

NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION
OF THE NORTHLAKE
FOREST HOA

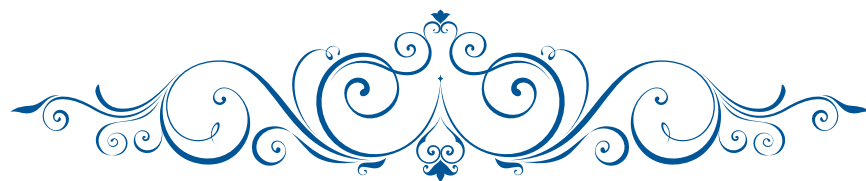
May 2012

Volume 2, Issue 5



Happy Mothers Day

**to all of our wonderful Northlake Forest Moms!! Thank you for
everything you do!**



Cy-Fair Republican Womens group

The Cy-Fair Republican Women's monthly meeting will be held at 10:30am on Tuesday, May 8 at Carraba's Italian Grill in Copperfield.

May is also our annual membership drive month! Dues are pro-rated for the year and are less than \$20!

Please join us for an informative meeting! You can join us for lunch for \$15, or just come and listen, have coffee or tea for \$3. Visit the Cy-Fair Republican Women's website at www.cfrw.net to RSVP and reserve your seat today.

Crimson Cadette Drill Team Dance Clinic

8/8 THRU 8/10

*Cypress Woods High School
16925 Spring Cypress Rd.
8:30 a.m. - 11:30 a.m.*

The Cy-woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email goodsonms@comcast.net or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

NORTHLAKE FOREST

NORTHLAKE FOREST COMMITTEES

LANDSCAPE COMMITTEE

Chair Chuck Dale
Team Lead Paul Rath

POOL & TENNIS COURTS- COMMITTEE

Chair Russell McPherson
Team Lead Merritt Rundell

NEWSLETTER COMMITTEE

Chair Wendy McCurley
Team Lead Kelly Moore

SAFETY COMMITTEE

Chair Kelly Moore
Team Lead Wendy McCurley

EVENTS COMMITTEE

Chair Kelly Moore
Team Lead TBD

ARCHITECTURAL REVIEW COMMITTEE

Chair Dan Daues
Team Lead Paul Rath

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

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Advertising..... advertising@PEELinc.com

ADVERTISING

Please support the advertisers that make the Northlake Forest Herald possible. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of the month prior to the issue.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Ambulance/Fire/Police..... 911
Poison Control 1-800-222-1222

NON-EMERGENCY NUMBERS

Constable, Precinct 4 (281) 376-3472
Harris County Sheriff (713) 221-6000
Cy-Fair Volunteer Fire Department..... (281) 550-6663
Cypress Substation (281) 376-2997

GOVERNMENT NUMBERS

Animal Control (281) 999-3191
Health Department (281) 439-6290

Harris County Commissioner Precinct 4

Jerry Eversole - Community Assistance Office .. (713) 755-6444
Harris County Appraisal District (713) 957-7800
Social Security..... (800) 772-1213
Department of Public Safety (*Grant Rd*) (281)-890-5440
Department of Public Safety (*Hempstead*) .. (979)-826-4066

POST OFFICE

USPS (Cypress) (281) 373-9013

LIBRARY

NW Harris County Library (*Lonestar College*) .. (281) 618-5400
Barbara Bush Library (*Cypress Creek*)..... (281) 376-4610

SCHOOLS

Administrative Offices (281) 897-4000
Farney Elementary (281) 373-2850
Goodson Middle School (281) 373-2350
Cy-Woods High School (281) 213-1800

UTILITIES

Northwest M.U.D. No. 10

(Setup service/billing) (281) 579-4500
Northwest M.U.D. No. 10 (*Repair*) 281) 398-8211

Best Trash

(Trash can request/time schedules) (281) 561-5646
Centerpoint (*Gas*) (713) 207-7777

DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of the Northlake Forest Herald on the 1st day of each month at www.PEELinc.com

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:

Any physical activity is better than no physical activity

- Includes people with disabilities

- Far outweighs the possibility of risk of injury or illness

Most health benefits occur with at least 150 minutes a week

- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

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.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.

DID YOU SAY FREE?

**YES! YOUR NEWSLETTER IS PROVIDED
100% FREE OF CHARGE TO YOUR HOA**

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

www.PEELinc.com

PEEL, INC.
community newsletters



YardMasters, Inc.

A Professional Landscaping & Lawn Maintenance Service

Bed Renovation • Landscape Lighting
Flagstone Borders
Flagstone Walkways
Drainage Systems • French Drains



- **Landscaping**
- **Sprinkler Systems**

Installation/Modification/
Repair LI #5455

- **Lawn Service**

Mowing, Weedeating,
Edging & Blowing
Bed Cleaning
Hedge Trimming
Mulch • Soil • Sod

RAIN BIRD®
Hunter®



281-469-5158

www.YardMastersInc.com



NOT AVAILABLE ONLINE

At no time will any source be allowed to use the Northlake Forest Herald's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Plum Creek Press is exclusively for the private use of the Plum Creek HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

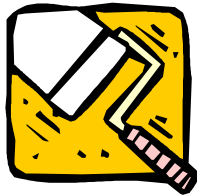
Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting
- Door Refinishing
- Window Installation
- Trash Removal
- Ceiling Fan/Light Fixtures

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net

Flaherty's FlooringAmerica



Live Beautifully



follow us @ Flaherty Floors



Take 10% OFF

Your next flooring purchase. Present ad at time of purchase.
On materials only. Not valid with any other offers. Prior orders exempt.

13422 Grant Rd. Cypress, TX 77429 • 281-370-8022 • www.FlahertysFlooring.com

Looking for Volunteers!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 jennifer4cci@aol.com





LazerX
Family Fun Center
Lasertag & Arcade

13529 Skinner Rd
Cypress, Texas 77433
281-304-6565

Cypress Birthday Party Headquarters

Hours	
Monday	Closed
Tues & Weds	Private Parties
Thursday	6:00pm to 9:00pm
Friday	6:00pm to 10:00pm
Saturday	11:00am to 10:00pm
Sunday	2:00pm to 6:00pm

Private Parties
Birthday/Team Parties
Corporate Team Building



www.lazerx-cypress.com



FERGY'S
FROZEN CUSTARD

13529 Skinner Rd
Cypress, Texas 77433
281-241-9446

Now Open!

Premium ice cream, made fresh daily!

Cones, Concretes, Sundaes, Shakes, and more

Check the website for specials!

www.fergysfrozenscustard.com



Amy Nabors



Andrea Wiley



Bridget Huddleston



Catherine Ellis



Clint Nabors



Debra Schaffner



Dianna Gray



Ginnie Johnson



Joel Braswell



Lisa K. Adams



WE'RE JUST AROUND THE CORNER



heritagetexas.com

Thirteen Offices Strong To Better Serve You

281.463.4131

25250 NW Freeway, Suite 200 Cypress, Texas 77429



Lynne Tompkins



Mark Ellis



Mike Lindsay



Mo Dayani



Monica Sinha



Ron Liechty



Sarah Atchison



Shannon Lester



Tiffany Nolan



Debbie Yuens
Vice President of Sales

NORTHLAKE FOREST

Celebrate Cinco de Mayo at Spring Festival

On Saturday, May 5th, Boys and Girls Country of Houston will host their annual Spring Festival on their campus in Hockley, Texas. Located 35 miles northwest of downtown Houston, Spring Festival is a great way for families to spend the day.

Spring Festival promises to be a huge celebration for community and family with a lively Cinco de Mayo theme. Admission and parking are free, and children's all-day event passes are only \$15 each. Booths will include a number of inflatable rides like King of the Mountain, Shark Slide, and Water Balls; a Slime Machine booth where you can slime your favorite person, and crafting booths for the little ones. There will be three stages with a variety of live entertainment, including Spanish musicians, Gospel singers, and solo artists.

"All of the proceeds of Spring Festival go directly to helping us provide a Home for our children," said George O'Neal, Director of Spring Festival and Community Relations. "This is going to be our largest and most exciting Spring Festival ever with many new additions that add fun and excitement."

For 41 years, Boys and Girls Country has provided a Home for children from families in crisis. They raise 88 children at their main campus and provide support to 55 young adults in their College and Career program. Boys and Girls Country is not a United Way member agency and does not rely on federal or state funding.

DATE:

Saturday, May 5, 10 a.m. – 5 p.m.

TIMES:

Live Auction: 1:15 p.m.

Silent Auction: 10 a.m. to 3 p.m.

Lunch: Served 11 a.m. - 3 p.m.

Barbecue, Chicken Burrito, or Hamburger/
Hot Dog (Adult Plate: \$8.00, Kid's Plate: \$6.00)

ACTIVITIES:

All-Day Kids' Activity Passes: \$15.00
(individual activity tickets also available starting at \$0.25 each.)

LOCATION:

18806 Roberts Road, Hockley, Texas 77447,
19 miles west of Beltway 8 off Highway 290.

Are you ready for Drum Corps?

Come be a part of Houston's all age Drum and Bugle corps. We are looking for brass and percussion players of all levels for our 2012 season. It doesn't matter if you haven't played for 15 years. Contact us so we can provide you with an instrument. Practice is at Lone Star College-North Harris. Check the GCS website for rehearsal schedule.



www.GulfCoastSound.org



Like us on
Facebook


TROLLBEADS
THE ORIGINAL SINCE 1976

Mother's Day...

The Perfect Gift



Receive a sterling silver bracelet
with the purchase of a decorative clasp



The Great Frame Up
WHERE PICTURE FRAMING IS AN ART
www.houston.thegreatframeup.com

13107 Louetta, Cypress, TX 77429
(281) 376-6300

DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Did you know that drowning is still the #1 cause of accidental death for children under 5 and the #2 cause for children ages 1-14?

Join us as we celebrate May as National Water Safety month.
Please keep your family safe around water and have the
Best May Ever!

LAYERS OF PROTECTION



**CONSTANT VISUAL
SUPERVISION**



LEARN TO SWIM



**WEAR LIFE
JACKETS**



**MULTIPLE BARRIERS ON
ALL POOLS & HOTTUBS**



**KEEP BACKYARDS &
BATHROOMS SAFE**



LEARN CPR



**CHECK POOLS/HOTTUBS
1ST FOR MISSING CHILDREN**



**VISIT US
ONLINE**



PEEL, INC.
308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

NLF



Brilliant Energy = Seriously LOW Electricity Rates

Brilliant Energy's Electricity Rates Challenge The Rates of Every Other Electricity Provider in Texas!

Lock-in a low electricity rate for up to 3-years!

**Easy Online Sign-Up at BrilliantElectricity.com
USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL**



Brilliant Energy is recommended by Texas Energy Analyst, Alan Lammey the host of the 'Energy Week' radio show on NewsTalk 1070 KNTH!

**Ask the "Energy Analyst":
281-658-0395**

Great Business Rates Too!

Brilliant Energy Texas PUC #10140

