

# NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION  
OF THE NORTHLAKE  
FOREST HOA

February 2012

Volume 2, Issue 2

## U.S.A. Track Olympian

*to Speak at Northwest Flyers Youth Track Club Registration Breakfast on February 4th*

The Northwest Flyers Youth Track Club will celebrate its 25th Anniversary Season by hosting its annual free information / registration breakfast on Saturday, February 4, 2012, for all boys, girls and their parents who are interested in joining for the 2012 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.



The free breakfast is the opportunity for youth athletes to register for the club's 2012 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus

and javelin. The Northwest Flyers has approximately 275 members. 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 the Northwest Flyers Track Club, please visit the team website at [www.northwestflyers.org](http://www.northwestflyers.org)

Cypress-Tomball Democrats February 15th Meeting

### CONTACT:

Linette Roach

Cypress-Tomball Democrats

281-587-8442 (P)

281-880-6302 (F)

[linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net)

The Cypress-Tomball Democrats will hold their monthly meeting on Wednesday, February 15th, at a new location: Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.



Your Newsletter Committee wants to wish everyone a very

*Happy Valentines Day!*

# NORTHLAKE FOREST

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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

### EDITOR

Wendy McCurley..... [wendymccurley@gmail.com](mailto:wendymccurley@gmail.com)

### PUBLISHER

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Locally you can contact Vicki Odom at [vickiayusa@yahoo.com](mailto:vickiayusa@yahoo.com) or call 832-455-7881 for more information as well.

## Special Announcements

Maureen Cummings will celebrate her MEDICARE birthday on Feb 10, 2012. My, how time does fly!!!!



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# NORTHLAKE FOREST

## Maintenance Around The Neighborhood *Under discussion for 2012:*

- Re-plaster or acid wash the pool
- Replacement / repainting of the metal fencing around the pool (black)
- Drinking water stations along the walking trails
- Re-set of the landscaping at the park (remove / replace dead shrubs etc.)
- Repair to asphalt walking trail along the greenbelt
- Repainting the mailbox pedestals
- Power washing internal entrance monuments along Northlake Forest Drive.
- Completion of Phase 2 Spring Cypress landscaping (from the metal fence back toward Indian Harbor) including leveling, irrigation and seeding.

## 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](http://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](http://www.pinktober365.com) to share your story or obtain more information. Team Tiara would be honored to hear from you.



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## Recipe of the Month

### White Chocolate Raspberry Cheesecake

#### Ingredients

- 1 cup chocolate cookie crumbs
- 3 tablespoons white sugar
- 1/4 cup butter, melted
- 1 (10 ounce) package frozen raspberries
- 2 tablespoons white sugar
- 2 teaspoons cornstarch
- 1/2 cup water
- 2 cups white chocolate chips
- 1/2 cup half-and-half cream
- 3 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 3 eggs
- 1 teaspoon vanilla extract



#### Directions

1. In a medium bowl, mix together cookie crumbs, 3 tablespoons sugar, and melted butter. Press mixture into the bottom of a 9 inch spring form pan.
2. In a saucepan, combine raspberries, 2 tablespoons sugar, cornstarch, and water. Bring to boil, and continue boiling 5 minutes, or until sauce is thick. Strain sauce through a mesh strainer to remove seeds.
3. Preheat oven to 325 degrees F. In a metal bowl over a pan of simmering water, melt white chocolate chips with half-and-half, stirring occasionally until smooth.
4. In a large bowl, mix together cream cheese and 1/2 cup sugar until smooth. Beat in eggs one at a time. Blend in vanilla and melted white chocolate. Pour half of batter over crust. Spoon 3 tablespoons raspberry sauce over batter. Pour remaining cheesecake batter into pan, and again spoon 3 tablespoons raspberry sauce over the top. Swirl batter with the tip of a knife to create a marbled effect.
5. Bake for 55 to 60 minutes or until filling is set. Cool, cover with plastic wrap, and refrigerate for 8 hours before removing from pan. Serve with remaining raspberry sauce.

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## What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

### *What does it mean to have sensitive teeth?*

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

### *What is the reason for sensitive teeth?*

#### **COMMON CAUSES OF TOOTH SENSITIVITY:**

- **Over-brushing** – brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.
- **Cracked teeth** – a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.
- **Teeth grinding** – over time, grinding or clenching your teeth can erode enamel and expose dentin.
- **Gum disease** – gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.
- **Tooth whitening** – using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.
- **Age** – studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

### *How should I take care of my teeth if they are sensitive?*

*Tooth sensitivity is very treatable, no matter what the cause.*

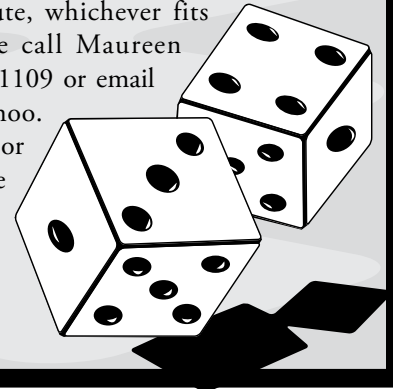
*Here are a few remedies you can take advantage of at home:*

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to

## Bunco Anyone?

There is a fun Bunco group in NLF. We generally play on the third Tuesday of the month at 7:00pm. We do take a break in March and over the summer. We invite new players to join us; you can be a monthly player or be a substitute, whichever fits your schedule. Please call Maureen Cummings at 281-304-1109 or email her at mgqueen02@yahoo.com if you are interested or have any questions. We would love to have you join us.



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