

ATASCOCITA

Forest

MARCH 2012

The Official Publication of The Atascocita Forest Homeowners Association

VOLUME 1, ISSUE 2

CURB APPEAL

I am sure we have all watched the show Curb Appeal The Block on HGTV at some time or another. Okay, maybe you have missed it, but the premise of the show is that the crew comes in and turns a junker yard into the best yard on the block and gives a face lift to two other yards on the same block. Before HGTV finds our neighborhood and since Spring is in the air, it is time to clean up our yards. As I drive through the neighborhood, I see some houses where the weeds are almost as tall as me. Granted, I am not the tallest resident of Atascocita Forest, so maybe that doesn't mean much. Now is the time to get a jump start on your lawn. Last summer was brutal; extreme heat and no rain. I know that when our lawns died out, the weeds took over. And please remember that edging along the curb and sweeping the street really makes your lawn cutting job look professional.

If you live next door to a vacant home and there is a realtor's sign in the yard, call the realtor if the yard is not being kept up. If the house next door is vacant and there isn't a realtor sign, please report the address to Pam Valentine at CAM.

Now is also the time of year that the trees will start putting on leaves. If your tree didn't make it, now is the time to have it cut down. I know it is an expensive and messy undertaking, but it is better than having your dead tree come down on your house, or car, or your neighbor's house or car..

A CALL FOR ASSISTANCE

By the time you receive this month's newsletter, the election will be over and the March meeting will either be coming up soon or will have passed. I want to encourage everyone to come out to the meetings. Don't come just when you have a problem. We need open communication and more resident involvement in order to keep our homes safe and our subdivision looking good. It is time to start some committees. So come to the next meeting with your suggestions and willingness to participate. We definitely need a Curb Appeal committee. We also need to find an indoor spot for our meetings that is in or near our subdivision. CAM's conference room is not large enough and the pool area has its seasonal limitations. Our turnout when the meetings are at CAM's office is basically zero.



**REMINDER
MEETINGS ARE THE SECOND
MONDAY OF THE MONTH AT 7:00PM**

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 Sheppard, 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 to 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

Whispering 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

BOARD OF DIRECTORS

There is no update from the Board this month. They did not have a meeting in January. Because the deadline for articles is the 8th of the month and the next meeting is not until the 13th, it will be April's newsletter before we have anything to report.

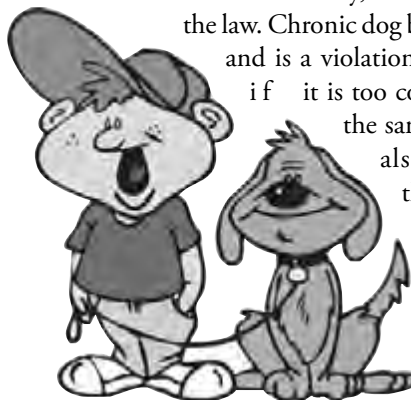
Remember, if you have any questions or concerns for the Board, you can contact them through their email addresses listed in the community contacts. (see above) You can also contact Pam Valentine at CAM through her email address: pvalentine@communityassetmanagement.com

LOST & FOUND PETS

It has been suggested that we have a section on our web page to list lost and found pets. I think this is an excellent idea and will bring it up at the February 13th board meeting.

PETS

It is against the law to have dogs off leash. Just because your dog is small or cute or friendly, does not mean that it gets a pass on the law. Chronic dog barking is considered a nuisance and is a violation of state law. Also, remember, if it is too cold or too hot outside for you, the same is true for your pets. I have also noticed that people walk their dogs, allow their dogs to use someone else's yard as a bathroom, and fail to pick up after their dog. Please be a responsible pet owner and cleanup after your pet.



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NORTHWEST HOUSTON MOTHERS OF MULTIPLES

Northwest Houston Mothers of Multiples (NWHMOM) meets at 7PM, the third Thursday of every month, at Event with Elegance, 20320 Northwest Freeway, Suite 900, Houston, Texas 77065 (off 290 at Huffmeister). NWHMOM assists mothers of multiple birth children by lending them support; sharing information and relating experiences of the joys and struggles of raising multiples. We have playgroups for children, newborn to school age, as well as weekend playgroups. We celebrate most holidays with family style get-togethers and even have adult social gatherings for a night away from the kiddos. We welcome all expectant, newly delivered and seasoned (veteran) mothers of multiples. For more information please visit www.nwhmom.org or just come by one of our meetings! We would love to have you!

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HOMELIKE ENVIRONMENT -

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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.



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A Focus On Body Mass Index KNOWING YOUR NUMBERS MEANS KNOWING YOUR RISK

By: Concentra Urgent Care

Overweight and obese refer to ranges of weight that are considered unhealthy for a given height. Being overweight can lead to obesity, and obesity is defined as having too much body fat. Excess fat, especially around your waist, may put a strain on your heart and can lead to serious health problems such as: Type 2 diabetes, heart disease, high blood pressure, sleep apnea, varicose veins, and other chronic conditions.

Body Mass Index (BMI) is a number calculated using your weight and height. Knowing your BMI is one simple way to determine if your weight is putting you at risk for health problems.

HOW TO CALCULATE YOUR BMI

Your BMI estimates how much you should weigh based on your height.

Here's how to calculate it:

- Multiply your weight in pounds by 703.
- Divide that answer by your height in inches.
- Divide that answer by your height in inches again.

How to Calculate Your Waist Circumference

You can easily measure your own waist circumference to determine if you are storing too much body fat in your abdomen:

- Place a cloth measuring tape around your bare abdomen just above your hip bones (do not use your belly button as a guide).
- Make sure the tape is horizontal all the way around, and snug (but not pulling your skin in).
- Breathe normally, and read the measurement.

BMI CATEGORY FOR ADULTS

Below 18.5.....	Underweight
18.5 - 24.9.....	Healthy
25.0 - 29.9.....	Overweight
Over 30.....	Obese

Women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches may have a higher risk for developing diabetes or heart disease.

Lowering your BMI or waist circumference by just a small amount may lower your risk significantly. You can decrease these numbers by exercising regularly and eating a healthy diet. For more information about BMI or waist circumference, contact your health care provider or visit the National Heart Lung and Blood Institute at www.nhlbi.nih.gov

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St. Patrick's Day Facts

1. St. Patrick is the patron saint of Ireland, although he was born in Britain, around 385AD. His parents Calpornius and Conchessa were Roman citizens living in either Scotland or Wales, according to different versions of his story.
2. As a boy of 14 he was captured and taken to Ireland where he spent six years in slavery herding sheep. He returned to Ireland in his 30s as a missionary among the Celtic pagans.
3. Legend has it that he used the native shamrock as a symbol of the holy trinity when preaching and brought the Latin alphabet to Ireland.
4. Miracles attributed to him include the driving of serpents out of Ireland. However, evidence suggests post-glacial Ireland never had any snakes in the first place.
5. Wearing green, eating green food and even drinking green beer, is said to commemorate St Patrick's use of the shamrock - although blue was the original colour of his vestments.
6. St Patrick was said to have proclaimed that everyone should have a drop of the "hard stuff" on his feast day after chastising an innkeeper who served a short measure of whiskey. In the custom known as "drowning the shamrock", the shamrock that has been worn on a lapel or hat is put in the last drink of the evening.
7. Popular Irish toasts on St Patrick's Day, include: may the roof above us never fall in, and may we friends beneath it never fall out.
8. St. Patrick's Day was first celebrated in America in Boston, Massachusetts, in 1737. Around 34 million modern Americans claim Irish ancestry.
9. It is believed that St Patrick died on March 17 in 461AD. It is a national holiday in Ireland, and on the island of Montserrat in the Caribbean, which was founded by Irish refugees. It is a bank holiday in Northern Ireland and a provincial holiday in the Canadian province of Newfoundland.
10. Dublin has a parade that attracts hundreds of thousands of people, while in Chicago the river is dyed green for a few hours. The biggest parade is normally held in New York, while the largest celebration in the southern hemisphere is in Sydney, Australia.

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15 Things to do Today to Simplify Your Life

By Karin Flagg, *Organize With Purpose!*

Here are 15 simple things you can do immediately to take you from overwhelmed to back in control in just minutes.

1. CREATE AN 'IN-OUT' OR 'LANDING PAD' AREA BY YOUR ENTRANCE DOOR

Whether you use your front door or garage, use this area to collect the things you use every day like keys, a charging station for phones, and a bulletin or whiteboard to jot down reminders and tack papers you need the next day. You'll eliminate last-minute frantic hunting and actually start your day stress-free.

2. DECLUTTER, JUST MINUTES AT A TIME

You may not have time to thoroughly declutter a room, but you can at least start small every day. Go through a room with a laundry basket and pick up any items that don't belong there. When the basket is full, put those things back where they should go.

3. SORT YOUR INCOMING MAIL IMMEDIATELY

Instead of piling up that stack of mail, sort it over a trash can and immediately toss junk mail making sure to shred sensitive items. (If you don't have a shredder use a pair of 'shredding scissors'). Open the rest of the mail throwing away all envelopes. Now sort this small pile into bills to pay, things to read, items to keep and file.

4. LIMIT THE AMOUNT OF MAIL YOU HAVE TO SORT THROUGH EVERY DAY

Stop wasting precious time sorting through your crammed mailbox filled with unsolicited mail. Opt-out of receiving credit card offers, fliers and catalogs you don't want or need by registering at the Direct Marketing Association website: www.DMAchoice.org.

5. GO PAPERLESS

Whenever possible, opt for paperless statements. Most banks, utility and service companies offer online statements instead of having them mailed to you. That means less paper for you to sort and file – not to mention saving trees.

6. SWITCH TO ONLINE & AUTOMATIC BILL-PAY

Sign up with your bank for online bill-pay to ensure you never miss a payment again. As soon as you get a new bill enter the amount to pay and the due date in the bill-pay section. That's it! Your bank makes sure it's sent and delivered on-time so you don't have to. And think about signing up for automatic recurring payments for things like your mortgage and car payment – then won't even have to remember to remember to pay them! No more hunting for stamps and running to the post office.

7. EMBRACE THE 'ONE-IN ONE-OUT' RULE

This is a great system for almost any area of your life. Whether it's a new item of clothing or a book, decide that for every new item you bring home one will be removed. This will help keep you from being overwhelmed by all your stuff.

8. CREATE A MAGAZINE & CATALOG BASKET

Have a container, like a basket or box, to hold all your magazines and catalogs. When it gets full, that's your cue to recycle the old ones.

9. MULTI-TASKING IS A MYTH

Studies show that trying to do 2 or more things at once that require your complete attention just doesn't work. Instead, block out chunks of time to focus on one project at a time. You'll be amazed how much more you'll actually get done working this way.

10. CLEAR OUT MENTAL CLUTTER

It's exhausting trying to keep all those thoughts, ideas, projects and to-do lists in your head – instead, get them out of your head and out where you can see them. Whether you use technology or paper, it's a quick way to make lists of all those mental thoughts swirling in your head. Then divide those lists into categories like Work and Personal.

11. HAVE A WAY TO CAPTURE YOUR THOUGHTS & IDEAS

Throughout the day, have some way to capture all your 'to-do's' and 'must-

remembers'. It might be high-tech like your Smartphone or as simple as a notepad. The key is to make a note of them somewhere whenever they pop up.

12. TURN OFF YOUR EMAIL NOTIFICATIONS

Are you distracted every time you see and hear "You've got mail?" Those reminders can be a big distraction so take back control by turning off the email icon and sound. Instead either set it up so YOU have to go retrieve them when you're ready, or change the settings so that it doesn't notify you for every email but rather in batches every 30 or 60 minutes instead.

13. BE THE RULER OF YOUR EMAILS

Did you know that programs like MS Outlook let you set up 'rules' for your emails? Instead of clogging your inbox set up a rule for things like newsletters that you want to read at a later date, when you have time. It will go into a folder and be there when you're ready. Think of 'Rules' as like having your very own personal assistant for email!

14. PLAN YOUR TOMORROW – TODAY

At the end the day take a few moments to plan the key things you need to accomplish tomorrow. By following a plan you'll be productive first thing - instead of wasting time with emails or Facebook. And pull tomorrow's outfit together the night before, down to all the accessories and shoes. A few moments of planning today will make your tomorrow easier.

15. EMBRACE TECHNOLOGY

I'm not a techie but I've come to realize that many apps and features of your phone help make life easier and many are free. Use the calendar to set reminders to yourself throughout the day, or use the voice recorder app to record messages to yourself while you're running around. Or check out notes and to-do list apps. There's even a voice-to-text app that turns your message into an email. Once you start looking you'll be amazed what's available.

ORAL HEALTH UPDATE

IT MAY NOT BE "JUST A TOOTHACHE".

Going to the dentist may not be on the top of your To Do list, but if you're experiencing dental pain, a trip to the dentist may be just what you need. If you have a toothache that lasts more than one or two days, you notice swelling around a tooth, bleeding, or experience severe pain or fever, it's time to make an appointment with the dentist as soon as possible. A thorough examination and diagnosis is important to prevent more serious complications to your teeth, jaw, and gums. Dental decay and gum disease are progressive in nature. Early diagnosis is essential to a quicker and easier treatment.

THERE ARE SEVERAL CAUSES OF DENTAL PAIN, INCLUDING:

- Tooth decay affecting the enamel and the dentin, or inner layer of the tooth
- Tooth abscess caused by severe tooth decay or a trauma causing an infection at the root

- of the tooth or between the gum and tooth
- Damage to existing fillings due to pressure from chewing, grinding, or clenching
- Teeth grinding that causes fracturing, loosening, and excessive wear
- A fractured tooth from a traumatic dental injury
- Infected gums as a result of gingivitis or gum disease (periodontitis)

During your exam, your dentist will typically ask about the nature of your dental pain, when it started, and if anything makes it better or worse. Then, your dentist will conduct a physical examination of your mouth, teeth, gums, jaws, tongue, and throat. X-rays and other tests may be recommended, depending on what the dentist suspects is causing your toothache.

Once your dentist has determined the cause of your dental pain, you will be

presented with treatment options. If a cavity is causing your pain, a simple filling may do the trick. However, if there is an infection that has spread to the tooth's nerve, a root canal may be necessary. An antibiotic may also be prescribed if you have swelling of the jaw or a fever.

DENTAL PAIN IS PREVENTABLE!

Because most toothaches are caused by decay, practicing good oral hygiene is the easiest way to prevent dental pain. This includes brushing and flossing every day and visiting your dentist for professional cleanings and checkups on the schedule determined by the Dental Hygienist. In addition, eating a healthy, balanced diet that is low in sugar will not only help you prevent cavities but will improve your body's overall health.

Submitted by Dr. Flury

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