

NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION
OF THE NORTHLAKE
FOREST HOA

May 2012

Volume 2, Issue 5



Cy-Fair Republican Womens group

The Cy-Fair Republican Women's monthly meeting will be held at 10:30am on Tuesday, May 8 at Carraba's Italian Grill in Copperfield.

May is also our annual membership drive month! Dues are pro-rated for the year and are less than \$20!

Please join us for an informative meeting! You can join us for lunch for \$15, or just come and listen, have coffee or tea for \$3. Visit the Cy-Fair Republican Women's website at www.cfrw.net to RSVP and reserve your seat today.

Crimson Cadette Drill Team Dance Clinic

8/8 THRU 8/10

*Cypress Woods High School
16925 Spring Cypress Rd.
8:30 a.m. - 11:30 a.m.*

The Cy-woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email goodsonms@comcast.net or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

NORTHLAKE FOREST

NORTHLAKE FOREST COMMITTEES

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ARCHITECTURAL REVIEW COMMITTEE

Chair Dan Daues
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

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PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181

Advertising..... advertising@PEELinc.com

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

A FOCUS ON PHYSICAL ACTIVITY

Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

Any physical activity is better than no physical activity

- Includes people with disabilities

- Far outweighs the possibility of risk of injury or illness

Most health benefits occur with at least 150 minutes a week

- Both aerobic (endurance) and muscle-strengthening (resistance)

are beneficial

For most people, additional benefits occur when

- You increase the intensity of your physical activity

- You increase the frequency of your physical activity

- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make

sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.

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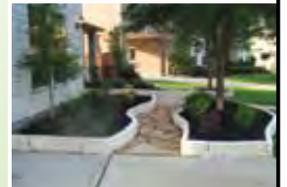
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Looking for Volunteers!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 jennifer4cci@aol.com





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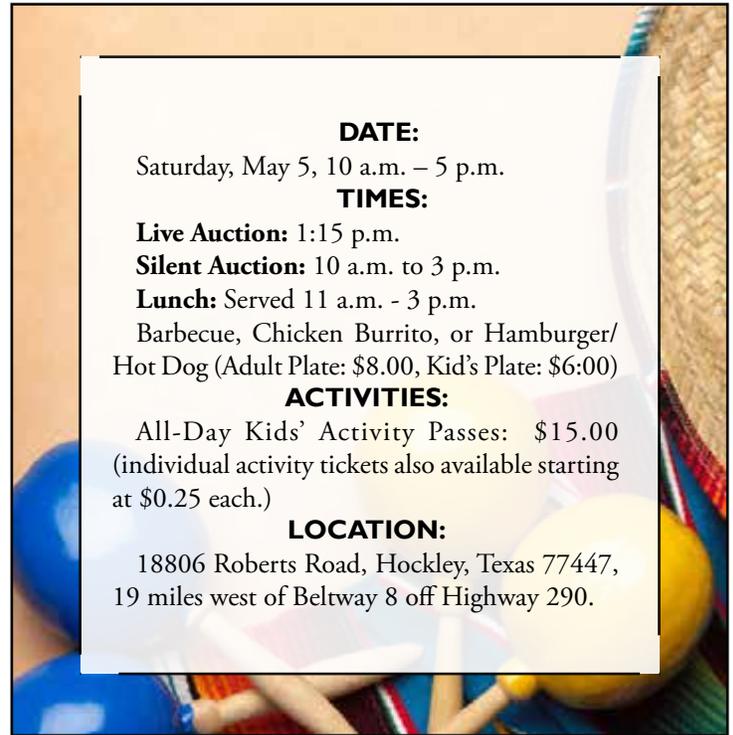
Celebrate Cinco de Mayo at Spring Festival

On Saturday, May 5th, Boys and Girls Country of Houston will host their annual Spring Festival on their campus in Hockley, Texas. Located 35 miles northwest of downtown Houston, Spring Festival is a great way for families to spend the day.

Spring Festival promises to be a huge celebration for community and family with a lively Cinco de Mayo theme. Admission and parking are free, and children's all-day event passes are only \$15 each. Booths will include a number of inflatable rides like King of the Mountain, Shark Slide, and Water Balls; a Slime Machine booth where you can slime your favorite person, and crafting booths for the little ones. There will be three stages with a variety of live entertainment, including Spanish musicians, Gospel singers, and solo artists.

"All of the proceeds of Spring Festival go directly to helping us provide a Home for our children," said George O'Neal, Director of Spring Festival and Community Relations. "This is going to be our largest and most exciting Spring Festival ever with many new additions that add fun and excitement."

For 41 years, Boys and Girls Country has provided a Home for children from families in crisis. They raise 88 children at their main campus and provide support to 55 young adults in their College and Career program. Boys and Girls Country is not a United Way member agency and does not rely on federal or state funding.



DATE:
Saturday, May 5, 10 a.m. – 5 p.m.

TIMES:
Live Auction: 1:15 p.m.
Silent Auction: 10 a.m. to 3 p.m.
Lunch: Served 11 a.m. - 3 p.m.
Barbecue, Chicken Burrito, or Hamburger/
Hot Dog (Adult Plate: \$8.00, Kid's Plate: \$6:00)

ACTIVITIES:
All-Day Kids' Activity Passes: \$15.00
(individual activity tickets also available starting at \$0.25 each.)

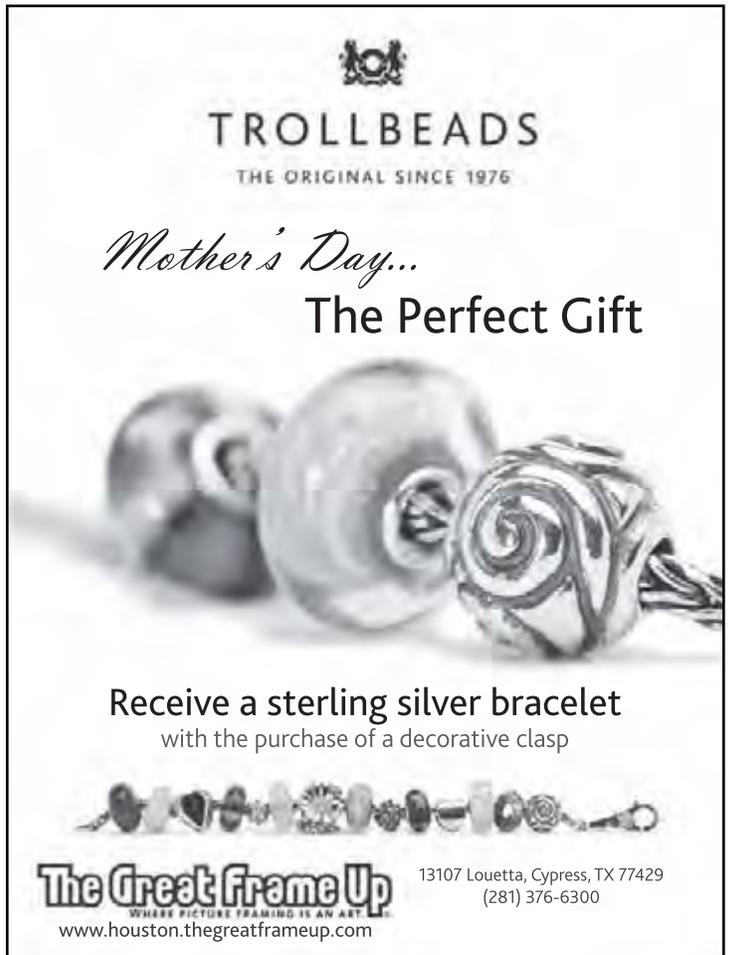
LOCATION:
18806 Roberts Road, Hockley, Texas 77447,
19 miles west of Beltway 8 off Highway 290.

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