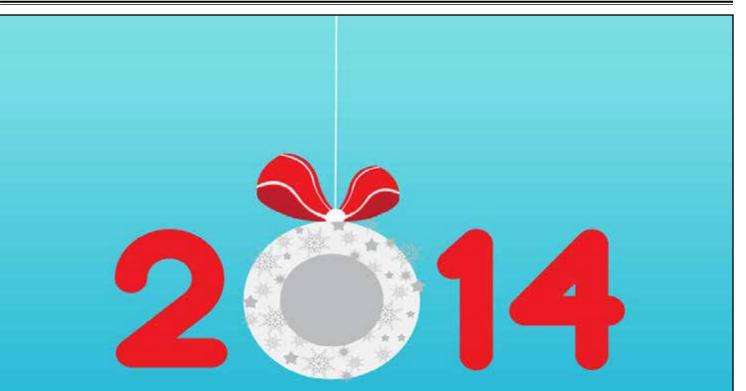


Volume 11, Issue 1 Village Creek Community Association

January 2014



The Village Creek Board of Directors wishes all residents a Happy New Year!

IMPORTANT NUMBERS

EMERGENCY NUMBERS or 911

CenterPoint-Gas Leak	
Constables Office	281-376-3472, www.cd4.hctx.net
Klein Fire Dept	
Willowbrook Methodist	
EMERGENCY 24 HOUR I	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 Tine	patti@preferredmgt.com	
Fax		
Mailing: P.O. Box 690269	Houston, TX 77269	
Village Creek Community Association Website:		
www.preferredmgt.com/villagecreek/home.asp		

SERVICES

CPS	
CenterPoint-Gas	
Dead Animal Pick up	
Domestic Violence	
FBI	713-693-5000
Harris County Animal Control	
Houston Chronicle	713-220-7211
Sweetwater Pools	
Lost Petshttp://www.preferredmgt.com/vi	illagecreek/home.asp
Municipal District Services (24 hrs)	
Reliant–Street lights	
www.centerpoir	ntenergy.com/outage
Sex Offenderswww	w.familywatchdog.us
Comcast - Cable/High Speed Internet	
Republic Waste	713-849-0400
Trash pickup Tues/Fri	
Recycling Fri (only newspapers/#1 & 2 pla	stics/aluminum cans)
Yard Storkkpuer	nte@garygreene.com

NEWSLETTER

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Village Creek Community Newsletter - January 2014 2

Have you noticed all the US flags flying around the neighborhood last year? Don't they look great? Would you like a flag in your yard on 6 national holidays <u>this</u> year?

The Tomball Memorial High School Choir, as a service fund-raiser, placed these flags throughout your neighborhood. We are starting our third year, beginning with Presidents' Day 2014, with this great project and would like to have you join us. This project raises monies for scholarships, trips and other department needs for the Tomball Memorial High School Choir. For \$36 (payable to **Tomball Memorial Choir Booster Club**), choir students will place the US flag in front of your yard on six selected National Holidays throughout the year. Funds raised will help support the Tomball Memorial High School Choir for many of their endeavors this year.

Please join us!!!

THE FLAGS WILL FLY ON THE FOLLOWING DAYS*:

Presidents' Day – February 17, 2014 Memorial Day – May 26, 2014 Independence Day – July 4, 2014 Labor Day – September 1, 2014 Patriot Day – September 11, 2014 Veteran's Day – November 11, 2014

*Note: If hazardous conditions exist, the flags will not be displayed.

To subscribe, please fill out the information below and send it, along with your check, to the address below. In order to receive your flag starting Presidents' Day, we must receive your subscription no later than January 17, 2014. Last year, over 1200 flags were placed throughout the community. Please help us reach our 2014 goal of **1500 flags!!**

□ Mr. & Mrs. □ Mr. □ Ms. □ Dr. □ Other First Name	Tomball Memorial High School Choir Booster Club 19100 Northpointe Ridge Ln. Tomball, TX 77377
Last Name	
Address	Please call or email with any
City Zip	questions.
Phone	Ēmail:
Neighborhood	paulandsherene@sbcglobal.net Phone: (832) 444-5069
Amount Enclosed \$36.00	
(payable to Tomball Memorial Choir Booster Club)	
Email	

Thoughts from a Home Handyman Igenuinely enjoy writing about fixing things. I try to write about things work of any sort. Ordinary steel quickly rusts. Thappened to have access

I genuinely enjoy writing about fixing things. I try to write about things I know and have experienced. As I have mentioned before, it is far less painful to read about mistakes than to make them. To that end, I try to write for people who are like me...not professionals...who learn by doing, and those of us trying to save a few bucks here and there. Also, for those too busy to do the work themselves, it is helpful to understand what the professional is going to provide us.

Often, when doing one job, find a different problem. While up on a ladder...minding my own business...putting up Christmas lights... looking down on our roof, I happened to notice rust on a decorative metal canopy. Many homes in Village Creek have these canopies. Basically, it is a piece of sheet metal which was installed instead of shingles. It is really a decorative feature rather than a practical one. Our rust isn't serious yet, but, like anything that starts to rust, that problem won't stop and will eventually cause an expensive repair. My plan is to make sure the loose rust is wire-brushed off, apply either "1" Step (Rust Killer) or Rustoleum primer, and paint over it with a matching house trim paint.

It may seem like a no-brainer, but it took me a long time to figure out which fasteners (nails, screws, etc.) to use outside or inside. For the average person (including me...at one time), they all look alike. In general, what I would call the ordinary nail or screw is just a fastener...coated with a thin layer of zinc. These screws look shiny and are perfectly good for interior work of any sort. Ordinary steel quickly rusts. Thappened to have access to a sand blaster once, and was amazed how quickly steel rusts after being blasted to a shiny surface (a matter of seconds). The manufacturers don't want to sell you a rusted nail, so they commonly, now, coat them with shiny zinc. This zinc protection will, if kept dry, last a long time when used inside.

Outside is a different story. In general, any nail, screw, bolt, nut, and washer used outside should, at minimum, have a hot-dipped galvanized (zinc) finish. These nails and bolts (etc.) will not be shiny. They will be a dull gray. The zinc coating is MUCH thicker. Such fasteners should be used for any exterior use such as fences. In general, hot-dipped galvanized fasteners will probably last fifteen years or longer.

If you have a project which you expect to last much longer than fifteen years, you may want to consider using stainless steel fasteners. These are commonly used in outside furniture and play equipment. You pay much extra for stainless, but sometimes it is worth it.

Above all, read the fastener's box. It is quite amazing how much information you will find there. Normally, the box will indicate "Interior Use Only" or "Interior and Exterior." Note also that there are many new fasteners which use colored coatings for such things as decks. These commonly have a ten year warranty...which probably means that they will last much longer than that.





LANDSCAPECORNER by Gordon R. Watson

Happy New Year! I was talking to my brother, the other day, about how quickly days, months, and years go by. I am pretty sure that the reason time seems to go quickly as we age is that years, proporitionally, become smaller as time goes on. For example, when we are two years old, each year is 50% of our life. When we are fifty years old, a year is 1/50 of our life or 2%. This percentage continuously decreases as we age, so each day, month, and year becomes less significant to us. Enough of philosophy.

Continue with your freeze protection effort through the remainder of the winter. When the weatherman predicts a "hard freeze" (or similar), shut off and drain your backflow preventer. Water landscape plants, trees, and vegetables before the freeze. Try not to water foliage. Remember that the water in soil is good at storing heat to help prevent freezing. Cover those plants that are prone to freezing. Make sure the cover goes all the way to the ground (where the heat is). For future planting, we generally try to avoid plants which cannot tolerate freezing temperatures. I don't enjoy covering plants.

Continue to maintain a layer of mulch to retain moisture, heat, and keep weeds down.

Lawns: St. Augustine grass is brown and dormant this month. No water should be necessary as long as it rains a bit. Water at least once if there is no rain. Our clay soil becomes rock hard with no moisture, so I will add a little water to keep meandering tree roots satisfied.

Bare-root plant care: Keep in mind that the roots of bare-root plants MUST be kept moist at all times before and after planting.

Roses may be planted anytime of the year, but may be packaged differently according to the intended planting month. Dormant (bare root) roses may be planted in January or February. According to Doug Welsh's Texas Garden Almanac (TGA), they should be planted in a raised bed to assure good drainage. The soil should be highly organic (compost, manure, shredded bark, etc.). Don't plant too deep...only as deep as the root system is tall. Don't be like me: Read the directions. If the directions are in conflict with any advice herein, go with the directions on the package!

It is time to plant bulbs such as crocus, daffodil, or narcissus, Dutch iris, hyacinth, and tulip.

Plant annual flowers such as calendula, cyclamen, dianthus, ornamental kale, and cabbage, pansies, and petunias (TGA). Plant bluebonnet transplants into garden beds. Sow bugs like bluebonnets, so treat with bait if needed.

Frozen plants: Avoid pruning frost-damaged trees and bushes until February or March (TGA).

Plant cool-season seedlings such as asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, collards, turnip greens, Irish potato, kohlrabi, leaf lettuces, onions, and Swiss chard (TGA).

I cannot say enough good things about kale and sweet potatoes. Both grow exceptionally well here, are reasonably pest free, and taste wonderful.

Sow seeds this month for beets, carrots, English peas, greens, leaf lettuces, radishes, sugar snap, snow peas, and turnips (TGA).

January is the best month for planting bare-root fruit and nut trees as well as vines. Check with your gardening store for the best varieties for this area. Keep in mind that fruits, nuts, and vines need lots of sunshine to be successful. They also like to grow in well-drained soil. If drainage is a problem, plant in a raised bed one foot high with this level maintained for the entire expected spread of the branches.

Until next time, Happy Gardening



	Average	Average	Record	Record	Average	Average
Month	Low	High	Low	High	Precipitation	Snow
	Deg F	Deg F	Deg F	Deg F	Inches	Inches
January	40	60	10	84	4.21	0.2

January's weather from intellicast.com for Tomball, Texas

GOOD NEIGHBORS CAN BE GREAT FOR STRESS LEVELS

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

Socializing: With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

Pooled Resources: I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

Security: Knowing the people around you can bring a sense of security. If you need something--whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking ourside your home--it's nice to know you can depend on those around you and they can depend on you.

Home Pride: Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood.

Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

Get Out More: If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

Smile: It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

Talk To Your Elders: The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.





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

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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 weightrelated 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
- Consuming 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 **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.

Village Creek Resident

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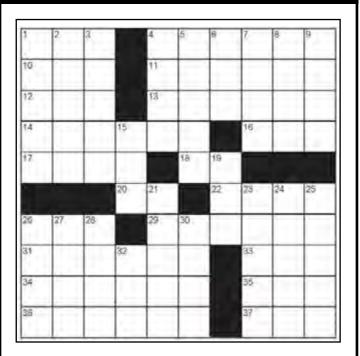
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CROSSWORD PUZZLE



ACROSS

1. What's owed 4. Beats it! 10. Hotel 11. Flower child 12. Certified public accountant 5. Approximate date 13. White fur 14. Breath mint 16. Rescue 17. Opposed 18. Scottish "one" 20. Acidity 22. Corn syrup brand 26. Insane 29. Angry 31. Relating to horses 33. Kimono sash

- 34. National capital
- 35. Reverend (abbr.)
- 36. Bath powder
- 37. East northeast

DOWN

- 1. Formal statement
- 2. Remove pins from
- 3. Playact
- 4. Popular stadium
- 6. Revolutions per minute
- 7. Capital of Western Samoa
- 8. Short
- 9. Origination
- 15. Lean
- 19. Stretch to make do
- 21. Large eastern religion
- 23. Before
- 24. Hot sandwich
- 25. Oyl (Popeye's girlfriend) 26. Soften cheese
- 27. Greenish blue
- 28. Twofold
- 30. Stack of paper
- 32. Business abbr.

View answers online at www.peelinc.com

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- Kids Stuff-

Section for Kids with news, puzzles, games and more!

Holly loved nothing more than riding her bike. But one day, she missed a curb and hit the pavement - splat! Now her knee was scraped and her elbow was cut. Her brother Darren helped Holly up and used his T-shirt to dab at the blood on her elbow. "Wow," he said, "You're probably going to have a huge scar."

WHAT EXACTLY IS A SCAR?

A scar is the pale pink, brown, or silvery patch of skin that grows in the place where you once had a cut, scrape, or sore. A scar is your skin's way of repairing itself from injury. Look at your skin. You probably have one or two scars already. Most people do. Why? Because a lot of things leave behind scars - from falls, like the one Holly had, to surgeries.

Scars are part of life and they show what you've been through. For some people, scars are special. A kid in your class might have a scar on his chest because he had heart surgery as a baby. Or you might have a scar from the chicken pox. Centuries ago, warriors showed off their scars as symbols of their bravery and to impress their friends with the exciting tales about how each one happened. Do any of your scars have a story?

HOW DO I GET A SCAR?

No matter what caused your scar, here's how your skin repaired the open wound. The skin sent a bunch of collagen (say: ka-leh-jen) - tough, white protein fibers that act like bridges - to reconnect the broken tissue. As the body did its healing work, a dry, temporary crust formed over the wound. This crust is called a scab.

The scab's job is to protect the wound as the damaged skin heals underneath. Eventually, a scab dries up and falls off on its own, leaving behind the repaired skin and, often, a scar.

A scar isn't always a sure thing, though. "It's not so much how deep or severe a wound is that determines whether a scar will form, but rather the location of the wound and that person's genetic [inherited] tendency to form scars," says Brian Flyer, a doctor from California. In other words, certain people tend to get scars more easily, and scars are more likely to form after wounds on certain parts of the body.

Scars

HOW DO I PREVENT A SCAR?

Of course, the best way to prevent scars is to prevent wounds! You can reduce your chances of getting hurt by wearing kneepads, helmets, and other protective gear when you play sports, ride your bike, or go in-line skating. But even with protective gear, a person can still get hurt once in a while. If this happens, you can take steps to prevent or reduce scarring. You can help your skin heal itself by treating it well during the healing process.

How do you do that? Keep the wound covered as it heals so you can keep out bacteria and germs. Avoid picking at the scab because it tears at the collagen and could introduce germs into the wound. Some doctors say vitamin C (found in oranges and other citrus fruits) helps by speeding up the creation of new skin cells and the shedding of old ones. Also, some people believe rubbing vitamin E on the wound after the scab begins forming can aid the healing process. Your parent can talk to your doctor about whether you should try this.

SO LONG, SCARS!

Some scars fade over time. If yours doesn't and it bothers you, there are treatments that can make a scar less noticeable, such as skin-smoothing medicated creams, waterproof makeup, or even minor surgery. Talk to your parent and doctor to find out if any of these treatments would be right for you.

Sometimes the best medicine might just be to talk. Tell your parent or doctor what's bothering you about your scar and how you feel on the inside. Because when the inside feels good, the outside always seems to look better! Updated and reviewed by: Patrice Hyde, MD • Date reviewed: January 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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