

# NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION  
OF THE NORTHLAKE  
FOREST HOA

October 2012

Volume 2, Issue 10

## Please join us for our 4th Annual National Night Out Event



POLICE-COMMUNITY PARTNERSHIPS

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It will be held at our park on Tuesday, October 2nd, from 5:30 to 7:30 p.m.  
We will have pizza from Woodfired Pizza, a bounce house,  
face painting and a popcorn machine.

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## Happy Halloween!



# NORTHLAKE FOREST

## NORTHLAKE FOREST COMMITTEES

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### ARCHITECTURAL REVIEW COMMITTEE

Chair ..... Fred Vasquez  
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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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### *Harris County Commissioner Precinct 4*

Jerry Eversole - Community Assistance Office .. (713) 755-6444  
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NW Harris County Library (*Lonestar College*) .. (281) 618-5400  
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### SCHOOLS

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## Safety Side Note

For many people, autumn events like Halloween and Harvest Day are fun times to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety.

Below are tips to help make the festivities fun and safe for trick-or-treaters and party guests. The Northlake Forest newsletter committee would like to wish all of our residents a very happy and safe Halloween!

<b>S</b>	Swords, knives, and similar costume accessories should be short, soft, and flexible.
<b>A</b>	Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
<b>F</b>	Fasten reflective tape to costumes and bags to help drivers see you.
<b>E</b>	Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
<b>H</b>	Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.
<b>A</b>	Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
<b>L</b>	Look both ways before crossing the street. Use established crosswalks wherever possible.
<b>L</b>	Lower your risk for serious eye injury by not wearing decorative contact lenses.
<b>O</b>	Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
<b>W</b>	Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
<b>E</b>	Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
<b>E</b>	Enter homes only if you're with a trusted adult.
<b>N</b>	Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

## Bullying: What To Watch *Helping Parents Understand the Signs*

Has your child suddenly had declining grades or unexplained injuries? Have they purposely been trying to avoid school? They could be the victims of bullying.

"Bullying is a widespread problem among children, especially teenagers," says Beth Nauert, M.D., a Texas pediatrician. "Bullying should always be taken very seriously by parents, educators, and the authorities."

### BULLYING SIGNS

Children who are bullied are repeatedly exposed to aggressive, negative actions on the part of one or more other persons, and have difficulty defending themselves, says Dr. Nauert.

Some clear signs of bullying that parents should watch for include:

- unexplainable injuries,
- lost or destroyed clothing, books, electronics, or jewelry,

- feeling sick or faking illness,
- changes in eating habit,
- difficulty sleeping or frequent nightmares,
- not wanting to go to school,
- running away from home.

### ACTION PLAN FOR PARENTS

Because children who are bullied may be reluctant to talk about it, parents who suspect bullying should take immediate action to help their children, says Dr. Nauert.

"Parents need to find out from their child who is doing the bullying, whether the bullying was verbal, physical, or cyberbullying, and where and when the bullying is happening," she says. "They should then speak with their teacher, principal, school administrators, or local law enforcement."

## October is National Bullying Prevention Month



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Andrea Wiley



Bridget Smith



Carmen Fujimoto



Catherine Ellis



Clint Nabors



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## Recipe Corner Pumpkin Cheesecake

### Ingredients

- 2 (8 ounce) packages cream cheese
- 3/4 cup white sugar
- 1 (15 ounce) can pumpkin puree
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 2 eggs
- 1/4 teaspoon salt
- 2 prepared 8 inch pastry shells

### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Beat together the cream cheese and the sugar; add the pumpkin and the spices. Beat in eggs one at a time. Add salt. Beat until creamy. Pour the batter evenly into the two pastry shells.
3. Bake at 350 degrees F (175 degrees C) for 50 minutes or until the knife inserted in the center comes out clean. Let cool then top with whipped topping, if desired.

## Special Announcements

*Happy 18<sup>th</sup> Birthday to you Laura Ashleigh. We love you very much – Woo, Boo, Andy, Mom and Byron.*

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# NORTHLAKE FOREST

## Things to do...

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### **Houston Northwest Chamber Announces CreekFest Race Series –**

#### **A Local run through our magnificent Outdoor Hike & Bike Trails and Marketplace**

Houston, Spring, Klein, Cypress - The Houston Northwest Chamber of Commerce is pleased to announce CreekFest Houston 2012 on Saturday, October 13, 2012 from 10 am– 5 pm This celebration of the Arts and Outdoors in Northwest Houston will be held along the parkway between Collins Park and Meyer Park along Cypresswood Drive, rain or shine. This year CreekFest will include an Adventure Race Series. The race series is organized by Wade Woehrmann a representative of the Texas Adventure Racing Club. The race series is intended to show the community the 46 miles of hike & bike trails available for everyday use through an Adventure Race, Duathlon, 5k/10k Run. **Registration is available on Active.com.**

### **Cypress Fellowship will hold their Annual Fall Festival on Saturday, October 20, from 10:00 am until 1:00 pm.**

There will be food and fun for all ages! Inflatables, Balloons, Face Painting, and MORE!! Free admission and treats!

### **Hi Jewish Community. Let's get connected!**

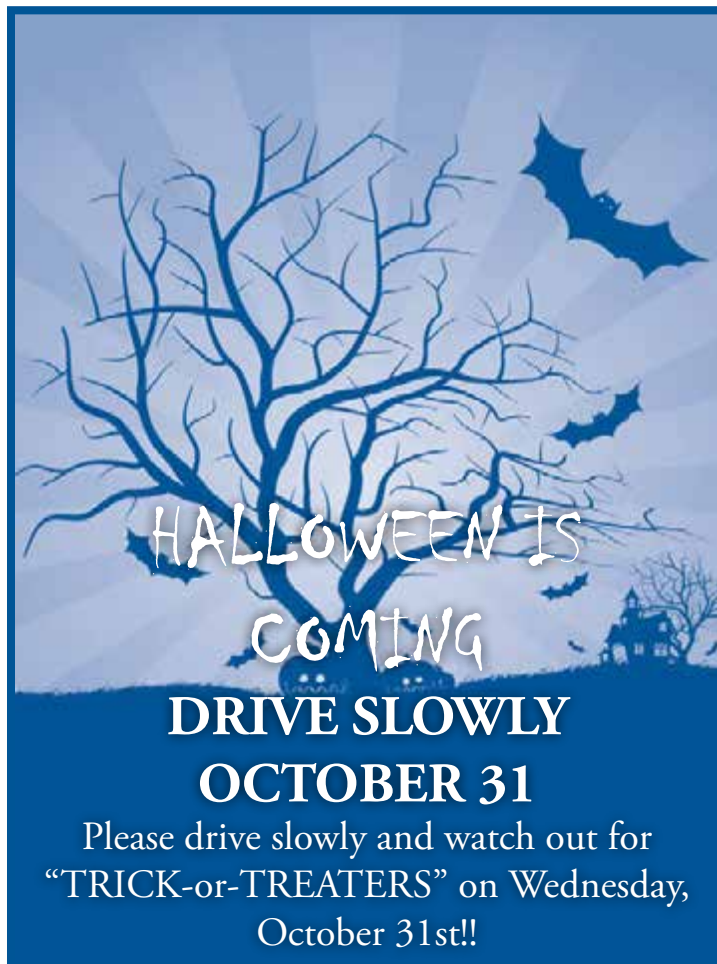
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### **Cypress-Tomball Democrats October 17th Meeting**

The Cypress-Tomball Democrats will hold their next monthly meeting on Wednesday, October 17th, at 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.

The monthly meetings always feature an interesting and informative guest speaker.



**HALLOWEEN IS  
COMING**

**DRIVE SLOWLY  
OCTOBER 31**

Please drive slowly and watch out for  
"TRICK-or-TREATERS" on Wednesday,  
October 31st!!

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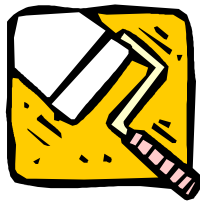
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