



Northlake Forest

HERALD

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ACCESS TO NORTHLAKE FOREST ON-LINE

If you are new to the neighborhood – WELCOME! To gain access to important information go to our official website page www.NorthLakeForestHOA.com and select Register. Enter the required information and your access will be approved shortly.

Please note, we have several ways to communicate with residents, via our NorthLakeForestCommunity Facebook page www.facebook.com/groups/NorthlakeForestCommunity and via Nextdoor www.northlakeforest.nextdoor.com. Our main source of communication is via our website.

If you have any comments and concerns you would like addressed by PCMI and/or the Board, please fill out a "Contact Us" form via the website and we will respond as quickly as possible.



MEET OUR STUDENTS

Hosting an international exchange student is a great way of opening the world to your children and teaching them about new cultures.

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Here are just some of the many students that are available for placement:

Abby from Denmark – loves being active in sports, nature and at the beach. She is a competitive swimmer and enjoys horseback riding.

Dominik from Switzerland – an open minded, uncomplicated boy, with a real interest in American sports

Maria from Norway – she describes herself as an outgoing, adventurous, mature, compassionate person.

Saana from Finland – she is both sympathetic and empathetic. She enjoys music and sports, and according to her bio – she has a great laugh!

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832-455-7881 or via email at vicki.stsfoundation@gmail.com.

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.

NORTHLAKE FOREST

NLF COMMITTEES

FACILITIES MAINTENANCE

ChairTBD
Board Liaison..... Russell McPherson

LANDSCAPE

ChairTBD
Board Liaison.....Paul Rath

SAFETY/NEIGHBORHOOD WATCH COMMITTEE

Chair Kelly Moore
Board Liaison..... Russell McPherson

ARCHITECTURAL REVIEW COMMITTEE

Chair Fred Vasquez
Board Liaison Ken Amstutz

POOL COMMITTEE

ChairTBD
Board LiaisonMaureen Cummings

NLF EVENTS / NEWSLETTER

ChairTBD
Board Liaison.....Rebecca Dessenberger

YARD OF THE MONTH

ChairTBD
Board Liaison..... Russell McPherson

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 fill out a "Contact Us" form on the website.

NLF BOARD OF DIRECTORS

President.....Ken Amstutz
Vice President.....Rebecca Dessenberger
Treasurer.....Paul Rath
Secretary.....Maureen Cummings
Director.....Russell McPherson
PCMI.....Michael Quast

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)

Michael Quast

281-870-0585 Michael.Quast@STServices.com · www.pcmi-us.com
Northlake Forest HOA Website: www.northlakeforesthoa.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Poison Control 1-800-222-1222

NON-EMERGENCY NUMBERS

Mark Herman Constable, Precinct 4..... (281) 376-3472
Harris Cnty Sheriff's Office @ HWY 249 .. (281) 290-2100
Cy-Fair Volunteer Fire Dept @ Telge Rd.... (281) 550-6663
Harris Cnty Courthouse @ Cypresswood... (281) 376-2997

GOVERNMENT NUMBERS

Harris County Animal Control..... (281) 999-3191
Harris County Public Health & Environmental Services
..... (713) 439-6000
R. Jack Cagle - Community Assistance Dept.
..... (281) 353-8424
Social Security Administration 1- (800) 772-1213
Department of Public Safety @ West Rd.... (281) 517-1333
Department of Pubic Safety @ Grant Rd ... (281) 890-5440

POST OFFICE

USPS @ Spring Cypress..... (281) 373-9125
The UPS Store @ Spring Cypress (281) 304-6800
FedEx Office @ Barker Cypress..... (281) 256-8323

LIBRARY

Lone Star College CyFair Library
Circulation Desk (281) 290-3210
Northwest Branch Library
@ Regency Green Drive..... (281) 890-2665
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

NW Harris County MUD #10..... (832) 467-1599
Best Trash (281) 313-2378
CenterPoint Energy Gas (713) 659-2111
Relient Energy Electricity 1-(855) 347-3232
..... www.powertochoose.com

NEWSLETTER INFO

EDITOR

Rebecca Dessenberger trevino71568@comcast.net
*All articles are due by 10th of the month to be
considered for publication*

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Advertising..... advertising@PEELinc.com

LIFE'S SIMPLE 7

“Do you know there are seven easy ways to help control your risk for heart disease? Manage your heart risk by understanding “Life’s Simple 7.”

1. GET ACTIVE

Daily physical activity increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.

What To Do

Start by learning the basics about fitness. Also, children need 60 minutes a day—every day—of physical activity, so find ways to workout with your kids to help ensure their heart health in addition to your own.

2. CONTROL CHOLESTEROL

When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Cholesterol is a waxy substance and our bodies use it to make cell membranes and some hormones, but when you have too much bad cholesterol (LDL), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.

What To Do

Try these tips to lower cholesterol with diet and foods.

3. EAT BETTER

Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases. If you are frequently skipping out on veggies, fruit, low-fat dairy, fiber-rich whole grains, and lean meats including fish, your body is missing the basic building blocks for a healthy life.

What To Do

Want more ways to eat better? Try these tips:

- Track what you eat with a food diary
- Eat vegetables and fruits
- Eat unrefined fiber-rich whole-grain foods
- Eat fish twice a week
- Cut back on added sugars and saturated fats

4. MANAGE BLOOD PRESSURE

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

High blood pressure, also known as hypertension, means the blood running through your arteries flows with too much force and puts pressure on your arteries, stretching them past their healthy limit and causing microscopic tears. Our body then kicks into injury-healing mode to repair these tears with scar tissue. But unfortunately, the scar tissue traps plaque and white blood cells which can form into blockages, blood clots, and hardened, weakened arteries.

What To Do

To manage blood pressure, you should:

- Eat a heart-healthy diet, which includes reducing sodium
- Get regular physical activity and maintain a healthy weight
- Manage stress, limit alcohol and avoid tobacco smoke.

5. LOSE WEIGHT

If you have too much fat — especially if a lot of it is at your waist — you’re at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you’re overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. Even losing as few as five or ten pounds can produce a dramatic blood pressure reduction.

What To Do

Calculate your body mass index (BMI) to help you determine if you need to lose weight.

6. REDUCE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells. If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes.

Although diabetes is treatable and you can live a healthy life with this condition, even when glucose levels are under control it greatly increases the risk of heart disease and stroke. In fact, most people with diabetes die from some form of heart or blood vessel disease.

What To Do

The following tips can all help reduce your blood sugar:

- Reduce consumption of simple sugars that are found in soda, candy and sugary desserts
- Get regular physical activity! Moderate intensity aerobic physical activity directly helps your body respond to insulin
- Take medications or insulin if it is prescribed for you

7. STOP SMOKING

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots. Like a line of tumbling dominoes, one risk creates another. Blood clots and hardened arteries increase your risks for heart attack, stroke and peripheral artery disease. Smoking can also reduce your good cholesterol (HDL) and your lung capacity, making it harder to get the physical activity you need for better health.

What To Do

Whatever it takes for you to stop smoking, it is worth it! Visit the American Heart Association’s Quit Smoking website for tools and resources.

Learn more about “Life’s Simple 7” and take action with MyLifeCheck from the American Heart Association.



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