



# SGS

## Stone Gate Slate

THE OFFICIAL HOA NEWSLETTER  
of Stone Gate, Canyon Lakes, Canyon Lake  
Villages and Canyon Lakes West

July 2012

Volume 5, Issue 7

### *Splish Splash*

## WE'LL HAVE A BLAST!

### Stone Gate Residents

Join in the Fun & Celebrate Summer on a  
GIANT Waterslide with a DJ, games  
& more at the Stone Gate Pool Party.

Saturday, July 14 11am-1pm  
at the Stone Gate SplashPad

### Canyon Lakes West Residents

Join our DJ for games & more to Celebrate  
Summer at the CLW Clubhouse Pool Party  
on Saturday, July 14 | 2:00PM-4:00PM

For more information, contact Jennifer Henrie, Director  
of Community Events at [jenniferhenrie@canyongate.com](mailto:jenniferhenrie@canyongate.com)

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## DEED RESTRICTIONS PROHIBIT FIREWORKS

The Board asks that residents refrain from celebrating the holidays with the use of fireworks and firework displays. This not only poses a nuisance and disturbance to your neighbors, it also leaves a messy aftermath to be cleaned up. Thank you for helping to keep Stone Gate community firework free!

**REGISTER NOW!**  
**STONE GATE & CANYON LAKES WEST**  
**FALL COMMUNITY**  
**GARAGE SALE**  
**SATURDAY, SEPTEMBER 8TH**  
**7:00AM – 12 NOON | RAIN OR SHINE**

It's time to clean out your closets, your trash could be someone else's treasure! The sale takes place in your own garage so be ready to open your garage at 7AM on September 8th! We'll be creating a map of all the garage sales in the community. To be added to the map, please e-mail your address to [jenniferhenrie@canyongate.com](mailto:jenniferhenrie@canyongate.com) and include a short list (ONLY 5 to 6 words – example: Furniture, electronics, clothes, toys) to describe the types of items you are selling. Deadline for sign up to be included on the map is Friday, August 31st. The map will be handed out at the Stone Gate & Canyon Lakes West gatehouses on the day of the garage sale.

Banners will be posted outside the community at some major locations and an advertisement will be placed in the local newsletter. You may place signs at the entrance to your section & in your yard to promote your garage sale. Signs must then be removed on Saturday, September 8th after the sale by 1pm. PLEASE REFRAIN from attaching your garage sale sign to community signs. Please do not move or remove any community banners or signs. To register and for questions, please contact Jennifer Henrie, Director of Community Events at [jenniferhenrie@canyongate.com](mailto:jenniferhenrie@canyongate.com)

## IMPORTANT NUMBERS

### ON-SITE OFFICES & GATE ATTENDANTS

S-G Clubhouse Office .....	281-304-7448
S-G Gatehouse .....	281-256-3620
Splashpad Texas Office .....	281-213-9777

### PROPERTY TAXES

Harris County Appraisal District.....	713-224-1919
Water / Remington MUD #1 .....	281-579-4500
Water / MUD #165 .....	713-932-9011

### POLICE & FIRE

Emergency .....	911
Harris County Sheriff.....	713-221-6000
Precinct #5 Constable .....	281-463-6666
Cy-Fair Volunteer Fire Station.....	713-466-4073
Texas DPS .....	281-232-4334
Cy-Fair Medical Center.....	281-890-4285
North Cypress Medical Center.....	832-912-3500
Poison Control.....	800-222-1222

### UTILITIES

#### Electricity (call your provider)

Centerpoint Energy .....	713-207-2222
Power To Choose .....	866-797-4839
Gas (Centerpoint Energy Entex).....	713-659-2111

#### Telephone & Cable

AT & T.....	800-464-7928
AT & T U-verse.....	866-299-6824
Comcast - Cable/High Speed Internet .....	713-341-1000
Trash Pickup (WCA Waste).....	281-368-8397
Water (Remington MUD #1) (S-G-STES).....	281-579-4500

### PUBLIC SERVICE

Harris Co. Animal Control .....	281-999-3191
Harris County Toll Road Auth .....	281-875-3279
Voter Registration .....	713-224-1919
Auto Registration .....	713-368-2000
Cy-Fair Chamber of Commerce .....	281-955-1100
Metro Park and Ride .....	713-635-4000
Lone Star College Library .....	281-290-3200
Gulf Coast Reg Blood Ctr .....	713-790-1200

### U.S. POST OFFICES

Stone Gate & Canyon Lakes .....	281-859-9021
Canyon Lakes West .....	281-373-3372

### SCHOOLS

Cy-Fair ISD District Office .....	281-897-4000
.....	www.cfsd.net

## Classified Ads

**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).

## CANYON LAKES WEST & PINE CREEK CONTACTS

Rec Center Office .....	281-855-0984
CLW Gatehouse.....	281-858-6106
Smith Middle School .....	281-213-1010
Postma Elementary School .....	281-345-3660
Hopper Middle School .....	281-463-5353
Cypress Springs High School .....	281-345-3000
H2O Consulting/Harris County MUD #165 .....	281-861-6215
Spring Cypress Post Office .....	281-373-3372
Property Tax: MUD #165 .....	713-932-9011
Gatehouse .....	281-858-6100

## ASSOCIATION'S MANAGEMENT COMPANY CONTACT INFORMATION

Planned Community Management (PCMI) has been contracted by the Board of Directors to manage the day-to-day activities of the community. In order to contact the community's Board of Directors or if residents have concerns, questions about their account, or deed restriction violations to report, please put the information in writing and send via e-mail to Lucy Robertson at [lrobertson@stes.com](mailto:lrobertson@stes.com) or call PCMI at 281-870-0585.

## TO CONTACT THE BOARD:

*Please address the Board of Directors via*

Lucy Robertson, PCMI, ([lrobertson@stes.com](mailto:lrobertson@stes.com))  
P.O. Box 219223, Houston, TX 77218, 281-870-0585

## HAVE YOU LOGGED IN YET?

**[WWW.CANYONGATE.COM/RESIDENTS/SG](http://WWW.CANYONGATE.COM/RESIDENTS/SG)**

*Features of the Stone Gate & Canyon Lakes West intranet include:*

- Email Blasts On Community News & Events
- Resident Directory
- Current Events & Activities
- News
- Official Documents & Forms
- Event Photos and MORE!



## NEWSLETTER INFORMATION

Article Submission.....	<a href="mailto:jenniferhenrie@canyongate.com">jenniferhenrie@canyongate.com</a>
Advertising .....	<a href="mailto:advertising@PEELinc.com">advertising@PEELinc.com</a>

## ADVERTISING INFORMATION

Please support the businesses that advertise in the Stone Gate Slate. 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 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 8th of each month for the following month's newsletter.



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*Proudly serving northwest Houston since 1997*



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Accredited Business



### Lawn Service

Commercial & Residential  
\$25.00 & up

### Landscaping

Landscape Design & Installation \*  
Seasonal Flowers \* Drainage \* Lighting  
Sod Installation \* Mulch Installation \*  
Rock Borders

### Patios & Walkways

Pavestone \* Concrete \* Flagstone

### Tree Service

Tree Trimming \* Removal \* Installation

### Sprinkler Systems

Design \* Installation \* Repairs  
Proper Coverage \* Warranty  
Licensed Irrigator #8587



### Fertilization & Pesticide

Spraying & Feeding for Lawn, Shrubs & Trees  
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Brown Patch Reduction  
State Licensed Applicator



## www.horizon-landscape.com



## Vision

### Pools & Outdoors

- Custom Pools
- Pool Renovations/Remodel
- Outdoor Kitchens
- Patio Covers
- Cabanas & Pergolas
- Full Service Landscape Design
- Maintenance and Repairs

## 713-677-4210

*Building visions of outdoor excellence*

www.visionpoolsandoutdoors.com

## CALLING ALL SENIORS

The Nifty 50+ group is for the young at heart, 50 or older, retired or still working, male and female, and are residents of one of SG Owners Association sections (SG, CL, CLV, CLW). If you would like to know more about an activity or the group, please send an e-mail to [stonegaterec@att.net](mailto:stonegaterec@att.net). Monthly games and/or visiting will be held at the SG Rec Center on the first Wednesday of each month from 1pm-3pm. They also meet every third Wednesday at Sterling Country Club for breakfast at 9 am.

## Keepsake Ornament Premiere is July 14th & 15th

Open at 7am on Saturday, July 14th



[www.RachaelHallmark.com](http://www.RachaelHallmark.com)

12312 Barker-Cypress @ 290 - 281.256.9800

## REGISTER NOW! 6<sup>th</sup> Annual Stone Gate Resident Golf Tournament

MONDAY, SEPTEMBER 10, 2012

HOUSTON NATIONAL GOLF CLUB

Last years event was a huge success! The entry fee will include breakfast, lunch, cart, prizes and more! Advanced reservations are required, please email your name and handicap to Jennifer Henrie at [jenniferhenrie@canyongate.com](mailto:jenniferhenrie@canyongate.com) to register and for additional tournament details and registration.



## Residential & Commercial Pressure Washing of

Driveway, Sidewalk, Fence, Siding, Pool/Patio Area,  
Bank/Fast-Food Drive Through, Parking Lot

## PRECISION PRESSURE WASHING

**BEFORE**

**AFTER**

**10% OFF  
DISCOUNT**  
through August, 2012  
when your Stone Gate  
newsletter is mentioned

[justin\\_burke@att.net](mailto:justin_burke@att.net)

**281.216.5744**

## Bashans Painting & Home Repair

Commercial/Residential  
Free Estimates

**281-347-6702**



**281-731-3383** cell



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

**References Available • Fully Insured**  
**NO PAYMENT UNTIL COMPLETION**  
[bashanspainting@earthlink.net](mailto:bashanspainting@earthlink.net)



## Canyon Gate Communities Night at the Houston Astros

*All Canyon Gate residents, their families & friends are invited to watch the Houston Astros take on the Pirates!*

**SATURDAY, SEPTEMBER 22, 2012**

**6:05 PM @ MINUTE MAID PARK**

**DISCOUNT TICKETS ~ \$7-\$22**

To Order Your Canyon Gate Community Discount Tickets:  
Visit [www.astros.com/canyongate](http://www.astros.com/canyongate) - Password: canyongate

## 2012 Stone Gate Community Events & Activities

Summer Pool Parties..... Saturday, July 14  
Fall Garage Sale ..... Saturday, September 8  
Golf Tournament..... Monday, September 10  
Canyon Gate Night at Astros..... Saturday, September 22  
National Night Out..... Tuesday, October 2  
Ladies Brunch and Trunk Show..... Saturday, November 17  
Gingerbread House Making ..... Saturday, December 1  
Holiday Yard Decoration Contest..... December  
Cookies with Santa..... Saturday, December 15

Please contact Jennifer Henrie, Director of Community Events at [jenniferhenrie@canyongate.com](mailto:jenniferhenrie@canyongate.com) if you would like to help with any of our events! All Dates Are Tentative & Events are subject to change

## Ladies Brunch & Trunk Show

**SATURDAY, NOVEMBER 17**

We are looking for Vendors to participate in our annual Ladies Brunch & Trunk Show. Enquire about this fabulous opportunity for your business by emailing [jenniferhenrie@canyongate.com](mailto:jenniferhenrie@canyongate.com). Please include your company name, information and website.

## YardMasters, Inc.

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- **Landscaping**
- **Sprinkler Systems**  
Installation/Modification/Repair LI #5455
- **Lawn Service**  
Mowing, Weedeating, Edging & Blowing,  
Bed Cleaning, Hedge Trimming  
Mulch • Soil • Sod

- Bed Renovation • Landscape Lighting
- Flagstone Borders • Flagstone Walkways
- Drainage Systems • French Drains



**YardMastersInc.com**

**281.469.5158**



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**Take 10% OFF**

Your next flooring purchase. Present ad at time of purchase.  
On materials only. Not valid with any other offers. Prior orders exempt.

13422 Grant Rd. Cypress, TX 77429 • 281-370-8022 • [www.FlahertysFlooring.com](http://www.FlahertysFlooring.com)

## Stone Gate Owners Association Schedule of Pools for the Summer of 2012

*\*If a holiday falls on a day that the pool would normally be closed, the pool will be open on the holiday and closed the following day. \*Please note that every pool is closed ONE day per week. Please see the calendars/schedules below for the closed days\*\*\*Open days are highlighted grey & times are above each calendar.*

### STONE GATE RECREATION CENTER

11655 Canyon Green Dr. - Houston, TX 77095  
(281)304-7448 - OPENING DAY:  
Saturday May 5th, 2012 at 10am until 9pm

#### ... MAY 2012 ...

(Weekends Only) Saturday & Memorial Day: 10am - 9pm  
Sunday: 12pm - 9pm

S	M	T	W	TH	F	S
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#### ... JUNE 2012 ...

(Full Time Schedule: Beginning May 31st) Monday: Closed  
Tuesday - Saturday: 10am - 9pm Sunday: 12pm - 9pm

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#### ... JULY 2012 ...

(Full Time Schedule) Monday: Closed  
Tuesday - Saturday: 10am - 9pm & Sunday: 12pm - 9pm

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#### ... AUGUST 2012 ...

(Full Time through the 26th, then weekends only) Monday: Closed  
Tuesday - Saturday: 10am - 9pm & Sunday: 12pm - 9pm

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#### ... SEPTEMBER 2012 ...

(Weekends Only, and Labor Day) Monday: Closed  
Tuesday - Saturday: 10am - 9pm & Sunday: 12pm - 9pm

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### SPLASHPAD TEXAS AND POOL

9901 Red Rugosa - Houston, TX 77095  
(281)213-9777 - OPENING DAY:  
Saturday May 5th, 2012 at 10am until 7:30 pm

#### ... MAY 2012 ...

(Weekends Only) Saturday & Memorial Day: 10am - 7:30pm  
Sunday: 12pm - 7:30pm

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#### ... SEPTEMBER 2012 ...

(Weekends Only, & Labor Day) Monday: Closed  
Saturday & Labor Day: 10am - 7:30pm & Sunday: 12pm - 7:30pm

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### CANYON LAKES WEST POOL & RECREATION CENTER

19772 Stanton Lake Dr. - Cypress, TX 77433  
(281)855-0984 - OPENING DAY:  
Saturday May 5th, 2012 at 10am until 9pm

#### ... MAY 2012 ...

(Weekends Only) Saturday & Memorial Day: 10am - 9pm  
Sunday: 12pm - 9pm

S	M	T	W	TH	F	S
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#### ... JUNE 2012 ...

(Full Time Schedule: Beginning May 31st) Tuesday: Closed  
Wed. - Sat. 10am - 9pm | Sun. 12pm - 9pm | Mon. 10am - 9pm

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(Full Time Schedule) Tuesday: Closed | Wed. - Sat. 10am - 9pm  
Sun. 12pm - 9pm | Mon. 10am - 9pm

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#### ... AUGUST 2012 ...

(Full Time through the 21st, then weekends only) Tuesday: Closed  
Wed. - Sat. 10am - 9pm | Sun. 12pm - 9pm | Mon. 10am - 9pm

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19	20	21	22	23	24	25
26	27	28	29	30	31	

#### ... SEPTEMBER 2012 ...

(1,2,3 & Weekends) Monday: Closed  
Saturday & Labor Day: 10am - 9pm & Sunday: 12pm - 9pm

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23	24	25	26	27	28	29
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ONLINE

FOR HEALTHY,

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**BOTOX  
SPECIAL**  
\$10/unit Wrinkle  
Free Wednesdays  
Mention this ad!



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BOTOX • Juvederm • Sclerotherapy  
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### MEDICAL DERMATOLOGY

Acne • Warts • Rosacea • Hair Loss  
Psoriasis • Eczema • Skin Cancer  
Fungus Infection • Brown Spots

### SURGERY

Skin Cancers • Mole Removal  
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### PRODUCTS

Obagi Nu-Derm • Skin Medica  
Obagi C-Line • Elta MD Suncare

**Lisa Hitchins, MD**

Board Certified Dermatologist

10720 Barker Cypress Road, Suite 200 Cypress TX 77433  
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**Dermatology Center**  
of Northwest Houston



## Pet Control

*Stone Gate Community has had many loose dogs & cats lately.  
Please do your part to keep your animals safe and contained on your property.*

### PLEASE CONTROL YOUR PETS!

It is a deed restriction violation if your pets are not confined to a fenced backyard or within your home. They must not be allowed to bark all night or cause a nuisance to your neighbors. They must also be on a leash at all times when not in a contained environment. It is also the pet owner's responsibility to keep ALL areas of the community FREE from pet debris when walking your pets. Please remember that cats must also be confined. Animal Control can be reached at 281-999-3191. If you happen to come across vicious dogs, or ANY loose dogs of this nature, please contact your local Animal Control at 281-999-3191. If you are familiar with the property address the pets belong to, please feel free to submit that information to PCMI – Lucy Robertson at lrobertson@stes.com – to pursue the deed restriction violation. Notification and ample time must be given to the owner to correct the violation prior to any further pursuit by the Association. Remember that all pets should always wear a collar with ID tag! Pet owners should also consider pet microchips for identification in case your pet loses their collar/ID tag.

### DID YOU KNOW...THERE IS A LOST PET FEATURE TO COMMUNITY INTRANET?

- Log into [www.canyongate.com/residents/sg](http://www.canyongate.com/residents/sg)
- Click on "classifieds" under Resources located on left side of menu
- Click on "lost & found pets"

*You personally can create a description of the lost or found pet as well as add photos.  
Please include your contact information to speed up communications.*

## BUSINESS CLASSIFIEDS

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Repair or replace. Broken springs and cables replaced. We also offer preventive maintenance. New openers installed \$290.00. Please call CHOICE DOOR at 281-807-5588 or 713-545-3414. Ask about our door/opener discount package pricing. Credit cards accepted. 7 day service.

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**Yes! It's True.  
Sell Us Your Car!**



# TEXASDIRECTAUTO.COM



## PROPERTY MANAGER

Lucy Robertson is your property manager.

Lucy can be reached at 281.870.0585 or  
lrobertson@stes.com. Please update your contact list.

### ONSITE OFFICES

Stone Gate Rec Center Office  
Monday-Saturday 10:00am-6:00pm  
281-304-7448 | stonegaterec@att.net  
11655 Canyon Green Dr., Houston, TX 77095

### STONE GATE SPLASHPAD ONSITE OFFICE

Tuesday-Saturday 10:00am-5:00pm (weather permitting)  
9901 Red Rugosa, Houston, TX 77095 | 281-213-9777

### CANYON LAKES WEST REC CENTER OFFICE

Tuesday-Saturday 10:00am-6:00pm  
281-855-0984 | canyonlakeswest@att.net  
19722 Stanton Lake Dr., Cypress, TX 77433

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## Crimson Cadettes Drill Team 7th Annual Dance Clinic

The Cy-woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email [goodsonms@comcast.net](mailto:goodsonms@comcast.net) or check out our website at [www.crimsoncadettes.com](http://www.crimsoncadettes.com). On the website, you will find a sign-up form and a link to PayPal for easy payment.



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business that has provided  
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and maintenance  
services since 1990.

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Christ and the Church."  
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Houston, TX 77084  
281-463-1444  
[www.seasc.org](http://www.seasc.org)

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COMPUTER & SCIENCE LABS  
BEFORE & AFTER SCHOOL PROGRAMS



## Salt of the Earth: Sodium & Your Health

### TIPS FOR REDUCING SODIUM FOR BETTER HEALTH

Sodium is everywhere—swirling in the oceans, stored in vast underground crystalline deposits—and contained in just about every food and drink imaginable.

The fact is, sodium is as an essential, life-sustaining ingredient for every known plant and animal on the planet. Without sodium, our bodies would cease to function. Sodium helps our cells draw in nutrients, maintains balanced pH levels, enables nerve function and muscle contraction, helps regulate your heartbeat, and is a key component of your bones, explains Jose Mejia, M.D., a cardiologist for The Austin Diagnostic Clinic (ADC).

Yet too much of this essential element can pose serious health risks in people, including high blood pressure, heart disease, stroke, kidney disease, and congestive heart failure. According to the U.S. Department of Health and Human Services (HHS), the average person should only consume 2,300 milligrams (mg)—about one teaspoon full—or less, per day. If you are 51 or older, are black, or already have high blood pressure, diabetes, or chronic kidney disease, then you should limit your intake to 1,500 mg or less per day, Dr. Mejia adds.

“Unfortunately, the average American gets about 3,400 mg of sodium a day, which is far more than is recommended for good health,” Dr. Mejia says. “Keeping the amount of sodium you eat under control can be challenging, but understanding the main dietary sources of sodium is one of the best ways to start lowering your intake.”

#### SALT BY ANY OTHER NAME

One of the most troubling parts of monitoring your sodium intake is understanding how extensively the food industry uses sodium as a flavor enhancer and as a preservative in everything from bread to canned soup. And then there’s a matter of naming conventions. Common table salt, otherwise known as sodium chloride, is just one form of sodium. There are many other compounds that contain sodium, including monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrite (sometimes just nitrite).

“Most of the sodium we eat comes from processed foods and foods prepared in restaurants. Sodium is already part of processed foods and cannot be removed. Even fresh fruits, meats, vegetables and dairy products contain sodium,” Dr. Mejia notes. “However, food manufacturers and restaurants can produce foods with far less sodium. In addition, you can select lower sodium foods when possible, and you can cook more foods yourself to better control how much sodium you eat.”

#### SHOPPING SMART TO REDUCE SODIUM

The most practical way to reduce your sodium is by altering what you bring home from the grocery store. Many items like baked goods, breakfast cereals, soups, and lunchmeats are very high in sodium.

“Pay very close attention to food labels,” Dr. Mejia says. “It may add extra time to your shopping trip, but it’s important to understand just what the food industry means when it uses sodium-related terms.

Portion size is just as important. Frankly, it’s the only way to make sure you are not eating too much sodium.”

*Here are some of the most common terms used on food packaging. If it doesn’t have a label, your best option may be to avoid buying it.*

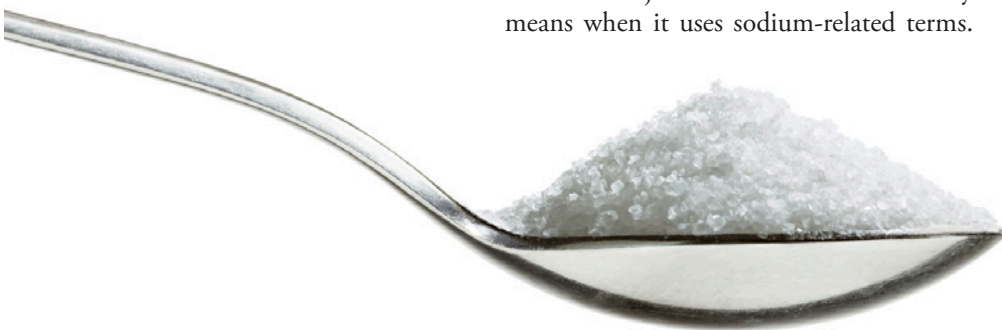
- **“Sodium free” or “Salt free.”** Each serving of this product contains less than 5 mg of sodium.
- **“Very low sodium”**- Each serving contains 35 mg of sodium or less.
- **“Low sodium”**- Each serving contains 140 mg of sodium or less.
- **“Reduced” or “Less sodium”**- The product contains at least 25 percent less sodium than the regular version. Check the label to see how much sodium is in a serving.
- **“Lite” or “Light in sodium”**- The sodium content has been reduced by at least 50 percent from the regular version.
- **“Unsalted” or “No salt added”**- Not salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium because some of the ingredients may be high in sodium.

#### A DASH OF SOMETHING ELSE

The widespread use of sodium means it can be challenging to avoid, especially if you are traveling with limited food options at airports. In that case, bringing low sodium snacks is a good option. At home, consider using alternative seasonings that are sodium free. Eventually, your taste buds will adjust to the lower sodium options.

“It takes some effort, but a low sodium diet can have tremendous health benefits,” Dr. Mejia says. “If you are concerned or curious, it may be a good idea with check with your physician about the amount of sodium you are eating.”

*Jose Mejia, M.D., Cardiologist  
The Austin Diagnostic Clinic,*





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