

BUTLER'S BRIDGE

WEST BEND COMMUNITY IMPROVEMENT ASSOCIATION

VOLUME 4 | ISSUE 1

JANUARY 2018

January 2018

COMMUNITY CALENDAR

Observed as:

- National Mentoring Month
- National Glaucoma Awareness
- Cervical Health Awareness Month
- National Blood Donor Month
- Birth Defects Prevention Month

Birthstone:

Garnet

Flower:

Carnation

Astrological Signs:

Capricorn (till 19th) & Aquarius (20th-)

1st.....	New Year's Day
2nd.....	Solemnity of Mary
3rd.....	Epiphany
7th.....	Orthodox Christmas
8th.....	Golden Globe Awards
9th.....	Human Trafficking Awareness
10th.....	Orthodox New Year
10th.....	Martin Luther King Day
11th.....	Board Meeting
12th.....	Robert Burns Night
18th.....	Australia Day
20th.....	Commemoration Victimes of the Holocaust
21st.....	Grammy Awards
23rd.....	Tu Bishvat

ANNUAL ASSESSMENTS ARE DUE JANUARY 1ST

Your payment must be received before January 31st to avoid late fees and finance charges. Any account not paid by February 1st will incur a late fee of \$40. Accounts not paid by March 1st will incur an additional late fee of \$60. All unpaid assessments after January 31st carry a finance charge of 6% per annum. Accounts not paid by April 1st will be turned over for legal pursuit, in which case, all costs are the responsibility of the delinquent owner and can range from \$190 to over \$2,000.

If you have any questions or would like to set up a payment plan, contact (713) 981-9000 or email: CustomerCare@ciaservices.com

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

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

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

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REPORT A STREET LIGHT OUTAGE

CenterPoint Energy maintains street lights throughout our electric service area in and around Houston. You will first need the pole number and location then, See more at: <http://www.centerpointenergy.com/en-us/residential/customer-service/electric-outage-center/report-streetlight-outages?sa=HO#sthash.PUX7GXLf.dpuf>

REMINDERS...

- Please Drive Safely!
- Assessments are Due Every Year on January 1st.
- Remove trash cans from public view on non-trash days.
- Report street light outages to Centerpoint.

THE ANNUAL CRAPE MYRTLE MASSACRE



The Crape Myrtle Massacre is the over-pruning and wrong-season pruning of crapes all over Houston.

You've seen over-pruning ... people chop back crape myrtles to the knuckles each and every year, and new growth comes out like a "feather duster." And wrong-season pruning would mean November and December.

Don't let "peer pressure" by neighbors and commercial gardening crews get to you.

Looking through all the horticultural research I could find, nowhere could I locate anything about trimming crapes in November or December. The reason is simple ... we don't have much of a winter. If you trim the crapes in the last two months of the year, and we get a warming trend in January or February, the trees might actually start putting on new growth. And that new growth will be incredibly susceptible to freezing weather should it come on the heels of a warm spell.

New growth will also tend to draw the cold right into the plant, causing needless damage to a tree that should be resting in dormancy.

So, say it with me: the best time to trim crapes is January through February. For years, I've suggested Valentine's Day is a great time to trim them, because at that time we're also trimming back our roses.

Now, as for how much to trim, it truly is up to you. Since crapes are so resilient, no matter how much or how little you trim really doesn't matter. From an aesthetic point of few, however, I personally don't like trimming back to the "knuckles." But you should at least trim back the expired seedpods (the dried bloom clusters) to insure better blooms in the coming year.

Here are some Web sites with trimming suggestions:

- Crape Myrtle Farms <http://www.crapemyrtles.com/pruning.html>
- Texas A&M



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Donate Blood

WWW.GIVEBLOOD.ORG

WHAT TO EXPECT

You know there are good reasons to give blood, but if you haven't donated before, you are probably wondering what to expect.

BEFORE DONATION

- Get a good night's sleep the night before your donation.
- The day of your donation, use CFLExpress to complete your health history interview from your home or office. This is optional, but will help speed up your donation! Don't forget to print your ticket.
- Read the information sheet about donating blood.
- Be sure to eat a hearty meal and drink plenty of fluids before you donate.

HEALTH HISTORY

- A Blood Center crew member will welcome you into a screening booth, where you'll present your photo ID and provide basic information about yourself. If you used CFLExpress, present your ticket.
- In private, answer questions about your past and present health; this information is kept confidential.
- The screener will return and administer a mini health exam (temperature, blood pressure, heart rate).
- A blood drop will be taken from your finger to determine your blood type and hematocrit level.

DONATION

- A crew member will escort you to a donation bed, where your arm will be examined and cleaned with a wet scrub.
- Now your donation begins. Once the needle is in place, it usually takes less than 10 minutes to give a unit of whole blood. If you are giving an automated donation - like platelets, plasma or double red cells - our staff will let you know how long the procedure should take.
- During your donation, use Applied Muscle Tension, alternately contracting and relaxing muscle groups in the body. One method is to tighten the muscles of the legs and buttocks for about five seconds, relax for five to 10 seconds and repeat. Another method is to squeeze a ball in the hand.
- Once your donation is complete, the needle will be removed and a bandage will be applied.

AFTER DONATION

- Sit and have a snack and a drink, relaxing for at least 15 minutes.
- Talk with the staff about scheduling your next donation. You'll earn bonus points for doing so!
- As long as you're feeling well (not lightheaded or dizzy), go out and enjoy your day. Be proud that you've helped save a life!
- Drink additional water, keep the bandage in place for a few hours and avoid strenuous physical activity for the remainder of the day. If you begin to feel lightheaded or dizzy, lie down until feeling better.
- The following day, log on to Digital Donor to view your health check results and points you've earned for the Commit for Life Store!

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JANUARY IS NATIONAL GLAUCOMA AWARENESS MONTH

AN IMPORTANT TIME TO SPREAD THE WORD ABOUT THIS SIGHT-STEALING DISEASE

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

HELP RAISE AWARENESS

Talk to your family about glaucoma.

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Here are three ways you can help raise awareness:

1. Talk to friends and family about glaucoma. If you have glaucoma, don't keep it a secret. Let your family members know.
2. Refer a friend to our web site, www.glaucoma.org.
3. Request to have a free educational booklet sent to you or a friend.
4. Get involved in your community through fundraisers, information sessions, group discussions, inviting expert speakers, and more.

Connect with us on Facebook or follow us on Twitter for regular updates on glaucoma research, treatments, news and information. Share information about glaucoma with your friends and family.

WHAT IS GLAUCOMA?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts

like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

TYPES OF GLAUCOMA

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Regular Eye Exams are Important

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is the leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

RISK FACTORS

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.

HELP US FIND A CURE

Glaucoma Research Foundation is a national non-profit organization funding innovative research to preserve vision and find a cure for glaucoma. Gifts of every size make a difference. Donate today

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RECLUSE SPIDERS

Recluse spiders are shy and, as their name suggests, do not like being out in the open. They are about the size of a quarter, with a body that is 1/2 inch long. They can be light brown, dark brown or greyish in color. They have no spines on their legs and usually have a uniform body color. Recluse spiders are known for their characteristic violin or fiddle-shaped marking on the "back" (a.k.a. cephalothorax...the front part of the spider). The real distinguishing feature is an eye pattern of three pairs of eyes arranged in a semicircle on the front of the cephalothorax.



Outside homes, recluse spiders can be found in garages or sheds, firewood piles, or piles of stored materials such as lumber, bricks, or rocks. Inside the home, these spiders are found in bedrooms, closets, bathrooms, under

furniture, behind baseboards, in attics, or in cracks and crevices. They are most active at night when hunting for food.

People are typically bitten by accidentally rolling over onto a spider while sleeping or trapping a spider next to skin when putting on clothing where the spider is hiding. Recluse spiders have a cytotoxin that breaks down tissue in the bite area. Several hours after being bitten a blister forms at the bite site that may grow in size as tissue breaks down from injected venom. Infected tissue eventually sloughs off, leaving an open wound that takes a while to heal. More serious symptoms may also occur such as chills, fever, fatigue, joint pain, or nausea. If you experience problems after being bitten by a spider, then seek medical attention immediately.

To avoid spider bites, try some (or all) of the following:

- Use sticky traps to capture spiders
- Remove bed skirts from beds (these make it easy for spiders to crawl into the bed)
- Don't leave clothes or blankets on the floor; shake out blankets and clothing before using
- When storing items, either use sealed plastic containers/bags or tape boxes on all seams to keep spiders out
- Wear leather gloves when cleaning in undisturbed closets, attics, garages, or the yard
- Keep stacked, stored items away from the home. Do not store firewood against the house and only bring in firewood to immediately place on a fire.

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.urbanipm.blogspot.com

Kids' Club

Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club
308 Meadowlark St
Lakeway, TX 78734-4717

We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: January 31st

Be sure to include the following so we can let you know!

Name: _____

(first name, last initial)

Age: _____



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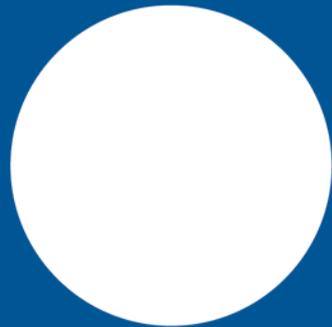
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