

STONE FOREST

Flyer

October 2011

Volume 1, Issue 6

Presidents MESSAGE

It looks like the long drought will last even longer than we anticipated because the experts are predicting it will be next Spring before we have any appreciable rain to make up for all we need. Unless a major storm comes through and seems unlikely at the moment we are going to be drier and drier.

That makes it doubly important to conserve water before we have rationing/restrictions forced on us.

Please, please try not water grass during the hottest part of the day i.e. afternoon between the hours of noon and dusk or any time during daylight hours because it only evaporates and is only 50% effective.

The HOA has cut the watering of the common areas drastically to save water and nice looking grass is the last thing we should be worried about when water is scarce. However the drought is also causing problems for us as the infrastructure of the common area sprinkler system is under stress because of the drying & shifting of the surrounding earth. We have had some unusual breaks/leaks this year which have been costly, not only in terms of repairs but loss of water.

Of course the total burn ban is still effect for Harris County and I would suggest that even open grills are a danger but only the individual can assess that. We have to be responsible after all the recent wild fires to the North & West of us.

On to other matters. Legislation has been passed in the State of Texas that affects your HOA and we are now having to incur extra legal expense to conform to the new laws. Most of the laws we have already been following as a matter of good management but the new ones formalize the detail which needs us to have attorneys draw up new rules as the laws come into effect at various times this year and the beginning of next. Chaparral Management have already conducted a seminar on this new legislation for all Board members but the bottom line is that it means about 1-2% increase in our expenses which are tight enough.

If anyone would like to know what the new laws are Chaparral in conjunction with our attorney has produced a very good short version of each Bill in terms that we can understand. Please call Cindy Angelo at Chaparral if you are interested in obtaining a copy.

It is very interesting to note that some other Bills with very draconian measures failed to reach a vote but the proponents have promised to have another bite at them in the next State Legislative session in 2013. Some of the proposed legislation in the writer's opinion is downright silly but the real problem is that we have some Legislators who dislike HOA's intensely and will do

(Continued on Page 2)

Welcome

TO THE STONE FOREST FLYER

*Official Newsletter of the Stone
Forest Homeowners Association*

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

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

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

COMMUNITY CONTACTS

STONE FOREST HOA Spring, Texas 77379

HOA BOARD

Position	Name	Term Ends	Contact
President	Bob Wise	(2013)	281-257-6183 bob@bobwise.us
V. President	Richard Leonard	(2011)	832-717-0749 j24hd@yahoo.com
Secretary	Kristi Hendrickson	(2011)	281-370-0172 kbhendrickson1@comcast.net
Treasurer	Lesley Hollenberg	(2013)	
Dir. at large	Cullen Thomas	(2012)	
YOM Chair	Lesley Hollenberg		lesley@hollenbergfamihy.com

KLEIN ISD

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Strack Middle School	832-249-5400
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Harris County Health Dept.	www.harriscountyhealth.com
Harris County Precinct #4	www.hcp4.net
Comcast (cable)	713-462-9000, www.comcast.com
U.S. Post Office	1-800-275-8777 7717 Louetta Rd., Spring, TX 77379

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President's Message - (Continued from Cover Page)

everything they can to hinder their work or punish the many good HOA's for the sins of a few !

Add to this the extraordinary amount of delinquent assessments (income) and we are struggling to make ends meet. Whether there will be an increase this year is a matter of either cutting essential services or other items. Your Board will be considering this in the coming months.

Despite everything we hope to have a Fall Festival at the Park on Saturday November 12, 2-4 pm. Please make a note in your diaries. We will have rides and hot dogs and sodas so bring the family for an afternoon of fun and fellowship. Watch the notice boards, our website, and the Newsletter.

Sincerely,
 Bob Wise
 President,
 Stone Forest HOA

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ADOPTION COALITION



MEET DENVER

Denver is 14 years old and is always smiling! He has a very sweet personality and is a friendly, polite young man. He makes friends easily and loves to have fun. Denver enjoys riding bikes, reading comic books, playing basketball and video games. He is a huge animal lover! Denver enjoys school and receives special education services. Denver needs a family to open their hearts and provide him with unconditional love.

To find out more about Denver, Please contact Stephanie Berka, Wendy's Wonderful

Kids Recruiter, at the Adoption Coalition of Texas, (512) 301-2825 or stephanieberka@adopttexas.org. To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

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STONE FOREST FLYER

PEOPLE PROTECTING OUR PARKS *New Fire Safety Campaign for City of Houston Parks*

People Protecting Our Parks calls on all Houstonians to proactively protect the City's parklands during the ongoing drought. The campaign has two main goals: fire prevention education and the protection of public parklands. The first step in this campaign is the issuance of a temporary ban on all barbecue pits in City of Houston Parks.

The temporary ban on barbecue pits will remain in effect until further notice. Signage notifying the public about the ban will be placed in the parks. To allow for a period of public education, warnings will be issued to violators until City Council adopts a permanent enforcement mechanism next week.

Houston Fire Department recommends the following safety tips during this drought:

BARBEQUE SAFETY

- Portable barbecue pits, charcoal grills and other open-flame cooking devices outside of a building should not be operated on combustible balconies or located within 10 feet of combustible walls or roofs or other combustible materials.

- When igniting the barbecue charcoal, use a charcoal lighter, not gasoline. Gasoline can flash violently in and around the pit causing serious injuries to anyone in the area of the flash. A fire extinguisher or charged garden hose should be handy while the fire is burning. Check the pit frequently to ensure that it is okay.
- Hot ash and coals from barbecue pits and charcoal burners should be placed in a non-combustible container until cooled or thoroughly saturated with water, before being disposed.

OPEN FLAMES

- The City of Houston Fire Code prohibits all open-burning within the Houston city limits at all times. The burn ban in unincorporated areas of Harris County also prohibits any outdoor open-burning, including the burning of: a bonfire, rubbish fire, campfire, trench fire, or other fire in an outdoor location when not contained.

(Continued on Page 5)



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community newsletters



Protecting Our Parks... - (Continued from Page 4)

VEHICLES, TRAILERS AND TOOLS

- Park vehicles so that the exhaust system does not come in contact with dry grass, leaves, or weeds.
- Adjust the safety chains on trailers to ensure they don't drag and create sparks that can cause roadside starts.
- Keep lawn mowers and agricultural equipment in proper working condition and avoid rocks and other materials which might cause a spark.
- Do not weld or cut without a spotter, a water source and a shovel.
- Notify the electric power company when dead trees or overhanging limbs endanger the electric wires. The wires may touch each other or the ground, causing sparks that start fires.

CIGARETTES OR OTHER SMOKING MATERIALS

- Another cause of accidental fires is carelessly discarded cigarettes or other smoking materials. They can smolder for hours and should be completely doused with water before being discarded in a safe manner, rather than tossed out a window or on the ground.

- Texas' arson law includes felony punishment for anyone whose cigarette recklessly sets fire to a building or injures anyone. Arson is a second-degree felony in Texas, punishable by up to 20 years in prison, but if a person is hurt or killed or if the fire involves a church, arson is a first-degree felony, carrying possible punishment of up to life in prison.

For more safety tips see www.houstontx.gov/fire.



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HEALTH BRIEFS OCTOBER 2011



TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

VITAMIN C PROTECTS, MAINTAINS HEALTHY BONE MASS

Vitamin C plays an important role in maintaining bone mass - promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the

healthy bone equation but studies show that it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

SLEEPING PILLS NOT EASY ANSWER

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they have other side effects, including dry eyes

and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

BEST BETS IN BEVERAGES FOR KIDS

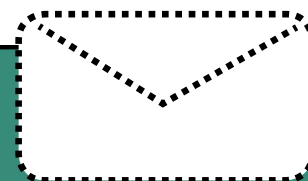
When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.

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BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game"

where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

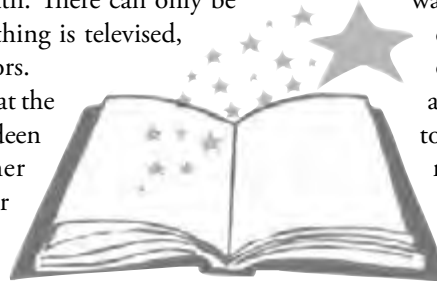
Their experience at the Capitol and the whole tradition around the hunger games

is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

<http://brittsbuzz.blogspot.com>

A photograph of a diverse group of young people, including men and women of various ethnicities, smiling and pointing their fingers towards the camera. They are dressed in casual, warm clothing like sweaters and jackets.

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