

Ivy Point, Pinehurst, Club Point, Golf Villas, The Shores, The Pines and Estates of Pinehurst

October 2016

Official Newsletter of the Atascocita Community Improvement Association

Volume 6, Issue 10



ACIA Community Wide Garage Sale

The ACIA will hold its annual Community Wide Garage Sale, Friday and Saturday, October 7 - 8, 2016. The areas participating are Shores, Club Point, Ivy Point, Golf Villas, Estates of Pinehurst, Pinehurst and Pines.

Your Community Newsletter and ACIA Web

The Atascocita Happenings Newsletter is a great tool for the community and the ACIA board to share information. This publication will grow if everyone participates. If you are involved in a community club or activity, please e-mail information about your activities and meeting for inclusion in the newsletter to sueboazraymond@comcast.net. If you have any ideas for the newsletter, please let us know and we will try to incorporate them into the publication. The deadline for submission is the 8th day of the month for inclusion in the next month's newsletter.

This newsletter is also available online. Do you have an iPhone? If so, please download the Peel, Inc. iPhone app (https://itunes.apple. com/us/app/peel-inc./id866041578?mt=8). Once downloaded, find your community and subscribe to your newsletter.

Please also sign up for your ACIA website @ aciahomeowners. org. Currently there are 1035 residents signed up of the 2,496 total homeowners. Everything residents need is on this site. Updated information is posted very often. All the forms and contact information is there at the click of a button or two. ALL RESIDENTS ARE ENCOURAGED TO SIGN IN @ ACIAHOMEOWNERS. ORG TO BE KEPT IN THE LOOP FOR ALL ACIA NEWS AND E-BLASTS

National Night Out

ACIA will host a National Night Out at the Pinehurst Club Pool Area on Tuesday, October 11, 2016 @ 7:00 – 8:00 p.m.. Please come and meet many of your neighbors and also enjoy a hotdog or two.

National Night Out is a community-police awareness-raising event in the United States, held the first Tuesday of August.in most states. Texas and Florida have the option to use the alternate date of the first Tuesday in October to avoid hot weather.

<u>History</u>

The event has been held annually since 1984 and is sponsored by the National Association of Town Watch in the United States and Canada.

The event is meant to increase awareness about police programs in communities, such as drug prevention, town watch, neighborhood watch, and other anti-crime efforts.

The events are typically organized by block watches, non-for-profit organizations, companies, and police departments. These events can be as simple as backyard cookouts to full-blown festivals like the one on the west side of Columbus, Ohio. The Ogden Block Watch in Columbus organizes one of the largest of this type of National Night Out festival which includes live music, food, and entertainment.

COMMUNITY CONTACTS

BOARD MEMBERS

Ric Halbrook, President	rhalbrookacia@gmail.com
Bob Garlington	bgarlingtonacia@gmail.com
Sue Boaz Raymond, Secretary	
	.sueboazraymond@comcast.net

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Edwin D'Artois, Trustee	dartois@embarquemail.com
Dr. Michael Say, Treasurer	msay.acia@yahoo.com
Community Asset Mgmt, (CAM	I) 281.852.1155

SOCIAL COMMITTEE

Sue Raymond, Chair	sueboazraymond@comcast.net
Robert Comstock	rcomstock1@comcast.net
Kaye Fortenberry	kayefortenberry@yahoo.com
Susan Bergquist	ms.susan.sb@gmail.com
Ann Hubbard	ahubbard1976@hotmail.com
Michael Moser	. michaelaaronmoser@gmail.com

TENNIS COMMITTEE

Sue Raymond	sueboazraymond@comcast.net
Pam Hailey, Chair	pamelagenehailey@yahoo.com

CONTRACT / PROJECT REVIEW

Gregg Mielke, Chair..... mielkehome@comcast.net Bob Garlington, Board...... bgarlingtonacia@gmail.com

ARCHITECTURAL CONTROL COMMITTEE

Ed D'Artois, Board...... dartois@embarquemail.com Robert Comstock, Chair rcomstock1@comcast.net Bart Peterschick...... bart@humblesignco.com

EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergency	
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	
Texas Poison Control Center	

UTILITIES

Electric, (multiple providers)	www.powertochoose.org
Power Outages	
Street Light Outages	
Gas, Centerpoint Energy	
Gas Leaks	
Water, Severn Trent	
24 Hour Emergency Number	
Telephone, Centurylink	
Trash, Waste Management	
Humble Post Office	
Harris County MUD #132	www.hcmud132.com
Harris County MUD #151	www.hcmud151.org

SCHOOLS

Humble ISD	
Website	www.humble.k12.tx.us
Pine Forest Elementary	
Maplebrook Elementary	
Atascocita Middle School	
Atascocita High School	

NEWSLETTER INFORMATION

Editor - Sue Boaz Raymond sueboazraymond@comcast.net Advertising.....advertising@PEELinc.com

Inspecting For Bed Bugs

Before the holiday travel season begins, it is wise to know what to look for when traveling so you do not bring home unwanted guests. Bed bugs are small, dark brown to reddish colored insects with no wings. Their bodies are oval and the color and size often depends on if the insect is engorged with blood. Immatures, or nymphs, resemble the adults but are smaller and lighter in color. Usually adults are about the size of a watermelon seed.

Most feeding occurs at night when bed bugs pierce skin while people sleep. The bugs inject a fluid while feeding that can cause some people (about 50%) to have an allergic response. The allergic response causes the skin to become irritated and itchy at the bite location.

After feeding (it takes about 12-15 minutes for a bed bug to become fully engorged), bed bugs crawl away into hidden areas- mattress seams, headboards, nightstands, behind baseboards as well as other locations. They prefer to hide in locations that are close to where they feed, but they will crawl several feet to get to a meal. Bed bugs hide in their chosen location for about 3 days while they digest the blood meal. Over time, congregation areas become marked with blood, fecal material, hatched eggs and cast skins of molted bugs.

When travelling, always inspect rooms thoroughly for bed bugs before moving luggage into the room. Luggage should be placed until the bathtub until the room has been inspected. Make sure to carry a small flashlight with for to help with inspection. When you return home, place clothing in the dryer (before washing) on high heat for about an hour.

Tips on inspection:

- Look in sleeping areas (bed, pull-out couches)
- Inspect linens as they are removed from the bed
- Check mattress and box spring seams, bottom of the box spring and near the mattress tag
- Inspect the dust ruffle
- If possible, lift the boxspring and inspect the bed frame
- If possible, pull out or remove the headboard to inspect behind it
- Check bedside tables and everything on them, including opening all drawers

If you find bed bugs, go to the front desk to inform them of what you found and request a different room. Do not get a room that is adjacent, above, below or across from the infested room (bed bugs can travel through wall voids to adjacent areas).

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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ALL RESIDENTS - Don't Mess with Atascocita

Please sweep and bag all leaves, grass, pine needles, etc from the front of your own street. Do not allow these clippings in any of the drains. If each family will sweep and bag all the debris from the front of their home, the problem is solved. All drains must remain clear of these items to avoid flooding.

Please be advised there is no duping allowed in the any of the ACIA areas. Once again someone has dumped tree debris on ACIA common property. Huge logs have been dumped on the Marina. This is the second time this summer that tree debris has been dumped on the Marina. Recently branches were dumped on Golf Villas common property. This is the third time this summer for dumping debris in Golf Villas.

Dumping is still noticed in the gullies. Offenders are being reported to Harris County. Please caution your yard service or whoever is mowing for you to bag all clippings, leaves, dead trees, etc. Several have been fined.

These summer months have brought a tremendous increase in roadside trash. Our beautiful landscaped medians are replete with plastic bottles, food wrappers, chip bags, and other type of refuse. Please just save these items and put in your trash at home. This is totally disrespectful to your neighbors and neighborhood. This littering is also costly because ACIA must pay our landscaping contractor to remove and dump this trash. Please be considerate of your neighbors and neighborhood. Don't Litter!

Do the Right Thing......Keep it Clean

BUSINESS CLASSIFIEDS

RAINCO IRRIGATION SPECIALIST: Commercial & Residential. Backflow Testing, Irrigation (Sprinkler) System Service, Maintenance and Repair, Rainbird - Hunter. Fully Insured. License # 9004 & 9226. Call 713-824-5327.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 888-687-6444 or <u>advertising@PEELinc.com.</u>

ENTER TO WIN A FALL FAMILY FUN DAY

This month, The Tracy Montgomery Team is giving away a \$50 gift card to Chick-fil-a and a \$50 voucher to Old Mac-Donald's Farm. You can enjoy some Chick-fil-a, then feed the animals in the petting zoo, ride a pony, take a tour on the mini-train, and get a pumpkin from the pumpkin patch at Old MacDonald's Farm.

Enter to win by sending us an email. Put FALL FAMILY FUN DAY in the subject line. Send us your name, address, and phone number where you can be reached if you win.

TracyMontgomeryTeamRSVP@gmail.com

Congratulations to the Lovell Family for winning the Texan's football tickets we gave away last month!

We appreciate your continued referrals. If you or someone you know is thinking of buying, selling, or investing, please give us a call! We'd love the opportunity to help someone start another chapter in their life.



ACIA HAPPENINGS NOTICE OF REGULAR BOARD MEETING

Dear Homeowners:

The Board of Directors for the Atascocita Community Improvement Association will hold a regular meeting on Monday, October 24, 2016 from 6:30 p.m. to 7:30:pm., at The Overlook 20114 Pinehurst Drive, Atascocita, TX 77346.

The subject of the meeting is general business of the Association, including but not limited to, discussion of items related to the Association budget and expenditures as well as discussion of repair and maintenance of the assets owned by the Association. An appeal from the denial of an architectural application may be considered during executive session.

Discussions involving personnel, pending or threatened litigation, contract negotiations, enforcement actions, and confidential communications with the Association attorney, matters involving invasion of privacy of owners, and other matters that are confidential by request of an affected party and agreement of the Board are discussed in executive session.

We hope you will join us to hear what is going on in your community!





TENNIS NEWS

ACIA is very pleased to announce that the construction on the new Shores Tennis Courts is almost complete (as of this writing). They very well may be completed by the time this article is published. Thank you C L Sports for doing an awesome job.

The Friday morning Ladies Fun Tennis continues. Please be advised this currently is every Friday morning at 8:00 a.m. This is for any age and any level of experience.

The clinics continue on Thursday evenings at 7:00 p.m. This is also for all levels and ages.

If you would like to have your name added to the Distribution List in order to receive a reminder e-mail on either of these please contact Pam Hailey or Sue Raymond.

pamelagenehailey@yahoo.com

sueboazraymond@comcast.net

E-mails will be sent out on Mondays for the following Thursday and Friday's tennis to confirm for the week.

I want to thank Pam Hailey for continuing to do an awesome job with handling these clinics and the ladies fun play. You are truly appreciated Pam. Volunteers at any level of play are invited to assist.

Sue Raymond ACIA Trustee

ACIA HAPPENINGS The "Take Care of Texas" Guide to Yard Care Managing Common Jexas Yard Pests



Gardening and yard care can give you satisfying results and beautiful landscapes. However, yard pests can be discouraging, even for the most committed gardener. Here are some quick tips to avoid pests: Irrigate efficiently; water infrequently but thoroughly, generally 1 inch once a week in the morning. Use native and adapted plants, which are better suited to the local environment and are more resistant to pests. Mow properly taking off no more than 1/3 of the grass blade with each mowing. Choose natural or organic fertilizers, avoid overusing fertilizers, and encourage natural predators such as worms, ladybugs, certain beetles, mites, and birds.

Monitor for pests often to catch infestations early and determine if control is needed. Natural predators may make treatment unnecessary. Remember to always comply with your water system's water-use restrictions and visit www. KeepCyFairBeautiful.org to access free "Take Care of Texas" publications!



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Curb Appeal for Every Curb

As our neighborhood ages so do our streets and curbs. Driving around you may have noticed increasing numbers of deteriorating and broken curbing. This broken curbing can make your yard look shabby and unkempt and detracts from the overall aesthetics of our neighborhood. Harris County Precinct 4 will repair a broken curb in front of your residence (this does not apply to driveway aprons that tie into curbs.) The broken curbing can be repaired just by placing a phone call or completing a Work Order Request Form online at: http://www.hcp4.net/cad/worf.htm

Requests for service can also be made by calling the Community Assistance Department at 281-353-8424, or the PDF format of the WORF can be faxed to 281-893-5589, or mailed to 1001 Preston, Ste. 950, Houston, Texas 77002.



ACIA ONLINE ASSOCIATION ACCOUNT ACCESS

For your convenience you may go online to access your account and obtain any forms or other information that pertain to your community. At this point, you may access your account balance, your assessment amount, payment information, and your account contact information.

Go to www.aciahomeowners.org. If you have not yet signed up for this great on-line service, please feel free to take a minute and sign up





Premier Preschool Nurtures Literacy Skills at All Ages



Research shows that the first five years of a child's life hold the most potential for development – consider it a once-in-a-lifetime opportunity for learning! During these years, it's crucial to nurture early literacy skills, like rhyming and letter and sound recognition, which lay the groundwork for fundamental abilities such as reading, writing and spelling.

As with any skill or subject, there's no one-size-fits-all approach to teaching literacy skills, especially since children learn to read and write at different rates and ages. At Primrose School of Atascocita, teachers understand the need to support children based on their individual needs. The Primrose-exclusive approach, called *Balanced Learning®*, offers varied experiences that spark children's curiosity regardless of their learning style through a balance of purposeful play with nurturing guidance from teachers.

"Balanced Learning is special because it takes into consideration children's developmental levels and provides different, connected experiences so that they can learn in their own way and at their own pace," said Matt Evers, Franchise Owner of Primrose School of Atascocita. "Whether it's literacy skills, motor skills, music, arts, science or life skills, the learning is just natural and fun for the children."

Primrose School of Atascocita

20027 W Lake Houston Pkwy Atascocita, TX 77346 281.812.6361 PrimroseAtascocita.com



The Balanced Learning Approach to Reading and Writing

Every day, Primrose children participate in literacy lessons that are taught in a fun, game-like way. Using rhymes, poems and songs, children exercise oral fluency skills – the ability to communicate clearly – and memory, comprehension skills, new vocabulary and phonological awareness. Similarly, children are guided by teachers at the classroom Writing Center to practice writing at their own level, using meaningful writing activities.

Part of what makes Balanced Learning unique is that these literacy lessons are woven into classroom experiences throughout the day. For example, teachers explain and use appropriate higher-level math, science and engineering vocabulary during STEAM (science, technology, engineering, art and mathematics) experiences. Throughout the day, children sing songs and recite poems frequently to develop their oral fluency – an important step toward learning to read. Additionally, children engage in meaningful writing projects that vary from drawing or listing their observations as part of an age-appropriate science experiment to creating thank you notes for loved ones during character development lessons.

"At Primrose, we give children opportunities throughout the day to practice reading, speaking, listening and writing to help them view these skills as not only important, but also a natural and enjoyable part of their everyday lives," said Matt Evers "Children experience the activities as play and fun, but in reality, each element of the Primrose approach is designed with a purpose to help them develop the foundational skills they need to succeed later on."

Encouraging Reading and Writing Skills at Home

Parents can encourage literacy skills at home through simple activities, like reading with and talking to children, which has been proven to benefit language skills from the time children are born. Examples of other activities that support literacy skill development include:

- Reading cardboard books with infants and toddlers so they can hear language while turning the pages and pointing to familiar objects on the page.
- Practicing animal noises with toddlers to help them identify and replicate different language sounds.
- Playing rhyming games with preschoolers, like trying to name as many words that rhyme with "cat."
- Encouraging both gross and fine motor skill development, which aid children in learning to write. Running and climbing outdoors builds gross motor strength, and stacking and dressing activities grow fine motor skills.
- Making writing easily accessible for children by setting up a writing/drawing table in a common area at home with paper, crayons, markers and more.

To learn about Primrose School of Atascocita, visit PrimroseAtascocita.com or call 281.812.6361. For more helpful parenting tips and information, visit our blog at www.PrimroseSchools.com/blog and sign up for the Pointers for Parents newsletter.

The Leader in Early Education and Care®

We Want a "Waste-Free" Community!

It doesn't take much to remember that we have pets in our community. In fact, if you don't watch your step, you're liable to step in one such reminder!

Besides being unsightly and smelly, animal waste can be hazardous to the health of our children who play in the community and other pets. One of the most common

forms of disease transmission between dogs is through fecal matter. When walking your dog in our community, remember that it should ALWAYS be leashed (even if you are walking them in the gully arears).

Also, it is important to remember to immediately clean up after your pet. Take along a baggie with you to pick up waste and then dispose of it properly. If you walk your dogs in one of the parks there is a doggie station at each to provide the bags.

By taking a few simple steps to clean up after your pet, you can contribute not only to the beautification of our community, but also towards the elimination of one of the most irritating nuisances in our community. Thank you for your cooperation!





PRUNE TREES FOR SAFETY

Our neighborhood and the surrounding areas are fortunate to have a climate that supports a long growing season and a variety of trees which can provide beauty and shade for your home. Trees also serve as a habitat for wildlife and can help homeowners save on energy through shade. However, trees left to grow unmanaged can cause safety hazards. Some tree varieties grow far reaching branches that can obscure traffic signs and other vehicles on the road. This hazard can be avoided by trimming trees away from the street. Low hanging branches can also be struck and damaged by delivery trucks and other large vehicles. Be a good neighbor and inspect and trim your trees regularly. Safety depends on everyone!



WINTER IS COMING

Beat the cold this winter with a heater check-up from Aaron Mechanical and you can help prevent cold nights. Receive a **\$10 DISCOUNT** on your Winter clean and check with this ad. Please email to set up your appointment at schedule@aaronmechanical.com or call 281-540-4822 Monday—Friday 8 am to 5 pm cmp. 10/31/2016





Finding Grace

When I first sat down to write this piece, I had planned to do a piece on forgiveness. I have had several situations lately where forgiveness seemed applicable, even necessary, but I felt myself struggling. I kept circling back around to the thought that I was in the right, they were in the wrong, and it just did not seem fair that I needed to be the one to dig deep and forgive. I was definitely dragging my feet.

As always, I found myself taking notes and learning about the active nature of grace just by watching my horses. Horses exude grace. Their movements are the very definition of grace. They embody the spirit of grace in their willingness to accept us as friends and partners in this journey. The very fact that they, as prey animals, choose to trust humans; predators, defies the natural order of the world and demonstrates the act of grace. We are undeserved of their generous gift of companionship, but can choose to cherish and learn from it.

Along my way to finding forgiveness, I found myself practicing grace. I learned I did not have to be right, but could extend the hand of friendship and choose not to allow petty grievances to harm a longtime relationship. Doing so would not only harm that friendship, but would also hurt me by allowing bitterness and self-destructive thoughts and patterns to form.

To me, this portrays our relationship with God. By our very nature, humankind are sinners and undeserved of His love and mercy, yet He still bestows upon us this incredible gift of grace. I honestly believe that He gave us animals to act as instructors of grace so that we could become the people He intends us to be. I know I have learned so many unexpected lessons in life from mine. I learned grace is not just a singular act, but a continuous action that must be practiced daily in order to have real impact in life. In finding grace, I have also discovered a way to be closer to God and to accept harsh truths and realities without accruing toxic feelings of bitterness and self-justification. In writing this, I hope that my lesson might help even one person on his own journey.

Tara Chatterson works at Five Horses, LLC in Waller, TX. To find out more about how horses can help you, check out the natural horsemanship program, as well as the equine assisted learning workshops provided here: www.fivehorses.com.

ACIA HAPPENINGS 6 Steps to Resell Your Designer Items, DIY

Have you wondered what it takes to resell your upscale, designer goods online? It's an interesting question to ask ourselves at minimum once a year. Either way, you know its time, when you start to feel the itch to visit the fabulous Container Store in search for new spacesaving hangers, a handbag organizer, or even a new shoe stand.

Worse yet, your husband asks you to give him back his hangers. You know...the ones you have been slowly sneaking out of his microscopic section of the closet. Or he desperately begins to search all over the house, again, for his favorite Chucks. You just don't have the heart to tell him you threw them out three years ago. You want to make it up to him with a designer brand, but you don't have the space or discretionary funds. It's time to make some extra money from cleaning out your closet.

Ok, so you've decided to give this project a try. How will you actually make it happen, DIY-style? Here are 6 easy steps to get motivated and more importantly: Execute!

Step 1: Scope Your Closet for "Resting" Designer Items

You and I know how much those cute Prada pumps cost you and how much you loved them the two or three times you had an occasion to wear them. They're so gently used, they look new. It's breaking your heart to consider it (I know), but it's been 5 years and they're "resting" quietly in their posh shoebox, in that remote corner of your shoe stand, desperate for fresh air. Give them a lifeline; a new home.

And that's not your only item. You know where they are... those designer handbags, shoes, sunglasses, scarves; items that sell amazingly well on eBay or other online resellers. Millions of buyers search eBay for items like yours, looking for designer bargains, every hour, on the hour. And when I say "bargain," I don't mean cheap, I mean a fairly reasonable resale value. Some nice change for those organizers, your husband's new shoes, or to donate to charity (maybe all three).

Ok, so you have selected the items you want to sell, now what? Step 2: Create a Personal eBay Seller Account

This step is fairly intuitive. eBay has a friendly user-interface and tons of educational content, but I'll provide you a brief overview to clarify some frequently asked questions (Ones that I also had). Whatever you do, don't fumble around with the numerous links on eBay. Go straight to work:

Select the "Register" tab on eBay's Home Page

Start with a personal account. Once you gain experience you may consider opening a business account.

Think of a catchy nickname. This is especially important if you might sell with certain frequency; I chose, Fashion Reloved, a suitable name for the types of items I sell online. It's worked out wonders for me. Begin by listing a few fast-selling items maybe on the lower priced end and just try to sell them. You'll go through the experience, develop your proof of concept, and also secure customers, gain positive feedback and attain ratings to show you are a responsible seller. search terms in order to draw the most traffic: "NWT - New with tags", Prada, Worn once / 2 times, mention retail price. Sometimes including the shipping in the price as in listing the item with free shipping will attract more traffic to the item.

Now you are ready to post images and descriptions. You may be asking yourself, "Ok, but from where, how, what do I say? Don't worry. Read on, I've got it covered!

Step 3: Channel Your Inner Photographer

In the Resale World, Photography is King! Great images will sell your product quickly, for top-dollar. Take very detailed photographs of your item. Depending on your commitment to reselling, I recommend either investing in small photography studio items for your home or renting space at a local photography studio (it can be quite inexpensive). This will ensure controlled lighting, closeup details, and overall quality. You'll also need a professional camera. If you're going to sell only intermittently, an iPhone camera, may do. Make sure you take images from different angles and be transparent in showing any nicks or imperfections; honesty is always the best sellers policy.

For example: if you are selling a handbag, you will need to take a picture from each angle including its corners, the inside, the handles, the closure, pockets and don't forget the bottom (it usually shows the most wear). For clothing, it helps to have a mannequin or a friend, willing to model the clothes. For a fun, outdoor photoshoot, the best lighting is either after sunrise and right before sunset. Be creative and resourceful. Look at your favorite Instagram images or Pintrest pins as a way to spark ideas.

You don't have to be professional photographer, but the key is in the details. That is why the next step is very important.

Step 4: Paint a "Literal" Picture

Photography is must, but don't skimp on the product description. It's very important to be as thorough as possible. You may want to include information such as, when the item was purchased and where; what comes with the item, such as an authenticity card, dust bag, original packaging, accessories; and don't forget the measurements. Take a little time to research websites that sell a similar designer item, it will help you tremendously to write your descriptions. Generate trust by being transparent; point out the good, the bad, and the ugly. Buyers prefer brutal honesty.

Step 5: Ship with Love

Once the item sells and the payment is made, find a nice quality box and package the item carefully, with appropriate cushioning or bubble wrap to avoid damage during shipping. For items weighing less than 16 ounces, the post office is the most efficient option to ship and they have nice boxes, insurance, and tracking. On more valuable items, Fedex or UPS will be the way to go. Make sure you pay for adequate insurance. Depending on the item's price tag, you may offer free or discounted standard shipping for multiple items purchased.

Make sure you highlight your product's best features with familiar

(Continued from Page 10)

Step 6: Skip Steps 2 - 5 and Go Directly to Boardwalk

You may be too busy to try reselling DYI-style, but there is a shortcut that would save time, significantly: Contact a reseller. They are professionally set up to take care of steps 2-5 for you. The strongest pro is the time savings; the strongest con (maybe) is that you'll share the proceeds with your reseller.

For this step, you'll want to do some research on online resellers: check their reviews, credentials, and ask for references. Ask if they have an independent website (it shows the sellers commitment and inspires trust). Review their terms and conditions as well as their contracts and how much they will pay you. Compare your top candidates and make a selection.

Best Advise for Step 6: I recommend finding someone local to personally meet and interview, especially for very high-end, high price-tag products (LV, Hermes, Prada). If you are still doubtful or undecided, try each reseller out with one of your lower-scale designer items. There are trustworthy online resellers, especially ones with some longevity, testimonials, and serious traction on eBay, so don't be scared to try.

There are other options, like big-box online resellers, but they standardize their terms and may try to undercut your gains significantly. And of course, brick-and-mortar secondhand or consignment stores are great, but with their overhead costs, they're likely be bound to offering you a lower cash payout and may not even be willing to take your item. This most often occurs with very high-ticket items that may not sell fast enough, attract theft risks, or constrain their cash flow.

Independent eBay resellers have more flexibility, lower theft risk, and typically only work on consignment. They can sometimes offer as high as 70% of the consignment selling price; granted, they may take a bit longer to sell your item, but they will personally work to sell it for top dollar. You'll additionally benefit from having face-to-face contact, have someone reliable to confidently refer to your friends and someone to count on in the future...For the next time you clean out your closet (or your husband's ;-)!

Magdalena Silva, Author



Common Household Product is Magic

Most of us already know that a teaspoon of baking soda in the batter will make the muffins rise, but who knew that a pinch of it mixed with scrambled eggs will make them fluffier or added to water will make steamed vegetables stay green?

Aside from cooking, however, everyone knows that an open box of baking soda in the fridge will absorb strong odors. But did you also know that baking soda in the bath water can relieve itchy skin caused by bug bites or poison ivy? And that pouring a cup of baking soda followed by a cup of hot vinegar down a stopped up drain will unclog it? Baking soda also can be used to polish tarnished silver, remove rust stains, extinguish a grease fire, freshen toothbrushes and clean dishwashers and coffee makers. Add it to kitty litter and the laundry to help freshen and deodorize. Sprinkle baking soda on a wet sponge to scrub residue off a cast-iron skillet. Or use it on sidewalk and driveway cracks as a non-toxic weed killer. A dusting of it around pet food bowls will keep ants away too.

A couple of cautions about baking soda, though: Its magic powers fade with time, so check the expiration date on the box. Most important, don't mix it with other cleaning products. The chemical reaction could be toxic.





Me, eat Rabbit Food? A Plant Diet Can Boost your Health and Be Delicious!

Research shows that flexitarians ... those who make plant foods the star of their diet, with meat, fish, dairy, and eggs playing a supporting role-are healthier than frequent meat eaters. Some of the possible benefits of this diet are:

- Decrease the risk of heart disease
- Decrease the risk of diabetes
- Decrease the risk of certain cancers
- Help maintain a healthy weight
- Lower the risk of inflammatory diseases
- Help improve cholesterol levels
- Help improve blood pressure

"When you base your meals on plant foods, you're packing your diet with the fiber, vitamins, minerals and healthy fats that most Americans don't get enough of."

"A Harvard study that tracked more than 120,000 people for 30 years found that those who ate the most meat tended to die younger during the study period but that swapping just one daily serving of beef for nuts could cut the risk of dying early by as much as 19 percent. One possible reason for those benefits is that a plant based diet can improve blood lipid levels.

A "less meat, more plants" style of eating can also improve the quality of your life.

Here are a few ideas if this is something you want to consider: Breakfast: Avocado toast: 2 slices of whole grain bread, mashed avocado, red pepper flakes, sea salt; coffee with coconut milk creamer.

Lunch: Quinoa tabbouleh with chickpeas: Cooked quinoa, chopped tomatoes, chopped cucumber, chopped parsley, olive oil, lemon juice, black olives and garbanzo beans.

Dinner: Black-bean tacos: Corn tortillas, black beans, roasted cauliflower, jarred corn salsa, pico de gallo, cumin and salad greens.

Dessert: Frozen banana "ice cream". Blend a frozen banana in a blender with a touch of almond milk until it resembles soft serve, topped with chopped walnuts.

Information courtesy of WebMD and Consumer Reports





The Texas Driver (from the Texas Driver Handbook) FLOODS

• Six inches of water will reach the bottom of most passenger cars, causing loss of control and possible stalling.

• Twelve inches of water will float many cars.

• Two feet of water will carry away pick-up trucks, and most other vehicles

• Water across a road may hide a missing segment of roadbed or a missing bridge. Roads weaken under floodwater, get out quickly and move to higher ground. Better yet, when there's water on the road, Turn Around. Don't Drown. Saving your life may be as simple as choosing an alternate route.



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