



# ACIA *Happenings*

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

January 2019

Official Newsletter of the Atascocita Community Improvement Association

Volume 9, Issue 1

## NOTICE of 2019 Election of Trustees and 2019 Annual Meeting of the Members of Atascocita Community Improvement Association

The 2019 Annual Meeting of the Members of Atascocita Community Improvement Association (the "Association"), a Texas non-profit corporation, will be held on **Thursday, January 3, 2019 at 7:30 pm at The Overlook, 20114 Pinehurst Drive, Atascocita, TX 77346**. In addition to other ACIA business as outlined in the annual meeting agenda, an election will be held for the following purpose:

Election of two (2) Trustees for a three (3) year term

If you would like to run for an open Trustee position, please submit your name and a short statement to the Association via one of the methods listed below, and your name will be placed on the ballot for the election of Trustees at the 2019 Annual Meeting. For your name to be on the ballot for the annual meeting, all nominations must be received by 5:00 PM Friday, November 23rd.. You may submit a nomination via (1) mail to: ACIA Community Manager c/o Community Asset Management ("CAM"), 9802 FM 1960 Bypass-W, Suite 210, Humble, Texas 77338, (2) fax to CAM – ACIA Community Manager 281-852-9111 or (3) email to the ACIA Community Manager Colline McDaniel\_at\_cmcdaniel@cam-texas.com. If your nomination is received by the deadline, your name will be placed on the ballot.

Your input is important to the Association, and we urge you to attend the Association's 2019 Annual Meeting. Absentee ballot(s) based on the number of lots owned will be mailed to all members for members to use if they cannot attend the annual meeting. The purpose of the absentee ballot is to allow

a member to vote if they are unable to attend the Association's Annual Meeting.

Should you have any questions regarding the Association's Annual Meeting, please do not hesitate to contact CAM ACIA Community Manager at (281) 852-1155 or any current ACIA Board of Trustee member. Thank you, in advance, for your continued interest and support of Atascocita Community Improvement Association.

### BOARD OF TRUSTEES

**Atascocita Community Improvement Association**



# COMMUNITY CONTACTS

## BOARD MEMBERS

Ric Halbrook, President ..... ric@atmyacia.com  
Jeremy Williams, V.P.....jeremy@atmyacia.com  
Ron Jones, Secretary.....ronacia73@gmail.com  
Karen Davis, Treasurer.....karen@atmyacia.com  
Gary Nall, Trustee.....gary@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, Best Trash .....281-313-2378  
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

# Constable Stats

|                        |                         |
|------------------------|-------------------------|
| Burglary Habitation: 0 | Disturbance Juvenile: 0 |
| Theft Vehicle: 1       | Suspicious Vehicles: 6  |
| Assault: 0             | Phone Harassment: 2     |
| Disturbance Family: 2  | Theft Habitation: 0     |
| Alarms: 17             | Robbery: 0              |
| Runaways: 0            | Criminal Mischief: 1    |
| Burglary Vehicle: 1    | Disturbance Other: 7    |
| Theft Other: 1         | Suspicious Persons: 1   |
| Sexual Assault: 0      | Other Calls: 195        |

## Summary of Events

### Alarms:

Deputies responded to 17 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 132 combined contract checks and park checks during the month.

### Burglary Vehicle:

7700 Cordoba Ct- Deputy responded to a Criminal Mischief call. Investigation revealed that unknown suspect(s) damaged the complainant's passenger window stole articles and fled the scene. Report completed.

### Family Dist.

19500 Arbor Pines Ln-Deputy responded to a call regarding a Disturbance incident. Investigation revealed the Complainant was involved in a verbal altercation with his wife. No charges filed at this time. Report filed.

7600 Heritage Pines Dr.-Deputy responded to a call regarding a Family Disturbance incident. Investigation revealed the Complainant was involved in a verbal altercation that turned physical with his wife. No charges filed at this time. Report filed.

### Disturbance.

19900 Sweetgum Forest Dr.-Deputy responded to a call regarding a Loud Noise Disturbance incident. Investigation revealed the Complainant was involved in a verbal altercation with his neighbor. No charges filed at this time. Report filed.

### Criminal Mischief:

21300 Atascocita Place Dr.-Deputy responded to a Criminal Mischief call. Investigation revealed that unknown suspect(s) damaged the complainant's passenger window of parked vehicle. Report completed

(Continued on Page 4)

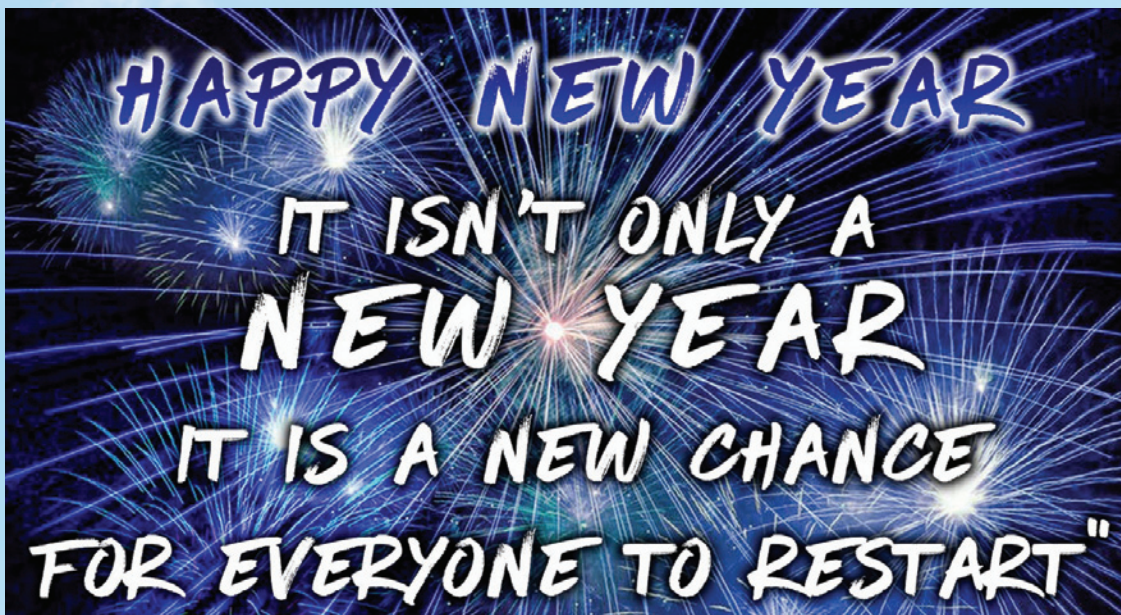




# THE BILLIE JEAN HARRIS TEAM

We believe to get to the best places in life, you need great guidance. Whether its pricing your home, negotiating your contract or navigating inspection and appraisal, **THE BILLIE JEAN HARRIS TEAM** has the education and experience you need to **LEAD** you in the right direction!

AS WE LEAP INTO 2019, WE WANT TO PUT OUR KNOWLEDGE AND EXPERIENCE TO WORK FOR YOU!



Buying, Selling, Leasing, Residential, Commercial – WE DO IT ALL!  
Call **The Billie Jean Harris Team** today and see why **WE ARE THE RIGHT CHOICE!**

Billie Jean Harris – 713-825-2647  
Dana Sharp – 713-545-6893

**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)

## Theft of Motor Vehicle:

8100 Pinewood Crest Ln- Deputy responded to a Theft of a Stolen vehicle call. Investigation revealed that unknown suspect(s) took the complainant's vehicle off property without his permission. Report completed

## Other Calls:

20000 Atasca Villas Dr.-Deputy responded to a Credit Card abuse call. Investigation revealed that unknown suspect(s) made unauthorized purchases without permission. Report filed.

19800 Firesign Dr.-Deputy responded to a Fraudulent Use ID call. Investigation revealed that unknown suspect(s) obtained and opened accounts without permission. Report filed.

19900 January Dr- Deputy responded to a Fraudulent Use ID call. Investigation revealed that unknown suspect(s) obtained and opened accounts without permission. Report filed.

19700 Sweetgum Forest Dr.-Deputy responded to a Telephone Harassment call. Investigation revealed that the complainant received inappropriate sexual photos and text messages from suspect/client. Report completed.

8500 Pines Place Dr.-Deputy responded to a Telephone Harassment call.

Investigation revealed that the complainant received numerous phone calls from husband. Report completed.

19700 Hurst Wood Dr. Deputy responded to an Accidental Injury call. Investigation revealed that the reportee's juvenile son accidentally shot himself while playing a loaded firearm.

19700 Sweetgum Forest Dr.-Deputy responded to a Telephone Harassment call. Investigation revealed that the complainant received inappropriate sexual photos and text messages from suspect/client. Report completed.

20100 Pinehurst Trail Dr.-Deputies responded to a Vehicle Abandoned call. Investigation revealed that an abandoned vehicle was removed from private property. Report completed.

19600 Nehoc Ln.-Deputy responded to a Credit Card Abuse call. Investigation revealed that an unknown suspect illegally obtained the complainants credit card information and made unauthorized charges. Report completed.



**HARRIS COUNTY CONSTABLE, PRECINCT 4**

**CONSTABLE MARK HERMAN**

*"Proudly Serving the Citizens of Precinct 4"*

6831 Cypresswood Drive ★ Spring, Texas 77379 ★ (281) 376-3472 ★ [www.ConstablePct4.com](http://www.ConstablePct4.com)



**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



## JJ WATT LIVES WITH US

*By Cheryl Conley, TWRC Wildlife Center*

Did you know that JJ Watt lives with us at our wildlife center on Hammerly Boulevard in Houston? Now you didn't think I was actually talking about the football player for the Texans, did you? JJ is our bullsnake. We named him JJ Watt because when we got him, he was exactly the same height as JJ, the football player. Our JJ has continued to grow so now he would be a bit taller than the human JJ Watt.

JJ, the bullsnake, is one of our Animal Ambassadors and is a man about town. He goes to community events, schools and was recently on TV. He's a real star! We use him to educate the public about snakes. Usually, the first reaction we get from people is fear and there's a big misconception about how snakes feel. No, they are not slimy. By the time we finish talking to people about JJ and how valuable he is to the environment, they feel better about snakes.

Bullsnakes are fairly common throughout the United States and are probably best known for their ability to mimic the dreaded rattlesnake. This ability to mimic a rattler is used when the bullsnake feels threatened. They can mimic the rattler's behavior, the markings are very similar, and they are about the same size.

When threatened, a rattlesnake will shake its tail before it strikes. You will actually hear the tail rattle. You may hear a similar sound from a bullsnake. It's either making the sound with its mouth, vibrating its tail or moving leaves around with its tail, or you may hear nothing at all. The rattlesnake raises its tail when threatened but the bullsnake keeps its tail low to the ground. Bullsnakes have narrow heads and rattlesnakes have triangular heads that are wider than their body.

The diet of a bullsnake is comprised mainly of rodents but they also eat small rabbits, gophers, frogs, lizards and birds. It will use its mouth to grab its prey and will slowly constrict it. The prey dies due to lack of oxygen and the snake eats it whole.

If you'd like us to bring JJ Watt and our other Animal Ambassadors to your school, company or event, contact Victoria at [education@twrcwildlifecenter.org](mailto:education@twrcwildlifecenter.org) for pricing. You'll get to meet Iris, the screech owl and Beatrix, the opossum along with our box turtles. It's fun and educational, too.

For more information about TWRC Wildlife Center, check out our website at [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org) and be sure to like us on Facebook.

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

VISIT OUR  
WEBSITE FOR  
INSPIRATIONAL  
IDEAS



RAIN PROOF DESIGN



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



# ACIA HAPPENINGS

## Excluding Pests

When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows when there is light outside; if you see light around roods or windows, then there isn't a good seal and weather stripping should be replaced. The attic should be inspected for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for any cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and repair any areas that allow pests to enter the home.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam
- Replace weather stripping around doors and windows if there is not a good seal

- Repair or replace any window screens with holes
- For homes with brick or stone facades, stuff weep holes with steel wool\* or copper mesh

\*steel wool will rust if it gets wet, so do not use on light colored façades

- Inspect all furniture, boxes, and bags for pests before carrying them into the home

- Inspect all plants for insect pests before bringing them into the home

- Do not store firewood inside the home, against the outside walls, or near doors

- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home\*\*

\*\*make sure animal is not in the home or you'll seal it inside!

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 / project accession no. 1013905] from the USDA National Institute of Food and Agriculture.



*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)

## Attracting Wildlife

By Cheryl Conley, TWRC Wildlife Center



It seems that everywhere we look we are seeing trees being torn down and grassy areas being turned into parking lots. Sadly, there's not much we can do about it. There are things you can do, however, to help replenish some of the natural resources that are destroyed. You can turn your

backyards and even small apartment balconies into areas that attract wildlife, butterflies and even bees.

You can provide food by planting wildlife-friendly plants. Choose plant species that bloom and fruit at various times of the year. Like the woodpecker, some birds will dine on insects during the summer but will eat berries in colder weather. Shrubs and trees can provide seeds and berries for mammals and birds while a flower garden will provide food for a variety of insect pollinators and hummingbirds. Bird and squirrel feeders are great to help supplement what is found in nature. If you can, leave dead trees. They can be a food source by attracting insects, lichens, mosses and fungi.

Every living thing needs water. Birds not only need water to drink but to bathe in. The easiest way to do this is to provide a birdbath or a shallow dish of water. Make sure to keep it clean and be careful to use animal-friendly cleaners! No bleach or anything toxic. If you're fortunate enough to own a little land, you can add a water garden or pond to your property.

Wildlife needs cover from the elements just like we do. In our area we don't have to worry about snow but we often get heavy rains and extreme heat. Again, dead trees work great for some species. Planting dense shrubs provide shelter for rabbits, turtles and some bird species. Don't forget about man-made shelters, too, like bathhouses and birdhouses.

There are books available to help you garden for wildlife. One of them is, *Texas Wildscapes* by Kelly Conrad Bender. It's published by Texas A&M. Texas Parks and Wildlife is also a great resource. Some organizations provide instructions and help so that your school or home can become a Certified Wildlife Habitat. One such organization is the National Wildlife Federation.

You can make this a family project and have fun with it. Get the kids involved. Plant some trees and shrubs, hang some birdhouses and squirrel boxes and decide where you want your birdbaths.

TWRC Wildlife Center is getting ready for a busy spring and we're looking for baby feeders. We'll train you to care for baby squirrels, baby opossums and baby birds so you'll be ready to start in the spring. No previous experience is needed—just a desire to help wildlife babies, a great attitude and you must be reliable! Send your resume or letter of interest to [operations@twrcwildlifecenter.org](mailto:operations@twrcwildlifecenter.org).

## Drain Flies

By Wizzie Brown



Drain flies are small brownish-grey insects with two wings. They have fuzzy wings and bodies and when at rest, the wings are folded over the body making them look like tiny moths. This is why they are sometimes called moth flies.

Drain flies may be seen in kitchens and bathrooms near sinks or tubs. They tend to be more active in the evening. Female flies lay eggs in the

thin film of organic matter that builds up on the inside of drain pipes. Larvae develop in the slime layer, feeding on fungi and other microorganisms.

Unfortunately, targeting adult drain flies will only temporarily solve the problem. To manage drain flies, the source should be located and treated to reduce the population of developing flies. To track down where the flies are coming from, place tape over one side (don't cover the drain completely) of drains in sinks and tubs before you go to bed. In the morning, check tape for flies that emerged during the night to find out which drain(s) is/ are infested.

Once the drain is located, take a stiff brush and scrub the inside of the drain, following up by flushing the drain with boiling water. There is no need to treat the drain with bleach or ammonia. It may take several days to see a reduction of the adult flies once the drain has been cleaned; you have to allow the emerging adults to die. If you have drains that you cannot access to clean, there are biogels that consume the organic matter where they larvae develop. Read and follow all label instructions.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

## 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.

*Business classifieds* (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).



# ACIA HAPPENINGS

## Jack and Jill of America Associates to Host "A Night at the Oscars" Gala

The "Awesome, Amazing, Associates" of the Jack and Jill of America, Inc., North Houston Suburban Chapter will host a glamorous "A Night at the Oscars" charity gala on Saturday, March 23rd, 2019. The event will be take place from 8 p.m. to 12 a.m. at the Northgate Country Club, 17110 Northgate Forest Drive, Houston, Texas 77068. Tickets are \$75 each, and the suggested attire is "red carpet formal".

"A Night at the Oscars" will benefit the Jack and Jill of America Foundation, which supports education, literacy, scientific and charitable projects that benefit children. The evening will feature dinner, dancing to live music and a raffle. For information, tables, and ticket requests contact Dr. Kyrel Broxton or Shirley Carter at [jjnhsassociates@gmail.com](mailto:jjnhsassociates@gmail.com).

Jack and Jill of America, Inc. is a non-profit family organization which is dedicated to nurturing future leaders by supporting children through leadership development, volunteer service, philanthropic giving and civic duty. More information about the Jack and Jill of America Foundation can be found at [www.jackandjillfoundation.org](http://www.jackandjillfoundation.org)



**JACK AND JILL  
OF AMERICA, INC**  
North Houston Suburban Chapter Associates

## A Night At The OSCARS

Saturday, March 23, 2019  
8:00 pm - Midnight  
Dinner served at 8:30 pm.  
\$75 per person  
"Benefitting Jack and Jill  
of America Foundation, Inc."  
Tax Deductible Amount - \$30  
Formal Attire  
NORTHGATE COUNTRY CLUB  
17110 Northgate Forest Drive  
Houston, TX 77068



**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 Kid's 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@sbcglobal.net](mailto:linette.roach@sbcglobal.net), or "Like" the club on Facebook.



### WIRED

**ELECTRICAL SERVICES**

- Additional Plugs and Circuits
- Panel Upgrade / Replacement
- Smoke Detectors • TV Mounting
- Troubleshooting

**SAVE \$20  
OFF YOUR  
NEXT  
SERVICE CALL!**

Cannot be combined with  
any other offer.

\*Expires 2/1/19



**713-467-1125 | wiredes.com**

**TECL 22809 Master 100394**

**Licensed & Insured • Family Owned & Operated**

## 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**

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.

# 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.

# DID YOU SAY FREE?

**YES! YOUR NEWSLETTER IS  
PROVIDED 100% FREE OF CHARGE**

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

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

**PEEL, INC.**  
community newsletters



## 10 Easy Ways to Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests. Employ these effective tips:

1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.

2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.

3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of procedures.

4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.

7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.



## 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!

### 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!





**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

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

ACIA

## 10 TIPS TO HELP YOU KEEP YOUR NEW YEAR'S RESOLUTION

**1. BE REALISTIC** - The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

**2. PLAN AHEAD** - Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

**3. OUTLINE YOUR PLAN** - Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your "bad" will affect your goal.

**4. MAKE A "PROS" AND "CONS" LIST** - It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

**5. TALK ABOUT IT** - Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

**6. REWARD YOURSELF** - This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

**7. TRACK YOUR PROGRESS** - Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

**8. DON'T BEAT YOURSELF UP** - Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.

**9. STICK TO IT** - Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

**10. KEEP TRYING** - If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.



**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

