

BUTLER'S BRIDGE

WEST BEND COMMUNITY IMPROVEMENT ASSOCIATION

VOLUME 5 | ISSUE 2

FEBRUARY 2019

February 2019

COMMUNITY CALENDAR

Observed as:

- Black History Month
- American Heart Month

Birthstone: Amethyst

Flower: Violet

Astrological Signs:

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

1st.....	National Wear Red Day
2nd.....	Groundhog Day
3rd.....	Super Bowl
4th.....	World Cancer Day
5th.....	Chinese New Year
6th.....	National Singing Day
9th.....	National Pizza Day
10th.....	Grammy Awards
13th.....	International Condom Day
13th.....	World Radio Day
14th.....	Valentine's Day
18th.....	President's Day
20th.....	Board Meeting
21st.....	International Mother
21st.....	Language Day
22nd.....	National Margarita Day
24th.....	Academy Awards

Come Talk to the Tax Experts on February 9th

Tracy Jones will discuss Property Tax and
how to protest your own tax appraised value.
Jerry Thompson will discuss filing an IRS

When: February 9th, 2019, 9:00am-12:00pm

Where: Volunteer Fire Department
16003 Bellaire Blvd
Houston, TX 77083

Please Register at GMBAC.com today!

Houston Rodeo Show & Concerts

February 25 - March 17, 2019

Each night, once the Rodeo dust settles, a superstar takes the stage to entertain the crowds. The star entertainers begin performing after the last rodeo event is completed each evening and the stage is set. Actual start times for the concert can vary day to day due to the different number of rodeo competitors and other production elements.

- Weekday rodeos start at 6:45 p.m. The entertainer takes the stage at approximately 8:45 p.m. NRG Stadium gates open at 6 p.m.

- Weekend rodeos start at 3:45 p.m. The entertainer takes the stage at approximately 5:45 p.m. NRG Stadium gates open at 3 p.m.

(The Saturday, March 16, 2019, rodeo performance will begin at 2:45 p.m., and the concert will begin at approximately 4:45 p.m. The Sunday, March 17, 2019, concert only performance will begin at 7 p.m., with no rodeo on this day.)

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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Catina Hunter	Catina.Hunter@ciaservices.com
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Register on www.crimereports.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

Afro Renaissance Festival

The inaugural Afro Renaissance Festival is a **Black History Month/Houston Rodeo** event in collaboration with New Perspective Development, which will showcase Black American culture via the celebration of Black American music, art, food, film, history and, technology.

The technology sector of the festival will allow attendees to learn more about Black history via a virtual reality experience in partnership with "I Am A Man VR" which is an interactive virtual reality experience/program set to the historic events of the African- American Civil Rights Movement.

When: February 16, 2019 | 3:00 pm

Where: Buffalo Soldiers National Museum
3816 Caroline Street, Houston, TX 77004

Tickets \$30

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



Cooperative Extension Program

Our Neighbor, Kimberly Perry, a Mission Bend Area resident and community leader has attended previous GMBAC Sponsored Plant Swaps. She is a Cooperative Extension Program Agent with Prairie View A&M University-Texas A&M AgriLife Extension.

Kimberly will be sharing her knowledge about back yard vegetable gardening at the next *GREATER MISSION BEND AREA COUNCIL* Plant Swap, to be held on Sunday, May 19th, at George Bush Park. Oh yes! She will be there swapping plants as well.

Prairie View A&M University Cooperative Extension Program is a unique education agency with a statewide network of professional educators, trained volunteers. It reaches into many Texas counties to address local priority needs. Some of our major efforts are in mitigating drought impacts; conserving water use in homes, landscapes, and production agriculture; improving emergency management; enhancing food security; and protecting human health through education about diet, exercise, disease prevention, and management.

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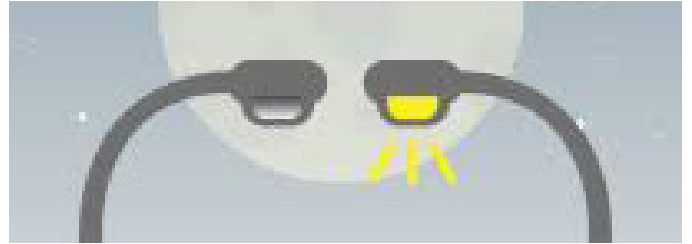
- ✓ Assessments are Due every year on January 1st
- ✓ Please drive safely, obey stop signs, and observe speed limits
- ✓ Approval required on any Exterior Modifications...
Visit: www.ciaservices.com
- ✓ Garage Doors are to be the same color as the body of the house and not the trim
- ✓ Remove trash cans from public view on non-trash days

GO **GREEN**
GO **PAPERLESS**



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peelinc.com
for details.

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

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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.

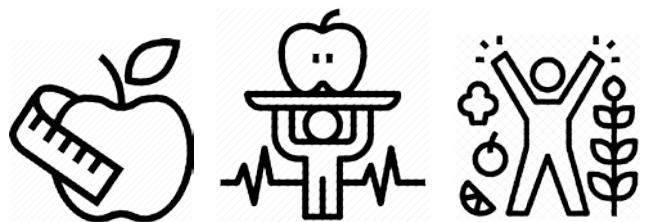
What To Do

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



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Ways to Clean Oil off a Driveway

Cat Litter

Put cat litter on the stain and rub it in.
Let it sit for a while, then, sweep the cat litter up.
Repeat at least once.

Peat Moss

Spread peat moss on the stain. Roll it over the stain.

Pepsi

Pour some Pepsi over the stain. Scrub the spot vigorously.
Repeat if necessary.

Simple Green

Pour lots of Simple Green on the stain. Let the spot soak for a
few hours. Wipe/rinse the area.

Liquid Tide

Cover the area with liquid Tide.
Pour ¼ cup of water on top of the Tide.
Use an old broom to scrub the area for about 5 minutes.
Wipe down the area and/or rinse it with a hose.
Repeat if necessary.

Oil-Removal Product

Go to local hardware store and ask for a product that will clean
up the oil. Pour oil cleaner on the ground, rub a little with a
rag and let it vaporize. Repeat if necessary.

Oxy Clean Laundry Spray

Spray generously with Oxy Clean laundry spray.
Let this stand for a few minutes. Scrub with a stiff brush.
Wipe with a paper towel or flush with hose.

Pour N Restore

Pour this white liquid on the oil stain.
Let it dry into a powder and brush the powder away.



Texas A&M AgriLife Extension: Flour Beetles



There are two types of flour beetles that may be encountered in the home—red and confused. These beetles are small (about 1/8" in length), reddish-brown to brown in color with a somewhat flattened body. Adults can be long-lived and survive up to 3 years.

To tell the difference between the two, you would need to look closely at the tip of the antennae; red flour beetles have a distinct 3-segmented club while confused flour beetles have a gradually formed 4-segmented club. Fortunately, you don't really need to get that detailed in identification to manage them as they feed on similar foods and are often found in the same areas.

Flour beetles feed on grain dust and milled grains, but can also feed on undamaged grains. In homes they may be found in cereals, flour, pasta, dried beans, chocolate, nuts, herbs, spices, crackers, dried pet food, dried flowers and cake mix. With large populations of the insects, they may cause a foul taste and odor to infested products due to a secretion from their scent glands.

Red flour beetles are able to fly while confused flour beetles cannot, so it is possible for them to move to different areas of the house. If you are having a problem with flour beetles, but cannot locate the source

in your pantry, check other areas of the home such as where pet food is stored or areas with dried flowers or potpourri. Sometimes people see flour beetles during or after they have had a rodent infestation because the beetles can eat grain that may be in rodent baits or eat food from rodent nests where food was stored.

Management tips:

- Inspect all food items and get rid of anything infested. If you do not want to throw away infested food, you can either put it in the freezer for a week or heat it in the oven at 200 degrees for 2-3 hours to kill off insects.
- Clean all pantry areas, making sure to get any grain dust out of cracks and crevices. Use a cleaning solution after all debris is removed. Seal any cracks where grain dust may accumulate with a sealant product.
- Do not buy damaged or expired items from the grocery store.
- Use products promptly. If you go away for a period of time (a week or more), store items in the freezer.

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.urban-ipm.blogspot.com

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

Flooding: How to Protect Your Family & Finances

In many areas, flooding is the most common and costly natural disaster—and it can happen here. Just one inch of water in your home or office can cost thousands of dollars in cleanup and replacement costs, including drywall, baseboards, floor coverings and furniture. You may think you're covered, but many homeowners' insurance policies do not cover flooding.

Here are several reasons to talk to an insurance agent now about flood insurance.

- There is usually a 30-day waiting period before coverage begins.
- Coverage is relatively inexpensive.
- Renters can buy flood insurance for personal belongings or business inventory.
- Basement coverage includes cleanup expense and repair or replacement of items such as furnaces, water heaters, washers, dryers, air conditioners, freezers and pumps.
- You do not have to repay flood insurance benefits as you do with disaster-related assistance loans.
- You can receive payments for flood-related losses even if no disaster was declared.

Learn more about flood insurance at www.floodsmart.gov. There are things you can do to prepare your home and family

now for flash floods:

- Make a family emergency plan. Emergency preparedness is everyone's responsibility. Write down your plan. Decide ahead of time where you will go if you have to leave and where family members will meet up. Identify an out-of-town emergency contact.
- Get supplies for an emergency kit. Start with three days' water and three days' packaged and canned food. Add a battery-powered radio and extra batteries. Store in waterproof containers with wheels or that you can lift so you can take them with you. For details about preparing an emergency kit, visit www.ready.gov/america/beinformed/floods.html
- Stay informed about what could happen. During storm season, listen to local media for up-to-date reports on weather watches and warnings. Keep a battery-powered portable radio—with a NOAA weather band—handy in case the power goes out. Choose one.

Learn more about preparedness at www.ready.gov/america/beinformed/floods.html.



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