

# Wortham

## VILLAGES



Volume 18, Issue 9

Wortham Village Voice

September 2018

## SANTA DELIVERS 2018

**As part of the Fire Department's Annual Fundraiser; Santa and the Elves will again make delivery of your gift to your child by following the guidelines below:**

- In person sign-ups will happen on Saturday, September 8th, 2018 at 10:00am.
- We will open the doors at 10 am, to put your name on the list. Pick which date you would like and we will call you back with a time. **NO CALLS WILL BE TAKEN DURING SIGN UPS...NO EXCEPTIONS.**
- Dates for delivery: December 7th, 8th, 9th and 14th, 15th and 16th
- Deliveries made between 6:00pm – 8:30pm (5:00pm on Sat/Sun)
- A minimum donation of \$50.00 for a ten minute visit for a family of four. Santa has requested no deliveries to large groups or parties.
- Bring your child's wrapped gift to the Fire Station the Tuesday prior to your scheduled delivery date. If the gift is not at the station by Thursday at the latest, you will forfeit your spot....Station located at 16501 Jersey Dr.
- Additional donations will be greatly appreciated. Checks payable to: Jersey Village Fire Fighters Association or we have a stamp. Thank you.

## JERSEY VILLAGE FARMER'S MARKET

The Jersey Village Farmer's Market is held during the first Sunday of every month, from 12pm - 3pm. The market is located in the parking lot of the Jersey Village Civic Center, 16327 Lakeview Dr. This family-friendly event features locally grown food and handmade merchandise.

### MEET OUR VENDORS FOR 2018!

Sabor Argentiono	Argentinian empanadas
The Pies	Homemade pies
Team Coffee	Organic coffee
Julies Bakery	Baked goods
DellaCasa Pasta	Handcrafted pasta dishes
Lil Emma's Seafood	Fresh Shrimp
Popcart Handmade Ice Pops	Popsicles
Erbe Ranch	Pasture raised chicken/pork/beef
Blacklick Spice Company	Hot pepper sauce
Shipley Studio	Ceramics and jewelry
Cypress Essentials	Bath products
Fairbanks Library	Library books/cards
Cafe ZunZun	Locally roasted coffee and tea
Custom Gifts by Me	Hair bows and lanyards
Kettle Corn King	Fresh squeezed lemonade
Montgomery Gourmet Foods	Produce
Al's Plants	Fruit trees
Magic Worm Ranch	Worm castings
Olivero Farms	Specialty olive oils and baked goods
CZ Sweets	Baked goods
Trishnna Tea	Tea
Backyard Bounty Farms	Produce
Quick n Ezee Indian Food	Indian food
Midpoint Art	Ceramics, quilts, and jewelry
Village Soaps	Loofa soaps
BZ Honey	Honey
Marchese Sausage Co.	Sausage, eggs, and honey
King of the Pit LLC	BBQ sauces
Pain Train Salsa	Salsa

*(Continued on Page 3)*

# Wortham Villages

## IMPORTANT NUMBERS

### 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

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 E-Mail..... advertising@PEELinc.com



Angela Altamuro - Fashion Consultant / Photo Credit: ReWarding Images

## Success is Simple: Dress for it!

### Luncheon Details

Thursday, September 27th, 2018  
 Networking 11a.m.; Luncheon begins at 11:30 a.m.  
 Sterling Country Club  
 16500 Houston National Blvd., Houston, TX 77095  
 Costs \$25 with advanced reservations; \$30 at the door

Success is simple: Dress for It! How personal style and goals go hand in hand.

Edith Head, famous Hollywood costume designer, said it best: "You can have anything in life you want if you dress for it."

Join us for a fun and informative workshop, moderated by Angela Altamuro, where you'll learn valuable tips on dressing for success from the top of your head, to the tip of your toes and everything in between.

### About Cy-Fair Express Network (CYFEN)

Now over 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to [www.CYFEN.org](http://www.CYFEN.org).

### About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, [www.abwa.org](http://www.abwa.org).

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# Wortham Villages

## Houston Career Fair

September 18, 2018 - Live Recruiting/Hiring Event

Live Recruiting/Hiring Event with National Career Fairs

Tuesday, September 18, 2018

11:00AM - 2:00PM

Crowne Plaza Houston-River Oaks

2712 Southwest Freeway

Houston, TX 77098

Ready for a new career? National Career Fairs is the industry leader and we are driving employers and future employees together faster than ever before.

Now Is The Time to Start or Advance Your Career Today!

3 Steps To Your Future...

1. Register
  - a. Provide all information including a valid cell number so we can send you updates and alerts.
  - b. Emails will be sent for reminders and a few days before the event, a Career Fair Guide will be provided that lists all employers and job titles they are hiring for.
  - c. After registering, go to NCFJobs.com and upload your resume and search the jobs available.
2. Attend Event
  - a. Dress for Success! Business attire.
  - b. Bring plenty of resumes to the event.
3. Get Hired at The Event

If you have questions, call us at 877-561-5627



**INVEST IN A STUDENT.  
CHANGE A LIFE.**

*Become a mentor*



**WHAT IS A CFISD MENTOR?**  
The CFISD Mentor Program is a cooperative effort of volunteers from businesses, faith-based and/or non-profit organizations, the community and CFISD designed to encourage students (elementary through high school) to finish school and focus on future education and career goals. A mentor is a suitable role model committed to helping a student with his/her academic and social development.

**1 APPLY ONLINE**  
cfisd.net/mentor

**2 ATTEND A TRAINING**

**3 MENTOR A STUDENT**  
30 minutes each week

**Questions?** Contact Leslie Francis at [leslie.francis@cfisd.net](mailto:leslie.francis@cfisd.net) or 281-894-3950

(Jersey Village Farmer's Market Vendors Continued from Cover)

PEAS farm	Produce and eggs
PEAS farm	Produce and eggs
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Watermelon Hill	Grass fed beef & eggs
Veggies in the burbs	Greens
The Baker's Man	Bundt cakes
Houston Gardening Market	Vegetables, herbs, and fruit
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# Wortham Villages

## Patriot Day and National Day of Service and Remembrance

SEPTEMBER 11

In memory of the nearly 3,000 people who were killed in the September 11, 2001, terrorist attacks, each year in the United States we observe Patriot Day and National Day of Service and Remembrance.

### HISTORY

On October 25, 2001, the U.S. House of Representatives Joint Resolution 71 was approved. Resolution 71 requested that the President designate September 11 of each year as "Patriot Day". President George W. Bush signed the resolution into law on December 18, 2001 (as Public Law 107-89).

On this day, it is asked by the President that the American flag is flown at half-staff at individual American homes, the White House and on all United States government buildings and establishments at home and abroad. The President has also asked Americans to observe a moment of silence beginning at 8:46 A.M. (Eastern Daylight Time), the time the first plane struck the North Tower of the World Trade Center on September 11, 2001. He also strongly encourages Americans to use the Corporation

for National and Community Service to find and volunteer for service opportunities.

It was on September 10 of 2012 that President Obama issued a proclamation renaming the day as Patriot Day and National Day of Service and Remembrance, in reference to both Public Laws 107-89 and 111-13 (the Edward M. Kennedy Serve America Act).

"As we join in serving causes greater than ourselves and honoring those we lost, we are reminded of the ways that the victims of 9/11 live on — in the people they loved, the lives they touched, and the courageous acts they inspired. On Patriot Day and National Day of Service and Remembrance, we pledge to carry on their legacy of courage and compassion, and to move forward together as one people." ~Presidential Proclamation—Patriot Day and National Day of Service and Remembrance

<http://www.whitehouse.gov/the-press-office/2011/09/09/presidential-proclamation-patriot-day-and-national-day-service-and-remem>



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- Play All Positions

**POSITIVE**

- Positive Coaching

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To Sign Up: [FFPS.org](http://FFPS.org)

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# 2018-2019

## SCHOOL DISTRICT CALENDAR



'18

### JULY

S	M	T	W	T	F	S
	1	2	3	4	5	6
	7	8	9	10	11	12
	13	14	15	16	17	18
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	25	26	27	28	29	30
	31					

### AUGUST

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### SEPTEMBER

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### OCTOBER

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### NOVEMBER

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### DECEMBER

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'19

### JANUARY

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### FEBRUARY

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### MARCH

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### APRIL

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### MAY

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### JUNE

S	M	T	W	T	F	S
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### IMPORTANT DATES

Aug. 13-17	Professional Days
Aug. 20-24	Professional Days
Aug. 27	First Day of School
Sept. 3	Student/Staff Holiday
Oct. 8	Professional Day/ES Parent Conferences
Nov. 19-23	Student/Staff Holiday
Dec. 24-28, 31	Student/Staff Holiday
Jan. 1-3	Student/Staff Holiday
Jan. 4	Professional Day
Jan. 21	Student/Staff Holiday
Feb. 18	Professional Day/Inclement Weather Day
March 11-15	Student/Staff Holiday
April 19	Student/Staff Holiday
May 27	Student/Staff Holiday
May 30	Last Day of School
May 31	Professional Day/Inclement Weather Day

### GRADING PERIODS

#### Elementary

Aug. 27 – Oct. 26  
Oct. 29 – Jan. 18  
Jan. 22 – March 29  
April 1 – May 30

#### Secondary

Aug. 27 – Oct. 19  
Oct. 22 – Dec. 21  
Jan. 7 – March 8  
March 18 – May 30

### ACCESS

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web version



### LEGEND

- Student/Staff Holiday
- Professional Day (Student Holiday)
- First and Last Days of School
- Parent Conferences
- Inclement Weather Day

# Wortham Villages

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## Health Highlights: September, Healthy Aging Month

*By Matt McMillen*

1. Get moving. Exercise regularly to maintain a healthy body and brain.
2. Stay social Take a class, volunteer, play games, see old friends, and make new ones.
3. Bulk up. Eat beans and other high-fiber foods for digestive and heart health.
4. Add some spice. Add herbs and spices to your meals if medications dull your taste buds.
5. Stay balanced. Practice yoga or tai chi to improve agility and prevent falls.
6. Take a hike. Brisk daily walks this September can bolster both your heart and lungs.
7. Sleep well. Talk to a sleep specialist if you don't sleep soundly through the night.
8. Beat the blues. If you've been down for a while, see a doctor. Depression can be treated.
9. Don't forget. To aid your memory, make lists, follow routines, slow down, and organize.

### Expert Tips on Healthy Aging

Tips from Gary W. Small, MD, professor of psychiatry and biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA Longevity Center

- Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.
- To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

Tips from Carla Perissinotto, MD, MHS, assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco

- Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.
- Try yoga. All types help maintain physical and emotional health. My favorite is Kundalini yoga, which focuses on meditation and strengthening.

Tips from Elizabeth Eckstrom, MD, MPH, director of geriatrics, Oregon Health & Science University, Portland, Ore.

- Follow a Mediterranean diet to help prevent memory impairment and heart problems. I love salmon covered with fresh thyme and lemon slices and grilled on a plank.
- I do tai chi three days a week, and it dramatically improves my balance. Seniors can do it, too, and cut their risk of falls by almost half.

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# TEA & TEAL EVENT

TUESDAY, SEPT. 18 | 6-8 P.M.



**Dr. Anne Alaniz**  
Gynecologic Oncology

Join Dr. Anne Alaniz, gynecologic oncologist, and our highly trained specialists from Houston Methodist Willowbrook Hospital for this informative event.

**EVENT GOALS:**

- Build awareness of common gynecologic cancers including cervical, ovarian and uterine cancers
- Recognize the signs and symptoms
- Share prevention and screening options
- Learn about detection, treatment and research breakthroughs

**Giveaways ▪ Complimentary dinner and dessert**

Lindsay Lakes Banquet Center  
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