THE

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# ATASCOCITA FOREST COMMUNITY GAZETTE



THE OFFICIAL MONTHLY NEWSLETTER OF THE ATASCOCITA FOREST COMMUNITY ASSOCIATION



### **IMPORTANT NUMBERS**

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NON-EMERGENCY NUMBERS Pct 4 Constable Non-Emergency Dispatch 281-376-3472 Atascocita Volunteer Fire Dept	
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PUBLIC SERVICES         Humble Post Office	
NEIGHBORHOOD MANAGEMENT Community Asset Management www.CommunityAssetManagement.com Pam Valentinepvalentine@cam-texas.com	
ATASCOCITA FOREST COMMUNITY ASSOC. Email the Board board@atascocitaforest.org Website Questions/Problems website@atascocitaforest.org Newsletter questions newsletter@atascocitaforest.org	
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# 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. #LIVEtheDREAM #BEROYAL



# **Lake Houston Ladies Club November Meeting**

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.





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## 3 Ways To Better Manage the Time You Spend on Social Media

by MarLee Berry, texashillcountry.com/lifestyle



In recent years, the use of social media platforms around the world has skyrocketed. With the click of a button or the swipe of a screen, you can be connected to friends and family across the world. Technological advances in the last decade have enabled us to keep abreast of current events, celebrity lifestyles, and just about any other

subject you can imagine, all with the use of one little device.

However, as amazing as this technology is, it has the potential to distract us from accomplishing our goals. In fact, during a study conducted by Dscout, individuals touched their phones an average of 2,617 times per day. All these touches culminated into an average time of just over two hours spent on a smartphone for the typical user.

If you are one of those who finds yourself constantly fighting the urge to check your phone or update social media, do not worry. There are a number of ways to increase your productivity and manage the time you spend plugged-into your favorite apps. Here, we have listed three tools that will have you setting aside time for the important things sooner rather than later.

### 1. The BreakFree App

A great way to see if you are spending too much time on your phone is by tracking your app usage. The BreakFree app, created for both Apple and Android operating systems, is a great way to accomplish this. According to Inc.com, this app not only tells you everytime you unlock your phone, it breaks down the entirety of

(Continued on Page 7)





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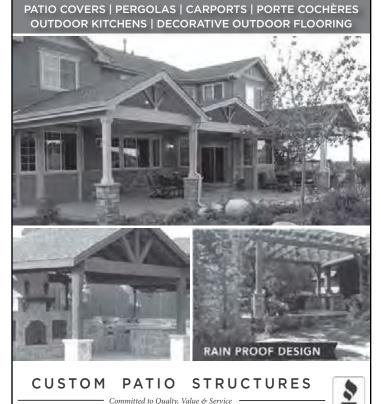
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your screen interaction each day. Additionally, the app sums it all up neatly in an overall "addiction score" so that you can keep track of your improvement.

### 2. The RescueTime App

According to RescueTime's website, this app has a variety of features that can help you track and manage your social media habits. A blocking aspect denies access to any website you select and an overall productivity score lets you know if your newfound time management skills are paying off.

The lite version of this handy tool is completely free and allows you to track the time you spend on the worldwide web. However, RescueTime's blocking feature only comes in its premium version which can be purchased for \$9 per month. This app is available for computers and mobile devices

#### 3. The Moment App

To conclude this list of helpful tools, the Moment app includes many of the same features previously mentioned in descriptions for other apps. However, Moment does have a sub-entity labeled Moment Family, which enables you to control the browsing and usage habits of your entire family depending on what in-app purchases you decide to make. Its description notes this app is great for accountability purposes, as family members can track other's goals and usage amounts.

Currently, Moment and Moment Family are only available for iPhones. However, you can sign-up to receive notifications when it is available for Androids as well.

In many ways, technology has made our lives much easier, but it is important to recognize the possible dangers of spending too much time glued to a screen. Hopefully, these three tools will help you increase your productivity and will free up time for you to do things you truly enjoy!









### 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

- · 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:

- 1/4 cup powdered sugar (to sprinkle on towel)
   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.
  - 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
- 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.



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