

THE OFFICIAL MONTHLY NEWSLETTER OF THE ATASCOCITA FOREST COMMUNITY ASSOCIATION

## BACK TO SCHOOL TIPS FROM THE AMERICAN ACADEMY OF PEDIATRICS

The following health and safety tips are from the American Academy of Pediatrics (AAP). Feel free to excerpt these tips or use them in their entirety in any print or broadcast story, with acknowledgment of source.

#### MAKING THE FIRST DAY EASIER

• Parents should remember that they need not wait until the first day of class to ask for help. Schools are open to address any concerns a parent or child might have, including the specific needs of a child, over the summer. The best time to get help might be one to two weeks before school opens.

• Many children become nervous about new situations, including changing to a new school, classroom or teacher. This may occur at any age. If your child seems nervous, it can be helpful to rehearse entry into the new situation. Take them to visit the new school or classroom before the first day of school. Remind them that there are probably a lot of students who are uneasy about the first day of school. Teachers know that students are nervous and will make an extra effort to make sure everyone feels as comfortable as possible. If your child seems nervous, ask them what they are worried about and help them problem solve ways to master the new situation.

• Point out the positive aspects of starting school to create positive anticipation about the first day of class. They will see old friends and

meet new ones. Talk with them about positive experiences they may have had in the past at school or with other groups of children.

• Find another child in the neighborhood with whom your child can walk to school or ride on the bus.

- If it is a new school for your child, attend any available orientations and take an opportunity to tour the school before the first day. Bring the child to school a few days prior to class to play on the playground and get comfortable in the new environment.
- If you feel it is needed, drive your child (or walk with her) to school and pick her up on the first day, and get there early on the first day to cut down on unnecessary stress.
- Make sure to touch base with your child's new teacher at the beginning or end of the day so the teacher knows how much you want to be supportive of your child's school experience.

• Consider starting your child on their school sleep/wake schedule a week or so ahead of time so that time change is not a factor on their first couple of days at school.

## The Friends of the Atascocita Library Used Book Sale

The Friends of the Atascocita Library (FOAL) will hold a used book sale Saturday, August 18, from 10AM - 5PM at the Atascocita Library, 19520 Pinehurst Trail Dr. Individuals with disabilities may shop from 9AM -10AM. Preview sale for FOAL members is Friday evening from 5PM-7PM, with memberships available at the door. There is a large selection including teaching materials, children's, fiction & nonfiction, hard backs & paperbacks, 25¢ music CD's, 25¢ magazines & much more. Most are priced at \$.50 - \$1.00. FOAL reusable book bags are available for \$3. Donations of used books & magazines are welcome anytime during regular library hours. No wheeled carts or strollers due to space limitations. Visit www.hcpl.net for library hours & www.foal.ws for more information, or email contact@foal.ws. All proceeds benefit the Atascocita Library.

## **IMPORTANT NUMBERS**

#### **EMERGENCY NUMBERS**

EMERGENCY	
Harris County Animal Control	
Poison Control	

#### **NON-EMERGENCY NUMBERS**

Pct 4 Constable Non-Emergency Dispa	atch 281-376-3472
Atascocita Volunteer Fire Dept.	
Harris County Precinct 4	
Texas No Call List Registration	
Emergency Roadside Assistance	

#### SCHOOLS

Humble ISD	281-540-1775
Whispering Pines Elementary	281-641-2500
Humble Middle School	281-641-2500
Humble High School	

#### UTILITY NUMBERS

Report Power Outage - Centerpoint713-207-7777
Report Street Light Outage - Centerpoint 713-207-2222
Report Gas Leak - Centerpoint
Centerpoint (Gas)
Call Before You Dig
Water - SiEnvironmental
Emergency Number
Electricity - Multiple Providers www.powertochoose.org
Trash - RR&R of Texas
MUD Districtwww.TrailoftheLakesMUD.com

#### PUBLIC SERVICES

Humble Post Office	281-540-1775
DPS Office	281-446-3391
Harris County Clerk (Will Clayton Pkwy.)	281-540-1173

#### **NEIGHBORHOOD MANAGEMENT**

Community Asset Management

www.CommunityAssetManagement.com

Pam Valentine......pvalentine@cam-texas.com

#### ATASCOCITA FOREST COMMUNITY ASSOC.

Email the Board ...... board@atascocitaforest.org Website Questions/Problems......website@atascocitaforest.org Newsletter questions......newsletter@atascocitaforest.org

#### HOA BOARD MEMBERS

Norman Laskie - President ...... norman@atascocitaforest.org Kesha Stubblefield - Vice President....kesha@atascocitaforest.org Troy King - Treasurer.....troy@atascocitaforest.org Lauren Shwarts - Secretary ......lauren@atascocitaforest.org Tomasina Sampa - Director ..... tomasina@atascocitaforest.org

## **NEWSLETTER INFO**

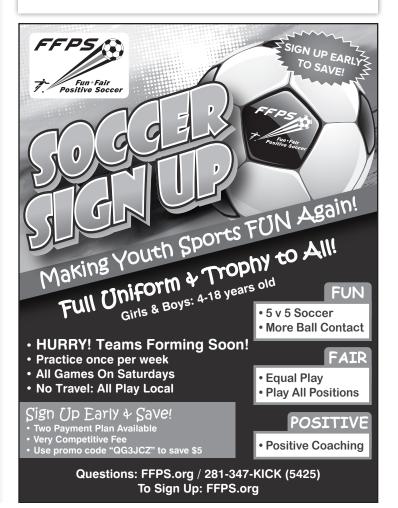
#### PUBLISHER

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## LAKE HOUSTON LADIES CLUB

Lake Houston Ladies Club is a social organization that meets from September through May on the third Tuesday of the month at the Walden Country Club, 18100 Walden Forest Drive, in Humble TX. The club welcomes new members from all surrounding areas to join and offers several avenues for individual interest. They include: Readers Choice, Bridge, Bunco, Mah Jongg, Lunch and Look, Movie Group, Supper Club and Tea Time Group.

Many of the groups continue throughout the summer months. There are periodic events planned during the year that include spouses or significant others. The club is an excellent way to meet new people and make new friends. Please call Linda at 832-379-3009 for more information about the club or go to: http://www. lakehoustonladiesclub.com



## **CROSSWORD PUZZLE**

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36	+	+	+	+	+		37	+	+

#### ACROSS DOWN 1. Not good 1. Cries 4. Tennis player Andre 2. Wait for 10. Reverence 3. Bowler hat 11. Gamin 4. Nimbus 12. Battle of nations 5. Labor 13. Contenders 6. Air Cushion Vehicle (abbr.) 14. Citizen of libya 7. Thick carpet 16. Received 8. Farm building 17. Eye infection 9. Institution (abbr.) 18. Doctor (abbr.) 15. Okay 20. Quiet! 19. Rio de Janeiro 22. Lazy 21. Island 26. April (abbr.) 23. Waste matter 29. Islands off of Portugal 24. What you need to walk the dog 31. Baby's sock 25. Sugar-free brand 33. Cereal 26. Syrian bishop 34. Gives a lift 27. Shoddy 35. South southeast 28. Part of a house 36. Ticklish spot 30. Enjoyment 37. That girl 32. Cooking measurement

View answers online at www.peelinc.com

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## HOUSTON METHODIST PRIMARY CARE GROUP IN KINGWOOD

## Welcoming Dr. Jacob Doering

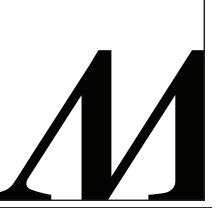
Houston Methodist Primary Care Group is pleased to welcome Dr. Jacob Doering to our Kingwood location. As a primary care physician, Dr. Doering provides convenient, high-quality primary care for patients of all ages. He is specially trained in the prevention and treatment of chronic and acute illnesses.



Schedule today. Visit **houstonmethodist.org/pcg/kingwood** or call **713.394.6638**.

19701 Kingwood Dr., Suite B Kingwood, TX 77339

Netholist



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## ATASCOCITA FOREST



# HEAD LICE

Head lice can become a problem brought home from summer camp or during the school year. These insects are small, tan to gray, and wingless. Eggs, also called nits, are glued to the hair shaft near the scalp. Nits are dark in color until they have hatched and turn white. It takes 7-11 days for eggs to hatch. Females lay 3-5 eggs each day and live from 7-10 days.

Head lice reside on the hairy part of the head. If they drop off, they only live for about 2 days. They are incapable of surviving on pets and are not known to transmit any diseases from person to person.

Several states, including Texas, now have what are being called "super lice". Essentially these lice are resistant to pesticides commonly found in over the counter lice treatments. If you are using an over the counter treatment for lice and they are not dying, then you need to see a physician. Doctors are able to prescribe other treatments that can kill the lice.

To manage lice:

1. Use an effective treatment. Head louse shampoos contain insecticides so they must be used properly and with care. Wash the

infested person's hair in a sink or basin so insecticide does not come into contact with other parts of the body. The person shampooing should wear rubber gloves. Do NOT use off label products such as flea & tick shampoo, other insecticides, or gasoline. Only treat the infested person(s), but check everyone in the household.

2. Hair combing is an extremely important step in controlling head lice. Shampoos may not kill all eggs, so thorough combing can help remove eggs from the hair shaft. Wet hair and use a special metal louse comb to comb through small sections of hair. Remove debris from the comb with a tissue and place it in a plastic bag that can be sealed and disposed of when you are finished combing through all hair. Hair should be combed daily until no more lice or nits are found.

3. Clothing and bedding of the infested person should be washed in hot, soapy water at the same time as the treatment. If items cannot be washed, try dry cleaning. For items that cannot be laundered, place them in a sealed plastic bag in the freezer for at least 24 hours. (Continued on Page 5)



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#### (Continued from Page 4)

4. It's important to contact anyone your child has had close contact with to let them know of the head louse infestation. This can help everyone manage the problem at the same time so there is less chance of reinfestation occurring.

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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## **Gazpacho** INGREDIENTS

# 1 18-oz can tomato juice1 tablespoon parsley flakes1 15-oz can tomato sauce3 tablespoons wine vinegar3/4 cup finely cut celery2 tablespoons olive oil3/4 cup finely chopped cucumber1 teaspoon salt1/2 cup finely chopped onion1/4 teaspoon pepper1/2 cup chopped avocado1/2 tsp Worcestershire sauce1/4 cup chopped green pepper1/8 teaspoon garlic powder

#### DIRECTIONS

Combine all ingredients and mix well. Cover and refrigerate overnight.

Serve cold with toasted garlic rounds.



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## THINKING HOLIDAYS?

The Ladies Auxiliary from St. Elizabeth Ann Seton Catholic Church will hold their 26th Annual Gingerbread Village Holiday Market on October 27, 2018. If you are interested in showcasing your arts, craft, products, etc., consider joining us as a vendor this year! For an application or more information regarding this event, please email: gingerbreadvillage@yahoo.com.

#### **BUSINESS CLASSIFIED**

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## THE PERSEID PHENOMENON by Jim and Lynne Weber

Every August, one of the best-known meter showers – the Perseid -makes its appearance! Comets shed debris as they travel, and that debris becomes most meteor showers. As comets orbit the sun, an icy, dusty stream of debris trails along the comet's orbit. If the Earth travels through this stream, we are treated to a meteor shower. Depending on where the Earth and the debris stream meet, meteors appear to fall from a particular place in the sky, sometimes within the neighborhood of a constellation.

As such, meteor showers are usually named by the constellation from which the meteors appear to fall, a spot in the sky that astronomers call the radiant. The Perseid meteor shower is so named because the meteors appear to fall from a point in the constellation Perseus. The source of the shower is the Comet Swift-Tuttle, while itself is nowhere near the Earth, its' wide tail intersects the Earth's orbit. As tiny, pea-sized bits of comet dust hit the Earth's atmosphere at approximately 132,000 mph, each makes a vivid streak of light when it disintegrates, and the shower is most intense when the Earth is in the dustiest part of the comet's tail.

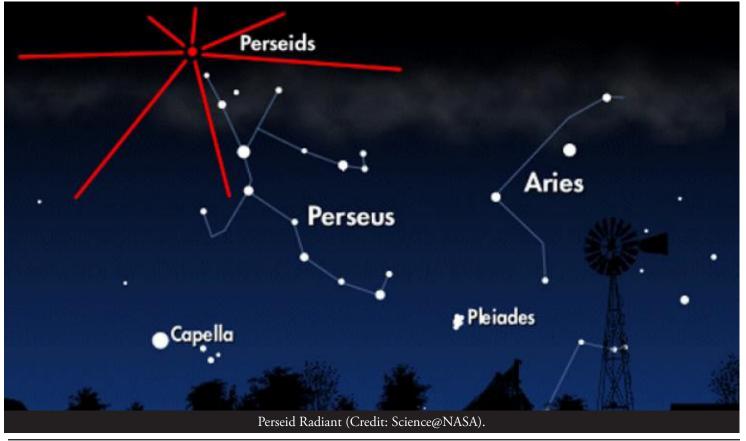
Peak activity for the Perseid meteor shower is expected around the night of August 12th, with a sharp increase in the hours after midnight. Assuming we have clear skies that night, escape the city's light pollution and find a dark, secluded spot where oncoming car headlights won't ruin your sensitive night vision. You'll know your eyes are properly adjusted and your site is dark enough if you can see each star of the Little Dipper constellation. Position yourself so the horizon appears at the edge of your

peripheral vision, with the sky and the stars filling your field of view. Meteors will instantly grab your attention as they streak by.

A very good shower will produce around one meteor per minute per given observer under a clear, dark sky. Any cloud cover, light pollution, or moonlight considerably reduces the count. The Perseids are among the strongest of the readily observed annual meteor showers, and have been observed by humans since at least 36 AD, reported by a Chinese skywatcher. Belgian astronomer Adolphe Quetelet first identified it as an annually recurring event in 1835. Maximum activity at the showers peak will normally yield a statistical average of 60 to 100 meteors per hour. In reality, however, what usually is seen is what some call the "clumping effect." Sometimes you'll see two or three meteors streak across the sky in quick succession, followed by a lull of several minutes before the sky suddenly puts on a display once again.

While the Perseid meteor shower is an annual astronomical event, this year gives us the opportunity for optimal conditions due to its occurrence near the new phase of the moon, which occurs on the night of August 11th. The thin crescent moon will set early in the evening of August 12th, leaving the dark skies required for a spectacular show!

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



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