

NORTHLAKE FOREST

Herald

OFFICIAL PUBLICATION
OF THE NORTHLAKE
FOREST HOA

October 2013

Volume 3, Issue 10

National Night Out



Our 5th Annual National Night Out event will be held on Tuesday, October 1, 2013 from 6:00 - 8:00 p.m. at the Northlake Forest Park.

Please go to the following link to view details about the fun activities we will have

and we ask that you kindly RSVP for the event.

<http://www.evite.com/event/00923EHQGIE63AEMEEPD-CZRQEKQAEE>

We look forward to seeing all of our NLF Families at the park for National Night Out!

Northlake Forest Semi-Annual Garage Sale

This year the fall date for the neighborhood garage sale is set for Saturday, October 5 beginning at 7am. Signs will go up during the week before the sale date. As a reminder, there are only two dates each year in which the subdivision holds garage sales.

Cypress-Tomball Democrats Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, October 15th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet starts at 6:30 p.m., followed by the general meeting from 7:00 p.m. to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month, and always features an informative guest speaker. For more information, visit the website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or "Like" the club on Facebook.

Northlake Forest Has A Facebook Page



I wanted to let you know that I have created a Facebook "Group" page for Northlake Forest. It will only be for NLF residents so if you know other residents that might be interested in checking it out, please feel free to invite them to join.

Here is the link: <https://www.facebook.com/groups/NorthlakeForestCommunity/>

NORTHLAKE FOREST

NORTHLAKE FOREST COMMITTEES

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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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Poison Control 1-800-222-1222

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Cypress Substation (281) 376-2997

GOVERNMENT NUMBERS

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Health Department (281) 439-6290

Harris County Commissioner Precinct 4

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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

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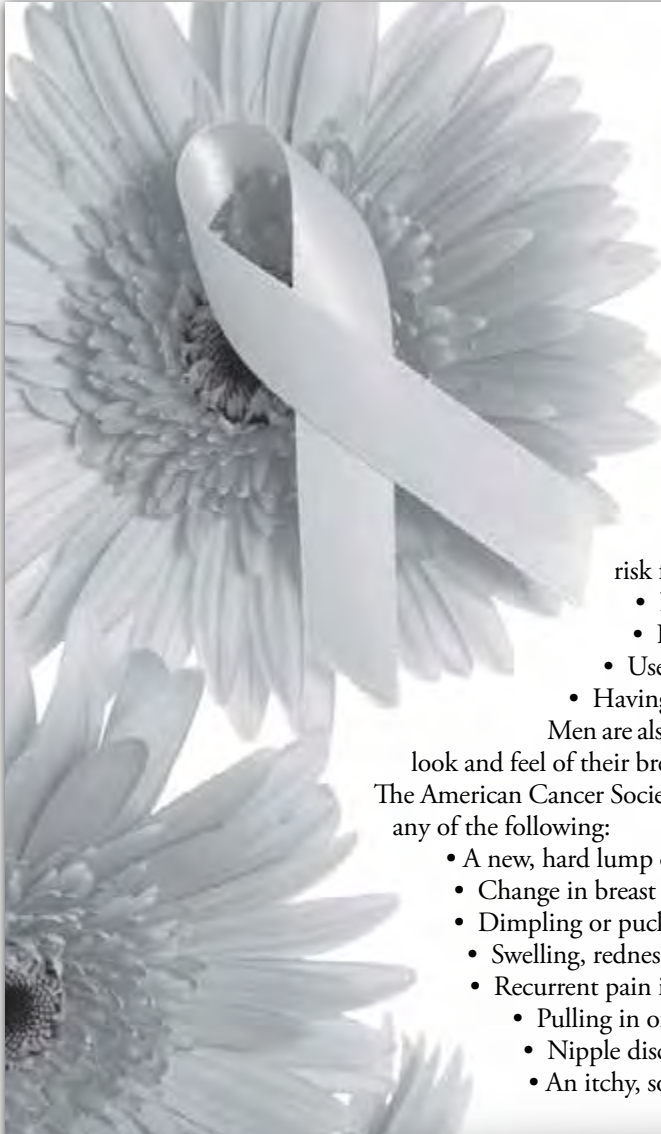
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BREAST CANCER

Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
 - Pulling in of the nipple
 - Nipple discharge that starts suddenly in only one breast
 - An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>

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MANAGEMENT COMPANY

Planned Community Management, Inc. (PCMI)

Michael Quast

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Northlake Forest HOA Website: www.northlakeforesthoa.com



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AVAILABLE
ONLINE**

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View answers online at www.peelinc.com

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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.

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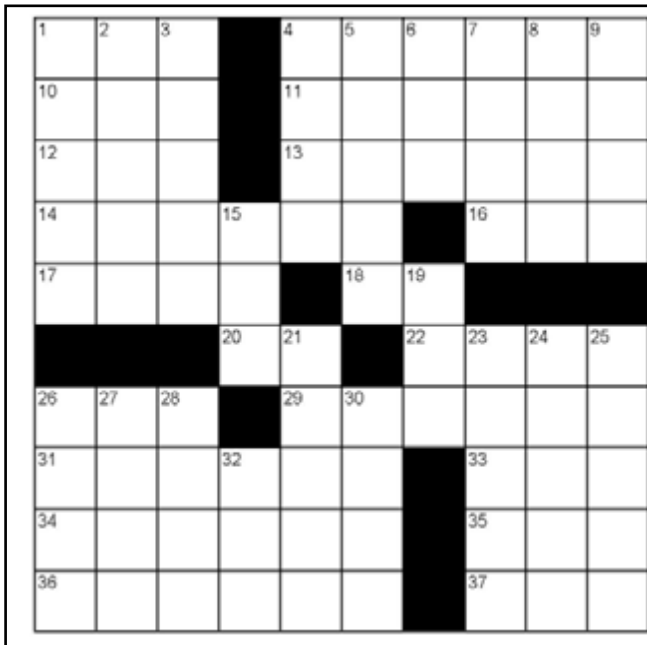
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1. Owns
4. Short people
10. Grain
11. In the air
12. Single
13. Nun's headwear
14. Musician (3 wds.)
16. Homesick
17. Booty
18. Horsepower (abbr.)
20. Cincinnati locale
22. Hasten
26. Mountain Standard Time
29. Eras
31. Cover
33. Eccentric
34. Beaches
35. Vane direction
36. Hug upon greeting
37. Danish krone (abbr.)

DOWN

1. Coat hangers
2. Root beer brand (3 wds.)
3. Stone
4. Aurora
5. Ponder
6. Build up
7. Holes
8. Syllables used in songs (2 wds.)
9. Sledge
15. Gone by
19. Not against
21. Cycles per second
23. Pimpled
24. Glob
25. Organic compound
26. Soft mineral
27. Prig
28. Tyrant
30. Mexican money
32. North American country

View answers online at www.peelinc.com

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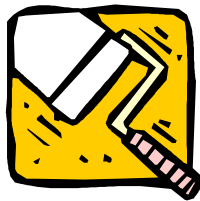
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