



ACIA

Happenings

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

February 2019

Official Newsletter of the Atascocita Community Improvement Association

Volume 9, Issue 2

ACIA Board of Trustee Election

Tonia Wendt and Charles Weiss were elected to the ACIA Board of Trustees for 3 year terms. The ACIA board of trustees would like to thank the ACIA Community and all the candidates for their participation in the annual election process and urge ACIA Community members to become a regular part of the monthly meeting process.

BOARD OF TRUSTEES

Atascocita Community Improvement Association

Foreign Exchange Student

Now that the holidays are over and everyone is settling back down again into their daily lives, why not consider hosting a foreign exchange student for the 2019/2020 school year. STS Foundation is now accepting applications from prospective host families – all it takes to host is to provide a place for the student to sleep, three meals a day, and a willingness to share your life with one of

our amazing students!

Meet Emma from Denmark - Most of the time I'm a quite happy person. I'm very honest and thoughtful. I usually worry about others before myself. Usually I'm not shy, and I don't have a problem making new acquaintances. I'm helpful and enjoy helping others out. I also love to hang out with my friends after school. I'm not very sporty, but I still like the thought of staying healthy, so I go for a run with a friend sometimes., I like to read books, but i also enjoy writing. Different short stories, mostly just for me. I also enjoy



dancing. It's not something I go to, because of the not so good opportunities in my area. I really like to act as well. We only have one drama school in my area, and it isn't very good, but I have been in a few school plays.

And here's Diego from Spain - I am a very active and sportive boy. I am also a very sociable person, so I think this experience may be a good one. Meeting new people and having new friends are some of the things I would enjoy about this experience. I'm a person who has lots of interests, for example I 'm always wanting to learn new things such as the culture of other countries or even at school I'm interested in nearly all the subjects. I think that I am also very mature and

self-motivated., My interests are mostly related to sports (swimming, skiing and playing soccer), but I also have other cultural interests. For example, I love geography, knowing every place and learning interesting facts about them. I'm also interested in cooking. I usually cook on weekends with my father and we make really good dishes. Finally, I like to play videogames with my friends or going out with them. We usually go to the movies or to have dinner.

If you are interested in learning more about Emma, Diego or any of our other students, please give me a call – I'd love to talk to you about hosting! I can be reached at 832-455-7881 or at vicki.stsfoundation@yahoo.com.

COMMUNITY CONTACTS

BOARD MEMBERS

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Gregg Mielke, Chair mielkehome@comcast.net
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PRECINCT 2 INFORMATION

Commissioner Morman 713-755-6220
Street Maintenance & Curb Repair 713-455-8104

ARCHITECTURAL CONTROL COMMITTEE

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Jeremy Williams jeremy@atmyacia.com
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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
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: 0	Suspicious Vehicles: 20
Assault: 0	Phone Harassment: 0
Disturbance Family: 3	Theft Habitation: 0
Alarms: 18	Robbery: 1
Runaways: 0	Criminal Mischief: 4
Burglary Vehicle: 2	Disturbance Other: 4
Theft Other: 2	Suspicious Persons: 8
Sexual Assault: 0	Other Calls: 193

Summary of Events

Alarms:

Deputies responded to 18 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 143 combined contract checks and park checks during the month.

Family Dist.

7800 Hurst Forest Dr.-Deputy responded to a call regarding a Disturbance incident. Investigation revealed the Complainant was involved in a physical altercation with his wife involving a weapon. Charges were filed. Report completed.

8000 Twelfth Fairway 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 completed.

20200 Pinehurst Trail Dr.- Deputy responded to a Disturbance type call. Investigation revealed the Complainant was involved in a verbal altercation with her husband. No charges filed at this time. Report completed.

Criminal Mischief

20300 Allegro Shores Ln.-Deputy responded to a Criminal Mischief call. Investigation revealed that known suspect(s) damaged the complainant's fence. Report completed.

8300 Laurel Leaf Ln.-Deputy responded to a Criminal Mischief call. Investigation revealed that known suspect(s) damaged the complainant's trees by cutting them without permission. Report completed

19500 Sweet Gum Forest Dr.-Deputy responded to a Criminal Mischief call. Investigation revealed that unknown suspect(s) damaged the complainant's vehicle. Report completed.

(Continued on Page 4)

Tennis Tips

By USPTA/PTR Master Professional Fernando Velasco

"The Serve"

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, and the two handed backhand volley. In this issue, I will give you instructions on how to execute the serve, considered as the most important stroke, since the player has complete control of the game at this time. In these pictures, Adolfo Gonzalez, one of the tennis pros at the Grey Rock Tennis Club, demonstrates the proper form and technique for a right-handed player. For a left-handed player, the instructions will be the opposite hands.

Step 1: Ready Position: The body is sideways with the right hand



holding the end of the racket in a forehand grip position and the left hand is holding the ball under the throat of the racket. The left arm is slightly straight and the ball is held with the thumb, index finger and middle finger. This allows for a consistent toss without using the wrist and/or elbow. Feet are a shoulder width apart and the body is in equal balance. For beginners, it is okay to change the grip slightly toward the forehand grip. As the player gets more advanced, the continental grip will be a better one to give more spin on the ball.

Step 2: Back Swing: The left arm comes down and the right arm follows it. It is vital to slow down the motions to allow for both of the arms to have good balance in the front and behind the body. Notice that the hand is in the process of tossing the ball in front of the body and the left wrist is bent down. It is imperative to have a good consistent toss since it will dictate the success or failure of the serve.

Step 3: Point of contact: Once the player is ready to hit the ball, the right arm will force the racket toward the point of contact, while the left hand will come down toward the body. This allows for the "snap" of the wrist to accelerate and bring the ball down. Notice that the point of contact is slightly higher than then center of the racket. Eyes are still focused on the point of the contact and will be ready to look down as soon as the ball leaves the frame. The right hip is extended to allow the body to extend up.

Step 4: Follow Through: The racket speed will extend to the left side of the body. The right foot is coming forward and is pointing toward the net. The trunk is straight and eyes are focused on the direction of the ball. At this point the player will take the split step and will jump either behind the base line to rally with the opponent or will move toward the net to serve and volley.

Look for in the next Newsletter: The Half Volley

Flour Beetles

There are two types of flour beetles that may be encountered in the home- red and confused. These beetles are small (about 1/8" in length), reddish-brown to brown in color with a somewhat flattened body. Adults can be long-lived and survive up to 3 years. To tell the difference between the two, you would need to look closely at the tip of the antennae; red flour beetles have a distinct 3-segmented club while confused flour beetles have a gradually formed 4-segmented club. Fortunately, you don't really need to get that detailed in identification to manage them as they feed on similar foods and are often found in the same areas.

Flour beetles feed on grain dust and milled grains, but can also feed on undamaged grains. In homes they may be found in cereals, flour, pasta, dried beans, chocolate, nuts, herbs, spices, crackers, dried pet food, dried flowers and cake mix. With large populations of the insects, they may cause a foul taste and odor to infested products due to a secretion from their scent glands.

Red flour beetles are able to fly while confused flour beetles cannot, so it is possible for them to move to different areas of the house. If you are having a problem with flour beetles, but cannot locate the source in your pantry, check other areas of the home such as where pet food is stored or areas with dried flowers or potpourri. Sometimes people see flour beetles during or after they have had a rodent infestation because the beetles can eat grain that may be in rodent baits or eat food from rodent nests where food was stored.

Management tips:

- Inspect all food items and get rid of anything infested. If you do not want to throw away infested food, you can either put in in the freezer for a week or heat in the oven at 200 degrees for 2-3 hours to kill off insects.
- Clean all pantry areas, making sure to get any grain dust out of cracks and crevices. Use a cleaning solution after all debris is removed. Seal any cracks where grain dust may accumulate with a sealant product.
- Do not buy damaged or expired items from the grocery store.
- Use products promptly. If you go away for a period of time (a week or more), store items in the freezer.

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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ACIA HAPPENINGS

(Continued from Page 2)

8500 Pinehurst Grove Ct-Deputy responded to a Criminal Mischief call. Investigation revealed that unknown suspect(s) damaged the complainant's rear window of unlocked vehicle. Report completed.

Robbery:

8400 Pines Place Dr.-Deputy responded to a Robbery type call. Investigation revealed that unknown suspect(s) smashed the complainant's window and took her purse while being held at gun point. Suspect(s) fled undetected. No charges filed at this time.

Theft of Motor Vehicle:

7800 Hurst Forest Dr.- Deputy responded to a Burglary of Motor vehicle call. Investigation revealed that unknown suspect(s) entered the complainant's vehicle and stole property. Report completed

8500 Pinehurst Grove CT. - Deputy responded to a burglary of Motor Vehicle call. Investigation revealed, unknown suspect(s) forced entry (glass breakage) into the complainant's locked vehicle, stole articles and fled the scene in a teal green passenger car. Case Active.

Other Calls:

8200 Amber Cove Dr.-Deputy responded to a Credit Card abuse call. Investigation revealed that unknown suspect(s) made unauthorized purchases without permission. Report filed.

19400 Pinewood Bluff Ln.-Deputy responded to a Theft of residence call. Investigation revealed that unknown family member with access to home stole complainant's firearm. Report completed.

19600 Sweetgum Forest Dr.-Deputy responded to a Child Custody dispute. Investigation revealed that the complainant wanted to report that kids were not returned home on time. Report completed

8300 Laurel Leaf Ln.-Deputy responded to an Information call. Investigation revealed that known suspect(s) damaged the complainant's trees by cutting them without permission. Report completed



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WHAT'S THAT SMELL?



My all-time favorite cartoon character is Pepé LePew (pronounced pā-pā luh pū). For those of you who don't know who I'm talking about, Pepé is a French skunk that is in constant pursuit of love but because he doesn't smell very good, he often comes up short in the love department. If the ladies could just get past his smell, they might find he's not such a bad guy.

It is true that skunks are the primary carriers of rabies in Texas and it is true that there's nothing worse than trying to get the odor out when your dog gets sprayed, but skunks do serve a purpose. They are highly beneficial to farmers, landowners and gardeners because they are natural pest control agents. They feed on grasshoppers, grubs, beetles, crickets, mice, rats and moles, and since they are nocturnal, they feed mostly at night.

Skunks are nocturnal, solitary, mild-mannered creatures. As is the case with most wild animals, they just want to be left alone. Skunks spray other animals or humans when they feel threatened and only as a last resort. They will give some warning signals, however, before spraying. It will lower its head, arch its back, and lift its tail, except for the tip, which hangs limp. If the enemy doesn't get the message, the skunk stomps its front feet and then lifts the tip of the tail and is ready to spray. However, if surprised or threatened, the skunk will spray without warning. Their spray can reach up to 10 feet and in addition to the smell, the spray is intensely irritating and can cause temporary blindness. And don't think you can't get sprayed unless the rear end is facing you. Skunks can shoot to the right, left, front and back without turning around. If you happen to come across a skunk, the best advice is to stand completely still. Once the animal realizes you are no threat, it will go about its business and you can quietly move away.

Just like raccoons, squirrels and opossums, you may find that skunks have taken up residence in your garage, in crawl spaces, under houses, porches or decks. If you find one between April and September, chances are very high that you have found a mother with babies. So what are your options? The best one is to do nothing at all and wait until fall. By then, the babies will have left and Mom has moved on. After September, find the access point and block it. If you'd rather not wait until fall,



here are some options to encourage her to move out. Skunks like to give birth in dark, quiet places so let's make the area light and noisy! Place a bright light and a radio tuned to talk radio near her entrance point. You can also soak some rags in ammonia or apple cider vinegar, put them in a plastic bag that you have poked holes in and hang the bag near the entrance. Now, be patient. It'll take a few days for her to move

out with her babies but she will move.

Please remember that we, as humans, cause far more problems for our wild neighbors than they cause us. We urge you to learn to live in harmony with wildlife and use humane solutions when conflict arises. TWRC Wildlife Center is here to help you solve your wildlife issues. Give us a call or check our website: 713-468-TWRC or www.twrcwildlifecenter.org. Be sure to follow us on Facebook, too!

Oh, and by the way, should your dog get sprayed by a skunk, here's an option for you:

1. Combine 1/2 quart hydrogen peroxide, 1/8 cup of baking soda, and 1 teaspoon liquid dishwashing soap in an open container.
2. Run some warm water in your tub and put the dog in it.
3. Apply the solution liberally throughout your dog's coat and suds him up well (to the skin). Avoid getting any solution in his eyes.
4. Rinse your dog well, drain the tub, and rinse well again.
5. Follow up with a pH-balanced shampoo and conditioner for dogs. Rinse well to remove all residue.

FYI – Tomato juice DOES NOT work!



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.

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



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North Houston Suburban Chapter Associates

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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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Ways to Clean Oil off a Driveway

Cat Litter

Put cat litter on the stain and rub it in.
Let it sit for a while, then, sweep the cat litter up.
Repeat at least once.

Peat Moss

Spread peat moss on the stain. Roll it over the stain.

Pepsi

Pour some Pepsi over the stain. Scrub the spot vigorously.
Repeat if necessary.

Simple Green

Pour lots of Simple Green on the stain. Let the spot soak for a few hours. Wipe/rinse the area.

Liquid Tide

Cover the area with liquid Tide.
Pour ¼ cup of water on top of the Tide.
Use an old broom to scrub the area for about 5 minutes.
Wipe down the area and/or rinse it with a hose.
Repeat if necessary.

Oil-Removal Product

Go to local hardware store and ask for a product that will clean up the oil. Pour oil cleaner on the ground, rub a little with a rag and let it vaporize. Repeat if necessary.

Oxy Clean Laundry Spray

Spray generously with Oxy Clean laundry spray.
Let this stand for a few minutes. Scrub with a stiff brush.
Wipe with a paper towel or flush with hose.

Pour N Restore

Pour this white liquid on the oil stain.
Let it dry into a powder and brush the powder away.



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!





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National Time Management Month

Time is one of life's most valuable possessions, as it is something you can never get back. Subsequently, one of the most essential life skills to master is time management. After all, time management is really life management. Learning how to make every day count for something is the objective. But it takes ridding your life of procrastination and a great deal of self-discipline.

Mastering time management does more than just increase productivity. It can yield important health benefits as well. When time is managed wisely, it minimizes stress and improves the overall quality of your life.

Lay the foundation for effectively managing your time.

Delegating the appropriate amount of time to get adequate sleep, maintain a healthy diet and exercising regularly are all essential elements to improve both focus and concentration. Making the time to create a healthy lifestyle will help improve your efficiency throughout the day, allowing for more time to complete other tasks.

Identify and evaluate how you are currently spending your time.

If you drive to work, how do you pass the time during your commute? How many audiobooks or language tapes could you have completed while in traffic last month?

These are the best times throughout your day to incorporate all those little things that you "wished" you had time for. Over time, these habits become a lifestyle, and you will find yourself well ahead of the pack.

Say no to nonessential tasks and prioritize the ones of extreme value.

Consider your goals and look at your schedule before agreeing to take on more work. If a task is time consuming but not necessarily important to the main goal, pass it off or add it to the bottom of the list.

Dedicate time blocks and limit distractions.

Everyone has a place where they work the most effectively. Some people love to have music in their earbuds, while others need complete silence. Some people can work just as efficiently from their dining table as they can in a library cubicle. Wherever that place is, utilize it. Turn the television off, silence the cell phone, put away the tablet and dedicate complete focus to the task at hand. No responding to texts, no browsing the web.

When you operate your life in a healthy, organized fashion, and are able to execute daily tasks efficiently, stress is reduced, productivity increases and overall satisfaction manifests.

Never hesitate to take a break if needed.

Everyone gets worn out from time to time and piling on more and more tasks leads to stress that will simply derail you from the mission at hand. Take a walk, go to the gym, get some fresh air or take that sick day you've been holding out on. Sometimes all we need is a moment of clarity and solitude to clear our overworked minds and recharge our bodies to give us that next big push.

After all, time management is really life management.



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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.



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