

NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION
OF THE NORTHLAKE
FOREST HOA

October 2011

Volume 1, Issue 10

THANK YOU!

THANK YOU to all the sponsors for helping make our Back-to-School Pool Party a SUCCESS!! The party was enjoyed by all who attended!

A special THANK YOU to all the VOLUNTEERS who helped with the party!

THANK YOU to all NLF residents...especially the children who came out to the festivities!! It was so WONDERFUL seeing the excitement on the faces of so many children!

BACK-TO-SCHOOL POOL PARTY SPONSORS

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NORTHLAKE FOREST National Night Out

Tuesday, October 4, 2011

6:00 – 8:30 pm

Please join us Tuesday night at the Park to meet your neighbors and enjoy fun activities with your family. What a great time to come together as a community to increase safety awareness in NLF!

NORTHLAKE FOREST

NORTHLAKE FOREST COMMITTEES

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Team Lead Paul Rath

POOL & TENNIS COURTS- COMMITTEE

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Team Lead Paul Rath

VOLUNTEERS NEEDED

All of our committees are seeking volunteers to help continue making our community a fun place to be. Just a little bit of your time can go a long way. If you are willing to help, in any way, please contact a board member with your interest.

NEWSLETTER INFO

EDITOR

Wendy McCurley..... wendymccurley@gmail.com

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Advertising..... advertising@PEELinc.com

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Poison Control 1-800-222-1222

NON-EMERGENCY NUMBERS

Constable, Precinct 4 (281) 376-3472
Harris County Sheriff (713) 221-6000
Cy-Fair Volunteer Fire Department..... (281) 550-6663
Cypress Substation (281) 376-2997

GOVERNMENT NUMBERS

Animal Control (281) 999-3191
Health Department (281) 439-6290

Harris County Commissioner Precinct 4

Jerry Eversole - Community Assistance Office .. (713) 755-6444
Harris County Appraisal District (713) 957-7800
Social Security..... (800) 772-1213
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Department of Public Safety (*Hempstead*) .. (979)-826-4066

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Barbara Bush Library (*Cypress Creek*)..... (281) 376-4610

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Centerpoint (*Gas*) (713) 207-7777

DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of the Northlake Forest Herald on the 1st day of each month at www.PEELinc.com

Halloween Safety

for Kids & Teens from the NLF Safety Committee

Never, ever go into a stranger's house or even ring their door for treats unless your parents are with you and say that it's okay.

Be careful when you cross a street. Make sure to look in both directions and make sure that there are no cars coming. If you have a little brother or sister with you, take their hand and help them get across the street, too.

If you are an older kid or young teen, and going out with friends, make sure that your parents know where you are going and who you are going with. This may seem like a pain but they are your parents and they love you. They just want you to be safe.

Vandalism is never okay! Throwing eggs at cars and houses can get you in trouble. You could be arrested and punished as a juvenile

Hurting animals is never acceptable behavior! Not only is it illegal to hurt or torture animals and punishable by law, you should never hurt a helpless living thing.



Do you know what to look for in an Emergency Room?

- Open 24 hours a day, seven days a week, 365 days a year
- Physicians Board Certified or Board Eligible in Emergency Medicine
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19143 W. Lake Houston Parkway
W. Lake Houston Pkwy at FM 1960
281-540-9113

NORTHLAKE FOREST

BIRTHDAY ANNOUNCEMENT!

Happy 17th Birthday to our sweet kiddo, Laura! We love you so very much and hope you have the best day ever!

Love,
Mom, Andy, Byron, Woo and Boo



Teenage Job Seekers

NAME	BABY SIT		HOUSE SIT		PET SIT	YARD WORK	PHONE
Demski, Taylor	✓	✓	✓	✓	✓	✓	373-5121
Hurst, Ramsie	✓	✓	✓	✓	✓	✓	(713)870-0798
Lares, Leana	✓	✓	✓	✓	✓	✓	304-8028
Ney, Michael	✓	✓	✓	✓	✓	✓	mikeIney@gmail
Poloskey, Elena	✓	✓	✓	✓	✓	✓	467-6532
Rath, Joseph	✓	✓	✓	✓	✓	✓	743-7957
Schulz, Laura	✓	✓	✓	✓	✓	✓	256-3387
Womble, Emily	✓	✓	✓	✓	✓	✓	246-1234
Womble, Katie	✓	✓	✓	✓	✓	✓	246-1234

+ CPR TRAINING / FIRST AID TRAINING * HAS REFERENCES

ATTENTION TEENAGERS: The Teenage Job Seekers listing service is offered free of charge to all Northlake Forest teenagers seeking work. If you are interested in having your name published in the Northlake Forest Herald and website for babysitting, pet sitting, house sitting, or yard work services please complete the form located on our website under NLF Youth Services (www.northlakeforesthoa.com) or submit your name and information to wendymccurley@gmail.com by the 8th of the month!

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Do You Know Yours?

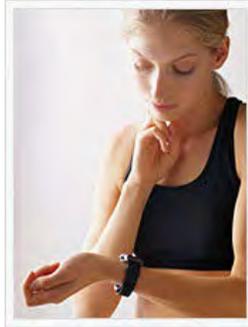
Target Heart Rate Range for Cardiovascular Exercise • By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing.

I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

A FEW THINGS TO REMEMBER ABOUT CALCULATING TARGET HEART-RATE RANGE (THRR):

- Always check with your doctor before starting or changing your exercise program.
- To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions like pregnancy, health issues, and some medications can affect your heart rate.**
- There are times when your mid-exercise heart rate will be below or



above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.

- A good estimate of your maximum heart rate is $220 - \text{your age}$.

CALCULATING YOUR TARGET HEART-RATE RANGE:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our

low and high end of our THRR:

- $220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____}$ (low end of THRR)
- $220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____}$ (high end of THRR)

Step 1: Calculate your resting heart rate. The best time to do this is first thing in the morning

(Continued on Page 6)

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NORTHLAKE FOREST

Do You Know Yours?- (Continued from Page 5)

before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

Step 2: Determine what training zone you will use based on your current level of fitness.

Estimates provided by www.acefitness.org: Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

Step 3: Calculate your target heart-rate range using the Karvonen formula.

Step 4: Learn how to use this heart-rate range regularly in your cardiovascular workouts.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

- $220 - 30 - 60 \times .60 + 60 = 138$ beats per minute
- $220 - 30 - 60 \times .80 + 60 = 164$ beats per minute

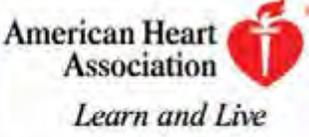
Using this calculation, her target heart-rate range is 138 – 164 beats per minute.

So the question is, "Now that I know my target heart-rate range, how

do I actually apply that to my workouts?" Follow these steps for success:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
- Determine and remember the range you should find in a 6-second pulse count.
- (Ex: 13-17 beats in 6-second pulse count, as this would equal 130 – 170 beats in a minute, which aligns with her THRR.)
- She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.
- Practice and learn to take your pulse properly.
- Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
- Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
- Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or

(Continued on Page 7)



HEART WALK.

Join us for the American Heart Association Heart Walk
Saturday, October 22nd • 9:30 am
Towne Lake (off Barker Cypress Road)

Registration	8:30 am	Please call and join our team! For more information: www.nwharrisheartwalk.org
Opening Ceremonies	9:00 am	
The Heart Walk	9:30 am	



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Do You Know Yours?- (Continued from Page 6)

down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.

- Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a "0") to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.

About Sarah

Sarah Jordan, MS, is a mom, photographer, personal trainer, instructor, and authors health and fitness articles for area newsletters. She is also the creator and director of Miles of Smiles Photography and Live Fit Austin. Sarah lives in Austin, Texas with her husband and son.



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NORTHLAKE FOREST

Things to do...

KAPPA ALPHA THETA

All NW Harris County alumnae are invited to join your Theta sisters for our 2011/2012 activities. Our group meets throughout the year for evening gatherings, lunch, museums and founders day. For more information or a calendar of events please email thetadonna@yahoo.com or call Kim at 281-370-2224.

AREA GIRL SCOUTS KICK OFF A NEW YEAR

Girl Scouts of the Compass Rose Service Unit celebrated the end of summer with a Back to School Social at the end of August. Nearly 200 girls gathered at the Coles Crossing Community Park to enjoy ice cream sundaes and activities designed to kick off the new year. This will be a great year of celebration for all Girl Scouts as they celebrate their 100th anniversary. Girl Scouting was founded in 1912 by Juliette Gordon Low. At their social, Compass Rose Girl Scouts made a banner declaring "Why We Love Girl Scouts: 100s of Reasons for 100 Years."

A special event coming up is **Juliette Low's birthday** on **October 31**. Compass Rose Girl Scouts will celebrate with a roller skating party and service project.

These are just a few of the many fun things that Girl Scouts do as they strive to build courage, confidence and character. **Find out more: LaceyC@entouch.net.**

MOPS AT THE MET REGISTRATION

If you need a listening ear, friendship with other moms, your kids involved in a fun program, delicious breakfast buffets, advice from seasoned moms...then you need MOPS at The MET.

Two dynamic groups meet two Friday mornings per month (August – May) from 9:15 – 11:45a.m.

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Recipe of the Month

Crock Pot Breakfast Casserole

Ingredients

- 6 green onions, sliced
- 12 eggs
- 1/2 cups milk
- 1 teaspoon salt
- 1/4 ground black pepper
- 1 pkg. (26 ounces) frozen shredding hash brown potatoes
- 1 pkg. Jimmy Dean® Hearty Original Sausage Crumbles
- 1 cup (4 ounces) shredding mozzarella cheese
- 1/2 cup (2 ounces) shredding parmesan cheese
- 1/2 cup julienne cut sun dried tomatoes packed in oil, drained

Directions

1. Spray a 6 quart slow cooker with cooking spray. Layer 1/2 of the potato on the bottom of slow cooker.
2. Top with half of the sausage, mozzarella and Parmesan cheese, sun dried tomatoes and green onion. Repeat layering.
3. Beat eggs, milk and pepper in large bowl with a wire whisk until well blended.
4. Pour evenly over potato-sausage mixture.
5. Cook on low setting for 6-8 hours or on high setting for 3-4 hours or until eggs are set.



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NORTHLAKE FOREST

Maintenance *around the neighborhood*

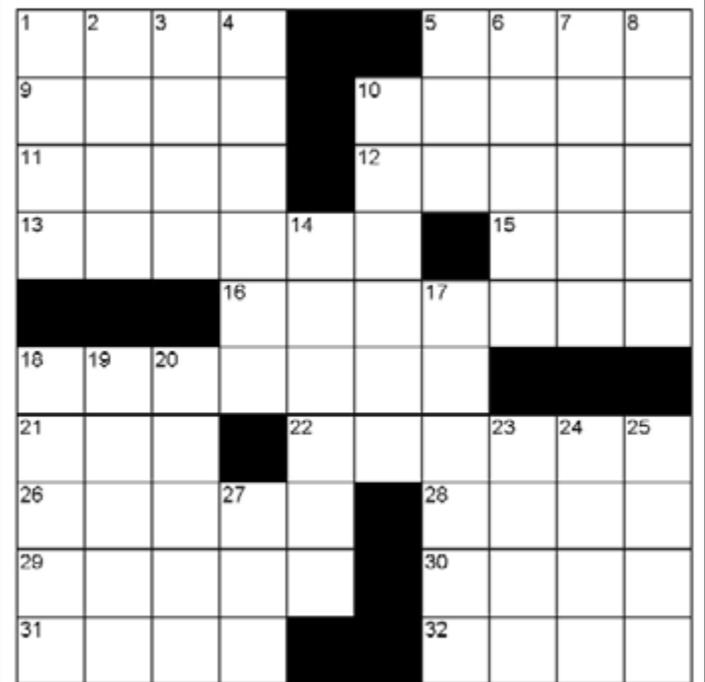
UPCOMING MAINTENANCE OR IMPROVEMENT PROJECTS AROUND NORTHLAKE FOREST:

- Additional landscaping along Spring Cypress
- Re-plaster the pool
- Replacement / repainting of the metal fencing around the pool
- Repair to asphalt walking trail along the greenbelt
- Repainting the mailbox pedestals
- Powerwashing internal entrance monuments along Northlake Forest Drive.

THIS YEAR'S PROJECTS COMPLETED TO DATE

- Installation of a concrete pad under the shade canopy at the park
- Repainting of all metal fencing around the neighborhood
- Installation of new kiddee mulch at the park
- Fertilization of all new crape myrtles
- Clean up along Spring Cypress, north and south of Indian Harbor
- Installation of new irrigation zones at Northlake Forest Court and around Sunmill / Flowercroft
- Repairs at the pool: door replacement, waterfill line repair, splashpark pump repair, installation of extractor fans in the pool and chemical rooms and installation of secondary sanitation to the splash pad to comply with new regulations for public swimming facilities
- Fountain pump repair / rebuild - Diamond Rock
- Installation of windshields at the tennis court and replacement of the net
- Repair and replacement of stone work around the pool house
- Replacement of waterfall fountain pump and motor
- Replacement of the water well pump
- Replacement of the wooden fences around the Northlake Forest Drive pump station
- Installation of safety signs, neighborhood watch and other signs around the neighborhood.
- Lake wall repair - main lake (MUD project \$25,000)

CROSSWORD PUZZLE



ACROSS

1. Southwest by south
5. Prophet who built the arc
9. In __ of
10. Short poem
11. Iraq's neighbor
12. More able
13. System
15. Conger
16. Avows
18. Angora (2 wds.)
21. Finale
22. Growls
26. Do penitence
28. Has 4 identical siblings
29. Automaton
30. Ancient Indian
31. Espy
32. Tier

DOWN

1. Skinny
2. Flexible metal thread
3. Lick
4. Sunbonnet
5. Catch
6. Cargo ship
7. BB Player Abdul Jabar
8. Throws violently
10. Played (2 wds.)
14. Counterbalance
17. Iranian's neighbors
18. What you shift
19. Upon (2 wds.)
20. Philippine dish with marinated chicken or pork
23. Peewee
24. Aphids
25. Fasten
27. Negative

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If you notice a problem or have a concern about something within NLF, please complete the form on our website and bring it to the attention of the management company or Board member so that the issue can be addressed.

MANAGEMENT COMPANY

Planned Community Management, Inc. (PCMI)
 Michael Quast
 (281) 870-0585
 mquast@stes.com
 www.pcmi-us.com

Northlake Forest HOA Website: www.northlakeforesthoa.com

SUDOKU

		7	1					
		6			3			2
	4					8		1
		8		2				
	6	1						7
3	7			9			6	8
			3				2	
6						5		3
	1				2			6

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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