



Northlake Forest

HERALD

April 2016

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Volume 6, Issue 4

APRIL GARDENING TIPS

Offered by WeekendGardener.Net

Use this list to help you figure out what gardening tasks you want to accomplish this month.

Planning

When purchasing bedding annuals this spring, choose properly grown plants with good color. Buy plants with well-developed root systems that are vigorous, but not too large for their pots. Plants that bloom in the pack are often root bound and can be set back for several weeks after being transplanted. Plants not yet in bloom will actually bloom sooner, be better established and grow faster.

For hot-weather color, select one of the following: Gloriosa Daisy, Madagascar Periwinkle, Ornamental Peppers, Mexican Zinnia or Amaranthus 'Joseph's Coat. Plan to attract hummingbirds to your garden this year by planting red or orange flowers. Monarda (common names: beebalm, horsemint, Oswego tea, and bergamot) is a good perennial plant that thrives in sun and provides nectar for these small birds.

Planting

Begin to plant seedlings of warm-season vegetables such as tomatoes, peppers, and eggplants. You can also start your pumpkin seeds now.

Sow beets, beans, cucumbers, carrots, lettuce, sweet corn and radishes

Plant herbs such as thyme, sage, parsley, chives and basil

Sod or sow new lawns, and over seed damaged older lawns

Start planting out warm season annuals such as impatiens, marigolds, petunias, sunflowers, zinnia, lobelia, alyssum

Finish planting summer-flowering bulbs like tuberose, gladiolus, dahlias, and callas

Plant chervil, coriander, dill, rosemary, and summer savory outside after the last spring frost date for your area. Your Extension agent should be able to give you the date.

Maintenance

Mulch soil to save water, smother weeds, keeps soil cooler. Spread 1-3 inches (2.5-7cm) of bark chips, compost, wood shavings, or other organic material under shrubs trees, annuals and vegetables. Thin vegetables that were sown too thickly, like basil, carrots, green onions, or lettuce. Prune spring-flowering shrubs and trees after bloom is over.

Fertilize everything right now, but do not feed spring-flowering shrubs like azaleas, camellias, and rhododendrons until after they have finished flowering. Use an acid based fertilizer. They also should be pruned after blooming.



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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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If you notice a problem or have a concern about something within NLF, please complete the form on our website and bring it to the attention of the management company or Board member so that the issue can be addressed.

MANAGEMENT COMPANY

Planned Community Management, Inc. (PCMI)
Merlene Faust
281-870-0585 x 30369

Merlene.Faust@STServices.com · www.pcmi-us.com
Northlake Forest HOA Website: www.northlakeforesthoa.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Ambulance/Fire/Police 911
Poison Control 1-800-222-1222

NON-EMERGENCY NUMBERS

Constable, Precinct 4 (281) 376-3472
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
Department of Public Safety (*Grant Rd*)(281)-890-5440
Department of Public Safety (*Hempstead*) ..(979)-826-4066

POST OFFICE

USPS (Cypress) (281) 373-9013

LIBRARY

NW Harris County Library (*Lonestar College*) .. (281) 618-5400
Barbara Bush Library (*Cypress Creek*).....(281) 376-4610

SCHOOLS

Administrative Offices (281) 897-4000
Farney Elementary (281) 373-2850
Goodson Middle School (281) 373-2350
Cy-Woods High School (281) 213-1800

UTILITIES

Northwest M.U.D. No. 10

(Setup service/billing) (281) 579-4500
Northwest M.U.D. No. 10 (*Repair*) 281) 398-8211

Best Trash

(Trash can request/time schedules) (281) 561-5646
Centerpoint (*Gas*) (713) 207-7777

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View the current issue of the Northlake Forest Herald on the 1st day of each month at www.PEELinc.com

Exceptional Students. Extraordinary People.

Miles, language, and cultural differences sometimes make us feel worlds apart from each other. But when you welcome an international high school exchange student into your home, you quickly discover they become family. Through conversations and experiences at home, school, and throughout the community, you will learn how close together “worlds apart” can really be.

Expand Your Family - Build lifelong friendships with a family from across the globe through your student.

Learn New Cultures - Introduce your family to a new language, new foods and music, and an entirely new culture.

Gain a New Perspective - See “your” world with fresh eyes as you share experiences with and learn from someone from across the globe.

Make a Difference - Your support of diversity and cultural awareness extend to your family, schools and throughout the community.

Spending a year in the U.S. changes the lives of not only Ayusa’s international exchange students but also their host families and communities. Our students have the opportunity to experience life as an American teenager, perfect their English speaking skills, and grow into young adults ready to leave their mark on the world. They also give back with their enthusiasm, dedication, and involvement. Their energy and perspective are contagious and their presence along promotes a sense of global unity.

Here’s just some of the student’s waiting for a host family this year
Charline, The Netherlands, 17, Female

Top three interests: Diving, Family Activities, Tennis
GONZALO, Spain, 16, Male

Top three interests: Computers or Technology, Skiing or Snowboarding, Travel

Shu-Ruei, Taiwan, 15, Female

Top three interests: Music, Photography, Running or Jogging
Mathilde, France, 15, Female

Top three interests: Family Activities, Reading, Swimming
Henrik, Germany, 15, Male

Top three interests: Bike Riding, Music, Soccer
Koshin, Japan, 16, Male

Top three interests: Baseball, Sports, Swimming

Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



Honey Bee Swarms

Honey bees are beneficial by producing honey, wax and pollinating crops. With warmer temperatures, honey bees are becoming more active and may soon begin to swarm.

Honey bee swarms look like a large clump of bees clustered together. The swarm may stay in a location from a few hours to a week. Swarms are produced as a part of the colony’s reproductive process. An established colony produces a new queen, causing the old queen and half the worker bees to leave the colony to search for a new nesting location. Swarming honey bees are usually gentle and unlikely to sting. Swarms are not protecting their home, food or offspring. Scout bees are sent out from the swarm to search for a nesting site. Colonies produce comb and honey and are defensive. Bees from a colony are more likely to sting as they are guarding their home, food and offspring.

Sometimes, honey bee colonies can be found in wall voids, chimneys, attics or sheds. If bees are in a wall void, DO NOT block their entrance; this makes them search for another way to exit and could lead bees into the structure. To keep bees from entering a home, seal any holes found in walls where pipes enter the home, cracks in window framing, knotholes, weep holes, or cracks between wood and brick junctures.

While many enjoy having honey bees around, some people are severely allergic to their venom. This, along with other situations, such as bees located near sensitive areas (such as playgrounds) may require removal or even extermination of the bees.

People should NOT try remove or exterminate bees on their own. Beekeepers and pest control companies have equipment to carry out these jobs in a safe manner. The city or county does not provide bee removal services.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Adolescents and Anxiety

Submitted by Shelley Coleman M.A., L.P.C.-S.

Recently, I was fortunate to have the opportunity to speak to the Canyon Ridge Middle School PTA members at their monthly meeting. Specifically, I was asked to speak on Anxiety and Children. As a parent of a middle school child and therapy provider for adolescents, this subject is more than relevant to me.

In my therapy practice and in my home, I see the increasing social and academic pressures for our kids. Recently, a poll conducted by NPR along with the Robert Wood Johnson Foundation and the Harvard School of Public Health, found that nearly 40% of parents said their high school kids are experiencing a lot of stress from school. Specifically, longer homework sessions, high stakes testing, and more competitive college admissions are the drivers. In my own school district and community, the options for extracurriculars are countless and the sizeable academic menu of choices is growing.

I realize that my children are incredibly fortunate to have these amazing opportunities. I also realize that with great opportunity comes great responsibility. How can I help my child find the balance between exposure to these resources and the ability to manage their schedules without creating an environment that is overwhelming and anxiety provoking?

These are questions, of course, that families have to answer for themselves. Just as individual families have varying priorities; children vary on the types of schedules they can manage.

To be sure, adolescence is an anxious time. As a parent, we can play a key role in how our children experience anxiety. Some things we can do as parents are:

- Recognize and help children identify anxious feelings
- Help children develop coping strategies
- Express positive and realistic expectations
- Validate feelings but don't empower them
- Encourage tolerance of anxious feelings
- Model healthy ways of managing stress and anxiety

By helping our children to identify and express their anxious feelings, we can begin to address concerns. Like all uncomfortable emotions, anxiety is a normal response that serves a purpose. Helping our children label and express their feelings can be anxiety reducing. Learning to recognize, express, tolerate, and manage anxiety is a priceless skill. As role models for our children, coping with our own stress and anxiety can serve as a valuable example.

Parents can model good stress management by making sleep, nutrition, and exercise a priority. We can learn to recognize our personal limits for demands of our time and resources and set healthy boundaries. And, when indicated, we can utilize professional resources like school counselors or independent

therapists.

If you think your child may have an issue with anxiety, there are several symptoms you may notice. Behaviorally, teens may engage in unhealthy coping behaviors such as drug and alcohol use. They may limit or avoid activities in an attempt to reduce anxiety. Physically, teens may report sleep disturbances, headaches, stomach aches, or symptoms such as racing heart, dizziness, and muscle tension. You may notice that symptoms are consistently very intense and go on for a long period of time. Contacting a professional therapist can be of value in assessing the severity of the anxiety and determining if counseling is indicated.

As parents, we are instrumental in helping our children become healthy, resilient individuals. By setting realistic expectations and helping our children to prioritize their schedules we can teach them to set healthy limits and not over extend themselves. We can teach them to tolerate and manage their own anxiety. And, when necessary, we can seek out professional help.

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Live Allergy Free

Do you suffer from nose congestion, running nose, sneezing constantly, itchy nose, sore throat, red & itchy watery eyes, and cough? Do you have more than ten sneezes non-stop sometimes especially in the morning. If this sounds like you? You may suffer from allergy. If you have these symptoms during certain seasons of the year, you may have seasonal allergies. With all the trees and flowers in Houston, more and more people suffer from seasonal allergy.

If the symptoms are not effectively under control by western medicine, some people may develop chronic allergy, the symptoms become more severe every time. Other people may develop dependency to the medication, need to increase dosage form time to time.

The cause of the allergy is either the exterior pathogen (allergen) or the internal constitution (body type). Traditional Chinese Medicine treat patient's constitution, rebalance the body, change the internal environment by improving the circulation of Qi and blood, therefore to control, reduce and cure the allergy.

Several Chinese patterns of disharmony may be involved in cases of allergies. In all cases, however, wind is often part of the diagnosis.

In seasonal allergies, such as hay fever, the most common diagnosis is related to wind and dampness. Individual's body constitution and condition at the time play a big role in the treatment plan.

Treatment plans for allergies vary greatly, and the possible results range from temporary relief to complete remission based on the reaction of individual person. Acupuncture frequently relieves allergy symptoms immediately. Diet advice and control plays an important part in controlling seasonal allergies.

Take your health into your own hands, live allergy free with safe effective natural way.

Apart from respiratory issues including allergy, acupuncture is also effective to treat reproductive issues for male and female, emotional issues, neurological issues, gastric distress. It is a wonderful way to relieve pain without intoxications, to help with rehabilitation, to treat addictions and fatigue.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.



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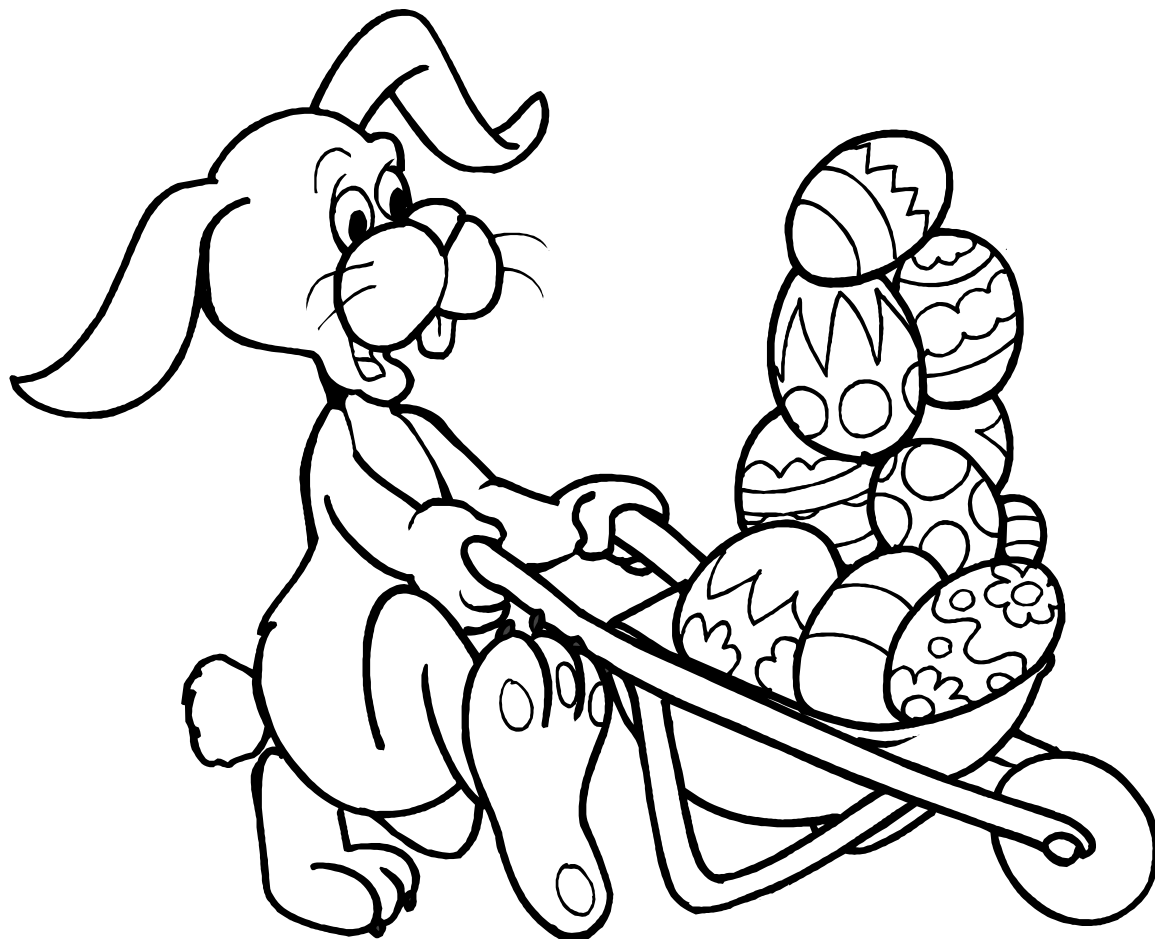
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DUE: April 30th

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