

Monthly Newsletter

August 2018

This Month's Highlights

- Help! My identity has been stolen!! See page 3 for tips on what to do next
- Fido and Fluffy are our "babies", but some human foods are highly dangerous! See page 4
- **BEAT THE HEAT, CHECK THE BACKSEAT!!** See page 6 and attachments for critical information about children (and pets) in vehicles during the summer!
- Also see pages 6 and the attached flyer for tips on staying cool and how to handle heat related emergencies
- August is National Eye Exam month – see page 7 for important info on eye exams



WBPOA

BOARD MEETING

Tuesday, August 28th

6:30pm Braesridge

Clubhouse

10810 Braesridge

WBPOA BOARD MEMBERS:

Barbara Hite, President
Jeannette Calhoun, Vice President
Phil Abrams, Secretary
Marc Warren, Treasurer
Mari Angelo, Board Member
Asher Belles, Board Member
Joy Cunningham, Board Member
Dyaz Godfrey, Board Member
Glenn Gundy, Board Member
Marcy Williams, Board Member
THREE OPEN POSITIONS AVAILABLE

WBPOA MANAGEMENT COMPANY

Roxanne Martinez, CMCA, AMS
Sterling Association Services
6842 N Sam Houston Parkway N
Houston, TX 77064
Phone 832-678-4500
Fax: 832-678-4510
Email: roxanne@sterlingasi.com
Alternatively can ask for Amy
Duran or any other Sterling
Representative

2018 POA DUES

Are you current on your 2018 dues?? For the POA to best serve the community and properly maintain our amenities, POA dues are to be paid promptly. Non-payment of dues severely impacts our community, as we cannot maintain the common areas, clubhouses, parks, pool and tennis court without your dues. **Therefore, non-payment of dues will restrict your use of community amenities** as it is not right to allow usage if you are not paying for the upkeep. The invoices were mailed in November 2017. **If for any reason you did not receive your notice, contact Sterling ASI as soon as possible at (832) 678-4500 and ask for Roxanne, Amy or anyone at Sterling, who will be more than happy to assist you.** See box below for more helpful details.

POA DUES – ADDITIONAL INFORMATION

Payment coupons are included with the invoice for your POA dues to be paid in advance. **Those coupons are not an agreement to enter into a payment plan, but there is a payment plan option.** However, you MUST notify the management company that you are selecting this option before January 2018 by sending in your first payment by the date specified on the coupon. **If for any reason you cannot make payments by end of January 2018, please contact Sterling or your POA Board AS SOON AS POSSIBLE, as it is imperative that the HOA receives payments so as to stay in line with the 2018 Budget.** Should you lose the payment coupon, you are welcome to mail your payment to the following:

West Bellfort POA
c/o Sterling ASI
PO Box 38118
Houston, Texas 77238-8118

Please specify the property address you are making payment for in the memo line of the check; alternatively, you are welcome to include a separate piece of paper with the address and any other particulars to ensure your payment is properly applied.

Ludington Clubhouse Rental

Joy Cunningham 713 / 417-8154
Joycunningham@sbcglobal.net

Braesridge Clubhouse Rental

Jeannette Calhoun 713 / 203-2407
jcalhoun@insurepointe.com

WBPOA is patrolled by :

Harris County Constable
Precinct 7
Constable May Walker
Precinct 7 Dispatch 713 / 643-6602

Deputies assigned to WBPOA:

Sgt. J. Meek
Deputy Ferrettis
Deputy Nowlin
Deputy Pyland

Please contact your alarm company and have the Constable's precinct listed as the first police authority contact.



Volunteers Needed to Serve as Block Captains



Block Captains are residents who volunteer their time and efforts to The community to serve as “point persons” between the residents, the POA Board, its committees and The property management team.

You will not be asked to do anything that puts yourself in harm’s way. The time involved is minimal. By serving as the “eyes and ears” of The community, you will play a big part in keeping it safe, friendly and beautiful. You can even “co-share” and team up with a neighbor. If you have an interest in serving as a Block Captain, please contact any of the Board members or Roxanne Martinez of Sterling Management, or attend the upcoming Board Meeting on **Tuesday, August 28, 2018 at 6:30pm.**



August is...
HEAVY WASTE/TRASH PICK UP MONTH!
Northfield III & IV (North of West Bellfort): Aug 10th
Northfield V (South of West Bellfort): Aug 16th

Tree / Yard Waste
ODD months
January / March /
May / July /
September / November

Junk / Heavy Waste
EVEN months
February / April / June /
August / October /
December

Attitude is a choice. Happiness is a choice.
Optimism is a choice. Kindness is a choice.
Giving is a choice. Respect is a choice.
Whatever choice you make makes you.
Choose wisely.
Ray T. Bonetti, The Lion in the Mane

Recycling in WBPOA

July Pickup Dates:
July 5th and July 19th

All WBPOA residents are on Schedule A for recycling pickup, which occurs ever other week.

- Important Recycling Info:
- Use the Green Bin for recycling ONLY
 - NO GLASS in the recycling bins
 - Recycle Schedule A – every other week
 - Pickup on Thursdays
 - Bins may be put at the curb late Wednesday evenings and must be at curb by 7:00am Thursdays
 - Bins MUST be removed from the curb on Thursday evenings
 - Bins MUST be stored out of sight.
 - Glass may be taken to:
 - Westpark Consumer Recycling Center, 5900 Westpark, Houston, TX 77057

Important Trash Facts:

- Regular pick up every Thursday
- Bins may be set out at the curb the evening before
- Bins MUST be removed from curb by Thursday evenings
- Bins MUST always be stored out of site
- JUNK / HEAVY trash / waste pickup is other month (“even”s)
- Junk / heavy trash can be taken to:
Southwest Trash Depository / Recycle Center
10785 Southwest Freeway
Hours: Wed – Sun, 9am to 6pm
Accepts junk and tree waste and recyclables



If for any reason a household has too much trash to fit inside the black garbage bin, residents can purchase city stickers to place on the outside of large plastic garbage bags. The stickers can be purchased from Fiesta or Seller’s Brothers customer service windows or at hardware stores. The stickers MUST be visible street side, or the bags will not be picked up.

Residents with physical limitations can contact 311 and complete a Solid Waste Pickup Request Form (for either regular trash or recycles, or both) to qualify for special pick up services. If qualified, city services will then pick up from the residents’ specified locations and return them to the same location when emptied. The location MUST be out of sight from the street, but accessible to the city services (ie, behind unlocked fence gate).

WHAT TO DO IF YOUR IDENTITY HAS BEEN STOLEN

By: Megan Nye, July 3, 2018 (Reprinted from Northwestern Mutual Life Insurance Company website)

When a stranger meddles with your identity and finances, it's incredibly frightening. You aren't alone, however, and there are ways to fight back and quickly repair the damage. Javelin Strategy & Research's 2018 Identity Fraud Survey found that identity theft is currently at a record high. In 2017, more than 6 percent of consumers fell victim to identity fraud, and fraudsters pocketed an astounding \$16.8 billion from their targets. Here's what to do if your identity has been stolen:

1. ACT IMMEDIATELY

Spotting an unauthorized charge or receiving a collections call for a debt you never incurred is enough to launch stress levels into orbit. Here are a few steps to address the problem immediately:

- Contain the damage. Call the businesses that maintain your compromised accounts. A customer service rep can help you dispute phony charges. While you're on the line, ask for new cards with new numbers.
- Get in touch with a credit bureau. Contact Equifax (www.equifax.com or phone 800-465-7166, option 3); Experian (www.experian.com; 888 397 3742), or TransUnion (www.transunion.com; 800-916-8800) to request a free, 90-day fraud alert (the bureau you contact is required to inform the other two). The alert will require creditors to verify your identity before allowing someone to open an account in your name.
- Maximize your security. Start by changing your passwords if there's a possibility you've been hacked. Then see whether your account offers the added security of two-factor authentication, which requires both a password and a device that's unique to you, such as your cell phone, to access your account. Typically, after logging on you'll receive a text message or robo-call with a unique code to access your account. Finally, review your PINs and security questions. You'll want to ensure that someone can't guess or Google the answers to those questions.
- Build a paper trail. Head to your local police station and file a report related to identity theft. Afterward, follow up and request a copy of the report. You may need it as you continue to clean up your compromised finances.
- File a complaint with the Federal Trade Commission. In its efforts to crack down on identity theft, the FTC has developed a dedicated site for victims (<https://identitytheft.gov>). On it, you can report the crime and customize a plan specific to your financial dilemma. You can also find out how to deal with an account opened in your name, a stolen credit card, tax fraud, exposure of personal information from a data breach and more.

2. KEEP A CLOSE EYE ON YOUR ACCOUNTS

Once you've put out the initial fires, ensure you've taken care of every breach of your personal data. At this point, it's essential that you keep a very close eye on your finances:

- Pore over every bill and statement. At least initially, consider reviewing your bank & credit account activity once a week rather than waiting for the monthly bill. Again, look for suspicious charges and mysterious cash withdrawals.
- Set up account alerts. Catch fishy activity as soon as it happens. Tweak your financial account settings so you're notified whenever a transaction occurs without a physical card present, when a purchase is made above a specified dollar amount, and more.
- Watch your credit history report. Get copies of your three free credit reports. Do you see unfamiliar addresses listed? Lines of credit you don't recognize? Bankruptcies you haven't filed? If your identity is still being misused or fraudulent activity hasn't been erased, get in touch with the credit bureau ASAP and dispute the report.
- Consider credit monitoring. If your personal information was exposed through a company data breach — such as the Equifax breach of 2017 — you'll likely be offered several months of credit monitoring at no cost to you. Otherwise, consider footing the bill for a monitoring service yourself. You'll have professional watchdogs keeping an eye on your identity 24-7.

3. DON'T LET IT HAPPEN AGAIN

When your identity is stolen and you're forced to clean up the mess, you're extra motivated to prevent further fraud — at least as much as you conceivably can. Adopting these habits will go a long way toward that goal:

- Secure your passwords. Once you've created strong passwords, take steps to keep them safe. Don't leave them lying out at the coffee shop or store them in an unsecured electronic document. If you struggle to remember your passwords, think about using a password manager. These apps keep your passwords in an encrypted, digital vault with multifactor authentication and other enhanced security measures.
- Protect your personal information. We live in a digital world, but a common way for someone to get your sensitive data is still from your garbage. Don't leave intact, sensitive documents out at the curb. Instead, use a cross-cut shredder to mince up discarded documentation and unwanted credit card offers. (article continues on the next page)...

- Steer clear of phishing scams. Phishing occurs when a criminal impersonates a legitimate business to trick you into handing over your personal information. You might get an email from your “credit card company” or a phone call purportedly from an “IRS representative.” Pay attention to the sender’s email address; it’ll probably look strange. The links or phone numbers provided aren’t associated with the organization. Also note the tone of the message. Scammers warn of dire consequences for not providing the requested information. If any of these red flags pop up, play it safe and call the business directly and ask about the validity of the message (and look the phone number up on your own).
- Safeguard your devices. Odds are a good portion of your financial activity takes place on one or more of your electronic devices. But it’s important to skip automatic sign-in and encrypt files in case someone steals your device. In addition, stay secure online with strong antivirus software, firewalls, and malware protection.
- No one wants to contend with financial fraud — nobody. But always remember you aren’t alone, and there are entire companies staffed by experts to help you solve the problem. You have allies in this fight, but you need to act. With the right plan in place, you’ll win the fight.

Common Foods That Are Dangerous to Your Pets

Toxic Foods



If your pet has consumed any of the toxic items on this list, immediately call the ASPCA Poison Hotline at 1-888-426-4435.

Potentially Dangerous Foods



Contact your veterinarian if you believe your pet has ingested any of the dangerous items listed.



CAT / DOG (HUMAN) FOOD FOR THOUGHT.....

Although those of us with pets might treat our little fur babies like humans, there are certain

“human” foods that can cause serious health problems and even death in our pets – even if they have eaten some of this “safely” before (or so we think!). Most of the damage is caused to the internal organs and is often not noticed until sadly, it is too late. The following foods should NEVER be fed to your dog or cat (or in some cases, birds!) as they will cause serious harm and / or death:

TOXIC (will result in death):

- Apple cores (the seeds are toxic)
- Chocolate, in all forms (including chocolate milk)
- Coffee / Tea / anything with caffeine
- Onions, chives, leeks and garlic
- All tree nuts (almonds, walnuts, etc.)
- Sugar substitutes, especially Xylitol
- Chewing Gum
- Cherries and any other fruit with pits
- Coconut water (other parts of coconut also to be avoided)
- Alcohol of any kind

HARMFUL (will result in serious health issues, and can eventually lead to death):

- Avocados
- Blue Cheese (due to the mold)
- Bones (especially chicken or pork bones)
- Citrus / citrus oils
- Coconut oil, coconut meat, coconut water
- Corn on the Cob
- Milk / Dairy (DO NOT feed to cats)
- Mushrooms
- Raw Potatoes
- Raw / Undercooked Eggs
- Raw / Undercooked Meats
- Salt / Salty Snacks (popcorn, chips, etc)
- Tomatoes



ADOPT-A-DRAIN HOUSTON

Join Houston and others in helping to keep drains clear of leaves and garbage to reduce flooding – It’s easy and fun!! For more information, see last month’s newsletter or visit adoptadrain@houstontx.gov

**Grocery carts = convenient in stores
In WBPOA = eyesores!**

If you see empty grocery carts in the WBPOA subdivision, please call and report to:

Fiesta Mart: 713-272-2700
Gray and red or has Fiesta logo

Walmart: 713-771-4740
Green and gray or has Walmart logo

Joe V's: 713-721-0100



NOTE: Although peanut butter can be a good training tool / treat for your dog, some companies are adding Xylitol or other sugar substitutes to the peanut butter. As such, it is very important to read the label!!!

Without a sense of caring,
there can be no sense of
community.

Anthony J. D'Angelo

The Community

Community School

The Sephardic Gan/Torat EMET School located on the corner of Braesridge and West Bellfort serves children from age 15 months through eighth grade. If you are interested in enrolling your child and would like a tour of the school, the opportunity to see the classrooms in action and meet the staff, please feel free to contact them at 713-721-3900. You may also email office@ytehouston.org for more information.



Community Parks



We have two very beautiful parks just waiting for you to get out and enjoy your summer!! Come out and play at our Kittybrook and Ludington Parks!!

Work up a great sweat and burn off calories by enjoying a great game of tennis at our community Tennis court!



Community Involvement – Board Member Positions Available

Want to be an active member of your community? Then come on down!! We have three positions open on the Board waiting for the right volunteers to ensure our community is well taken care of. **Bring your credentials and come speak to the Board on Tuesday, August 28th at 6:30pm to put your name into the hat!** These three positions are to complete the terms of positions that stepped down, so you will serve out the remainder of this year. You will then be up for election to continue (if you so desire) at the Annual Homeowners Meeting in December. Contact one of your POA Board Members or Roxanne Martinez of Sterling Management for more details on becoming a Board Member and an active participant in your community well-being!



Community Clubhouses

The holidays are coming up fast!!! But no worries – the community clubhouses are perfect for your events! Please contact Joy Cunningham to book the Ludington Clubhouse or Jeannette Calhoun for the Braesridge Clubhouse. Their contact details are on the front of the newsletter.



Ludington Pool

Can you believe it? Summer vacation is almost over! But... not the heat! The Ludington Pool is open until September, so there is plenty of time to splash about and cool off!! Don't forget your sunscreen!!



Heat related issues are serious problems in Houston during the summer. Below are some very important tips, especially for children!! Please also refer to the attached flyer at the back of this newsletter and post it on your refrigerator to remind you of the dangers and how to handle heat emergencies.



BEAT THE HEAT, CHECK THE BACKSEAT!!

One of the biggest heat related risks during the summer months is the possibility of a child dying in a vehicle from heat stroke. **The temperature inside a vehicle can rise 20 degrees in as little as 10 minutes, and 50 degrees in an hour- even when outside air temperatures are in the 70's!** The inside of a car acts like a green-



house, where actual temperatures inside the vehicle can reach 120°F in minutes and approach 150°F in as little as an hour! This can cause hyperthermia (heat stroke) in only minutes, particularly in children, whose body temperatures warm at a rate three to five times faster than an adult. Studies have shown that "**cracking the windows**" provides little (if any) relief. **From 1998 through 2012, at least 560 children had died nationwide from heat stroke suffered while in a vehicle.** Over half of these were children that were forgotten by a parent or other caregiver, and 18% died when parents knowingly left their child in a vehicle. The rest died playing in an unattended vehicle. **All of these tragic deaths are preventable!** To help bring awareness to this issue, the National Weather Service is using the slogan "Beat the Heat, Check the Backseat" to remind people to remember to check for small children in a car seat and to never leave children unattended in a vehicle- even for a few moments. **Remember that pets should also never be left in a vehicle during the summer months.**

TIPS FOR STAYING COOL

It is August in Texas – which means the heat is on!! With the heat comes increase in the electric bills, as well increase on power sources; which in turn, leads to requests from authorities to reduce our energy consumption to avoid power outages. Here are some tips to help stay cool in the heat:

1. Use box fans and ceiling fans to promote air circulation throughout your home. Can increase the cooling affect by directing the fan over a pan filled with ice (placed on a towel to catch condensation)
2. During the day, close all doors and windows, making sure to close curtains and blinds as well, to keep the indoors cool for as long as possible.
3. Take advantage of the cooling power of water. Fill buckets and soak your feet. Wet towels and bandannas can have a cooling effect when worn on the shoulders or head. Take cool showers or baths, and consider using a spray bottle filled with cold water for refreshing spritzes throughout the day.
4. Stay low; since hot air rises, the upper stories of a home will be warmer than the ground floor. Laying on the floor will also keep you cooler.
5. Eliminate extra sources of heat. Incandescent light bulbs can generate unnecessary heat, as can computers or appliances left running.
6. Eat fresh foods that do not require the use of an oven or stove to prepare.
7. Don't eat large, protein-rich meals that can increase metabolic heat and warm the body.
8. Remember to maintain an adequate level of hydration, which means you'll need to consume more water than you usually do when it's hot. Six to 8 glasses of water a day if you are mainly indoors; increase that by 2 to three glasses of water PER HOUR if outdoors.
9. If you're sweating profusely, you will also need to replace electrolytes by eating a small amount of food with your water, drinking coconut water or specially-formulated electrolyte replacement drinks.
10. Avoid alcoholic beverages and caffeine, as both of these substances can act as diuretics and promote dehydration.
11. At night, freeze your sheets at least 30 minutes before bedtime; can also use a frozen gel pack wrapped in a tea towel beneath your pillow or at your feet to help keep cool.
12. Try to visit public buildings with air conditioning during the hottest hours of the day if the heat becomes unbearable. Libraries, shopping malls, and movie theaters can all be good places to cool down.
13. Be able to recognize the symptoms of heat-related illnesses and true heat emergencies. Call emergency services (911) in the event of a heat emergency and try to cool the victim until help arrives (**see attached flyer**).
14. Finally, remember that pets also suffer when the temperature rises. Cooling animals (dogs, rabbits, cats) by giving them a "cool" bath or shower will help keep their body temperature down. A cool towel on a tile floor to lay on, a cool towel or washcloth laying over the skin next to a fan will also help cool the animal. Make sure they have plenty of cool water to drink as well. Signs of a heat stroke in a pet are: rapid panting; wide eyes; lots of drooling; hot skin; twitching muscles; vomiting and a dazed look. Call your vet immediately if you think your pet has heat stroke!

WINDOWS TO YOUR HEALTH: The Importance of Routine Eye Exams

Understand the difference between a visual screening and a comprehensive eye exam and how your eye health can reflect your overall well-being. *From: Canopy Health, November 21, 2017*

When it comes to scheduling preventive health appointments, eye exams are often overlooked. At best, people usually assume a basic visual screening will suffice; however, seeing a licensed optometrist or ophthalmologist for comprehensive exams is important for everyone's overall health. Below are the main differences between a screening and an exam and how your overall well-being can benefit from "keeping an eye on" the health of your eyes.

Vision Screenings vs. Eye Exams

Vision screenings are quick, inexpensive tests performed by volunteers or nurses to check for abnormal visual acuity and major vision problems. During a screening, individuals are asked to identify tiers of letters from 20 feet away. Often, the screening will test both eyes together and each eye individually. When someone tests lower than a 20/40 level, they are referred to an eye care professional for corrective lenses, contacts, or medical treatment.

Comprehensive eye exams are performed by optometrists or ophthalmologists and include a vision screening in addition to a series of tests to evaluate the health of your eyes. During an exam, each eye is examined for signs of serious eye issues such as glaucoma, cataracts, macular degeneration, and detached retinas, among other conditions. Receiving regular eye exams regardless of vision acuity can help detect serious eye problems at the earliest stage when they are most treatable.

Recommended Eye Exam Frequency

The American Academy of Ophthalmology (AAO) suggests the following frequencies for adult eye exams based on age:

- 20s and 30s: every 5-10 years
- 40 to 54: every 2-4 years
- 55 to 64: every 1-3 years
- 65+: every 1-2 years

Individuals with the following conditions are exceptions to the above recommendations – their doctors may recommend more frequent exams:

- Exhibit serious vision trouble or eye discomfort
- Wear corrective lenses
- Have a family history of eye disease
- Have a chronic disease that increases the risk of eye disease



For children, the AAO recommends:

- Initial screening between 6 and 12 months of age
- Routine eye health and vision screenings throughout childhood to help detect any abnormalities as their eyes develop
- Visual screening and ocular alignment evaluations every 1-2 years for school-aged children

Eye Exams Can Help Identify Other Health Problems

A licensed doctor will use your eye evaluation to indicate your overall health. Close evaluation of the blood vessels in the eye can help detect major health problems, including:

- Diabetes. Diabetic retinopathy is identified by blood vessels in the retina of the eyes leaking blood or yellow fluid.
- Hypertension. Tears or bends in blood vessels in the eye may identify high blood pressure.
- High cholesterol. A yellow tint or ring around the cornea may signify high cholesterol.
- Thyroid disease. Graves Disease, or bulging or protruding eyeballs, is a sign of thyroid problems.
- Autoimmune disorders. Eye inflammation can be a sign of an autoimmune disorder such as lupus.
- Cancer. Unusual eye structure can be a sign of ocular melanoma (eye cancer), and close observation of the eyelids can detect basal cell carcinoma (skin cancer).
- Tumors. Irregular shaped pupils or droopy eyelids could signify a neck tumor or an aneurism.

Regardless of how keen your eyesight is, scheduling regular eye exams according to the AAO's recommendations is a great way to stay on top of your overall health.

AUGUST 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				2 Recycle Pick Up	3	4
5	6	7	8	9	10 Heavy Trash/Junk Pick Up	11
12	13	14	15	16 Heavy Trash/Junk Pick Up Recycle Pick Up	17	18
19	20	21	22	23	24	25
26	27	28 WBPOA Board Meeting Braesridge Clubhouse 6:30pm	29	30 Recycle Pick Up	31	

* WBPOA – Northfield III and IV (North Side of West Bellfort): Junk Waste 2nd Friday of even months / Tree Waste 2nd Friday of odd months

* WBPOA – Northfield V (South Side of West Bellfort): Junk Waste 3rd Thursday of odd months / Tree Waste 3rd Thursday of odd months



*See Something,
Say Something!*



WBPOA residents who are current on POA dues can request vacation watches from Constable Precinct 7 for vacation planning needs. You can register for a deputy vacation watch by visiting the Precinct 7 website <https://constable7.harriscountytexas.gov> and select "Vacation Watch". You can also call (713) 643-6118 and request a watch.

We have a great team of deputies who watch over our neighborhood, but one person cannot watch over 800 homes at once. So let's do our part!! Report criminal offenses to the authorities. Take note of suspicious activities that occur inside and outside your neighborhood. Contact the police with eyewitness information such as a suspect description to assist law enforcement in their crime prevention efforts. Avoid looking the other way when criminal offenses occur. You could find yourself in need of another citizen's assistance if you become a crime victim. Secure your valuables. Use monitored alarm systems to protect your home and vehicle. Avoid leaving high-priced items in plain view of others. Store yard and portable items in your garage. Use a heavy duty lock to protect your bicycle from theft. Never flaunt large amounts of cash or jewelry. Travel with a group. Use the strength of numbers to help prevent crime. Never go to unfamiliar places by yourself, especially at night. Bring a cell phone and extra money for emergency use. Walk along well-lit paths when traveling outside. Never try to apprehend a suspect. Let the police handle this responsibility. Never assume that any location is totally safe. Always remain cautious of suspicious people and activities. Also, be sure to have the Constable Dispatch the first law enforcement contact for your home alarms. As always, if you see something suspicious, be sure to report it immediately – you do not have to endanger yourself as our patrol officers are quick to respond and will address issues ASAP. **If you plan a trip out of town, please get registered with Precinct 7 for a vacation watch – our patrol officers will be happy to help keep an eye on your home.**

"Beat the Heat, Check the Backseat"

A child's body absorbs more heat on a hot day than an adult's does

Heatstroke begins when the core body temperature reaches about 104 F

In 2012 alone, at least 32 children in the United States lost their lives after being left in unattended motor vehicles

Vehicle Safety

- Temperatures inside a car on a 90° day can climb to between 120° and 150° in MINUTES.
- **NEVER** leave children OR pets unattended in or around vehicles.
- **ALWAYS** check the backseat
- **IF YOU SEE A CHILD IN AN ABANDONED VEHICLE, CALL 911!!!**



National Weather Service – Chicago, Illinois

"BEAT THE HEAT, CHECK THE BACKSEAT CHECKLIST:"

NEVER LEAVE A CHILD UNATTENDED IN A VEHICLE. NOT EVEN FOR A MINUTE!

IF YOU SEE A CHILD UNATTENDED IN A HOT VEHICLE CALL 9-1-1.

IF A CHILD IS MISSING, ALWAYS CHECK THE CAR FIRST!

Be sure that all occupants leave the vehicle when unloading. Don't overlook sleeping babies.

Always lock your car and ensure children do not have access to keys or remote entry devices. If a child is missing, check the car first, including the trunk. Teach your children that vehicles are never to be used as a play area.

Make "look before you leave" a routine whenever you get out of the car.

Put your cell phone in the backseat (out of children's reach) and set reminder alarms -- you should not be talking / texting and driving at the same time regardless!

Place your purse or briefcase in the back seat as a reminder that you have your child in the car.

Set reminder alarms on your cell phone for the anticipated arrival time to your destination to check the car

Keep a stuffed animal in the carseat and when the child is put in the seat place the animal in the front with the driver.

Have a plan that your childcare provider will call you if your child does not show up for school.

Remember that pets should also never be left in a vehicle during the summer months.

CRACKED WINDOWS WILL NOT PREVENT HEAT RELATED INJURIES / DEATHS!

HEAT RELATED ISSUES

Concern Level	Event	Description	Signs / Symptoms	What to do
FIRST SIGNS; SOME CONCERN; TAKE ACTION TO COOL DOWN	Heat cramps	Painful, involuntary muscle spasms; can occur several hours after activity	One of the first signs of potential heat exhaustion. Should be "listened to" immediately. Cramps are usually in the legs, arms or feet, but can occur anywhere in the body. Adults usually develop heat rash in skin folds and where clothing causes friction. In infants, mainly found on the neck, shoulders and chest. Can show up in the armpits, elbow creases and groin.	Move to a cooler location (shaded or preferably indoors), stop all activity, and rest and drink plenty of fluids. For cramps, gently stretch and massage to ease the muscles. Heat rash generally disappears once the skin is cooled. Children may tend to scratch and cause sores. Treat with medicated cleansers and watch for infections.
	Heat rash (aka, Prickly Heat)	Uncomfortable redness of the skin or a rash that ranges from small bumps to blisters which can feel itchy or prickly		
HIGH CONCERN; STOP ACTIVITY IMMEDIATELY AND TAKE ACTION TO COOL DOWN	Heat exhaustion	A very serious condition; symptoms may include heavy sweating and a rapid pulse, a result of your body overheating.	Extremely serious. Signs and symptoms of heat exhaustion may develop suddenly or over time, especially with prolonged periods of exercise; They include: • Cool, moist skin with goose bumps when in the heat • Heavy sweating • Faintness • Dizziness • Fatigue • Weak, rapid pulse • Low blood pressure upon standing • Muscle cramps • Nausea • Headache	Immediately stop all activity and get rest; move to a cooler place; remove excess clothing; drink cool water, coconut water or sports drinks; take other actions to cool down. People suffering from heat exhaustion MUST continue to watch for signs for heatstroke for a few hours after moving indoors
EXTEREME CONCERN; CALL 911 IMMEDIATELY	Heatstroke (aka sunstroke)	Is the most serious form of heat injury especially if your body temperature rises to 104 F (40 C) or higher	Symptoms: • High body temperature, extremely concerning if core body temperature is 104 F (40 C) or higher, obtained with a rectal thermometer • Altered mental state or behavior. Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke. • Alteration in sweating. In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel dry or slightly moist. • Nausea and vomiting. • Flushed skin. Your skin may turn red as your body temperature increases. • Rapid and shallow breathing. • Racing heart rate. Pulse may significantly increase because heat stress places a tremendous burden on the heart to help cool the body. • Headache; may throb.	Take immediate action and call 911!! Heatstroke requires emergency treatment! Untreated heatstroke can quickly damage the brain, heart, kidneys and muscles. The damage worsens the longer treatment is delayed, increasing risks of serious complications or death. Take immediate action to cool the overheated person while waiting for emergency treatment: • Get the person into shade or indoors. • Remove excess clothing. • Keep the person as quiet and still as possible. • Cool the person with whatever means available — put in a cool tub of water or a cool shower, spray with a garden hose, sponge with cool water, fan while misting with cool water, or place ice packs or cold, wet towels on the person's head, neck, armpits and groin.
PETS SUFFER TOO; CALL OR GET TO A VET IMMEDIATELY:	Remember that pets also suffer when the temperature rises. Cooling animals (dogs, rabbits, cats) by giving them a "cool" bath or shower will help keep their body temperature down. A cool towel on a tile floor to lay on, a cool towel or washcloth laying over the skin next to a fan will also help cool the animal. Make sure they have plenty of cool water to drink as well. Signs of a heat stroke in a pet: rapid panting, wide eyes, lots of drooling, hot skin, twitching muscles, vomiting and a dazed look. CALL AND GET YOUR PET TO A VET IMMEDIATELY IF YOU SUSPECT YOUR PET IS SUFFERING FROM HEATSTROKE.			

Find parking regulations confusing?


Change



to



 parking@houston.tx.gov  @ParkHouston

 832-393-8690 City of Houston ParkHouston

 www.ParkHouston.tx.gov  @Houparking

The City of Houston Parking Management Division
2020 McKinney, Houston, TX 77003



Be sure not to block the **sidewalk** when parking



Be sure not to block a **driveway** when parking



Park at least **15 feet** from a fire hydrant



Park at least **20 feet** from a intersection



Park at least **30 feet** from a Stop Sign or Traffic Signal



Be sure not to park **facing** oncoming traffic



www.ParkHouston.tx.gov

RECYCLE MORE

The City of Houston accepts recyclables at curbside, the Neighborhood Depository/Recycling Centers and drop-off facilities.

Examples of acceptable plastics and materials:

1 Plastics
Soft drink and water bottles

2 Plastics
Milk jugs, juice bottles, and food containers

3 Plastics
Detergent bottles, shampoo bottles

4 Plastics
Condiment bottles

5 Plastics
Yogurt containers, caps, straws and empty medicine bottles

6 Plastics
Styrofoam blocks
(Not Accepted in Curbside Recycling Program. Accepted at the Westpark Recycling Center and ESC - South only)

7 Plastic
Large water bottles

Mail, Envelopes, and Paper

Newspapers, Magazines, Telephone Books and Catalogs

Aluminum & Tin Cans

Flattened Cardboard

Glass
(Not Accepted in Curbside Recycling Program. Accepted at Neighborhood Depository/Recycling Centers and drop-off facilities.)

Used Motor Oil
Do not place in recycling bin. Place on curb or bring to Westpark or ECS's.



 City of Houston
 Solid Waste Management Department

Follow us:
 @houstontrash /houstonsolidwaste
www.houstonsolidwaste.org
 or call 3-1-1 for additional information.

2018 Bi-Weekly Collection Schedule

Schedule A Schedule B

City Holiday *(Follow the adjusted "Holiday Schedule")

January							February							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6			1	2	3					1	2	3		
7	8	9	10	11	12	13	4	5	6	7	8	9	10	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28				25	26	27	28	29	30	31

April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5			1	2	3	4	5		
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

July							August							September							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7	1	2	3	4				1	2	3	4	5	6	7	8
8	9	10	11	12	13	14	5	6	7	8	9	10	11	9	10	11	12	13	14	15	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	16	17	18	19	20	21	22	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	23	24	25	26	27	28	29	
29	30	31					26	27	28	29	30	31		30							

October							November							December							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6		1	2	3					1	2	3	4	5	6	7	8
7	8	9	10	11	12	13	4	5	6	7	8	9	10	9	10	11	12	13	14	15	
14	15	16	17	18	19	20	11	12	13	14	15	16	17	16	17	18	19	20	21	22	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	23	24	25	26	27	28	29	
28	29	30	31				25	26	27	28	29	30		30	31						

- If your collection day is during the "A Week" then follow the schedule for the shaded yellow week. Ex: Thursday A service days in January are the 4th & 18th.
- If your collection day is during the "B Week", you will follow the unshaded week's schedule. Ex: Tuesday B service days in January are the 9th and 23rd.

*For the Holiday Schedule and additional information, visit our website at www.houstonsolidwaste.org or call the Houston Service Helpline 3-1-1.

PROPERTY ASSOCIATION COMMITTEES: <i>If you would like to serve on one of these committees, please come to the next Board meeting</i>	
Architectural Review (ARC):	Barbara Hite, Jeannette Calhoun
Clubhouse:	Jeannette Calhoun, Joy Cunningham, Barbara Hite
Landscape:	Jeannette Calhoun, Glenn Gundy
Newsletter:	Dyaz Godfrey, Mari Angelo
Parks & Recreation:	Asher Belles
Pool:	Phil Abrams, Glenn Gundy
Safety:	Barbara Hite,
BLOCK CAPTAINS:	Volunteers Needed!

WEBSITE INFORMATION:	
City of Houston (General Info):	www.houstontex.gov
City of Houston Services (311 Online):	http://hfdapp.houstontx.gov/311/index.php
Constable Precinct 7 Vacation Watch:	http://www.harriscountytexas.gov/compct7/
Texas DPS Driver's License Renewal:	http://www.txdps.state.tx.us/driverlicense/
West Bellfort Property Owner's Association:	www.westbellfortpoa.com

ADDITIONAL INFORMATION	
Concert Arenas	
Arena Towers	http://www.arenahouston.com
Cynthia Woods Mitchell Pavilion	http://www.woodlandcenter.org
Miller Outdoor Theater	http://milleroutdoortheatre.com
Sports Complexes	
BBVA Compass - Dynamo Soccer/TSU Football	http://www.bbvacompassstadium.com
Minute Maid Park - Astros	http://houston.astros.mlb.com/hou/ballpark/index.jsp
NRG Stadium & Park - Texans & Rodeo	http://nrgpark.com/nrg-stadium
Toyota Center - Rockets	http://www.houstontoyotacenter.com
Things to do in Houston:	http://www.visithoustontexas.com
Volunteering Opportunities:	
City of Houston	http://volunteerhouston.org
Harris County	http://www.harriscountycitizenzcorps.com

USEFUL NUMBERS	
Name	Phone Number
Animal Control (BARC)	713-229-7300
Anti-Gang Office	832-393-0931
Brays Oaks Management District	713-595-1221
Citizens' Assistance	832-393-0955
City Council District J	832-393-3015
City Council District K	832-393-3016
City of Houston Services:	311
Emergency	911
Harris County Flood Control:	713-684-4197
Health and Human Services	832-393-5169
Houston Fire Department Non-Emergency	832-394-6700
Houston ISD	713-556-6000
Houston Police Department District #17	713-773-7901
Houston Police Department Non-Emergency	713-884-3131
Mayor's Office	832-393-1000
Milne Elementary School	713-778-3420
Parks Department	832-395-7000
Precinct 7 Dispatch	713-643-6118
Public Works and Engineering	832-395-2511
Solid Waste Management	713-956-6589
Sterling Association Services (WBPOA's Property Management)	832-678-4500 x253
Welch Middle School	713-778-3300
Westbury High School	713-723-6015

TEXAS DPS OFFICE Driving Tests / In-Person Driver's License New & Renewal		
Closest (South Gessner close to West Airport - Approx 2 Miles)		
12220 South Gessner	Mon - Thur:	7:30am - 6:00pm
Houston, TX 77071	Fri:	7:30am - 5:00pm
Phone: 713 / 219-4100	Sat:	Closed
Second Option (Rosenberg - US 59 @ Hwy 36 - Approx 20 Miles)		
28000 Southwest Freeway, Suite A	Mon - Thur:	7:30am - 6:00pm
Rosenberg, TX 77471	Fri:	7:30am - 5:00pm
Phone: 281 / 517-1630	Sat:	Closed
More Info: http://www.txdps.state.tx.us/administration/driver_licensing_control/rolodex/searchresults.asp		

LOCAL LIBRARIES City of Houston Libraries		
Morris Frank Library	Mon&Thur	11am - 6pm
Brays Oaks Towers Building	Tue	12pm - 8pm
10103 Fondren	Wed	10am - 6pm
Houston, TX 77096	Fri	1pm - 5pm
Phone: 832 / 393-2410	Sat	10am - 5pm
on Fondren, just passed Willowbend	Sun	Closed
Meyer Branch Library	Sun&Mon	Closed
5005 West Bellfort Street	Tue&Wed	10am - 6pm
Houston, TX 77035	Thur	12pm - 8pm
Phone: 832 / 393-1840	Fri	1pm - 5pm
on West Bellfort, just before Kroger's	Sat	10am - 5pm
Houston Main / Central Library	Mon--Thur	10am - 8pm
500 McKinney	Fri&Sat	10am - 5pm
Houston, TX 77002	Sun	1pm - 5pm
<i>Downtown at McKinney and Smith; garage parking entrance off Lamar; rate is \$2 /hour, max \$16. Street parking free on Sundays. NO STREET PARKING EXCEPT ON SUNDAYS - TOWING IS STRICTLY ENFORCED!</i>		

Harris County Library		
West University Branch	Mon	10am - 8pm
6108 Auden	Tue&Wed	10am - 6pm
Houston, TX 77005	Thur&Fri	1pm - 6pm
Phone: 713 / 668-8273	Sat	10am - 5pm
@ corner of Auden & Milton in West U	Sun	Closed

STATE, COUNTY & CITY OFFICIALS		
Position	WBPOA's District	Currently Held By
Mayor	Houston	Sylvester Turner
County Judge:	Harris County	Ed Emmett
Tax Assessor-Collector:	Harris County	Ann Harris Bennett
Treasurer:	Harris County	Orlando Sanchez
County Attorney:	Harris County	Vince Ryan
District Attorney:	Harris County	Kim Ogg
County Clerk:	Harris County	Stan Stanart
District Clerk:	Harris County	Chris Daniel
County Sheriff:	Harris County	Ed Gonzalez
County Constable:	Precinct 7	Constable May Walker
County Commissioner:	Precinct 1	Rodney Ellis
Metro Transit Authority Chairman:	Houston Metro Area	Gilbert Andrew Garcia
City of Houston Council Member:	District K	Larry Green
HISD School Superintendent:	Houston	Open
HISD School District:	District 9	Wanda Adams
Houston Community College District:	District 9	Christopher W. Oliver
Justice of the Peace (Precinct 7):	Position 1	Judge Hillary H. Green
Justice of the Peace (Precinct 7):	Position 2	Judge Zinetta Burney
State Board of Education:	District 4	Lawrence A. Allen, Jr
State Senator:	District 13	Borris Miles
State Representative:	District 131	Dr. Alma A. Allen
Governor:	Texas	Greg Abbott
US Representative:	District 9	Al Green
US Senators:	Texas	John Cornyn Ted Cruz

WEST BELLFORT PROPERTY OWNERS ASSOCIATION, INC.
ARCHITECTURAL CONTROL APPLICATION

In accordance with the governing documents of your Association, all exterior improvements and/or changes from the original construction must be submitted for and approved by the Architectural Control/Review Committee (ACC/ARC). Failure to receive approval for the improvement and/or change may result in you having to remove, alter or change the improvement in order to comply with the rules and regulations of the Association. Please complete the application below in its entirety and return to **STERLING ASSOCIATION SERVICES, INC. (SASI)** to 11201 LAKE WOODBRIDGE, SUGAR LAND, TX. 77478 (Phone 832-678-4500) ~~XXXXXXXXXXXX~~ or Facsimile 832-678-4497) Email: Houston@sterlingasi.com

Community Association _____

Property Address _____ Sec/Blk/Lot _____ / _____ / _____

Name _____

Work# _____ Home# _____ E-mail _____

Mailing Address _____

- No improvement will be considered and is automatically denied without the following:
- ▶ A site plan/survey indicating location of the proposed improvement, providing the distance from the structure to the fence and/or lot lines and easements.
 - ▶ Color swatches and samples or pictures of materials to be used in the improvement (shingle, paint, brick, stain, siding, etc).
 - ▶ Completion of all applicable areas below of the application.

Status: _____ / _____ - _____ / _____ / _____ / _____ / _____
Start Stop Date Date of Completion Under Construction

- Check one of the following:
- | | | |
|----------------------------|--|---|
| ___ Exterior Paint | ___ Roof (Weatherwood or Driftwood Only) | ___ Pool/Spa |
| ___ Patio (ground) | ___ Sunroom/Patio Enclosure | ___ Permanent Basketball Goal |
| ___ Patio Cover | ___ Gazebo | ___ Portable Basketball Goal |
| ___ Deck | ___ Arbor/Pergola | ___ Room Addition |
| ___ Fence | ___ Mailbox | ___ Driveway/Sidewalk (new & extension) |
| ___ Gates/ Burglar Bars | ___ Solar Screens | ___ Landscape Statuary |
| ___ Window Shades/ Awnings | ___ Playground Equipment | ___ Storm Doors/Windows |
| ___ Other _____ | | |

Size: Height _____ Width _____ Length _____

Location of Improvement:
___ Front of House ___ Back of House ___ Left side of house (stand and face house) ___ Right side of house (stand and face house)

- List of Materials with color and/or material samples or photos provided (check all applicable)
- | | |
|-----------------------------------|----------------------------------|
| ___ Base paint color _____ | ___ Trim paint color _____ |
| ___ Garage door paint color _____ | ___ Garage door trim color _____ |
| ___ Stain color _____ | ___ Fence color/material _____ |
| ___ Siding color/material _____ | ___ Roof color _____ |
| ___ Other _____ | |
| ___ Other _____ | |

___ I understand the ACC/ARC are a group of volunteers in the community and will do their best to act as quickly as possible in their determination regarding my application. I hereby certify that the proposed construction/ modification is in full compliance with all the Declaration of Covenants, Conditions and Restrictions and all guidelines currently adopted by the Association. I do understand the committee has 30 days to review the request.

___ I understand that the decisions are determined concerning only my architectural plans submitted. I am responsible to obtain whatever easements, permits, licenses and approvals, which may be necessary to improve the property in accordance with the submitted plans.

Owner's Signature
APPROVED/APPROVED CONDITIONALLY/DISAPPROVED.

Date

ACC COMMITTEE CHAIR SIGNATURE and Date