

Falls

AT GREEN MEADOWS

November 2018

www.fallsatgreenmeadows.com

Volume 1, Issue 3

WELCOME TO FALLS AT GREEN MEADOWS

*A Newsletter
for the Falls at Green
Meadows Community*

Falls at Green Meadows is a quarterly newsletter mailed to all Falls at Green Meadows residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you're interested in being on the newsletter committee please email: jasmine.mitchell@fsresidential.com. Submittal does not guarantee it will be printed in the newsletter as space is limited.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

SAFETY TIPS BY BEZ

1. Drink filtered (or distilled) bottled water is encouraged. Know which bottled water is actually legitimate. Be aware of our water quality, here is a report from EWG: <https://www.ewg.org/tapwater/system.php?pws=TX0790435#.W71xYmhKjIX>
2. Be careful driving in areas where residential construction is taking place, construction material and nails could be in the surrounding area, causing a flat tire.
3. Stay vigilant and report any unusual and suspicious behavior.
4. Smoke & Carbon Monoxide Alarms
 - Check the batteries every 3 months
 - Replace every 10 years.
5. Safety Tips for Driving:
 - Changing Weather Conditions – be careful with all of the rain.
 - Adjust for Fewer Hours of Daylight.
 - Vehicle Maintenance.



Daylight saving time in the United States 2018 in Texas began on Sunday March 11 and ends on Sunday November 4th, 2018.

FALLS AT GREEN MEADOWS

COMMUNITY INFORMATION

FALLS AT GREEN MEADOWS

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TIPS FOR HEALTHY EATING

1. Base your meals on mostly protein and less fats.
2. Eat lots of fruit and vegetables.
3. Eat more fish.
4. Cut down on saturated fat, starches, and sugars.
5. Eat less salt.
6. Drink more water.
7. Don't skip breakfast.



GARDENING TIPS

1. Plants and vegetable that can be planted in the fall: Beet, broccoli, Brussels sprouts, cabbage, carrot, cauliflower, chard, collard, garlic, kale, lettuce, mustard, onion, parsley, spinach and turnip.
2. Choose Plants Wisely
3. Feed Your Soil, Not Your Plants.
4. Mulch when appropriate.
5. Water Smart as per season.

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FALLS AT GREEN MEADOWS

PLACES TO CAMP NEAR HOUSTON

1. BRAZOS BEND STATE PARK
2. STEPHEN F. AUSTIN STATE PARK
3. LAKE HOUSTON WILDERNESS PARK
4. GALVESTON ISLAND STATE PARK
5. SEA RIM STATE PARK
6. HUNTSVILLE STATE PARK
7. DAVY CROCKETT NATIONAL FOREST
8. QUINTANA BEACH COUNTY PARK



WANT TO PLAY SOCCER? JOIN ALBION HURRICANES FC

AHFC (Albion Hurricanes FC) has multiple campuses in and around Houston. The club invites all interested players from the ages of 7 to 18 to Evaluations December 3 - 6, 2018 and become part of our success. Please visit albionhurricanes.org for details about your particular campus (Southwest, Katy, Central Cy Fair).

AHFC offers JHSL (a recreational program for 5 - 10 year olds) at our Cy Fair and Central locations along side our Competitive programs. Additional training is also offered at Katy Friday Night Academy and New Territory Thursday Night Academy. All information regarding all of the programs can be found at albionhurricanes.org.



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FALLS AT GREEN MEADOWS

RECIPE OF THE MONTH

BUTTERNUT SQUASH LASAGNA

Step 1: Preheat oven to 350°F. Heat oil in a large skillet over medium-high. Add onion and garlic; sauté 4 minutes. Add spinach; sauté until wilted. Remove from heat. Place yogurt, milk, and provolone in a blender; blend 20 seconds. Add flour, salt, and eggs; blend 1 minute.

Step 2: Peel neck of the squash. Cut neck from bulb. Cut neck into 24 (1/8-inch-thick) slices using a knife or mandoline. (Use bulb for more slices if needed.)

Step 3: Place squash slices in an 8-inch square microwave-safe glass baking dish; cover with plastic wrap. Microwave until squash slices are almost tender, about 4 minutes. Remove squash from dish. Coat dish with cooking spray; spread 1/2 cup yogurt mixture in bottom of dish.

Step 4: Shingle one-third of squash over yogurt mixture. Top with one-third of ricotta cheese, one-third of spinach mixture, and one-third of remaining yogurt mixture. Repeat procedure twice, ending with yogurt mixture.

Step 5: Sprinkle lasagna with Gruyère. Cover dish with foil; bake at 350°F for 50 minutes. Remove from oven. Turn on broiler with oven rack about 8 inches from top. Remove foil from dish; broil 4 minutes or until lightly browned. Remove from oven; loosely cover, and let stand 20 minutes. Cut into 6 rectangles.

YUM!!!



FALLS AT GREEN MEADOWS

DOWNTOWN

Katy Old-Fashioned Christmas Festival

DEC 1ST, 2018 | 10A.M. - 5P.M.

Beer Garden • Food Trucks
Vendors • Santa • Snow Park

FREE FAMILY EVENT

NL

NO LABEL

**KATY
MARKET
DAY**

We invite you, your friends, and family to the #1 FREE Christmas event around! Our 9th Annual "Katy Old Fashioned Christmas Festival" located in Historic Downtown Katy on December 1st! Graciously hosted by Katy Market Day! This very special Christmas market will feature produce, arts and crafts, antiques, clothing, accessories, jewelry, gifts, handmade goodies, carolers, delicious food trucks, entertainment, a beer garden and... 50,000 LBS OF SNOW for the kiddos!

The snow is arriving at 11am. The FREE snow park will be location: TBA check back!

You can get your picture taken with Santa too for \$5! Old Saint Nick will be located next to the Christmas Tree. Exact location TBA - check back!

No Label Brewing Co. will be hosting their famous BEER GARDEN - ALL DAY! Location on final map posted in event!

Any questions, please contact us by email at info@katymarketday.com, message us on Facebook, or stop by the Limited Edition Art and Antiques Katy Market Days shop - our phone # is 281-391-1993.

www.katymarketday.com

FALLS AT GREEN MEADOWS

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3 FUN ACTIVITIES TO DO WITH YOUR FAMILY THIS THANKSGIVING

By MarLee Berry

The turkey and trimmings have all been devoured and put away, but your family is here to stay for at least a few more hours. Right about now you might be thinking it is time to succumb to the usual post-Thanksgiving feast food coma or lay around the living room watching football. However, it may be a rare event when family members all come together, making this the most opportune time to participate in a few fun activities instead of just watching the back of your eyelids.

If you are stumped for ideas that can get both the young and the young at heart involved, then look no further than these three amusing activities that are sure to be remembered for many Thanksgivings to come.

1. Share Your Favorite Thanksgiving Memory

Over the years, your family has probably made some wonderful Thanksgiving memories and this activity is the perfect way to get everyone talking. Old Uncle Hank may dig in his heels if you expect him to do too much on a full stomach, but he probably won't pass up a chance to share his thoughts with an attentive audience. Start with the oldest family member and work your way down through the generations. For added fun, after someone shares a story see if everyone can recount all the tales told up to that point. As a final touch, be sure to get your video camera out to record the whole scene. A few years from now it will be nice to listen to Grandma reminisce about her childhood memories.

2. Play a Game of "Who Am I?"

There are different ways to go about playing this game, but however you choose to do it, this activity is a great way to get your family moving while creating hilarious Thanksgiving memories. Here are two ways you can choose to play:

- Write the name of each family member on a sticky note. Then, mix them up and place the sticky notes on everyone's forehead, making sure no one receives their own name. See who can guess their identity the fastest by asking questions that can only be answered with a simple "yes" or "no."
- This version is much like charades, except you only use the names of your fellow family members. After writing everyone's name on a slip of paper, mix them up and draw them one by one out of a jar. You can split up into teams, or keep individual scores. Everyone takes a turn pretending to be another relative. Remember, no talking!

3. Start a Backyard Game

Now that everyone has gotten warmed up, it is time to move outside if the weather permits. Whether you channel your inner Houston Astro in a game of baseball, or take the football off the screen and into the backyard, the focus is less on winning and more on spending time together. If needed, nominate an elderly family member to keep score but don't leave them out of the fun, after all, Grandma's touchdown dance may just become a treasured Thanksgiving Day recollection.



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**HAPPY
THANKSGIVING**
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FALLS AT GREEN MEADOWS

3 TIPS FOR KEEPING YOUR FAMILY SAFE FROM A HOME FIRE THIS WINTER

By MarLee Berry, texashillcountry.com/lifestyle



The United States Fire Administration estimates 905 people are killed each year by winter home fires. Additionally, property losses of over \$2 million have been recorded due to homes burning during the colder months. Below are three tips from the administration that can help you keep your family safe this winter and for many winters to come.

1. Be Aware of Proper Placement of Heaters and Fire Screens

One of the most basic ways to prevent house fires is to be aware of the objects nearest to your heating source. A few specific tips regarding space heaters and fireplaces are:

- Keep all flammable items at least three feet away from your source of heat.
- It is hazardous to use extension cords to plug-in space heaters, always plug electric heaters directly into the wall.
- For added safety, only utilize heaters with automatic shut-offs, just in case yours accidentally tips over.
- When using a fireplace, always make sure there is a screen covering the opening. This ensures embers cannot land on flooring or furniture, thus leading to a structural blaze.

Sources of heat in the home are the second leading cause of family dwelling fires. In fact, 45,900 house fires were caused by a heat-related source between 2013 and 2015. Following the above steps will ensure your family stays warm, and safe, this winter.

2. Use Caution When Decorating for the Holidays

Whether it be a spooky jack-o'-lantern glowing in the dark or a beautiful pine tree with lights entwined around its branches, holiday decorations can be a great way to celebrate this time of year, but there are a few things to keep in mind as you gather your decor.

- Battery operated light sources are always preferable to candles if you want to illuminate a spooky pumpkin face.
- Extension cords should be replaced if they are showing any wear and tear such as cracks or exposed wires.
- If you do choose to use candles, keep them at least a foot away from flammable objects.
- When using a live Christmas tree, be sure to water it daily.

3. Check Your Smoke Alarms

A final step in protecting your family and home this winter involves something very simple; checking your smoke alarms to ensure they are in proper working condition. This elementary process can literally be the difference between life or death in the event of a house fire. The following information provides specific guidelines for smoke alarm use:

- Every floor of your home, from the basement to the attic, should have a smoke alarm.
- Alarms should be tested once a month to ensure they are functioning properly.
- If the alarms in your home are over 10 years old, they should be replaced with newer models.
- For the utmost safety, place alarms inside each sleeping area as well as the outer areas such as the living room and kitchen.

The use of smoke alarms has been shown to reduce your chances of dying in a house fire by 50 percent. When winterizing your home, do not forget this simple, but critical step.

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