



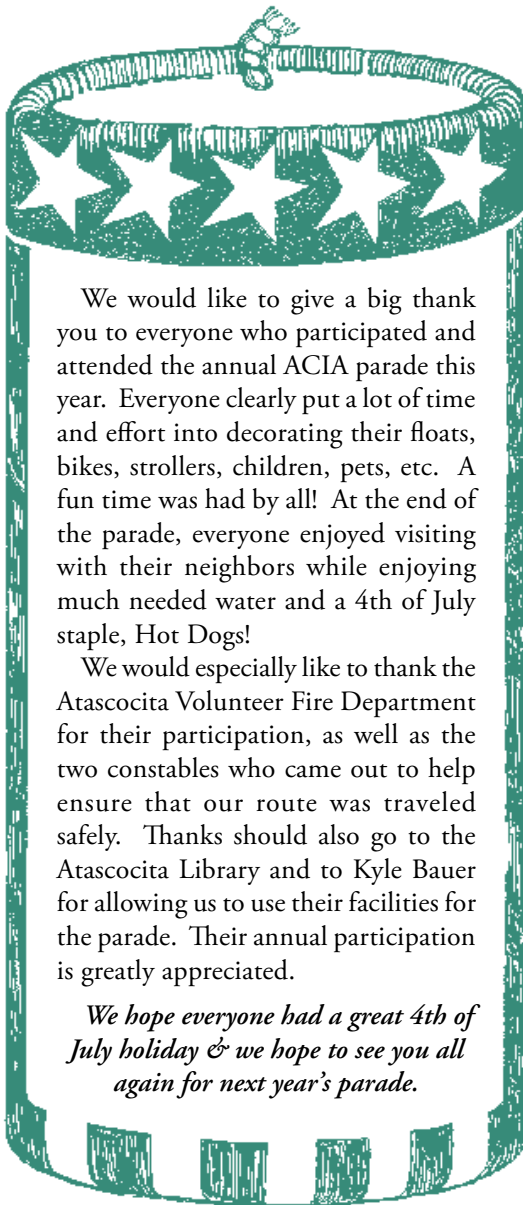
# ACIA

## Happenings

August 2011

Official Newsletter of the Atascocita Community Improvement Association

Volume 1, Issue 2



We would like to give a big thank you to everyone who participated and attended the annual ACIA parade this year. Everyone clearly put a lot of time and effort into decorating their floats, bikes, strollers, children, pets, etc. A fun time was had by all! At the end of the parade, everyone enjoyed visiting with their neighbors while enjoying much needed water and a 4th of July staple, Hot Dogs!

We would especially like to thank the Atascocita Volunteer Fire Department for their participation, as well as the two constables who came out to help ensure that our route was traveled safely. Thanks should also go to the Atascocita Library and to Kyle Bauer for allowing us to use their facilities for the parade. Their annual participation is greatly appreciated.

*We hope everyone had a great 4th of July holiday & we hope to see you all again for next year's parade.*

## FROM THE TREASURER'S DESK

A capsule review of the ACIA financials for the first 5 months of 2011, shows that the cash position of the ACIA is in satisfactory position, with \$995,461 available on 5/31/2011. Of the \$1,183,082 of maintenance fees assessed for 2011, 91.2% have already been paid. Expenses for 2011 have kept pace with budgeted amounts with the recovery of legal expenses exceeding expectations. The 2010 reserve funds of \$72,000 targeted for updating of the Pines Park and the marina have not yet been expended as estimates of costs are not yet completed.

As a reminder to those residents who have not paid their 2011 maintenance fees, please be aware that outstanding balances carry extra costs, a late fee of 10% APR on the unpaid balance, and if delinquency persists, attorney fees come into play. For residents having monetary problems, an installment plan can often be arranged; the resulting fees are considerably less than attorney fees. Financial statements are presented at every Board meeting. Questions and concerns about these affairs can be expressed there; appointments can also be made if the board meetings are not convenient. Full financial reports are published on the website ([atascocita.com](http://atascocita.com)), and updated quarterly once approved in the Board minutes.

## Financial Tip Of The Month

While it very frequently seems that there is never enough money to take care of all your needs and wants, much less save on a regular basis, successful savers have found a way that can work.

Next time you get a raise in income, keep ½ of it to make life easier, and put the other ½ in the bank. Put it in a separate account and dedicate it to reaching a desired goal (a house, a car, college, a trip, etc.). REGULARITY of saving, no matter how small the amount, is really the key.



# ACIA HAPPENINGS

## COMMUNITY CONTACTS

### BOARD MEMBERS

Phil Baumann, President/Grounds .. pbaumann@atascocitacia.org  
Peggy Reap, Treasurer ..... preap@atascocitacia.org  
Mindy Marules, Secretary..... mmarules@atascocitacia.org  
Robert Segraves, Trustee ..... rasegraves@yahoo.com  
Kyle Adams ..... kadams@atascocitacia.org  
David Johnson, Community Asset Manager.....  
..... djohnson@communityassetmangement.com

### EMERGENCY INFORMATION

**Fire, Medical or Life Threatening Emergency ..... 9-1-1**

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

### UTILITIES

Electric, (multiple providers) ..... www.powertochoose.org

*Power Outages* ..... 713-207-7777

*Street Light Outages* ..... 713-207-2222

Gas, Centerpoint Energy..... 713-659-2111

*Gas Leaks* ..... 713-659-2111

Water, Severn Trent ..... 281-579-4500

*24 Hour Emergency Number* ..... 281-209-2100

Telephone, Centurylink..... 877-290-5458

Trash, Waste Management..... 888-964-9734

Humble Post Office..... 281-540-1775

Harris County MUD #132 ..... www.hcmud132.com

Harris County MUD #151 ..... www.hcmud151.org

### SCHOOLS

Humble ISD ..... 281-641-1000

*Website* ..... www.humble.k12.tx.us

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, Mindy Marules..... mmarules@atascocitacia.org

Publisher, Peel, Inc. .... 888-687-6444

Advertising..... advertising@PEELinc.com

**DON'T WANT TO  
WAIT FOR THE MAIL?**

View the current issue of The ACIA Happenings  
on the 1st day of each month at [www.PEELinc.com](http://www.PEELinc.com)

## THE POOL ID DISTRIBUTION PROCESS

As you may recall, pool IDs are annually renewing, available only to Atascocita C.I.A. residents who wish to use the community pools. In order to receive pool IDs, maintenance fees for the property where you live must be current. The pool ID fee is separate from your annual assessment. All pool IDs will be distributed from the Association's office.

Using the pool ID form printed on the reverse side of this message, you may order your IDs by mail, and the IDs will be mailed to you. After April 25, you may also pick up your IDs in the Association's office, 9802 F.M. 1960 Bypass W., Ste. 210, Humble, TX 77338, 8:30 a.m. to 5:30 p.m. They will not be available for purchase evenings, weekends, or on bank holidays.

The TWO swimming pools operated by the Atascocita C.I.A. are located at 20700 Atascocita Shores Drive (the "Pinehurst Pool"), and 8810 Pine Shores Drive (the "Shores Pool").

For the 2011 swim season, both pools will be open for the "swim season" June 4 through August 21. The Pinehurst Pool will be closed for maintenance on Wednesdays; the Shores Pool will be closed for maintenance on Tuesdays. In addition to the "swim season," the Shores Pool will be open weekends in May (including the Memorial Day Weekend), and the Pinehurst Pool will be open August 27-28 and September 3-5 (Labor Day Weekend).

## COMMUNITY GARAGE SALE DATES FOR 2011 ANNOUNCED

The Board of Trustees has designated May 13-15 and October 14-16 as the Community Garage Sale dates for 2011.

## TENNIS COURT ACCESS KEY CHANGES

Beginning May 1, 2011, access to the Association's tennis courts will require an updated key. It is the intention of the Board of Trustees to change the locks to the tennis courts on an annual basis in the future. New tennis court keys will be copy-protected, and the Board has set the subscription cost at \$35.00 per key. Keys may be obtained from the CAM office in late April.

*Please see our website:  
[www.AtascocitaCIA.org](http://www.AtascocitaCIA.org)*

# ACIA HAPPENINGS

## Year 2011

### *Information Form for Issuance of Pool Tags Atascocita Community Improvement Association*

#### PROPERTY OWNER INFORMATION (HEAD OF HOUSEHOLD):

Name \_\_\_\_\_ Alternate Contact \_\_\_\_\_

Home Phone \_\_\_\_\_ Alternate's Phone \_\_\_\_\_

Your Property Address \_\_\_\_\_

#### TAG HOLDERS INFORMATION:

TENANT \_\_\_\_ OWNER \_\_\_\_

_____ Name	_____ Age
_____ Name	_____ Age
_____ Name	_____ Age
_____ Name	_____ Age
_____ Name	_____ Age
_____ Name	_____ Age
_____ Name	_____ Age

Tag No.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DIRECTIONS:** This form must be accompanied by \$7.50 for each tag (maximum \$30.00 per household). **Checks must be made payable to ACIA**, and mailed to **CAM**, 9802 F.M. 1960 Bypass W., #210, Humble, TX 77338. Pool tags will be mailed to you. The Board of Trustees of the Atascocita C.I.A. has specified that tags may only be issued to property owners whose maintenance fees are current. If you need information about your maintenance fees, please call 281-852-1155.

During most hours when the pool is closed to the public, the pool may be rented by members of the Association for private parties (advance payment for lifeguards and deposit is required). For details in this regard, please call DS Recreational Management at (281) 443-4665.

# ACIA HAPPENINGS

## HUMBLE SUBDIVISION WARNS 'RENEW YOUR DEED RESTRICTIONS'

*By Crystal Simmons, The Tribune Newspaper – reprinted with permission.*

When John Trojanowski first noticed two surveyors on the vacant lot across his street in the Spears Village subdivision, he thought new neighbors were coming to his small, quiet subdivision. Then, three days later he noticed a sign announcing Millennium Glass and Mirror Inc. would build on the lot instead. Ever since then, Trojanowski has been protesting the business, fearing that one commercial business would open a floodgate and allow other businesses to build.

On June 9, Trojanowski and other subdivision residents attended the Humble City Council meeting to warn other Humble residents what could happen when deed restrictions expire.

The subdivision, located between Rankin Road and Will Clayton Parkway, has about 13 residential structures and was deed restricted until 2003. After the deed restrictions expired, the subdivision became open for commercial development.

Members of the subdivision also learned that they did not qualify for normal commercial development protection. While areas considered 75 percent residential cannot be developed commercially, Spears Village fell short of that mark with 70 percent of the area considered residential.

However, because many of the residents own more than one lot, Trojanowski is petitioning State Rep. Senfronia Thompson to count those lots as residential property.

"If she classified residential property that way, we'd easily have 75 percent residential structures in the area," said Trojanowski.

In addition, Trojanowski wants the entire subdivision counted as a whole, since half the subdivision contains more than 75 percent residences. Still, time is running short for the subdivision. "When Humble approves the plat, the company can start building," said Trojanowski. Although the business has not submitted a plat for city approval, City Manager Darrell Boeske anticipates the city will receive the plat and give approval within the next two to four weeks.

Once the building is complete, Boeske said the business should not increase traffic in the area.

"They do small commercial business, so the only real traffic is when they leave in the morning to their jobs and when they return sometime when they complete the job. It is not a retail outlet, and they only stock a small amount of inventory," said Boeske. "Since the location is only 60 feet from the intersection of the service road, no vehicles will be going into the subdivision, so there will be no increase of traffic in the neighborhood."

Although Trojanowski doesn't have much hope that the commercial building can be prevented, he hopes other subdivisions will not make the same mistake as Spears Village.

*"Renew your deed restrictions," he said.*

## POOLS AND TENNIS

The courts and pools are up to date and safe. While a few issues remain, we are working to "spot" fix a few lingering issues. We continue to look at the installation of a walking path in the Pines. It would provide a nice place for parents to exercise while the kiddos play.



There has been discussion of repairs/updates at the marina as well. Both the installation of a walking path and the marina are being discussed. While one is a relatively small job and easily funded – the marina may be a much larger issue and hard to tackle under current budget constraints. Bids for both projects are being gathered.

As we continue through the summer, let us know if you see anything that needs to be addressed. Happy swimming, bar-b-que'ing, and all your other summer pursuits.



### Alpha Omega Plumbing

Serving Humble, Atascocita, Fall Creek, Summerwood, & Eagle Springs

**Water Heaters • Leak Detection • Faucets • Toilets  
Remodeling • Drain Cleaning**

*Call for an appointment or a free estimate on certain plumbing.  
Check our ratings on RateKingwood.com or Angie's list.*

**CALL NOW! 281.358.2486 OR 281.852.3322**



Lakeshore Cosmetic Dentistry was designed to create an elegant, relaxing atmosphere offering a comfortable dental experience. With a commitment to continued dental education and years of experience, Dr. Ameri ensures quality care utilizing the most current technology. The doctor and his staff strive to provide friendly patient care with an emphasis on patient comfort.

## Make A Good First Impression

- Smile Makeovers
- Total Facial Aesthetics
- Cosmetic Dentistry
- Dental Implants
- Neuromuscular Dentistry
- Teeth Whitening
- Root Canals
- Extractions
- General Dentistry
- Nitrous Oxide
- Sedation Dentistry
- Tooth Colored Fillings

### VENEERS • INVISALIGN ENDODONTICS • CROWNS

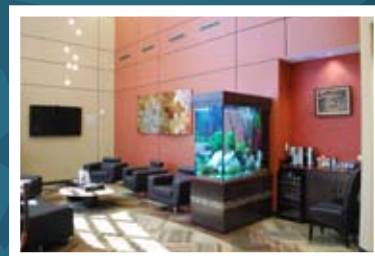
Care Credit and Most Insurances accepted

**Grand Opening Special**  
Initial Exam, X-RAYS and Basic Cleaning  
(If no Periodontal disease is present)

**\$169**

Teeth Whitening **\$250**

*Offer expires Aug. 31, 2011*



**Now Open!**

**LAKE  
SHORE**  
*Cosmetic Dentistry*  
**SMILES BY AMERI**

**281-812-1122**

13551 Will Clayton Pkwy  
Suite 5  
Humble, TX 77346

[www.lakeshorecosmeticdentistry.com](http://www.lakeshorecosmeticdentistry.com)

Across the street from Life Time Fitness  
FINANCING AVAILABLE



**DR. AMERI**



# ACIA HAPPENINGS

## TIPS FOR A HEALTHY SUMMER

### *Eat Smarter & Move More*

*Submitted by Sarah S. Jordan, MS*

Summer is here, and along with it comes good food, parties, and great times with family and friends. These things pretty much go hand in hand with summer.

Summer is a very common time for people to fall off the “health wagon,” but it doesn’t have to be that way. Eating right and getting enough activity can certainly be a challenge, especially when holidays and travel are involved. But the keys are: being consistent, making good choices, eating in moderation, and purposely finding ways to move more. Here are some tips to make your summer a healthier one for your family and friends.



### Small Changes = Big Results

*Making small changes for your summer cookouts and potlucks can equal big nutritional improvements.*

### Traditional Summer Food

### A More Healthy Alternative

Hot dogs .....	Turkey dogs
Hamburger .....	Turkey burger
Potato salad .....	Fruit salad
Chips and high fat dip .....	Assorted vegetables and hummus
Fried chicken .....	Grilled chicken kabobs with veggies
Pie .....	Fresh pineapple
Soda and sweet tea .....	Iced tea with lemon
Using high-fat mayonnaise in dishes .....	
..... Use low-fat mayo or the kind that has olive oil in it	

*(Continued on Page 7)*

# THUNDER VOLLEYBALL - TEXAS

@ The Gym, 2325 Atascocita Rd. Humble, TX (across from Lindsey Lyons Park)

## TTVC 2011-12 USAV

## SEASON TRYOUTS

**Saturday, September 17, 2011**

Ages 13 & Under: 10:00-12:00 pm

Ages 14 (Grade 8): 12:15-2:15 pm

Ages 15 & 16: 2:30-4:30 pm

Ages 17 & 18: 4:45-6:45 pm

(Age as of September 1, 2012)

**PARENTS MEETING AT BEGINNING OF EACH AGE GROUP TRYOUT**

**REGISTRATION BEGINS 30 MINUTES PRIOR**



### Individual Drill Sessions:

SUNDAYS: June 5-October 30

Elem./Middle School All Skills:

4 - 6 PM

**High School & High Performance Players:**

5:30-8 pm

FEES: \$25 / 2hr session or \$100 / 5 sessions

## VOLLEYTOTS

Introductory Level Training  
for Ages 4-8

### Middle School Camp

Grades 4-8 (2011/12)

August 15-18 (\$150)

1:00pm-5:00pm

### TRAINING INCLUDES:

- Individual Skills
- Team Drills
- Conditioning
- Nutrition
- Recruiting Process
- Tryouts Preparation



For Information, call 281-359-TTVC (8882)

Registration Forms: Visit front page of Website: [www.ttvc.net](http://www.ttvc.net)

Director's Cell: 281-639-0239 [clubdirector@ttvc.net](mailto:clubdirector@ttvc.net)

# ACIA HAPPENINGS

## Tips for a Healthy Summer - (Continued from Page 6)

### Healthy Recipe Swap

You can even request that guests bring a healthy dish and include the recipe along with the dish. After the event, the party host types up all of the recipes and emails them to party guests. Just like that - everyone is equipped with healthy things to try on their own!

### Get Movin'!

Instead of a party revolving solely around the food involved, why not create a "buffet of games" and activity to center the event around instead? Here are some ideas for fun backyard games to try this summer with your family and friends. Just be sure to let your guests know the "active" theme ahead of time so they can dress accordingly and be prepared to move.

### Host a miniature version of the Olympics.

This can consist of things like wheelbarrow races, three legged races, running, water balloon tosses, and team relays. Have prizes for the teams.

### Create an art contest using chalk.

Have three judges and give out prizes for the most creative pieces of art. And maybe even to the adult with the most "artfully challenged" piece of "art."

### Play a classic game of "Kick the Can."

Make sure you have at least 3-4 people playing this game. One

person is "it" and guards the "can." (Can needs to be in an open space.) Other players hide while the "it" person counts to 20 and then goes to find the other players. Captured (tagged) players go to "jail." Anyone not captured can kick the can, which sets all jailed players free. If the "it" person finds all players before the can is kicked, the "it" person wins the game.

### Have a Hula-Hoop contest.

Crank up the fun music, and see who can twirl the longest!

### Create a canvas.

Hang an old white sheet on your fence or clothesline and let the creativity flow while your guests create a beautiful work of art!

### Send your guests on a scavenger hunt.

There are many ways to get creative with this, including giving the hunt a theme to match your party, having guests find things in nature and draw pictures of what they find, or having your guests do something (ex: 10 jumping jacks) every time they find something on the list.

### Slip and Slide!

Give your party a water theme to beat the heat. Set up two identical slip and slides and see who slides the fastest and/or the farthest. Crown your champion. Test out other games like horseshoes, washers, Bocce ball, four-square, hopscotch, whiffle-ball, or kick ball.

*Here's to a healthy and active summer ahead.  
Cheers!*

# LANDSCAPE

Landscape Design

Custom Outdoor Kitchens & Living Areas, Fire Pits

Patio Covers & Shade Arbors

Home Additions & Construction

Patios, Sidewalks & Driveways

Sprinkler Systems, Drainage

Decorative Concrete & Overlays

Retaining Walls

Fences & Wood Decks

Commercial & Residential Lawn Maintenance



# GM

## Landscape & Irrigation Co.

281.446.1702

[www.LandscapeHumble.com](http://www.LandscapeHumble.com)

Texas Irrigators Lic # 9153  
Drain Layers Lic # PD505403



# & IRRIGATION



# ACIA HAPPENINGS

## Atascocita CIA Calander of Events - August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00	1 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00	2 Pinehurst Pool Open @ 12:00	3 Shores Pool Open @ 12:00	4 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00	5 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00	6 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00
7 Pinehurst Pool Open @ 1:00 Shores Pool Open @ 1:00	8 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00	9 Pinehurst Pool Open @ 12:00	10 Shores Pool Open @ 12:00	11 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00	12 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00	13 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00
14 Pinehurst Pool Open @ 1:00 Shores Pool Open @ 1:00	15 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00	16 Pinehurst Pool Open @ 12:00	17 Shores Pool Open @ 12:00	18 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00	19 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00	20 Pinehurst Pool Open @ 12:00 Shores Pool Open @ 12:00
21 Pinehurst Pool Open @ 1:00 Shores Pool Open @ 1:00	22 ACIA monthly Meeting @ 6:00 p.m.	23	24	25	26	27 Pinehurst Pool Open @ 12:00
28 Pinehurst Pool Open @ 12:00	29	30	31	***Please see the website calendar for detailed times and location of events***		

### Save on Your Energy Costs with StarTexPower.

SIGN UP online TODAY at [www.StarTexPower.com](http://www.StarTexPower.com)



SCAN THE  
QR CODE!

THEN ENTER  
"NEIGHBORHOOD  
NEWSLETTER"  
AS THE PROMO CODE.

We pride ourselves with low rates,  
award-winning customer service,  
and no surprises.

Listen to Alan "Petrodamus"  
Lammey, host of 'Energy Week',  
every Sunday on 1070 KNTH in  
Houston.

To speak to Alan Lammey about  
your electricity needs,  
call: 281-658-0395



**StarTex  
POWER**



PH: 866-917-8271  
PUCT #10089



**COLIN'S HOPE**

Increasing water safety awareness and standards

**FACTS YOU NEED TO KNOW ABOUT DROWNING**

### DROWNING ALERT!!!



**TEXAS has more drownings than  
any other state so far this year and  
we still have a long HOT summer  
ahead of us. Please be safe in and  
around the water.**

Source: U.S. Consumer Product Safety Commission's Pool  
Safety Campaign [www.poolsafely.gov](http://www.poolsafely.gov)

### DROWNING IS QUICK AND SILENT



Drowning can  
occur in less than  
2 minutes.



Most children are out of  
sight or missing for less  
than 5 minutes and  
usually in the presence of  
1 or both parents.



Irreversible brain  
damage can occur  
in 4 minutes or less.



Most children die who  
are submerged for as  
little as 6-10 minutes.

Download a  
QRcode App  
on your phone  
& scan me!



**Children who drown may not scream, splash, or struggle.  
They can silently slip beneath the water, even with adults & lifeguards present.**



## Recipe of the Month GRANNY'S COLE SLAW

### Ingredients

- ½ cup mayonnaise
- ¼ cup sugar
- 1 tsp. salt
- ½ tsp. celery seed
- 2 T. vinegar
- ½ head cabbage, shredded

Mix mayonnaise, sugar, salt, vinegar, & celery seed. (May want to adjust to taste.) Shred cabbage. Mix with dressing. Is better make several hours ahead.

*Enjoy!*

At no time will any source be allowed to use The ACIA Happenings' contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in 'The ACIA Happenings' is exclusively for the private use of the Atascocita CIA and Peel, Inc.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

# DID YOU SAY FREE?

**YES! YOUR NEWSLETTER IS PROVIDED  
100% FREE OF CHARGE TO YOUR HOA**

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

[www.PEELinc.com](http://www.PEELinc.com)

**PEEL, INC.**  
community newsletters



## Clint Sells Atascocita Top 5% of Northeast Houston Area Realtors.

Call Clint when it's time to sell or buy.  
Clint is a life-long Atascocita Resident.  
Ask about my free local move! \*restrictions apply\*

**8415 Atascocita Lake Way**



Only Steps from Lake Houston.

**18507 Wide Brim Ct.**



Ideal cul-de-sac location.

**KELLER  
WILLIAMS  
REALTY  
NORTHEAST**



**Clint Reynolds,  
REALTOR CNE**

**281-414-9820 (C)  
281-852-4545 (O)**

**Google "Clint  
Reynolds Realtor"**

**[www.soldbyclint.com](http://www.soldbyclint.com)**

**Learn about  
Northeast Houston  
[LakeHoustonHousing.com](http://LakeHoustonHousing.com)**

# ACIA HAPPENINGS

## GOING 100 PERCENT ORGANIC NOT FEASIBLE?

By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated “Dirty Dozen” list of the 12 fruits and vegetables containing the most pesticides. Topping this year’s list? Apples. This begs the question, “Can eating an apple a day really keep the doctor away?”

The answer may lie in where you get your apples. Although the EWG’s ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products

may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG’s list offers a good starting point for consumers.

According to the EWG’s 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the “Dirty Dozen”) consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- |                          |                            |
|--------------------------|----------------------------|
| 1. Apples                | 7. Grapes (imported)       |
| 2. Celery                | 8. Sweet bell peppers      |
| 3. Strawberries          | 9. Potatoes                |
| 4. Peaches               | 10. Blueberries (domestic) |
| 5. Spinach               | 11. Lettuce                |
| 6. Nectarines (imported) | 12. Kale/collard greens    |

(Continued on Page 11)

### Bashans Painting & Home Repair

Commercial/Residential  
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting
- Door Refinishing
- Window Installation
- Trash Removal
- Ceiling Fan/Light Fixtures

**References Available • Fully Insured**  
**NO PAYMENT UNTIL COMPLETION**  
bashanspainting@earthlink.net

## BUSINESS CLASSIFIED

**RAINCO IRRIGATION SPECIALIST:** Commercial & Residential. Backflow Testing, Drainage, Irrigation (Sprinkler) System, Design & Installation, Service & Repair, Rainbird – Hunter. Fully Insured. Lic. # 9004 & 9226. Call 713-824-5327.

### CLASSIFIED ADS

**PERSONAL CLASSIFIEDS** (one time sell items, such as a used bike...) run at no charge to Atascocita residents, limit 30 words, please e-mail [mmarules@atascocitacia.org](mailto:mmarules@atascocitacia.org).

**BUSINESS CLASSIFIEDS** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

**Advertise  
Your Business Here  
888-687-6444**

## Going 100 Percent Organic... - (Continued from Page 10)

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

- |               |                          |                    |
|---------------|--------------------------|--------------------|
| 1. Onions     | 6. Sweet peas            | 11. Cabbage        |
| 2. Sweet Corn | 7. Mangoes               | 12. Watermelon     |
| 3. Pineapples | 8. Eggplant              | 13. Sweet potatoes |
| 4. Avocado    | 9. Cantaloupe (domestic) | 14. Grapefruit     |
| 5. Asparagus  | 10. Kiwi                 | 15. Mushrooms      |

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.



**Your friends are our friends!**

Call today to learn about our referral program!

**512-263-9181**



**PEEL, INC.**  
community newsletters





PEEL, INC.

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

ACIA

**ADVERTISE**  
*Right on mark  
for your  
target audience*  
**Call Today 512-263-9181.**

**PEEL, INC.**  
community newsletters  
[www.PEELinc.com](http://www.PEELinc.com)  
512-263-9181