

BUTLER'S BRIDGE

WEST BEND COMMUNITY IMPROVEMENT ASSOCIATION

VOLUME 6 | ISSUE 2

FEBRUARY 2020

February 2020

COMMUNITY CALENDAR

Observed as:

- Black History Month
- American Heart Month
- National African American History
- Career and Technical Education Month

Birthstone: Amethyst

Astrological Signs: Aquarius (till 18th) & Pisces (19th →)

Flower: Violet

World Read Aloud Day	1
Groundhog Day	2
Super Bowl	2
World Cancer Day	4
National Signing Day	5
Int'l. Day of Zero Tolerance to Female	6
National Wear Red Day	7
Tu Bishvat Starts	9
Academy Awards	9
World Pulses Day	10
DICE Awards	11
Int'l. Day of Women and Girls in	11
Darwin Day	12
International Condom Day	13
Internet Friends Day	13
Valentine's Day	14
Presidents Day	17
National Drink Wine Day	18
Board Meeting	19
National Love Your Pet Day	20
World Day of Social Justice	20
International Mother Language Day	21
National Margarita Day	22
Mardi Gras	25
Ash Wednesday	26

*Meeting date is subject to change,
please check website for the latest updates.

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.

Community Reminders

- Assessments are Due Every Year on January 1st.
- Please drive safely, obey stop signs, and observe speed limits.
- Approval is required on any Exterior Modifications....www.ciaservices.com
- Remove trash cans from public view on non-trash days.

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

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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 where you can access the West Bend Governing Documents, By Laws, Deed Restrictions, Important Contact Numbers, Maps and our Neighbor News and Events.

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

BAKED SPAGHETTI

Ingredients

- 1 package (16 ounces) spaghetti
- 1 pound ground beef
- 1 medium onion, chopped
- 1 jar (24 ounces) meatless spaghetti sauce
- 1/2 teaspoon seasoned salt
- 2 large eggs
- 1/3 cup grated Parmesan cheese
- 5 tablespoons butter, melted
- 2 cups Daisy 4% cottage cheese
- 4 cups part-skim shredded mozzarella cheese
- Chopped fresh basil, optional

Directions

- Cook spaghetti according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in spaghetti sauce and seasoned salt; set aside.
- In a large bowl, whisk the eggs, Parmesan cheese and butter. Drain spaghetti; add to egg mixture and toss to coat.
- Place half of the spaghetti mixture in a greased 13x9-in. or 3-qt. baking dish. Top with half of the cottage cheese, meat sauce and mozzarella cheese. Repeat layers.
- Cover and bake at 350° for 40 minutes. Uncover; bake until cheese is melted, 20-25 minutes longer. If desired, sprinkle with basil.



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A FOCUS ON PHYSICAL ACTIVITY

Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

Sweet, Luscious Snacks for Loved Ones

Valentine's Day Eats and Treats

(Family Features) Valentine's Day naturally brings thoughts of hearts, flowers, sweetness and love. Because it also occurs during American Heart Month, it's a perfect opportunity to start taking care of your own heart and the hearts of loved ones.

Part of the charm of the day's celebrations is in giving family and friends flavorful foods to enjoy from chocolates and candies to other sugary treats. However, the festivities don't have to be completely focused on unhealthy bites in order to make someone feel special.

This year, it can be easy to share in the fun of Valentine's Day by serving those you love with sweet, seasonal treats. For example, these Frosted Watermelon Cutouts make for ideal snacks for children and adults alike whether it's an after-school treat or a sweet dessert with just three ingredients, heart-shaped cookie cutters and minimal time spent in the kitchen.

If you're really looking to impress that special someone, this Watermelon and Chocolate Dessert Board calls for creativity and plenty of tasty morsels like berries, cashews, almonds and dark chocolate. Without any baking or cooking required, simply spread out the ingredients for a platter that's just as visually appealing as it is appetizing.

Both recipes include the benefits of watermelon, which boasts plenty of vitamin C to boost the immune system's defenses as a cholesterol-free, fat-free and sodium-free food. Plus, watermelon draws its red color from the powerful antioxidant lycopene (12.7 mg per serving), which may help protect cells from damage, and the healthy treat is American Heart Association Heart-Check Certified with just 80 calories per serving, making it the perfect centerpiece for Valentine's Day recipes.

Find more Valentine's Day inspiration and recipes at watermelon.org.

FROSTED WATERMELON CUTOUTS

- 1 seedless watermelon, cut into 1/2-3/4-inch thick slices
- 4 brownie bites
- 1 cup frosting (any flavor)

Using heart-shaped cookie cutters, cut shapes out of watermelon slices or simply use cut watermelon wedges, if desired. Top heart shapes with brownie bites and add frosting as desired.



WATERMELON AND CHOCOLATE DESSERT BOARD

Servings: 6-8

- | | | | |
|-----|---|-----|---|
| 1/2 | medium seedless watermelon, cut into wedges and cubes | 1 | cup strawberries, trimmed and halved |
| 1 | cup fresh raspberries | 1/4 | cup dried cranberries |
| 1 | cup fresh red cherries | 1/3 | cup roasted, salted cashews |
| 1 | cup coconut chips | 1 | cup chocolate covered almonds |
| | mint leaves, for garnish | 1 | bar dark chocolate, broken into squares |

On serving board, arrange watermelon in center and surround with raspberries, cherries, strawberries, cranberries, cashews, almonds, chocolate and coconut chips. Scatter mint leaves around board for garnish.



Little Ladies

By Cheryl Conley, TWRC Wildlife Center

As a child, I enjoyed having Ladybugs crawl on my hand. I'd try to count the black spots. Women in the Victorian era believed that if a ladybug landed on them, they would get something new. If it landed on their head, they thought they would receive a new hat. On the hand, it would be new gloves. Today some believe that if a Ladybug lands on you, your wishes will come true.

In North America we call them Ladybugs. In Britain and other English-speaking countries, they are called Ladybirds. Ladybugs aren't really even bugs. Bugs belong to the order Hemiptera. Ladybugs are part of Coleoptera, the Beetle order. These little beetles have an insatiable appetite. That's a good thing for those of you who garden because they eat the insects that invade your plants like aphids, whiteflies and other destructive bugs.

Most of us are probably used to seeing the orange Ladybug with black spots but they come in a wide range of other colors as well—gray, tan, metallic blue. The number of spots can vary, too, and some have no spots at all.

Even though they are small, they still have a defense mechanism to protect themselves from predators. When the insects are disturbed, they emit an odorless, noxious yellow fluid that seeps out of their joints.

Did you know, though, that there are "bad" Ladybugs? Asian Lady Beetles were first discovered in the United States in 1988 and are known as the Ladybugs' evil twin. They, too, devour aphids so in that regard, they are beneficial. Their hefty appetites can extend to non-pest insects as well like monarch butterfly eggs and larvae and that's not good.

Asian Lady Beetles can bite. The bites are not poisonous or extremely painful but in some cases can cause "pink-eye." In the fall or winter, if you notice large numbers of what you believe are ladybugs congregating around your home, they're probably Asian Lady Beetles. When it

begins to get cold, they will attempt to enter your home and can stain walls, furniture and fabrics with the stinky yellow fluid they secrete.

Asian Lady Beetles can be harmful to dogs. When a dog in Kansas started sleeping all the time, refused to eat and was foaming at the mouth, the veterinarian discovered over 30 Asian Lady Beetles had attached themselves to the roof of the mouth.

So how do you tell the difference between the good Ladybug and the evil twin, the Asian Lady Beetle? Look at the markings on their head. From above, Asian lady beetles have a white "M"-shaped spot where their head meets the body.

As part of our mission, we strive to educate you about environmental issues that may affect your lives.

The Ladybug acts as a natural pesticide in nature and they can be easily purchased online. Utilizing this unique feature of the Ladybug can discourage the use of dangerous pesticides that are harmful to all living things. Check out our website at www.twrcwildlifecenter.org for more helpful information.



A Fun, Fruity, Refrigerated Treat



Save time on family desserts with make-ahead recipes like these Kristoff Ice Box Cupcakes. By using kid-friendly treats that add nutrition to appealing flavor, you can solve busy evenings just by reaching into the fridge. This and other family-friendly recipes are part of Dole's healthy-living

alliance with Disney's Frozen 2. For details, visit dole.com/Disney. #Dole #DoleRecipes

Kristoff Ice Box Cupcakes

Prep time: 20 minutes, plus chill time

Serves: 12

- 3 ripe DOLE® Bananas
- 1 container (8 ounces) fat-free whipped topping, thawed
- 7 low-fat honey graham crackers, coarsely crushed
- 1 pound Dole Strawberries, hulled and quartered

Line 12-cup muffin tin with cupcake liners. In large bowl, mash bananas; fold in whipped topping.

Fill muffin cups halfway with graham cracker pieces, banana mixture and strawberries; repeat layers with remaining ingredients.

Refrigerate cupcakes 4 hours; serve in cupcake liners.

Approximate nutritional information per serving (1 cupcake): 78 calories; 3 calories from fat; 0 g fat; 0 g trans fat; 0 g polyunsaturated fat; 0 g monounsaturated fat; 0 mg cholesterol; 25 mg sodium; 164 mg potassium; 18 g carbohydrates; 2 g fiber; 8 g sugar; 1 g protein; vitamin A 0%; vitamin C 25%; calcium 2%; iron 2%; vitamin E 2%; thiamin 2%; vitamin B6 8%; phosphorus 2%; magnesium 4%; manganese 10%.

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