

# ATASCOCITA *Forest*

FEBRUARY 2013

The Official Publication of The Atascocita Forest Homeowners Association

VOLUME 2, ISSUE 2

## HEART HEALTHY LIFESTYLES

*By: Concentra Urgent Care*



Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

### **WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:**

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
  - Women: 1 drink per day (maximum)
  - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in

heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

### **WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?**

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

*For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at [www.AmericanHeart.org](http://www.AmericanHeart.org).*

## COMMUNITY CONTACTS

### BOARD MEMBERS

Ric 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 fo 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 - Bill Shepherd ..... afhoawshepard@aol.com  
Publisher, Peel, Inc. .... 888-687-6444  
Advertising..... advertising@PEELinc.com

## YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email your document to [afhoawshepard@aol.com](mailto:afhoawshepard@aol.com).



## I WATCH

### WHAT IS IWATCHHARRISCOUNTY?

iWatchHarrisCounty is a virtual crime watch that you and your neighbors can use to report behaviors and activities that make you feel uncomfortable or do not look right.

### WHAT DOES IT DO?

Like traditional neighborhood crime watches, your awareness reported to the police can help solve crimes or even prevent a terrorist attack.

### WEB SITE:

[iwatchharriscounty.com](http://iwatchharriscounty.com)



# The most entertainment. Now at the best price.

Ask about packages  
starting at \$29<sup>99</sup>.  
**CALL TODAY.**



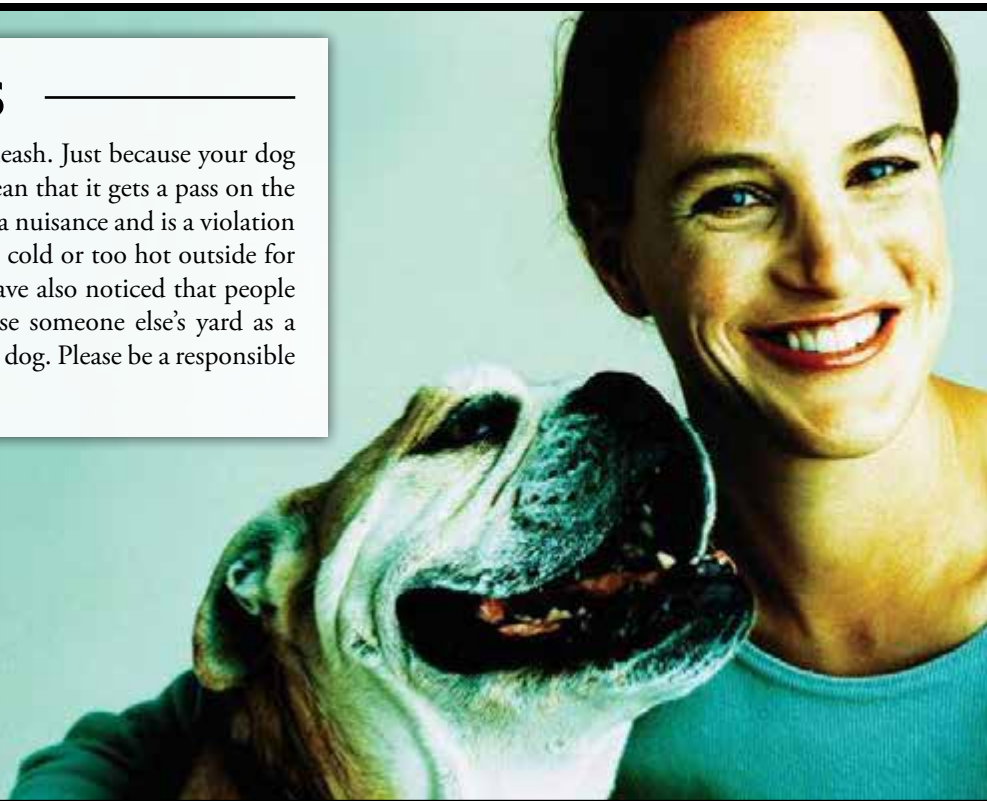
**CALL NOW AND SAVE AN ADDITIONAL \$10/MO**  
**1-888-799-0512**

Authorized DIRECTV Dealer

Pricing subject to change at any time. Hardware and programming available separately. ©2012 DIRECTV Inc. DIRECTV and the Cyclone Design Logo are registered trademarks

## 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.



# ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

*Support Your Community Newsletter*

**Kim Moore**  
Sales Representative  
281-373-3807  
kim@PEELinc.com



PEEL, INC.  
community newsletters

www.PEELinc.com 1-888-687-6444

*Thinking about...*

*Alexis Sells & Sold  
in Atascocita.  
Call Today!*

*Top Producer for 2011*

or

**BUYING  
SELLING  
RENTING?**



**Alexis Walls Guillory**  
**ABR/CDPE/SFR**

**C. 832.527.7005**

**E. TheCloser@Alexisgetsitsold.com**



*Century 21 Realty Partners  
Serving Atascocita, Lake Conroe,  
The Woodlands, Magnolia, and Cypress  
281-298-8389*

*I am a CDPE Certified Distressed  
Property Expert. I offer free local  
moves to my clients! (Some restrictions)*

**832.527.7005 | Alexisgetsitsold.com**

## Headaches

*Submitted by Dr. Jeff Echols*

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ... my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.

## Do you know what to look for in an Emergency Room?

- ☒ Open 24 hours a day, seven days a week, 365 days a year
- ☒ Physicians Board Certified or Board Eligible in Emergency Medicine
- ☒ Licensed, free-standing emergency medical care facility



**T E X A S  
EMERGENCY CARE  
CENTER™**

**txercare.com**

**Any type of emergency, day or night. Ready or not...we are.**



Accredited by the Joint Commission of  
Accreditation of Healthcare Organizations  
for our commitment to excellence.

**PEARLAND**  
3115 Dixie Farm Road, Suite 107  
FM 518 at Dixie Farm Road  
**281-648-9113**

**CYPRESS**  
17255 Spring Cypress Road, Suite A  
Spring Cypress at Skinner Road  
**281-304-9113**

**ATASCOCITA**  
19143 W. Lake Houston Parkway  
W. Lake Houston Pkwy at FM 1960  
**281-540-9113**



## SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [AFCAnewsletter@gmail.com](mailto:AFCAnewsletter@gmail.com).

Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



## SUDOKU

View answers online at [www.peelinc.com](http://www.peelinc.com)

		2		7				
		4	1					7
1		5						
			9	5			6	
4	1	7			6			
				8				
5		8						2
	2			9			3	8
	9		6			5		

© 2006, Feature Exchange

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

## Bashans Painting & Home Repair

Commercial/Residential  
Free Estimates

**281-347-6702**



**281-731-3383** cell



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

**References Available • Fully Insured**  
**NO PAYMENT UNTIL COMPLETION**  
[bashanspainting@earthlink.net](mailto:bashanspainting@earthlink.net)

## Affordable Shade Patio Covers



We specialize in custom built patio covers, decorative & stamped concrete, cedar & treated pine shade arbors, insulated aluminum patio covers & arbors.



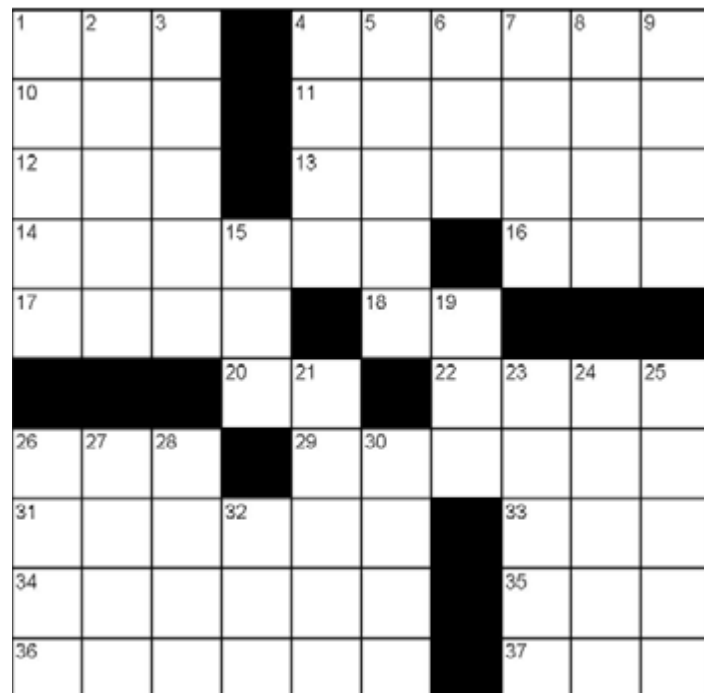
**Creating Comfort for Outdoor Living...  
with Affordable Shade Patio Covers!**



Visit our galleries to view hundreds of photographs of finished projects...from very happy customers.

**AffordableShade.com**  
**713-574-4648**

## CROSSWORD PUZZLE



### ACROSS

1. Dad
4. Panther
10. Time period
11. A Nissan car
12. Admiral (abbr.)
13. Programmer
14. A deviated one makes you snore
16. Vane direction
17. Time periods
18. Letter afterward
20. Evening
22. Garden tools
26. Pod vegetable
29. Egg dish
31. List of errors
33. Wrath
34. Tie clip
35. Rival
36. Stoles

### DOWN

1. "\_\_\_ porridge hot..."
2. Special request
3. South American plain
4. Tropical island
5. Holding device
6. And so forth
7. Enjoy
8. Sign
9. Weed in a wheat field
15. Cooking measurement
19. Her
21. Pattern
23. \_\_\_ Oyl (Popeye's girlfriend)
24. Spooky
25. Strong metal
26. Domestic friends
27. Little Mermaid's love
28. Region
30. Pilots
32. April (abbr.)

View answers online at [www.peelinc.com](http://www.peelinc.com)

© 2006. Feature Exchange



# We solve all the pieces to the puzzle.

Call Today to Get Started On All Your Printing Needs.

## 512-263-9181

LOCALLY OWNED & OPERATED  
308 Meadowlark St. • Lakeway, TX 78734



**PEEL, INC.**  
printing & publishing  
EXPERIENCE MATTERS doing business for 30+ years.

At no time will any source be allowed to use Atascocita Forest'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 Atascocita Forest is exclusively for the private use of the Atascocita Forest 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.

## The Atascocita Forest Forum ..... is online



*Go green.  
Go paperless.*

Sign up to receive  
The Atascocita Forest  
Forum in your inbox.  
Visit [PEELinc.com](http://PEELinc.com) for  
details.

# IF NOT NOW, THEN WHEN?

Now is the time to get that loving feeling!  
Buying or selling, nobody does it like Texas Direct Auto.  
Fast. Easy. Fun. We Pay More. We Pay Today.  
***Yes! It's True. Sell Us Your Car!***



## TEXASDIRECTAUTO.COM







**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

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

AF

TARGET YOUR  
CUSTOMERS



**PEEL, INC.**  
community newsletters

[www.peelinc.com](http://www.peelinc.com)  
**512.263.9181**