

Worham Villages

Volume 12, Issue 7
Worham Villages

July 2012

www.worhamweb.org

SPLINTERS FROM THE BOARD - JULY, 2012

By Stan Schoen | sschoen@worhamweb.org | www.worhamweb.org

You can see that our renovations for our entrances on Worham Blvd and N. Eldridge have almost been completed when you read this. All of the original columns have been removed and replaced with new structure and the water feature has been removed along with the lattice work which has been bricked over to match the existing brick. We hope that you all agree that this gives us an updated and refreshed look as you enter into our neighborhood.

Our information boards have been replaced with LED, HD electronic boards which should last us for quite a while knowing that technology is forever changing. With the new signs we can put whatever we wish, to include graphics and for the folks in charge of the sign all they need do is to program on a computer what the message will be, hook up and viola!

We will be adding and upgrading all of our 'greenery' with new bushes, flowers and all that entails to include trees in front of the bridges so they will be a bit concealed. The spot on Worham Blvd at Azalea Creek that so many have complained about due to the sight obstruction of oncoming traffic will be trimmed down to solve this problem with the sign having been removed as well.

Several folks have asked me what is going on and I hope you can see the improvements and appreciate the work of many. The goal as always is to keep us current, to be an attractive place for our residents to live and to have a great face for all comers, visitors, passersby, prospective owners and owners and to help keep our homes at a good value where everyone wants to live in our family

oriented community. We are spending over \$150,000.00 with not a penny being borrowed. We know we have to spend over \$100,000.00 in about three years to reface the pool as we have already 'patched' a maximum 3 or 4 times since 1990 and we will again plan for this large expenditure without the need to borrow money. At \$475.00 per year we have a good value in this \$800+ community.

Our pool is our largest expense, keeping it clean and safe for our residents that use this will remain with lifeguards. There are pools around town that have gone to 'at your own risk' and eliminating lifeguards, Fairfield has 8 pools of which two have become 'at your own risk' pools. I can assure you that this has NEVER been discussed and is very important to us all as we are fiscally sound and we consider this very important so lifeguards stay!

Parking for pool 'events' is an ongoing issue and we are forever trying to find a way to solve this problem. The swim meets are done for this season so this should not be an issue any more in 2012 but our success as a swim community and swim team have folks wanting to be here to share their enthusiasm and root for their home team as well as our resident swimmers families. We will continue to work to solve this problem in the future.

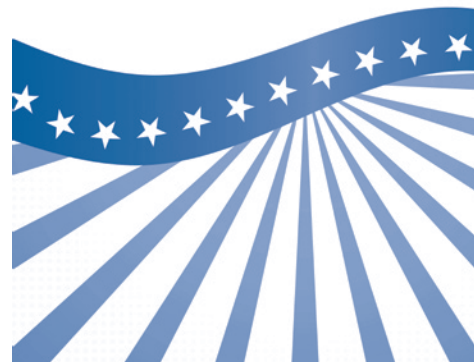
As to our finances we have again had our financial audit and again passed with flying colors. We understand in these trying times it is important to be smart, to protect our assets so we require two signatures on all of our checks, we have regular audits by an outside firm, we have a management company to oversee our operations, 5 board

members with voting privileges and we do disagree at times but always leave with an agreement. We have reserve studies to help us plan for the repairs and replacements of our assets such as the clubhouse roof, tennis court resurfacing, light replacement anything that we own we have money set aside in our budget to fix or replace as needed again without borrowing money. In our ledger we call this 'capital reserves' and it is funded each year around November with about \$24,000 each year.

We value your opinions, questions and comments so let us have it by e-mail to any and all of us in the contact section of this newsletter. Thank you all for being such wonderful people, neighbors and friends. We are Worham!

***Worham, we're looking good!
Make it a great day! See you at my table.***

HAVE A SAFE & HAPPY 4TH OF JULY



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 Millermam10411@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



NEIGHBORHOOD WATCH CORNER Failure to Respond May Cost Life

Please take time to read, reflect, and pass on to others to do the same. It is part of our responsibility of being a neighbor, friend, parent, spouse, or simply an American! Unfortunately, too many will still ignore. Now some will comment that this title is over-the-top, alarming, scary, and will make people uneasy. Yes, Yes, Yes, and Yes. And it is that important. So here goes: If You See Something, Say Something. It is that Simple... A simple observation, a single report can help solve or prevent a crime.

- **Whenever you see something that does not fit...gives you pause...alarms you...causes you go be uncomfortable... makes your "spiderman sense" come alive... call the sheriff's department!!!!**
- **If you see something that makes you think "i wonder if i should call the police"... call the police!!!!**
- **If you witness something that causes you to "take note" of details to tell a block captain or possibly a deputy later... call the deputies now!!!!**
- **If you are not sure whether to call 9-1-1 ... call 9-1-1 !!!!**

We live in one of the safest neighborhoods in Harris County. Given our location, that is remarkable and it is something to be proud of and to recognize. HOWEVER, that does not mean that bad things can't and don't happen! This really is not difficult. It is always better to call and have it turn out to be nothing, than to not call and have someone lose property, be beaten, mugged, raped, or end up missing or dead.

Every month, we get reports from neighbors about "an incident" that was not reported immediately if at all. At least these neighbors are telling someone. How many more never say anything? How many more are "scared" to get involved?



Again, many will say it just "isn't my business". If you witness something that doesn't seem right, **MAKE IT YOUR BUSINESS!** You don't have to confront someone or insert yourself into a situation. Just call the Sheriff! It is that simple. And the Sheriff's Department

makes it even easier with iWatchHarrisCounty.

Several months ago, I told you about iWatchHarrisCounty. You are the eyes and ears of our community. Your awareness of suspicious behaviors and activities and reporting it to the police can help solve crimes or prevent crimes. **EVERYONE SHOULD HAVE iWatch ON THEIR PHONE.** Tips are completely anonymous, but, you can choose to give the Harris County Police Department your contact information if you feel the tip may require them to contact you. Right now...**SERIOUSLY – RIGHT NOW...** pull out your phone and put the Sheriff's Department information into your phone:

**Harris County Sheriff's Office,
1200 Baker St., Houston, TX 77002**

713-221-6000 Non-emergency / 9-1-1 Emergency

Now go to www.iwatchharriscounty.com & download the app.

If You See Something, Say Something. It is that Simple... Anybody can do it. You don't need a cape. You don't need to be able to leap tall buildings. With the iWatch Harris County app, you have the power of information right at your fingertips. The power to report what's happening around where you live, work and play.

So... what is your excuse going to be now?

Herman and 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

**Keepsake Ornament Premiere
is July 14th & 15th**

Open at 7am on Saturday, July 14th


RACHAEL'S

www.RachaelHallmark.com

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



Wortham Villages

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



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

YardMasters, Inc.

A professional landscaping and
lawn maintenance service

• Landscaping

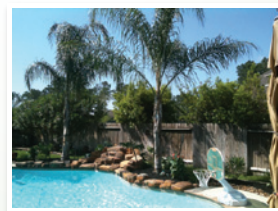
• Sprinkler Systems

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



Facility Reservations

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 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

INCIDENT REPORT MAY 2012

Incident	OffenseTotal	Incident	OffenseTotal
911 Hang Up	4	Meet the Officer	1
Accident/Major	1	MUD Building Check.....	27
Accident/Minor.....	1	Neighborhood Check	3
Alarm Local.....	22	Parking Lot Check.....	9
Alarm/Sil/Pan/HU	2	Suspicious Person	1
Animal Aggressive.....	1	Theft Residence	2
Check Business.....	18	Traffic Initiative	4
Check Park.....	51	Traffic Stop.....	10
Contract Check.....	129	Vacation Watch	3
Criminal Mischief	1	Vehicle Stickered	2
In Progress.....	1	Vehicle Suspicious	12
Meet the Citizen.....	14	Welfare Check.....	1

Hi-Efficiency System Specialists!

Residential • Commercial

"Trusted Since 1984"

713.270.4010



AIR TECHNOLOGY

Air Conditioning & Heating, Inc.

- FREE ESTIMATES On New Equipment Installations
- Sales & Installation of A/C and Heating Equipment
- Competitive Service Rates & New Equipment Discounts
- 100% Financing · WAC · Discounted Finance Rates
- Service and Repairs on all Makes and Models

www.airtechnologyhouston.com

Major Credit Cards Accepted | State License # 005386C



\$69⁵⁰

**Service
Call**

*Includes 1/2 hour labor
for diagnostic

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.

NEIGHBORHOOD WATCH Committee Block Captains

Apple Forest	Monica Schreiber	281-435-9409
Aspen Bough	Bruckner, Eric & Marie	281-890-8667
Azalea Creek	David & Evelyn White	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, Jeremy & 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!!	
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



832-593-7555

A Company Awarded with an A+ Rating



A/C

**Check-Up
\$59.95**

Cannot be combined with any other offer, coupon, or special. Single System Pricing

A/C

**Tune-Up
\$89.95**

Cannot be combined with any other offer, coupon, or special. Single System Pricing

- * Multiple unit discounts on same home.
- * Check-Ups look for problems before the busy season.
- * Tune-Ups include maintenance and increase eff.

**10% Discount Plus
No Service Charge**

With Approved Repairs
Cannot be combined with any other offer, coupon, or special.

**0% Interest
Financing
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



**FREE
Price Quotes
Financing (WAC)**



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.

.....
**PLEASE
CLEAN UP
AFTER
YOUR
PETS!**
.....



*Wishing you and your family
a safe and happy*



Happy Birthday America!

*Buying, selling or relocating, please
remember me for all your real estate needs.*



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®

©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.

Wortham Villages

Salt of the Earth: Sodium & Your Health

TIPS FOR REDUCING SODIUM FOR BETTER HEALTH

Sodium is everywhere—swirling in the oceans, stored in vast underground crystalline deposits—and contained in just about every food and drink imaginable.

The fact is, sodium is as an essential, life-sustaining ingredient for every known plant and animal on the planet. Without sodium, our bodies would cease to function. Sodium helps our cells draw in nutrients, maintains balanced pH levels, enables nerve function and muscle contraction, helps regulate your heartbeat, and is a key component of your bones, explains Jose Mejia, M.D., a cardiologist for The Austin Diagnostic Clinic (ADC).

Yet too much of this essential element can pose serious health risks in people, including high blood pressure, heart disease, stroke, kidney disease, and congestive heart failure. According to the U.S. Department of Health and Human Services (HHS), the average person should only consume 2,300 milligrams (mg)—about one teaspoon full—or less, per day. If you are 51 or older, are black, or already have high blood pressure, diabetes, or chronic kidney disease, then you should limit your intake to 1,500 mg or less per day, Dr. Mejia adds.

“Unfortunately, the average American gets about 3,400 mg of sodium a day, which is far more than is recommended for good health,” Dr. Mejia says. “Keeping the amount of sodium you eat under control can be challenging, but understanding the main dietary sources of sodium is one of the best ways to start lowering your intake.”

SALT BY ANY OTHER NAME

One of the most troubling parts of monitoring your sodium intake is understanding how extensively the food industry uses sodium as a flavor enhancer and as a preservative in everything from bread to canned soup. And then there’s a matter of naming conventions. Common table salt, otherwise known as sodium chloride, is just one form of sodium. There are many other compounds that contain sodium, including monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrite (sometimes just nitrite).

“Most of the sodium we eat comes from processed foods and foods prepared in restaurants. Sodium is already part of processed

(Continued on Page 9)



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



Wortham Villages

Salt of the Earth - (Continued from Page 8)

foods and cannot be removed. Even fresh fruits, meats, vegetables and dairy products contain sodium," Dr. Mejia notes. "However, food manufacturers and restaurants can produce foods with far less sodium. In addition, you can select lower sodium foods when possible, and you can cook more foods yourself to better control how much sodium you eat."

SHOPPING SMART TO REDUCE SODIUM

The most practical way to reduce your sodium is by altering what you bring home from the grocery store. Many items like baked goods, breakfast cereals, soups, and lunchmeats are very high in sodium.

"Pay very close attention to food labels," Dr. Mejia says. "It may add extra time to your shopping trip, but it's important to understand just what the food industry means when it uses sodium-related terms. Portion size is just as important. Frankly, it's the only way to make sure you are not eating too much sodium."

Here are some of the most common terms used on food packaging. If it doesn't have a label, your best option may be to avoid buying it.

- **"Sodium free" or "Salt free."** Each serving of this product contains less than 5 mg of sodium.
- **"Very low sodium"** - Each serving contains 35 mg of sodium or less.
- **"Low sodium"** - Each serving contains 140 mg of sodium or less.

- **"Reduced" or "Less sodium"** - The product contains at least 25 percent less sodium than the regular version. Check the label to see how much sodium is in a serving.
- **"Lite" or "Light in sodium"** - The sodium content has been reduced by at least 50 percent from the regular version.
- **"Unsalted" or "No salt added"** - Not salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium because some of the ingredients may be high in sodium.

A DASH OF SOMETHING ELSE

The widespread use of sodium means it can be challenging to avoid, especially if you are traveling with limited food options at airports. In that case, bringing low sodium snacks is a good option. At home, consider using alternative seasonings that are sodium free. Eventually, your taste buds will adjust to the lower sodium options.

"It takes some effort, but a low sodium diet can have tremendous health benefits," Dr. Mejia says. "If you are concerned or curious, it may be a good idea with check with your physician about the amount of sodium you are eating."

Jose Mejia, M.D.,

Cardiologist - The Austin Diagnostic Clinic,

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

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
- Ceiling Fan/Light Fixtures
- Fence Repair/Replacement

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

Wortham Villages

Tech-Etiquette: Is there an App for Civility?

Submitted by Darcy Folsom

In today's age of apps and gadgets, it's likely that you or someone you know has benefitted handily from the ubiquitous smartphone in today's digitally-dependent society. If the question were posed to our current generation, "What item would you never want to be without?" it is fair to say that most individuals living in 21st century America would answer: "My phone!" Without our phones, it is certain that many of us would be lost. We would be unable to text, tweet, phone, email, face time, and even friend or like another individual. Would we really? Is American society becoming so dependent upon these technological devices that we are challenged to even recognize our our humanity within? How many young men and women know the value of the age-old adage "Never leave home without a smile?" Is who we were created to be, in such competition with what we hold in our hand, that we have forgotten the simple value of kindness - shared in a smile, of gratification - by greeting another with a genuine handshake? Is it technology that propels our lives, or are we doing our best to prepare our lives to propel the technology that supports them?

Regardless of how many apps and buttons and gadgets, and even insurance, we carry on our smartphones, could it be that we have something even better when it comes to insuring our ability to connect with the people we like? Or to be-Friend those to whom we're attracted, or bring restitution to those un-Friended? Today's digitally-dependent generation has a challenge before them that

none before have known. That is, being able to successfully pair technology with common courtesy. Remembering what our grandmothers taught us about the civilities of life (carried in our hip pockets) may apply more today, than any app could ever provide. But pairing the art of civility with the current age of technology requires practice. The 21st century can only get better as those old-fashioned manners make their way from our pockets to the person next to us. After all, the words we speak are far more significant than the technology that transmits them. Why not polish a few points of etiquette this summer and complement your savvy skills on your smartphone? By doing so, you and your smartphone may just move from merely getting the message delivered, to doing so with principles that shape our character and improve our attitudes about both our electronic devices, and the lives of those who use them.

TIP #1 - When you take a call in the presence of another person, you are communicating, "You are secondary; the caller is more important than you are." If you are expecting a call, let your companion know in advance, and excuse yourself before taking the call, limiting the call to under one minute. Never use a cell phone on a date, unless there is an emergency.

TIP #2 - If you find it necessary to use your smartphone while driving, make it a habit to get into your car, buckle up, and prepare your hand's free device to activate the call BEFORE starting your engine.

TIP #3 - Allow your personality, not your PDA to impress others. Avoid using novelty

ringtones, and choose the vibrate option as much as possible.

TIP #4 - Remove your earpiece when not on the phone. Always keep your phone in a pocket or a purse, rather than laying it on the table next to you.

TIP #5 - When in a public place, refrain from using your ear buds to listen to your favorite playlist. Instead, be prepared to greet those who are near you, looking oncoming passersby in the eye, with a smile and "Hello!" This is not only courteous, but it is also a way to remain sure about your surroundings.

As you travel to the lake or the seaside with friends, consider the value that a few manners may add to the dynamics of your summer relationships. Ask the question - is there something more fundamental than a fancy app, or gadget insurance to satisfy our lack? What have we already been given as a way to connect with the people we like, and those we want to be-Friend? Rather than search your smartphone for the latest apps, ask your companion's permission to practice with them, as you begin to apply these principles of Tech-Etiquette. These courtesies will both benefit the words we speak and the actions we offer, as we engage those around us with the very acts of courtesy we desire for others to share with us. Practicing the art of civility alongside the technology that propels our lives, I believe we will see our digitally-dependent generation become the one to re-engage our culture with civility and the accomplished principles of common courtesy.

CY-FAIR PET CLINIC

Vickie N. Lawrence, DVM

281-955-7200

New Location

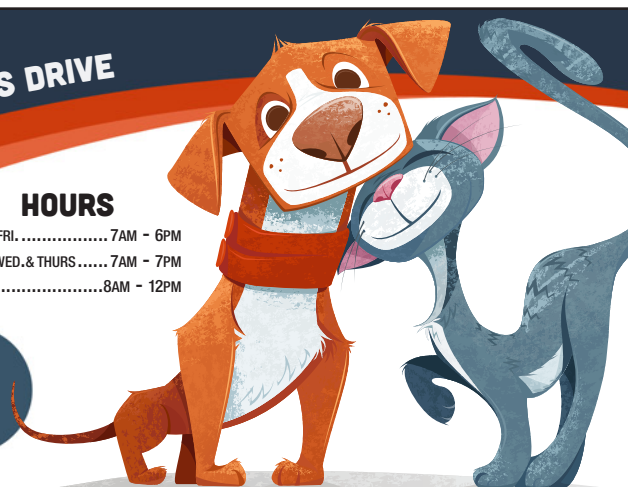
12020 W. FM 1960, SUITE 900 AT WINDEMERE LAKES DRIVE

HOURS

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

1/2 PRICE VACCINES

Every Tues., Wed., & Thurs.!



Financial Focus - Student Loans Crushing College Grads

Submitted by Rich Keith

Today's college grads are facing the "real world" with an extra scoop of debt. Two-thirds of students graduating from college or graduate school have student loans – about \$25,000 on average. That's a 25% increase over the past 10 years. In fact, today's twentysomething holds an average debt of \$45,000, including everything from student loans to mortgages and credit cards. Unfortunately, unemployment for those aged 18-29 is 12.4%, well above the national rate of 8.2%.

Don't feel as if you have to be the savior. Six in 10 boomers report giving financial help (outside of college tuition) to a child or grandchild in the past five years. Of those, \$59,000 was the average amount of aid. If this sounds like you, ask yourself: Do I really have the resources? Am I saving enough for retirement? Try to share more financial wisdom and less cash with your adult offspring. The more you save for your own future means less possibility that you'll need their help later on.



Without going into too much detail, share the family financial picture with your children once they hit the mid-teen years. They need to know the family income is X and it takes Y amount to cover the mortgage and bills. Once they see X minus Y in action they will be surprised at how much it actually costs to run a household.

This may have a side benefit of limiting how much and how often your children ask you for money and gifts.

Children who have a basic understanding of money, especially the corrosive effects of debt, have a better chance of becoming financially independent later in life. They will be more resistant to the credit card offers sure to come to them in their freshman year at college. And they will more ready to partner with their parents as the family manages their college finances with them.

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

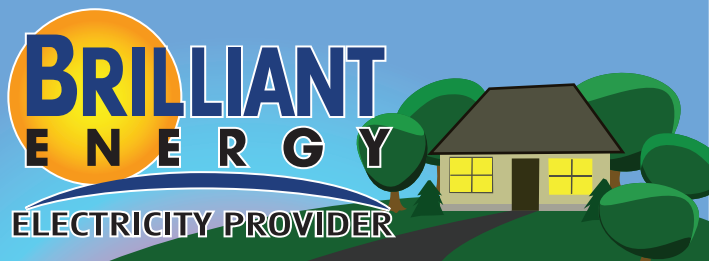
your **COOLING
SERVICE
EXPERTS**

Same Day Service

We Fix It Right The First Time Or Its Free!

TACLB014192E

www.APlusAC.net



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**



We would like to thank David Flory and The Flory Team for their professional help in selling our home. We listed our home, and one week later sold the home. Within two days we purchased another home with the help of David Flory's professional team. You are awesome!!

- Steve and Nollene Denton



David Flory

Direct line:

281-477-0345

WWW.SUPERDAVE.COM

Each Office Independently Owned and Operated

- **#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