



July 2017

Official HOA Newsletter for Lakeshore

Volume 3, Issue 7

## 2017 POOL RULES

Violations of the swimming pool rules will not be tolerated. Violators will be asked to leave the pool area by the lifeguards. Lifeguards have the ultimate authority in all matters. Violator's pool privileges can be revoked by the HOA Board of Directors.

1. Each individual access card holder shall allow entry of up to six (6) people.
2. Guests shall be accompanied at all times by an access card holder. Card holder shall be responsible for the actions and conduct of their guests.
3. Entry into the pool enclosure or swimming without a lifeguard present is prohibited.
4. The gate to the pool enclosure shall be closed and latched after entering or leaving the pool area (Texas State Law 757.004).
5. No alcoholic beverages, tobacco products, weapons or illegal substances of any kind are permitted within the pool enclosure.
6. Children under the age of 12 must be accompanied and supervised by an adult, 18 years or older, at all times.
7. No one shall knowingly enter the pool enclosure, or permit a child or guest to do so while suffering from any contagious disease or with an open wound or sore.
8. Appropriate swimwear must be worn in the pool. Cutoffs are prohibited. A covering such as a "T" shirt may be worn for sun protection.
9. Proper swimming diapers with plastic liners or "swimmies" are required for all non-toilet trained infants. Disposable diapers are not permitted in the pool.
10. Showers should be taken prior to entering the pool.
11. No diving, running or horseplay is permitted in the pool enclosure.
12. No pets/animals are permitted in the pool enclosure. Certified assistance pets are permitted.
13. No bicycles, skateboards, rollerblades or other wheeled vehicles are permitted inside the pool enclosure. Wheelchairs, small wagons and strollers are permitted.

14. Noise and activities must be kept to a minimum level so as to not disturb others.

15. All beverages and food for consumption must be in unbreakable containers. No food or beverage consumption is permitted while in the pool.

16. All litter shall be properly disposed of and not permitted to blow into the pool.

17. If a long whistle blast is heard everyone in the pool shall immediately get out of the water. Wait for an all clear signal from the lifeguard before re-entering the pool.

For ten minutes every hour a "safety break" will be called. No one is allowed in the pool during that time.

These rules have been established in an effort to make the pool a safe and sanitary operation for the enjoyment of all.

By entering the pool enclosure you agree to abide by the posted rules. The Association or its Managing Agent may take action to impose fines or suspend use of the facility to anyone held in violation of these rules.

**Tuesday through Sunday 10am to 8pm  
Closed on Monday for maintenance**

### Lakeshore Pool Season

As the pool season is in full swing please be reminded that the pool rules were established to keep everyone safe. Your access card is the only card you need. It will gain you entry into the fitness center, pool, and tennis courts provided you are in good standing with the Lakeshore HOA. These cards work year after year; there is no need to purchase a new one every year. The access cards are not transferable.



## IMPORTANT NUMBERS

### LAKESHORE COMMUNITY ASSOCIATION BOARD OF DIRECTORS CREST MANAGEMENT CO.

#### Community Manager

..... Liz.Trapolino@crest-management.com  
..... 281-579-0761

#### Clubhouse Manager

..... lakeshore-ca@sbcglobal.net  
..... 281-458-3345

### EMERGENCY INFORMATION FIRE, MEDICAL OR LIFE THREATENING

#### Emergency

..... 9-1-1  
Constable Dispatch ..... 281-376-3472  
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Harris County Animal Control ..... 281-999-3191  
Texas Poison Control Center ..... 800-222-1222

### UTILITIES

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Street Light Outages ..... 713-207-2222  
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Gas, Centerpoint Energy ..... 713-659-2111

### SCHOOLS

..... 281-641-1000  
..... www.humble.k12.tx.us  
Lakeshore Elementary ..... 281-641-3500  
Woodcreek Middle School ..... 281-641-5200  
Summer Creek High School ..... 281-641-5400

### NEWSLETTER PUBLISHER

Peel, Inc ..... 888-687-6444  
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Advertising ..... advertising@peelinc.com

### COMMITTEE INFORMATION

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#### Garage Sales

Lakeshore Clubhouse: ..... lakeshore-ca@sbcglobal.net

#### Landscape Committee

Rex Spikes: ..... rexaspikes@sbcglobal.net

#### Pool Committee

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#### Social Committee

Elna Ermel: ..... ronelna@comcast.net

To volunteer, please email lakeshore-ca@sbcglobal.net

## Keeping Cool

Older adults need to be more careful of overheating because their bodies don't cope well with high temperatures and they're also more likely to be dehydrated.

A recent University of Chicago Medical Center study found that 40% of heat-related deaths in the U.S. were among people over 65.

### Seniors are more vulnerable to heat because:

- Their bodies don't adjust as well to sudden changes in temperature.
- Chronic medical conditions can change their body responses to heat.
- Prescription medicines can impair their body's ability to regulate temperature or could actually prevent sweating.

### ways for seniors to stay cool in hot weather

In hot weather, older adults should stay indoors and avoid strenuous activities. In addition, try these 10 ideas to beat the heat throughout the day.

- Drink plenty of cool fluids (don't rely on feeling thirsty!) and avoid alcohol and caffeine.
- Eat cooling snacks like popsicles, frozen peas, or slightly frozen grapes.
- Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast.
- Place a cool washcloth on the back of the neck.
- Sit with feet in a pan of cool water.
- Keep the house as cool as possible by keeping shades closed during the hottest part of the day.
- Wear layers of lightweight clothing in light colored cotton so it's easy to adjust to the temperature throughout the day.
- Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall.
- Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.
- If the heat is unbearable, consider renting an additional air conditioning unit or use additional fans until the heat wave subsides.

These stay-cool tips should keep your older adult safe and comfortable in the heat. But in extreme weather, it's always important to be alert for the warning signs of heat stroke.

# GO GREEN GO PAPERLESS



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## *Saves the Dates*

*July 11, 7:00 pm*  
*Crime Watch Meeting*  
*Lakeshore Clubhouse*

*July 15, 5:00 pm-7:00 pm*  
*Community pool party*  
*Lakeshore Pool*

*July 19, 6:30pm*  
*HOA meeting;*  
*Lakeshore Clubhouse*

## Calling All Residents...



For the August and September issues of our newsletter we would like to shine the spotlight on the young folks of our community. Do you have a little one who will start kindergarten? First grade? High School etc?

Send a photo and a mini article about this milestone and we will run it in our community newsletter. Photos must be jpeg and articles must be in a Word document.

Send your submissions to [lakeshore-ca@sbcglobal.net](mailto:lakeshore-ca@sbcglobal.net) along with contact info (in case we have questions or need to edit).

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## DID YOU KNOW THIS IS ILLEGAL?

*By Cheryl Conley, TWRC Wildlife Center*

Little did Ernesto Pulido know that he was breaking the law when he disturbed the nests of egrets and black-crowned night herons while trimming trees for the U.S. Postal Service in 2014. He was charged with a misdemeanor violation of the U.S. Migratory Bird Treaty Act of 1918 and because he showed remorse, was only fined \$3,000 to cover the cost of rehabilitating the injured baby birds. He could have been fined \$15,000 and faced six months in jail.

Most people are totally unaware of the Act and that it is one of the oldest wildlife protection laws on the books. Simply stated it's a law that protects birds from people. In 1916 the United States entered into a treaty with Great Britain (acting on behalf of Canada) whereby the two countries agree to end the hunting of insect-eating birds and established hunting seasons for game birds. In order to implement the treaty, the Migratory Bird Treaty Act was passed in 1918 by Congress which makes it illegal to "pursue, hunt, take, capture, kill," or "sell" a migratory bird or any of its parts, including nests, eggs, and feathers except under the terms of a valid permit issued pursuant to Federal regulations. The Act mostly came about because birds

were needlessly being killed for their feathers which made great fashion accessories. Entire birds were stuffed and attached to the tops of hats. Birds were also being served in restaurants.

In 1936, the USA signed a similar treaty with Mexico. Japan and the Soviet Union were added in the 1970s. In 1972 an amendment to the Act added protection for an additional 32 families of birds including eagles, hawks, owls and corvids. Since then more species have been added to include almost every native species in the USA with a few exceptions like the House Sparrow, the European Starling and the domestic pigeon. Some of the birds don't actually migrate but are still protected under this Act. For a complete listing of protected birds go to:

<https://www.fws.gov/birds/management/managed-species/migratory-bird-treaty-act-protected-species.php>.

It wasn't until 2013 that the Department of Justice enforced the Act for the first time by penalizing a wind farmer for killing Golden Eagles and other birds at two sites in Wyoming. The farmer was fined \$1 million. A second wind farmer was penalized a year later and fined \$2.5 million.

*(Continued on Page 7)*

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(Continued from Page 6)

So what does all of this mean to you? Let's say a bird builds a nest above your front door and drops poop everywhere. Can you remove the nest? NO—it's illegal. Can my son take bird eggs to school for show and tell? NO—it's illegal. We collect bird feathers. Is this okay? NO—it's illegal. I found a nest and I brought it in the house. ILLEGAL. We found a dead Blue Jay and we want to have it "stuffed" for display. Guess what? ILLEGAL. We live on a farm and randomly shoot birds for fun. Is this legal? NO, NO, NO. In July 2007, a man was sentenced to six months in a federal halfway house, five years probation with no contact with firearms, and a fine of a \$65,000 fine for killing protected birds on his property.

Although this law may seem a little silly to the average person, it does serve a purpose. It reminds us that we must learn to live in harmony with wildlife and not purposely disrupt or cause harm to other living beings.

TWRC Wildlife Center serves a great purpose as well. We help wildlife that has been injured, orphaned or displaced and return them to the wild. Your donations help us keep the doors open and allow us to provide this service to the public free of charge. Please see our website for more information on what we do and how you can help. [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org)

## KIDS' RUNNING TEAM'S CROSS COUNTRY SEASON STARTS SEPTEMBER 5TH

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with a mandatory orientation meeting for parents and athletes on Tuesday, September 5, 2017, at 7:00 p.m. at Cypress Creek High School, 9815 Grant Rd., Houston. Registration starts online September 1 at [www.northwestflyers.org](http://www.northwestflyers.org). Practices are held at the Cypress Creek YMCA and Spring Creek Park in Tomball.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is celebrating its 30th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

For more information contact Coach Angela Mosley at [msangela.mosley@gmail.com](mailto:msangela.mosley@gmail.com) or 469-336-9421. Visit [www.northwestflyers.org](http://www.northwestflyers.org) to get updates and learn more about the team.



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# THE LAKESHORE REPORT

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## TICK CONTROL IN THE YARD



This article covers what to do about ticks in your yard. I didn't want to make it too long, so I decided to just link to sources giving information on how to treat pets or yourself/ family.

Ticks are arachnids with two body regions, eight legs (except the first stage out of the egg has only six legs and is called a seed tick), and no antennae. Ticks come in a variety of sizes depending upon if they are nymphs or adult, male or female, engorged or not. Ticks require a blood meal before molting to the next stage of their development as well as adult females requiring a blood meal before laying eggs.

Since ticks can feed on multiple hosts during their lifetime, including humans and other animals, they are capable of transmitting disease organisms through their bite. For more information on diseases transmitted by ticks see this link:

<https://www.cdc.gov/ticks/diseases/index.html>

Ticks wait hosts by climbing up vertical surfaces such as vegetation, fences or shrubbery. When a host brushes past, ticks grab on and locate a suitable spot for feeding. To reduce ticks in your yard you can try some or all of the following:

- Keep grass mowed
- Clear brush, weeds, or overgrown areas
- Discourage wildlife
- Remove debris from the yard
- Treat yard with insecticide making sure to go up surfaces as ticks will climb upwards to grab onto a passing host
- Treat pets

For information on how to deal with ticks on your pet(s) see this source: [https://www.cdc.gov/ticks/avoid/on\\_pets.html](https://www.cdc.gov/ticks/avoid/on_pets.html)

For how to avoid getting, properly inspecting for, or removing ticks from yourself or family members see this source:

[https://www.cdc.gov/ticks/avoid/on\\_people.html](https://www.cdc.gov/ticks/avoid/on_people.html)

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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## CLUB PILATES ATASCOCITA

Club Pilates Atascocita is coming soon in your neighborhood and we are happy to meet you! Located at 16430 West Lake Houston Parkway, the new studio offers members total body workouts that help with posture, balance, flexibility, and strength.

Local business owners, Daniela and David Wells, wanted to get involved in a business that would bring people a healthier and more satisfying life. Once they learned about the Club Pilates concept they knew they found exactly what they were looking for, as Daniela suffers from chronic muscular pain, and countless times her doctors' told her Pilates was the best exercise for her, but unfortunately, they could not find a place that met her needs.

Now they are excited to bring Club Pilates, the nation's largest premium Pilates franchise into town. The light and bright studio welcomes members into an inspiring atmosphere where they can choose a wide range of group classes that will utilize a variety of equipment, or people can choose a more individualized guidance given in Private Training.

### About Club Pilates:

Founded in 2007, Club Pilates is a boutique fitness studio that  
(Continued on Page 9)



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(Continued from Page 8)

specializes in strength-training classes for anyone, at any age. Based in Costa Mesa, CA, the company is experiencing rapid growth and expects to have nearly 400 locations open by the end of the year. With more than 500 instructors teaching over seven million workouts each year, Club Pilates is the first studio to create a 500-hour Teacher Training Program designed to thoroughly and safely teach group reformer Pilates apparatus classes along with TRX, Triggerpoint, and Barre. In 2017, Club Pilates was named to Entrepreneur magazine's Franchise 500 ranking and ranked No. 17 on the magazine's 2017 Top New Franchise list. To learn more about the Pilates franchise opportunity, visit <https://www.clubpilates.com/franchising/>.



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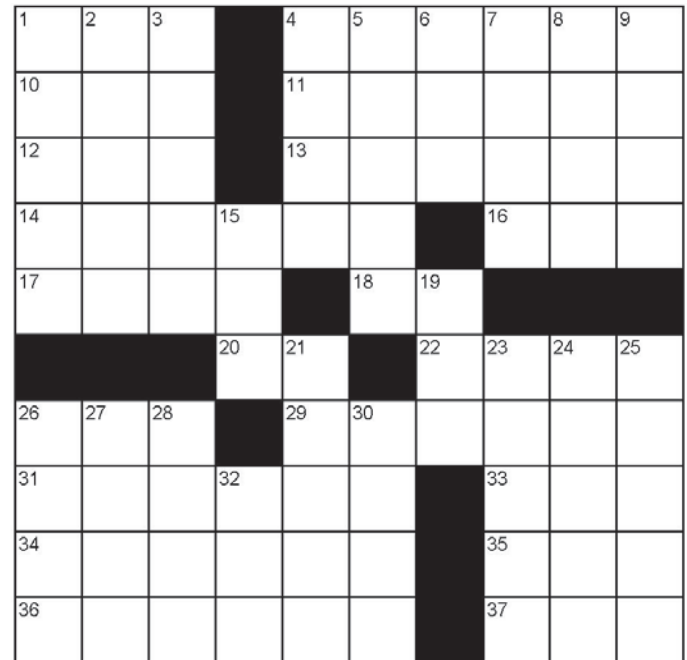
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### ACROSS

1. Middle
4. Preoccupy
10. Is
11. Properly
12. Pat
13. Aviator
14. "Eagle" constellation
16. Most basic
17. Baseball glove
18. Road (abbr.)
20. Scale note
22. Object
26. Danish krone (abbr.)
29. Canyon
31. Wild beast
33. Digital audio tape
34. Movie "Total \_\_\_"withdraw
35. Genius
36. Handy
37. Type of partnership

### DOWN

1. Dame
2. Iranian's neighbor
3. First public appearance
4. Opaque gem
5. Thistle
6. Title of respect
7. Austin novel
8. Block
9. In \_\_\_ (together)
15. \_\_\_ A Small World...
19. Division (abbr.)
21. Toothbrush brand
23. Large wave
24. Found
25. Doled
26. Drat!
27. Joint
28. Costa \_\_\_
30. Unite
32. Mutilate

View answers online at [www.peelinc.com](http://www.peelinc.com)

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## NATURE WATCH

### COMMON CENTAURIES

by Jim and Lynne Weber

As members of the Gentian Family, there are many species of *Centaurium* worldwide, and three of them are native right here in Central Texas. The genus was named after the centaur Chiron, famed in Greek mythology for being a great healer through his skill in using medicinal herbs. Herbalists today still use the extract from certain species in this genus, commercially often called 'stomach bitter', to aid in the process of digestion. More recently, molecular studies have reclassified the genus, and the species that belong to the 'Texas group' have been renamed *Zeltnera*.



*Mountain Pink Bouquets*

hillsides, limestone outcrops, and along gravelly roadways. Its leaves are threadlike and are held below the multiple 0.5 to 1.0 inch wide showy pink five-petaled blooms that provide nectar for moths, butterflies, bees, and other insects. Pioneers used this plant as a medicinal plant to help reduce fevers, which is the origin for one of its common names.

Lady Bird's Centaury (*Z. texensis*) is named in honor of Lady Bird Johnson, and is a delicate plant 3 to 7 inches tall with an open, branched habit. Found in dry, grassy areas of the Edwards Plateau and Blackland Prairies, its leaves are linear and shorten in length on the upper part of the plant. Smaller than the other *Centaurium* species, its light pink five-petaled flowers bloom June to August, and are only about 0.25 inches wide.

Rosita (*Z. calycosum*), also called Shortflower Centaury, Buckley Centaury, or Arizona Centaury, prefers moist, open

Mountain Pink (*Zeltnera beyrichii*), also called Meadow Pink, Catchfly, or Quinineweed, is an annual herb less than a foot tall and best described as a neat bouquet of small, pink flowers. Blooming May through July, Mountain Pink sprouts up like an inverted cone 8 to 12 inches high, on rocky



*Rosita*

areas in otherwise dry habitat, along streams, on hillsides, and in prairies and meadows with intermittent drainages. An erect, branching plant up to 18 inches tall, it has larger, oblong leaves at the base and smaller linear leaves on the uppermost stems. Blooming May to July, the rose-pink five-petaled flowers are 0.5 to 1.5 inches wide, occur in an open array along the stalks, and have distinct, spirally curved, yellow pollen-producing anthers. Of all three species in our area, this one is a bit less common.



*Lady Bird's Centaury*

Long used in herbal medicine, today's science has discovered another interesting pharmacological feature of plants such as *Centaurium* in the Gentian family. They naturally produce organic substances called xanthones that exhibit antioxidant properties, which are thought to inhibit microbial infection, inflammation, proliferation of cancer cells, and the aggregation of platelets, among other benefits. Not a bad resume for these common centauries!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. If you enjoy reading these articles, check out our two books, *Nature Watch Austin & Nature Watch Big Bend*, both published by Texas A&M University Press, and our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com).



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## Tips and Tricks to Help Sell Your Home this Summer!

**Depersonalize:** Prepare yourself for the big move by taking down family portraits and personalized decor, this helps buyers better picture themselves in the home and it also gets you a head start on packing!

**Declutter:** Remove all non-decor items from counters, shelves and furniture. This helps the homeowner focus on the important stuff, the house!

**Create a move-in ready appearance:** After removing personal pictures and items be sure to remove all nails and screws that are left behind. To finish, spackel the holes they've created and touch up the paint. This will give the home a great put-together look!

**Deep cleaning:** Hiring a team to help you deep clean the home will get it 'market ready'. This will be the finishing touch to help the house be at it's absolute best when it's shown and it will also help you get top dollar for your biggest investment!



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*If you know of someone who would appreciate the level of service my Team provides, please call me with their name and business number. I'll be happy to follow up and take great care of them.*

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