



The HOME FRONT

December 2013

Official Publication of Park Lakes Property Owners Association

Volume 1, Issue 9



Cookies With Santa

**Saturday,
December 14th**

Please contact Michelle Evrard, Director of Community Events, at mevrard@canyongate.com or Raj Allada, Social Committee Chairman, at parklakesraj@gmail.com if you would like to volunteer for any of our events!

* For more event information, please visit
www.canyongate.com/residents/pl

PARK LAKES

HELPFUL PHONE NUMBERS

Park Lakes Property Owners Association

RealManage/Agent(866) 473-2573
SplashPad Texas Onsite Office.....(281) 441-3557
Recreation Center Onsite Office.....(281) 441-9955
Gate Attendant.....(281) 441-1089
Houston National Golf Club(281) 304-1400

Utilities

Comcast (Customer Service)(713) 341-1000
Electricity (TXU)(800) 368-1398
Gas (Centerpoint)(713) 659-2111
Trash (Republic Waste).....(281) 446-2030
Water & Sewer (EDP Water District).....(832) 467-1599
Phone Service (Embarq)(877) 213-1053
Electricity (Centerpoint-Report street light outage)(713) 207-2222
Texas One Call System (Call Before you Dig)..... 811

Property Tax Authorities

Harris County Tax.....(713) 368-2000
Harris MUD #400(281) 353-9809

Public Services

US Post Office.....(281) 540-1775
Toll Road EZ Tag.....(281) 875-3279
Voters/Auto Registration(713) 368-2000
Drivers License Information.....(281) 446-3391
Humble Area Chamber(281) 446-2128

Police & Fire

Emergency 911
Constable/Precinct 4 (24-hr dispatch)(281) 376-3472
Harris Co. Sheriff's Dept./Prec 4, Dist 2 (24-hr)(713) 221-6000
Eastex Fire Department.....(281) 441-2244
Emergency Medical Service(281) 446-7889
Poison Control.....(800) 222-1222
Humble Animal Control.....(281) 446-2337
Texas DPS.....(281) 446-3391

Area Hospitals

Renaissance Northeast Surgery(281) 446-4053
Kingwood Medical Center(281) 348-8000
Northeast Medical Center Hospital.....(281) 540-7700
Memorial Hermann Hospital (The Woodlands)(281) 364-2300

Public Schools

Humble ISD(281) 641-1000
Park Lakes Elementary (K-6).....(281) 641-3200
Humble Middle School (7-8).....(281) 641-4000
Summer Creek High School (9-12).....(281) 641-5400

Private Schools

Holy Trinity(281) 459-4323
St. Mary Magdalene Catholic.....(281) 446-8535
The Christian School of Kingwood(281) 359-4929
Humble Christian School.....(281) 441-1313

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Park Lakes FAQ:

Q: My neighbor has a ton of violations. What are the Association and PCMI doing about this?

A: Your property management service, PCMI, and your property manager are onsite each month to inspect property conditions. During this inspection, violations are noted and letters are sent accordingly. There is a process for handling violations which follows:

- 1st Courtesy letter: Notifying owner of violation and giving them (30 days) to cease and desist.
- 2nd letter (Certified): 2nd letter notifying the owner of violation will be sent. (Legally no further letters can go out for this violation until the (30 days) has expired)
- 3rd letter: This letter is optional to the board and depending on what the violation is they do not always feel the need to send a 3rd letter. At any time you feel that you get a letter that is not warranted, please feel free to contact PCMI immediately to discuss at 281-870-0585.

(For lawn maintenance, we send a 10- day notification.

Following the expiration of that notification, we can enter the property yard to maintain and charge the cost back to the homeowner.)

-----TRASH-----

IMPORTANT INFORMATION

Remember: Unless it is trash pick up day, your trash cans (and any bags of trash) must be hidden from public view. Please do not store your trash cans in front of your garage or on the side of your home – your neighbors don't want to look out their windows and see your garbage either.

PARK LAKES TRASH PICK-UP SCHEDULE

Mondays & Thursdays - Trash containers must be at curb by 7AM on Mondays and Thursdays. Recycle bins are picked up on Mondays.

Note: Heavy pick-up day - Second Monday of each month.

Service Provider: Republic Waste – (281) 446-2030

*** For trash and curbside recycling service,
call (281) 446-2030.**



Treat Yourself!

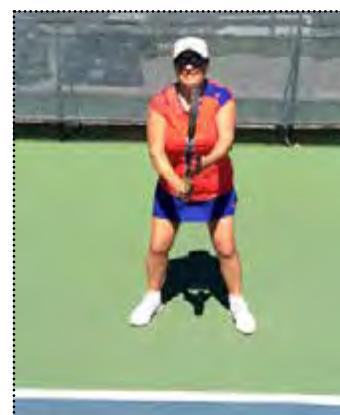
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Forehand Lob

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot and the one-handed high volley approach shot.

In this issue, I will offer instructions on how to execute the Forehand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Carmen Manzur, Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Carmen is forced deep into the

court and realizes that she has to hit a defensive lob, she pivots to the right and gets her racket back early. Notice that the head of the racket is low and her left arm is up in front to keep her balance. Her eyes are focused on the path of the ball and her weight is in her right foot.

Step 2: The Point of Contact: Carmen is now ready to hit the ball. Her eyes are now on the point of contact and the face of the racket is tilted at a 45 degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Carmen’s wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right arm is still in front of her in order to allow maximum balance.

Step 4: The Shuffle Back: Once Carmen finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to paddle back to the middle of the court to drive the next ball back to the opponent.

Look in the next Newsletter for: How to execute “The Two-Handed Backhand Lob”

BUSINESS CLASSIFIEDS

WINDOW TREATMENTS A Lone Star Service Blinds & Shutters. Residential, Commercial & Contract Dealer. Roller Shades, Solar Screens, Storm Roller Shutters, Outdoor Curtains & Drapes. Sales - Installations - Cleaning - Repairs Weekdays 6 pm to 9 pm Weekend til 9 pm. 281-787-4145

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

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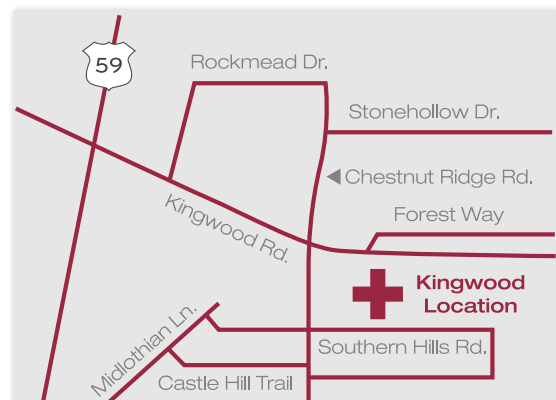


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PARK LAKES

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TRAVELING WITH YOUR PET OVER THE HOLIDAYS?

Here are some tips that will help
make your drive smooth sailing.

Submitted by Kristen West, Owner of Gusto Dogs LLC.

1. Take your pet on short trips prior to the big day to let him get used to traveling by car.
2. Keep your pet safe in a secured, well-ventilated crate or carrier. It should be large enough for your pet to stand, sit, lie down and turn around. Letting him have free range in the car not only puts him at risk, but it also poses a risk to your family if you were to stop suddenly.
3. Never let your dog travel in the bed of a truck. Even if he is secured on a short line to prevent him falling or jumping out, your pet can experience discomfort from the weather and wind or sustain injury from debris.
4. Feed your pet three or four hours prior to departure and avoid giving him any food or treats in the car.
5. Never leave your pet in a parked vehicle, which can quickly become a furnace and cause heatstroke, even with open windows. In cold weather, the car holds the temperature like a refrigerator.
6. Your pet's microchip should be up-to-date and he should be wearing a flat collar and ID at all times.
7. Bring a bowl and extra water in case you get stuck in the inevitable holiday traffic jam!
8. Take lots of breaks to let your pet stretch his legs and relieve himself. It's a great excuse to do some sight-seeing or pick up a fun treat for yourself!

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GREAT BUSINESS RATES TOO!



- Kids Stuff -

Section for Kids with news, puzzles, games and more!



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it.

Then Doug went back into the hallway and stood there staring up at the hall light.

Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep.

Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning.

Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action.

Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions

should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD Date reviewed: February 2008
Originally reviewed by: Michael H. Goodman, MD

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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