



# New to the Board of Directors

Hi, I am writing this article to introduce myself as one of your new board members. My name is Cathy Schmidt and I joined the board last summer. My husband Joe and I moved to Stone Forest back in 2006. We really liked the quaintness of Stone Forest and are happy to call Stone Forest our home. Joe and I have been married for twenty four years. I have four grown children and numerous grandchildren. So between kids, grandkids and working full time, I stay pretty busy. And speaking of busy, this area is really growing, and it's exciting to watch it grow. But despite the continuous growth all around us; Stone Forest provides a nice oasis to get away from all the hustle and bustle.

Joe and I are looking forward to many more years of residing here. Even though the area is growing tremendously, I enjoy shopping locally and it would be nice to have a few more stores, and perhaps some more restaurants to choose from. So I guess we'll just have to wait and see what new businesses pop up. Joe and I really enjoy watching a good movie, so you may run into us at the new movie theatre sometime. Well, if I don't see you around, be assured I will do my best to serve your needs. You should also know the board has some great people to represent you so don't hesitate to let us hear from you.

# AYUSA is Looking for Host Families!

Hosting an exchange students if a wonderful way for your family to give back together, all while experiencing a new culture.

Ayusa exchange students are between the ages of 15 and 18 and come from over 60 countries from around the world. They come with their own spending money and health insurance, and have studied English for at least three years. Most of all, they are eager to learn about your American family!

Host families can come in all shapes and sizes! We work with single moms and dads, empty nesters, families with young children, never marrieds and same sex couples. To qualify to host, you need to:

Pass a background check

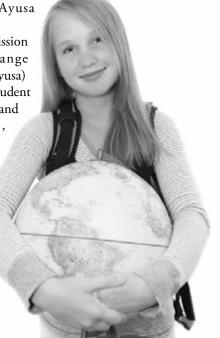
• Meet with a local Ayusa representative

 Received school permission to enroll the exchange student (handled by Ayusa)

 Be able to provide the student with room and board, and

• Provide a safe, supportive and loving home environment.

To learn more about hosting and how you can make a difference, please visit www. ayusa.org or contact Vicki Odom at vodom@ayusa.org or (832) 455-7881.



#### **COMMUNITY CONTACTS**

#### STONE FOREST HOA Spring, Texas 77379 HOA BOARD

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Harris County Health Deptwww.harriscountyhealth.com
Harris County Precinct #4 www.hcp4.net
Comcast (cable)
Republic Waste
NEWSLETTER INFORMATION

#### NORTHWEST HARRIS COUNTY

### AGGIE MOM'S CLUB HOSTS ANNUAL AGGIE ORNAMENT EXCHANGE

Bring an Aggie-themed ornament and join us for the Northwest Harris County Aggie Mom's Club Annual Aggie Ornament Exchange on Tuesday, December 09, 2014 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road.

#### SCHOLARSHIP APPLICATION

The Northwest Harris County Aggie Mom's Club raises money throughout the year to fund scholarships to students from our area. Last year, we awarded 15 scholarships to Aggie students from our local community and donated over \$34,000 to a variety of Texas A&M student organizations. Eligible students should download the scholarship application form at www.nwhcaggiemoms.org.

#### SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 21, 2015 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. Come and enjoy the fashion show and shopping at vendor booths. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Connie Pritchard, Club President at pritchardg@sbcglobal.net.





# A FEW HOLIDAY THOUGHTS.

It is good to be children sometimes, and never better than at Christmas, when its mighty founder was a child Himself. Charles Dickens

There are two ways to live your live. One is as though nothing is a miracle. The other is as though everything is a miracle. Albert Einstein

The way you spend Christmas is important than how much. Henry David Thoreau

far more



#### Wash Your Hands

### Reducing Spread of Disease While at Home and Work

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands.

From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

#### WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change a diaper or clean up after children
- Handle an animal or animal waste

#### HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing "Happy Birthday" twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
  - Rinse off soap under a stream of water

#### WHAT ELSE CANYOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.

#### FOR MORE INFORMATION

To learn more about how washing hands regularly can help prevent disease, ask your health care provider, or visit the CDC's creative Web site dedicated to raising awareness of the importance of hand washing at www.henrythehand.com.

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20 Years Experience · References Available

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# Please do your part THIS FALL to It's the only one we've got

#### **Take Care of Texas by Managing Your Leaves**

As autumn brings cooler temperatures, it also signals the arrival of another seasonal display - falling leaves! While Take Care of Texas encourages you to plant shade trees to help lower your utility bills in the summer, these deciduous trees lose their leaves in the fall. Instead of raking and bagging them, where they will head to a landfill, put them back into your lawns and gardens as a valuable source of mulch and fertilizer. Leaves contain 50 to 80 percent of the nutrients a plant extracts from the soil and air during the season. Grass clippings, leaves, and other yard debris make up 20 percent of the trash sent to landfills each year. It costs Texans over \$250 million a year to collect and dispose of this waste. There are four basic ways to manage leaves and use them in landscaping:

Mowing: a light covering of leaves can be mowed, simply leaving the shredded leaves in place on the lawn. This technique is most effective when a mulching mower is used.

Mulching: a lawn mower with a bagging attachment provides a fast

and easy way to shred and collect the leaves. Apply a three to four inch layer of shredded leaves around the base of trees and shrubs. A two to three inch mulch of shredded leaves is ideal for flowerbeds. For vegetable gardens, a thick layer of leaves placed between the rows functions as a mulch and an all-weather walkway that will allow you to work in your garden during wet periods.

**Composting:** in addition to leaves, other yard wastes such as grass clippings, pine needles, weeds, and small prunings can be composted. Compost can serve as a soil conditioner that nourishes your yard and reduces the need for outdoor watering up to 60 percent.

Soil improvement: leaves may be collected and worked directly into garden and flowerbed soils. A six to eight inch layer of leaves tilled into a heavy, clay soil will improve aeration and drainage. The same amount tilled into a light, sandy soil, will improve water and nutrient holding capacity.

Visit www.KeepCyFairBeautiful.org to access more Take Care of Texas yard care publications!





## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club

308 Meadowlark St Lakeway, TX 78734-4717

We will select the top few and post their artwork on our Facebook Page - Facebook.com/Peellnc.

DUE: December 31st

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

Name: \_\_\_\_\_\_(first name, last initial)

Age:\_\_\_\_



#### STONE FOREST FLYER



The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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