

THE SUN



News For the Residents of Stone Gate

June 2009 - Volume 2, Issue 5

Happy
Father's
Day!

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and much more!!

June Landscaping

Submitted by Ron Kerwin



It is getting hotter out; plan your lawn/garden work for early morning or evening to avoid the heat of the day. Make sure you drink plenty of non-alcoholic fluids, preferably water, to keep from becoming dehydrated.

Plan your mowing schedule around the growth of your lawn. You should not mow more than 1/3 of the blade length off at a time. If you water or fertilize too much, you will generate excessive growth. This will require more frequent mowing to avoid cutting off more than 1/3. If you postpone mowing, you will be damaging your lawn, generating excess clippings which will require more of your time to mow over them multiple times, and you will do your small mower engine harm by trying to mow too much grass with its smaller horsepower. With proper fertilization and watering, weekly mowing should be adequate; there will be exceptions however.

You can fertilize again this month with a 3-1-2-ratio fertilizer or 4-1-2; try to get it with a minimum of 50 % slow release nitrogen to stretch out its benefits. Water the granular fertilizer in soon after application. You can water your patio plants and hanging baskets with a diluted 20-20-20 water- soluble fertilizer. Try to use filtered or distilled water for these plants and baskets to reduce the chlorine getting to the plants.

Canopy your trees to allow more sunlight to get to the lawn grasses underneath. Low tree canopies will not allow grass to survive. You want the lower branches removed anyway for safety reasons while mowing. You don't want to get poked in the eye.

On Red-tip Photinia and Indian Hawthorne's watch for maroon colored spots on the leaves. This indicates a fungal leaf spot and could be fatal to the shrubs if left unattended.

Apply a fungicide, Banner or Daconil as soon as you can. Powdery mildew on roses, crape myrtles, eunonymus and zinnias in late spring can be treated with a funginex spray weekly.

Trim your spring flowering shrubs now and then leave them alone. Your Indian Hawthornes and other spring flowering shrubs are done blooming. Now is the time to trim them back. After you do this, do not trim them again until after they bloom next spring. Trimming them later in the year may result in your removing the flower bud heads for next year. June bugs DO NOT mean to treat for their larva, grub worms. Treatment is only effective in late July/early August IF you have grubs. Spider mites can be treated with miticides, insecticidal soaps or just a blast of water from your hose.



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Newsletter Information

Publisher

Peel, Inc. www.PEELinc.com, 512-263-9181
Article Submission articles@PEELinc.com
Advertising..... advertising@PEELinc.com

Welcome to The Sun

A newsletter for Stone Gate residents

by Stone Gate residents.

The Sun is a monthly newsletter mailed to all Stone Gate 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 activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it articles@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome. Our goal is to keep you informed!

Advertising Information

Please support the businesses that advertise in The Sun. Their advertising dollars make it possible for all Stone Gate residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Stone Gate residents, limit 30 words, please e-mail articles@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

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The Cy-Fair VFD Urges Citizens to be prepared for Hurricane Season

June 1st is the official start of Hurricane season and the Cy-Fair Volunteer Fire Department would like to urge all citizens to make sure they are prepared in the event a hurricane affects them this year. The best way to do this is to have a Disaster Supply Kit ready in advance. This kit should include at a minimum:

- ☐ Water –At least a five to seven day supply (one gallon per person per day)
- ☐ Food –At least a five to seven day supply of nonperishable/ canned food
 - (Change out stored water and food supplies every six months)
- ☐ First Aid Kit
- ☐ Flashlight with extra batteries
- ☐ Battery powered radio
- ☐ Medications and special items (pain relievers, diapers, etc.)
- ☐ Tools and supplies
- ☐ Sanitation (toilet paper, personal hygiene items, etc.)
- ☐ Change of clothes and bedding
- ☐ Cash
- ☐ Important documents (birth certificates, insurance/bank account information, etc.)
- ☐ Food, water, and medicine for your pets
- ☐ Kennels or crates for pets

You can also visit the Harris County Office of Emergency Management's website at: www.hcoem.org and click on the right side link to natural disasters to access additional information on preparing for and dealing with hurricanes.

The Cy-Fair Volunteer Fire Department provides fire, rescue, and EMS services to 156 square miles of Northwest Harris County for the residents of Harris County Emergency Service District #9. By operating from 12 community based volunteer fire stations we are able to quickly and efficiently respond to help our neighbors in times of emergency.

For more information on the Cy-Fair Volunteer Fire Department or on how you can join the other 350 volunteers of our Department and be one of Cy-Fair's bravest call us at 281-656-3840 or visit us on the web at www.cyfairvfd.org.

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Lone Star College - CyFair Perspective

"ALADDIN" ON STAGE IN JUNE

Join Aladdin and his friends, June 8 through June 20 in the Main Stage Theatre, in a new version of a classic children's tale that is funny, fast-paced and based on William Glenon's "Arabian Nights." Show times are Monday through Friday at 10 a.m. and Saturdays at noon. Tickets are \$5 each or \$4 for groups of 20 or more. Reserved and group seating available. Save the date July 17 through July 26 for "High School Musical 2" performed in collaboration with Houston's Center Stage Theater. For information on these summer shows, call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

FREE NEW STUDENT ORIENTATIONS SET

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, will be available each Wednesday June 17 through August 19. For information, go to CyFair.LoneStar.edu/orientation.

L.I.F.E. LESSONS IN JUNE

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.)

programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in June include: harness your inner success June 3, professional tea tasting June 10, missing books of the Bible June 17 and marvels of olive oil June 24. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

DISCOVERY COLLEGE OFFERED JUNE THROUGH AUGUST

Registration for Lone Star College-CyFair's popular Discovery College summer camp for ages 6 to 15 is under way. The one-week summer sessions are fun and educational programs to develop skills in a friendly environment. Camps are offered at the Barker Cypress campus and the Fairbanks Center campus, Monday through Friday. For information, go to cyfair.lonestar.edu/discoverycollege. For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

LIBRARY OFFERS SUMMER FUN FOR EVERYONE

The Harris County Public Library Lone Star College-CyFair Branch offers Summer Reading Program for children and adults.

(Continued on Page 5)

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Lone Star College- (Continued from Page 4)

A variety of monthly book clubs are and there are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to CyFair.LoneStar.edu/library for information.

REGISTER FOR FALL AND PAY EARLY FOR FREE TUITION

Register and pay for fall credit courses before the close of business Monday, Aug. 3 and automatically be entered to win free tuition, IPOD Shuffle or \$300 book voucher. The grand prize covers payment of tuition and fees up to \$500 for credit classes at the Barker Cypress and Fairbanks Center campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 14. Call 281-290-3200 or 832-782-5000 for information; go online to CyFair.LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

When it comes to your child's development, getting help early is best!



Texas Early Childhood Intervention (ECI) provides early intervention and therapy services for children birth to 36 months. If you have questions about how your baby or toddler is developing-ask ECI! Programs are in every Texas County.

Questions or Concerns?

Call ECI of MHMRA Harris County at 713-970-4900

or visit www.dars.state.tx.us/ecis

to find out more about ECI

and to find your local program.

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Healthier Homes

By: Michelle and Charlie Bubnis

Non-toxic Relief from Mosquitoes

That high pitch hum in your ear...summer is here and the mosquitoes have arrived. It's time to take action but let's keep the family protected and safe.

Don't use any mosquito spray that contains DEET (diethyl toluamide). DEET is a very effective insect repellent but not the best choice for the families' health.

DEET is a known neurotoxin, causes kidney and liver damage and has been implicated in birth and developmental defects. "Children in particular are at risk for subtle brain changes caused by chemicals in the environment, because their skin more readily absorbs them, and the chemicals more potently affect their developing nervous systems." ¹ The World Health Organization (WHO) states that over 30% of the global burden of disease in children can be attributed to environmental factors, including pesticides.²

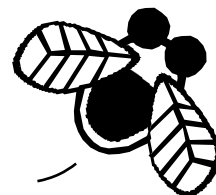
If the bottle of repellent you are planning to purchase contains DEET the label will say: may damage furniture finishes, watch crystals, leather, painted or varnished surfaces. This is a very harsh chemical that shouldn't be sprayed on the skin.

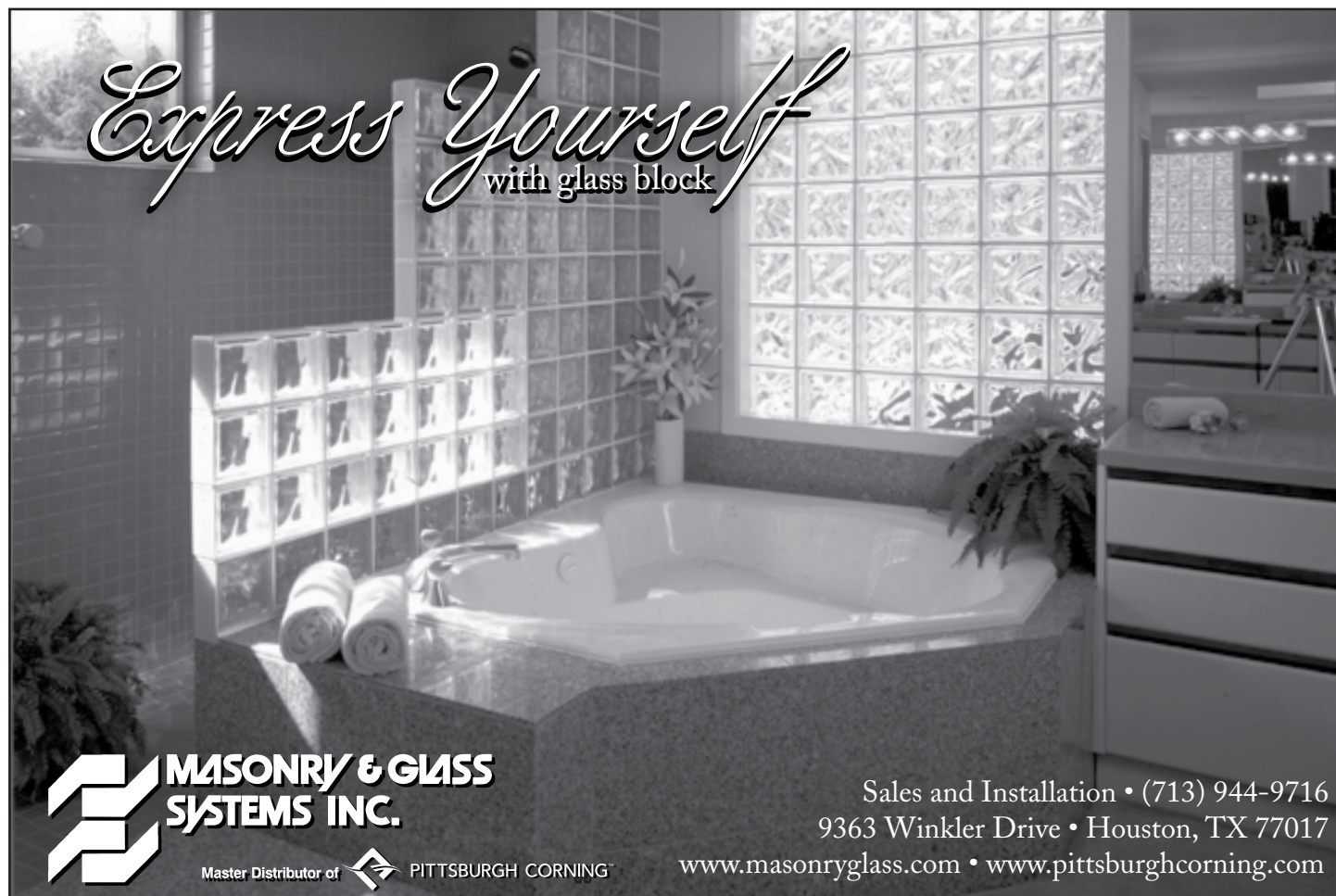
So what are some other options? Vinegar, either white or apple cider will work. Put it in a salad dressing bottle and sprinkle it on exposed skin. There are also herbal oils that are recommended such as tea tree, cedar, peppermint, citronella, eucalyptus and lemongrass. Mix these oils with cooking oil to dilute prior to putting on the skin.

If you wish to purchase insect repellent BUG OFF ³ from Dr. Mercola is a healthier option.

It contains several of the essential oils listed above.


(Continued on Page 7)





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Healthier Homes- (Continued from Page 6)

Mosquitoes are attracted to light colored clothing especially yellow. They zero in on fragrances from scented body care products, laundry detergents and scented fabric softeners. The use of unscented fragrance free products decreases the families' neurotoxic exposure but also keeps mosquitoes searching for another meal. Mosquitoes do not like the smell of garlic so by using a product called Mosquito Barrier(a very potent garlic solution) on the lawn, this will repel mosquitoes from the yard.

Check the external home environment. Be sure to empty any standing water around the home because this will provide the mosquitoes with a breeding ground. Consider putting up a bat house. A bat can eat approximately 600 mosquito sized insects an hour.

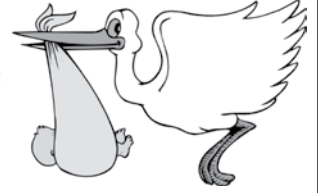
With these measures in place your family will probably not hear a high pitch hum in the ear this summer. The mosquitoes will find a better location than your home for their next meal.

For more learning and resources:

- 1 Duke University Medical Center (2002, May 2) DEET Brain Effects in Animals , Warrant Caution
- 2 Beyond Pesticides Fact Sheet: Children and Pesticides Don't Mix, Debra Lyn Dadd: About Natural Mosquito Relief, www.1001nets.net, cotton mosquito nets form Australia
- 3 Bug Off Toll free number to order: 877-985-2695

Stork Report

If you have a new addition to the family please let us know by emailing articles@PEELinc.com and we will include an announcement to let everyone know!



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9:50 a.m. and 11:30 a.m.

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Eight Water Safety Rules for a Safe Summer

Submitted by Lynn Neillie

1. Always have a pool gate around home pools. This includes having a locked and securely fastened gate that is not accessible to little ones.
2. Continuously educate children on water safety. This is a great thing to do at home, on the boat, at the pool, wherever there is water. Each time you are getting your little one ready for a swim session or water play, go over the rules of water safety. Repetition is key with small children. Make sure your swim instructor incorporates a "Safety Lesson of the Week" into its lesson curriculum. This includes questions about water safety and how to avoid dangerous situations.
3. Designate a "Water Watcher." This is a responsible adult who sticks to alcohol-free beverages during swim time and who is in charge of keeping both eyes on the pool while it is in use. Or, better yet: consider renting a Lifeguard for your party or group event.
4. Remove all pool toys, floaters, ring buoys and other child-enticing items from the pool area when it is not in use. One wrong reach for that floating rubber ducky could be disaster.
5. Clear homes of common household items that can be dangerous to a curious toddler. It takes just 2 inches of water for a child to drown in a bucket. Put all mop buckets, dog dishes and coolers out of children's reach.
6. Never leave a young child in the pool or bathtub--even "just to get the phone."
7. Enroll your child in swim classes. Start lessons early. The longer a child has lessons the more they understand water safety. A great time to do this is in the spring! This way your kids are already prepped and ready to roll for the summer swim season. You'll want to find an inside heated pool and lesson times geared towards working families.
8. Supervise, Supervise, Supervise!
Try to have your eyes on your children in and around the pool at all times. Adults should always be present when any child is in the pool area.

Let's help our kids love the water while also respecting it by being safe and well-trained at all levels.





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WRAP (Wildcats Right After Prom)

WRAP (Wildcats Right After Prom) would like to say a huge THANK YOU to everyone who helped make our after prom party such a success for the "Class of 2009." We couldn't have done it without the efforts of our senior parents and the businesses in the area who supported us with their financial contributions.

We would like to thank the following:

Academy	Elegant Nails & Spa	On the Border
Ace Hardware	Entouch Systems Inc. Todd Johnston	Parcel Plus Cypress, TX
Alley Theatre	First Group Communications, Inc.	Parrot Ice
Amalia's Mexican Grille - Grant & Louetta	Gambino's Pizza	Pavestone Company
Anything Trendy	Gina Baker-Broker, Owner Century 21	Pep Boys
Art By Deborah Bily	Cornerstone	Perry's Steakhouse
Autumn Leaves Florist & Gifts	Great Frame Up	Pine Cove Youth Camp
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Backyard Grill	Hair Design by Hilda	Rancourt Auto & Collision
Best Buy Geek Squad	Hallmark	Randalls
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Chantal Cookware	ICEE	Slavonic Mutual Fire Insurance-Houston
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Chili's	Kim Love, Eclectic Salon	Southern Maid Donuts - Huffmeister
Clampitt Paper Company	LA Maria	Spring Creek Barbecue
Classic Hair	Lashun Foster, Shop My Avon	Style Nails & Spa
Cold Stone Creamery	Locatelli's Pizza	Sunset Tan
County Line Restaurant	Longwood Golf Club	T.G.I. Friday's Restaurant
Cypress Concepts Company	Lowe's	Target
Cypress Lakes Golf Club	Luby's Restaurant	Tea for Two Restaurant
Cypress Station Car Wash	Mac Haik Ford	TGI Fridays
Cypress Station Grill	Massage Envy	The Round Top Collection, Inc.
Dance Central	McDonald's - Joseph Mason (25666 NW Fwy)	Tricia Legg, Cache Chic
Domino's (Fairfield)	Mercury Signs	Vickie Lynn's
Domino's (Fry Rd. at Black Horse)	MillerCoors, LLC	Vivian Sbotik of Mary Kay
Donations - BP America	National Tire & Battery	Waiting to Relax Spa
Dr. Terry Council, D.D.S.	Nutrition Depot	Wells Fargo Bank
EJ's Pizza		

We deeply regret if we failed to recognize someone. Please accept our apologies and know that everything you did was appreciated. We are proud to say that our 1st WRAP event was a success. Our seniors were able to have a drug and alcohol free all night party to celebrate their successes with their friends. We wish them the best in all of their future endeavors. We are proud of them!!

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meet our team

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Marian Allan, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed-Guirgis, MD
Luz Marquez, MD
Jennifer Dong, MD
Haley Nguyen, MD
Tami Berckenhoff, PA-C
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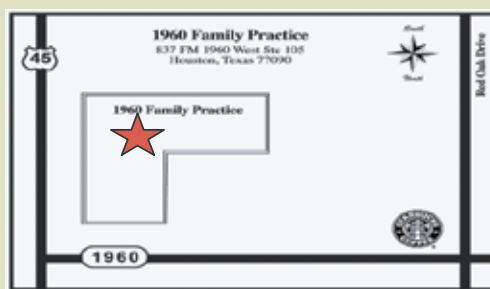
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Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing articles@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Sun. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

Meet Chris

DOB: 3/1993

Chris is an energetic youth who enjoys playing video games, lifting weights, and playing sports. He adores animals. Chris is talkative, outgoing and enjoys new experiences. Chris is very likeable and has tremendous potential.

Chris responds best to positive praise and reinforcement. He needs a family that will commit to him, ensure him that he's loved and safe. He will do well in a family that is active and has other children his age or older.

Chris will thrive in a family able to provide a structured routine and clear rules.

If you would like more information about adoption from foster care in general, please contact the Adoption Coalition of Texas at info@adopttexas.org or www.adoptioncoalitiontx.org



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CFISD VIPS TAG Team Program

Since April is National Volunteer Month, the VIPS General Meeting held on April 30 included a celebration of the exceptional and critically important work of all volunteers in the Cypress-Fairbanks Independent School District.

One of the groups receiving special acknowledgement for its contributions to student success in the district was the Cy-Fair VIPS TAG (Targeting Achievement Globally) Team. The generous global volunteers who make up the Team go into identified elementary schools across the district and work alongside the district helping teachers to tutor students in math and science. The TAG Team members were presented with special t-shirts and certificates of appreciation by Pam Wells, Associate Superintendent for Facilities, Planning and Community Relations.

The TAG Team volunteers have been very successful this year in helping increase student skills as well as improving the children's confidence and self-esteem. They have also found their volunteer work to be extremely rewarding and are the program's biggest proponents.

If you are interested in becoming a member of the VIPS TAG Team next fall, please contact Kim Nash (kfnash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).



Pictured above from left: Pam Scott, CFISD Director of Partners in Education; Helen Brewer; Richard Oxenreiter; Valerie Starrett; Chris Duncan; Maria Baptista; David Franklin; Mary Turner; Kim Nash, CFISD VIPS Global Chairman

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Regular Checkups Big Part of Staying Healthy

Regular screenings are an important part of staying healthy, but it's hard to remember what tests are needed at what age. Baylor College of Medicine doctors offer guidelines to help maintain good health through the ages.

"It is very important at any age to have regular health screenings," said Dr. Steve Rosenbaum, assistant professor of medicine at BCM and section chief of general internal medicine at Baylor Clinic. "It allows us to appreciate our good fortune for good health, and regular exams can detect problems early, so they can be treated and dealt with more expeditiously."

As we age, it is even more important to have regular screenings, kind of like having a favorite old car that we have to "baby" along, Rosenbaum said. He recommends people come in during their birth month. That way it's very easy to remember.

Just how often people should visit their doctor for regular checkups and screenings is a common question. **For people with no chronic health issues, Rosenbaum suggests:**

- People in their 30s should have checkups every two to three years
- By 40, checkups are recommended every 12 to 18 months
- Annual checkups starting by 50

RECOMMENDED SCREENINGS INCLUDE:

CHILDREN

- Hearing
- Vision
- Height/weight/Body mass index
- Blood pressure
- Speech and motor skills development
- Social/behavioral skills

TEENS

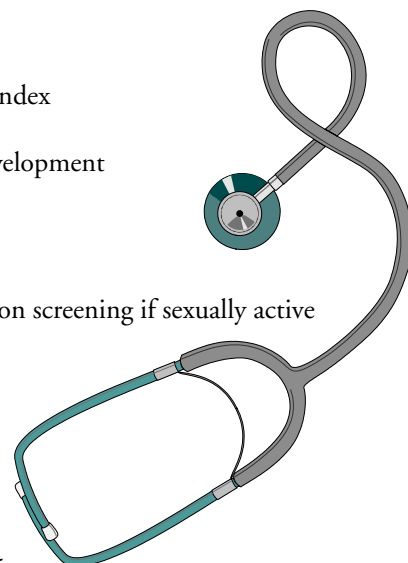
- Pap smear
- Sexually transmitted infection screening if sexually active
- Vision

20S

- Vision
- Pap smear
- Lipid test

30S

- Baseline mammogram at 35
- Vision
- Pap smear



(Continued on Page 15)



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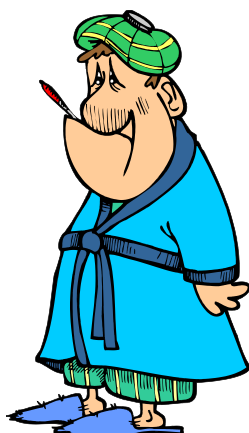
Regular Checkups - (Continued from Page 14)

40S

- Mammogram
- Pap smear
- Vision
- Prostate
- Heart stress test

50-PLUS

- Colonoscopy
- Glaucoma/vision
- Prostate screening
- Skin cancer
- Stress test
- Hearing



There are many factors that could influence the frequency of screenings.

Family history of certain illness and risk factors should be discussed with your doctor. For some illnesses, like skin or colorectal cancer, if a first degree relative has been diagnosed, screening could be recommended to begin in the early 20s.

Remember, talking about family medical history with your doctor is just as important as staying up to date on your checkups.

290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562. Visit our new website at 290Cypress.com



Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.



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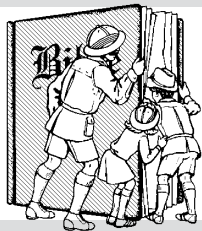


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Jersey Village Baptist Church Vacation Bible School

June 22-26

Take a thrilling ride across the land down under with The VBS Boomerang Express! As kids wind their way across Australia, they'll discover the vastness of God's love, and they'll learn that no matter where they go or what they do in life-it all comes back to Jesus. All children ages 4 (as of September 1, 2008) -5th Grade are invited to attend. VBS lasts from 9 am to 12 pm daily and is a **FREE** event.

Recipe of the Month

Blueberry Muffins

Blend:

1 stick oleo
1 3/4 cup sugar
1 1/2 T. Butavan

1/2 cup wesson oil
2 eggs

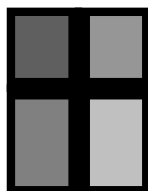
Combine:

3 cups flour
1 tsp. soda

1 T. baking powder

Add alternately to the first mixture with 1 cup buttermilk.
Stir in 1/2 can canned blueberries (drained) plus 6 T. juice.
Bake in muffin tins at 350° for 20 minutes.

If you would like to submit YOUR recipe email it to articles@peelinc.com.



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Summer Schedule

During the summer months, we will be taking a break from our Sunday morning Sunday school classes, as well as our Wednesday Evening Worship. We will resume with these two programs in the Fall.



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8:00am Worship with Children's Sermon / 9:15am Fellowship Breakfast / 10:30am Worship with Children's Chapel.
Nursery care provided at all Worship and Programs.

You are invited to worship with us at our new church located at 13131 Fry Road, Cypress, TX 77433.
For more information, contact us by phone at 281.373.3203 or on the web at www.staidanshouston.org.

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Lip-smackin' Snacks



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Mind-blowing Bible adventures

Crocodile Dock fun begins July 27th-31st from 9am to 12pm.
For more information, please call 281-373-3203 or download a registration form at www.staidanshouston.org.

- Kids Stuff -

Section for Kids with news, puzzles, games and more!



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Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at
Peel, Inc. - Kids Club
311 Ranch Road 620 S, Suite 200
Lakeway, TX 78734

We will select the top few and post their artwork online at www.PEELinc.com. DUE: June 30th

Be sure to include the following so we can let you know!

Name: _____
(first name, last initial)

Email Address: _____

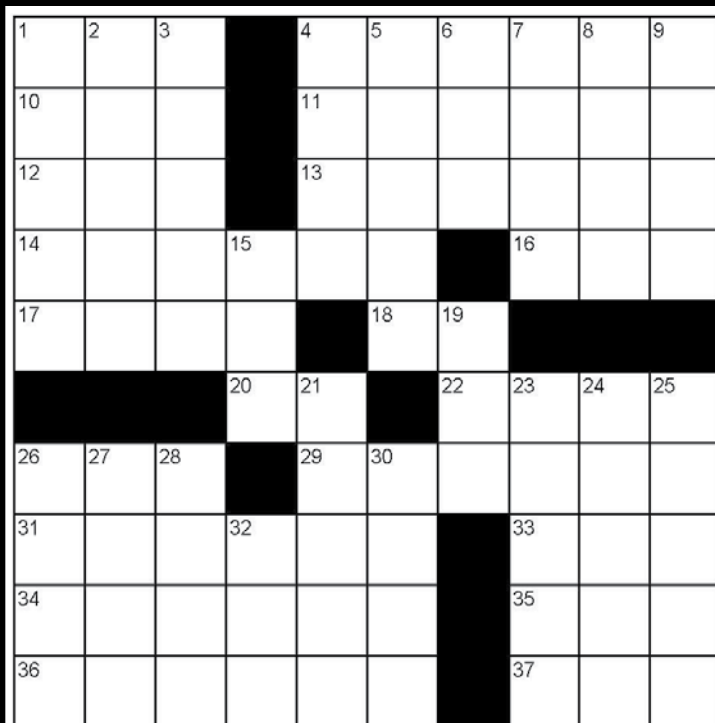
Age: _____

[This information will only be used to notify you or your parents if your artwork was selected.]



SF

Crossword Puzzle



ACROSS

1. Dawdle
4. Permanant
10. Brew
11. Brand of adhesive strip
12. Charged particle
13. A Nissan car
14. Parallelograms
16. Male cat
17. France & Germany river
18. Father
20. Strontium (abbr.)
22. Animal oil
26. Part of a min.
29. Saudi ____
31. Singer Bing
33. No. eggs in a package
34. One-celled water animal
35. Southwestern Indian
36. Raving
37. Hallucinogen

DOWN

1. Dens
2. Hawaiian 'hello'
3. City
4. Replace a striker
5. Spring flower
6. Music
7. Lure
8. Type of car
9. Cheese
15. Married woman
19. Wing
21. Jewish religious leader
23. BB player Kareem ____ Jabar
24. Public disorder
25. Groggy
26. Blemish
27. Writer Bombeck
28. Racoon's nickname
30. Baseball's Nolan
32. Scene

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<i>Dawn's Stone Gate Stats</i>	
Homes Currently for Sale	47
Average List Price	\$240K
Average List Price per sq ft	\$77/sqft
Homes Sold (last 6 months)	47
Average DOM (Days on Market)	104
Average Sales Price	\$198K
Average Sales Price per sq ft	\$67/sqft

These statistics are based upon information obtained from Houston Multiple Listing Service. While we have no reason to doubt the accuracy of this information, we cannot guarantee it. This is not a solicitation of currently listed properties.

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