

Ivy Point, Pinehurst, Club Point, Golf Villas, The Shores, The Pines and Estates of Pinehurst

October 2018

Official Newsletter of the Atascocita Community Improvement Association Volume 8, Issue 10

ACIA Maintenance Fee Issue

The Ad Hoc Committee studying the financial issues facing the ACIA made their report to the ACIA Board at their July Board Meeting. One important area in the report addressed the fact that the Reserve Fund is woefully underfunded. The July, 2018 Financial Cash Balance Report showed the Reserve Fund Account to be \$36,568.00. This balance is not adequate to cover potential repair and/or replacement costs of ACIA's capital assets should they be affected by future storms or other causes.

Between the need to increase the Reserve Fund and the unusual expense incurred this last year as a result of Harvey inflicted damages, either the maintenance fee will need to be increased or ACIA services and/or common facility use will need to be trimmed back. Of course, the actions could entail a combination of these measures.

The Ad Hoc Committee recommended that the Board conduct a survey of ACIA residents to determine their preference to either raise maintenance fees or to cut back on common facilities and services or a combination of these actions. The results of the survey would help to guide the Board as it moves forward to address the problem.

The Ad Hoc Committee which was composed of Dr. Michael Say, Dr. Brad York and Mr. Gregg Mielke also made other recommendations to the Board that could potentially improve the operations of the ACIA to help cut costs in the future. You can find the full report on the ACIA web site.

BROKEN CURBS

All curb repairs, except those of driveway aprons/transitions to the street are the responsibility of Harris County Precinct 2 Road Maintenance. Driveways are the responsibility of individual homeowners along with their sidewalks. Please report any broken curbs with the specific address directly to Harris County Precinct 2 at (713) 455-8104 or https://www3.harriscountytx.gov/ servicerequestform/default.aspx?pct2 on-line work orders for street maintenance. Your efforts to report these items help to keep our neighborhood beautiful!

Kingwood Women's Club Holiday Marketplace

Come shop early this year from over a hundred vendors with thousands of unique, upscale items. Proceeds will go to benefit local area charities. The annual Kingwood Women's Club Holiday Marketplace was cancelled last year due to Harvey and this has hurt many local area charities. In 2016, we donated around \$100,000 to places like HAAM, Society of St. Stephens, Project Mammogram and many more. Your shopping dollars this year will help our community and you get to have all the fun! The event kicks off on Monday, October 22, with a Preview Party from 6 p.m.to 9 p.m. with fabulous food, shopping and a Silent Auction. On Tuesday, October 23, you can shop all day from 9:00 a.m. to 5:00 p.m. and enjoy a luncheon by Marsala's from 11:00 a.m.-2 p.m. Tickets are available online @ www. kingwoodwomensclub.org or at Alspaugh's Ace Hardware in Kingwood. The event is located at the Humble Civic Center at 8233 Will Clayton Parkway.

COMMUNITY CONTACTS

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PRECINCT 2 INFORMATION

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Street Maintenance & Curb Repair	713-455-8104

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Jimmy Wells	

EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergency	9-1-1
P-4 Constable Dispatch	281-376-3472
Humble ISD Police (Schools)	281-641-7900
Atascocita Volunteer Fire Dept (AVFD)	
Non-Emergency Number	281-852-2181
Harris County Animal Control	281-999-3191
Texas Poison Control Center	

UTILITIES

Electric, (multiple providers)	www.powertochoose.org
Power Outages	
Street Light Outages	
Gas, Centerpoint Energy	
Gas Leaks	
Water, Inframark	
24 Hour Emergency Number	
Telephone, Centurylink	
Trash, Waste Management	
Humble Post Office	
Harris County MUD #132	www.hcmud132.com
Harris County MUD #151	

SCHOOLS

Humble ISD	
Website	www.humble.k12.tx.us
Pine Forest Elementary	
Maplebrook Elementary	
Atascocita Middle School	
Atascocita High School	

NEWSLETTER INFORMATION

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Lake Houston Ladies Club October Meeting

The Lake Houston Ladies Club is a social organization dedicated to connecting women through monthly luncheon meetings, social activities and various interest groups. Our next luncheon will be held on Tuesday, October 16, from 10:00a-12:30p at the Walden Country Club, 18100 Walden Forest Drive in Humble, Tx 77346. The cost of the event is \$17 per person and includes lunch and entertainment.

Our theme this month is Healthcare and our guest speaker will be Lee Ann Hyatt, RN, BSN. Her topic will be Live for Today, Let's Make the Most of It! Lee Ann states, "Many of us struggle to live in the present. We find ourselves thinking about our happiness in the past or believe that we will be happy in the future when we accomplish something or reach a certain milestone. As a result, we may be missing the opportunity to truly feel happy...now, in the present moment." She will discuss this self-defeating behavior and give several suggestions on how we can learn to truly "Live for Today"!

The club welcomes new members from all surrounding areas. Many interest groups are available including Game Day, Shooting Club, Bunco, Mah Jongg, Lunch 'N Look, Tea Time, Movie Group, Supper Club, Hand Knee and Foot, Girls Night Out, Mexican Train, Reader's Choice and Bridge. There are also events during the year that include spouses or significant others. The club is an excellent way to meet new people and make new friends.

Please join us. New members are always welcome. For more information about the club and for luncheon reservations, please go to the club web page at http://www.lakehoustonladiesclub.com or call Karen at 281-900-5584 by Tuesday, October 9.



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What is a Leucism?

By Cheryl Conley, TWRC Wildlife Center

Every animal admitted to our Center is special and everyone gets great care but occasionally we get one that is just a little different and very rare. This happened recently when a white baby squirrel was admitted. We posted pictures on our Facebook page and I, like others, wondered if it was an albino. Because the squirrel has dark eyes it is most likely leucistic. Leucism is a partial loss of pigmentation but the eye color remains unaffected. Albinism is a congenital disorder and the eyes would appear pink or red.

White squirrels are actually a mutation of the eastern gray squirrel. It is believed that white squirrels are the result of pet white squirrels that either escaped or were released into the wild. Brevard, North Carolina, seems to have the largest population of white squirrels and goes back to 1949 when a resident received a couple of them as gifts. They escaped and began breeding and now it's estimated that one in three squirrels in Brevard are white. They have become a tourist attraction and are celebrated every year during the White Squirrel Festival.

Another rarity is the black squirrel. Like the white squirrel, black squirrels are actually eastern gray squirrels with a genetic condition called melanism. This condition can occur in many species.

Regardless of the color, a squirrel is a squirrel is a squirrel and

the color does not affect its behavior. Right now, squirrels are busy finding and storing food for the winter months. This behavior is called "caching." One interesting study published by the "Royal Society Open Science" says that squirrels actually organize their nut stashes by quality, variety and maybe even preference. Some scientists call this "chunking." The study's senior author, Lucia Jacobs, compared it to the way we organize our groceries. "You might put fruit on one shelf and vegetables on another. Then, when you're looking for an onion, you only have to look in one place, not every shelf in the kitchen."

In order to avoid predators, squirrels will zigzag back and forth. I think we've all seen squirrels trying to cross a street. Instead of running a straight line to safety, they will zigzag and the result often leads to an unhappy ending for the squirrel.

A squirrel's tail not only serves as a blanket in the cold days of winter but is also used as a way to communicate. It can warn other squirrels of danger, is used to help with balance and climbing and is also used during the mating season to attract potential mates.

Gray, brown, black or white, we love them and are fortunate to be able to care for fox squirrels, eastern gray squirrels and flying squirrels.

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Atascocita High School Latin Club Wins Big at National Convention



Six Atascocita High School Latin club students competed against 2,000 Latin and Greek students from 32 states across the nation at the 65th National Jr. Classical League Convention. The high school students dedicated time this summer to study Latin and curate classically themed art projects to enter in various competitions during the annual convention, held at Miami University in Oxford, Ohio. All six students took home several awards and are now national award winners.

Leonard Randolph, Atascocita High School junior, earned a

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distinguished medal and is now ranked 5th in the nation for National Jr. Classical League Graphic Arts.

National Jr. Classical League encourages student interest and an appreciation of the language, literature, and culture of ancient Greece and Rome. In addition to the competition, the convention provides leadership opportunities for state officers. Faith Padgett, Atascocita High School senior, has been chosen to serve as the 2018-2019 Historian for the Texas State Jr. Classical League and on the student board of State Jr. Classical League Officers for Texas.

The AHS Latin students brought home the following awards:

Leonard Randolph - Junior

Watercolor, 1st place Constructed Charts, 2nd place Sculpture, 2nd place Greeting Cards, 2nd place Ink, 3rd place Colored Pencil, 4th place Place Small Model, 4th place Chalk, 5th place Acrylic, 6th place Pottery, 6th place Mixed Media, 7th place

Kendall Wilburn - Junior Computer Enhanced Photography, 1st place

Lauren Dumont - Sophomore Constructed Charts, 1st place Computer Enhanced Photography, 1st place Traditional Photography, 3rd place Latin Literature, 4th place Essay, 5th place

Faith Padgett - Senior Computer Enhanced Photography, 2nd place Constructed Charts, 3rd place Club Scrapbook, 3rd place State Scrapbook, 6th place

Lizzie Worn-Wilkerson - Senior Essay, 10th place

Anthony Perry - Junior Graphic Design for State T-Shirt, 2nd place



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Tips for Packing a Healthy School Lunch

By Stephany Pando, cooksmarts.com, edited for space



Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

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Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).
- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!





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Kids' Fall Allergies

By Aaron Williams, Pharmacist

School is in session, and just like clockwork your 8-year-old starts sneezing, sniffling, and snorting—not to mention clearing her throat and blowing her nose like there's no tomorrow. Chances are it's allergies—the immune system's reaction to a substance that would normally be quite harmless. Up to 40% of children in the U.S. have nasal allergies.

Outdoor allergens, also known as hay fever or seasonal allergies often bring images of springtime sufferers. In the fall, however, outdoor allergens such as ragweed and tumbleweed may also release tiny pollen and wreak major havoc—especially in the morning.

But that's not all. In the fall, your child begins spending more time inside at school and friends' homes. That's when many indoor allergens may also rear their ugly heads such as: Dust mites, Mold, Animal allergens, clothing and toys made or stuffed with animal hair or latex in rubber gloves, toys, balloons or elastic in clothing.

You don't have a lot of control over indoor allergens at school. But there certainly are some things you can do to protect your child. Here's a small sample of steps you can take:

- Use air conditioners and keep windows closed in your car and at home and change HVAC filters regularly to reduce exposure to pollen.
- Have your child avoid playing in piles of dead leaves to avoid mold allergies.
- Reduce mold growth in the home by fixing leaky plumbing, removing bathroom carpets and control indoor humidity.
- Vacuum upholstered furniture and wash linens weekly and other bedding every 1 to 2 weeks in hot water.
- Limit stuffed animals in the bedroom.
- Replace pillows every 2 to 3 years.
- Encase pillows, mattresses, and comforters in special covers that keep dust mites out

Avoiding triggers is the best way to prevent the symptoms of allergies. But keep in mind that it can take 3-6 months to see an improvement in symptoms once indoor triggers are removed.

Sometimes avoiding triggers is not enough to control symptoms. Before you stock up on loads of over-the-counter medicine, however, swing by and have a talk with me. I can point you to products in our store and guide you on their use. Also, make sure to have a conversation with your child's pediatrician. Sometimes allergy testing or prescription medications are sometimes needed to bring relief.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

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Color the drawing below and mail the finished artwork to us at: Peel, Inc. - Kids Club 308 Meadowlark St. Lakeway, TX 78734-4717 We will select the top few and post their artwork on our website at www.peelinc.com/index.php/kids-club DUE: October 31st, 2018 Be sure to include the following so we can let you know! Name (first name, last initial): Age: ☆ ACIA



Fall Clean Up: 10 Things to Purge Every Fall

Adding a fall clean up routine to your year is a great way to get the house ready for the holidays with less stress!

Fall Kitchen Decluttering

Spices & Seasonings - Take all the spices, seasonings, and condiments out of the cabinet and give the shelves a quick cleaning. Before putting everything back, check the expiration dates. Have a piece of paper handy to keep track of what needs to be replaced. You'll be all set for holiday baking! Freezer - Sometimes our freezer becomes a black hole where things go in and never come out. The fall is the perfect time to get it cleared out and ready for winter. BONUS: If you have a little extra time, purge the pantry/food cabinet as well!

Fall Closet Decluttering

Sandals & Summer Shoes - Be honest about what shoes were REALLY worn this summer. Now is the time to donate or sell the others. The most effective way to tackle this is to remove ALL the shoes from the closet and then put back the ones that you wear. That also gives you a chance to wipe down the shelves or shoe organizer.

Swimwear - Fall is also a great time to purge the swimwear. I seem to add swimsuits and cover-ups, but never get rid of any.

BONUS: Peek at the family's winter coats and donate any that have been outgrown or are no longer needed now before winter hits. Someone will be so grateful that you did this one!

Fall Garage Decluttering

Toys - Any big toys the kids have outgrown should be cleared out in the fall, before the

holidays. It's the perfect time to donate them.

Garden Tools & Products -Nothing kills my spring planting motivation faster than being ready to plant and finding everything a mess from the prior year.

Fall Living Room Decluttering

Magazines & Books - Do a quick sweep and lighten the clutter by purging outdated magazines. Look for books you know you'll never read again and pass them along to a new home. Throw Blankets - At one point, I thought you could never have too many blankets around the living room. Then I kept adding new ones through both purchases and gifts and passed the saturation point.

Fall Bedroom Decluttering

Timer Challenge – I feel like everyone gathers different kinds of clutter in the bedroom, but that doesn't mean we can't address it. Set the time on your cell phone or microwave for 15 minutes, and try to find as many things as you can that can be removed.

Fall Bathroom Decluttering

Product Purge - Chances are you've got some beauty products that are never touched lurking in the bathroom. I'm definitely guilty of trying out products, not loving them, but not wanting to get rid of the. That is just crazy though! Keeping them around to clutter up the bathroom isn't doing any good.

I bet you and your home will both feel a bit lighter when you are done.



If you know of someone who would appreciate the level of service my Team provides, please call me with their name and business number. I'll be happy to follow up and take great care of them.



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