

ATASCOCITA Forest

APRIL 2012

The Official Publication of The Atascocita Forest Homeowners Association

VOLUME 1, ISSUE 3

FROM THE BOARD

New improvements and upcoming projects since January 1, 2012.

1. The two old light posts in front of pool house have been replaced with two new parking lot light posts using the existing fixtures.
2. The Board of Trustees is looking into the need for the pool to be repaired and are waiting on the findings from the contractors.
3. The Board of Trustees is taking bids on Canopies for the deck of the pool to keep it cooler.
4. The Board of Trustees has accepted pricing for two flag poles to be installed in front of the pool house.
5. The Board of Trustees is taking bids on fans for the inside area of the pool house.

At the February 13, 2012 meeting, there were two positions for the Board of Trustees that were up this year. Both Bill Wisenbaker and Bill Shepard were reelected.

The budget for 2012 was discussed. When it is finalized and approved by the Board of Trustees, we will publish it in the newsletter.

LEGISLATIVE UPDATES

Every time the Texas legislature meets (once every two years), there are lots of new laws passed, whether we need them or not. This past legislature passed several laws which affect our subdivision. The Notice of Dedicatory Instruments for AFCA will be posted to the website. In the meantime, here is a brief listing of the changes.

Guidelines Relating to Rain Barrels and Rain Harvesting Systems, Solar Energy Devices, Storm and Energy Efficient Shingles, Flags and Religious Items for AFCA:

Rain Barrels or Rain Harvesting Systems: Texas Property Code provides that a property owners' association may not prohibit or restrict a property Owner from installing rain barrels or a rain harvesting system on the property owners' lot. There are a few restrictions. You must have ACC pre-approval. The location (not permitted in front of the dwelling and an adjacent street) and color are just some of the restrictions. If you are interested in installing a rain barrel, please see the full description in the guidelines.

Solar Devices: Once again, you need ACC approval. And once again, location is key. Devices may be mounted on a roof. There are other restrictions outlined in the guidelines. Storm and energy efficient shingles (those which are wind and hail resistant, provide heating and cooling efficiencies and/or provide solar generation) are now an option. There are stipulations such as they must resemble shingles used or otherwise authorized for use in the subdivision. You need ACC approval.

(Continued on Page 2)

WELCOME

ATASCOCITA FOREST

*Official Newsletter of the Atascocita
Forest Homeowners Association*

Atascocita Forest is a monthly newsletter mailed to all Atascocita Forest residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at PEELinc.com, or you can send an email to AFCAnewsletter@gmail.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



COMMUNITY CONTACTS

BOARD MEMBERS

Rick Halbrook, President ric@atascocitaforest.org
 Russell Lilley, Vice President..... russell@atascocitaforest.org
 Bill Wisenbaker, Treasurer billw@atascocitaforest.org
 Tom Meyers, Trustee tom@atascocitaforest.org
 Bill Shepard, Trustee bills@atascocitaforest.org

MANAGEMENT COMPANY

Pam Valentine, CAM
 pvalentine@communityassetmanagement.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

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Street Light Outages 713-207-2222

Gas, Centerpoint Energy 713-659-2111

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Trail fo LAkes MUD 713-405-1750

Aggressive Waste..... 713-631-1900

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

SCHOOLS

Humble ISD 281-641-1000

Website www.humble.k12.tx.us

Wispering Pines Elementary..... 281-641-2500

Humble Middle School..... 281-641-4170

Humble High School 281-641-6300

NEWSLETTER INFORMATION

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Publisher, Peel, Inc. 888-687-6444

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Legislative Updates - (Continued from Cover Page)

Flags: You can install a flag pole as long as it is in accordance with the provisions set out by the United States Code (U.S. Flag) or the Texas Government Code (Flag of the State of Texas). It is best to get pre-approval from the ACC.

Religious Items: A religious item is not permitted anywhere on a lot except on the entry door or door frame of the residential dwelling. The ACC shall have the authority to allow a religious statue in a landscape bed. These provisions do not prohibit or apply to temporary seasonal decorations.

Open Records Policy for AFCA: It is the policy of the Association to make the books and records of the Association open to and reasonably available for inspection by the owner or the owner's representative. You must submit a written request and mail it by certified mail with a description of the books and records that are requested.

Records Retention Policy for AFCA: This does not apply to homeowners.

Payment Plan Policy for AFCA: Associations must adopt reasonable guidelines to establish an alternative payment schedule by which an Owner may make partial payments for delinquent or special assessments or any other amount owed to the Association without accruing monetary penalties prior to the debt being turned over to

(Continued on Page 3)



America's Angels believes that every child deserves a safe, nurturing family. America's Angels has chosen to carry out this mission through providing the following foster care services: childcare services; treatment services; and respite childcare services.

America's Angels is comprised of experienced and well trained professionals. Through providing the appropriate training and support to our Foster Parents, we provide a nurturing, caring, and safe environment to the children in our care. America's Angels has the resources to meet the needs and challenges of children and families.

We are seeking responsible, qualified, compassionate adults to provide Foster Care services to children that have been abused and/or neglected. If you feel called to share your heart, and your home, please contact us today to discuss your eligibility and answer any questions you may have.

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www.americas-angels.com

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Legislative Updates - (Continued from Page 2)

a collection agent. You must execute a payment plan agreement which sets out the monthly payments, not to exceed six months. And there are administrative costs and interest that will be added into the amount due.

All of the changes are outlined in more detail in the Notice of Declaratory Instruments and its attachments. Please read the changes in their entirety before starting any project. Seek ACC approval prior to the start of your project. If you have any questions, please contact Pam Valentine at CAM or a Board of Trustees member.

PETS

It is against the law to have dogs off leash. Just because your dog is small or cute or friendly, does not mean that it gets a pass on the law. Chronic dog barking is considered a nuisance and is a violation of state law. Also, remember, if it is too cold or too hot outside for you, the same is true for your pets. I have also noticed that people walk their dogs, allow their dogs to use someone else's yard as a bathroom, and fail to pick up after their dog. Please be a responsible pet owner and cleanup after your pet.

At no time will any source be allowed to use Atascocita Forest's 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 Atascocita Forest is exclusively for the private use of the Atascocita Forest HOA and Peel, Inc.

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ATASCOCITA FOREST

RECYCLE USED MOTOR OIL

The following reminder is from the Texas Commission on Environmental Quality's website.

Two gallons of recycled motor oil can produce enough energy to power the average Texas home for one day, cook 48 meals in a microwave oven, blow-dry your hair at least 215 times, vacuum a house for 15 months, or watch television for 7 1/2 days straight! Whenever you change your oil or other vehicle fluids at home, make sure you recycle them. And NEVER pour used motor oil down storm drains, because the drains will carry the oil directly to Texas waterways. The used oil from one oil change can contaminate 1 million gallons of fresh water—a year's supply for 50 people. Visit Earth911.com to find a recycling center near you.

For more environmentally friendly money saving tips, please visit the TCEQ's website at www.tceq.state.tx.us.

TECHNICAL DIFFICULTIES

Although I have had an email address (pat@atascocitaforest.org) for several months, I am having difficulty accessing my account. So, I have set up a new email for use by homeowners and residents to contact me. AFCAnewsletter@gmail.com. If you have sent me an email in the past and I have not responded, I apologize. Please resend your email to my new email address.

SPRING IS IN THE AIR

It has been nice to drive through the subdivision and see all the cut lawns and cleaned up yards. Pam Valentine has requested that everyone get busy not only cutting their yard, but trimming shrubs, repainting homes, repairing fences, and cutting down dead trees. She also wants me to remind everyone that you need to get ACC approval before you repaint, get a new roof or replace your fence.



UNIQUE ALZHEIMER'S CARE

AUTUMNGROVE Cottage

HOMELIKE ENVIRONMENT -

Our homelike environment is one of the cornerstones in the AutumnGrove Cottage belief that people should be able to age in the same manner they are accustomed to living.

PERSONALIZED CARE -

AutumnGrove Cottage caregivers are involved in all aspects of our residents care through out their day from grooming, bathing, doing activities with them to preparing and assisting them with meals. This allows our caregivers to get to know the residents preferences and to provide more personalized care for our residents.

DEEP RELATIONSHIPS -

Since an AutumnGrove Cottage only cares for 16 residents, staff and residents get to know each other in a very personal and intimate way. With the common bond of being impacted by Alzheimer's, family members become friends and often become an informal support group for one another.



Come take a Virtual Tour on our website:
www.AutumnGrove.com

"Our purpose is to honor our residents and those who love and care for them."

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RECIPE OF THE MONTH

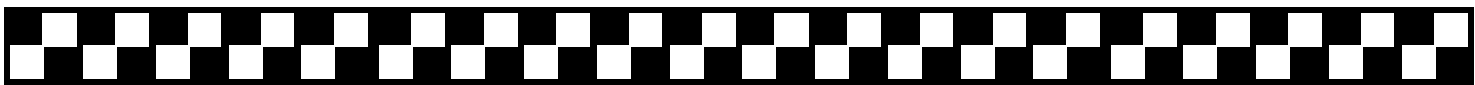
Carrots au Gratin

Ingredients

- 2 lbs. carrot, sliced
- 1/8 tsp. pepper
- 1/2 Cup chopped onions
- 1 1/2 C milk
- 1/4 Cup oleo, divided
- 4 oz. processed
- 3 T. flour
- American cheese, cubed
- 1/2 tsp. salt
- 1 T. dried parsley

Cook carrots until tender crisp. Drain. In saucepan saute onions in 3 T butter. Stir in flour, salt, & pepper. Gradually add milk and bring to boil. Cook for 1 minute or until thickened. Stir in cheese until melted. Add carrots and parsley. Pour in greased 2 quart baking dish. Melt remaining butter and pour over carrots. Bake at 350° 20-25 minutes or until bubbly. (8-10 servings)

Enjoy!



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Health Briefs

Baylor College of Medicine

ASK QUESTIONS BEFORE LASER HAIR REMOVAL

Laser hair removal is a surgical procedure and consumers should know the experience and training of anyone they choose to perform that surgery on them, said a dermatologist at Baylor College of Medicine in Houston.

“In my opinion, patients should find a doctor who has experience with the skin – preferably a dermatologist or plastic surgeon,” said Dr. Ramsey Markus, an assistant professor of dermatology at Baylor. “It doesn’t take that type of experience to fire up the laser, but it does to properly deal with the complications that may arise.”

Laser hair removal can cause scarring or skin pigmentation changes.

“There is never a guarantee there won’t be complications, but if you’re treated by someone who is well-trained, they may be able to minimize the complications and better deal with them if they occur,” Markus said.

Consumers should also ask the person performing the procedure what additional training they have received. Recent fellowships in laser surgery or additional training in cosmetic surgery are always a plus.

BOTOX CAN KEEP YOU OUT OF THE BATHROOM

The most toxic substance known to man could become the most effective means to treat the 33 million Americans suffering with overactive bladders, said a urologist at Baylor College of Medicine in Houston.

Botox, known in recent years for its use by dermatologists to smooth wrinkles in the face, is now giving new hope to patients with urinary incontinence or painful urination. Dr. Christopher P. Smith, BCM urologist, uses the toxin in his clinic, and is one of the first physicians in the country to conduct research on its effectiveness in bladder and urethral disorders.

Using a cystoscope, urologists inject Botox into numerous sites in the bladder. The toxin works by inactivating proteins involved in neurotransmitter release from nerve terminals. The resulting decrease in neurotransmitter release leads to a weakening or paralysis of underlying muscles.

“It prevents the muscles from having the spasms which cause patients to experience urinary frequency and urgency,” Smith said. “It’s very durable in that these patients will have a good response lasting anywhere from four to six months, sometimes even longer.”

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Health Briefs - (Continued from Page 6)

NON-SURGICAL METHOD OF BIRTH CONTROL AVAILABLE AS OFFICE PROCEDURE

Women who no longer want to have children have a minimally invasive, permanent birth control option that can be performed in the privacy and convenience of a doctor's office, said a gynecologist at Baylor College of Medicine in Houston.

In the doctor's office, the gynecologist inserts small, spring-like coils, called micro-inserts, into the opening of the Fallopian tubes. They expand to fit the contour of the Fallopian tubes, disrupting the fertilization process.

"The procedure takes less than 10 minutes, from start to finish," said Dr. Robert Zurawin, associate professor of obstetrics and gynecology at BCM. "Sterilization is not immediate, but after three months, body tissue grows into the inserts, completely plugging the Fallopian tubes. The sperm and egg can no longer meet. That means that the woman can no longer conceive a child."

Compared with traditional, surgical approaches to sterilization, this procedure presents less danger and fewer complications because it is performed in the doctor's office under local anesthesia. The procedure requires no hospitalization, no general anesthesia and no incisions.

CHECK FOR DIABETES AT AGE 10

By the time your children are learning their multiplication tables, they may need to be screened for diabetes.

According to researchers at Baylor College of Medicine (BCM), overweight children who have two or more risk factors for the disorder should be screened starting at age 10.

"Signs that parents can look for include frequent urination, constant thirst, weight loss and/or a darkening or "ring" around the neck," said Dr. Siripoom McKay, an assistant professor of pediatrics – endocrinology and metabolism at BCM.

The American Diabetic Association reports that prior to 1990, type 2 diabetes accounted for less than five percent of diabetes in children. Today, more than 20 percent of all newly diagnosed diabetic children have type 2 diabetes.

According to McKay, physical activity among children has decreased due to changes in society, school and lifestyle. In addition, the prevalence of obesity has been steadily increasing in children and adults.

"Neighborhoods are not as safe as they used to be, so children are often confined indoors where they watch TV and play video games instead of exercising outside," she said.

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In 2011, Texas led the nation in the number of drownings and near drownings of children. Drowning still remains the #1 cause of unintentional injury-related death for children under 5 and the #2 cause for children 1-14.



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