



Northlake Forest

HERALD

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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

(Continued on Page 3)



Please mark your calendars for the following dates/events:

NLF Board Meetings -

3rd Monday of every month except December

Food Truck Thursdays -

June - August

NLF Back to School Event -

Saturday, August 25th

National Night Out -

Tuesday, October 2nd

Semi Annual Fall Garage Sale -

Saturday, October 13th

NLF Annual Board Meeting -

Tuesday, December 4th

NLF Christmas Event -

Saturday, December 8th

Keep a lookout for updated information
via email and/or Evite.

NORTHLAKE FOREST

NLF COMMITTEES

POOL AND FACILITIES

ChairTBD
Board Liaison..... Russell McPherson

LAKE AND LANDSCAPING

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Safety Chair Kelly Moore
Board Liaison..... Adam Kluge

ARCHITECTURAL

ChairTBD
Board Liaison Steve Velzis

NLF EVENTS / NEWSLETTER

ChairTBD
Board Liaison.....Rebecca Dessenberger

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.....Paul Rath
Vice President.....Rebecca Dessenberger
Treasurer.....Steve Velzis
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Director.....Adam Kluge
Inframark.....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
Inframark

Michael Quast / Portfolio Manager
281-870-0585

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Northlake Forest HOA Website: www.northlakeforesthoa.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Poison Control 1-800-222-1222

NON-EMERGENCY NUMBERS

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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

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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

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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

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Relient Energy Electricity 1-(855) 347-3232
..... www.powertochoose.com

NEWSLETTER INFO

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(Continued from Cover)

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.

BANANA SMOOTHIES

INGREDIENTS :

- 4 bananas, peeled
- 3 Tablespoons brown sugar
- (honey may be substituted)
- 4 cups ice

DIRECTIONS

Break bananas into large pieces and put in blender; add sugar. Blend until smooth. Blend in ice, a cup at a time, until a smooth, thick consistency.

Yield: 4 servings



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August Gardening To Do List

Not a great time to plant. If you must, shade newcomers and water daily if soil is dry.

Prune:

- OKAY to prune red oaks and live oaks until February. Spray immediately with clear varnish.
- No need to apply pruning paint to other trees
- Dead head flowering plants
- Late August to early September: lightly prune perennials and roses to encourage fall blooming
- Cut stalks of plants like coneflower to the rosette

Fertilize:

- Foliar feed flowers and vegetables with liquid seaweed
- Container annuals
- Citrus with high nitrogen fertilizer like Citrus-tone. Fertilize every few weeks through growing season.

Insects:

- Watch for aphids and spider mites. It's easy to spray them off with a hard blast of water. Be sure to get the undersides of the leaves.
- Aphids and other insects can plague crape myrtles and other trees in summer ("raining trees" are due to the honeydew secretions). Blast with water hose on regular basis.
- Aphids and other insects can create sooty mold on plants, a fungus that develops from their secretions (honeydew). Wash off the culprits and the leaves. Remove damaged leaves to the trash (not the compost pile).

Lawn:

- Keep that lawn mower setting on high. Keep the roots cool by leaving the grass long. Don't remove more than 1/3 of the top at a time. Leave clippings on the lawn to naturally fertilize.
- It's very important to keep the grass high in August. If September brings cooler weather and rain, weed seeds will start to germinate.

Prep:

- Start planning the fall garden. Clean up debris in the vegetable garden. Apply compost and mix in organic slow-release granular fertilizer to get ready for fall plantings
- Explore native wildflower seeds to plant this fall
- Think about next spring and the perennializing bulbs to add this fall

Other tasks:

- Deeply water new plants. Even if rain comes, check the soil to 3" deep to make sure their roots have water. A brief shower doesn't mean it penetrated to the roots.

Tips:

- Prune herbs often to encourage new growth
- Water fruit and nut trees deeply to avoid fruit drop-off
- Accept August! Plants are hunkered down, like we are. They'll perk back up soon.

THE TOP DOG

By Cheryl Conley, TWRC Wildlife Center



Living just a few miles north of Houston, it's not uncommon for me to hear coyotes howling at night. I get a little nervous when I hear them because they have been known to attack domestic animals. I saw on the news a few weeks ago where a coyote jumped a fence in broad daylight and attacked a small dog. Luckily, the owner was able to scare the coyote and no harm was done to the dog. Because natural habitats are disappearing, more and more coyotes are being sighted in urban settings.

TWRC only accepts coyote pups and we get very few of them but they are very interesting animals and I thought you might enjoy learning about them.

- They are about the size of a small German Shepherd. They have yellowish eyes.
- They are highly intelligent members of the dog family and are described by wildlife experts as clever, cunning and sneaky. They have a strong sense of hearing, smell and sight.
- Dogs run with their tails up; coyotes run with their tails down.
- They are classified as carnivores but will eat almost anything.
- The coyote is very vocal. A long howl lets others know its location. Short barks warn others of danger. They "yip" when reuniting with other pack members and will growl to establish dominance within the pack. They whimper and whine when bonding and make a high-pitched bark to call its pups.
- They can live up to 14 years in the wild.
- Some consider them a nuisance and attempt trapping and other nuisance-control measures. This will never eliminate them. Remove one and another one will move in to take its place. In The Woodlands, Texas, a few years ago several coyotes were removed. The result was that feral pigs moved in and destroyed lawns. According to Texas Parks and Wildlife, "The real solution and the greater need facing Texans right now is public education. We need to inform and empower people to take steps to coexist with coyotes and other urban wildlife."
- Coyotes can run up to 40mph.
- Coyotes are 100% monogamous according to a study by scientists at Ohio State University in 2012. "I was surprised we didn't find any cheating going on," said study co-author Stan Gehrt, a wildlife ecologist with Ohio State's School of Environment and Natural Resources.
- Coyotes are great swimmers.

If you have questions about wildlife, please refer to our website at www.twrcwildlifecenter.org. If you can't find the answers you need, give us a call at 713.468.8972.



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Back To School

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!

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