

NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION
OF THE NORTHLAKE
FOREST HOA

December 2011

Volume 1, Issue 12

Come celebrate ... *Northlake Forest's* **Christmas in the Park**

SUNDAY DECEMBER 11TH 4:00 – 6:00 P.M.

Please bring the family and join your neighbors for our Christmas Event in the park! We are excited to offer an opportunity to have your child's picture taken with Santa Claus. We will have a professional photographer on site to print out a 4x6 picture on the spot. Mrs. Claus will be visiting as well to read stories and entertain the children! Also, enjoy a ride around the park in the train while nibbling on a cookie and sipping on a hot cup of cocoa.



NLF Annual Meeting

The Northlake Forest Annual Meeting will be held on December 6, 2011. There are 3 board positions up for re-election this year. If you are interested in running, please contact Mike Quast at 281-870-0585.

Happy Holidays!

Your Northlake Forest Newsletter Committee would like to wish you and your family Happy Holidays and a very Merry Christmas! May your holidays be warm and bright.

NORTHLAKE FOREST

NORTHLAKE FOREST COMMITTEES

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VOLUNTEERS NEEDED

All of our committees are seeking volunteers to help continue making our community a fun place to be. Just a little bit of your time can go a long way. If you are willing to help, in any way, please contact a board member with your interest.

NEWSLETTER INFO

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Local Girl Scouts Celebrate Founder's Birthday

Birthdays were the theme when Girl Scouts from the Compass Rose Service Unit held a skating party at Champions Rollerworld in Spring in October. The occasion was Girl Scout founder Juliette Low's birthday. Approximately 250 girls from Sampson, Black and Farney Elementary schools and Goodson and Spillane Middle Schools skated in celebration.

In honor of Low's memory and in the spirit of scouting, the Girl Scout troops assembled 58 birthday boxes that were donated to Child Protective Services. Birthday boxes contain everything a parent might need to throw a fun birthday party: decorations, cake mixes, candles, paper goods and party favors.

Girl Scouting strives to build girls of courage, confidence and character. The girls of Compass Rose have shown that they are indeed making the world a better place.

Photo:

Several Girl Scouts from the Compass Rose Service Unit pose with Birthday Boxes that were donated to Child Protective Services.



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NORTHLAKE FOREST

Safety Side Note!

All-Star Martial Arts Tips from Northlake Forest resident, Christy Lieder, Krav Maga Instructor

1. The elbow is the strongest point on your body. If you are close enough to use it, do!
2. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM.** Toss it away from you.... **RUN LIKE MAD IN THE OTHER DIRECTION!**
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives. Check your own personal vehicle this is not possible with all vehicles.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit. The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side. As soon as you get in your car, lock the doors and leave right away.
5. A few notes about getting into your car in a parking lot, or parking garage:
 - Be aware: look around you, look into your car, at the passenger side floor, and in the back seat before getting in.
 - If you are parked next to a big van, enter your car from the passenger door.
6. Always take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot.
7. If the predator has a gun and you are not under his control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times.

HAPPY HOLIDAYS FROM OUR HOUSE TO YOURS!



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Recipe of the Month

Peppermint Brownies

Ingredients

- 8 oz. unsweetened chocolate, coarsely chopped
- 1½ cups unsalted butter
- 3 cups sugar
- 6 large eggs
- 1½ tsp. peppermint extract
- 1 tsp. vanilla extract
- ½ tsp. salt
- 2 cups all-purpose flour
- 4 (1.55 oz) milk chocolate bars, broken into segments
- 1 bag Hershey's Candy Cane Kisses, wrappers removed and coarsely chopped



Directions

1. Preheat the oven to 350° F. Line a 9x13-inch baking pan with foil and spray lightly with cooking spray.
2. Combine the chocolate and butter in a heatproof bowl set over simmering water; heat, stirring occasionally, until completely melted and smooth. Remove from the heat. In a large mixing bowl, whisk together the chocolate mixture with the sugar and eggs until well blended. Whisk in the peppermint and vanilla extracts and the salt. Whisk in the flour just until incorporated.
3. Spread half of the brownie batter into the prepared pan. Layer with the milk chocolate pieces. Spread the remaining batter evenly over the milk chocolate pieces. Bake 30-35 minutes.
4. Remove the brownies from the oven but maintain the oven temperature. Sprinkle the chopped Candy Cane Kisses over the top of the brownies and return the pan to the oven for 3 more minutes. Transfer to a wire cooling rack and let cool to room temperature. Chill the brownies until the candy topping has firmed up. Slice and serve.

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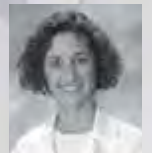
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NORTHLAKE FOREST

Maintenance around the neighborhood

UPCOMING MAINTENANCE OR IMPROVEMENT PROJECTS AROUND NORTHLAKE FOREST:

- **Under discussion for 2012**
- Re-plaster or acid wash the pool
- Replacement / repainting of the metal fencing around the pool (black)
- Repair to asphalt walking trail along the greenbelt
- Repainting the mailbox pedestals
- Power washing internal entrance monuments along Northlake Forest Drive.

THIS YEAR'S PROJECTS COMPLETED TO DATE

- Installation of a concrete pad under the shade canopy at the park
- Repainting of all metal fencing around the neighborhood
- Installation of new Kiddee mulch at the park
- Fertilization of all new crape myrtles
- Clean up along Spring Cypress, north and south of Indian Harbor and installation of new irrigation zones and grass

- Installation of new irrigation zones at Northlake Forest Court and around Sunmill / Flowercroft
- Repairs at the pool: door replacement, water fill line repair, splash park pump repair, installation of extractor fans in the pool and chemical rooms and installation of secondary sanitation to the splash pad to comply with new regulations for public swimming facilities
- Fountain pump repair / rebuild - Diamond Rock
- Installation of windshields at the tennis court and replacement of the net
- Repair and replacement of stone work around the pool house
- Replacement of waterfall fountain pump and motor
- Replacement of the water well pump
- Replacement of the wooden fences around the Northlake Forest Drive pump station
- Installation of safety signs, neighborhood watch and other signs around the neighborhood.
- Lake wall repair - main lake (MUD project \$25,000)

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Season!*



HEALTH BRIEFS - DECEMBER 2011

ALLERGIES: KNOW YOUR TREATMENT OPTIONS

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at Baylor College of Medicine offers some tips to help manage.

Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. It is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

- For mild allergies, consider over-the-counter medications like loratadine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

WINTER WEATHER AND SKIN CARE

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense.

Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder months as well, but using a lip balm with an SPF factor

of 30 or even a thick coat of zinc oxide may help keep them at bay.

During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start."

Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.

NORTHLAKE FOREST

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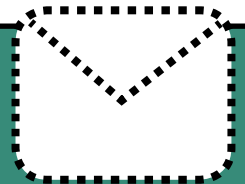
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

ARCHITECTURAL REQUEST FOR IMPROVEMENTS

JUST A REMINDER: Any changes or improvements to the exterior of your home (new garage doors, installing a pool, new windows, covered patios/decks, walkways, painting etc) must have the approval of the Architectural Committee. The ARC has up to 45 days to approve plans so keep that in mind when hiring a contractor. Forms and instructions can be found on our website at www.northlakeforesthoa.com under NLF Forms.

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