

ATASCOCITA Forest

FEBRUARY 2012

The Official Publication of The Atascocita Forest Homeowners Association

VOLUME 1, ISSUE 1

LETTER FROM THE BOARD:

Dear Atascocita Forest Home Owners,

Welcome to 2012. We are starting the New Year with reestablishing the AFCA letter with the help of Pat Smith our new communications chair person. If you have articles you would like to see in the newsletter, please submit to pat@atascocitaforest.org. This is not a promise to publish all articles submitted but they will be looked at for their content prior to publishing.

We have been fortunate in contracting with Peel, Inc. to provide AFCA with a newsletter absolutely FREE to the Homeowners Association. Peel, Inc. pays all printing and postage costs and handles the mailing every month. This contract with Peel, Inc. depends on advertising revenues. If you own a business and would like to advertise in our newsletter, please contact Kelly at Kelly@peelinc.com. Please note Atascocita Forest in the subject line. At this time, our newsletter is on a trial basis.

Many laws affecting the HOA and the homeowners were passed in Texas to begin this year and we have adopted all the new laws to our bylaws. These will be published on the web site in the near future. Meetings will start the second Monday of February 2012 and will be held at CAM's offices, 9802 FM 1960 Bypass West, Suite 210, at 7 PM until the weather permits to move back to the pool area.

Two positions on the BOT will be open for the February elections. If you are interested in running for a position, please contact Pam Valentine at the CAM office 281-852-1155 to be placed on the proxy to be sent out for the February elections. The latest projects have been the loss of 25 pine trees taken down in the walking trail area due to the severe drought last summer. These trees were dead and posed a potential danger by starting to lose their branches and falling in the park. Our next major project for 2012 may be the resurfacing of the swimming pool but the bids are still out and nothing has been determined at this time.

Volunteers are always welcome along with ideas that would improve our community. Please use the web site to email your ideas. The development of sub-committees is still underway and we would like your help. Without your input, the Board is not aware of problems, so please feel free to attend the monthly meetings.

*Thank you for your time,
Ric Hallbrook
President AFCA*

Happy Valentines Day!



WELCOME

ATASCOCITA FOREST

*Official Newsletter of the Atascocita
Forest Homeowners Association*

Atascocita Forest is a monthly newsletter mailed to all Atascocita Forest residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at PEELinc.com, or you can send an email to pat@atascocitaforest.org. Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



COMMUNITY CONTACTS

BOARD MEMBERS

Rick Halbrook, President ric@atascocitaforest.org
Russell Lilley, Vice President.....russell@atascocitaforest.org
Bill Wisenbaker, Treasurer billw@atascocitaforest.org
Tom Meyers, Trustee tom@atascocitaforest.org
Bill Shepard, Trustee bills@atascocitaforest.org

MANAGEMENT COMPANY

Pam Valentine, CAM
..... pvalentine@communityassetmanagement.com

EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergency 9-1-1
P-4 Constable Dispatch..... 281-376-3472
Humble ISD Police (Schools)..... 281-641-7900
Atascocita Volunteer Fire Dept (AVFD)
Non-Emergency Number 281-852-2181
Harris County Animal Control 281-999-3191
Texas Poison Control Center 800-222-1222

UTILITIES

Electric, (multiple providers) www.powertochoose.org
Power Outages 713-207-7777
Street Light Outages 713-207-2222
Gas, Centerpoint Energy 713-659-2111
Gas Leaks 713-659-2111
Call Before You Dig..... 811
Trail fo LAkes MUD 713-405-1750
Aggressive Waste..... 713-631-1900
Humble Post Office..... 281-540-1775

SCHOOLS

Humble ISD 281-641-1000
Website www.humble.k12.tx.us
Wispering Pines Elementary..... 281-641-2500
Humble Middle School..... 281-641-4170
Humble High School 281-641-6300

NEWSLETTER INFORMATION

Editor - Pat Smith pat@atascocitaforest.org
Publisher, Peel, Inc. 888-687-6444
Advertising advertising@PEELinc.com

HOA DUES AND ASSESSMENTS

You should have received your HOA dues statement. It is everyone's obligation to pay their HOA dues. If you need to set up a payment plan, please contact Pam Valentine at CAM at 281-852-1155. Dues are now due and are considered delinquent if not paid by February 1. Late fees of 10% are assessed on any unpaid balance.

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TRASH TALKING

By Pat Smith

No, I am not talking about trash talking on the basketball court or on the field. I am talking about trash disposal.

1. Except for the night before and day of garbage pickup, all garbage cans, recycling containers and yard debris should be stored in an area that is not visible from the street. If you have any questions regarding trash pickup, call Aggressive Waste at 713-631-1900. They pick up household trash on Mondays and Thursdays and Recycling on Thursdays. Heavy trash pickup is every Thursday. Tree limbs/branches must be 4 feet or less in length, must be bundled and tied and must not weigh more than 35 pounds. Refrigerators/freezers must include the certificate from a licensed technician that the appliance is Freon free.

2. Hazardous waste disposal is a problem for all of us. We have a new Commissioner for Precinct 4, Commissioner R. Jack Cagle.

I contacted his office to find out when the next hazardous waste recycling day was scheduled. His office stated that because Precinct 4 now has a hazardous waste disposal facility, we will no longer have the twice yearly recycling day we have had in the past.

3. The county has a hazardous waste disposal facility located at 6900 Hahl Road, Houston, TX 77040. Their phone number is 281-560-6200. The hours open to the public at this facility are Wednesdays, 9 am to 3 pm and the 2nd Saturday of each month from 9 am to 2 pm. One resident contacted me about holding a community drive to collect hazardous waste and take it to the Hahl Road facility. If someone would like to volunteer to organize a community hazardous waste recycling day, please let me know.

4. In looking into this issue, I discovered a few alternatives to a trip to Hahl Road. (1) Latex paint, if dried out and solidified,

can be placed in your regular trash. (2) Oil, oil filters and car batteries can be recycled by taking to Auto Zone on Atascocita Road (281-812-1426). (3) CFL bulbs can be taken to Home Depot for recycling. (4) Best Buy will take TVs, DVD players, computer monitors, audio and video cables and cell phones. Best Buy recently announced that it will eliminate the \$10 recycling fee for electronic items with screens.

5. Our curb side collection of recyclables is every Thursday and includes paper, newspapers, catalogs, phone books, cardboard, glass and all plastics numbers 1-5 and 7. If you have more recycling than what will fit in your blue recycling can, you can put out additional recycling in clear plastic bags. Aggressive Waste also recommends separating your household trash from your recyclables by putting your trash

(Continued on Page 4)

UNIQUE ALZHEIMER'S CARE

AUTUMNGROVE Cottage

HOMELIKE ENVIRONMENT -

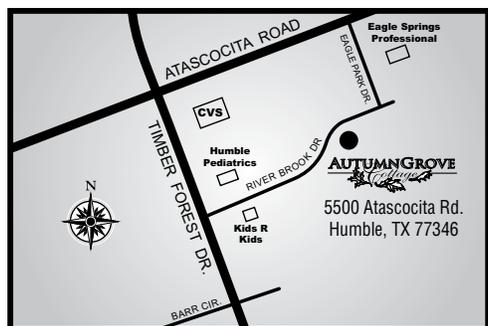
Our homelike environment is one of the cornerstones in the AutumnGrove Cottage belief that people should be able to age in the same manner they are accustomed to living.

PERSONALIZED CARE -

AutumnGrove Cottage caregivers are involved in all aspects of our residents care through out their day from grooming, bathing, doing activities with them to preparing and assisting them with meals. This allows our caregivers to get to know the residents preferences and to provide more personalized care for our residents.

DEEP RELATIONSHIPS -

Since an AutumnGrove Cottage only cares for 16 residents, staff and residents get to know each other in a very personal and intimate way. With the common bond of being impacted by Alzheimer's, family members become friends and often become an informal support group for one another.



Come take a Virtual Tour on our website:
www.AutumnGrove.com

"Our purpose is to honor our residents and those who love and care for them."

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Champions
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Call us at 1.800.311.4880 or 281.220.0882

ATASCOCITA FOREST

Trash Talking- (Continued from Page 3)

and recycling on opposite sides of your driveway.

6. Precinct 4 has a public dumpster at 4603 Spring Cypress. You can download the appropriate form from this website: hcp4.net. You can also call the Public Dumpster site at 281-353-8424 for more information. This site does not take much more than tree limbs and fencing.

7. For more information regarding recycling, contact Harris County Household Hazardous Waste at 281-560-6200 or visit their website at cleanwaterways.org.

8. Medicines can be recycled through Walgreen's Safe Medication Disposal Program. You can buy a postage prepaid envelope for \$2.99 at any Walgreen's, fill it up with expired medication and drop in the mail. Walgreen's will also take old printer cartridges and cell phones. Money from this recycling benefits the American Cancer Society and the American Heart Association.

9. Last but not least, Earth911.com is an environmental services company that addresses solutions for products' end of life. You can search by zip code for recycling options.

Team Tiara & Pinktober365

Team Tiara is a 501(c)(3) dedicated to raising money to fund research, and education for breast cancer as well as provide outreach services to those affected by it. 2012 will mark our 7th year in this fight against breast cancer. To date, we have raised over \$600,000 for breast cancer awareness, research and direct support for survivors. In 2012, Team Tiara will begin directly funding research into metastatic breast cancer. This is an under-funded area of research where we **need** to have a lasting impact. Men and women do not die when their cancer is confined to their breasts. We lose them when that cancer spreads to their bones, liver, lungs, brain and other organs -- robbing them of time with their families and friends. This is the heart-breaking side of breast cancer, and an area of research we need to be a part of.

Our goal is to raise \$100,000 in 2012, specifically targeted to metastatic breast cancer research. SO WE are excited to announce that www.pinktober365.com launched January 1. This new website will profile 365 pink warriors -- survivors, walkers, researchers, and advocates. We want to hear your story, whether you are a fighter, survivor, family or friend affected by breast cancer. Go to www.pinktober365.com to share your story or obtain more information. Team Tiara would be honored to hear from you.



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Locally you can contact Vicki Odom at vickiayusa@yahoo.com or call 832-455-7881 for more information as well.

Northwest Flyers

YOUTH TRACK CLUB BEGINS 25TH SEASON

The Northwest Flyers Youth Track Club will begin the 2012 season with its first practice during the week of February 13th. The team consists of boys and girls, ages 6 -18, provides a full program of track and field events, and is affiliated with USA Track & Field (USATF). The club was founded 25 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

For additional information on how to register, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

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Heart Healthy Lifestyles

By: Concentra Urgent Care

APPROXIMATELY EVERY 60 SECONDS, AN AMERICAN WILL DIE FROM A CORONARY EVENT.

According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

*What can you do to live heart healthy?
The AHA recommends:*

EATING A HEALTHY DIET

- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat

EXERCISING REGULARLY

- 20-to-60 minutes per day, 3-to-5 times per week

• AVOIDING TOBACCO PRODUCTS AND TOBACCO SMOKE

• LIMITING YOUR ALCOHOL INTAKE

- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

*What should be included
in a family history?*

ANY KNOWN CONGENITAL OR HEREDITARY DISORDERS

MAJOR ILLNESSES

CHRONIC AILMENTS OR RISK FACTORS

- Smoking
- Obesity
- Alcohol problems

THE CAUSE & AGE OF DEATH OF

ANY DECEASED RELATIVES

CHILDHOOD CONDITIONS

- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: www.AmericanHeart.org.



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Lakes on Eldridge
Lakes on Eldridge North
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Normandy Forest
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Riverpark on the Brazos
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Steeplechase
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