

# Wortham Villages

Volume 13, Issue 1  
Wortham Villages

January 2012

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

## News from the Wortham Ladies Tennis Team



The ladies tennis team is looking to add new players to our roster for the upcoming spring season. We are members of the Texas Jackrabbit League, a recreational ladies league which plays on Friday mornings. The new season will begin in mid-February and go through mid-May. If you are a B-1 level player or higher (USTA 3.5), and looking for a team, please join us! You may contact Cathy Otto for more information at 281-807-1796.

Also, this year is the 10th anniversary of the team's formation, so Happy Birthday to us!

# Wortham Villages

## IMPORTANT NUMBERS

### MANAGEMENT

Crest Management .....281-945-4613  
Heather Esteban (Manager) .....heather.esteban@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 Armstrong .....jarmstong@worthamweb.org  
Steve Carter ..... scarter@worthamweb.org  
Rick Anderson ..... randerson@worthamweb.org  
Rebecca McShane ..... rmcshane@worthamweb.org

### COMMITTEE CHAIRPERSONS

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

### Info. Signs -

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

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Cy-Fair Med. Clinic (24 hr).....281-890-5285  
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Harris County Health Dept.....713-440-4800 or 3036  
Animal Control .....281-999-3191  
FBI .....713-693-5000

UTILITIES: Electricity - HL&P .....713-207-7777  
Gas - Entex.....713-659-2111

### WATER & SEWER - MUD 222 (Municipal Operations)

Service & Billing.....281-367-5511  
Telephone - Southwestern Bell .....713-237-6202  
Cable TV - Comcast.....713-341-1000  
Street Lights .....713-207-2222  
Garbage & Recycling (Republic Waste) .....281-446-2030

NOTE: If you have complaints about garbage service, after you call  
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# Wortham Villages

## 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](mailto:Hdehoop@worthamweb.org)

## WORTHAM VILLAGES BOARD MEETINGS

Wortham Villages Board meetings are open to all homeowners. Monthly board meetings are generally held the third Wednesday of each month from 11:30 am to 1:00 pm at the offices of Crest Management (17171 Park Row, Suite 310, Houston, Texas 77084), but may be changed for various reasons, including due to scheduling conflicts. For an accurate notification of board meetings, dates and times please visit Crest Management's website [www.crest-management.com](http://www.crest-management.com), then click on communities, then scroll down to Wortham Villages and click on it. There is box for you to put your email address that will notify you when the board is going to meet. The board does meet on a regular basis, although do cancel occasionally if the board cannot obtain a quorum. If you are interested in attending a board meeting, we do ask that you contact Crest Management beforehand so time can be scheduled and set aside during the meeting to address your comments or request.

-- Your Wortham Board of Directors



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Burglary/Habitat.....	1
Check Business.....	22
Check Park.....	21
Contract Check.....	101
Criminal Mischief.....	1
Dist/Family.....	2
Dist/Other.....	1
Domestic/Prevent.....	1
DWI.....	1
Follow Up.....	1
Meet the Citizen.....	10
MUD Building Check.....	34
Neighborhood Check.....	1
Parking Lot Check.....	5
Suspicious Person.....	3
Traffic Stop.....	9
Vehicle Abandoned.....	1
Vehicle Suspicious.....	1
Welfare Check.....	2

**NEED TO USE THE BASEBALL OR SOCCER FIELD IN THE DETENTION POND? NEED THE PAVILION FOR A PARTY?**

Make a reservation so you can be sure it's available! The calendar is online at <http://my.calendars.net/worthamvillages>. Once you check to see if the date is available, send me an email at [park@mayne.us](mailto:park@mayne.us) and I'll get you on the calendar too!



# Wortham Villages

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## 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
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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

## PERFECT TIME FOR COOL SEASON HERBICIDE

It's finally time to use the cool season herbicides I've referred to on the GardenLine radio program. If you know what I'm talking about but just need the names of the products, they are Fertilome's Weed Free Zone and Bonide's Weed Beater Ultra. These herbicides are specific for broadleaf weeds like Clover and Virginia Buttonweed. They will not control any "grassy" weeds. The perfect temperature range for usage of these two cool-season herbicides is roughly between 75 degree highs and 40 degree lows.

But there are some caveats that must be respected for these herbicides to work properly. The one constant in weed control, whether it's a cool season herbicide or a regular post-emergent herbicide, is to use a surfactant. Surfactants help herbicides do their job because most water in our area is considered hard. Hard water tends to just roll off leaf surfaces. There are two ways of adding a surfactant to most herbicides. The simple way is add about a tablespoon per gallon of dish soap to the mix. The professional grade way is to use a relatively inexpensive commercial

surfactant like Hi-Yield's Spreader Sticker or Bonide's Turbo. The other important step would have to be "HOW" it is applied. You should use either a pump-up sprayer or a hand-held trigger sprayer. Avoid the use of Dial-N-Spray hose sprayer because you cannot be as precise with the spray, and over-use of such products on the entire yard can cause a yellowing of the grass. Spot treating is paramount with these controls. There are some concentrates available in a "Ready to Spray" formula that you hook on the end of the hose. If this is the only thing available, concentrate on that spot treatment. That means you've got to be quick on the switch with the ON and OFF lever.


Excerpts from this tip sheet are reprinted by permission from Randy Lemmon at [www.randylemmon.com](http://www.randylemmon.com).

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# Tennis Tips

By USPTA/PTR Master Professional  
**Fernando Velasco**

## THE TWO-HANDED BACKHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Mindy Custer demonstrates the proper form and technique. Photos by Charlie Palafox.

**Step 1: Ready Position:** The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

**Step 2: Back Swing:** Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be "cocked" back slightly and the head of the racket should be



above the wrist. Eyes are still focused on the incoming ball. Here I am helping Mindy to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

**Step 3: Point of Contact:** The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

**Step 4: Follow Through:** Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

*Look for in the next Newsletter: The Serve*

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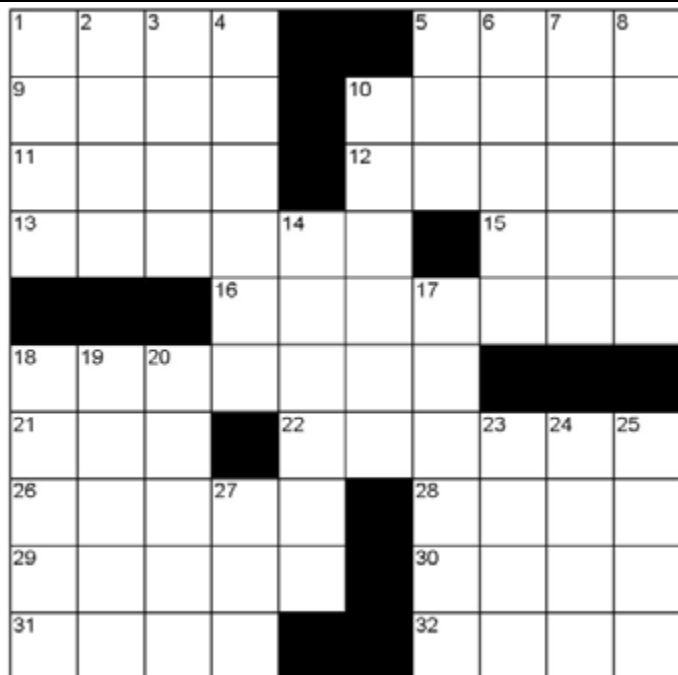
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# Wortham Villages

## CROSSWORD PUZZLE



### ACROSS

1. Syllables used in songs (2 wds.)
5. Dress
9. Time periods
10. Satan
11. Tap in lightly
12. Adult insect
13. Prioress
15. Today
16. Chapel
18. 10,000 squared meters
21. Cutting tool
22. Scents
26. Small herring
28. Two
29. Fish tank dweller
30. Volcano
31. Otherwise
32. Hold

### DOWN

1. Soft white cheese
2. Arabian
3. Mutton
4. Facet
5. Jewel
6. \_\_\_-garde
7. Severity
8. Wispy
10. Render harmless
14. Soft drink brand
17. Lacked
18. Hurry
19. Deport
20. Tic tac's competitor
23. Pear shaped instrument
24. Alley
25. Close the door hard
27. Be

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## A Focus On Resolutions

*By: Concentra Urgent Care*

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

### LOSING WEIGHT

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

- Taking into account foods you like and dislike
  - A focus on fresh fruits, vegetables, and whole grains
  - Fat-free or low-fat dairy products such as yogurt, cheese, and milk
  - Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
  - Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
  - Staying away from foods high in sodium and added sugars
- For more information on weight management and improving

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

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

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

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





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