



The HOME FRONT

February 2018

Official Publication of Park Lakes Property Owners Association

Volume 6, Issue 2

February 2018



- 2Groundhog Day
- 2 National Wear Red Day
- 4 Super Bowl Sunday
- 4 World Cancer Day
- 7National Signing Day
- 13 Mardi Gras - Fat Tuesday
- 14 Valentine's Day
- 19 Presidents Day
- 19 Board Meeting at 6:30 pm
- 21 International Mother Language Day
- 22 National Margarita Day
- 23 Park Lakes Night at the Rockets at 7 pm

**The Month of February is Observed as
Black History Month.**

CONGRATULATIONS TO OUR 2017 HOLIDAY LIGHTING CONTEST WINNERS!

PARK LAKES ESTATES

- 1st Place - 9503 Barlow Springs
- 2nd Place - 4627 Phippen Glen
- 3rd Place - 9723 Layton Ridge

CANYON GATE OF PARK LAKES

- 1st Place - 9927 Heritage Waters
- 2nd Place - 9922 Penny Mill
- 3rd Place - 9811 Brilliant Lake

CANYON VILLAGE OF PARK LAKES

- 1st Place - 4303 Palestine Cove Lane
- 2nd Place - 4819 Storm Cove View
- 3rd Place - 9410 Fawn Park Ct

PARK LAKES

HELPFUL PHONE NUMBERS

Park Lakes Property Owners Association

Sterling Association Services Inc.(832) 678-4500
 SplashPad Texas Onsite Office.....(281) 441-3557
 Recreation Center Onsite Office.....(281) 441-9955
 Gate Attendant.....(281) 441-1089

Utilities

Comcast (Customer Service)(713) 341-1000
 Electricity (TXU)(800) 368-1398
 Gas (Centerpoint)(713) 659-2111
 Trash (Republic Waste).....(281) 446-2030
 Water & Sewer (EDP Water District).....(832) 467-1599
 Electricity (Centerpoint-Report street light outage)(713) 207-2222
 Texas One Call System (Call Before you Dig)..... 811

Property Tax Authorities

Harris County Tax.....(713) 368-2000
 Harris MUD #400.....(281) 353-9809

Public Services

US Post Office.....(281) 540-1775
 Toll Road EZ Tag.....(281) 875-3279
 Voters/Auto Registration(713) 368-2000
 Drivers License Information.....(281) 446-3391
 Humble Area Chamber(281) 446-2128

Police & Fire

Emergency 911
 Constable/Precinct 4 (24-hr dispatch)(281) 376-3472
 Harris Co. Sheriff's Dept./Prec 4, Dist 2 (24-hr) (713) 221-6000
 Eastex Fire Department.....(281) 441-2244
 Emergency Medical Service (281) 446-7889
 Poison Control.....(800) 222-1222
 Humble Animal Control.....(281) 446-2327
 Texas DPS.....(281) 446-3391

Area Hospitals

Renaissance Northeast Surgery(281) 446-4053
 Kingwood Medical Center(281) 348-8000
 Northeast Medical Center Hospital.....(281) 540-7700
 Memorial Hermann Hospital (The Woodlands)(281) 364-2300

Public Schools

Humble ISD(281) 641-1000
 Park Lakes Elementary (K-6).....(281) 641-3200
 Humble Middle School (7-8)(281) 641-4000
 Summer Creek High School (9-12).....(281) 641-5400

Private Schools

Holy Trinity(281) 459-4323
 St. Mary Magdalene Catholic.....(281) 446-8535
 The Christian School of Kingwood(281) 359-4929
 Humble Christian School.....(281) 441-1313

DISCLAIMER:

The Association doesn't verify, endorse, or approve any products, information, or opinions mentioned at Association sponsored functions or contain in this community newsletter.

BOARD MEMBERS 2017/2018

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Jeff Sheehan-1st Vice President-Land Tejas

(Voting Member)

Charles Williams-parklakescharles@gamil.com-Vice

(Resident Voting Member)

Shepard Cross-parklakes_scross@yahoo.com-Treasurer

(Resident Voting Member)

Kennetha Smith-Tolbert-parklakeskennetha@gmail.com

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Al Brende-Ex-Officio

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(Resident Non-Voting Member)

Conrell Hadley-parklakesconrell@gmail.com-Ex-Officio

(Resident Non-Voting Member)

HELP MAKE OUR COMMUNITY BETTER

Our community has lots going on, and that includes a range of upcoming social events as well several important ongoing projects. The website needs updating, there's always room for another article in the association newsletter, and several committees. You can be instrumental in helping to plan the community-wide spring barbeque, to renovate the community center, to redesign the common area landscaping, to review and update the association's architectural guidelines, to create the association's 5-year plan and to get involved in any number of other important endeavors. All it takes is a few hours of your time each month and a commitment to your neighbors.

There's a lot to be gained from volunteering your time: new friends, new skills, recognition by your neighbors and—perhaps best of all—an improved community.

Contact the association manager, onsite manager or a member of the board today. Welcome to the party!

PARK LAKES RECREATION CENTER HOURS

Mon. - Fri. 9:00 AM - 6:00 PM / Saturday & Sunday Closed

Fitness Center Hours (Clubhouse & Splash Pad)

7 Days a week - 4:30AM until 11:30PM **Hours are subject to change**

On Site Community Manager: Lisa Walker

Office Phone: 281-441-9955

lisa.walker@sterlingasi.com

COUNTING & CUTTING CALORIES TO LOSE WEIGHT

Counting calories and cutting calories, plus exercise, are absolutely necessary for healthy weight loss. And when you combine them, you can lose weight and keep it off permanently. But how is it possible to maintain healthy eating while you're counting and cutting calories? Here are some excellent proven suggestions to help you start cutting hundreds of calories a day while still eating a super healthy diet. These tips can get you started losing weight right away.

HOW TO CUT CALORIES TO LOSE WEIGHT

To begin with, use smaller plates or bowls for all your meals and measure your portions by the cupful. This simple step will help you to cut back on calories and still eat healthy foods. Also, never ever eat any food straight out of the box, bag or container. That's the easiest way to go totally unconscious about what you're eating and how many calories you're consuming. And if you want to be healthy, whether you want to lose weight fast or slow, you'll need to stay conscious of how many calories you're eating and know how many calories to lose weight. You can also cut hundreds of calories a day by drinking nothing but pure, clean water rather than fruit juice, sweetened iced tea or sodas (whether they're diet or not). For example, a 12 ounce can of soda has ten or more teaspoons of sugar adding up to 150 calories per can. And did you know that sugary drinks don't really quench

your thirst? They're diuretics that cause excess urine elimination, which only makes you thirstier. Sugary drinks also dull your taste buds, which makes you crave more sugary drinks. In other words, sugary drinks are addictive. So, to help stop emotional eating, it's best to eliminate sodas and stick with drinking pure water. Drinking water is by far the best way to keep you hydrated without adding one single calorie to your daily calorie count. Plus, water is good for you and helps you avoid sugar addiction.

HOW TO CUT ADDICTIVE SUGAR CALORIES

Speaking of sugar, are you aware that the average American consumes more than 22 daily teaspoons of added sugar (not counting the naturally occurring sugars found in milk and fruit)? By eliminating these added sugars from your diet, you can cut over 350 calories daily. Sugar, by the way, in all its many forms – high fructose corn syrup, dextrose, turbinado, sorbitol, molasses, honey, maple syrup, etc. – spikes insulin levels making your body store extra fat. And this is totally against your goal of losing weight and maintaining a healthy weight. Another easy way to cut calories is to skip the high priced, fancy coffee treats. For example, one 16 ounce Starbucks Caramel Frappuccino weighs in at whopping 430 calories.

(Continued on Page 4)

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PARK LAKES

PARK LAKES STERLING INTRODUCTION

NOTICE: STERLING ASSOCIATION SERVICES, INC. IS THE NEW COMMUNITY MANAGEMENT SERVICE CONTRACTED BY PARK LAKES PROPERTY OWNERS ASSOCIATION.

We are pleased to announce that the Board of Directors for Park Lakes Property Owners Association, Inc. (Park Lakes P.O.A.) has contracted with Sterling Association Services, Inc. ("Sterling") to provide professional community association management services effective September 1, 2017. Sterling Association Services, Inc. provides association services to over one hundred and fifty communities throughout Houston and its surrounding areas. Some of these services include customer care, billing and collecting the annual assessments, paying the community's monthly expenses, and maintaining the association's books and records.

Please note that assessment payments and correspondence to Park Lakes P.O.A. after September 1, 2017, should be directed to our office address below:

Corporate Office:

6842 North Sam Houston Parkway W.
Houston, TX 77064
832-678-4500

On-site Office:

9730 Park Lakes Canyon Terrace,
Humble, TX 77396
281-441-9955

ParkLakes@sterlingasi.com

Along with the financial support mentioned above, Sterling's services will include enforcement of the deed restrictions, processing architectural improvements, contract administration, day-to-day operations and directives, as well as providing support to the members as it pertains to Park Lakes. Your community will be serviced by our dedicated and professional management team which consists of Aly Long, General Manager, aly@sterlingasi.com, Lisa Walker, Onsite Manager, lisa.walker@sterlingasi.com and Susan Marshall Accounting Associate, susan@sterlingasi.com.

Should you have any questions, please feel free to contact your management team via any of the mediums provided. To receive community emails or to review and update your account, please log in to www.sterlingasi.com.

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And a Krispy Kreme Mocha-Espresso will add nearly 300 calories to your count. So, just changing your coffee routine could save you 500 calories a day or much more. If you're a coffee lover or feel you need to have coffee to wake up in the morning, drink old fashioned regular coffee with nonfat powdered milk and a calorie-free sweetener. And for breakfast, a delicious, healthy way to start your day and cut calories at the same time is by having a bowl of low-fat, low-calorie unsweetened yogurt with fresh or frozen berries. If you want, you can also add a modest helping of sugar-free, fiber rich cereal as a topping. Another great way to break-fast in the morning is with a warm bowl of oatmeal and fruit.

Either way you cut hundreds of calories from the typical American breakfast of juice, bacon and eggs, pancakes or muffins. And yogurt, fruit and whole grain cereal is a lot more nutritious too.

CLUBHOUSE RECREATION CENTER PARTY ROOM



The Clubhouse is available for rental on a first come first serve basis. Renters will have access to the patio and the clubhouse living space as well as the kitchen and bathrooms. Pool access is not permitted with the rental of the clubhouse.

The deposit for rental is \$300.00 (refundable pending inspection of facility/no damages)

- \$25.00 Admin Fee (non-refundable)
- \$20.00 per hour during business hours (4 hour minimum)
- \$40.00 per hour after business hours and weekends (4 hour minimum)

Please contact your onsite manger Lisa Walker for more information at 281-441-9955 or via email at lisa.walker@sterlingasi.com

- You are permitted to book an event 3 months in advance but no less than 2 weeks prior to your event.
- All deposit/rental checks will be held by the office personnel until the time of the event.
- All events would be pending approval by the board prior to event date.

In order to book one of the areas for an event all HOA dues must be in good standings and all fees must be paid in advance**

FLU EPIDEMIC

Flu is everywhere in America right now. If you're not sick, there's a good chance some of your friends, family members, or colleagues are. The season started early, and while we could be at peak flu right now, public health officials anticipate flu viruses will circulate for a few more months — bringing a lot of illness, hospitalizations, and even death. Around the country, there are already reports of doctors' offices bursting at the seams with flu patients, and Alabama has declared a public health emergency over the flu. So why is this year's flu season so wretched? And what can you do about it? Here's what you need to know.

WHY THIS FLU SEASON IS SO BAD

Flu is a viral respiratory disease, and it leads to nasty fevers, headaches, coughs, muscle pains, and runny noses that make many people miserable in the fall and winter.

There are four species of influenza — A, B, C, and D — and seasonal flu is caused by influenza A and B viruses. Every year, different strains of these viruses circulate. The reason this year's flu season is more severe than usual is because it involves the dreaded H3N2, a strain of the influenza A virus that causes more health complications and is more difficult to prevent. H3N2 hits people harder than other seasonal flu strains and can be especially deadly among vulnerable groups like the elderly and children. Researchers still aren't sure why, but they've found that a flu season involving the H3 virus is generally nastier — with more hospitalizations and flu-related deaths — than seasons involving mostly H1N1 or influenza B viruses. This year, more than 80 percent of flu cases involve H3N2 strain. And the CDC's Jernigan reported that there were 22.7 hospitalizations related to flu per 100,000 population during the week of December 31, 2017, to January 6, 2018. That's a doubling from 13.7 the week before. "We're seeing a rapid rise in the number of people being hospitalized," Jernigan said.

The highest rates of hospitalizations are occurring among those over age 65, but adults aged 50 to 64 are also being hospitalized in higher-than-usual numbers, as are children younger than 5 years old, Jernigan said. It's not yet clear what the final toll of this year's flu season will look like, since it's expected to continue for a few more

months. But for context, in recent years, mild flu seasons tend to kill about 12,000 Americans, and severe flu seasons kill about 56,000. What happened in Australia, where the flu season peaks in August, might be a hint of what we're in for here. H3N2 struck there as well — and contributed to more than two-and-a-half times the number of flu cases compared to the previous year. There were also 745 deaths, compared to the five-year average of 176 deaths, according to the Sydney Morning Herald.

H3N2 IS ESPECIALLY DIFFICULT TO PREVENT WITH THE FLU SHOT

Another reason having the H3N2 strain in circulation is so nasty is because it's hard to prevent with the flu vaccine. To understand why, you need to understand how the flu vaccine works — and why it is by no means perfect. The vaccine is designed to protect people against three or four strains of the A and B viruses that researchers believe will be most common in a given year. So every year, public health agencies essentially make educated guesses on what strains and mutations will make the rounds. As you can imagine, this is no easy task — and in reviews of the research on flu vaccine effectiveness, researchers have found that years when H3N2 is circulating tend to be years when the vaccine is less effective.

Edward Belongia, a senior epidemiologist at the Marshfield Clinic Research Institute in Wisconsin who has studied flu vaccine effectiveness, found that the combined vaccine effectiveness during H3N2 seasons was 33 percent, meaning getting vaccinated reduced a person's risk of having to go to the doctor by about a third. The flu shot's effectiveness rose to 54 percent during influenza type B seasons, and 67 percent during H1N1 seasons. There are a couple of reasons why H3N2 seems to be particularly resistant to the flu shot. H3N2 mutates as it moves through the population at a faster rate than other flu viruses — making it even harder to design a vaccine that can fend off the circulating virus. It's also more difficult to grow H3N2 in eggs, where viruses for flu vaccines are produced. "In the process of adapting virus to grow in eggs, that seems to introduce further changes to the virus, which may impair the effectiveness of the vaccine, Belongia explained.

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**Save the date
February 3, 2018**

For our rodeo event. We will be unveiling all our boots, hats & clothing that we have been buying all year! Kid to Kid buys all seasonal all year! Sell us your children's outgrown items!

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PARK LAKES

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IT'S NOT TOO LATE TO GET A FLU SHOT

Still, if you haven't done it yet, it's a good idea to get the flu shot anyway. Flu season will last several more months, sometimes even stretching into May. "Flu season is peaking now — but we know from past experience it'll take many more weeks to slow down," said CDC Director Brenda Fitzgerald. She also noted that other types of flu virus — like H1N1 or influenza B, which are more easily prevented with the vaccine — are on the rise now. Getting vaccinated now can reduce your risk of these other infections even if it won't necessarily prevent H3N2. Belongia noted that even 33 percent protection against H3N2 is better than no protection. "That still prevents a lot of hospitalizations and deaths," he said.

Flu vaccines also carry little risk — and the potential benefit of avoiding serious illness. So it's not a bad idea to get immunized. In the meantime, there are other, even simpler, things you can do to mitigate your risk of getting the flu and, if you do get sick, spreading the virus to others. They include good old-fashioned hand-washing, covering your mouth when you cough, and staying home if you're sick.

WE NEED YOU TO VOLUNTEER!

Volunteers are always welcome and needed. If you are interested in volunteering for any of our upcoming events or committees please contact your Onsite Community Manager, Lisa Walker at 281-441-9955 or lisa.walker@sterlingasi.com.

WHY JOIN A COMMITTEE?

Committees serve a number of important roles to our association process and the Board of Directors:

- Committees serve as a training ground for future association leaders.
- Committees serve as a conduit through which the Board receives "grass root" input - opinions and attitudes of owners.
- Committees are a vehicle through which Board actions are explained.
- Committees enhance the effectiveness of the Board of Directors by providing research analysis and advice needed for policy decisions.
- Committees can be an instrument for initial implementation of Board policies such as with the Architectural Review Committee.

Committees are an important linkage between the Board of Directors and owners but in order to be effective committees need members! Owner input, involvement and participation is a must. Please consider participating in the association process and volunteering to serve on an association committee. Our community needs you!

Be on the lookout for committee meetings. Meeting times and locations will be sent out via email. Sign up to receive emails at www.sterlingasi.com.

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IMPORTANT TRASH INFORMATION

Please remember that unless it is trash pickup day, your trashcans (and bags of trash) must be placed out of public view. Do not store your trashcans in front of your garage or on the side of your home.

Heavy/Bulk Trash Info

Heavy trash days are the 2nd Monday of the month

Heavy trash that qualifies are

Household Item and Yard/Tree Debris

- Bulk trash cannot be placed on the curb for collection earlier than three (3) work days prior to collection day.
- Some of the unaccepted items include: tree trunks, stumps, hazardous waste, and construction and demolition debris, manufacturing process debris, loose or dangerous refuse.

Options of approved structures to store trash cans from public view.

Option 1 – a 6 foot fence panel using six inch notched cedar pickets with a minimum of two rails of two inch by four inch treated wood and four inch by four inch treated post. All pickets must face the street.

Option 2 – a 6 foot lattice panel using lattice that is treated and less than or equal to 2 inch square with a minimum of two rails of two

inch by four inch treated wood and four inch by four inch treated post. Lattice must face the street and landscaping must be planted in front of lattice which screens the view of the cans from the street.

An ARC request must be submitted and approved before building structures. If you have any questions regarding this decision please contact Lisa Walker at lisa.walker@sterlingasi.com or 281-441-9955.

DRIVING RESPONSIBLY

Park Lakes is a community of small families, young adults and seniors who love the outdoors. We have a right to enjoy our surroundings without the threat of tragedy striking through reckless driving. ATV's, Go Carts and dirt bikes have been reported as being driven in the community carelessly and damaging property. This is a direct violation of the CC&R's. Recreational vehicles are prohibited in Park Lakes.

Before you drive, stop and think about your responsibilities. Help us make this a safer place by considering the consequences of one careless moment behind the wheel. If you observe others not driving responsibly, report this to the police and then get involved through neighborhood committees. We must all work together to make a difference.

Dream ... Believe ... Achieve!

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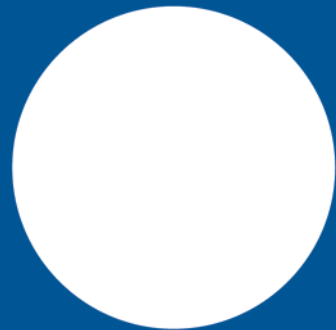
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