

# HALLOWEEN HEALTH AND SAFETY TYPS

by Centers for Disease Control and Prevention

Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

### GOING TRICK-OR-TREATING?

- Swords, knives, and other costume accessories should be short, soft, and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.
- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- Look both ways before crossing the street. Use crosswalks wherever possible.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

### EXPECTING TRICK-OR-TREATERS OR PARTY GUESTS??

# Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as lowcalorie treats and drinks. For guests, offer a variety of fruits and vegetables.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

## **NLF COMMITTEES**

#### **POOL AND FACILITIES**

Chair	TBD
Board Liaison	Russell McPherson

#### LAKE AND LANDSCAPING

Chair	TBD
Board Liaison	Paul Rath

#### **COMMUNITY SAFETY**

Safety Chair Kelly Moor	re
Board Liaison Adam Klug	

#### ARCHITECTURAL

Chair	TBD
Board Liaison	. Steve Velzis

#### **NLF EVENTS / NEWSLETTER**

Chair	TBD
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
Secretary	Russell McPherson
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 Michael.Quast@inframark.com · www.inframarkims.com

Northlake Forest HOA Website: www.northlakeforesthoa.com

## **IMPORTANT NUMBERS**

#### **EMERGENCY NUMBERS**

Poison Control ......1-800-222-1222

#### NON-EMERGENCY NUMBERS

Mark Herman Constable, Precinct 4.........(281) 376-3472 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

#### **GOVERNMENT NUMBERS**

Harris County Animal Control(281) 999-3191 Harris County Public Health & Environmental Services
R. Jack Cagle - Community Assistance Dept.
Social Security Administration1- (800) 772-1213
Department of Public Safety @ West Rd(281) 517-1333
Department of Pubic Safety @ Grant Rd (281) 890-5440

#### POST OFFICE

USPS @ Spring Cypress(281) 373-9125
The UPS Store @ Spring Cypress(281) 304-6800
FedEx Office @ Barker Cypress(281) 256-8323

#### LIBRARY

Lone Star College CyFair Library	
Circulation Desk	(281) 290-3210
Northwest Branch Library	
@ Regency Green Drive	(281) 890-2665
Barbara Bush Library @ Cypress Creek	(281) 376-4610

#### SCHOOLS

Administrative Offices	
Farney Elementary	
Goodson Middle School	(281) 373-2350
Cy-Woods High School	(281) 213-1800

#### UTILITIES

NW Harris County MUD #10	
Best Trash	(281) 313-2378
CenterPoint Energy Gas	
Relient Energy Electricity	1-(855) 347-3232
<i></i>	www.powertochoose.com

### **NEWSLETTER INFO**

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# NORTHLAKE FOREST

## 21st Annual Salute to the Stars Gala

Thursday, October 18, 2018, the Cy-Fair Educational Foundation (CFEF) will host its 21st annual Salute to the Stars Gala at the Berry Center. Our underwriter, Cy-Fair Federal Credit Union along with major sponsors IBI Group, Dally+ Associates and Prairie View A&M University join us in celebrating Cypress-Fairbanks ISD 2017-2018 Teachers of the Year. The evening's celebration is highlighted with teacher drawings, a guest speaker, dinner, entertainment, raffle and live auction.

The gala honors a Teacher of the Year from each campus for their outstanding dedication to students in Cypress-Fairbanks ISD, along with two paraeducators and two support staff selected for their notable work on campus. Salute to the Stars has raised more than \$3 million for innovative staff development programs for district teachers and instructional leaders, and scholarships for graduating seniors. At the 2017 Salute to the Stars, the Foundation presented the District with a check totaling \$95,190.72 for staff development programs. This past May, Cypress Fairbanks ISD students were awarded over half a million dollars in scholarships from the Foundation.

CFEF was established in 1970 as a non-profit to raise money to fund a scholarship for high school graduates in the area. Over the past 48 years, the Foundation has grown tremendously through the efforts of the Board of Trustees and the generosity of the Cy-Fair Community. The Foundation has awarded over \$8 million in scholarships to more than 1700 graduating seniors. CFEF is a 501(c)3 non-profit organization, all contributions are tax deductible, as allowed by the law.

Sponsorships are available for Salute to the Stars, for more information please contact Marie Holmes at marie@thecfef.org or 281-370-0144.







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### **St. Peter's Anglican Church** announces Fall Bazaar

St. Peter's Anglican Church announces their Fall Bazaar, to be held on Friday, November 2 and Saturday, November 3, 2018, at the church at 19915 Cypress Church Road, Cypress, Texas 77433. You are invited to come and shop and visit where we will have vendor booths of homemade items, a bake sale and a New to You booth. There will be two quilts and various gift items for raffle. Doors open at 8:00 AM and we will end at 3:00 PM each day, and there will be lots of gift ideas for all ages. Our theme this year is Olde World Bazaar and Toys.



Friday, November 2 and Saturday, November 3, 2018

## TRUNK - OR - TREAT 2018 Oct 26th 6-10PM

Republic Gymnastics and Dance is hosting our 1st Trunk-or-Treat!

This event is OPEN to the PUBLIC! So please come enjoy the Halloween spirit with us at REPUBLIC! Join us for:

- Vendors
- Shaved Ice & Food Trucks
- Face Painting donated by Night Light Pediatrics
- Photo Booth donated by Case by Case Photo Events
- Activities
- Games
- Costume Contests

ENTRY: DONATION of non-perishable FOOD items

Republic will be donating all non-perishable FOOD items to the AMAZING local organization Cy-Fair Helping Hands which focuses on helping kiddos specifically within CFISD. With Thanksgiving coming up what better way to help and support those in need than to provide items that could make their holiday a bit better. We appreciate any and all donations!





# MAKE TIME FOR YOUR MAMMOGRAM

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# NORTHLAKE FOREST

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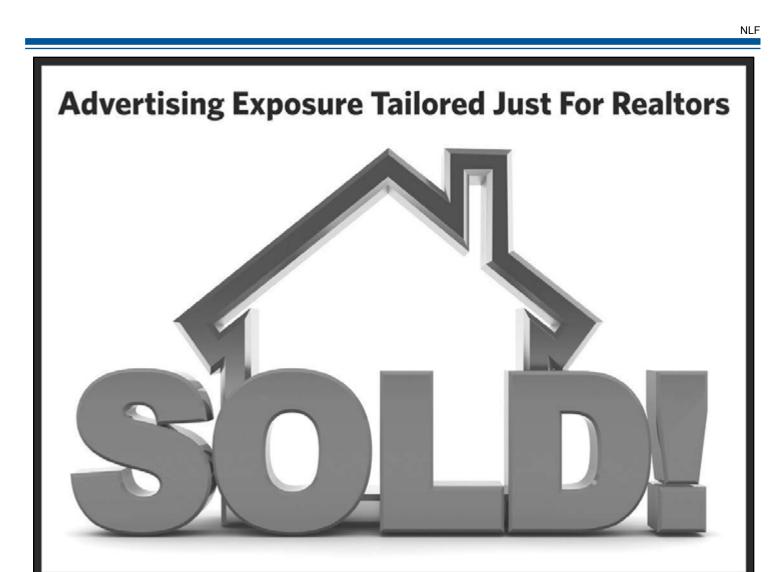
### SCHOOL DISTRICT CALENDAR

LEARN . EMPOWER . ACHIEVE . DREAM

<b>'18</b> JULY	AUGUST	SEPTEMBER	OCTOBER
SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS
1       2       3       4       5       6       7         8       9       10       11       12       13       14         15       16       17       18       19       20       21         22       23       24       25       26       27       28         29       30       31	1       2       3       4         5       6       7       8       9       10       11         12       13       14       15       16       17       18         19       20       21       22       23       24       25         26       27       28       29       30       31	1         2       3       4       5       6       7       8         9       10       11       12       13       14       15         16       17       18       19       20       21       22         23       24       25       26       27       28       29         30	1       2       3       4       5       6         7       8       9       10       11       12       13         14       15       16       17       18       19       20         21       22       23       24       25       26       27         28       29       30       31
NOVEMBER	DECEMBER 11		FEBRUARY
	S M T W T F S T	SMTWTFS	SMTWTFS
S     M     T     W     T     F     S       1     2     3       4     5     6     7     8     9     10       11     12     13     14     15     16     17       18     19     20     21     22     23     24       25     26     27     28     29     30	3       W       1       W       1       1         2       3       4       5       6       7       8         9       10       11       12       13       14       15         16       17       18       19       20       21       22         23       24       25       26       27       28       29         30       31	1       2       3       4       5         6       7       8       9       10       11       12         13       14       15       16       17       18       19         20       21       22       23       24       25       26         27       28       29       30       31	3       4       5       6       7       8       9         10       11       12       13       14       15       16         17       18       19       20       21       22       23         24       25       26       27       28
MARCH	APRIL	MAY	JUNE
S     M     T     W     T     F     S       1     2       3     4     5     6     7     8     9       10     11     12     13     14     15     16       17     18     19     20     21     22     23       24     25     26     27     28     29     30       31	S       M       T       W       T       F       S         1       2       3       4       5       6         7       8       9       10       11       12       13         14       15       16       17       18       19       20         21       22       23       24       25       26       27         28       29       30	S     M     T     W     T     F     S       1     2     3     4       5     6     7     8     9     10     11       12     13     14     15     16     17     18       19     20     21     22     23     24     25       26     27     28     29     30     31	S     M     T     W     T     F     S       1     2     3     4     5     6     7     8       9     10     11     12     13     14     15       16     17     18     19     20     21     22       23     24     25     26     27     28     29       30
IMPORTA	IMPORTANT DATES GRADING PERIODS		
Aug. 13-17Professional IAug. 20-24Professional IAug. 27First Day of SoSept. 3Student/StaffOct. 8Professional INov. 19-23Student/StaffDec. 24-28, 31Student/Staff	Days chool Holiday Day/ES Parent Conferences Holiday	<b>Elementary</b> Aug. 27 – Oct. 26 Oct. 29 – Jan. 18 Jan. 22 – March 29 April 1 – May 30	<b>Secondary</b> Aug. 27 – Oct. 19 Oct. 22 – Dec. 21 Jan. 7 – March 8 March 18 – May 30
Jan. 1-3 Student/Staff	-	ACCESS	LEGEND
March 11-15Student/StaffApril 19Student/StaffMay 27Student/StaffMay 30Last Day of So	Holiday Day/Inclement Weather Day Holiday Holiday Holiday	Scan for web version	<ul> <li>Student/Staff Holiday</li> <li>Professional Day (Student Holiday)</li> <li>First and Last Days of School</li> <li>Parent Conferences</li> <li>Inclement Weather Day</li> </ul>



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