



# The HOME FRONT

October 2019

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## STAY SAFE ON HALLOWEEN

Check your kids' candy for choking hazards like gum and hard candies.



Face paint is safer than masks.

Stay visible with a reflective bag.

Lighter-colored costumes are easier to see in the dark.

Always use a crosswalk to cross the street.

Fire-proof your pumpkins by lighting them with glow sticks.



MAKE SAFE HAPPEN



#MAKESAFEHAPPEN

# PARK LAKES

## HELPFUL PHONE NUMBERS

### Park Lakes Property Owners Association

Sterling Association Services Inc. ....(832) 678-4500  
 SplashPad Texas Onsite Office.....(281) 441-3557  
 Recreation Center Onsite Office.....(281) 441-9955  
 Gate Attendant.....(281) 441-1089

### Utilities

Comcast (Customer Service) .....(713) 341-1000  
 Electricity (TXU) .....(800) 368-1398  
 Gas (Centerpoint) .....(713) 659-2111  
 Trash (Republic Waste).....(281) 446-2030  
 Water & Sewer (EDP Water District).....(832) 467-1599  
 Electricity (Centerpoint-Report street light outage) .....(713) 207-2222  
 Texas One Call System (Call Before you Dig)..... 811

### Property Tax Authorities

Harris County Tax.....(713) 368-2000  
 Harris MUD #400.....(281) 353-9809

### Public Services

US Post Office.....(281) 540-1775  
 Toll Road EZ Tag.....(281) 875-3279  
 Voters/Auto Registration .....(713) 368-2000  
 Drivers License Information.....(281) 446-3391  
 Humble Area Chamber .....(281) 446-2128

### Police & Fire

Emergency ..... 911  
 Constable/Precinct 4 (24-hr dispatch) .....(281) 376-3472  
 Harris Co. Sheriff's Dept./Prec 4, Dist 2 (24-hr) ..... (713) 221-6000  
 Eastex Fire Department.....(281) 441-2244  
 Emergency Medical Service ..... (281) 446-7889  
 Poison Control.....(800) 222-1222  
 Humble Animal Control.....(281) 446-2327  
 Texas DPS.....(281) 446-3391

### Area Hospitals

Renaissance Northeast Surgery .....(281) 446-4053  
 Kingwood Medical Center .....(281) 348-8000  
 Northeast Medical Center Hospital.....(281) 540-7700  
 Memorial Hermann Hospital (The Woodlands) .....(281) 364-2300

### Public Schools

Humble ISD .....(281) 641-1000  
 Park Lakes Elementary (K-6).....(281) 641-3200  
 Humble Middle School (7-8) .....(281) 641-4000  
 Summer Creek High School (9-12).....(281) 641-5400

### Private Schools

Holy Trinity .....(281) 459-4323  
 St. Mary Magdalene Catholic.....(281) 446-8535  
 The Christian School of Kingwood .....(281) 359-4929  
 Humble Christian School.....(281) 441-1313

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The Association doesn't verify, endorse, or approve any products, information, or opinions mentioned at Association sponsored functions or contain in this community newsletter.

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## *Easy Ways to Improve Your Home's Health*

Maintaining a healthy home is a goal most Americans share, but not all are confident they're doing the best job they can to protect their home's health.

According to a survey conducted by Second Nature, the nation's largest home wellness subscription service, 62% of respondents admitted they could do a better job of attaining a healthy home, with clean air ranked as the most critical factor in achieving home wellness.



Gain more confidence in the health and cleanliness of your home with these tips:

- Remove your shoes when you enter the house. Add entryway seating to encourage guests to take off their shoes. The bottom of a pair of shoes can contain anything from fecal matter to E. coli and pesticides. Leaving shoes at an entryway is one of the easiest ways to combat home pollution and promote a healthy home.
- Replace air filters regularly. The air filter in your home dictates the air you breathe and ensures that it is healthy enough for ingestion. More often than not, air filters are not top of mind when thinking about home wellness, but they are crucial to every home. That's why it's important to replace air filters on schedule – every three months as recommended by the National Institutes of Health.

If you're like many homeowners who struggle to remember when it's time to change your filter, or never have a filter handy when you do remember, you may benefit from a service like Second Nature, which provides a home delivery subscription that ensures your air filters are replaced on time. The company's high-quality air filters help reduce the risk of contracting allergies, sickness and infection while also ultimately

lowering costs associated with energy bills, repairs and health-related expenses.

- Change out your light bulbs. Choose the right color temperature for a calmer home and use energy-efficient bulbs. The selection for light bulbs is massive, and with smart home technologies that allow you to change the color of your bulb with the swipe of a finger, you can also easily control your mood. Warm lighting typically has an overall positive effect on everyone in the home. One of the keys to home wellness is ensuring you are truly happy in your home, and lighting can play a pivotal role in cultivating this emotion.

- Open windows on good weather days. Most Americans (61%) believe the air inside their homes is cleaner than it is outside, according to the survey. However, the Environmental Protection Agency estimates indoor air is 2-5 times more polluted than the air outside. This is in part because Americans tend to enclose themselves indoors, where the same air is recycled over an extended time. The smell of the meal you cooked for dinner, the trash in the garbage can and the candle you light on your nightstand all have an impact on the air quality in your home. Opening windows allows for polluted air to release itself from the home and, in turn, allows for cleaner air to circulate the space.

- Filter your water. Water is essential to any healthy lifestyle, and drinking clean water is a luxury that is often overlooked. However, what is also overlooked is how many chemicals and toxins that can affect your health are in the tap water you drink on a daily basis. Filtering your water is one simple step that can benefit not only your own health, but the health of everyone in the home.

Find more tips and advice for creating a healthier home environment at [SecondNature.com](http://SecondNature.com).

*Photo courtesy of Getty Images (parents and child in home).*

*Article downloaded from [FamilyFeatures.com](http://FamilyFeatures.com)*



# PARK LAKES

## Access Gates Reminder

Residents if you are continuing to have issues with your EZ-Tag or access card, please call or stop by the office to have your information verified. You may also email your information to [isis@sterlingasi.com](mailto:isis@sterlingasi.com).

## Office Hours

Monday – Friday  
8:00 a.m. - 5:00 p.m.

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# HEMP DOCTORS USA

by Sarah Elizabeth Scott

## **CBD – The Trending Oil has gone Mainstream**

CBD has quickly joined fitness, sports, and diet as part of a healthy lifestyle for wellness. CBD the trending oil's broad range of benefits, success stories and stamp of approval from the medical industry have turned its image from marginal to mainstream. The CBD market is growing bigger by the day and CBD is showing up everywhere! CBD short for Cannabidiol, is derived from the cannabis plant and is the most well-known cannabinoid, second to THC. However, legal hemp derived CBD products do not cause the euphoric high associated with marijuana because they are required to have less than .3 percent THC. As a matter of fact, CBD is the non-intoxicating alternative to marijuana with most of the same health benefits. Most notably, it is said to have anti-inflammatory, anti-anxiety, anti-seizure, anti-oxidant, anti-bacterial and immunosuppressive properties, making it a viable natural plant-based product for many human and pet medical and wellness issues.

## **Hemp-derived CBD gets people and pets healthy, not high.**

Full spectrum (Whole Plant) Hemp-derived CBD gets people and their pets healthy, not high. In addition to the 100 plus cannabinoids in full spectrum products, the Hemp plants resin glands produce important and necessary healing terpenes, which give it its distinct smell and flavor, and also influence the plants cannabinoids and how they work in your brain and body. The good news is these full-spectrum hemp-derived products can be used as oral tinctures for fast absorption, in capsule form for neat, accurate and easy dosage and in salves for topical application.

## **Dosage – start low and go slow – there is no one-size-fits-all approach.**

Regarding dosage, always consult with a healthcare professional who has knowledge and experience working with CBD, as well as, the human endocannabinoid system, anatomy, physiology and human health applications.

One important thing to know is that hemp-derived CBD responses vary from person to person, age to age and animal to animal, some may need a dose four times a day, once a day or

every other day -- always start with a low dose and increase slowly until you identify the level that provides relief for you or your pet. Additionally, dosage levels vary greatly in children, adults, the elderly, from male to female and most definitely vary greatly among pets. Remember if you buy anywhere USA currently no government agency protects you. The CBD market right now is in the wild, wild west stage so know the five W's when you purchase: who grew it, where was it grown, when was it grown, and finally why and what am I using CBD for.

All in all, there is no one-size-fits-all approach, so always seek a CBD knowledgeable and experienced and health care professional.

## **Mother nature puts her medicine in the plants.**

CBD oil is being used for any number of ailments, including lessening everyday aches and pains, easing anxiety and depression, and reducing the severity of symptoms associated with osteopenia, osteoporosis, diabetes, epilepsy, insomnia, fibromyalgia, rosacea, eczema, psoriasis, Parkinson's and Alzheimer's disease, from acting as an anti-convulsant, anti-inflammatory, and anti-oxidant agent to easing neuropathic pain and aiding in reducing symptoms of Crohn's disease. In a study from The European Journal of Pain, using an animal model, CBD applied on the skin was shown to lower chronic pain and inflammation due to arthritis. At this point in time, while many of CBD's claims are considered anecdotal, it doesn't mean they aren't true. The consensus is that CBD is potentially better for our bodies than taking chemically designed pills or rubbing chemically designed lotions on the body.

*"Mother Nature is at the heart of all our products! Cellular health is the backbone of fitness and bringing trusted CBD products to people and their pets has been a journey of the heart and soul for me! My daily mission is to create a healthier world for people, pets and the planet. Sarah Scott - Founder*



*Sarah Elizabeth Scott, The Texas Hempress CBD Consultant, is a Medical Exercise & Fitness Coach who founded Hemp Doctors USA, one of the first, full spectrum hemp derived CBD companies selling American grown products, in 2014. Hemp Doctors USA is one of the first to incorporate in Austin and in Texas. Connect with Sarah on Instagram at HempDoctorsUSA, CBDAskTheExpert and TexasHempress. For more information, visit HempDoctorsUSA.com.*



# PARK LAKES

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