

# Wortham

## VILLAGES



Volume 18, Issue 2

February 2018

[www.worthamweb.org](http://www.worthamweb.org)

## SPRING MULCH SALE

**\$5.50 PER BAG**

**PROJECT PROM 2018  
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Just in time for Spring.... Cy-Fair Project Prom has all the Black Velvet Hardwood MULCH you want to spruce up your yard! Pre-Order forms are online at [www.cyfairprojectprom.com](http://www.cyfairprojectprom.com). \$5.50 per 2 cu. ft. bag includes delivery to your home by a Cy-Fair High School student on March 3rd. Orders due by February 16th.

The goal of Project Prom is to provide a safe after prom event for students. After Prom students are not allowed to drive but rather bussed to an all-night lock in at Main Event. This mulch sale portion is a large source of the fundraising and we ask for our neighborhood support.

If you would like to volunteer for mulch sales, please email [mulch@cyfairprojectprom.com](mailto:mulch@cyfairprojectprom.com).

## INCIDENT REPORT DECEMBER 2017

INCIDENT	OFFENSE TOTAL
911 Hang Up .....	1
Accident/FSGI .....	2
Accident/Major .....	1
Accident/Minor.....	8
Alarm Local.....	15
Alarm/Sil/Pan/HU .....	1
Animal Aggressive .....	1
Assault/Family.....	1
Burg/Business.....	1
Burglary/Habitat .....	1
Burglary/Motor Vehicle.....	8
Check Business.....	5
Check Park.....	6
Contract Check.....	116
Credit Card Abuse.....	1
Criminal Mischief.....	1
Disturbance/Loud Noise .....	1
Disturbance/Other .....	5
Domestic/Prevent.....	2
In Progress.....	1
Indecent Exposure.....	1
Information Call .....	1
Meet the Citizen .....	19
MUD Building Check .....	13
Neighborhood Check.....	25
Open Door/Window.....	1
Parking Lot Check .....	5
Stranded Motor Vehicle.....	1
Suspicious Person .....	6
Telephone/Harass .....	1
Theft/Other.....	3
Traffic Initiative.....	14
Traffic Hazard .....	3
Traffic Stop.....	21
Unk Med Emer .....	1
Vehicle Abandoned.....	2
Vehicle Suspicious .....	9
Vehicle Stolen.....	2
Welfare Check.....	3

# Wortham Villages

## IMPORTANT NUMBERS

### MANAGEMENT

Crest Management ..... 281.579.0761  
Heather Esteban (Manager) ... heather.esteban@crest-management.com  
Robin Motley (Accounting)..... Ext. 24  
Fax number ..... 281.579.7062

### BOARD MEMBERS

Stan Schoen ..... sschoen@worthamweb.org  
Jonathan Armstrong ..... jarmstong@worthamweb.org  
Steve Carter ..... scarter@worthamweb.org  
Rick Anderson ..... randerson@worthamweb.org  
Rebecca McShane ..... rmcshane@worthamweb.org

### COMMITTEE CHAIRPERSONS

Architectural Control  
Crest Management ..... 281.579.0761  
Clubhouse  
Lisa Teague ..... lcteague@sbcglobal.net, 281.894.5460  
Directory  
Mindy Armstrong ..... 281.970.2187  
Info. Signs  
Angie Haine ..... angiehaine@yahoo.com, 713.304.2792  
Park Committee  
Martin Mayne ..... martin@mayne.us, 281.955.2240  
Recreational Facilities Committee  
Rick Anderson ..... 281.890.4878  
Sports Fields Reservations  
Martin Mayne ..... martinmayne.park@mayne.us  
Social  
Rebecca McShane ..... 281-890-730  
Tennis Committee  
Dorota Jankovsky ..... 281.955.9626

### EMERGENCY NUMBERS

Life Threatening Emergency..... 911  
Fire ..... 911  
Sheriff's Department..... 911  
Poison Control..... 800.222.1222

### NON-EMERGENCY NUMBERS

Ambulance ..... 713.466.4073  
Sheriff's Department..... 713.221.6000  
Harris County Health Dept..... 713.439.6000  
Animal Control..... 281.999.3191  
Gas - Centerpoint..... 713.659.2111  
WATER & SEWER - MUD 222 (Municipal Operations)  
Service & Billing..... 281.367.5511  
Street Lights ..... 713.207.2222  
Garbage & Recycling (Texas Pride) ..... 281.342.8178  
..... email: service@texaspridedisposal.com  
U.S. POST OFFICE - FAIRBANKS STATION  
7050 Brook Hollow West ..... 713.937.9108

### NEWSLETTER PUBLISHER

Peel, Inc. Sales Office ..... 888.687.6444  
E-Mail ..... advertising@PEELinc.com

## WORTHAM ARTICLES

Please submit your articles, neighborhood news items, birthday announcements by the 10th of the month to get in the next month's newsletter. Email: [Sunni.west@crest-management.com](mailto:Sunni.west@crest-management.com)

Need to use the baseball or soccer field in the detention pond? Need the pavilion for a party? Make a reservation so you can be sure it's available! The calendar is online at <http://my.calendars.net/worthamvillages>

Once you check to see if the date is available, send me an email at [park@mayne.us](mailto:park@mayne.us) and I'll get you on the calendar too!

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# Wortham Villages

## BLOCK CAPTAINS

Apple Forest ..... Monica Schreiber 281.435.9409  
Aspen Bough.....Bruckner, Eric & Marie 281.890.8667  
Azalea Creek.....**Need Block Captain**  
Birch Falls ..... Holly Lewis 713.817.1815  
Birch Falls ..... Allisson, Kelly 281.639.0010  
Brook Mill ..... Young, Deanna 281.890.0598  
Carriage Lake ..... Boushley, Connie 281.890.3499  
Carriage Lake.....**Need Block Captain**  
Chestnut Woods.....Hutchinson, Mark & Jan 281-894-8410  
Chestnut Woods.....Claiborne, Ed & Pam 281.469.7646  
Dawn Point & Elm Bough..... Ramos, Angelina 281.970.8545  
Dogwood Blossom ..... Sanchez, Brice 281.894.0890  
Dogwood Blossom ..... Johnson, Jean & Lonnie 281.300.8282  
Elm Bridge Court.....**Need Block Captain**  
Fern Vale..... Lawrence, Jeremy & Amy 713.859.2785  
Harvest Dale .....**Need Block Captain**  
Harvest Dale ..... Franklin, Vernetta 281.807.3834  
Hickory Tree .....**Need Block Captain**  
Hillside Glen..... Smet, Guido & Shelia 281.970.4766

Hillside Glen (North).....**Need Block Captain**  
Lark Brook..... Sevier, Marcia 281-894-9708  
Lark Brook..... Lara, Peggy 281.970.4052  
Magnolia Leaf ..... MacDonald, Lori 281.469.0874  
Magnolia Leaf ..... Blum, Brian 281.253.1548  
Orchard Hollow & Town Elm..... Dineen, Taffy 281.450.7274  
Orchard Hollow ..... Tolbert, Toney & Shirley 281.894.0085  
Plum Vale..... Kelley, Dale 281.469.1371  
Reedwood Ridge .....**Need Block Captain**  
Reedwood Ridge ..... McGlamory, Kay 281.955.2107  
Shady Fern ..... Thornton, Carolyn 281.807.1816  
Spruce Knoll ..... Meyer, Bob 281.469.3740  
Sycamore Heights..... Sommer, Donna 832.237.4684  
Timberland Trace ..... Peterson, Sandra 281.897.9875  
Tulip Garden ..... Jones, David & Jill 281.955.8972  
Tulip Garden.....**Need Block Captain**  
Walnut Lake..... Heafner, Cissy 281.477.9553  
Wortham Blvd.....**Need Block Captain**  
Wortham Blvd..... Culp, Susan 281.300.2411



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# Wortham Villages

## MEET OUR STUDENTS

Hosting an international exchange student is a great way of opening the world to your children and teaching them about new cultures.

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Here are just some of the many students that are available for placement:

Abby from Denmark – loves being active in sports, nature and at the beach. She is a competitive swimmer and enjoys horseback riding.

Dominik from Switzerland – an open minded, uncomplicated boy, with a real interest in American sports

Maria from Norway – she describes herself as an outgoing, adventurous, mature, compassionate person.

Saana from Finland – she is both sympathetic and empathetic. She enjoys music and sports, and according to her bio – she has a great laugh!

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832-455-7881 or via email at [vicki.stsfoundation@gmail.com](mailto:vicki.stsfoundation@gmail.com).

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.

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## WORTHAM VILLAGES BOARD MEETINGS

Wortham Villages Board meetings are open to all homeowner's. Monthly board meetings are generally held the third Wednesday of each month from 11:30 am to 1:00 pm at the offices of Crest Management (17171 Park Row, Suite 310, Houston, Texas 77084), but may be changed for various reasons, including due to scheduling conflicts.

For an accurate notification of board meetings, dates and times please visit Crest Management's website [www.crest-management.com](http://www.crest-management.com), then click on communities, then scroll down to Wortham Villages and click on it. There is box for you to put your email address that will notify you when the board is going to meet. The board does meet on a regular basis, although do cancel occasionally if the board cannot obtain a quorum.

If you are interested in attending a board meeting, we do ask that you contact Crest Management beforehand so time can be scheduled and set aside during the meeting to address your comments or request.

Your Wortham Board of Directors



**Please remember to pick  
up after your pets and  
“scoop the poop”**



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## Preventing Common Types of Neck and Back Pain

*By Dr. Chad Adkins, Adkins Chiropractic in Summerwood*

By far, one of the most common causes of neck and back pain in today's society is poor posture. We find in our chiropractic office that back pain often follows sitting or standing for a long period of time, bending repetitively or for too long, or lying down in a position of strain. Similarly, neck pain usually follows sitting for a long period of time such as on a drive or flight, working in a strained position such as over a computer, holding a phone in place for long, or lying down with the head in an awkward position.

Let's identify five common causes of neck and back pain and learn how to correct them.

1. Lifting is probably the biggest culprit of them all. Make sure that when lifting, you bend your knees, not your back. Lift with your legs, and hold objects close to your body. Try to avoid lifting objects over your head and no higher than chest high. When a load is too heavy, get help and plan ahead to avoid sudden load shifts. Most importantly, always be sure of your footing.
2. Improper walking and standing are the next-most-common reasons we see patients. Try to stand with weight equal on both feet, and do not shift your weight back and forth. Walk with good posture (walk tall), keeping your head high, chin tucked in, and toes straight ahead. Make sure to wear comfortable/supportive shoes, and try to avoid boots and high heels.
3. Remember for driving to move the seat forward to keep your knees bent and slightly higher than your hips. Sit straight up, and push the lumbar support as far out as it will go. Also, do not lean to one side or the other, and try to keep your weight balanced. Most importantly, keep your head against the rest and do not let it drift forward.
4. Sitting is another big issue we see in our office, especially with technology/computer-related jobs. Be sure to sit in a chair that is low enough for you to place both feet on the ground, with knees equal to or higher than your hips. You can also rest your feet on a stool if you can't reach the ground. Sit firmly against the back of the chair, and do not allow yourself to lean forward. I also recommend getting up about every thirty minutes.
5. Sleeping is something that may get overlooked, but it is very important since you spend a third of your life sleeping. A good night's sleep on a firm mattress is good for your health and your back. Sleep on your side with your knees bent and a small pillow between them or on your back with a pillow under your knees. Try to avoid sleeping on your stomach at all costs.

It is very important to learn and practice good posture and body mechanics. A straight, properly aligned back can help prevent unnecessary wear and tear on your discs and joints.



## ATTENTION KIDS: SEND US YOUR MASTERPIECE!

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

Peel, Inc. - Kids Club

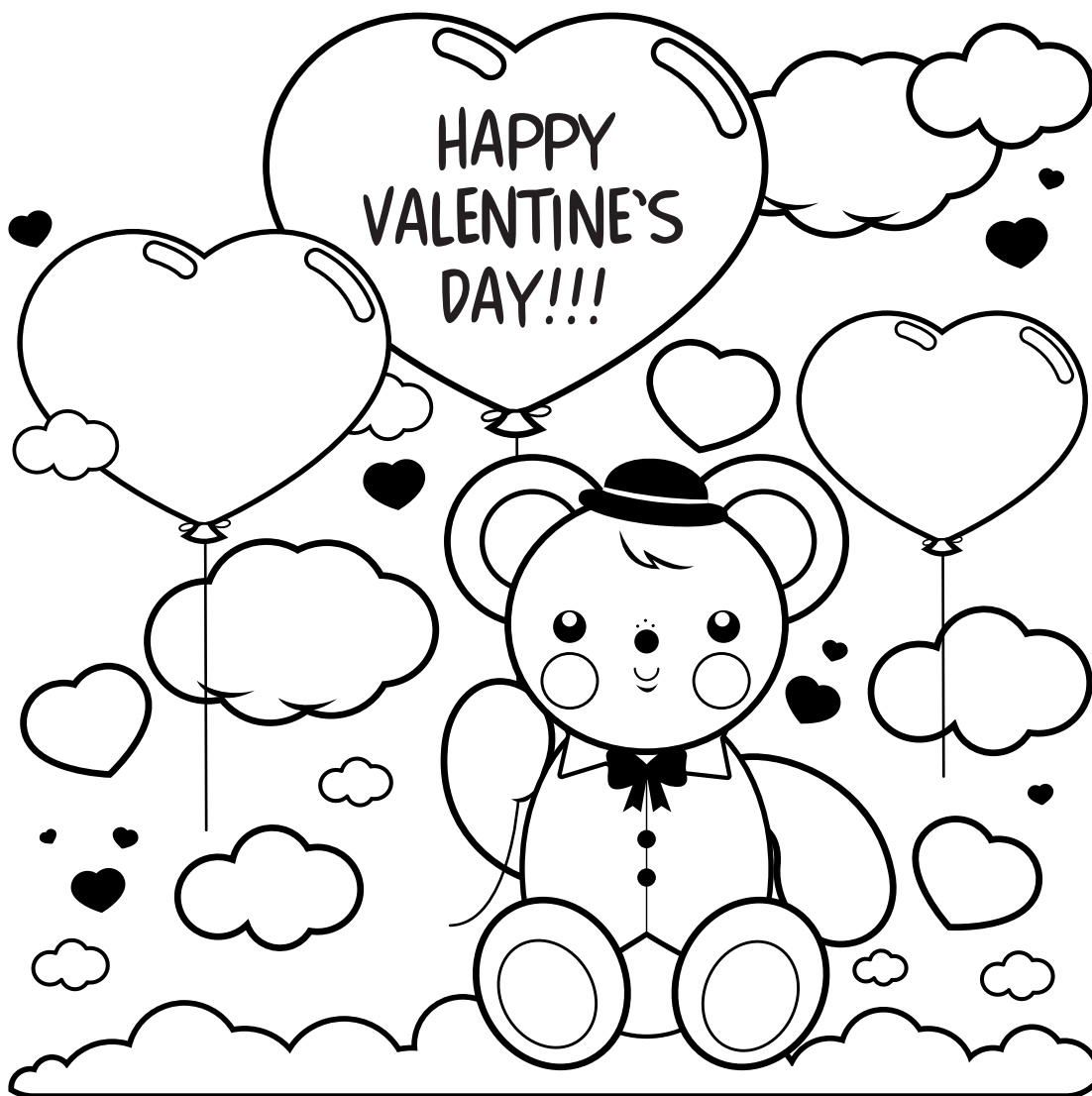
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We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

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

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