



# ACIA

## Happenings

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

March 2017

Official Newsletter of the Atascocita Community Improvement Association

Volume 7, Issue 3



In conjunction with the Atascocita Garden Club and the ACIA Board, the YARD OF THE MONTH program will begin again in April. Each month through September one yard nominated will be picked from submissions sent in by members of ACIA. Any member of ACIA can submit a nomination. So when you notice that perfect yard, snap a picture or send the address to Tammy Broussard at [Trbrouss@embarqmail.com](mailto:Trbrouss@embarqmail.com) OR any board member by email. Email addresses are printed on page 2 of the newsletter and posted on the website.



## ACIA SPRING GARAGE SALE

The semi-annual ACIA Community Spring Garage Sale will be Friday & Saturday April 7th and 8th.

The semi-annual ACIA Community Spring Garage Sale will be April 7th and 8th (Friday and Saturday). This is a great time to do all your spring cleaning to rid your house and closets of unwanted items. These may be things that someone else absolutely must have.

Please remember that any items not sold may be donated to Humble Assistance Ministries to assist those in need.

Thank you all for restricting your garage sales to the community dates.

Should you have any questions you may e-mail Sue Raymond @ [sueboazraymond@comcast.net](mailto:sueboazraymond@comcast.net)



## COMMUNITY CONTACTS

### BOARD MEMBERS

Ric Halbrook, President ..... rhalbrookacia@gmail.com  
 Bob Garlington ..... bgarlingtonacia@gmail.com  
 Dr. Adam Bauserman, Trustee.....  
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 Edwin D'Artois, Trustee ..... dartois@embarquemail.com  
 Dr. Michael Say, Treasurer ..... msay.acia@yahoo.com  
 Community Asset Mgmt, (CAM) ..... 281.852.1155

### SOCIAL COMMITTEE

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 Susan Bergquist ..... ms.susan.sb@gmail.com  
 Ann Hubbard..... ahubbard1976@hotmail.com  
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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 ..... 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  
 Water, Severn Trent ..... 281-579-4500  
     *24 Hour Emergency Number* ..... 281-209-2100  
 Telephone, Centurylink..... 877-290-5458  
 Trash, Waste Management..... 888-964-9734  
 Humble Post Office..... 281-540-1775  
 Harris County MUD #132 ..... www.hcmud132.com  
 Harris County MUD #151 ..... www.hcmud151.org

### SCHOOLS

Humble ISD ..... 281-641-1000  
     *Website*..... www.humble.k12.tx.us  
 Pine Forest Elementary..... 281-641-2100  
 Maplebrook Elementary..... 281-641-2900  
 Atascocita Middle School ..... 281-641-1000  
 Atascocita High School ..... 281-641-7500

### NEWSLETTER INFORMATION

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

## ATASCOCITA LIBRARY

### AARP TAX AID

Date: Every Monday in March

Time: 10:00am - 2:00 pm

AARP assistance will help you complete  
 and file your forms on a first come first serve basis.

Location: Meeting Room

Contact: Beth

Contact # 281-812-2162

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## Thinking of Home Improvement Projects?

With warmer weather arriving, many homeowners start thinking of that home improvement project they have wanted all year. Don't forget the ACIA Architectural Control Guidelines requiring an ACC Project Submission Form, which can be found on our website at [www.aciahomeowners.org](http://www.aciahomeowners.org) or the Community Asset Management website at [www.communityassetmanagement.com](http://www.communityassetmanagement.com) for more information contact CAM at 281-852-1155. Below is an excerpt from your Deed restrictions:

"No building, structure, fence, wall, or other improvements shall be commenced, erected, constructed, placed or maintained upon the Properties, nor shall any exterior addition to or change or alteration therein be made until the detailed plans and specifications therefore shall have been submitted to and approved in writing as to the compliance with minimum structural and mechanical standards, location and situation on the Lot, and as to harmony or external design or location in relation to property lines, building lines, easements, grades, surrounding structures, walks, and topography (including the orientation of the front and rear of any such building with respect to the Lot lines), by the Architectural Control Committee."

## LAKE HOUSTON LADIES CLUB

### March 21 Meeting

Lake Houston Ladies Club is a social organization dedicated to connecting women through monthly luncheon meetings, social activities and interest groups.

Our next luncheon meeting is Tuesday, March 21 from 10:00-12:00 at the Walden Country Club, 18100 Walden Forest Drive, in Humble, TX. The cost is \$15/person for lunch and entertainment.

Prepare for Rodeo time! Diane Mayes from the Kingwood Community Center will be teaching us a few line dances, so wear your dancing shoes or boots and join the fun!

The club welcomes new members from all surrounding areas. Many interest groups are available including: Readers Choice, Tea Time, Lunch 'N Look, Movie Group, Supper Club, Girl's Night Out, and many game groups (Bridge, Mah Jongg, Pokeno, Canasta, Bunco). There are also social events through the year that include spouses or significant others. The club is an excellent way to meet new people and make new friends.

To learn more about the club go to our website: [www.lakehoustonladiesclub.com](http://www.lakehoustonladiesclub.com), or call Linda at 832-379-3009.

## Now is the Time to Invest in a Rental Property Tips for Taking that Plunge

As the economy continues to expand, now may be an excellent time to invest in a rental property. The following tips may help you make a sound decision if you're thinking about taking the plunge.

**Going Local:** Purchasing a local property has some distinct advantages. You already have a feel for the neighborhoods and you'll be nearby should your tenants need you.

**Covering the Gaps:** Renters come and go! MSN Money recommends saving enough to cover six months of vacancy before purchasing a rental property.

**Preventing Headaches:** Home systems and appliances have limited life spans. Either have some money set aside for appliance repairs or replacements, or consider purchasing a home warranty.

**Screen Prospective Tenants:** However nice they seem, you should check with previous landlords and other references: verify income, employment and obtain a credit report.

The Tracy Montgomery Team can help you find a rental property. Give us a call if you are interested in selling, buying or investing. We can explain the fundamentals so you can sell or buy with confidence.



Tracy Montgomery  
Cell: 713.825.5905

Sandy Brabham  
Cell: 713.503.8110

Lisa Hughes  
Cell: 281.323.5894

Melissa Nelson  
Cell: 832.527.4989

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# ACIA HAPPENINGS

## ACIA LOCAL SOCIAL/ACTIVITY INTERESTS

Does your school or church have special activities scheduled? Does your child's football, dance, tennis, karate, swim team, etc have events and/or awards given?

These are special interest stories that ACIA would like to share. If your school, child or group has won a contest, made the finals, etc and you would like a picture to be put in the newsletter please contact Sue Raymond. You may submit that picture, or Sue will be glad to take it for you.

These type ads cost you nothing but must be submitted on the 9th of the month prior to the event. Special awards, trophies, etc may be submitted without a special deadline but to get it in it must be submitted by the 9th. Sometimes it is best to submit your article two months in advance for a large school or church event that you want advertised early.

Please submit all articles as a "Word" document.

Thank you,  
Sue Raymond  
sueboazraymond@comcast.net

## TENNIS NEWS



Please be advised all ACIA Tennis Clinics and Ladies Fun Tennis has been discontinued for now. Please DO feel free to go out on your own to enjoy the beautiful ACIA facilities.

It is hoped these activities will start back in the spring which will be sometimes in April. Please watch your e-mails if you are on the Distribution List for each.

Should you wish to have your name and e-mail address added to the Distribution List please e-mail Pam Hailey or Sue Raymond.

pamelagenehailey@yahoo.com  
sueboazraymond@comcast.net

Sue Raymond  
Tennis Committee

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# ACIA HAPPENINGS

## NOTICE OF REGULAR BOARD MEETING

Dear Homeowners:

The Board of Directors for the Atascocita Community Improvement Association will hold its regular meeting on March 27, 2017 at 6:30 p.m. at The Overlook, 20114 Pinehurst Drive, Atascocita, TX 77346.

The subject of the meeting is general business of the Association, including discussion of items related to the Association budget and expenditures as well as discussion of items related to the assets owned by the Association.

Items that may be discussed in executive session include: actions involving personnel, pending or threatened litigation, contract negotiations, enforcement actions, confidential communications with the Association attorney, and other business that is confidential by request of the affected party.

Very Truly Yours,

Atascocita Community Improvement Association

## AHFC Soccer Summer Camp Series 2017

AHFC is please to offer the Summer Camp Series at multiple campuses in and around Houston . The club invites all interested players to the Canes Fundamental Camp (Ages 5-9) or the Canes Skills & Drills Camp (Ages 10-16).



Please visit [albionhurricanes.org](http://albionhurricanes.org) to register and for more details about each particular campus. The camps will be offered in New Territory, Cy Fair and Katy locations. All information can be found under "Camps" at [albionhurricanes.org](http://albionhurricanes.org).

A large advertisement with a light gray background and a subtle sunburst pattern. The text "SELL US YOUR CAR!" is written in large, bold, black capital letters. Several dogs are integrated into the text: a light-colored dog is behind the "L" in "SELL", a small dark dog is behind the "U" in "US", a small light dog is between the "L" and "U", and a larger black and white dog is behind the "R" in "CAR!". At the bottom, there is a dark gray banner with the Texas state flag logo on the left and the text "TEXASDIRECTAUTO.COM" in white capital letters.

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## Your Vehicles and Your Neighborhood

To keep our neighborhood looking the way the developer intended there are sections in our Declaration of Covenants and Restrictions in regard to vehicles. The following points should be followed by all who live in our subdivision and to the greatest extent practicable, utilize their garages for the garaging of vehicles belonging to them

No trucks larger than three-quarters of a ton, motor vehicles not currently licensed, boats, trailers, campers, motor or mobile homes or other vehicles should be parked on any lot, except in a closed garage. Passenger cars and trucks smaller than three-quarters of a ton may be parked on the street in front of the lot for a period not to exceed twelve hours in any twenty-four hour period.


No repair work, dismantling, or assembling of motor vehicles or other machinery or equipment is permitted on any street, driveway or portion of our common properties.

The ACIA Board may disallow motor bikes, motorcycles, motor scooters, go-carts or other similar vehicles to be operated in the properties, if deemed noise or fumes emitted or by reason of manner of use shall constitute a nuisance.

If our Management Company should send you a letter, please respond to them or call Community Asset Management at 281-852-1155 for clarification or more information. All of our ACIA neighborhood Declaration of Covenants and Restrictions are available for you to read on our website: [aciahomeowners.org](http://aciahomeowners.org)



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## Red Imported Fire Ants

**TEXAS A&M  
AGRI LIFE  
EXTENSION**

I was making dinner the other night and my kiddo was outside playing. He came rushing in panicked. He discovered the fire ants of the season. While I knew it was inevitable, I was hoping that it would occur a bit later in the year. But, it's true. Fire ants have begun to yet again, dot the landscape with their mounds.

Spring time is usually when people see fire ants swarming (although it can also happen in the fall). Swarming is a reproductive process that usually occurs on warm days after a rain event. Winged males and females leave the mound and fly into the air to mate. After mating, they fall to the ground where males die and females break off their wings and search for a location to establish a new colony. Mated females dig a small chamber in soil, lay a few eggs and rear those young by themselves until the young become mature worker ants. At that point workers take



*Fire ant queen without wings.*

over colony functions and the queen continues to expand the population of the colony by laying more eggs.

While searching for a new colony location, many mated fire ant queens are killed by lizards, birds, spiders, other ants, and often my shoe stomping on them. Queens that survive can be managed by broadcasting fire ant bait over your entire property. New colonies are usually very small and may not have substantial mounds for locating easily for individual treatment. When worker ants forage for food, they would have the opportunity to locate, pick up, and carry fire ant bait back to the colony to share with other ants including the queen.

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](http://www.urban-ipm.blogspot.com)

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# ACIA HAPPENINGS

## Why acupuncture?

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

### Does it Hurt?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

### What are the main objectives of acupuncture treatment?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture

and TCM can do for you. For more information, please visit [www.amaranthacupuncture.com](http://www.amaranthacupuncture.com) or [www.facebook.com/amaranthacupuncture](https://www.facebook.com/amaranthacupuncture).



### What does the World Health Organization say about acupuncture?

The World Health Organization (WHO) updated their list of conditions, symptoms or illnesses that may be treatable with acupuncture. The list of indications for acupuncture includes over 100 conditions, including lower back pain, neck pain, sciatica, tennis elbow, knee pain, periarthritis of the shoulder, sprains, facial pain, headache, dental pain, temporomandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus, morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, biliary colic, depression, acute epigastralgia, peptic ulcer, acute and chronic gastritis, etc.


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

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)





## EARN CASH FOR SPRING CLOTHES

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# TENNIS TIPS



By USPTA/PTR Master Professional  
Director of Special Events - Polo Tennis and Athletic Club

## HOW TO EXECUTE THE TWO HANDED BACKHAND 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, the one-handed high volley approach shot, and the forehand lob.

In this issue, I will offer instructions on how to execute the Two Handed Backhand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep to the backhand side of the player, 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, Roxanne Cossette, a Member of the Polo Tennis and Athletic Club, shows the proper technique to execute this stroke.

**Step 1: The Back Swing:** When Roxanne is forced deep into the backhand side and realizes that she must hit a defensive lob,

she pivots to the left and gets her racket back early. Notice that the head of the racket is low and her left hand is on the handle of the racket. Her eyes are focused on the path of the ball and her weight is on her left foot.

**Step 2: The Point of Contact:** Roxanne is now ready to hit the ball. Her eyes are now focused 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. Roxanne’s left wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right hand is holding the racket slightly, but still in control of the racket.

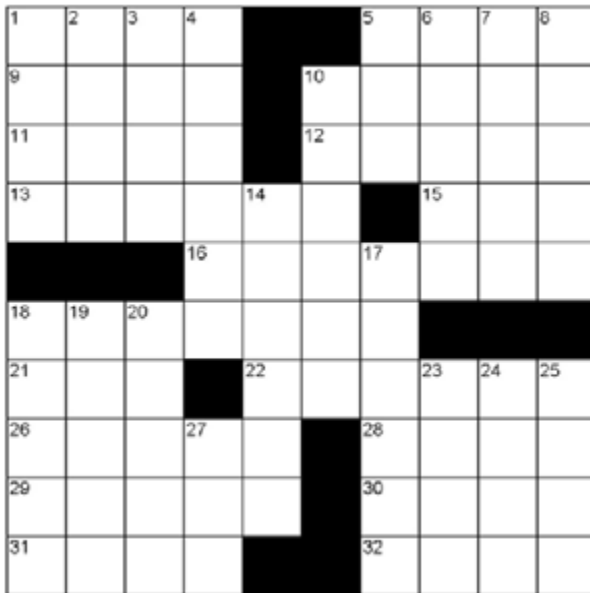
**Step 4: The Shuffle Back:** Once Roxanne finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to shuffle back to the middle of the court to drive the next ball back to the opponent. In this caption, she moved back to the center of the court waiting for the opponent’s shot to come back.

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



# ACIA HAPPENINGS

## CROSSWORD PUZZLE



### ACROSS

1. Chunk
5. Tramp
9. Run
10. Confuse
11. Cain killed him
12. To that time
13. Fraud
15. Compass point
16. Taught
18. Hides
21. Brew
22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

### DOWN

1. Attired
2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
8. Eyed
10. Combustible material
14. Angry
17. Old Testament prophet
18. Fireproof storage areas
19. Climate
20. Summary
23. Fly alone
24. Matching
25. Secure
27. Whack

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## Daylight Saving Time

Spring has already sprung upon us, and this year's March equinox falls on March 20, 2017. Daylight Saving Time (DST) is the practice of setting the clocks forward one hour started by Benjamin Franklin as a means conserve energy. The practice was likely perpetuated by golfers wanting to play after work and before the sun went down. Whatever the reason for its continuation, daylight saving time will start Sunday, March 12, 2017 at 2:00 a.m. You can use the change in time twice to remind you to check the batteries in your smoke alarm.



## 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: [sueboazraymond@comcast.net](mailto:sueboazraymond@comcast.net). 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).



## MARCH MARKS NATIONAL NUTRITION MONTH

### *Five Key Nutrition Tips for a Health Lifestyle*

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and Dyrell DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

- **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.

- **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.

- **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.



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# ACIA HAPPENINGS

## FREE ADVERTISING

All residents are allowed to run free ads if they are selling personal items. To get your ad in the newsletter it must be received by Sue Raymond no later than the 9th of the month for the following month. The ads are limited so if you have questions contact Sue at [sueboazraymond@comcast.net](mailto:sueboazraymond@comcast.net)

## BUSINESS CLASSIFIEDS

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Color the drawing below and mail the finished artwork to us at:

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We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: March 31st

Be sure to include the following so  
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Name: \_\_\_\_\_

(first name, last initial)

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