



Northlake Forest

HERALD

January 2019

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Volume 9, Issue 1

Energy \$avers



With all the holiday decorations safely stored away, here's a few quick and easy tips on how to save a few dollars on energy use. Without all those extra lights and blow up yard decorations, energy bills should return to normal rather quickly.

But with a few little adjustments, you could lower your energy bill even more.

Pull the Plug

Appliances draw power even when not in use. Unplugging devices (laptops and cell phone chargers) and small appliances (coffee pots and toasters), could add up to hundreds of dollars in savings per year.

Turn down the Thermostat

Lowering the thermostat on your water heater can save 3%-5% in energy costs for every 10°F decrease. Many manufacturers set water heater thermostats at 140°F, but acknowledge 120°F is more than adequate for most households.

Change those Filters

Regularly replacing filters on your furnace and AC can save 5%-15% on heating and cooling costs.

Fill it Up

Load up that dishwasher. Experts claim, a load of dishes cleaned in a dishwasher requires approximately 35% less water than washing dishes by hand. Additionally, opening the door after final rinse to air dry dishes, and running the dishwasher during off-peak hours will reduce your energy costs even more.

Choose Cold

Much of the energy used to launder clothes is for heating the water for hot and warm water cycles. Many laundry detergents available today are formulated to clean using cooler water temperatures. When possible, choose "Cold" to wash your clothes.

Put it in Reverse

Ceiling fans are a great way to cool your house in the summer. But did you know you can use those same fans to warm your house in the winter. Simply reverse the direction of the fan blades to recirculate the warm air collecting near the ceiling, throughout the room.

Adopting even one of these money saving ideas could add up to a little extra spending cash within a few short months. Happy new year!



NORTHLAKE FOREST

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VOLUNTEERS NEEDED

All of our committees are seeking volunteers to help continue making our community a fun place to be. Just a little bit of your time can go a long way. If you are willing to help, in any way, please fill out a "Contact Us" form on the website.

NLF BOARD OF DIRECTORS

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If you notice a problem or have a concern about something within NLF, please complete the form on our website and bring it to the attention of the management company or Board member so that the issue can be addressed.

MANAGEMENT COMPANY
Inframark

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281-870-0585

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Northlake Forest HOA Website: www.northlakeforesthoa.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Poison Control 1-800-222-1222

NON-EMERGENCY NUMBERS

Mark Herman Constable, Precinct 4..... (281) 376-3472
Harris Cnty Sheriff's Office @ HWY 249 .. (281) 290-2100
Cy-Fair Volunteer Fire Dept @ Telge Rd.... (281) 550-6663
Harris Cnty Courthouse @ Cypresswood... (281) 376-2997

GOVERNMENT NUMBERS

Harris County Animal Control..... (281) 999-3191
Harris County Public Health & Environmental Services
..... (713) 439-6000
R. Jack Cagle - Community Assistance Dept.
..... (281) 353-8424
Social Security Administration 1- (800) 772-1213
Department of Public Safety @ West Rd.... (281) 517-1333
Department of Pubic Safety @ Grant Rd ... (281) 890-5440

POST OFFICE

USPS @ Spring Cypress..... (281) 373-9125
The UPS Store @ Spring Cypress (281) 304-6800
FedEx Office @ Barker Cypress..... (281) 256-8323

LIBRARY

Lone Star College CyFair Library
Circulation Desk (281) 290-3210
Northwest Branch Library
@ Regency Green Drive..... (281) 890-2665
Barbara Bush Library @ Cypress Creek (281) 376-4610

SCHOOLS

Administrative Offices (281) 897-4000
Farney Elementary (281) 373-2850
Goodson Middle School (281) 373-2350
Cy-Woods High School (281) 213-1800

UTILITIES

NW Harris County MUD #10..... (832) 467-1599
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CenterPoint Energy Gas (713) 659-2111
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..... www.powertochoose.com

NEWSLETTER INFO

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GAIN RELIEF FROM VARICOSE AND SPIDER VEINS

TUESDAY, JAN. 29, 2019 | 6 P.M.



Richard Lee, MD
Vascular Surgery

**Learn more about managing pain or discomfort
in your legs caused by swollen, twisted veins.**

Join Dr. Richard Lee, vascular surgeon, for a free seminar to understand the symptoms, causes and treatments for varicose and spider veins.

Dinner will be provided.

Lindsay Lakes in Cypress
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Cypress, TX 77433



Registration is required.

To register, visit houstonmethodist.org/events
or call **281.737.2500**.

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NORTHLAKE FOREST

Dr. Stephanie Bruce Joins Houston Methodist Obstetrics and Gynecology Associates at Houston Methodist Willowbrook Hospital

Stephanie Bruce, MD, a board-certified obstetrician and gynecologist, recently joined Houston Methodist Obstetrics and Gynecology Associates at Willowbrook at 10130 Louetta Road. Bruce received her medical degree from Texas A&M College of Medicine and completed her residency at the University of Texas, Memorial Hermann Hospital in Houston.

The majority of Bruce's practice is gynecological. Although she misses delivering babies, she says that the practice of gynecology allows her more time to focus specifically on the health and well-being of women.

"I like empowering women to make good decisions for a healthy life," Bruce said. "I have had the privilege of seeing women through many ages and stages, and I have witnessed the benefits of helping women make good decisions now so they will age better and live healthier."

Bruce attends various conferences annually to stay current with the latest research and trends in health care and to maintain the highest level of knowledge in the field. "In my practice, I really focus on what is the evidence-based way we should be treating a given problem," said Bruce. "It's critical to me that my patients hear all treatment options and not be limited only to the procedures I'm comfortable performing. I want them to be aware of all options to make the best decisions for their health."

Bruce's clinical expertise includes:

- Birth control
- Cervical dysplasia
- Gynecological procedures
- Hysteroscopic surgery
- Infertility
- Menopause
- PMS/PMDD
- Polycystic ovary disease

Bruce is also active in community outreach programs to educate

women and participates in numerous activities, including the Mother-Daughter Symposium at Houston Methodist Willowbrook and women's health lectures sponsored by the National Junior Charity League.

"I want to share my medical knowledge to help educate and partner with women so they are empowered to make the best choices for their own health," said Bruce.

To schedule an appointment with Bruce, call 832.698.5525.

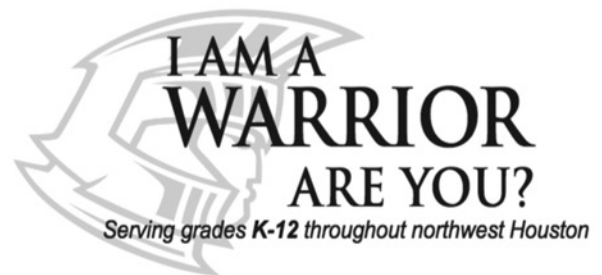
Access To Northlake Forest On-Line

If you are new to the neighborhood – WELCOME! To gain access to important information and documents go to our official website page www.NorthLakeForestHOA.com and select Register. Enter the required information and your access will be approved shortly.

Please note, we have several ways to communicate with residents, via our NorthLakeForestCommunity Facebook page www.facebook.com/groups/NorthlakeForestCommunity and via Nextdoor www.northlakeforest.nextdoor.com. Our main source of communication is via our website.

If you have any comments and concerns you would like addressed by Inframark and/or the Board, please fill out a "Contact Us" form via the website and we will respond as quickly as possible.

CYPRESS CHRISTIAN SCHOOL



11123 Cypress N. Houston Road, Houston, TX 77065 | 281.469.8829 | CypressChristian.org

Tomball Art league

January 12th Meeting welcomes guest demo artist Doug Hiser, renown wildlife artist. Doug is a master at traversing the wilds and wrapping it all up in a renaissance of creativity meant to inspire a closer look at the world around us. He will talk about his methods of painting: sketches to creation.

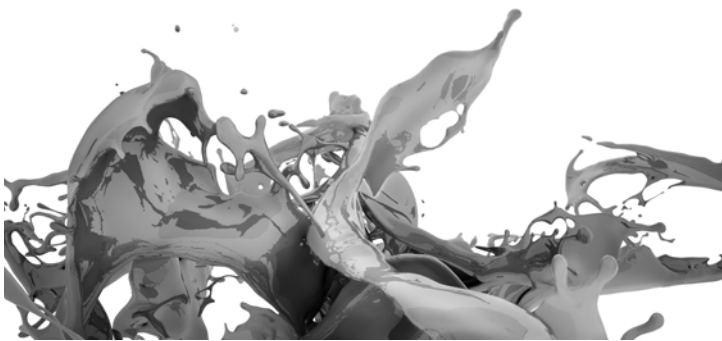
Are you an artist? Do you paint in watercolor, acrylics or oils? Do you work in clay? Draw in pastels? Are you a photographer? If you enjoy the fine arts you are invited to join the Tomball Art League and see what we are all



about. Membership is a nominal \$25/single or \$35/family. We gather together to promote Art Appreciation in Tomball and the surrounding communities and are always striving to meet new artists in the area! Meeting and demo is free

and open to the public!

Our meetings are held at the Lone Star College-Tomball Community Library meeting room, 30555 Tomball Pkwy, 77375 . Join us for socializing/networking at 10:00 AM followed by a brief league meeting at 10:30 AM and finish with an inspiring artist demo. Hope to see you there! For more information please visit our Facebook page Tomball Art League - TAL.



The Minimalist Gardener

By Flint Sage

Continue with your freeze protection effort through the remainder of the winter. When the weatherman predicts a “hard freeze” (or similar), shut off and drain your backflow preventer. Water landscape plants, trees, and vegetables before the freeze. Try not to water foliage. Water is very good at retaining heat in the soil to help prevent freezing. Maintain a layer of mulch on bare areas to retain heat and moisture and to keep weeds down. Best of all, read plant labels before you buy. If they won't tolerate freezing, consider planting something different.

Lawns: Very little water is required, but water plants and lawns once a month if it doesn't rain.

Plant roses anytime. If planting in January, choose bare root.

Plant annual flowers such as calendula, cyclamen, dianthus, ornamental kale, cabbage, pansies, and petunias. Plant bluebonnet transplants into garden beds.

Pruning: Avoid pruning frost-damaged trees and bushes until February or March. Crape Myrtles are trees and should be allowed to grow as trees. Unless you have a good reason, please don't cut off any branch larger than a pencil. There are many varieties of crapes, so select a shorter variety if height is a problem.

Plant cool-season seedlings such as asparagus, broccoli, brussels sprouts, cabbage, cauliflower, Chinese cabbage, collards, turnip greens, Irish potato, kohlrabi, leaf lettuces, onions, and swiss chard. Sow seeds this month for beets, carrots, English peas, greens, leaf lettuces, radishes, sugar snap, snow peas, and turnips.



NORTHLAKE FOREST

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Texas Christian High School Alumni News

Elisa Kendall, a graduate of Texas Christian High School, is now ranked 14th nationally and 3rd regionally in NCAA DIII Women's Tennis. This is so exciting to hear for her junior year at ETBU. Texas Christian is so proud of your hard work Elisa!!! We are praying for you!





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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.



A very "lived-in" squirrel box.

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.

EDITOR'S ELEVEN-MINUTE MICROWAVED BAKED POTATO

INGREDIENTS

- 1 large russet potato
- 1 tablespoon of butter or margarine.
- 3 tablespoons of shredded Cheddar (or your favorite) cheese.
- 2 tablespoons of bacon crumbles
- Dash of Salt
- Dash of Pepper
- 2 tablespoons of seeds such as pumpkin, flax, sunflower, etc. (if desired)
- Add after cooking if desired:
- 2 tablespoons of sour cream

DIRECTIONS

- Scrub the potato, and prick several time with the tines of a fork (to avoid having potato explode). Place on a microwave-friendly dish.
- Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise. Mash up insides with a fork. Add salt and pepper, butter, bacon crumbles, seeds, and Cheddar cheese. Return to the microwave, and cook for about 1 minute to melt the cheese.
- Top with sour cream (if desired), and serve.





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