

BUTLER'S BRIDGE

WEST BEND COMMUNITY IMPROVEMENT ASSOCIATION

VOLUME 4 | ISSUE 2

FEBRUARY 2018

February 2018

COMMUNITY CALENDAR

Observed as:

- Black History Month
- American Heart Month

Birthstone:

Amethyst

Flower:

Violet

Astrological Signs:

Aquarius (till 18th) & Pisces (19th-)

2nd	Groundhog Day
2nd	National Wear Red Day
4th	Super Bowl
4th	World Cancer Day
7th	National Signing Day
13th	Mardi Gras
13th	Shrove Tues (Pancake Day)
13th	World Radio Day
14th	Ash Wednesday
14th	Valentine's Day
14th	International Condom Day
16th	Chinese New Year
19th	Presidents Day
21st	International Mother Language Day
21st	Board Meeting
22nd	National Margarita Day

QUARTERLY INSPECTION AREA OF FOCUS

West Bend Community Improvement Association

The following areas will receive a more comprehensive evaluation during the specified quarter. However, bi-weekly deed restriction inspections done by the auditor will continue to check the items below, in addition to all other areas throughout the year.

Homeowners are legally obligated to maintain their property in accordance with the West Bend Community Improvement Association governing documents.

DECEMBER – FEBRUARY

- Sidewalk & Driveway repairs
- Power washing of sidewalk & driveway

MARCH – MAY

- Gutter cleaning including house & street
- Removal of pine needles & leaves

JUNE – AUGUST

- Mildew removal
- Power washing exterior home
- Painting

SEPTEMBER – NOVEMBER

- Fence Repairs
- Tree Trimming

The Quarterly Inspection Area of focus is an attempt to decrease the number of first letter violation notices. It gives homeowners the opportunity to rectify any problems in a focus area before the quarter approaches.

Thank you for your continued cooperation.

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

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LIFE'S SIMPLE 7

“Do you know there are seven easy ways to help control your risk for heart disease? Manage your heart risk by understanding “Life’s Simple 7.”

1. GET ACTIVE

Daily physical activity increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.

What To Do

Start by learning the basics about fitness. Also, children need 60 minutes a day—every day—of physical activity, so find ways to workout with your kids to help ensure their heart health in addition to your own.

2. CONTROL CHOLESTEROL

When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Cholesterol is a waxy substance and our bodies use it to make cell membranes and some hormones, but when you have too much bad cholesterol (LDL), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.

What To Do

Try these tips to lower cholesterol with diet and foods.

3. EAT BETTER

Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases. If you are frequently skipping out on veggies, fruit, low-fat dairy, fiber-rich whole grains, and lean meats including fish, your body is missing the basic building blocks for a healthy life.

What To Do

Want more ways to eat better? Try these tips:

- Track what you eat with a food diary
- Eat vegetables and fruits
- Eat unrefined fiber-rich whole-grain foods
- Eat fish twice a week
- Cut back on added sugars and saturated fats

4. MANAGE BLOOD PRESSURE

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

High blood pressure, also known as hypertension, means the blood running through your arteries flows with too much force and puts pressure on your arteries, stretching them past their healthy limit and causing microscopic tears. Our body then kicks into injury-healing mode to repair these tears with scar tissue. But unfortunately, the scar tissue traps plaque and white blood cells which can form into blockages, blood clots, and hardened, weakened arteries.

What To Do

To manage blood pressure, you should:

- Eat a heart-healthy diet, which includes reducing sodium
- Get regular physical activity and maintain a healthy weight
- Manage stress, limit alcohol and avoid tobacco smoke.

5. LOSE WEIGHT

If you have too much fat — especially if a lot of it is at your waist — you’re at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you’re overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. Even losing as few as five or ten pounds can produce a dramatic blood pressure reduction.

What To Do

Calculate your body mass index (BMI) to help you determine if you need to lose weight.

6. REDUCE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells. If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes.

Although diabetes is treatable and you can live a healthy life with this condition, even when glucose levels are under control it greatly increases the risk of heart disease and stroke. In fact, most people with diabetes die from some form of heart or blood vessel disease.

What To Do

The following tips can all help reduce your blood sugar:

- Reduce consumption of simple sugars that are found in soda, candy and sugary desserts
- Get regular physical activity! Moderate intensity aerobic physical activity directly helps your body respond to insulin
- Take medications or insulin if it is prescribed for you

7. STOP SMOKING

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots. Like a line of tumbling dominoes, one risk creates another. Blood clots and hardened arteries increase your risks for heart attack, stroke and peripheral artery disease. Smoking can also reduce your good cholesterol (HDL) and your lung capacity, making it harder to get the physical activity you need for better health.

What To Do

Whatever it takes for you to stop smoking, it is worth it! Visit the American Heart Association’s Quit Smoking website for tools and resources.

Learn more about “Life’s Simple 7” and take action with MyLifeCheck from the American Heart Association.

HOUSTON RODEO SHOW & CONCERTS FEBRUARY 27 - MARCH 18

Tue	Feb 27	Garth Brooks
Wed	Feb 28	Little Big Town
Thu	Mar 1	Blake Shelton
Fri	Mar 2	Leon Bridges
Sat	Mar 3	Kelsea Ballerini
Sun	Mar 4	Alessia Cara
Mon	Mar 5	Rascal Flatts
Tue	Mar 6	Jason Aldean
Wed	Mar 7	Thomas Rhett
Thu	Mar 8	Luke Bryan
Fri	Mar 9	Chris Young
Sat	Mar 10	Cody Johnson
Sun	Mar 11	Calibre 50
Mon	Mar 12	Zac Brown Band
Tue	Mar 13	J Balvin

Wed	Mar 14	OneRepublic
Thu	Mar 15	Keith Urban
Fri	Mar 16	Chris Stapleton
Sat	Mar 17	Brad Paisley
Sun	Mar 18	Garth Brooks

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

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JAMES EARL JONES TURNED FEAR INTO FAME

FEAR – FEEL IT AND KEEP MOVING

Many of us allow our fear to stop us in our tracks. All it takes is a less than encouraging word, a negative facial expression, or a less than positive opinion, and we give up before we even get started. We're afraid of:

- the word “no” because it means failure
- the word “yes” because it means responsibility
- the disapproving look because it means rejection
- the whispers and grins because they mean judgment, and
- the absence of support because it means abandonment

Let's look at these five catalysts to failure and how they can be overcome.

Abandonment: Little James Earl was scared. His father had left the family to become a prize fighter and actor. His mother had left to earn money as a tailor. The Great Depression had stolen his family and he was about to lose the only life he had ever known.

His grandparents had adopted him and now they were on their way to Michigan.

Rejection: Though his life in Mississippi had been one of abandonment, it was all the 5-year-old boy had known. The move to Michigan so traumatized him he developed a stutter.

His first day of school was a disaster. His stuttering made his classmates laugh at him. It was the final straw for a frightened little boy. He closed his mouth and simply quit talking... for eight years!

James Earl was completely mute – with the exception of conversations he had with himself when he was all alone. He found solace in the written word – creating poetry to release the raging in his soul.

Judgment: As is often the case, one person who saw beyond his limitations released James Earl from his self-imposed prison. That one person was an English teacher who saw talent in the silent 13-year-old. She pushed him beyond his fear by forcing him into public speaking – insisting he recite a poem in front of the class every day.

Can't you imagine his terror when he first stood in front of his classmates? What made him do it? Was it only the teacher's insistence? No. It was a deep desire to break free from his prison and speak all the things that had sat silently in his heart during all those years. He chose to feel the fear – and then do it anyway!

Failure: He stuttered. He stammered. He endured the sympathetic and scornful looks of fellow students. He endured the laughing. But he did it. He faced the fear and forced himself to speak. Day after day. Week after week. He hung onto the encouragement of the teacher who believed in him. And it worked. His stuttering became less. He learned to control his voice.

Responsibility: His victories made him look for more challenges. James Earl began to take acting lessons. His early lessons in

perseverance gave him the courage to push beyond the prejudices against black actors. He chose to take as many different types of roles as he could – stretching his limitations and refusing to be pigeonholed by any stereotypes.

Beyond the fear

James Earl Jones is now known for his deep authoritative voice. Perhaps you know him as the voice of Star War's Darth Vader, as Mufasa in the Lion King or the booming voice behind the cable news network heralding "This... is CNN".

Today, Jones can also count the entertainment industry's "grand slam" of Emmy, Grammy, Oscar and Tony Awards among his many accolades: Emmys for "Gabriel's Fire" and "Heat Wave"; a Grammy for "Great American Documents"; a Tony for the Broadway version of "The Great White Hope" and "Fences"; as well as an Oscar for lifetime achievement in 2011.

People look at him today and see a confident actor with a deep, resonant voice. The next time you see him, look deeper. . .

James Earl Jones' great secret to success is that he chose to push beyond his fears. He chose to change the reality of a young boy who had lived in silence for eight years. He chose to face ridicule and scorn in order to be free. I can only imagine how many years passed before he could open his mouth without being afraid of what would come out.

So many of us let our fears stop us. We're afraid of how we will appear. We're afraid of what people will think. We're afraid we'll fail. And so,

. . . we do nothing. We exchange fear for regret.

Fear will pass. Fear can be conquered. Fear will fade away in the face of determined action.

Regret – well, you'll live with that for the rest of your life.

What are you afraid of? Name the fear. Choose to face it. And take action to conquer it today! You, too, can live a life of success by feeling the fear and moving beyond it.

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

West Bend CIA

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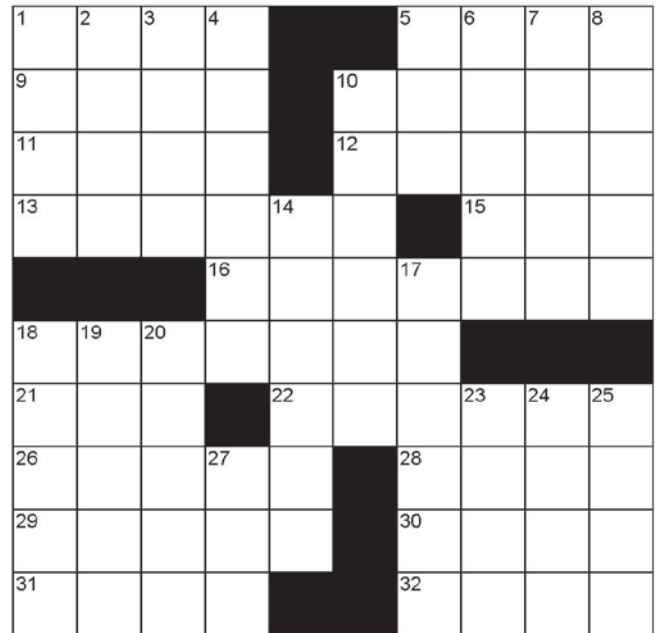
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- High School dance
- Camel seat
- Kimono sash
- Moslem
- Ancient time piece
- Environmental protection agency (abbr)
- Naval fleet
- From Asia
- Aroma
- Jeans
- Back of the neck
- Tuber
- Removes the water

DOWN

- Squash
- Tub spread
- Soup
- Dirty
- Creative work
- Sweeper
- Deer
- Molded salad
- Precision cut stone
- People from Asia
- Kitchen appliance color
- Large mammals
- Defeat
- Simple
- 6th month (Jewish calendar)
- Foolish
- Greek god of war
- Place

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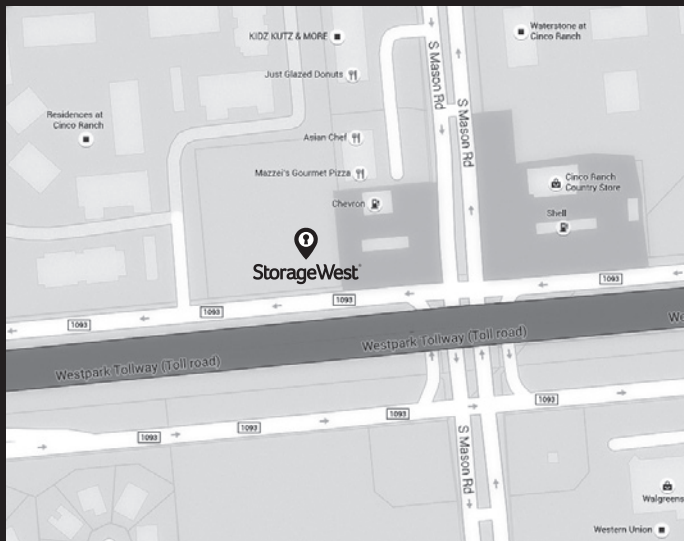
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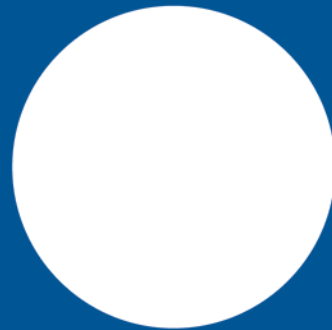
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