

# NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION  
OF THE NORTHLAKE  
FOREST HOA

March 2012

Volume 2, Issue 3

## *Azalea Trail* **Home and Garden Tour**

Friday thru Sunday

March 9, 10, and 11, 2012 • 11 a.m. to 5 p.m.

[www.riveroaksgardenclub.org/AzaleaTrail.cfm](http://www.riveroaksgardenclub.org/AzaleaTrail.cfm)



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### 2012 BOARD POSITIONS

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www.pcmi-us.com

### NLF HOA WEBSITE

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

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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.

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## Maintenance Around the Neighborhood

*Under Discussion for 2012:*

- Re-plaster or acid wash the pool
- Replacement / repainting of the metal fencing around the pool (black)
- Drinking water stations along the walking trails
- Re-set of the landscaping at the park (remove / replace dead shrubs etc.)
- Repair to asphalt walking trail along the greenbelt
- Repainting the mailbox pedestals
- Power washing internal entrance monuments along Northlake Forest Drive.
- Completion of Phase 2 Spring Cypress landscaping (from the metal fence back toward Indian Harbor) including leveling, irrigation and seeding.

# NORTHLAKE FOREST

## NORTHLAKE FOREST COMMITTEES

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Team Lead ..... Paul Rath

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### ARCHITECTURAL REVIEW 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](mailto:wendymccurley@gmail.com)

### PUBLISHER

Peel, Inc. .... [www.PEELinc.com](http://www.PEELinc.com), 512-263-9181

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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  
Department of Public Safety (*Grant Rd*) .... (281)-890-5440  
Department of Public Safety (*Hempstead*) .. (979)-826-4066

### POST OFFICE

USPS (Cypress) ..... (281) 373-9013

### LIBRARY

NW Harris County Library (*Lonestar College*) .. (281) 618-5400  
Barbara Bush Library (*Cypress Creek*)..... (281) 376-4610

### SCHOOLS

Administrative Offices ..... (281) 897-4000  
Farney Elementary ..... (281) 373-2850  
Goodson Middle School ..... (281) 373-2350  
Cy-Woods High School ..... (281) 213-1800

### UTILITIES

#### *Northwest M.U.D. No. 10*

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#### *Best Trash*

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View the current issue of the Northlake Forest Herald on the 1st day of each month at [www.PEELinc.com](http://www.PEELinc.com)

## Host a Foreign Exchange Student...

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- Locally you can contact Vicki Odom at [vickiayusa@yahoo.com](mailto:vickiayusa@yahoo.com) or call 832-455-7881 for more information as well.

Jennifer Tausworthe, with the Center for Cultural Interchange (CCI) is looking for hosts in the community for foreign exchange students. These students come fully insured and bring their own spending money. If you are interested in opening your home and bettering the community please contact me.

**Jennifer Tausworthe**  
**CCI Center for Cultural Interchange**  
**[jennifer4cci@aol.com](mailto:jennifer4cci@aol.com)**  
**713-203-6556**

## SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [wendymccurley@gmail.com](mailto:wendymccurley@gmail.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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# NORTHLAKE FOREST

## Safety Side Note... *Neighborhood Safety Tips For Parents*

- Know where your children are. Have your children ask permission before leaving the house and give them a time to check in or be home. When possible, have them leave a phone number of where they will be.
- Help children learn important phone numbers. Have your children practice reciting their home phone number and address, and your work and cell phone numbers. If they have trouble memorizing these, write them down on a card and have them carry it at all times. Tell your children where you will be and the best way to reach you.
- Set limits on where your children can go in your neighborhood. Do you want them crossing busy roads? Playing in alleys or abandoned buildings? Are there certain homes in your neighborhood that you don't want your children to go to?
- Get to know your children's friends. Meet their parents before letting your children to go to their home and keep a list of their phone numbers. If you can't meet their parents, call and talk to them. Ask what your children might do at their house and if they will be supervised.
- Choose a safe house in your neighborhood. Pick a neighbor's house where your children can go if they need help. Point out other places

they can go for help, like stores, libraries, and police stations.

- Teach children to settle arguments by using their words, not fists. Role-play talking out problems, walking away from fist fights, and what to do when confronted with bullies. Remind them that taunting and teasing can hurt friends and make enemies.
- Work together with your neighbors. Watch out for suspicious and unusual behavior in your neighborhood. Get to know your neighbors and their children so you can look out for one another.



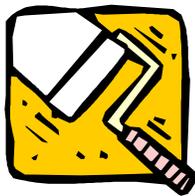
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## Recipe of the Month

### Chicken Pot Muffins - A new twist on the Chicken Pot Pie

#### Ingredients

- 1 tbsp butter, melted
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 2 cooked chicken breasts, diced
- 1 bag (16 oz) frozen vegetables
- 2 cans (10 oz) cream of chicken
- 2 cans (8 ct) flaky butter tastin biscuits
- 1 tsp italian seasoning
- nonstick cooking spray



#### Directions

1. Heat oven to 375.
2. Cook frozen vegetables as directed on the bag. In separate pan, heat cream of chicken soup.
3. Lightly spray muffin cups with nonstick cooking spray. Separate dough into eight biscuits; separate each biscuit into two layers. Place eight biscuit halves in sprayed muffin cups pressing to cover the sides and bottom.
4. Once the frozen veggies are done; drain and combine with cream of chicken soup. Add the diced cooked chicken breast, garlic powder and black pepper and combine well.
5. Add a little over a tablespoon of the mixture into the lined muffin cup. Place the remaining biscuit halves over the filled muffin cups and gently seal each biscuit.
6. Spread each biscuit top with melted butter and sprinkle with italian seasoning.
7. Bake for 15 to 17 minutes or until edges are golden brown.
8. Notes
9. This recipe makes 16 muffins with a little mixture left over. I'm sure if you bought another can of biscuits, you could get 24 out of it.

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## Things to do

### **NORTHWEST HOUSTON MOTHERS OF MULTIPLES**

(NWHMOM) meets at 7PM, the third Thursday of every month, at Event with Elegance, 20320 Northwest Freeway, Suite 900, Houston, Texas 77065 (off 290 at Huffmeister).

We welcome all expectant, newly delivered and seasoned (veteran) mothers of multiples. For more information please visit [www.nwhmom.org](http://www.nwhmom.org) or just come by one of our meetings! We would love to have you!

### **CYPRESS-TOMBALL DEMOCRATS MARCH 21ST MEETING**

The Cypress-Tomball Democrats will hold their monthly meeting on Wednesday, March 21st, at a new location: Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m. All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com).

### **KIRK ELEMENTARY SPRING FESTIVAL**

- Friday April 27, 2012
- 4:30-7:30 pm
- 2421 Tanner Road, Houston, Texas 77041
- (713) 849-8250
- Basket Raffle, Bouncy Houses, Cake Walk, Dunking Booth, Face Painting, Games, Food and Family Fun!



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## ORAL HEALTH UPDATE

IT MAY NOT BE "JUST A TOOTHACHE".

Going to the dentist may not be on the top of your To Do list, but if you're experiencing dental pain, a trip to the dentist may be just what you need. If you have a toothache that lasts more than one or two days, you notice swelling around a tooth, bleeding, or experience severe pain or fever, it's time to make an appointment with the dentist as soon as possible. A thorough examination and diagnosis is important to prevent more serious complications to your teeth, jaw, and gums. Dental decay and gum disease are progressive in nature. Early diagnosis is essential to a quicker and easier treatment.

### THERE ARE SEVERAL CAUSES OF DENTAL PAIN, INCLUDING:

- Tooth decay affecting the enamel and the dentin, or inner layer of the tooth
- Tooth abscess caused by severe tooth decay or a trauma causing an infection at the root

- of the tooth or between the gum and tooth
- Damage to existing fillings due to pressure from chewing, grinding, or clenching
- Teeth grinding that causes fracturing, loosening, and excessive wear
- A fractured tooth from a traumatic dental injury
- Infected gums as a result of gingivitis or gum disease (periodontitis)

During your exam, your dentist will typically ask about the nature of your dental pain, when it started, and if anything makes it better or worse. Then, your dentist will conduct a physical examination of your mouth, teeth, gums, jaws, tongue, and throat. X-rays and other tests may be recommended, depending on what the dentist suspects is causing your toothache.

Once your dentist has determined the cause of your dental pain, you will be

presented with treatment options. If a cavity is causing your pain, a simple filling may do the trick. However, if there is an infection that has spread to the tooth's nerve, a root canal may be necessary. An antibiotic may also be prescribed if you have swelling of the jaw or a fever.

### DENTAL PAIN IS PREVENTABLE!

Because most toothaches are caused by decay, practicing good oral hygiene is the easiest way to prevent dental pain. This includes brushing and flossing every day and visiting your dentist for professional cleanings and checkups on the schedule determined by the Dental Hygienist. In addition, eating a healthy, balanced diet that is low in sugar will not only help you prevent cavities but will improve your body's overall health.

*Submitted by Dr. Flury*



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