

ATASCOOCITA *Forest*

JANUARY 2013

The Official Publication of The Atascocita Forest Homeowners Association

VOLUME 2, ISSUE 1

Travel the World Without Leaving Your Hometown

Host a Foreign Exchange Student

By Vicki Odom

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams.

There is a way to give your children the world - without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English - and all high school exchange programs are regulated by the U.S. Department of State.

"We welcome host families of all shapes and sizes - families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Heather Wells, Regional Director of Ayusa, a non-profit that promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

"Hosting an exchange student is a life-changing experience - for the student, the host family, and the host community," says Wells. "There is no better way to teach your children about the world around them than through welcoming an international high school student into your home."

Ayusa is currently accepting applications for families to host an exchange student for the 2013 - 2014 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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 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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Website www.humble.k12.tx.us
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 Humble Middle School..... 281-641-4170
 Humble High School 281-641-6300

NEWSLETTER INFORMATION

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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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A Focus On Resolutions

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

For more information on weight management and improving

nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at www.win.niddk.nih.gov/publications/for_life.htm.

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>. Happy New Year from Concentra Urgent Care!

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- Continuing Education classes
- GED Preparation
- ALL—Academy for Lifelong Learning (ages 50+)

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Course begins in
January, T/Th 6–10pm



ACCT 2401 Principles Of Accounting I
Class 2890 TTh 9:30–11:50a

ACCT 2402 Principles Of Accounting II
Class 2892 TTh 7:00–9:30p

ANTH 2351 Cultural Anthropology
Class 13447 TTh 11:00a–12:20p

ARTS 1301 Art Appreciation
Class 15816 MW 6:00–7:20p

BCIS 1405 Business Computer Apps
Class 16018 TTh 1:30–3:25p

BIOL 1408 Intro Biology I (Nonmajors)
Class 6837 TTh 6:00–8:50p
Class 15838 Online/Lab..... F 9:00–10:00a

BIOL 1409 Intro Biol II (Nonmajors)
Class 6981 MW 6:00–8:50p

BIOL 2401 Human Anatomy & Phys I
Class 6533 TTh 6:00–8:50p

BIOL 2402 Human Anatomy & Phys II
Class 6591 MW 6:00–8:50p

BUSI 1301 Business Principles
Class 2894 TTh 1:30–3:00p

COSC 1401 Intro to Computers
Class 16014 TTh 1:30–3:25p

EDUC 1301 Intro Teaching Profession
Class 3233 Hybrid..... MW12:30–1:50p*
Class 3236 Hybrid.....Th 5:30–8:30p*

ENGL 0304 Dev Reading I
Class 13332 TTh 8:00–9:50p*
Class 13334 MW 9:00–10:50a*

ENGL 0305 Dev Reading II
Class 13362 TTh 10:30a–12:20p*

ENGL 0306 Dev Writing I
Class 13378 TTh 6:00–7:50p*
Class 13380 MW 11:00a–12:50p*

ENGL 0307 Dev Writing II
Class 13794 TTh 8:30–10:20a*
Class 13813 MW 12:30–2:20p*
Class 13815 MW 6:00–7:50p*

ENGL 0308 ESOL Language Skills
Class 8267 Late Start TTh 8:30–10:30a*
Class 8270 Late Start TTh 8:30–10:30a*

ENGL 0372 ESOL Writing II
Class 8321 Late Start TTh 10:40a–12:40p*

ENGL 0373 ESOL Writing III
Class 8328 Late Start TTh 10:40a–12:40p*

ENGL 1301 Comp & Rhetoric I
Class 10797 TTh 9:30–10:50a
Class 10798 TTh 11:00a–12:20p

ENGL 1302 Comp & Rhetoric II
Class 11221 TTh 8:00–9:20a
Class 11222 TTh 9:30–10:50a
Class 11223 TTh 6:00–7:20p

GEOG 1303 World Geography
Class 14111 W 6:00–8:50p

GOVT 2301 American Government I
Class 12343 MW 8:00–9:20a
Class 12346 TTh 1:30–2:50p

GOVT 2302 American Government II
Class 14105 MW 9:30–10:50a
Class 15154 M 6:00–8:50p

HIST 1301 US History to 1877
Class 3928 MW 11:00a–12:20p
Class 3929 TTh 9:30–10:50a

HIST 1302 US History Since 1877
Class 12279 TTh 8:00–9:20a
Class 12282 MW 12:30–1:50p

HIST 2301 Texas History
Class 12294 TTh 11:00a–12:20p

HUMD 0330 College Success: 1st Yr Exp
Class 12857 TTh 4:30–5:50p
Class 16005 MW 4:30–5:50p
Class 16006 TTh 7:30–8:50a
Class 16007 TTh 1:00–2:20p

MATH 0306 Pre-algebra Math
Class 11533 MW 9:30–10:50a
Class 11534 TTh 6:00–7:20p
Class 11535 TTh 8:00–9:20a
Class 14106 TTh 1:30–2:50p

MATH 0308 Intro Algebra
Class 11586 MW 11:00a–12:20p
Class 11587 TTh 6:00–7:20p
Class 11588 TTh 9:30–10:50a

MATH 0310 Intermediate Algebra
Class 11654 TTh 11:00a–12:20p
Class 11655 MW 6:00–7:25p
Class 14093 MW 8:00–9:20a

MATH 1314 College Algebra
Class 11702 MW 9:30–10:50a
Class 11704 MW 6:00–7:20p

PSYC 2301 General Psychology
Class 7017 T 6:00–9:00p
Class 7018 MW 11:00–12:20p
Class 7019 TTh 9:30–10:50a

PSYC 2314 Life-growth/Devel
Class 13434 MW 12:30–1:50p
Class 13439 W 6:00–8:50p

SOCI 1301 Principles of Sociology
Class 7015 TTh 9:30–10:50a
Class 13442 M 6:00–8:50p

SPCH 1311 Intro Speech Comm
Class 15067 TTh 9:30–10:50a

SPCH 1318 Interpersonal Comm
Class 15068 TTh 11:00a–12:20p

* = Additional lab hours may apply.

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AtascocitaPets.org
Helping Atascocita's lost pets find their way home

AtascocitaPets.org: Helping Atascocita's lost pets find their way home

Did you know that Atascocita has a website dedicated to lost and found pets? AtascocitaPets.org provides a centralized, dedicated location where area residents can post lost and found pet ads absolutely free. The website was created by local resident Lauren Shwartz, who wanted to do something to help lost pets in the area. "We saw so many lost pet posters on our neighborhood and it was so sad. I kept wondering what we would do if we lost one of our dogs, and I knew that I would want there to be a single place where we could get the word out to the community. There are several sites where people can and do post lost and found pet listings, but ads can quickly get buried and people may not see them. So I decided to build a site only for lost and found pets in the Atascocita area," Lauren explains.

The website is very user friendly and straightforward: users need only register to post an ad. And there's no need to worry about being added to a spam list or receiving unsolicited emails. "I designed the site to protect the information of our neighbors," Lauren says. "I am the only person who has access to the site. We don't ask for sensitive information in the first place, and no one has to worry about identity theft or anything like that."

Even though the website is completely free to use, it offers several features not found on other sites. When a user creates an ad, the website creates a unique QR code that links to that ad on the website. "I thought that using QR code technology would be beneficial in this application. You can save the QR code and put it on your lost pet posters. Then, when people are driving by, rather than stopping and writing down the information they can simply 'snap' the code with their smartphone and be instantly taken to the ad with the pet's photo, information, and contact details."

The website is also tightly integrated with social media. "Facebook is so common now, so I included a feature that auto-posts new ads to our Facebook page. Users can also share the ad they create on their own Facebook page, right from the website. The most important thing is for the information to be as visible and accessible as possible. This isn't about generating traffic to the site, it's about helping lost pets find their way home."

For those who don't use social media as much, AtascocitaPets.org also offers a 'Lost Pet Amber Alert system.' "This is probably my favorite feature," Lauren says, "Whenever a new lost pet ad is posted on the site, the LPAA system sends out a single email the next morning containing the ads' information." Subscription to this service is entirely voluntary, and subscribers will only receive an email if there were any lost pet ads posted the previous day. "I

designed this system with the idea that local veterinarians, animal rescues, and other entities could subscribe, as well as individual residents," Lauren explains.

Lauren also points out that the site is still under development and new features will be added soon, and she is also in the process of creating a sister site for Kingwood. "I just want to do what I can to help. This isn't about money or notoriety. The website doesn't cost me anything but time, and I'm always open to ideas and suggestions from the community. As a pet mom, I understand the unique bond people have with their pets and how devastating it can be when one is lost. If this website can help even one family be reunited with their pet then that's worth every minute I've spent on this project."

Visit the website at AtascocitaPets.org

Lauren can be contacted with questions or suggestions at lauren@atascocitapets.org, or (281) 745 - 0604

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***BILL CREDIT/PROGRAMMING OFFER:** IF BY THE END OF PROMOTIONAL PRICE PERIOD(S) CUSTOMER DOES NOT CONTACT DIRECTV TO CHANGE SERVICE THEN ALL SERVICES WILL AUTOMATICALLY CONTINUE AT THE THEN-PREVAILING RATES. Free HBO, STARZ, SHOWTIME and Cinemax for three months, a value of \$135. LIMIT ONE PROGRAMMING OFFER PER ACCOUNT. Featured package/service names and prices: ENTERTAINMENT \$54.99/mo.; CHOICE \$63.99/mo.; CHOICE XTRA \$68.99/mo. Advanced Receiver fee \$20/mo. In certain markets, a \$3/mo. Regional Sports fee will be assessed with CHOICE Package or above and MAS ULTRA Package or above. Prices include the following instant bill credits for 12 months: \$25 for ENTERTAINMENT Package, \$29 for CHOICE and CHOICE XTRA Packages. In months 13-24, bill credit will be \$10/mo. Account must be in "good standing" as determined by DIRECTV in its sole discretion to remain eligible for all offers.

****24-MONTH AGREEMENT: EARLY CANCELLATION WILL RESULT IN A FEE OF \$20/MONTH FOR EACH REMAINING MONTH.** Must maintain 24 consecutive months of any DIRECTV programming package (\$29.99/mo. or above) or any qualifying international service bundle. Advanced Receiver-DVR fee (\$8/mo.) required for DVR lease. Advanced Receiver-HD fee (\$10/mo.) required for HD Receiver lease. Advanced Receiver fee (\$20/mo.) required for Advanced Whole-Home DVR, HD DVR and TiVo HD DVR from DIRECTV lease. TiVo service fee (\$5/mo.) required for TiVo HD DVR from DIRECTV lease. If you have 2 Receivers and/or one Receiver and a Client/Enabled TV/Device, the fee is \$6/mo. For the 3rd and each additional Receiver and/or Client/Enabled TV/Device on your account, you are charged an additional fee of \$6/mo. per Receiver, Client and/or Enabled TV/Device. **NON-ACTIVATION CHARGE OF \$150 PER RECEIVER MAY APPLY. ALL EQUIPMENT IS LEASED AND MUST BE RETURNED TO DIRECTV UPON CANCELLATION, OR UNRETURNED EQUIPMENT FEES APPLY. VISIT directv.com OR CALL 1-800-DIRECTV FOR DETAILS.** *GENIE HD DVR UPGRADE OFFER: Includes instant rebates on one Advanced Whole-Home DVR and up to 3 DIRECTV Clients with activation of the ENTERTAINMENT Package or above; OPTIMO MAS Package or above; or any qualifying international service bundle, which shall include the PREFERRED CHOICE programming package. Whole-Home HD DVR functionality requires an Advanced Whole-Home DVR (model HR34) connected to the primary television and a DIRECTV Client, H25 HD Receiver or an RVU-capable TV/Device in each additional room. Limit of three remote viewings per Advanced Whole-Home DVR at a time. Visit directv.com/genie for complete details. **INSTALLATION:** Standard professional installation in up to four rooms only. Custom installation extra.

DIRECTV ON DEMAND: Access to available DIRECTV On Demand programming is based on package selection. Actual number of TV shows and movies will vary. Additional fees apply for new releases. Some DIRECTV On Demand content requires an HD DVR (HR20 or later) or DVR (R22 or later), DIRECTV CINEMA Connection Kit and broadband Internet service with speeds of 750 kbps or higher and a network router with an available Ethernet port are required. Visit directv.com/cinema for details.

To access DIRECTV HD programming, HD equipment required. Number of HD channels based on package selection. Local channels eligibility based on service address. Not all networks available in all markets. Programming, pricing, terms and conditions subject to change at any time. Pricing residential. Taxes not included. Receipt of DIRECTV programming subject to DIRECTV Customer Agreement; copy provided at directv.com/legal and in order confirmation. ©2012 DIRECTV. DIRECTV and the Cyclone Design Logo, CHOICE, CHOICE XTRA and GENIE are trademarks of DIRECTV, LLC. All other trademarks and service marks are the property of their respective owners.

PERFECT TIME FOR COOL SEASON HERBICIDE

It's finally time to use the cool season herbicides I've referred to on the GardenLine radio program. If you know what I'm talking about but just need the names of the products, they are Fertilome's Weed Free Zone and Bonide's Weed Beater Ultra. These herbicides are specific for broadleaf weeds like Clover and Virginia Buttonweed. They will not control any "grassy" weeds. The perfect temperature range for usage of these two cool-season herbicides is roughly between 75 degree highs and 40 degree lows.

But there are some caveats that must be respected for these herbicides to work properly. The one constant in weed control, whether it's a cool season herbicide or a regular post-emergent herbicide, is to use a surfactant. Surfactants help herbicides do their job because most water in our area is considered hard. Hard water tends to just roll off leaf surfaces. There are two ways of adding a surfactant to most herbicides. The simple way is add about a tablespoon per gallon of dish soap to the mix. The professional grade way is to use a relatively inexpensive commercial

surfactant like Hi-Yield's Spreader Sticker or Bonide's Turbo. The other important step would have to be "HOW" it is applied. You should use either a pump-up sprayer or a hand-held trigger sprayer. Avoid the use of Dial-N-Spray hose sprayer because you cannot be as precise with the spray, and over-use of such products on the entire yard can cause a yellowing of the grass. Spot treating is paramount with these controls. There are some concentrates available in a "Ready to Spray" formula that you hook on the end of the hose. If this is the only thing available, concentrate on that spot treatment. That means you've got to be quick on the switch with the ON and OFF lever.

Excerpts from this tip sheet are reprinted by permission from Randy Lemmon at www.randylemmon.com.

GardenLine with Randy Lemmon

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