



ACIA

Happenings

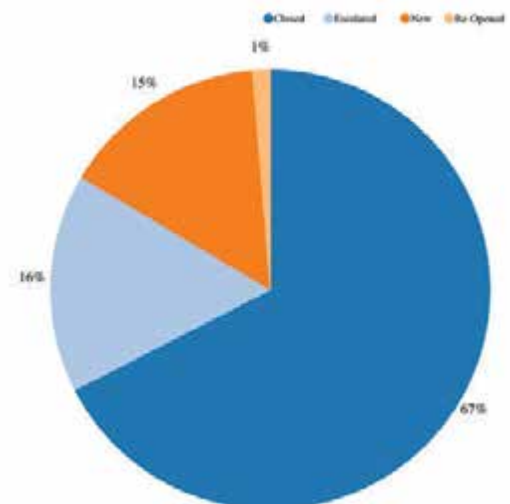
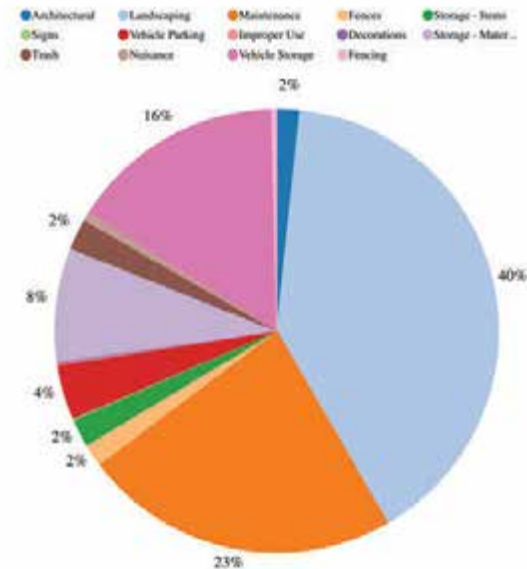
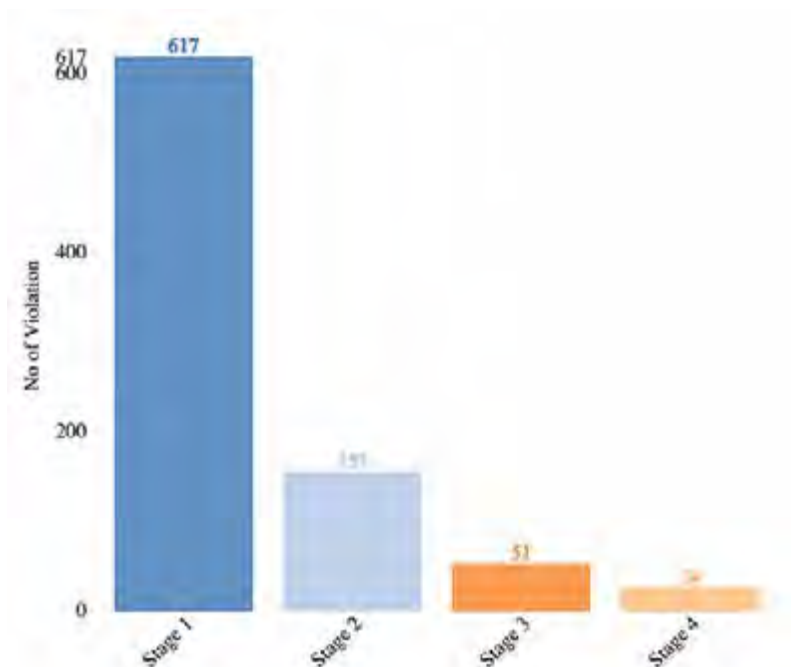
Ivy Point, Pinehurst, Club Point, Golf Villas, The Shores, The Pines and Estates of Pinehurst

January 2020

Official Newsletter of the Atascocita Community Improvement Association

Volume 10, Issue 1

DEED RESTRICTION VIOLATION CHARTS



COMMUNITY CONTACTS

BOARD MEMBERS

Jeremy Williams, President.....jeremy@atmyacia.com
 Toni Wendt, Vice President.....twendtacia@gmail.com
 Karen Davis, Secretary.....karen@atmyacia.com
 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

Gregg Mielke, Chair.....mielkehome@comcast.net
 Bob Garlington.....bob@atmyacia.com

PRECINCT 2 INFORMATION

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

ARCHITECTURAL CONTROL COMMITTEE

Robert Comstock, Chair.....rcomstock1@comcast.net
 Bob Abrahamsen.....abetex281@gmail.com
 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
 Advertising.....advertising@PEELinc.com



Constable Statistics

Burglary Habitation: 0	Disturbance Juvenile: 0
Theft Vehicle: 2	Suspicious Vehicles: 20
Assault: 1	Phone Harassment: 1
Disturbance Family: 4	Theft Habitation: 0
Alarms: 25	Robbery: 0
Runaways: 0	Criminal Mischief: 2
Burglary Vehicle: 2	Disturbance Other: 4
Theft Other: 2	Suspicious Persons: 11
Sexual Assault: 0	Other Calls: 3

Detailed Statistics by Deputy

Unit Number	Contract Calls	District Calls	Reports Taken	Felony Arrests	Misc Arrests	Tickets Issued	Recovered Property	Charges Filed	Mileage Driven	Days Worked
E03	3	1	1	0	0	0	0	0	57	1
E02	104	40	6	0	0	25	0	0	837	19
E85	122	36	15	1	0	34	0	1	1133	21
E86	51	10	0	0	0	16	0	0	1166	19
K12	0	5	0	0	0	3	0	0	151	1
TOTAL	280	92	22	1	0	60	0	1	3344	61

ACIA CONTRACT STATS FOR NOVEMBER 2019

Alarms:

Deputies responded to 25 residential alarms that 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 256 combined contract, neighborhood, park, and school checks during the month.

Burglary of a Motor Vehicle

7700 12th Fairway Ln-An unknown offender gained entry to complaint's unlocked vehicle, taking property. Call cleared report.

7700 Pinehurst Shadow Dr- An unknown offender gained entry to the complaint's vehicle, taking property from the vehicle. Call cleared report.

Criminal Mischief:

19800 Pine Wind Dr- An unknown offender damaged complainant's car window. Call cleared report.

(Continued on Page 3)

ACIA HAPPENINGS

(Continued from Page 2)

19700 Clear Glen Dr- An unknown offender slashed complainant's vehicle tires. Call cleared report.

Theft/Other:

19500 Hurst Wood Dr- An unknown offender stole complainant's leaf blower. Call cleared report.

19600 Autumn Creek Ln- An unknown offender stole the complainant's amazon packages from the porch. Call cleared report.

Family Disturbance:

20000 Sweetgum Forest Dr- Known Family members were involved in a verbal argument which escalated to physical contact. The offender was arrested and taken to Harris County Jail. Call cleared report.

7700 Hurst Forest Dr- Known family members were involved in a verbal argument which escalated to physical contact. Call cleared report.

19300 Arbor Pines Ln- Known family member assaulted complainant for an unknown reason. The offender was arrested and taken to Juvenile probation. Call cleared report.

8500 Pines Place Dr- Known family member assaulted complainant for an unknown reason. DA's office declined charges. Call cleared report.

Assault:

19600 Hurst Wood Dr- An unknown offender assaulted an Uber driver. Call cleared report.

Stolen Vehicle:

20200 Cherry Oaks Ln- An unknown offender stole the complainant's vehicle while parked in the driveway. Call cleared report.

19700 Pine Cluster Ln- An unknown offender stole the complainant's vehicle while parked in the driveway. Call cleared report.

Telephone Harassment:

7800 Hurst Forest Dr- An unknown offender was contacting complainant through social media, making verbal threats after told to stop several times. Call cleared report.

Other:

19900 Sweetgum Forest Dr.- Consumer required medical attention and was transported to a local hospital for an evaluation. Call cleared report.

20300 Sunny Shores Dr- Known offender made a terroristic threat towards complainant. DA's office was contacted and declined charges.

20300 Acapulco Cove Dr- An abandoned vehicle was towed from the public roadway. Call cleared report.

19600 Sweet Forest Ln- Complainant wanted to report her lost medical prescription. Call cleared report.

19700 Pinehurst Trail Dr- Two vehicles were involved in an accident. Call cleared report.

19600 Suncove Ln- An unknown offender used the complainant's credit card without his authorization. Call cleared report.

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ACIA HAPPENINGS

Let Trends Guide Your 2020 Travel

(Family Features) While there's plenty to be said for taking the proverbial road less traveled, fellow tourists can provide a wealth of knowledge to help shape a vacation filled with lifelong memories.

Whether you expect your travel plans for 2020 to take you near or far, having a pulse on how and where others enjoy spending their travel time may help narrow down your options. Start planning your next getaway armed with the findings of a trend report compiled by vacation rental app and website Vrbo, especially when it comes to selecting a destination and your accommodations.

Unique Accommodations

Traditional vacation home favorites like beach houses, cabins and condos still reign supreme, but adventurous American travelers are staying in some unusual options. In fact, 71% of millennial travelers said they would consider staying at a non-traditional vacation rental.

In addition to barns, castles and treehouses, properties on wheels and properties that float join the ranks of unusual accommodations travelers are booking. Travel demand for houseboats, yachts, RVs and travel trailers is up 30% year-over-year.

Surf's Up

Portugal's reputation for affordability, primo surfing and sunshine-filled climate make the country a desirable place to explore. That may explain why seaside locales in Portugal took three of the top five spots on the list of hottest international beach destinations for American travelers. Chania, Greece, took the top spot, followed by three Portuguese destinations: Vila Nova de Gaia, Porto and Lisbon. Catania, Italy, rounded out the top five.

For those seeking to stay stateside, four of Vrbo's top five United States destinations this year are beaches, including: Gulf Shores, Alabama; Miramar and Rosemary Beach, Florida; Panama City Beach, Florida; and Maui, Hawaii.

Same-City Stays

Rental demand data in Chicago, Philadelphia, Dallas, Atlanta and a number of other urban destinations showed the single largest traveler origin market for each city was that same city.

"'Cele-cations,' when people seek accommodations to host and spend time with groups of family and friends for milestone events like weddings, birthdays and anniversaries, may be fueling the trend of people booking vacation homes in the same cities where they live," said Melanie Fish, Vrbo travel expert.

Also high on the trend list: short-stay, drivable destinations located within 300 miles of home.

Up-and-Coming Destinations

Their names may not be familiar to the masses,

but each of the top emerging domestic vacation destinations shares one thing in common: outdoor appeal. Places that appeal to families and other groups of travelers looking to explore the great outdoors are seeing a major surge over the past three years.

If an outdoor getaway is your ideal trip, consider destinations like Terlingua, Texas, located just a short distance from Big Bend National Park; Bella Vista, Arkansas, situated in the Ozarks near majestic lakes; Westport, Washington, surrounded by a bay to the east and the Pacific Ocean to the west; Cherry Log, Georgia, which sits in the heart of Chattahoochee National Forest; and Edisto Island, South Carolina, a charming beachside retreat 1 hour from Charleston.

"This is the third year in a row travelers' desire to be outdoors has filled the up-and-coming

destinations list," Fish said. "Clearly, people want the comforts of a home away from home while soaking in scenery."

Find the trends and accommodations that match your 2020 travel dreams at [vrbo.com](https://www.vrbo.com).

Photo courtesy of Getty Images #14614, Source: Vrbo, Content Downloaded from FamilyFeatures.com



Make Your Weight Loss Goals *a Reality*



(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips.

Set realistic goals. Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; long-term results generally come with steady loss over a period of time.

Eat well. Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

Consider a supplement. If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a board-certified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

Get active. Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

Stay committed. It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and

permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

Find more information to help jump-start your weight management program at TryRiduZone.com.

What is OEA?

Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.

Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

Photos courtesy of Getty Images #15081, Source: NutriForward, Content downloaded from FamilyFeatures.com

ACIA HAPPENINGS

Excluding Pests

When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows when there is light outside; if you see light around roods or windows, then there isn't a good seal and weather stripping should be replaced. The attic should be inspected for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for any cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and repair any areas that allow pests to enter the home.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam
- Replace weather stripping around doors and windows if there is not a good seal

- Repair or replace any window screens with holes
- For homes with brick or stone facades, stuff weep holes with steel wool* or copper mesh

*steel wool will rust if it gets wet, so do not use on light colored façades

- Inspect all furniture, boxes, and bags for pests before carrying them into the home

- Inspect all plants for insect pests before bringing them into the home

- Do not store firewood inside the home, against the outside walls, or near doors

- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home**

**make sure animal is not in the home or you'll seal it inside!

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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Top Tips to Get Ready to Run



(Family Features) You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you strap on those shoes and head toward the finish line.

Here are a few tips to help get you ready for the big race:

Seek Quality Sneakers - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

Make a Schedule - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

Stick with Water - Avoid sports drinks that are loaded with preservatives and sugars. You can't go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

Go Online - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

Nutrition - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at eLivingToday.com.

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A man in a white shirt and dark pants is standing next to a black service van. The van has "WIRED GENERATORS ELECTRICAL SERVICES" and the phone number "713-467-1125" on its side. There are fireworks exploding in the background.



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