

NORTHLAKE FOREST Herald

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FOREST HOA

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HELPING HABITAT FOR HUMANITY!

I'm an intern at Habitat for Humanity Northwest Harris County and I'd like to spread the word about our ReStore. We recently opened our new location on the corner of Jones Rd and Grant Rd. The ReStore is a resale outlet for good, useable building materials which are sold to the general public at deep discounts.

THE PRIMARY GOALS OF RESTORE ARE TO

- Provide an additional source of funds to build more Habitat homes.
- Recycle usable building materials, thereby diverting these from area landfills.
- Make new and used building materials available to the community at greatly reduced prices for home improvement.

In my experience, many are aware of Habitat for Humanity's initiative but fail to realize that although Habitat is a non-profit organization, we still need to be able to generate funds to be able to continue our vision of a world where everyone has a decent place to live. The ReStore is just one of those ways and I've found that most people don't even know that something like the ReStore exists. That's why I believe that the first step is to increase the exposure of the ReStore.

What steps need to be taken to be printed in your newsletter and what are the costs, if any?

Thanks, Joseph Retuya

*Habitat for Humanity Northwest Harris County
13350 Jones Rd, Houston, TX 77070
(Corner of Grant Rd & Jones Rd)
www.habitatnwhc.org/restore/restore*

HOUSTON AREA 4TH OF JULY EVENTS

The city of Houston will be hosting its annual Freedom over Texas show on July 4. The show will feature performances by country music super stars Billy Currington and Sara Evans. Other attractions include The Freedom Market, The Bud Zone featuring the Texas Volleyball Championship, and The Walmart All-American Kids Zone featuring free rides and attractions for the kids. A special highlight is Liberty Park, Symbols of Freedom, which offers the unique opportunity to experience displays of military artifacts and vehicles!

General admission to the Freedom Over Texas celebration is \$8 per person, but discounted tickets are available.

DATE, TIMES & LOCATION

Wednesday, July 4 | 4pm to 10pm at Eleanor Tinsley Park @ Buffalo Bayou

THE HOUSTON SYMPHONY

<http://milleroutdoortheatre.com/events/242/>

The Houston Symphony will be hosting its ExxonMobil Summer Symphony Nights - Star-Spangled Salute at the Miller Outdoor Theatre. It starts at 8:30pm and will last until 10:30pm.

KATY

<http://cityofkaty.com/departments/parks/special-events/>

The city of Katy will be hosting its July 4th Freedom Celebration & Fireworks Show at 9pm at Katy Mills Mall. The fireworks are launched between the east side of the mall and Katy Fort Bend Road and can be seen from several miles around the mall area.

KATY - CINCO RANCH

<http://www.lacentera.com/Events/tabid/55/Default.aspx>

Go to LaCentera at Cinco Ranch for the July 4th BIG Backyard Barbecue. It starts at 5:30pm and includes live entertainment, great food, events for the kids and a fabulous fireworks display.

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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

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Advertising..... advertising@PEELinc.com

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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
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Department of Public Safety (*Hempstead*) .. (979)-826-4066

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Houston Area 4th of July Events - (Continued from Cover Page)

KEMAH BOARDWALK

<http://www.kemahboardwalk.com/events.asp#jul>

The Kemah Boardwalk will be holding its "Star-Spangled Sky Fireworks Celebration." For more information, visit the Kemah Boardwalk website.

KEMAH

<http://www.clearlaketoday.com/evps/evitem.cfm?evid=7565>

The city of Kemah will be having its Spirit of Volunteerism's Independence Day Parade will begin at 10am at the Visitors Center. The city also will have a fireworks display at 9:30pm.

THE WOODLANDS

<http://towncenterevents.com/july4th.html>

The Woodlands has an entire day of activities planned for Fourth of July. It starts with a parade at 9am at Grogan's Mill Road and Lake Woodlands Drive and ends at dusk with a fireworks display at The Woodlands Town Center. For more information, visit the city's South Country 4th of July website.

TOWNE LAKE

<http://www.townelaketexas.com/news/224-towne-lake-hosts-fourth-of-july-celebration>

Towne Lake hosts its fourth annual Fourth of July celebration on Wednesday, July 4 from 7:30-9 p.m. on the banks of the community's centerpiece lake. The evening will feature a variety of entertainment and activities for area families, concluding with northwest Houston's largest fireworks display. The pyrotechnic show will be accompanied by music, and will begin at approximately 9 p.m.

Cypress-Tomball DEMOCRATS July 18th Meeting

The Cypress-Tomball Democrats will hold their next monthly meeting on Wednesday, July 18th, 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.

July's guest speaker will be Judson W. Robinson, III, President and CEO of the Houston Area Urban League. The Houston Area Urban League is a United Way agency affiliated with the National Urban League. All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at cytomdems@yahoo.com.



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RECIPE CORNER

*Perfect Potato Salad
for your 4th of July Party*

INGREDIENTS

- 2 pounds clean, scrubbed new red potatoes
- 6 eggs
- 1 pound bacon
- 1 onion, finely chopped
- 1 stalk celery, finely chopped
- 2 cups mayonnaise
- salt and pepper to taste

DIRECTIONS

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and set in the refrigerator to cool.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Chop the cooled potatoes, leaving skin on. Add to a large bowl, along with the eggs, bacon, onion and celery. Add mayonnaise, salt and pepper to taste. Chill for an hour before serving.

Enjoy!



8/8 - 8/10

Crimson Cadette Drill Team DANCE CLINIC

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.

“In Her Shoes”

A Mother-Daughter Event

Join speaker/author/recording artist Shannon Perry for this special event designed exclusively for mothers and daughters. Recommended for girls ages 12-18, you will learn powerful truths through uplifting and age appropriate messages. Shannon holds a Master's Degree in Education and Counseling and is a certified instructor for parenting classes and crisis counseling. The event will be held Saturday, September 8th from 9 a.m. to noon at Good Shepherd United Methodist Church, 20155 Cypresswood Drive in the Fairfield Subdivision in Cypress, Texas. Doors open at 8:15 for registration and refreshments. The following topics will be covered: Body image/self-esteem, purity and God's promises, relationships - dating, parents, friends; social media, communication. The cost is \$15 per person (early registration) and \$20 per person at the door. To register and for more information: www.shannonperry.com



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WHAT TO LOOK FOR IN A PET FOOD

Pet nutrition and pet food selection has improved significantly over the last few years, however, there is still a lot of confusion regarding what to feed our four-legged friends.

Following the horrific melamine pet food recalls of 2007, much research has been dedicated to learning more about pet nutrition and how pet food is manufactured and distributed to consumers. This has spawned a greater selection of high-quality, pet super-foods. However, it has also prompted some companies who still make cheap, low-quality pet food to simply change their packaging to dupe consumers into believing that they're buying food filled with wholesome fresh meat, fruits, and vegetables.

Don't be fooled! A pretty bag with pictures of cascading corn and carrots does not a quality pet food make. Read the ingredient label to see what's really in the bag and in your pet's food bowl.

Here are some things to look for in the ingredient label and to consider when choosing a food for your furry family members.

PROTEIN

A named protein and/or protein meal should be first on the ingredient list. For example, if you're buying a chicken formula pet food, look for, "chicken," or, "chicken meal," as the first ingredient, not chicken by-product. Remember: meal is a good thing, by-product is a bad thing. Also, if a protein source is not named - beware. For example, if the ingredient label reads, "meat meal," you have no way of knowing what the protein source is and should be wary. It could be anything from aardvark to zebra. The best pet foods have two or three protein sources in the first five ingredients listed.

Confused about the difference between chicken and chicken meal? Chicken, or any other protein source listed in the ingredient label, means that fresh meat was added to the mix before cooking. This is great! But just like our bodies, animals are about 70% water. So, when the mixture is cooked, the fresh meat in it loses volume, thereby decreasing

the amount of protein in the final product. Chicken meal, on the other hand, is chicken meat, bone and some connective tissue that has been cooked, dried and added to the mix before cooking, which ultimately increases the protein level of the food.

VEGGIES, FRUITS & WHOLEGRAINS

Like humans, pets benefit from the vitamins and enzymes in fresh vegetables and fruits. Look for quality produce and complex carbohydrates like carrots, spinach, pumpkin, etc. as well as whole grain rice, oats, and/or barley. These healthy foods have lower glycemic index ranges, which will keep your pet more satisfied and will help to avoid sudden drops in energy levels. Avoid highly processed grains such as corn, wheat and rice. As with humans, these are empty fillers and fast burning carbohydrates.

US SOURCED

Do a little extra digging to find where the ingredients of a food you're considering are sourced. Often, you can find this information on the manufacturer's website. If not, call them and ask. Look for foods made with ingredients from the US. This will help you take advantage of the strict, governmental regulations that watch pet food manufacturers and that are there to protect you and your pets from contamination. Furthermore, buying products made in the US is just plain good sense for the local economy and environment.

WHAT TO AVOID

By-products and by-product meals should be avoided for a number of reasons. First, you have no way of knowing exactly what the ingredient is, but you can be sure that it is a low-value portion of the animal. In addition to the ingredient itself being dubious, low-value products are not handled with the same care as higher-value products, so they could become rancid or exposed to harmful bacteria. Also

avoid sweeteners, which are added to poor quality foods to enhance palatability. Other ingredients to avoid are artificial preservatives such as BHA, BHT, and ethoxyquin, and artificial colors.

Once you've narrowed your choices down to a few based on quality ingredients, then consider your pet's specific health needs. Is your pet overweight, underweight, young, adult, or senior? Does he/she have allergies or itchy skin? There are high-quality foods that are formulated to address all of these issues and more.

After you've finally chosen a healthy pet food and are ready to purchase, be sure to check the, "Best By," date. In quality, natural foods, this will be about 12 months from the manufacture date. When dishing out the new grub to your pet, start by mixing it with a bit of his last diet to help his tummy transition. Do this for about a week, adding a little more of the new food everyday. By day seven, your pet should be ready for full servings and a fuller life.



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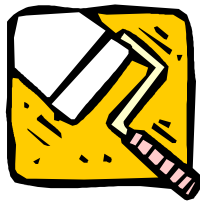
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