

BUTLER'S BRIDGE

WEST BEND COMMUNITY IMPROVEMENT ASSOCIATION

VOLUME 5 | ISSUE 1

JANUARY 2019

December 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
1st.....	<i>Solemnity of Mary</i>
6th.....	<i>Epiphany</i>
7.....	<i>Orthodox Christmas</i>
11.....	<i>Human Trafficking Awareness</i>
13.....	<i>Golden Globe Awards</i>
14.....	<i>Orthodox New Year</i>
16.....	Board Meeting
21.....	Martin Luther King Jr.
21.....	<i>Tu Bishvat</i>
25.....	<i>Robert Burns Night</i>
26.....	<i>Australia Day</i>
27.....	<i>Commemoration Victims of the Holocaust</i>

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

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

MANAGEMENT COMPANY

CIA Services, Inc.

3000 Wilcrest, Houston, TX
713 981-9000

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

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community newsletters





Holiday Decorating Contest Winner's

1st Place

14580 West Bend Drive

2nd Place

4002 Club Valley Drive

3rd Place

4038 Knoll Glen Drive

West Bend CIA

Report Streetlight Outages



CenterPoint Energy maintains streetlights throughout West Bend. If a light is out or blinking, please call CenterPoint at 713-207-2222 or report it online <https://slo.centerpointenergy.com/>. You will be asked to provide:

- a pole number for the non-functioning lights you want to report
- contact information (in case more information is needed to locate a streetlight)
- an e-mail address (if you want feedback regarding your repair request)
- the number of streetlights you would like to report

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.
- Remove Holiday Decorations by 1/20/19

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On the Corner of Dairy Ashford and Memorial Drive

Donate Blood

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!

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.

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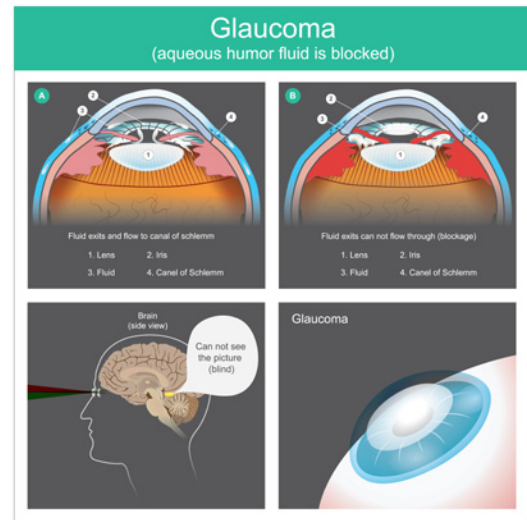
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Types of Glaucoma

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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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 view, 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

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.





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