

September 2018 Official Publication of Park Lakes Property Owners Association

Volume 6, Issue 9

HUMBLE I.S.D. CHILD NUTRITION SERVICES

P.O. Box 2000 Humble, Texas 77347-2000 Office: (281) 641-8460

Humble ISD Offers Free and Reduced-Price Meals at School 2018-19

Child Nutrition Services announced its policy for providing free and reduced-price meals for children served under the National School Lunch Program according to the current income eligibility guidelines.

Children Household receiving Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF); or Food Distribution Program on Indian Reservations (FDPIR) qualify with a completed application online.

Foster children who are the legal responsibility of a state agency or court are eligible for benefits regardless of the income of the household with whom they reside. Also, children may receive free and reduced-price meals if a member of their household becomes unemployed or if the household income is within the limits of the Federal Income Guidelines as shown on the eligibility guideline chart.

There will be NO paper meal application forms for 2018-2019. It is urgent that families set up a School Café account. When you do this, your student names, IDs, family information will automatically populate the free/reduced meal application! You will get almost instant results from their meal application! Go to www.schoolcafe. com to set up your account now. You may then apply for free/reduced meals AFTER July 1, 2018 when the new school year begins.

If necessary, a paper application is available at the Child Nutrition Center located at 1705 Wilson Rd., Building D in Humble.

Households must reapply annually in order to be eligible for free or reduced priced meals. Families may apply anytime during the current school year. The information households provide on the application will be used for the purpose of determining eligibility and verification of data. Applications may be verified by the Child Nutrition Department at any time during the school year.

Humble ISD Meal Charge Policy for 2018-2019

Parents are strongly encouraged to continually monitor their child's

meal account balance. When a student's meal account is exhausted, the student will be allowed to continue purchasing full meals only (not a la carte items) up to -\$20.00.

Payments on student accounts may be made in the school cafeteria daily before school and during meal service times or on-line at SchoolCafe. Visit https://www.schoolcafe.com to register.

Once a student's account reaches -\$20.00 the student will receive an alternate breakfast and/or lunch at no cost. The district will notify parents/ guardians when their child's account is exhausted via School Messenger e-mails. The SchoolCafe system also provides an option to receive low balance and/or negative balance notices via e-mail.

There is no charging of adult meals. For further information please call 281-641-8460.

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HELPFUL PHONE NUMBERS

Sterling Association Services Inc.....(832) 678-4500

Park Lakes Property Owners Association

Sterning Association Services Inc(052) 0/0-4900
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)
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)
Property Tax Authorities
Harris County Tax
Harris MUD #400
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
Police & Fire
Emergency
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
Humble Animal Control
Texas DPS(281) 446-3391
Area Hospitals
Renaissance Northeast Surgery(281) 446-4053
Kingwood Medical Center
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
St. Mary Magdalene Catholic(281) 446-8535
The Christian School of Kingwood(281) 359-4929
Humble Christian School

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How Will You Pay For College?

by Key Wealth Strategies

Tue, September 18, 2018 7:00 PM - 8:30 PM CDT Harris County Library, Octavia Fields Branch 1503 South Houston ave Humble, TX 77346

How Will You Pay For College?

The Cost For a 4 Year College Education Can Range Between \$80,000 and \$300,000. The Cost For College is Rising at 12.5% A Year.

In 5 Years The Cost For A 4 Year College Education, With Inflation Added, Will Cost \$105,000 To \$401,000. Funding For College Is Possible! We Will Show You How!

If YourStudent Plans On Attending A Four Year State College Or A Private University, You Must Attend This Free Workshop!



Come Learn The Insider Secrets And StrategiesTo Send Your Child To Schools You NeverThought You Could Afford!

Come Find All Of The College Preparation And Funding Answers You Are Looking For --- What To Do --- When To Do It --- And How To Get The Most From Your Efforts!

Be sure to reserve your seat for this workshop as the seating is limited. As a Bonus for pre-registering you will receive our report "The Top Ten Pitfalls To College Funding!" at the workshop.

Visit the facebook event page for more: https://www.facebook.com/events/156848265081385/

How Will You Pay For College?

Learn how to afford the college of your choice. Tuesday September 18th @ 7pm

Octavia Fields Branch Library



This workshop covers seven key insider secrets and strategies that will help you to send your child to schools you never thought you could afford. Join us for a fun and interactive program!

Presented by Marty McCain, a certified college advisor.



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Fri, September 14, 2018 6:00 PM – 11:30 PM CDT Humble Civic Center & Arena Complex 8233 Will Clayton Parkway | Humble, TX 77338

The return of Houston Battle of the Badge will take place on September 14, 2018, at the extravagant Humble Civic Center. The event will include many competitive first responders vs. first responder boxing matches. A DJ will keep the event lively, and a live band will play unforgettable classic rock songs. Food and adult beverages will be available at the venue.

Doors open at 6pm and the entertainment begins promptly at 7pm

Please forward all questions regarding the event or purchasing a table to: Hpdboxingassocassociation@gmail.com





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Humble ISD 2018-19 Calendar

175 Instructional Days

Students start Monday Aug. 20, and end Friday May 31 Teachers start Wednesday Aug. 8, and end Monday, June 3

1st Semester.....August 20 - December 20, 2018 (81 days) 2nd Semester.....January 8 - May 31, 2019 (94 days)

Professional Growth/Workdays for staff Holidays for students

August 8-9, 13-17 October 9 January 7 February 18 (District comp day) April 22 (District comp day) June 3

Holidays

Independence Day	July 4, 2018
Labor Day	September 3
Columbus Day	October 8
Thanksgiving	November 19-23
Winter Break	Dec. 21-Jan. 4
MLK Day	January 21
Spring Break	March 11-15
Good Friday	April 19
Memorial Day	May 27
Independence Day	July 4, 2019

Full Day Release/Early Release/Late Arrival

Elementary Full-Day Release Days: Oct. 23, Nov. 26, Feb. 19, March 18 Elementary Early Release Days: Dec. 20, May 31

- Middle School Exam Early Release Days are the last two days of each semester (Dec 19-20 and May 30-31). Additionally, AMS, CMS, KMS, RMS, TMS, WLMS and WMS have late arrival every Thursday except for Aug. 23, Sept. 6, Oct. 11, Nov. 15, Jan. 10, Jan. 24, Feb. 21, April 11, and May 16. HMS and SMS have early dismissal each Friday except for Aug. 24, Sept. 7, Oct. 12, Nov. 16, Jan. 11, Jan. 25, Feb. 22. and May 17.
- High School Exam Early Release Days are the last two days of each semester (Dec 19-20 and May 30-31). Additionally, high schools have late arrival every Thursday except for Aug. 23, Sept. 6, Oct. 11, Nov. 15, Jan. 10, Jan. 24, Feb. 21, April 11, May 9, and May 23.

Campuses reserve the right to cancel or modify early release or late arrival schedules to accommodate special school activities.

Inclement Weather Days: Feb. 18 and April 22 May become student school days if time is lost to bad weather. Otherwise, will be Student Holiday/Professional Growth Workdays.



All grade levels (K-12) will have 9-week grading periods.

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- 1 18-oz can tomato juice
- 1 tablespoon parsley flakes
- 115-oz can tomato sauce
- 3 tablespoons wine vinegar
- 3/4 cup finely cut celery
- 2 tablespoons olive oil
- 3/4 cup finely chopped cucumber
- 1 teaspoon salt
- 1/2 cup finely chopped onion
- 1/4 teaspoon pepper
- 1/2 cup chopped avocado
- 1/2 teaspoon Worcestershire sauce
- 1/4 cup finely chopped green pepper
- 1/8 teaspoon garlic powder
- 5 or 6 drops Tabasco sauce

Directions:

Combine all ingredients and mix well. Cover and refrigerate overnight. Serve cold with toasted garlic rounds.

Health Highlights: September, Healthy Aging Month

No matter what your age, you can stay at your personal best with these expert tips.

By Matt McMillen

1. Get moving

Exercise regularly to maintain a healthy body and brain.

2. Stay social

Take a class, volunteer, play games, see old friends, and make new ones.

3. Bulk up

Eat beans and other high-fiber foods for digestive and heart health.

4. Add some spice

Add herbs and spices to your meals if medicationsdull your taste buds.

5. Stay balanced

Practice yoga or tai chi to improve agility and prevent falls.

6. Take a hike

Brisk daily walks this September can bolster both your heart and lungs.

7. Sleep well

Talk to a sleep specialist if you don't sleepsoundly through the night.

8. Beat the blues

If you've been down for a while, see a doctor. Depression can be treated.

9. Don't forget

To aid your memory, make lists, follow routines, slow down, and organize.

Expert Tips on Healthy Aging

Tips from Gary W. Small, MD, professor of psychiatryand biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA LongevityCenter

*Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.

*To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

Tips from Carla Perissinotto, MD, MHS, assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco

*Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.



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