



# ACIA

## Happenings

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

July 2019

Official Newsletter of the Atascocita Community Improvement Association

Volume 9, Issue 7

## What Does Our \$450.00 ACIA Maintenance Fee Cover?

Per 2019 Budget	
Maintenance	\$229,395.00
Security	\$201,580.00
Utilities	\$187,648.00
Capital Expenditures	\$141,568.00
Professional Services	\$133,455.00
Recreation Areas	\$90,098.00
Administrative Expenses	\$43,450.00
Insurance	\$41,138.00
Trash Contract	\$390,000.00

*(Bill paid by ACIA with trash fees collected from homeowners.)*

### How much is our Maintenance Fee? How much is our Maintenance Fee CAP?

The ACIA yearly **Maintenance Fee** is currently \$450.00 per year (\$37.50 a month).

The ACIA **Maintenance Fee CAP** is currently \$500.00 per year (\$41.67 a month). According to our governing documents, this is the highest Maintenance Fee amount we can **ever** be charged unless homeowners vote to raise our yearly \$500.00 CAP.

We, as homeowners determine the CAP on Maintenance Fees.

### Why does the ACIA Board of Trustees keep raising our Maintenance Fee?

Maintenance fees are raised when expenses increase beyond what our Maintenance Fees are safely able to cover. This can be due to ongoing yearly inflation, higher expenses in any area of the budget or a need to set aside money in the savings account (Reserve Account) to cover future large expected expenses. In addition; sometimes repairs, general

upkeep and other expenses have been put off far too long and simply must be caught up to date and completed to maintain an association's quality reputation.

### How will we know the amount of our future large expenses so we know how much to budget/save years in advance and then determine a fair Maintenance Fee that realistically addresses our expenses?

Most homeowners associations especially those with amenities have a Reserve Study completed by respected professionals in the field. They specialize in having a good idea when future maintenance expenses will need to be addressed, how much they will cost and how much we should have in savings each year to fully fund them. With this information an organization is capable of realistically planning for future expenses and capable of determining a Maintenance Fee that will meet the association's expense needs.

What questions do you have?

Please contact [twendtacia@gmail.com](mailto:twendtacia@gmail.com)

# COMMUNITY CONTACTS

## BOARD MEMBERS

Jeremy Williams, President.....jeremy@atmyacia.com  
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 Charles Weiss, Treasurer ..... chuckweiss@gmail.com  
 Ron Jones, Trustee.....ronacia73@gmail.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

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 Bob Garlington ..... bob@atmyacia.com

## PRECINCT 2 INFORMATION

Commissioner Adrian Garcia .....713-755-6220  
 Street Maintenance & Curb Repair .....713-455-8104

## ARCHITECTURAL CONTROL COMMITTEE

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 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  
 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  
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# ACIA HAPPENINGS



## Lake Houston Ladies Club



The Lake Houston Ladies Club is a social organization that meets from September through May for a luncheon on the third Tuesday of the month at the Walden Country Club, 18100 Walden Forest Drive in Humble, TX.

The club welcomes new members from all surrounding areas and offers many avenues for individual interest. They include: Hand Knee and Foot, Shooting Club, Scrabble 'N Babble, Artsy Smartsy, Movie Group, Mah Jongg, Lunch 'N Look, Supper Club, Mexican Train, Readers' Choice, Tea Time, Bridge, Game Day and Bunco. Many of the groups continue throughout the summer months. 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.

New members are welcome to join at any time. For more information about the club, please go to the club web page at <http://www.lakehoustonladiesclub.com> or call Karen at 281-900-5584.



# ACIA HAPPENINGS

## Summary of Events...

### Alarms:

Deputies responded to 17 residential alarms that were cleared as false alarms.

### Traffic Enforcement:

Deputies 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 108 combined contract, neighborhood, park, and school checks during the month.

### Theft of a Habitation:

19400 Pine Cluster Ln- Deputy responded to a complaint of a theft of a residence. Investigation revealed that a known suspect stole property from complainant's residence without the owner's consent. The property was located, recovered and returned from a local pawn shop. Arrest warrant pending for alleged suspect.

### Family Disturbance:

8600 Pine Shores Dr- Deputy responded to a family disturbance call. Investigation revealed two known family's members engaged into a verbal altercation which escalated to lead physical contact. Harris County DA's office was contacted and declined a charge at this time. Call Cleared Report.

19800 Atascocita Pines Dr- Deputy responded to a complainant of a family assault call. Investigation revealed, two family members engaged into a verbal argument which escalated to physical contact with injuries. The Harris County DA's office was contacted and accepted a charge against suspect. Deputy filed a TO-BE warrant against suspect. Case pending the suspect's arrest.

19800 Powerscourt Dr- Deputy responded to a complainant of a family assault call. Investigation revealed known family members engaged into a verbal argument which escalated to physical contact. Harris County DA's office declined a charge at this time. Call Cleared Report.

19600 Wood Walk Dr- Deputy responded to a family disturbance call.

Investigation revealed two known family's members engaged in a verbal argument which escalated to physical contact. Harris County DA's office declined a charge at this time. Call Cleared Report.

19800 Atascocita Pines Dr- Deputy responded to a complainant of a family assault call. Investigation revealed two family members engaged into a verbal argument which escalated to physical contact. Harris County DA's office was contacted and accepted a charge against the suspect. Suspect was arrested and taken into Harris County jail for processing. Arrest report completed.

### Runaway:

20300 Sunny Shores Dr- Deputy responded to a runaway call. Investigation revealed known juvenile left his residence without his parent's consent.



## Constable Statistics

Burglary Habitation: 2	Disturbance Juvenile: 0
Theft Vehicle: 0	Suspicious Vehicles: 22
Assault: 1	Phone Harassment: 2
Disturbance Family: 5	Theft Habitation: 1
Alarms: 17	Robbery: 0
Runaways: 1	Criminal Mischief: 1
Burglary Vehicle: 3	Disturbance Other: 3
Theft Other: 1	Suspicious Persons: 13
Sexual Assault: 2	Other Calls: 275

Investigation pending, waiting for juvenile's return. Call Cleared Report.

### Burglary Habitation:

20007 Powerscourt Dr-Deputy responded to a complainant of a burglary.

Investigation revealed unknown suspect(s) made unlawful (forced) entry to complainant's residence, stole articles and fled the scene undetected. No eye witness was located. Investigation pending further leads to investigate. Call Cleared Report.

19800 Atascocita Pines Dr- Deputy responded to a burglary of a habitation complainant. Investigation revealed unknown suspect(s) made unlawful entry (forced) to complainant's residence, stole articles and fled the

scene undetected. Investigation pending further information. Call Cleared Report

### Burglary of Motor Vehicle:

8202 Shoregrove Dr- Deputy responded to complainant of a burglary of motor vehicle complainant. Investigation revealed unknown suspect(s) made force entry to complainant's vehicle, stole articles and fled the scene. Investigation has located a person of interest. Case pending further investigation. Call cleared Report.

8006 17th green Dr- Deputy responded to a burglary of motor vehicle complainant. Investigation revealed unknown suspect(s)

made forced entry to the complainant's vehicle, stole articles

*(Continued on Page 5)*



# ACIA HAPPENINGS

(Continued from Page 4)

and fled the scene. Investigation has located a person of interest. Case pending further investigation. Call cleared Report.

20114 Pinehurst Trail Dr- Deputy responded to a burglary of motor vehicle complainant. Investigation revealed unknown suspect(s) made forced entry to the complainant's vehicle, stole articles and fled

the scene. Investigation has located a person of interest. Case pending further investigation. Call cleared Report.

#### Other:

8500 Pine shores Dr- Deputy responded to a theft complainant. Investigation revealed complainant's apple account was comprised/hacked' unknown suspect(s) stole 1,300.00 dollars from his account. Investigation pending. Call Cleared Report

19500 Shady Cove Ln- Deputy responded to a forgery complaint. Investigation revealed unknown suspect(s) forged complainant's signature to purchase a vehicle. Investigation pending. Call Cleared Report.

8500 Pines Place- Deputy responded to a Harassment

complainant. Investigation revealed known suspect continues to text, calls and emails to the complainant after advised not to do so. Investigation still

pending. Call Cleared Report.

19400 Pinewood Mist Ln- Deputy responded to an FSGI **Accident complainant.**

Investigation revealed unknown suspect(s) vehicle struck complainant's parked vehicle causing damage. Suspect(s) fled the scene without providing identifying information or financial responsibility. Call Cleared Report.

7200 Wild Violet Dr- Deputy responded to a Criminal Mischief complainant. Investigation revealed unknown suspect(s) caused damage to the complainant's window with a BB gun, investigation still pending. Call Cleared Report.

20600 Atascocita Shores Dr- Deputy responded to an abandoned vehicle call. Investigation revealed a vehicle was left stranded in the middle of

a busy roadway causing a traffic hazard. Vehicle was towed from the roadway. Call Cleared Report.

(Continued on Page 6)



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# ACIA HAPPENINGS

*(Continued from Page 5)*

7700 Cordoba Ct- Deputy responded to a harassment complainant. Investigation revealed known suspect, continues to constantly text, call and emails the complainant after advised not to do so. Investigation still pending. Call Cleared Report.

20600 Atascocita Lake DR- Deputy responded to a welfare check. Investigation revealed known suspect was on the public roadway and was sleep over the wheel, with the vehicle running. Deputy smelled strong odor of an alcoholic beverage coming from his breath. SFST's were

conducted and the Harris County DA was contacted and accepted a charge of DWI against the suspect. Suspect was arrested and taken to Harris County jail for processing. Call Cleared Arrest

20300 Hickory Wind Dr- Deputy responded to a warrant service call. Investigation revealed known suspect had a warrant for his arrest, and wanted to turn himself in. Deputy transported the male to Harris County Jail for processing. Call Cleared Arrest



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# ACIA HAPPENINGS

## Spiking up your Metabolism at any Age

It is a well-known phenomenon that our metabolism declines with advancing years. Some of that has to do with declining muscle mass, and some of it has to do with decreased hormones as well as the diminishing effectiveness of the digestive tract. But at any age, whether you are north of fifty or at the polar ends of the scale, there is much we can do to maximize our metabolism and live healthily and lean.

Metabolism is essentially all of the various chemical processes that occur within that wonderful chemistry set known as the human body. We often simply use the term to describe how your body turns food into energy. As we age the metabolism typically slows down by about 5% per decade after the age of about 40 years of age, but there is much we can do to avoid and arrest that occurrence. Estrogen levels decrease in women's bodies, causing insulin levels to rise, and the thyroid (the body's chief metabolism regulator) to decrease its output of thyroid hormones. These changes result in an increase in appetite, which when taken with a decrease in muscle mass, leads to an overall shift in the lean body mass/ fat ratio. The shift is not in a positive direction!

To keep your metabolism at its peak and fight this decline, you must focus on your digestive tract health, and enhancement of your muscle mass with a prudent exercise regime. Detoxification of the decades of build-up in the digestive tract is a good start to speeding up your metabolism. A very beneficial way to start each day to help remove the intestinal "clog" is to drink cleansing teas, or drink warm water and lemon. Also important is to drink at least half your weight in ounces of water every day. Get your 30 grams of fiber each day, to help stay clean in your gut. Then, eat as cleanly as possible, avoid sugars, artificial colors and flavors and go by the rule if it wasn't "food" a century or two ago, it still



isn't. Cleaning up your digestion is a primary way of speeding up your metabolism and also ensuring your health. The old adage that death starts in the bowel is apt.

The other aspect of speeding up your metabolism and staying healthy all lifelong is to exercise. The World Health Organization advocates that we should all get at least thirty minutes per day of aerobic exercise at a medium rate and at least a couple times a week get a good 45 minutes of anaerobic or resistance training in. This resistance training is especially important to maintain the muscle mass that is crucial for strength and to support your metabolism. Muscle mass uses food energy to move you, and fat of course does not. Exercise has many other benefits including correcting cholesterol ratios, improving lung capacity, regulating blood sugar levels and reducing high blood pressure, as well as making you fit, happy, strong and balanced. Live well, live long Fair Oaks Residents!

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