

NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION
OF THE NORTHLAKE
FOREST HOA

November 2011

Volume 1, Issue 11

Come celebrate

Christmas in Northlake Forest

This event will be for
ALL Northlake Forest residents
of any age.

Let's join together and enjoy
the Christmas spirit!
Please keep an eye on your
Inbox for details
as the date gets closer!



NLF Annual Meeting

The Northlake Forest Annual Meeting will be held on December 6, 2011. There are 3 board positions up for election this year. If you are interested in running, please contact Mike Quast at 281-870-0585.

National Night Out

Northlake's 3rd Annual National Night Out Event was a huge Success!!! Thank you to everyone who came out to spend an evening with your neighbors and to have some fun with your family.

A special thanks goes to our sponsors and donors for helping to make the event a memorable one:

- o All Star Martial Arts
- o Abby at EZ Floors
- o Qdoba
- o Journey's Spa and Salon
- o Autumn Leaves Florist
- o AutoCheck
- o To the 9's Boutique
- o B.Ellen Boutique

(see NNO photos on page 8)

Happy Thanksgiving

to all Northlake Forest Residents!

We hope everyone has a safe and tasty Thanksgiving!

Your Newsletter Committee



NORTHLAKE FOREST

NORTHLAKE FOREST COMMITTEES

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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

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PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
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View the current issue of the Northlake Forest Herald on the 1st day of each month at www.PEELinc.com

New Stuffed Animal Drive for the Houston Police Department *Sponsored by: The Compass Rose Girl Scout Service Unit*

The drive will take place in November and December at area schools. Information about collection dates will be distributed in the coming weeks.

This third annual drive was a Girl Scout service project initiated by Julia Marie Briggs, who passed away unexpectedly in May, 2009, at the age of 13. Julia was an active athlete at Hamilton Middle School, Captain of the Cy-Fair Iron Maidens Lacrosse Team and a busy Girl Scout.

As a Cadette scout, Julia was working to earn her Silver Award by organizing a service project for the Houston Police Department's Homicide Division. She saw a need to comfort young children who were involved in homicide cases, whether as witnesses or even suspects. Julia arranged a new stuffed animal drive that was to kick off in

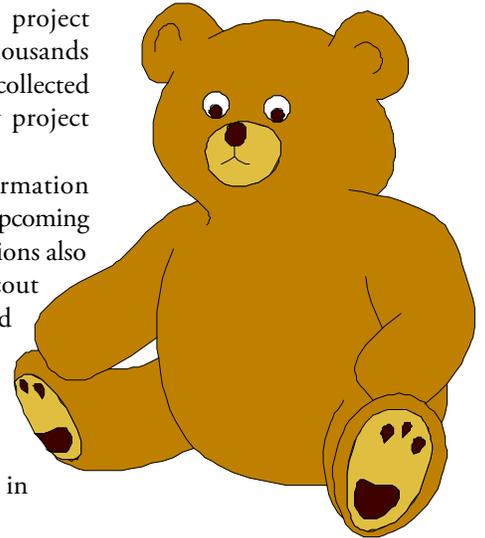


December 2009. Within days of her passing, her Lacrosse team members and Girl Scout troop members decided that they would finish this project in her honor. With thousands of new stuffed animals collected each year, this worthy project continues today.

Please watch for information from your school about upcoming collection dates. Collections also

will be held at Compass Rose Girl Scout events in November and December and at the Cy-Fair Burning Flower Lacrosse Classic tournament, named in Julia's honor, in early December. Consider donating new stuffed animals in memory of a young woman and her promise and in honor of young children in need.

For more information, contact Vera Briggs at 808adoberoad@att.net.



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Safety Side Note!

In collaboration with iThinQware, Inc. HSCO has announced the launch of a free mobile application that allows citizens to turn in crime tips using their mobile device. iWatchHarrisCounty is a virtual crime watch program that empowers citizens across the county to report suspicious behaviors or activities by turning in tips as text messages and emails with image and video attachments, and phone calls directly to the HCSO from almost any mobile phone or PC. Citizens can remain anonymous or may choose to disclose their identity.

There are four ways to report crime tips:

- o Online at iWatchHarrisCounty.com <http://www.iwatchharriscounty.com/>
- o Text a tip to 1-855-HCSO-iWatch 1-855-427-6492
- o Download the App from iWatchHarrisCounty.com <http://www.iwatchharriscounty.com/>
- o Call 1-855-HCSO-iWatch (1-855-427-6492)

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Recipe of the Month

Sweet Potato Casserole

Ingredients

- 4 1/2 pounds sweet potatoes
- 1 cup granulated sugar
- 1/2 cup butter, softened
- 1/4 cup milk
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 1/4 cups cornflakes cereal, crushed
- 1/4 cup chopped pecans
- 1 tablespoon brown sugar
- 1 tablespoon butter, melted
- 1 1/2 cups miniature marshmallows

Directions

1. Preheat oven to 400°. Bake sweet potatoes for 1 hour or until tender. Let stand about 20 minutes; peel and mash sweet potatoes. Reduce oven temperature to 350°.
2. Beat mashed sweet potatoes, granulated sugar, and next 5 ingredients at medium speed with an electric mixer until smooth. Spoon potato mixture into a greased 11- x 7-inch baking dish.
3. Combine cornflakes cereal and next 3 ingredients in a small bowl. Sprinkle over casserole.
4. Bake at 350° for 30 minutes. Remove from oven; let stand 10 minutes. Sprinkle marshmallows over cornflake mixture; bake 10 minutes. Let stand 10 minutes before serving.

Enjoy!

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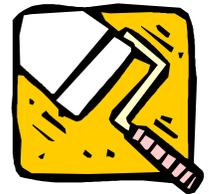
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Things to Do

OPERATION CHRISTMAS CHILD

November 14-21, 2011

Epiphany Lutheran Church and School will be a "drop-off" location for Operation Christmas Child. This means that during "Collection Week" they will be accepting shoe box donations (filled with toys, hygiene items, school supplies, and candy) from the general public.

For more information about Operation Christmas Child and where you can donate your items go to <http://www.samaritanspurse.org/index.php/OCC/>.

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CYPRESS-TOMBALL DEMOCRATS

November 16th Meeting

The Cypress-Tomball Democrats will hold their monthly meeting on Wednesday, November 16th, at Luigi's Restaurant, 12779 Jones Rd., Houston, 77070. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m. November's guest speaker will be Harris County Sheriff Adrian Garcia. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at cytomdems@yahoo.com.

RUNNIN' WILD - WRAP FUN RUN 2011 FOR CY-WOODS HIGH SCHOOL

December 10, 2011

Sign up now for Runnin' Wild, the December 10 Cypress community fun run benefiting Wildcats Right After Prom (WRAP). Runnin' Wild offers fun for everyone with a 10 and under Kids Run (1K) and a 10 and up 5K Run. Runnin' Wild will take place in the Coles Crossing subdivision on the trails.

Register online at www.cywoodswrap.org. Wildcats Right After Prom is the alcohol- and drug-free celebration for the graduating seniors of Cy-Woods High School. For more information, please contact: renee.hebert@sbcglobal.net

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Maintenance Around The Neighborhood

Upcoming maintenance or improvement projects around Northlake Forest

Under discussion for 2012

- Re-plaster or acid wash the pool
- Replacement / repainting of the metal fencing around the pool (black)
- Repair to asphalt walking trail along the greenbelt
- Repainting the mailbox pedestals
- Power washing 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 and installation of new irrigation zones and grass
- Installation of new irrigation zones at Northlake Forest Court and around Sunmill / Flowercroft

- Repairs at the pool: door replacement, water fill line repair, splash park 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)

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Dinner delivered to the winning entry on Wednesday, November 23rd.

Roasted turkey, cornbread dressing, giblet gravy, praline sweet potato casserole, vegetable casseroles, cranberry relish, rolls, pumpkin and pecan pies. The feast is prepared by the Junior League of Houston, Courtesy of Heritage Texas Properties



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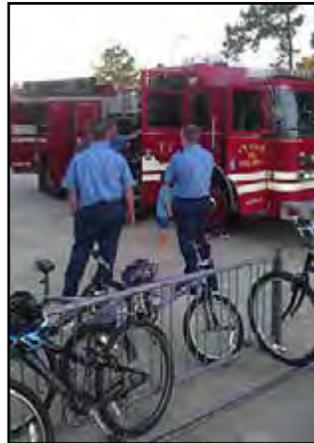
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22. Electric spark
23. Miss lang
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27. Saloons
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31. Shine
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33. Madam
34. Ribald

DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont ___
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
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25. Afresh
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HEALTH BRIEFS - NOVEMBER 2011

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side effects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain



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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

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