINES
Every Tues., Wed., & Thurs.!

HOURS

MON. & FRI.	7AM - 6PM
TUES., WED. & THURS.	7AM - 7PM
SAT	8AM - 12PM





PUBLIC MEETING NOTICE
Proposed Improvements to SH 6/FM 1960
IH 10 to SH 249
Harris County, Texas

The Texas Department of Transportation (TxDOT) will conduct public meetings regarding proposed improvements to SH 6/FM 1960 from IH 10 to SH 249. The purpose of the meetings is to gather public input on the proposed construction of raised medians along SH 6/FM 1960 from IH 10 to SH 249. The project improvements are proposed to meet current safety standards. No additional right-of-way would be required for the proposed project, and no displacements would be necessary.

Due to the length of the project, approximately 15 miles, two public meetings will be held at two different locations. The same information will be presented at both meetings, and both meetings will be conducted in open-house format with no formal presentation.

Tuesday, May 29, 2012
Campbell Middle School
11415 Bobcat Road
Houston, Texas 77064
5:30 p.m. – 7:30 p.m.

Thursday, May 31, 2012
Kahla Middle School
16212 West Little York
Houston, Texas 77084
5:30 p.m. – 7:30 p.m.

Exhibits showing aerial photography and schematic plans of the proposed project will be displayed at the meeting. Representatives from TxDOT and their study team will be available to answer individual questions. Public comments are encouraged. The schematic plan showing the proposed design is on file and available for inspection at the TxDOT Houston District Office at 7600 Washington Avenue, Houston, Texas 77007. The TxDOT office is open Monday through Friday, from 8:00 a.m. to 5:00 p.m., excluding state holidays.

Persons interested in attending the public meeting who have special communication or accommodation needs are encouraged to contact TxDOT's Public Information Office at 713-802-5072 at least two working days prior to the meeting. Since the public meeting will be conducted in English, any requests for language interpreters or other special communication needs should also be made at least two working days prior to the public meeting. TxDOT will make every reasonable effort to accommodate these needs.

All interested persons are invited to attend this public meeting. Written comments relative to the proposed project may be presented at the meeting or submitted to the Director of Project Development, Texas Department of Transportation, P.O. Box 1386, Houston, Texas 77251-1386, at any time on or before June 14, 2012. Comments may also be emailed on or before June 14, 2012 to HOU-PIOWebMail@txdot.gov.



PRESENTED BY
JV KIDZ



PINE COVE BASE CAMP

Kindergarten-Grade 4 (completed)
July 2-6 9:00 am-4:00 pm
\$225

Register Online: Create an account, and then select Base Camp options. Click on Jersey Village Baptist Church.

Pine Cove, the amazing home of "Family Camp" is bringing their camp to us! Fantastic college students, handpicked from over 3,000 applicants, will model their love and belief in God to your children as they share Jesus Christ and His Word! Together, they will enjoy fun songs, skits, Bible stories, water games, team games, and more. Scholarships are available — no child should miss camp because of finances! Contact Ms. Nancy at nbergeron@jvbc.org.

Sign up for VBS and see all the fun summertime activities planned for kids at www.jvbc.org/vbs2012



Jersey Village
BAPTIST CHURCH

VBS: AMAZING WONDERS OF THE WORLD

Kindergarten-Grade 5 (Completed)
June 11-15, 9:00 am-12:30 pm
FREE
Register at www.jvbc.org/vbs2012

Excitement is building for this summer's Vacation Bible School! Vintage aviation from the 1930s and '40s era helps kids explore some of the world's greatest natural wonders: Victoria Falls, the Northern Lights, Paricutin Volcano, the Great Barrier Reef, the Grand Canyon and the Matterhorn. They'll take off from the Amazing Wonders Aviation airstrip to visit each of God's incredible creations and encounter the one true, awesome God and His amazing power. Sign up your children and grandchildren for a great trip around the world — right here in our own back yard!



**NORTHERN
LIGHTS**



**GREAT BARRIER
REEF**



PRESCHOOL CAMP

3 years old by 9.1.11 through
Kindergarten (completed)

June 25-29
9:30 am-2:30 pm
\$85/\$25 deposit

Register at www.jvbc.org/children

"It's a Zoo!" is our theme this summer for preschoolers attending camp, one designed just for their age! We will explore the animals on Noah's Ark and the habitats they live in today. Face painting, critter games, creative animal crafts, and more will bring God's protection of Noah's family and the animals to life in the hearts of your preschoolers!

Wortham Villages

INCIDENT REPORT APRIL 2012



Incident	Offense Total	Incident	Offense Total
911 Hang Up	1	In Progress	1
Alarm Local	8	Information Call	1
Animal Aggressive	1	Meet the Citizen	8
Assault	1	MUD Building Check	27
Burglary/Habitat	2	Neighborhood Check	11
Burglary/Motor Vehicle	2	Open Door/Window	2
Check Business	15	Parking Lot Check	11
Check Park	43	Suspicious Person	1
Contract Check	111	Theft Residence	1
Criminal Mischief	3	Traffic Initiative	2
Discharge Firearm	1	Traffic Stop	7
DOA	1	Unk Medical Emerg	1
Follow Up	6	Vehicle Abandoned	1
Fraudulent Use ID	1	Vehicle Suspicious	2

SAVE \$20

**On Our Best 21 Point Preseason
Air-Conditioning Tune-Up**

Now Only \$59

A-PLUS
MECHANICAL SERVICES
Air-Conditioning & Heating

281-970-5200

your **COOLING
SERVICE
EXPERTS**

Same Day Service

We Fix It Right The First Time Or Its Free!

TACLB014192E

www.APlusAC.net



Flaherty's
FlooringAmerica



Live Beautifully



follow us @ Flaherty Floors



Take 10% OFF

Your next flooring purchase. Present ad at time of purchase.

On materials only. Not valid with any other offers. Prior orders exempt.

13422 Grant Rd. Cypress, TX 77429 • 281-370-8022 • www.FlahertysFlooring.com

Wortham Villages

Neighborhood Watch Committee Block Captains

Apple Forest	Monica Schreiber	281-435-9409
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
Hickory Tree	Pickens, Cindy	281-894-0444
Hillside Glen	Smet, Guido & Shelia	281-970-4766
Hillside Glen (North)	NEED BLOCK CAPTAIN	281-890-7606
Lark Brook	Thomas, Barbara	281-897-1191
Lark Brook	Lara, Peggy	281-970-4052
Magnolia Leaf	MacDonald, Lori	281-469-0874
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
Reedwood Ridge	Crawford, Tracy	281-650-3266
Reedwood Ridge	McGlamory, Kay	281-955-2107
Shady Fern	Thornton, Carolyn	281-807-1816
Spruce Knoll	Meyer, Bob	281-469-3740
Sycamore Heights	Sommer, Donna	832-237-4684
Timberland Trace	Peterson, Sandra	281-897-9875
Tulip Garden	Lawler, Tammie	281-807-1323
Tulip Garden	Jones, David & Jill	281-955-8972
Tulip Garden	Chisari, Paul	281-894-7053
Walnut Lake	Heafner, Cissy	281-477-9553
Wortham Blvd.	NEED BLOCK CAPTAIN	281-517-0191
Wortham Blvd.	Culp, Susan	281-300-2411

Neighborhood Watch Corner

This month has generally been a quiet month for the Wortham Villages. However, in the Grove, there have been at least two burglaries.

We never have enough block captains, so if you enjoy talking to your neighbors, please volunteer. We encourage you to get to know your neighbors on your street, and attend 3-4 block captain meetings each year. Specifically Hillside Glenn, Wortham and Azalia Trail need at least one more block captain (more block captains are always welcome on the other streets!). As a side note, I now receive the Wortham Newsletter electronically. It gets there right at the first of the month, often has photos and articles in color, and reads really well on iPad or PCs.

Again, Thanks for Caring! Herman & Shawn

Sheriff non-emergency number - 713 221 6000

Use 911 if you see suspicious activity.

Vacation Watch (Sheriff) - 281 290 2100

Emergency – 911

iWatch app for smartphone

YardMasters, Inc.

A professional landscaping and lawn maintenance service

• Landscaping • Sprinkler Systems

Installation/Modification/Repair LI #5455

• Lawn Service

Mowing, Weedeating, Edging & Blowing,
Bed Cleaning, Hedge Trimming
Mulch • Soil • Sod

- Bed Renovation • Landscape Lighting
- Flagstone Borders • Flagstone Walkways
- Drainage Systems • French Drains



YardMastersInc.com

281.469.5158



Wortham Villages

At no time will any source be allowed to use the Wortham Village Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Wortham Village Homeowners Association and Peel, Inc. The information in the Wortham Village Newsletter is exclusively for the private use of Wortham Village residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



DISCOUNTS.

See me today and get the discounts
and service you deserve.



Mikey O Wesley, Agent
Wortham Resident
12260 FM 1960 West
Houston, TX 77065
Bus: 281-970-6000 Fax: 281-970-6006
www.mikeywesley.com



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.™

P057015 9/05

statefarm.com®

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company - Bloomington, IL

FUEL YOUR CHILD'S CREATIVITY QUOTIENT

Submitted by Sugandha Jain

The impact of a high creativity quotient (CQ) is evident even among the top management in business. Results from 2010 IBM Global CEO study reveal that highly effective CEO's place the greatest emphasis on creative leadership. In order to achieve top results, CEO's are not fearful of experimenting. These CEO's lead the new generation by continually thinking of new ways and fresh approaches. However, the sad reality is that creativity scores have been decreasing in children since 1990. In their book, *The Creativity Crisis: New Thinking about children*, authors Po Bronson and Ashley Merryman, cite evidence on how creative quotient in children has plummeted.

As parents, we have to ask ourselves some tough questions. Is our education system so hyper-focused on testing that we are squeezing out the innate creativity of our children? Are we pushing our children so hard that we are leaving no room for creativity? What can we do to turn things around? The good news is that creativity can be nurtured and learned. Exposing children to a creative environment can assist in enhancing their CQ. Creativity training actually changes brain function. It creates new neurons in key parts of the brain and builds new connections between these neurons.

So, what is the recipe for sparking creativity in children? The right amount of sleep, nutrition and avoiding pessimism can work wonders. Positive thinking is so powerful that it can attract unimaginable successful results in a person's life. Teaching children to trust themselves is a vital ingredient as creativity comes from trusting your instincts.

Asking 'What if' questions to your children can increase their CQ. Leo Burnett says that curiosity about life in all of its aspects is the secret of great creative people. Solving open-ended problems also nurtures creativity. Parents and children who work together to solve challenging problems gain understanding on mastering uncomfortable feelings that these problems present. Families that create together stay together!

*Sugandha Jain is a Master Registered Texas Trainer
& Director of Accreditation at a local preschool*



Wortham Villages

2012 POOL SCHEDULE

MAY 5TH - MAY 30TH

Mondays - Fridays Closed
Saturdays 10:00 a.m. - 8:00 p.m.
Sundays 12:00 p.m. - 8:00 p.m.

Exceptions:

Saturday, May 12 & 19 (Swim Meet)
2:00 p.m. - 8:00 p.m.
Monday, May 28 10:00 a.m. - 9:00 p.m.

MAY 31ST - AUGUST 26TH

Mondays 4:00 p.m. - 9:00 p.m.
Tuesdays-Thursday 10:00 a.m. - 9:00 p.m.
Fridays 10:00 a.m. - 10:00 p.m.
Saturdays 10:00 a.m. - 9:00 p.m.
Sundays 12:00 p.m. - 9:00 p.m.

Exceptions:

Saturday, June 2 & 16 (Swim Meet)
2:00 p.m. - 9:00 p.m.

AUGUST 27TH - SEPTEMBER 3RD

Mondays - Fridays Closed
Saturdays 10:00 a.m. - 8:00 p.m.
Sundays 12:00 p.m. - 8:00 p.m.

Exceptions:

Monday, September 3rd (Labor Day)
10:00 a.m. - 8:00 p.m.

You will be required to wear your pool tags in the pool area. Guests will be allowed only as described in the Wortham Villages Pool Rules.

Children 12 and under are not permitted in the pool area without an adult.

Wortham Articles

Please submit your articles, neighborhood news items, birthday announcements by the 10th of the month to get in the next month's newsletter.

Email to Hdehoop@worthamweb.org

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!

HI-TECH MECHANICAL

Residential & Commercial Air Conditioning, Heating, and Attic Insulation

Spring Tune-Up \$59⁰⁰



713-937-4400

hitechmechanical.com



Like us on Facebook for exclusive specials!



Regulated by the Texas Department of Licensing and Regulation P.O. Box 12157, Austin, TX, 78711,
1-800-803-9202 TACLA011183C

DID YOU SAY FREE?

YES! YOUR NEWSLETTER IS PROVIDED
100% FREE OF CHARGE TO YOUR HOA

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

www.PEELinc.com

PEEL, INC.
community newsletters



Health Briefs - June 2012

TRAMPOLINES PUT KIDS AT RISK FOR SERIOUS INJURIES

"About 100,000 children between 5 and 10 years old are injured annually on trampolines," said Dr. William Phillips, professor of orthopedics and pediatrics at Baylor College of Medicine and chief of pediatric orthopedics and scoliosis at Texas Children's Hospital. "Younger children and teens are also at risk."

Common causes of injury on trampolines can be from colliding with another person, landing improperly, falling or jumping off the trampoline and falling on the trampoline springs or frame. Younger children are at greater risk for fractures, while older children often suffer sprains and strains.

"Kids don't have to fall off a trampoline to get hurt, so using a net around a trampoline does not mean they are safe," explains Phillips. "I've seen many children break bones landing on the trampoline itself."

LOSE WEIGHT TO SLEEP BETTER

Expanding waistlines are causing many Americans to lose sleep. Chronic obstructive sleep apnea, not visions of doughnuts, is keeping us awake. Obesity in the upper body, especially in the neck, can narrow the airways leading to the lungs, resulting in heavy snoring, pauses in breathing and frequent interruptions of sleep. "Most of our overweight patients say they snore excessively and don't sleep well," said Dr. Peter Jones, an associate professor of medicine at Baylor College of Medicine and medical director of weight management at Methodist Wellness Services at Methodist Healthcare Systems.

Patients in Methodist's weight management programs need to lose 50 or more pounds. After losing weight, many report that their sleep improves. "Losing weight can be an important part of treatment for patients who have sleep apnea," said Dr. Max Hirshkowitz,

associate professor of psychiatry and director of the Baylor Sleep Disorders Center at the Houston Veterans Affairs Medical Center. "Even a 10 percent weight loss can reduce the number of times most patients stop breathing during the night."

THERAPY IS 'NO SWEAT' FOR EXCESSIVE PERSPIRERS

A little-known procedure at Baylor College of Medicine provides an alternative antiperspirant for those who sweat uncontrollably. Iontophoresis involves passing a mild electrical current through tap water to shut off the sweat glands temporarily. The hands and feet are soaked in a basin of water for 40 minutes in the comfort of the patient's home.

"The technology has been around since the 1950s, but it never gained widespread fame, in part because most doctors don't know it is an

(Continued on Page 11)



MARGO HORTON

Wortham Resident

A Company Top Producer

Office: 832-334-0001

Cell: 713-553-3809

mhorton@garygreene.com

http://MargoHorton.garygreene.com



Prudential | GARY GREENE
REALTORS®

Summertime Showing Tips!

Homebuyer's thoughts will naturally turn to patios, decks, landscaping, air conditioning, and pools as we enter the sweltering days of late spring and early summer. You'll want to make sure your house and yard are in top order and summer-friendly. *Keep these tips in mind as you set out to put your home on the market and add your home sale to this summer's statistics:*

- **Curb appeal:** With sunny days, everything will be on display making curb appeal more important now than any other time of the year. Plant a few annuals to provide an instant burst of color. Make sure entrance area is clear from papers, bicycles and toys.
- **Air Conditioning:** First, make sure it's working properly. Have it inspected before you put it on the market. Second, be sure it's on when potential buyers visit; nothing turns buyers off more than entering a hot, stuffy house.
- **Back yard:** The back yard and patio area should be inviting and attractive. Clean lawn furniture and arrange it keeping the views from indoors in mind. Make sure your lawn is mowed and healthy. Spruce up the area with a few planters of spring flowers.
- **Pool:** Make sure it's clean. If you have a fence, make sure locks and latches work.
- **Windows:** All windows should be sparkling clean.
- **Walls:** Use neutral and light colors if you paint the inside of your house.
- **Let the light in:** Open blinds and curtains so plenty of light illuminates the interior.

For more information on Summer Showing Tips . . . call me today!

©2012 BRER Affiliates Inc. An independently owned and operated broker member of BRER Affiliates Inc. Prudential, the Prudential logo and the Rock symbol are registered service marks of Prudential Financial, Inc. and its related entities, registered in many jurisdictions worldwide. Used under license with no other affiliation with Prudential. Equal Housing Opportunity.

Health Briefs - (Continued from Page 10)

option,” said Dr. Ramsey Markus, an assistant professor of dermatology at BCM. “It is a very safe and effective way to decrease sweating, especially in the hands and feet.” Markus said he prefers iontophoresis for his patients with sweating in the hands and feet because it is less expensive and less painful than Botox injections, and it can be done regularly as needed in the home. Most patients only require the therapy twice a month to keep the sweat glands from producing excessive sweat.



MANAGING FOOD ALLERGIES

Food packages often come with the caution, “Warning: may contain peanuts,” and for good reason. It’s estimated that more than 1 million Americans suffer from peanut allergies and their reaction if exposed can be life-threatening.

Other common food allergies are to cow’s milk, tree nuts, fish and shell fish, egg and even some fruits and veggies, said Dr.

Celine Hanson, professor of pediatrics at Baylor College of Medicine in Houston and chief of the allergy/immunology clinic at Texas Children’s Hospital. Symptoms of food allergies can range from mild to severe and can affect various parts of the body, including the digestive system, the respiratory system and the skin.

Hanson offers several ways that patients can manage their food allergies. The best tactic is to avoid foods that cause allergies altogether, Hanson said. But in addition, medications such as antihistamines and corticosteroids are available to help manage symptoms.

Patients who suffer severe reactions, should keep a device such as an EpiPenR on hand so that they can administer an epinephrine shot. Allergy sufferers should wear a medical bracelet or necklace with information about their allergy, and schools, caregivers and even the parents of children’s friends should be notified of food allergies.



**Dynamic
Air & Heat**
TACLB19859E
www.dynamicairandheat.com

Rely On
RUUD

832-593-7555

A Company Awarded with an A+ Rating

<p>A/C</p> <p>Check-Up</p> <p>\$39.95</p> <p><small>Cannot be combined with any other offer, coupon, or special. Single System Pricing Expires 4/10/2012</small></p>	<p>A/C</p> <p>Tune-Up</p> <p>\$89.95</p> <p><small>Cannot be combined with any other offer, coupon, or special. Single System Pricing Expires 4/10/2012</small></p>
---	--



10% Discount Plus No Service Charge

With Approved Repairs Cannot be combined with any other offer, coupon, or special. Expires 4/31/2012

Early Bird Special

0% Interest Or Up To \$1000 Instant Rebate

Buy a Qualifying new air condition or heating system and choose your savings. Cannot be combined with any other offer, coupon, or special. WAC Expires 4/31/2012



FREE Price Quotes Financing (WAC)



Bashans Painting & Home Repair

**Commercial/Residential
Free Estimates**

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

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

Wortham Villages

FINANCIAL FOCUS OCCUPY YOUR WALLET

Submitted by Rich Keith

People often ask, "What things can we do keep our financial stability during financially volatile times such as these?" There are defensive strategies which anyone can employ regardless of their financial position. The answer, fortunately, has remained the same over many years. We have heard the importance of saving heavily and keeping debt low. But what about investing in your career, planning for a global financial tumble, or how about staying with your bank or leaving it behind? These practical questions are important in today's world.



First, the basics. Make sure you have an "emergency fund" of at least \$1,000 to cover a home or car repair. More is better: an amount equal to six months of expenses is best. Save at least 20% of what you make; this keeps you from using credit. While we're on the subject of credit, let's look at how much you're spending on servicing your debt. Are you carrying a credit card balance at 18 percent? Pay it down quickly because that's like getting an 18 percent risk-free return on your money. "If I could make 18 percent, I'd do it right now!" I've heard before. To further improve your cash flow, elect high deductibles on your car and home insurance. Basic family protection includes making sure you have your wills and powers of attorney in place and buy inexpensive term life insurance to cover your loved ones in the event the main wage earner dies prematurely. "Buy term life insurance, it's the right product for families," says noted financial whiz Suze Orman.

If anyone believes that our current low inflation rates will not increase dramatically as a result of the largest printing of money in the history of the world, then they are simply not paying attention. Prices will rise. Taxes will rise. Loans will become much more expensive. There is a trend in America toward renting more and more, from homes to party gowns, known as the "Rentership Society." Having a big home loan straps you

down and won't let you easily leave for greener pastures. But renters can quickly move to the place where jobs are. In fact there are studies which have linked chronic unemployment to home ownership. Run the numbers, and then consider renting your next home.

Next, invest in yourself. Your income is your "financial engine." Protect it by making sure you will keep working no matter what happens to your investments. Read, read, read. Be vigilant about finding the areas of specialization where the world is heading and learn about them. Take

someone to lunch who does what interests you and find out how they like it, and if a degree is required. Don't automatically opt for an advanced degree, especially from the new breed of for-profit career schools. These schools often are expensive, and students incur debt at a higher rate than students at public or nonprofit private schools.

Feel good while you are saving. Your big bank is not your friend. Historically low CD rates, high fees, combined with draconian lending policies, are driving millions of people away from the big banks and toward credit unions, as well as safer investments. Former IMF chief economist Simon Johnson's book, "13 Bankers: The Wall Street Takeover and the Next Financial Meltdown," reveals how a "cabal of big banks gambled with our money, wrecked the economy, and then accepted huge taxpayer bailouts, all the while paying out gigantic bonuses and fighting financial reform," Johnson says. His answer is to remove your money from the six biggest banks: Bank of America, JP Morgan Chase, Citigroup, Wells Fargo, Goldman Sachs, and Morgan Stanley. Smaller banks and especially nonprofit credit unions offer lower fees, better loan rates and consistently better customer service. For financial peace of mind, work with your financial coach to make sure your family is taken care of.

Father's Day is June 17th!


RACHAEL'S

We're On Facebook!

www.facebook.com/RachaelsHallmark

12240 FM 1960 W @ N. Eldridge - 281.469.3881



We Fix Air Conditioners

RIGHT & Right Away

CALL TODAY! 832-237-2226

CLOUD - AIR

A Division of N.D. Chandler Mechanical

Air Conditioning & Heating
Installation - Repair

TACLA018606E



DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



DID YOU KNOW?

The **MOST** near-drowning and drowning incidents occur during June and July in Texas!

Please take these simple steps to keep your family safe in and around the water and have the **Best Summer Ever!**

LAYERS OF PROTECTION



CONSTANT VISUAL SUPERVISION



LEARN TO SWIM



WEAR LIFE JACKETS



MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS



KEEP BACKYARDS & BATHROOMS SAFE



LEARN CPR



CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN



VISIT US ONLINE

Wortham Villages

2012 Open Regattas at Seabrook Sailing Club

The Seabrook Sailing Club is hosting two major regattas this summer on Galveston Bay, open to all interested sailors. Whether it's challenging one design racing or family fun, Seabrook Sailing Club's summer regatta schedule has it all. We are looking forward to having local and out-of-town sailors join us for competition and fun on the bay.

Summer Solstice Regatta: Seabrook Sailing Club's annual Summer Solstice Regatta will be held on June 23 and 24, 2012. This year we will be kicking off the regatta on Friday night with fireworks and a keg! We encourage everybody to leave work early and bring a picnic. This regatta is open to all small sailboats and beginner racers are welcome. Lasers, 470's, Sunfish, windsurfers, Vanguard 15's, and catamarans are regular classes at this fun event. This regatta is on the Texas Laser District 15 Circuit schedule, drawing Lasers from around the state. There will be one design starts for all classes with at least three boats. A Portsmouth handicap fleet will be formed for boats that do not make up a one design fleet. Official Notice of Race and Sailing Instructions will be posted on the SSC website nearer the time of the event.

Endless Summer Regatta: Each year, youth sailors from all over Texas and surrounding states participate in the Endless Summer Regatta at the Seabrook Sailing Club. The Endless Summer Regatta is the best attended event on the Texas Youth Circuit after Texas Race Week, with approximately



Optimists on the downwind run at the Endless Summer Regatta

200 sailors, coaches, parents, and organizers coming to Seabrook and Galveston Bay. The youth sailors participate in 6 different fleets; the beginner sailors in the Optimist Green fleet, the experienced Optimist sailors in the Red/White/Blue fleet, Laser 4.7, and Laser Radial. Parents enjoy the view of the sailing course and Kemah from the clubhouse deck, while their kids put their skills to the test. Sailing is a great sport for kids that fosters self-confidence, independence, and responsibility. As skippers, they are in control of their own destiny; they make their own decisions, which have a direct result on their finish position, well-being, and boat

condition. But most importantly, it's fun! The 2012 regatta will take place September 22-23, 2012. Official Notice of Race and Sailing Instructions will be posted on the SSC website nearer the time of the event.

The Seabrook Sailing Club has been providing safe, organized, and challenging sailing for local sailors and guests since 1934. If you've been thinking about learning to sail, getting back on the water, or competing in our organized club races, check out what the Seabrook Sailing Club has to offer. For more information about SSC, contact James McTurk at SSCmembership@yahoo.com, or visit www.seabrooksailingclub.org.

QUALITY PAINTING OF HOUSTON

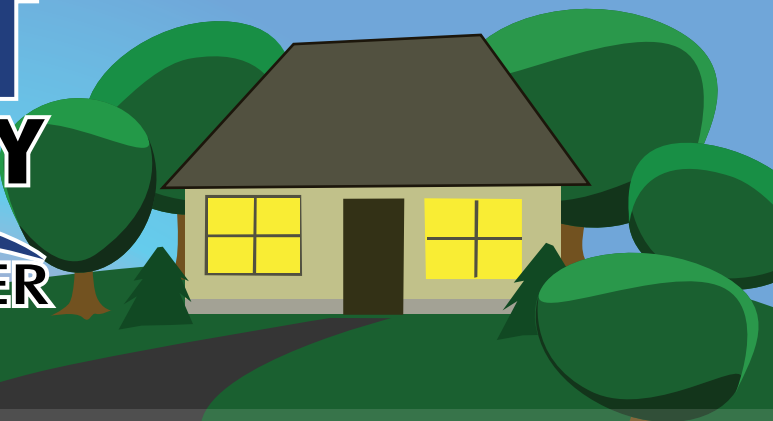
REMODELING & HANDYMAN SERVICES

- General Interior & Exterior Carpentry
- Complete Kitchen Remodels
- Complete Bathroom Remodels
- Storm/Water Damage Repair
- New Porches/Patio Covers/Sunroom
- Handyman Projects
- Laminate Flooring Installation
- Wood & Tile Flooring Installation
- Custom Carpeting
- Pressure Washing
- Interior & Exterior Painting
- Drywall Repair/New Sheetrock/Texturing
- Hardi-Plank Siding/Soffits/Gutters
- Plumbing & Electrical Repair/Installs
- New Decks/Fences

281.444.2216 cell: **713.819.1358**

Customer Satisfaction
Reference Available Upon Request





Brilliant Energy = Seriously LOW Electricity Rates

Brilliant Energy's Electricity Rates Challenge The Rates of Every Other Electricity Provider in Texas!

Lock-in a low electricity rate for up to 3-years!

**Easy Online Sign-Up at BrilliantElectricity.com
USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL**



Brilliant Energy is recommended by Texas Energy Analyst, Alan Lammey the host of the 'Energy Week' radio show on NewsTalk 1070 KNTH!

**Ask the "Energy Analyst":
281-658-0395**

Great Business Rates Too!

Brilliant Energy Texas PUC #10140





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

WV



RE/MAX

Professional Group

832-478-1205

Wortham

**T
H
A
N
K

Y
O
U**



When selling a home there are many challenges to be addressed that can affect the marketability of the home. David Flory and his team were great partners to include extra information about local home sales, marketing, competition and appeal. In a depressed market this knowledge is important for the seller. Constant communication during our home selling experience made us feel like we were the only customer, instead of just another MLS listing. Thanks to all of the team.
- Mike and Sharon Mullins -

Each Office Independently Owned and Operated



David Flory

Direct line:

281-477-0345

WWW.SUPERDAVE.COM

- **#1 Realtor in Wortham***
- **#2 Realtor in Houston & Texas****
- **#7 Realtor in United States****
- **Selling Over 500 Homes A Year**

*According to information taken from the HAR MLS Computer
**Realtor Teams per Remax 9/2008, 3/2009