

# STONE FOREST

## Flyer

April 2012

Volume 2, Issue 4

### President's Letter

As there has been almost no winter to speak of and we are fast approaching the 'warm' season all homeowners should be reminded that water restrictions are still in force at time of writing and the Bridgestone MUD notices are still in force at the entrances to the subdivision. It can be a 'out of sight out of mind' situation but we are still to be guided by the notices regarding rationing until the notices are removed by Bridgestone MUD. If and when the signs are removed we are free to water as we see fit but in case the drought starts again it is incumbent on us all to be careful with this precious commodity that only nature provides.

Needless to say the rain and mild temperatures have promoted huge weed growth in the grass areas of us all and the only way to get rid of the weeds is to treat the areas with selective weed killer and not by simply cutting them down. The latter only promotes the weeds to grow more ! They do look ugly and are a nuisance but the exceptional weather has caused the problem. Similarly grass is recovering in some places but other bare areas caused by the drought need to be re-sodded. Unfortunately grass only grows where it is not supposed to and won't grow where it is supposed to after the effects of a bad drought.

Please try to keep your grass contained or repaired if at all possible as it does reflect on the neighborhood and keeps it looking well maintained. We certainly spend enough looking after the common areas and yet there is always more to do.

We are about to lose another Director to job re-location so we will be searching for two candidates now and hopefully we can replace them to maintain the full complement of five members.

There have been a number of re-painting ACC applications recently and it shows that homeowners are looking after their homes but we would remind all homeowners that any re-painting, especially with any color changes must be submitted to the ACC committee. It is a good time to re-paint whilst the temperatures remain reasonable.

All homeowners are encouraged to keep an eye on the Stone Forest website (for those of you who have online access) because the new regulations/laws governing HOA's that came in to effect this year are posted there for all to see. In addition we are now required to post notices of meetings and other information on the website to ensure that all can have access to the information.

Spring (excuse the pun) is just around the corner and we hope that you will all heed the information that we provide but as usual we are all available to discuss any matter related to our neighborhood or your Association that might need attention.

Sincerely,

*Bob Wise*

President, Stone Forest HOA

### NW Flyers Track Club

The Northwest Flyers Track Club will host two free open house / registration sessions for all middle and high school athletes and their parents interested in joining for the 2012 season. The events will be held on Thursday, April 5, and Friday, April 20, from 7:00 – 8:30 PM at Cypress Creek High School, 9815 Grant Rd., Houston.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who currently compete on their middle school or high school track teams.

The club was founded 25 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. Last year, the Northwest Flyers sent 62 young athletes to compete at U.S. Junior Olympics National Championships in Wichita, Kansas and Myrtle Beach, South Carolina.

Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442, or [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net).

# COMMUNITY CONTACTS

## STONE FOREST HOA Spring, Texas 77379

### HOA BOARD

<i>Position</i>	<i>Name</i>	<i>Term Ends</i>	<i>Contact</i>
President .....	Bob Wise .....	(2013).....	281-257-6183 ..... <a href="mailto:bob@bobwise.us">bob@bobwise.us</a>
V. President ...	Richard Leonard .....	(2013) ....	832-717-0749 ..... <a href="mailto:j24bd@yahoo.com">j24bd@yahoo.com</a>
Secretary.....	Kristi Hendrickson....	(2013).....	281-370-0172 ..... <a href="mailto:khendrickson1@comcast.net">khendrickson1@comcast.net</a>
Treasurer .....	Vacant		
Dir. at large ...	Cullen Thomas..... (2012)		
YOM Chair ..	Vacant		

### KLEIN ISD

Klein ISD website: .....	<a href="http://www.kleinisd.net/">http://www.kleinisd.net/</a>
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Strack Middle School .....	832-249-5400
Klein Oak High School.....	832-484-5000

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Physical address:

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### UTILITIES

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Centerpoint Energy ( <i>to report street light outages</i> ) ....	713-207-2222 ..... <a href="http://www.centerpointenergy.com/outage">www.centerpointenergy.com/outage</a>
Harris County Health Dept. ....	<a href="http://www.harriscountyhealth.com">www.harriscountyhealth.com</a>
Harris County Precinct #4 .....	<a href="http://www.hcp4.net">www.hcp4.net</a>
Comcast ( <i>cable</i> ).....	713-462-9000, <a href="http://www.comcast.com">www.comcast.com</a>
U.S. Post Office.....	1-800-275-8777 ..... <b>7717 Louetta Rd. , Spring, TX 77379</b>
Republic Waste .....	.....

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### NEWSLETTER INFORMATION

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**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](mailto:advertising@PEELinc.com).



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We also encourage you to call us at

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440 Benmar, Ste 1022  
Houston, Texas 77060

## RECIPE OF THE MONTH

### Carrots au Gratin

#### Ingredients

- 2 lbs. carrot, sliced
- 1/8 tsp. pepper
- 1/2 Cup chopped onions
- 1 1/2 C milk
- 1/4 Cup oleo, divided
- 4 oz. processed
- 3 T. flour
- American cheese, cubed
- 1/2 tsp. salt
- 1 T. dried parsley

Cook carrots until tender crisp. Drain. In saucepan saute onions in 3 T butter. Stir in flour, salt, & pepper. Gradually add milk and bring to boil. Cook for 1 minute or until thickened. Stir in cheese until melted. Add carrots and parsley. Pour in greased 2 quart baking dish. Melt remaining butter and pour over carrots. Bake at 350° 20-25 minutes or until bubbly. (8-10 servings)

Enjoy!



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# STONE FOREST FLYER

## Houston Repertoire Ballet Presents the Classic Cinderella

RESERVE YOUR DATE TO THE BALL NOW ON APRIL 28 & 29

### WHO

Houston Repertoire Ballet (HRB), featuring guest artist David Armendariz as the prince, while Claire White and Amaris Sharratt will alternate the role of Cinderella.

### WHAT

The pre-professional ballet company in Northwest Houston proudly presents the Tomball premiere of its full-length production of Cinderella in three acts. Award-winning choreographer Victoria Vittum brings the classic fairy tale to life with her interpretation of this “happily ever after” ballet set to the timeless score of Sergei Prokofiev.

### WHEN & WHERE

**Saturday, April 28 at 4pm & Sunday,  
April 29 at 2pm**  
**Tomball High School Auditorium**  
**30330 Quinn Road**  
**Tomball, Texas 77375**

### TICKETS

Reserved Seating: \$15/\$18. For ticket information, call 281-940-HRB1 (4721) or visit [www.hrbdance.org](http://www.hrbdance.org).

### OUTREACH

The dancers of HRB perform excerpts from each production and make costumed appearances at various nursing homes, group events and at Arts & Education performances. Also, HRB will perform for the Tomball ISD fourth grade students, fulfilling the arts component of their curriculum. To schedule an outreach event for your organization, call 281-940-HRB1 (4721).

### WHAT ELSE

Cinderella's original choreography is the creation of Victoria Vittum, with Barbara Le Gault doing much of the coaching and rehearsing. HRB's beautiful sets transform the stage back into a time where dreams really did come true. The exquisite costumes, designed by an amazing group of volunteers and partnered with Twin Cities Ballet in Monroe, LA, bring the dancers into Cinderella's world of magic and fantasy in this professionally staged production.

### SYNOPSIS

The magical tale of a beautiful, kind young woman who rises from scrubbing floors to marrying a prince comes to life in Cinderella, a full-length ballet presented by HRB. From the wicked stepsisters' hilarious antics to the lovely pas de deux performed by Cinderella and the Prince, the performance is sure to capture the hearts of all. The ballet opens with the sisters fighting over fabric with Cinderella left to pick up the mess. The wicked stepmother orders Cinderella's father to purchase gowns for the sisters (Skinny and Dumpy) leaving Cinderella home alone. The fairy godmother conjures up fairies representing the four seasons to help Cinderella get dressed for the ball where she and the Prince fall in love. After elves stop time and Cinderella loses one of the glass slippers, the Prince travels the world to find her. Once they are reunited, they marry in an enchanted forest amid waltzing dancers.

### ABOUT HRB

The Houston Repertoire Ballet (HRB) is a non-profit 501(c)(3), founded by Victoria Vittum and Gilbert Rome, both nationally acclaimed teachers and choreographers who served as its co-artistic directors. Today, Ms. Vittum oversees training and programming with an equal eye to serving the needs of the community. Although Mr. Rome is now retired, he maintains his interest and affiliation with HRB, performing as Drosselmeyer in *The Nutcracker* and as a guest teacher.

Since 1994, HRB has contributed to the cultural fabric of Harris and Montgomery Counties by providing excellent dance training to the area's young ballet stars and dance educators of tomorrow, while also presenting two high-quality productions annually at affordable prices. The *Nutcracker* and its Spring Program, this year *Cinderella*, introduce area children and their families to the world of classical and contemporary ballet. Today, HRB is considered to be the premiere pre-professional ballet company in the Houston region, and is recognized for sharing its gifts with the community and beyond.

The program attracts and develops some of the finest young dancers in the greater Houston area, with many of the dancers advancing to professional ballet companies throughout the country. HRB graduates can be seen with New York City Ballet, American Ballet Theatre, Miami City Ballet, Pacific Northwest Ballet, Atlanta Ballet, Pittsburgh Ballet Theatre and other prestigious companies. HRB has three graduating seniors this year and each will continue with dance at the university level. For more information, please visit: [www.hrbdance.org](http://www.hrbdance.org).

### MISSION

HRB's mission is dedicated to providing the finest classical ballet instruction, education and performance experience to local gifted students, and to preparing them for a professional career in the world of dance. HRB also is committed to serving the suburban Houston region with high-quality theatre productions that educate, engage and entertain residents of all ages and perpetuate their appreciation of dance as an art form.

Major funding for Houston Repertoire Ballet provided by Houston Endowment, Inc and ConocoPhillips. *Cinderella* is funded in part by a grant from the Texas Commission on the Arts through the Houston Arts Alliance.

###



## Early Packing List: When to Get Travel Vaccinations

PLANNING AHEAD IS THE KEY TO SAFE, HEALTHY GLOBE-TROTTING

*Submitted by Laura Guerrero, M.D., medical director for The Austin Diagnostic Clinic's Travel Clinic*

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

### **ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS**

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended, and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."



### **THE RIGHT VACCINE AT THE RIGHT TIME**

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero. Recommended vaccinations will also depend on where you are traveling. The CDC lists vaccine information about specific destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

"We will update your shot record so we know what vaccines you should be receiving," says Dr. Guerrero. "And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure." As far as required vaccinations go, international health regulations currently

only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

"Even if you do not get your travel vaccines in time, it's always a good idea to see your doctor before you travel abroad because you can still benefit from medications and other information about how to protect yourself from illness and injury while on vacation in another country," adds Dr. Guerrero.

### **HEALTHY TIPS WHILE ABROAD**


Once you have followed the vaccination schedule exactly, there are many other health considerations to take into account, Dr. Guerrero says. If you are taking prescription medications, for example, make sure you bring enough to last your entire trip and that you keep them stowed in their original containers. It's also a good idea to bring medicine for diarrhea, and to be cautious about drinking from local water supplies or eating things like raw seafood or other uncooked items.

"Part of ensuring a memorable travel experience abroad is making sure you are prepared for any potential health situations," explains Dr. Guerrero. "For example, if you have a preexisting health condition, it's always a good idea to know what your emergency care options are if something were to happen abroad. By taking the proper health planning measures, your trip of a lifetime can be filled with good memories instead of bad ones."

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