

BUTLER'S BRIDGE

WEST BEND COMMUNITY IMPROVEMENT ASSOCIATION

VOLUME 3 | ISSUE 9

SEPTEMBER 2017

September 2017

COMMUNITY CALENDAR

Observed as:

- National Preparedness Month
- Childhood Cancer Awareness Month
- National Suicide Prevention Awareness Month
- National School Success Month

Birthstone:

Sapphire

Flower:

Aster & Forget-me-not

Astrological Signs:

Virgo (till 22nd) & Libra (23rd-)

Board Meeting Wednesday, September 20th

*Board Meetings are held on the 3rd Wednesday
of each month excluding December*

Board Meeting to be Announced by E-Blast

1st.....	Eid al Adha
4th.....	Labor Day
11th.....	Patriot Day
16th.....	Selichot
20th.....	Board Meeting
20th.....	Rosh Hashana (start)
21st.....	Islamic New Year
21st.....	St. Matthew
22nd.....	Rosh Hashana (end)
22nd.....	Fall Begins
30th.....	Ashura
30th.....	Yom Kippur

WEST BEND COMMUNITY GARAGE SALE

Saturday, October 21, 2017

Interested in selling your past treasures?
Ready to clear out your attic?

Hold your own garage sale on October 21st and let
us do the advertising!

**Mandatory registration will go on sale on September 21st for
\$10.00. Be sure to purchase yours early to be placed on the map.**

For further information, contact: www.ciaservices.com



The West Bend Community Garage Sale is a time for residents to clean out closets, drawers, garages and attics to purge unwanted belongings. Selling food and beverages at the garage sales is always a hot topic, but protecting the health and safety of residents and guests is our top priority.

**Within Health and Safety Code parameters, residents MAY
sell certain types of food and beverages:**

- Commercially pre-packaged food and beverage sales are allowed as long as they do not require refrigeration
- Packaging must be properly labeled and ingredient list must be available
- Cottage food production operation bill allows for the sale

(Continued on Page 3)

IMPORTANT NUMBERS

EMERGENCY

Emergency Situation	911
Constable Precinct 5	281 463-6666
Sheriff Emergency & Non.....	713 221-6000
Harris County Sheriff (Store Front).....	281 564-5990
Harris County Sheriff (sub-station)	281 463-2648
Poison Control.....	800 764-7661
Crime Stoppers	713 222-TIPS

UTILITIES

AT&T (Repairs).....	800 246-8464
Center Point Energy (Electric).....	713-207-2222
Center Point Energy (Gas)	713 659-2111
Mud #120 (Water)	713 405-1750
Street Light Repairs -need Pole#.....	713 207-2222
Trash (Texas Pride Disposal)	281 342-8178

PUBLIC SERVICES

Local U.S. Post Office	281 920-9337
<i>12655 Whittington Dr, Houston, TX 77077</i>	
Toll Road EZ Tag.....	281-875-EASY (3279)
Volunteer Fire Dept.....	281 498-1310
Steve Radack (<i>County Commissioner</i>).....	713 755-6306
Animal Control.....	281 999-3191
Dead Animal Pick-up (Precinct 5).....	713 439-6000
Dead Bird Report.....	713 440-3036
Graffiti Clean-up.....	281 463-6300
Mosquito Control (Health Dept.)	713 440-4800
Mow the Bayou.....	713 684-4000

SCHOOLS

Alief Independent School Dist.	281 498-8110
Alief Transportation (to report Bus).....	281 983-8400

NEWSLETTER INFORMATION

Editor.....	Linda Hermon
WBCIAnewsletter@yahoo.com	
Publisher	Peel Inc.
Advertising.....	www.PEELINC.com

TRIM TREES AROUND STREET LIGHTS AND SIGNS

Property owners in West Bend are responsible for keeping their trees pruned away from overhead street lights and traffic signs. The lights help our community by lighting dark street and sidewalks at night, making the neighborhood a much safer place to live.

Everyone in West Bend benefits from trees and street lights so property owners need to do their part in making our community both beautiful and safe by properly trimming trees.



Register on www.crimereports.com

THE ARCHITECTURAL CONTROL COMMITTEE

The (ACC) Architectural Control Committee must be informed if you are planning to change the exterior style, color, or have plans for additions or any removal to your property. A mandatory Architectural Review Form will need to be completed and signed. You may obtain this form on-line at www.ciaservices.com

NEXTDOOR.com

Nextdoor is the free and private social network just for West Bend neighbors. On Nextdoor, neighbors share crime and safety concerns, local events, recommendations, items for sale/free, ideas about how to make our neighborhood better, messages from the Harris County Sheriff's Dept., and the Houston Chronicle.

Our neighborhood is using a private online network called Nextdoor.

Please join us to build a better neighborhood!

www.nextdoor.com/join Code: MZXJX

REMINDERS

- School is in session . . . Please Drive Safely!
- Yard of the Month is in Effect through September
- Register for the Community Garage Sale Saturday, October 21st
- Assessments are Due Every Year on January 1st.
- Remove trash cans from public view on non-trash days.

(Continued from Cover)

of some types of prepared foods out of a residential kitchen.

Residents MAY NOT sell:

Potentially Hazardous Foods - "potentially hazardous food" means a food that requires time and temperature control for safety to limit pathogen growth or toxin production. The term includes a food that must be held under proper temperature controls, such as refrigeration, to prevent the growth of bacteria that may cause human illness. A potentially hazardous food may include a food that contains protein and moisture and is neutral or slightly acidic, such as meat, poultry, fish, and shellfish products, pasteurized and unpasteurized milk and dairy products, raw seed sprouts, baked goods that require refrigeration, including cream or custard pies or cakes, and ice products. The term does not include a food that uses potentially hazardous food as ingredients if the final food product does not require time or temperature control for safety to limit pathogen growth or toxin production. *The State of Texas has adopted laws regulating requirements for the sale of prepared foods (Health and Safety Code, Title 6, Subtitle A, Chapter 437) State law does not provide an exception that will allow residents to sell prepared foods without first meeting all health code requirements. Residents who wish to sell food at a Community-wide Garage Sale must follow the guidelines per state law. West Bend does not advocate distribution of food in any manner other than in compliance with local and state law.*

September Yard of the Month



4134 BARNWELL DRIVE



HOUSTON METHODIST PRIMARY CARE GROUP IN KATY

Welcoming Dr. Randa Djendou

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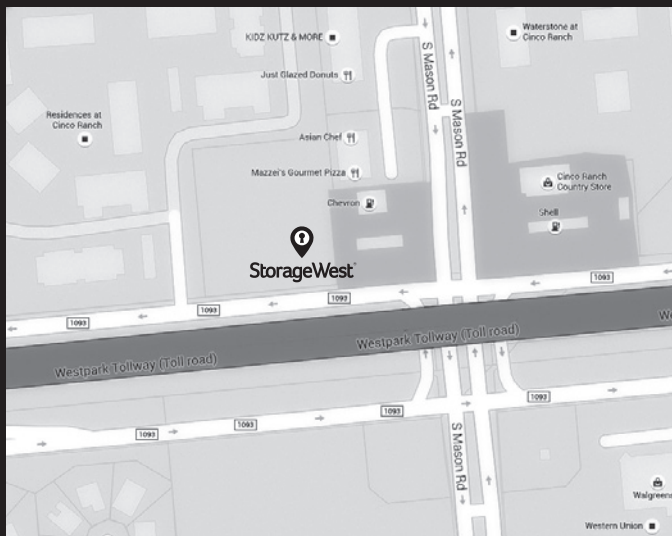

Randa Djendou, MD
Internal Medicine

23530 Kingsland Blvd.
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Katy, TX 77494

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TEXAS A&M AGRI LIFE EXTENSION

CHIGGERS



Chiggers are the immature stage of a mite. They climb onto people walking through infested areas, crawl upwards, and wander around the body seeking a good site to settle down and feed. Feeding preference for these mites is in areas

where skin is thinnest or where clothing fits tightly, such as the ankles, waist, behind the knees, and the groin area.

Chiggers do not burrow into skin as many people believe, so “smothering” them with nail polish is useless. When chiggers feed, they inject a digestive enzyme that breaks down skin cells which are then eaten. Itching and redness is caused by our body reacting to the enzymes injected into our skin. Itching typically begins 3-6 hours after being bitten, peaks at 24 hours, and can last up to two weeks.

The best way to avoid getting chiggers is to avoid infested areas. Since this is not always possible, here are some other things to try:

- Wear protective clothing- tightly woven items that fit loosely; including long sleeves & pants; shoes or boots
- Tuck pant legs into boots
- Avoid sitting on the ground
- Remove & launder clothing ASAP after being in infested areas
- Shower/ bathe after being in an infested area; scrub vigorously with a washcloth
- Use an insect repellent with DEET or picaridin

To treat chigger infestations around the home try the following:

- Keeping lawn trimmed
- Maintain vegetation; do not allow weeds to grow up & keep brush cleared
- Targeted residual pesticide sprays, usually pyrethroids

For chigger bites:

- Do not scratch pustules; opening pustule might lead to infection
- Oral antihistamines or topical anti-itch creams to relieve itching sensation

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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BLOCKING SIDEWALKS

As a reminder, vehicles should be parked either in the garage or in the driveway and not on the street whenever possible. Many residents comply with this request and then find that their vehicles often block sidewalk access causing pedestrians to have to take other measures to get around them. While this is not a constant problem, it is annoying and it can become a safety issue when neighbors are walking, jogging, biking or taking small children out for fresh air. It causes them to leave the safety of the sidewalk and go into the street because there is no other way to get by the vehicles. Please take a moment to see where your vehicle is located on the driveway. See if you can assist your neighbors navigate along the sidewalk without going into the street to avoid placing pedestrians in the street, when they should be on the sidewalks. Your neighbors would greatly appreciate your thoughtfulness.

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View answers online at www.peelinc.com

Picture Exchange

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

WE CAN ALL PREVENT SUICIDE

Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.

We Believe Hope Can Happen

Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives.

We Can All Take Action

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

Crisis Centers are Critical

By offering immediate counseling to everyone that may need it, local crisis centers provide invaluable support at critical times and connect individuals to local services.

Know the Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

Know the Warning Signs

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun

- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

Get in touch
Call the Lifeline
Anytime, 24/7
1-800-273-8255



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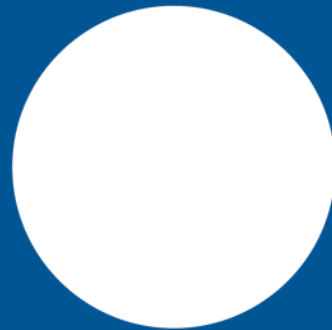
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