

Volume 10, Issue 2 Village Creek Community Association

#### February 2013

### Santa Makes Visit to Village Creek

Santa Claus made a guest appearance at Village Creek on Sunday, December 9th visiting with the many children and parents who attended the festivities. Well over 200 children came to see Santa as they sipped hot chocolate and munched on cookies while waiting in line to tell the Jolly Elf what they wanted him to bring them for Christmas.

Each child received a special Christmas book from Santa and he left the party with a very long list of toys and presents to bring back to the children of Village Creek.

Many thanks to the resident volunteers and teen helpers to make the event a success!







### **IMPORTANT NUMBERS**

#### **EMERGENCY NUMBERS** or 911

CenterPoint-Gas Leak	
Constables Office	281-376-3472, www.cd4.hctx.net
Klein Fire Dept	
Willowbrook Methodist	
<b>EMERGENCY 24 HOUR I</b>	LINE
(select 'emergency' option)	

#### SCHOOLS

Tomball ISD	281-357-3100, www.tomballisd.net
Willow Creek Elem (K-4).	
Northpointe Int (5-6)	
Tomball High (9-12)	
	chool

#### HOA MGMT

Preferred Management				
	patti@preferredmgt.com			
Fax				
Mailing: P.O. Box 69	0269 Houston, TX 77269			
Village Creek Community Association Website:				
www.preferredmgt.com	m/villagecreek/home.asp			

#### SERVICES

CPS
CenterPoint-Gas
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FBI713-693-5000
Harris County Animal Control
Houston Chronicle
Greater Houston Pool
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Municipal District Services (24 hrs)
Reliant–Street lights
www.centerpointenergy.com/outage
Sex Offenderswww.familywatchdog.us
Comcast - Cable/High Speed Internet713-341-1000
Republic Waste
Trash pickup Tues/Fri
Recycling Fri (only newspapers/#1 & 2 plastics/aluminum cans)
Yard Storkkpuente@garygreene.com

#### NEWSLETTER

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(Deadline is the 5th of each month)	
Publisher - Peel, Inc	512-263-9181
Advertisingadvertising@PEELing	c.com, 888-687-6444

#### **RESIDENT BOARD MEMBERS**

Sharon Gabbert
Jeff Lev
Tom Brogan
Richard Moore
Ken McCoy
Website www.preferredmgt.com/villagecreek

### **Cookies with Santa**





### New Social Committee Chair Needed

The Village Creek Social Committee has been under the guidance of Caren Seal for the past three years as Caren and her staff of resident volunteers have put on many successful social events such as the Easter Parade and Egg Hunt, Back to School Luau, 4th of July Party and Cookies with Santa. Caren has dedicated many hours of her time to make these events a success and we are forever grateful for her service.

Caren has decided to hand the reigns over to a new person as Social Committee Chair and the Board is looking for someone else to take over the duties to coordinate, plan and run the social events at Village Creek. If you would like to volunteer for this position, please send a message to sharongabbert@gmail.com.



Volunteer residents are encouraged to join with us to help make our social events special. If you want to help please e-mail sharongabbert@gmail.com for details.

#### When it's TIME to BUY or SELL your HOME Depend on the DEE PARDUE TEAM! **20 YEARS** EXPERIENCE Tomball, Spring, Welcome Denise Kane, CNE - She's Now Part of The Team Cypress and When you list your home for sale with the NW Communities DEE PARDUE TEAM, you are provided with a www.deepardue.com Custom Marketing Plan including Specialized Social Media, a unique Virtual Home Tour, and powerful Internet Marketing ... all at For Sale 9. no extra cost to you! Dee Pardue See What Happy "Home Sold-ers" Say About Dee ... "Dee's marketing, negotiating, networking and people skills are second-to-none. We couldn't have been happier with the job Dee did for us." J. Luna Pool/Spa DEE PARDUE See a preview of New Homes for Sale and the ABR, CRS, CHMS, CDPE most recent homes Dee has Ofc 281 213 6297 "Like" DeePardueRealEstate sold at DeePardue.com Cell 713 882 0527 ΔGE CREE DeePardue.com CATEGORY NO. PRICE/SQ FT DAYS ON MKT PRICE Active Listings 14 \$233.389 \$78.42 94 Pending Listings 5 \$80.60 96 \$206,980 Sold Since 9/1/12 8 \$221,036 \$79.08 163 REALTY CENTER Statistics are averages compiled from Houston Association of Realtors MLS, 12/6/12 12810 Telge Road ~ Just South of Jarvi ~ 2010 Lifetime Achieveme Get Results!

### Village Creek Holiday Decorations Result

The Village Creek Landscaping Committee has finalized the results of the Holiday Decorating Contest! 2012 was a great year for holiday lights throughout our neighborhood and choosing a handful of winners were very difficult.

We want to thank all residents for doing such an outstanding job, making Village Creek a destination for creative and beautifully decorated displays for all to see.

#### VILLAGE CREEK CHRISTMAS DECORATION CONTEST WINNERS

#### Home Category

Best Overall: 12523 Midland Creek Drive

**Best Overall Runner-up:** 17311 Lyric Way

**Most Traditional:** 17307 Eagle Ledge Drive

Most Traditional Runner-up: 17623 Empress Cove Lane

> **Most Festive:** 17107 Ligustrum Trail

**Most Festive Runner-up:** 12743 Briar Harbor Drive

Block Category

Best Block: Empress Cove Lane

Best Block Runner-up: Eagle Ledge Lane



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### Village Creek Home Handyman Hints February 2013

Submitted by: Gordon R. Watson

#### Old Paint (not the horse)

Wow! We have learned a lesson. The stairway walls up to our second floor were in need of repainting. Lucky us! We had five gallons of the right paint left over from the original construction! I laid out the painter's canvas, taped along the baseboard, and proceeded to stir up the nine-year old paint. It seemed a bit watery, but it was the right color, so I continued...working several hours to apply a nice covering over the old handprints. Nice match! As the paint started drying, the color was perfect. A few hours went by. Then...we noticed that the house was beginning to smell a bit like a gym locker in June. I began looking for those pesky socks that were the obvious source, but it quickly became apparent that the source of the "fragrance" was the newly painted wall. Unlike fine wine, this paint didn't improve with age. Dang! We opened every operable window in the house, and, several days later, it appears that the "fragrance" has pretty much disappeared. I will be taking down the numbers and names from the container...along with a sample swatch for a new gallon of the paint. I vow never to paint with old paint again! The lessons learned:

1. Paint has a lifetime (at least in our garage), and I know that nine years is beyond that. I am guessing that five years is more reasonable...maybe less; 2. Five gallon containers are good for contractors, but I will buy just what I need in gallon-sizes); and

3. If there is some doubt about the paint, paint a small sample outside, let it dry, and check its "fragrance" before spending several hours painting with bad paint.

#### **Smoke Detectors**

Our home was built almost ten years ago, and the hard-wired smoke detectors were driving us crazy. They would go off with no apparent reason...generally late at night (even after the batteries were replaced). One wonders if their purpose in life is to drive one crazy. It turned out, upon reading about our specific brand, that smoke detectors have a ten year life. According to FEMA (http://www.usfa. fema.gov/campaigns/smokealarms/alarms/index.shtm), all smoke detectors should be replaced every eight to ten years. Check your manufacture's web site to see what the life of yours is. The simple fact is that smoke detectors save lives. It seems reasonable to replace them after ten years, and certainly change the batteries according to the manufacturer's directions (usually yearly). Oh, I replaced all of ours, we haven't had a "cheep" for months, and it was far "cheaper" than a hospital visit for smoke inhalation (or worse). We have had good night's sleep and have been "chipper" ever since.



### Landscape Corner

#### Vegetables

Many seasonable vegetables can be transplanted this month... including asparagus crowns, onions, broccoli, cabbage, Chinese cabbage, mustard, kohlrabi, collards, kale, cauliflower and Brussels sprouts. Protect them with blankets when freezing is predicted. Seeds can be sown for carrots, beets, turnips, radishes, lettuce, spinach, arugula, and chard.

#### Freezing

Very cold weather is possible in February (record low in February was 6 degrees F), so continue protection of applicable plants. As a reminder, consider draining your backflow preventer before hard freezes. Don't forget to reopen the valves when irrigation is required.

#### Fertilization and Mulch

Apply light fertilization to all plants. Maintain a layer (2" to 3") of mulch throughout the year to assist in keeping moisture in and weeds down. Note that areas with nice shade, such as under roses, weeds tend not to be a problem. Weeds love open areas, so either plant these areas or apply a thick layer of mulch.

#### **Bare Root Planting**

February is the month to finish up planting bare root plants. Water them well after planting, and make sure their roots are kept moist until planted. To assure moisture doesn't run off, build a dam around each new plant to provide a reservoir for water until the plant is established. After February, you will need to plant containerized plants. Remember to backfill only with native soil...no amendments or fertilizer are needed or suggested.

#### Spraying

This is the month to spray fruit trees with oil sprays (before they bud).

#### Pruning

February is a good month to prune deciduous woody plants prior to spring growth. Look up specific plants to find out the exact time for pruning. According to "Texas Gardener (TG)," "the most notorious crimes of the season are overly-pruning crape myrtles and cutting large shade trees back so far they look like a giant hat rack...." Again, according to the TG this is NOT the best time to prune some plants such as flowering quince and "once blooming" roses. These should not be pruned until after they blossom. Again, read, read, and read about your specific tree or bush. Remember that cuts on trees need not be painted over according to most sources.

#### Grass

Weeds are awaiting warm weather to take off, so if you see some, now is a good time to hand pick them. If you must use chemicals, this is a good month to apply weed killer. Bare areas, with lots of weeds, might be a sign of poor water distribution of your sprinkler system, so see if bare areas are getting enough water before you spend too much on other solutions.

#### Myths

A question was recently asked of Kathy Huber, Garden Columnist for "The Houston Chronicle" about whether putting rocks or gravel in the bottoms of pots helped with drainage. Her answer, surprisingly, was that it did not. In fact, could make things worse! While she said most potting soils will stay in the pots, and drainage will not be a problem if you put NOTHING on the bottom. If loss of your particular soil is a problem, add a product such as coconut coir (see below). Adding rocks or gravel may be counterproductive according to her reference (The Informed Gardener by Linda Chalker-Scott). Water may not cross from the potting soil to gravel until the potting soil is too saturated, according to that source. You can get coconut coir (or similar products) at your local nursery.

#### Question of the Month? What is "Coconut Coir?"

Well, I had never heard of coir before (which is not surprising. Typically, I don't get the word). Here is the definition from Wikipedia: Coir is a natural fibre extracted from the husk of coconut and used in products such as floor mats, doormats, brushes, mattresses, etc. Technically, coir is the fibrous material found between the hard, internal shell and the outer coat of a coconut. Other uses of brown coir (made from ripe coconut) are in upholstery padding, sacking and horticulture. White coir, harvested from unripe coconuts, is used for making finer brushes, string, rope and fishing nets.

(Continued on Page 8)



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#### Roses

February is a good month to plant roses. According to TG, consider EarthKind roses, which are "disease resistant and Texas tough by Texas A&M AgriLife Extension Service." Roses should be pruned around Valentine's Day, but can be pruned into March. This article from the Chronicle provides good information on pruning roses: http://www.chron.com/life/gardening/article/How-and-when-do-I-prune-my-roses-1678101.php

#### Facts (From Doug Welsh's Texas Garden Almanac)

A frost occurs when the temperature on a surface (such a leaf) drops to 32 degrees F, and there is moisture condensed on the surface.

A freeze occurs when the temperature of the leaf drops below 32 degrees F.

A hard freeze occurs when the temperatures dip below 28 degrees F. The severity of the hard freeze depends on how long the temperature stays low.

#### Landscape Committee Update

If you have not recently walked around the lake, you may be surprised and pleased that many of the landscaping problems there have been solved. These sorts of projects are a direct result of the Landscape Committee's work and the Board's approval. Such projects will be continued during the next few years to assure Village Creek continues looking great and our property values are enhanced. The committee's goal is to first fix those areas affecting the greatest number of people.

#### FEBRUARY'S WEATHER FROM INTELLICAST.COM FOR TOMBALL, TEXAS

Average Low Deg F - 43 Average High Deg F - 65 Record Low Deg F - 6 Record High Deg F - 91 Average Precipitation Inches - 2.97 Average Snow Inches - 0.1

> Until next time, Happy Gardening Gordon R. Watson



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### Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ... my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache."Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become tight and develop knots in them You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.



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## Heart Healthy Lifestyles By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

#### WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE **AHA RECOMMENDS:**

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- · Limiting your alcohol intake
  - Women: 1 drink per day (maximum)
  - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart

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disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

#### WHAT SHOULD BE INCLUDED IN A FAMILY **HISTORY**?

- · Any known congenital or hereditary disorders
- Major illnesses
- · Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.

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