



# ACIA

## Happenings

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

November 2018

Official Newsletter of the Atascocita Community Improvement Association

Volume 8, Issue 11

## ANNUAL FALL COMMUNITY WIDE GARAGE SALE

**When:** Friday and Saturday, November 2 & 3, 2018.

**Times:** All Day

**Where:** The garage sale area includes all sections Atascocita Shores, Club Point, Ivy Point, Golf Villas, Estates of Pinehurst, Pinehurst, and Pines.

Residents will sell various personal and household items at their residences. Shoppers may find some fantastic deals on hard-to-find or one-of-a-kind items, household items, kitchen gadgets, clothing, baby items, and the possibilities are endless on the finds one may encounter during this garage sale.



## Lake Houston Ladies Club

The Lake Houston Ladies Club's next luncheon will be held a week early due to the Thanksgiving holiday on Tuesday, November 13, from 10:00-12:30 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 guest speaker will be Rabbi Dan Gordon, spiritual leader of Temple Beth Torah in Humble. Rabbi Gordon has been involved in many interfaith activities and has an international reputation as a maggid: a sacred storyteller. Rabbi Gordon will enlighten us with one of his stories, helping us to find a soul within the story.

The Lake Houston Ladies Club is a social organization dedicated to connecting women through monthly luncheon meetings and social activities. The club welcomes new members from all surrounding areas. Many interest groups are available including Bunco, Shooting Club, Mah Jongg, Lunch 'N Look, Tea Time, Movie Group, Supper Club, Hand Knee and Foot, Girls Night Out, Mexican Train, Reader's Choice, Bridge and Game Day. 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, November 6.

# COMMUNITY CONTACTS

## BOARD MEMBERS

Ric Halbrook, President ..... ric@atmyacia.com  
Bob Garlington, V.P. .... bob@atmyacia.com  
Ron Jones, Trustee..... ronacia73@gmail.com  
Karen Davis, Secretary..... karen@atmyacia.com  
Jeremy Williams, Treasurer..... jeremy@atmyacia.com  
Community Asset Mgmt, (CAM) ..... 281.852.1155

## SOCIAL COMMITTEE

Robert Comstock ..... comstock1@comcast.net  
Karen Davis ..... karen@atmyacia.com  
Susan Bergquist ..... ms.susan.sb@gmail.com

## TENNIS COMMITTEE

Pam Hailey, Chair ..... pamelagenehailey@yahoo.com

## CONTRACT / PROJECT REVIEW

Gregg Mielke, Chair..... mielkehome@comcast.net  
Bob Garlington ..... bob@atmyacia.com

## PRECINCT 2 INFORMATION

Commissioner Morman ..... 713-755-6220  
Street Maintenance & Curb Repair ..... 713-455-8104

## ARCHITECTURAL CONTROL COMMITTEE

Robert Comstock, Chair ..... rcomstock1@comcast.net  
Bob Abrahamsen ..... abetex281@gmail.com  
Jeremy Williams..... jeremy@atmyacia.com  
Ken Hemby..... khembey@gmail.com  
Jimmy Wells..... humtex1949@yahoo.com

## NON-EMERGENCY COMMUNITY SERVICES

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 ..... 800-222-1222  
Sunoco Pipeline..... 877-795-7271

## UTILITIES

Electric Power Outage ..... 713-207-7777  
Street Light Outages..... 713-207-2222  
Gas, Centerpoint Energy Gas Leaks ..... 713-659-2111  
Phone Land Lines, Centurylink..... 877-290-5458  
Trash, Waste Management..... 888-964-9734  
Harris County MUD 132, Service Calls..... 281-209-2111  
Emergency ..... 281-398-8211  
Harris County MUD 151 ..... 281-578-4200  
Emergency ..... 281-209-2111  
Harris County MUD 153 ..... 281-367-5511

## SCHOOLS

Humble ISD ..... 281-641-1000  
Pine Forest Elementary..... 281-641-2100  
Maplebrook Elementary ..... 281-641-2900  
Atascocita Middle School ..... 281-641-1000  
Atascocita High School ..... 281-641-7500

## NEWSLETTER INFORMATION

Editor..... Laura Lammers  
Advertising..... advertising@PEELinc.com

# HARRIS COUNTY CONSTABLE, PRECINT 4 Atascocita CIA September Stats

## CATEGORIES

Burglary Habitation: 0	Burglary Vehicle: 1
Theft Habitation: 0	Theft Vehicle: 1
Theft Other: 0	Robbery: 0
Assault: 0	Sexual Assault: 0
Criminal Mischief: 4	Disturbance Family: 2
Disturbance Juvenile: 0	Disturbance Other: 4
Alarms: 15	Suspicious Vehicles: 7
Suspicious Persons: 3	Runaways: 0
Phone Harassment: 0	Other Calls: 310

## SUMMARY OF EVENTS

### Alarms:

Deputies responded to 15 residential alarms that were cleared as false alarms. Traffic Enforcement:

Deputy conducted numerous traffic stops and traffic initiatives throughout the contract during the month in the interest of public safety and in an attempt to reduce the risk of motor vehicle accidents.

### Contract Checks & Park Checks

Deputies conducted 112 combined contract checks and park checks during the month.

### Family Disturbance:

20000 Magnolia Bend Dr.—Deputy responded to a call regarding a Family Disturbance incident. Investigation revealed the Complainant was involved in a physical altercation with her husband. No charges filed at this time. Report filed.

19607 Sweetgum Forest Dr.-Deputy responded to a family disturbance call. A report was generated for documentation. Call Cleared Report.

### Theft of Motor Vehicle:

20300 Arrow Cove Dr.—Deputy responded to a call regarding A Stolen Vehicle. Investigation revealed that the complainant's vehicle was stolen by known suspect.

### Burglary Motor Vehicle:

7400 Pine Green Ln.-Deputy responded to A Burglary of Motor Vehicle call. Investigation revealed that unknown suspect(s) entered the complainant's unlocked vehicle and stole his semiautomatic hand gun. Suspect fled undetected. Report generated.

### Criminal Mischief:

20300 Arrow Cove Dr – Deputy responded to a call regarding criminal mischief. Investigation revealed unknown suspect(s) caused damaged to complainant's tires to his vehicle. The suspect(s) fled undetected. Report generated.

20300 Acapulco Cove Dr. – Deputy responded to a call regarding Criminal Mischief. Investigation revealed unknown suspect(s) slashed three tires of the complainant's vehicle. The suspect(s) fled undetected. Report generated.

(Continued on Page 4)





## See why RE/MAX and The Billie Jean Harris Team is the right choice.

We believe to get to the best places in life, you need great guidance. Whether it's pricing your home, negotiating a contract or navigating inspection and appraisal, RE/MAX agents have the education and expertise to lead you in the right direction.

### RE/MAX AGENTS ARE

## dedicated

When you work with a RE/MAX agent, you're the top priority. Your goals become the agent's goals. From start to finish, your agent is committed to your unique needs and wants, guiding your transaction with energy and attention to detail.



EVERY **30** SECONDS  
A RE/MAX AGENT  
HELPS SOMEONE  
FIND THEIR  
PERFECT PLACE

### RE/MAX AGENTS ARE

## knowledgeable

With something as important as a home sale, you want an agent who can grasp the big picture. RE/MAX agents can help to identify problems and prepare solutions that work. This may even bring to light options you never considered.



RE/MAX AGENTS  
AVERAGE  
**12** YEARS  
IN EXPERIENCE

### RE/MAX AGENTS ARE PART OF A GLOBAL

## network

When you choose RE/MAX, you'll have a talented local agent and brokerage on your side, along with all the advantages of a worldwide brand. A name people know and trust and a presence in over 100 countries and territories.



OVER **110**  
THOUSAND  
AGENTS  
WORLDWIDE

### RE/MAX AGENTS BELIEVE IN

## community

It's personal. Giving back is at the heart of what RE/MAX agents do. Through a long-standing relationship with Children's Miracle Network Hospitals and their support of countless other charities, RE/MAX agents show they're committed to making a difference.



OVER **\$157**  
MILLION  
DONATED  
TO CHARITIES BY  
RE/MAX AGENTS

**Let The Billie Jean Harris Team guide you.**

RESIDENTIAL | LUXURY | COMMERCIAL

**BILLIE JEAN HARRIS TEAM**  
*Marketing Specialist*

RE/MAX East  
713-825-2647 (Cellular)  
713-451-4320 (Direct)  
bharris@remax-east.com  
www.billiejeanharris.com



# ACIA HAPPENINGS

(Continued from Page 2)

7700 Hurst Forest Dr.-Deputy responded to a call regarding Criminal Mischief. Investigation revealed that an unknown suspect(s) cut the water line to their home. No charges filed. Report generated.

7700 Hurst Forest Dr.-Deputy responded to a call regarding Criminal Mischief. Investigation revealed that a possible known suspect cut the water line to the house. Complainant declined to file charges. Report generated.

## Other Calls:

20100 18th Fairway Dr. – Deputy responded to a Prop Found/Lost type call. Investigation revealed that the complainant misplaced his wallet while bike riding. Wallet was returned. Report generated.

8500 Atascocita Lake Way – Deputy responded to a call regarding fraud using the Complainant's identity. Investigation revealed that unknown suspect(s) obtained credit without permission. Report filed.

8000 W Club Point Dr - Deputy responded to a call regarding fraud using the Complainant's identity. Investigation revealed that unknown suspects obtained and used her credit card without permission. Report filed.

20700 Tamarron Dr.-Deputy responded to a Terroristic Threat. Investigation revealed that a known suspect made a threat towards the complainant. Report completed.

20400 Atascocita Shores Dr.-Deputies responded to a Road rage type of call. Investigation revealed that a reported reckless driver blocked the complainant's vehicle on a public roadway.

## **SOCCER AHFC Royals USL2 & WPSL Tryouts!!**

AHFC Royals is back the summer 2019 (May - August). The Royals USL2(formerly PDL) and WPSL are a pathway for players desiring to play at a higher level. It is a proven pathway to the pros! Don't miss out. Join our team this coming season.

Tryouts will be held December 15, 2018 from 10:00am to 12:00pm at CRSP (3601 Campbell RD, Houston TX 77080). Registration is required prior to tryouts. Fee for the December tryouts will be \$50 while the March tryout fee will be \$75. Register at [www.ahfcroyals.com](http://www.ahfcroyals.com). #LIVetheDREAM #BEROYAL



**SUBZERO**  
NITROGEN ICE CREAM



We use liquid nitrogen to create custom ice cream right before your eyes!

**now  
open**

**BOGO**  
BUY ONE GET ONE FREE  
(of equal or lesser value)

**COME VISIT US!**  
12230 W Lake Houston Pkwy  
Suite 250  
Houston, TX 77044  
281-458-1400



## KILL THE LIGHTS, SAVE THE BIRDS

*By Cheryl Conley, TWRC Wildlife Center*

Who doesn't love seeing the Houston skyline at night, or any big city for that matter? The buildings are all lit up like Christmas trees but did you know that the lights can have a devastating effect on migrating birds? Digital billboards, floodlights and electric signs can have the same effect on them. About two-thirds of migratory birds travel at night and use the moon and stars to help guide them. The lights disorient them and can cause them to fly in circles and to crash into windows. Over 100 MILLION birds die annually according to Massachusetts Audubon. The inappropriate or excessive use of artificial light has come to be called light pollution.

In May of 2017, nearly 400 birds were found dead outside the American National Insurance building in Galveston. Richard Gibbons with Houston Audubon believes the building's lights disoriented them.

For the last three years on September 21st in Portland, Oregon, more than a dozen buildings turned off their lights in observance of Lights Out Portland. The purpose of the event is to call attention to the impact that lights have on migrating birds. The Convention Center has gone a step further and has modified their lighting to be less attractive to birds year round.

Each year on September 11th, New York City remembers those lost with two powerful searchlights aimed towards the heavens near where the World Trade Center once stood. It is called the Tribute in Light. For the past ten years, researchers have tracked millions of migrating birds as they fly across the United States. While analyzing the data, they were stunned to learn that the Tribute in Light attracted and altered the migratory behavior of bird densities up to 150 times their normal levels. It was estimated that this affected 1.1 million birds.

New York City Audubon decided to do something about it. They positioned volunteers called "tribute counters" with binoculars near the base of the tribute. If they reported densities of more than 1,000 birds or if a dead bird was found, the tribute lights were turned off for a short time. This happened for the first time in 2010 and the lights were turned off a total of 5 times during the night of September 11th/12th. Scientists were able to observe on radar the effects of turning off the lights. Once off, the birds resumed their migration heading southwest.

Drs. Farnsworth and Horton, scientists at the Cornell Lab of Ornithology, have identified 5 major cities that pose the greatest risk

*(Continued on Page 6)*



## KEEP YOUR FAMILY HEALTHY WITH HOUSTON METHODIST PRIMARY CARE

### Our primary care doctors make your family their top priority.

We provide personalized care for your whole family, including physicals, immunizations and preventive care.

Many of our practices:

- Provide online scheduling
- Are conveniently located close to work or home
- Offer same-day appointments
- Accept most major insurance plans

HOUSTON  
**Methodist**<sup>®</sup>  
PRIMARY CARE GROUP

[houstonmethodist.org/pcg/north](http://houstonmethodist.org/pcg/north)  
713.394.6638

# ACIA HAPPENINGS

(Continued from Page 4)

to migrating birds—Chicago, Houston, Dallas, Atlanta and New York. They used historical records, radar and satellite data to monitor the intensity of light pollution. In addition, they have discovered that over half of the birds migrating across the United States in the fall do so within a 10-day period of time. Scientists from Cornell, the University of Massachusetts at Amherst and Oxford University are now able to forecast these migration days. These major cities could use this information to extinguish lights to give the birds safe passage. Wouldn't it be great if these cities would use this information and turn out the lights?

Across the country, there are many cities that are now observing "lights out days" during the fall. If your city isn't one of them, contact your city officials. They may not be aware of light pollution. If you're a homeowner, replace those bulbs that are on all night with motion-activated lights.

TWRC Wildlife Center is a 501(c)(3) organization dedicated to helping you live in harmony with the animals we share our world with. Please check out our website at [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org) and be sure to follow us on Facebook.



Photo by John & Guzman



## AFFORDABLE SHADE PATIO COVERS

*Creating Comfort for Outdoor Living...  
with Affordable Shade.*



*We obtain City Permits,  
TDI Windstorm Certification,  
and help with HOA Approvals.*

*Call to schedule a free estimate.*

# 713-574-4648

Visit our website to view more designs.

## AffordableShade.com

### Custom Patio Covers

Cedar & Treated Pine Shade Arbors

Aluminum Patio Covers & Arbors

Palapas & Tiki Huts & Screen Rooms

Decorative & Structural Concrete



**Financing Available\* with Payments as Low as \$250**

*\*Subject to Credit Approval*





## NORTHWEST FLYERS KIDS' TRACK CLUB HOLDS REGISTRATION FOR 32ND SEASON

The Northwest Flyers Youth Track Club will celebrate its 32nd Anniversary Season by hosting its annual free Registration/Orientation Breakfast on Saturday, February 2nd, 2019, for all boys and girls who are interested in joining for the 2019 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The event is an opportunity for youth athletes to register for the 2019 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation before registering.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put,

discus and javelin.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org>, contact Linette Roach at [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net), or "Like" the club on Facebook.



**"Love the ball...and the Sport!"**  
**Registration for Spring 2019 opens**  
**in December!**

Youth Boys and Girls Ages 4-18  
Don't Miss Out!

[www.TxHeatWave.com](http://www.TxHeatWave.com)  
[admin@TxHeatWave.com](mailto:admin@TxHeatWave.com)  
2325 Atascocita Rd., Suite F200  
281-359-7280



# ACIA HAPPENINGS

## 69TH ANNUAL HEB THANKSGIVING DAY PARADE

November 22, 2018 9-11AM

Downtown Houston - Smith at Lamar Street

Join us Thanksgiving morning, November 22, 2018, at 9:00 a.m., for the H-E-B Thanksgiving Day Parade. The Parade is located in downtown Houston and is FREE for all.

The Houston Thanksgiving Day Parade began in 1949, when Santa arrived at Union Station and rode his sleigh to the downtown Foley's. Since then, the Thanksgiving Day parade has gone through a few changes but today, it remains a 69-year-old holiday tradition showcasing the Houston community and entertaining parade-goers living the streets on Thanksgiving morning.

The 69th Annual H-E-B Thanksgiving Day Parade is produced by the Mayor's Office of Special Events, Susan Christian, Director and Parade Producer.



PATIO COVERS | PERGOLAS | CARPORTS | PORTE COCHÈRES  
OUTDOOR KITCHENS | DECORATIVE OUTDOOR FLOORING



### CUSTOM PATIO STRUCTURES

Committed to Quality, Value & Service



832.570.3990 [www.custompatiostructures.com](http://www.custompatiostructures.com)



FAMILY OWNED & OPERATED WITH OVER 20 YEARS EXPERIENCE  
FREE ESTIMATES & DESIGN CONSULTATION • 100% FINANCING AVAILABLE

## AARON MECHANICAL, LLC

Air Conditioning / Heating / Refrigeration

281.540.HVAC

We are the Area's Leading  
Comfort Experts for All of  
Your Air Conditioning  
and Heating Needs.



[www.AaronMechanical.com](http://www.AaronMechanical.com)

FOLLOW US ONLINE FOR SPECIAL  
DISCOUNT SAVINGS COUPONS!

### SALES • SERVICE • INSTALLATION

- FULLY LICENSED AND INSURED
- WE SERVICE ALL MAKES AND MODELS
- FACTORY TRAINED HVAC TECHNICIANS
- FULL WARRANTIES AND GUARANTEES
- KWIK-COMFORT FINANCING OPTIONS



FAMILY OWNED &  
OPERATED SINCE '78  
Merle Aaron, Jr. & Sr.



## 5 WAYS TO HONOR YOUR LOCAL VETERANS ON VETERANS DAY

By Crystal Glade

While most of us are quick to post on social media, fly an American flag, or offer a quick handshake to a local servicemember on Veterans Day, many are unsure how to show our full appreciation for their service and sacrifice.

Below are five ways to truly honor veterans this Veterans Day:

### 1. Volunteer Your Time

There are hundreds of volunteer organizations that work both directly and indirectly with veterans. Turn your appreciation into action by offering your time and energy to any one of these noble causes. Contact your local VFW or American Legion to see what upcoming events may be in need of volunteers. Offer assistance to a local elderly or disabled vet, or volunteer a few hours to a local veteran-owned business. Whatever your skill, put it to use in your community by helping out the veterans closest to you. Visit [texvet.com/volunteer](http://texvet.com/volunteer) to search for opportunities available in your area.

### 2. Donate Your Dollars

If you're short on time, making a monetary donation is another great way to show support. There are many organizations that offer various forms of aid and assistance to our country's servicemen

and women. For instance, Homes for Our Troops builds specially-equipped homes for injured servicemembers. Navy-Marine Corps Relief Society offers financial assistance and scholarships. The Gary Sinise Foundation creates and supports unique programs specifically for veterans. There are countless organizations dedicated to improving the lives of American veterans, and they can only continue to do so with the financial support of grateful citizens like you.

### 3. Take Time to Listen

Taking time to have a real conversation with your neighbor seems to be a lost art in today's virtual world! Veterans have a wealth of knowledge and interesting stories to share for those willing to listen. Of course, not every veteran will be willing to share the details of his or her time in the service, but many enjoy reminiscing and sharing their unique perspective. Rather than simply thanking them for serving their country, take a moment to open up a meaningful dialogue about their military service and how it has shaped their views on life and liberty.

### 4. Stay Informed

How much do you really know about how our country's military

*(Continued on Page 10)*



*Locally Owned & Operated*

☎ 281-324-1120

23170 Fairlake Ln • Huffman, TX 77336



**MINI-WAREHOUSE**



**BOAT / RV  
STORAGE**

### ADVANTAGES

- 24 Hour Access
- Climate & Non-Climate storage units
- Large Driveways
- Convenient Payment Options

Fairlake Storage & Lake Road offers both climate and non-climate Storage Units as well as large, fully enclosed, units for boats & RV's.

**Unit sizes from 5x5 to 18X42**

[www.fairlakestorage.com](http://www.fairlakestorage.com)  
[www.lakeroadselfstorage.com](http://www.lakeroadselfstorage.com)

# ACIA HAPPENINGS

At no time will any source be allowed to use ACIA Happenings contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in ACIA Happenings is exclusively for the private use of the ACIA HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

(Continued from Page 9)

works? What is the status of current legislation regarding today's active-duty troops and veterans? Which political leaders have a military background? Many people have little more than basic knowledge of America's armed forces. One of the best ways to show your appreciation is to take the time to understand exactly what role the military plays in today's world. Arm yourself with knowledge by reading (and verifying) information about the military's mission and its history, and always exercise your rights by voting for people and policies that support veterans.

## 5. Pay it Forward

The service of veterans is the cornerstone on which American freedom stands. It is important to appreciate both the rights and responsibilities of being an American and to work together to ensure that veterans' sacrifices are not in vain. Honor a veteran this Veterans Day by being a good citizen, a good neighbor, and a good friend. Even the smallest good deed can go a long way towards making America a better place for everyone.



## BUSINESS CLASSIFIEDS

**RAINCO IRRIGATION SPECIALIST:** Commercial & Residential. Backflow Testing, Irrigation (Sprinkler) System Service, Maintenance and Repair, Rainbird - Hunter. Fully Insured. License # 9004 & 9226. Call 713-824-5327.

# WIRED

## ELECTRICAL SERVICES

SERVICING ALL YOUR ELECTRICAL NEEDS

- Panel Upgrades
- Home Inspections
- TV Install/Mounting
- Troubleshooting
- Remodeling
- Landscaping Lighting
- Home Generators

RESIDENTIAL & COMMERCIAL 24-7 SERVICE  
LICENSED & INSURED

Take \$25.00 Off Your  
Next Service Call

FAMILY OWNED AND OPERATED

713.467.1125 or 281.897.0001

www.WiredES.com



TECL 22809 Master 100394





## NOVEMBER IS DIABETES AWARENESS MONTH

By Andrea Gabrick

Follow these tips to stay at your peak!

### 1. Say "Om"

Learn to meditate to help reduce stress and improve your blood sugar levels.

### 2. Step Out

Exercise helps keep your weight and blood sugar under control, and just about everyone can do a brisk daily walk.

### 3. Eat Right

Follow your food plan. If you don't have one, ask your doctor about seeing a dietitian who specializes in diabetes.

### 4. Jet Set

Before you hit the road, get a checkup, pack extra meds, and plan your doses around time zone changes.

### 5. Hang 10

Drop 10% of your body weight through diet and exercise.

### 6. Trade Up

Swap saturated fats and refined sugar for healthy fats in nuts and sweet whole fruit.

### 7. See Clearly

Diabetes complications can cause vision loss or blindness. Schedule a full eye exam at least once a year.

### 8. Stand Up

You may not feel foot injuries, so check both feet daily for blisters, cuts, or sores.

### 9. Show Color

Pack your plate with a palette of greens, yellows, and reds -- like spinach, squash, and tomatoes.

### 10. Learn More

Visit WebMD's Diabetes Center for news, tips, a blood sugar tracker, and more.

### Expert Tips on Living With Diabetes

*Tips from Adrian Vella, MD, endocrinologist, Mayo Clinic, Rochester, Minn.*

- Use the web or your smartphone to help you manage what you eat. Online tools can help you keep track of your calorie consumption, aid in meal planning, and provide important nutrition information to help you make healthy choices.
- Get a pedometer. People with diabetes need to exercise. For many of my patients, that means walking. Set a goal.

*Tips from Deborah J. Wexler, MD, assistant professor of medicine, Harvard Medical School, and co-clinical director, Massachusetts General Hospital Diabetes Unit.*

- Diabetes can be discouraging. You may feel sad, anxious, or depressed for no apparent reason. Get support, and you will be better able to meet the challenges.

- Portion control is key. Plate the amount of food you intend to eat, and don't go back for seconds.

*Tips from Samuel Andrews II, MD, endocrinologist, Ochsner Medical Center, New Orleans, and co-author of The New Sugar Busters.*

- Choose foods that won't boost your blood sugar. That means eating brown or basmati rice and whole wheat bread and pasta. Skip juices and eat whole fruits and fiber.
- Daily exercise helps control your weight and blood sugar levels. Each day, hop on a bike, go for a swim, or take a walk.



## Full Service Print Shop Large Run - Short Run

BOOKLETS • BROCHURES • BUSINESS CARDS  
EDDM POSTCARDS • NOTEPADS • FOLDERS  
DOORHANGERS • HANG TAGS • LETTERHEAD  
CALENDARS • POCKET POSTCARDS • POSTERS  
RACK CARDS • TABLE TENTS • & MORE

**512-263-9181**  
**QualityPrintingOfAustin.com**

**MENTION THIS AD AND RECEIVE 20% OFF**  
**EXPIRES 11/30/2018**



**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSRST STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

ACIA

**During this Thanksgiving season, we would like to thank  
all of our clients & wish you all a blessed holiday.**

### **PUMPKIN ROLL**

**YIELD:** 10 servings **PREP TIME:** 25 minutes **COOK TIME:** 15 minutes

#### **INGREDIENTS:** For the Cake

- 1/4 cup powdered sugar (to sprinkle on towel)
  - 3/4 cup all-purpose flour
  - 1/2 teaspoon baking powder
  - 1/2 teaspoon baking soda
  - 1 tablespoon pumpkin pie spice
  - 1/4 teaspoon salt
  - 3 large eggs
  - 1 teaspoon pure vanilla extract
  - 1 cup granulated sugar
  - 2/3 cup pure pumpkin puree
- For the Filling

- 1 (8 ounce) package cream cheese, softened
- 1 cup powdered sugar, sifted
- 6 tablespoons butter, softened
- 1 teaspoon vanilla extract

#### **DIRECTIONS:**

- 1 Preheat oven to 375°F. Line a 15 x 10-inch jelly-roll pan with parchment paper and spray with non-stick cooking spray. Sprinkle a clean tea towel with powdered sugar. Set pan and towel aside.
- 2 In a medium bowl, combine flour, baking powder, baking soda, pumpkin pie spice and salt.
- 3 In a large bowl with an electric mixer, beat eggs, vanilla and sugar until thick.
- 4 Add in pumpkin and mix to combine.
- 5 Stir in flour mixture.
- 6 Spread batter evenly into prepared pan.
- 7 Bake for 13 to 15 minutes or until top of cake springs back when touched.
- 8 Immediately loosen and turn cake onto prepared towel. Carefully peel off paper. Roll up cake and towel

together, starting with narrow end. Cool on wire rack.

9 In a medium bowl, beat cream cheese, powdered sugar, butter and vanilla extract until smooth.

10 Carefully unroll cake; remove towel.

11 Spread cream cheese mixture over cake. Reroll cake.

12 Wrap in plastic wrap and refrigerate at least one hour.

#### **NOTES:**

Store prepared Pumpkin Roll in refrigerator for up to 5 days. You can also wrap tightly in a layer of plastic wrap and then foil and store in freezer for up to one month. Remove frozen Pumpkin Roll to room temperature one hour before serving.



**Tracy Montgomery**  
Cell: 713.825.5905

**Melissa Nelson**  
Cell: 832.527.4989

**Lisa Hughes**  
Cell: 281.323.5894

*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.*



**kw** NORTHEAST  
KELLERWILLIAMS REALTY

**Your  
Neighborhood  
Realtors**

**281.812.8265**  
**www.tracysoldit.com**  
**tracy@tracysoldit.com**  
20665 W Lake Houston Parkway  
Humble, TX 77346