



January 2019

Official HOA Newsletter for Lakeshore

Volume 5, Issue 1

2019

Happy New Year

IMPORTANT NUMBERS

LAKESHORE COMMUNITY ASSOCIATION BOARD OF DIRECTORS CREST MANAGEMENT CO.

Community Manager

..... dana.mohler@crest-management.com
..... 281-579-0761

On-site Property Manager

..... nikole.crowder@crest-management.com
..... 281-458-3345

EMERGENCY INFORMATION FIRE, MEDICAL OR LIFE THREATENING

Emergency

..... 9-1-1
Constable Dispatch 281-376-3472
Humble ISD Police (Schools) 281-641-7900
Harris County Animal Control 281-999-3191
Texas Poison Control Center 800-222-1222

UTILITIES

Electric, (multiple providers) www.powertochoose.org
Power Outages 713-207-7777
Street Light Outages 713-207-2222
U.S. Water Utility Group 832-756-2143
Gas, Centerpoint Energy 713-659-2111

SCHOOLS

..... 281-641-1000
..... www.humble.k12.tx.us
Lakeshore Elementary 281-641-3500
Woodcreek Middle School 281-641-5200
Summer Creek High School 281-641-5400

NEWSLETTER PUBLISHER

Peel, Inc 888-687-6444
Article Submission nikole.crowder@crest-management.com
Advertising advertising@peelinc.com

COMMITTEE INFORMATION

Community Watch

James Furr jfurr40@yahoo.com

Garage Sales

Lakeshore Clubhouse: lakeshore-ca@sbcglobal.net

Landscape Committee

Rex Spikes: rexspikes@sbcglobal.net

Pool Committee

John Criswell: john.criswell@outlook.com

Social Committee

Elna Ermel: roneln@comcast.net
To volunteer, please email lakeshore-ca@sbcglobal.net

Lake Houston Ladies Club January Meeting



The Lake Houston Ladies Club's next luncheon will be held on **Tuesday, January 15, from 10:00am-12:30pm** 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.

The Ladies Club is in for a real treat with our entertainment this month with The Statesmen Chorus, the Spring, TX, Chapter of the Barbershop Harmony Society. They will entertain us with a cappella 4 -part harmony with an extensive repertoire that includes contemporary, Broadway, gospel, folk and light jazz music. The chorus maintains a continuing commitment to preserving and singing in the barbershop harmony style and appeals to audiences of all ages.

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 Mah Jongg, Shooting Club, Movie Group, Lunch 'N Look, Supper Club, Hand Knee and Foot, Mexican Train, Reader's Choice, Bridge, Game Day, Bunco and Tea Time. 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, January 8.

Market swings making you uneasy? Let's talk.



Jim Mastin

Financial Advisor

7702 Fm 1960 East Suite 110
Humble, TX 77346
281-812-1118

Edward Jones
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Member SIPC

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, or "Like" the club on Facebook.



ATTRACTING WILDLIFE

By Cheryl Conley, TWRC Wildlife Center



A Very "lived-in" Squirrel Box.

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 bathouses 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.

Drain Flies

— Wizzie Brown, Texas A&M AgriLife Extension Service



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, killing 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 the 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



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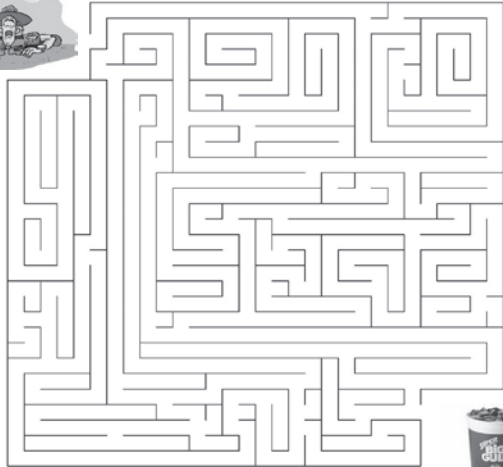
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Kidz Maze Mania

The explorer is very thirsty and lost in the desert. Help him get through the maze and find the big drink at the end.



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Cy-Fair Republican Women January Meeting

CFRW will meet on **Tuesday, January 8th from 10:30 AM to Noon.** Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095. Meeting is \$3 – Meeting with Lunch at Noon is \$23.

See the website for details and RSVP to www.cfrw.net by January 2nd. You can register and pay on the website also.

There is much to be done prior to the next election cycle. We look forward to many new faces and opportunities to promote our Republican candidates. We need you with us to get our ideals advanced locally, statewide and nationally. Give CFRW a try!

Nancy Roberts
Publicity Chair
Cy-Fair Republican Women
info@cfrw.net



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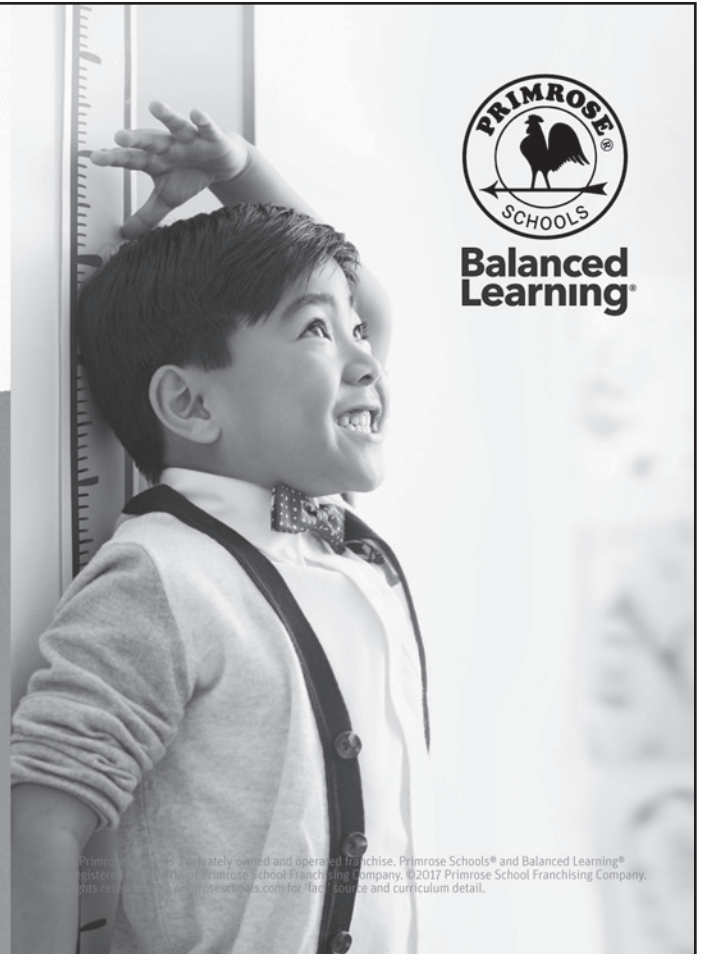
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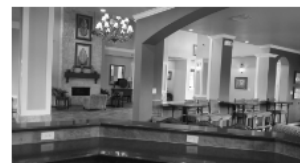
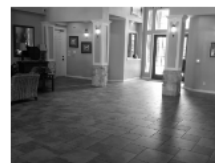


THE LAKESHORE REPORT

Looking for a place to host your next event?

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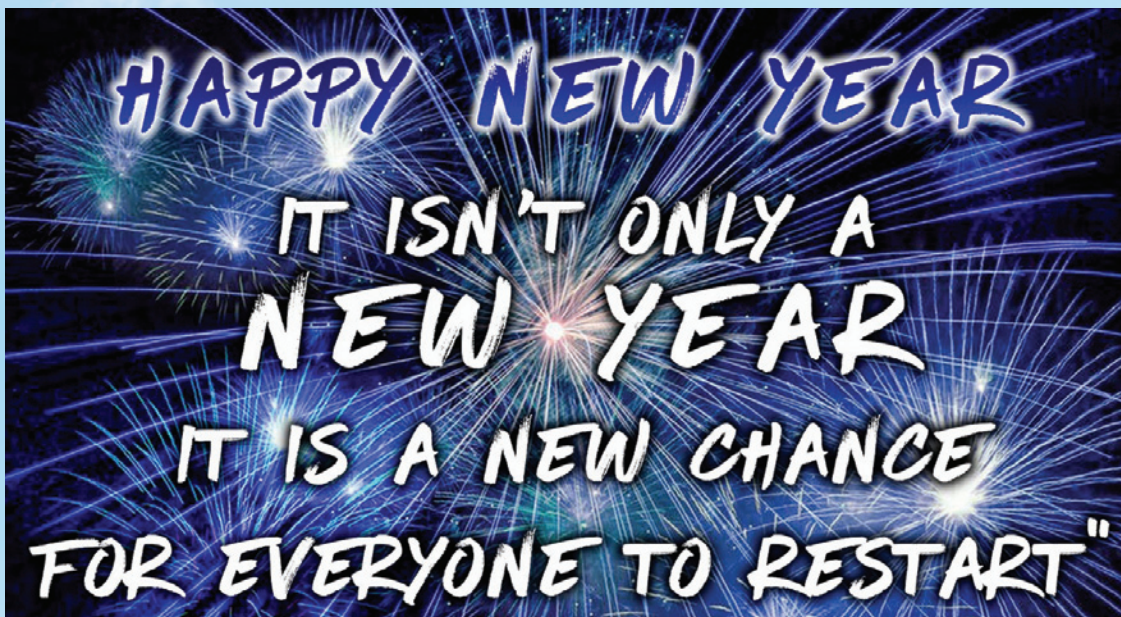
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Heading off Burnout

Burnout is more than just stress—it's how your mind and your body tell you a change is needed. Do you find yourself withdrawing from work and caring less about results? Are you working harder, often mechanically or to the point of exhaustion? Just going through the motions?

Try a few tips for keeping burnout at bay.

Exercise at least three times a week. Running, weight lifting, bike riding—anything that gets your heart and lungs working burns off stress. Exercise releases endorphins that boost your mood and it dissipates built-up stress that otherwise leads to burnout.

Make time for a hobby. An art class, cooking, reading, sewing—anything that's not part of the regular grind and that helps you relax will balance the things that wear you down.

Practice breathing exercises. “Just breathe!” Yes, it's an old cliché, but there is a grain of truth behind every cliché. Deep breathing gives your body a boost of oxygen and it releases tension in your abdomen around your heart.



Get away. Take a walk at lunch, and don't take work home. Leave the office at the office. At home, find a time and place where you can relax and unwind. Even 15 minutes of relaxation can relieve stress.

Laugh. Sometimes it helps to look at a situation and just laugh. If that fails, read the jokes that your uncle's cousin's best friend is e-mailing you three times a week. Pick a comedy next time you go to the movies or surf channels.

Take up yoga or tai chi.

These disciplines have a restorative effect and are sure burnout busters.

Burnout can creep up on you slowly. Watch for the warning signs and stay ahead of it. Your heart, family and employer will thank you.

Frugal Ways to Stay Healthy

Medical costs are on everyone's mind these days with the ongoing debate about health care. Check out these tips from the Federal Citizen Information Center for easy ways you can trim the cost of medicine, fitness and more:

Switch to generic. Because of legal restrictions, a generic drug might not look exactly the same as the name brand, but it contains the same active ingredients and should be just as effective.

Brand name drugs cost more than their generic counterparts because the makers of the original, brand name versions had to pay for the research, development and marketing of the medications. To learn more, go to <http://go.usa.gov/IWk>.



Watch out for scams. They keep coming back in different forms on TV and the Internet, but one thing stays the same: health scams for “miracle” cures can cost you lots of money. And the diet pills and energy products they

push could be dangerous or have harmful interactions with your other medicines. Save your money for doctor-prescribed medicines. Find out more at <http://go.usa.gov/I5x>.

Reconsider the gym. If you aren't using your membership regularly, it could be one place where you could save some money. If you're worried about how you'll fit your exercise in without the gym, the U. S. Department of Health and Human Services suggests several alternate forms of exercise that you can fit into your everyday life in an online brochure at <http://go.usa.gov/IWB>.

You can also order printed copies of these brochures (subject to availability) by: visiting www.pueblo.gsa.gov to place your order online. Or call toll-free 1-888-878-3256, weekdays 8 a.m. to 8 p.m. EST. Ask for Health Scams (Item 576V); Be Active Your Way (Item 116V); or Generic Drugs (Item 555V).

Flooding: How to Protect Your Family & Finances

In many areas, flooding is the most common and costly natural disaster—and it can happen here. Just one inch of water in your home or office can cost thousands of dollars in cleanup and replacement costs, including drywall, baseboards, floor coverings and furniture. You may think you're covered, but many homeowners' insurance policies do not cover flooding.

Here are several reasons to talk to an insurance agent now about flood insurance.

- There is usually a 30-day waiting period before coverage begins.
- Coverage is relatively inexpensive.
- Renters can buy flood insurance for personal belongings or business inventory.
- Basement coverage includes cleanup expense and repair or replacement of items such as furnaces, water heaters, washers, dryers, air conditioners, freezers and pumps.
- You do not have to repay flood insurance benefits as you do with disaster-related assistance loans.
- You can receive payments for flood-related losses even if no disaster was declared. Learn more about flood insurance at:

www.floodsmart.gov

There are things you can do to prepare your home and family now for flash floods:

- **Make a family emergency plan.** Emergency preparedness is everyone's responsibility. Write down your plan. Decide ahead of time where you will go if you have to leave and where family members will meet up. Identify an out-of-town emergency contact.
- **Get supplies for an emergency kit.** Start with three days' water and three days' packaged and canned food. Add a battery-powered radio and extra batteries. Store in waterproof containers with wheels or that you can lift so you can take them with you.

For details about preparing an emergency kit, visit www.ready.gov/america/beinformed/floods.html

- **Stay informed about what could happen.**

During storm season, listen to local media for up-to-date reports on weather watches and warnings. Keep a battery-powered portable radio—with a NOAA weather band—handy in case the power goes out. Choose one.

Learn more about preparedness at www.ready.gov/america/beinformed/floods.html.



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The Care & Feeding of your Garbage Disposal



The powerful roar of your disposal's motor may convince you it can take on any garbage you throw its way, but it's important to remember that your disposal is not a trash can. Garbage disposals are designed to grind small bits of biodegradable food waste to help prevent clogged drains. Proper use

and maintenance will not only extend the life of your appliance, but will also spare you unnecessary and costly service calls.

(Continued on Page 10)

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THE LAKESHORE REPORT

(from on Page 9)

Do:

•Small amounts of skinless, boneless, pit-less and non-fibrous foods are safe to grind.

Don't:

•Shells, skins, husks, rinds and other hard or fibrous materials should not be put in the disposal (e.g., clam shells, oyster shells, corn husks, fruit pits, banana peels, avocado skins and bones).

•Large amounts of starchy foods (e.g., noodles and rice) should not be put in the disposal. Although

they are easily ground, they expand in water and can clog drains.



Always:

•Run cold water when operating the disposal. Keep the water running for at least 30 seconds after you turn off the unit.

Never:

•Use hot water when operating the disposal.
•Put non-food materials through the disposal. This includes all types of glass, plastic and metals (e.g., bottle caps, aluminum foil and plastic wrap).

•Put harsh chemicals in the disposal or down the drain.

Sometimes:

•Occasionally grinding bits of citrus peel helps clean and freshen the disposal.

•Grinding a little ice once a month helps scrape away deposits and remove odors.

•Running small amounts of egg shells or coffee grounds through the disposal is sometimes suggested to sharpen the blades; however some sources warn against the practice. Consult your user's manual for recommendations specific to your model.

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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

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