



December 2011 Volume 4, Issue 12

Saturday, December 17th

Cookies with Santa & Toys for Tots Toy Drive

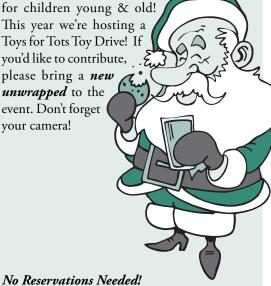
#### **TWO SESSIONS**

10:00am-12:00pm or 1:00pm-3:00pm at Houston National Golf Club

Canyon Lakes West Clubhouse Saturday, December 17th 10:00am-12:00pm

You'll have three opportunities to take your photo with Jolly St. Nick! We'll be serving

holiday treats & entertainment for children young & old! This year we're hosting a Toys for Tots Toy Drive! If you'd like to contribute, please bring a new unwrapped to the event. Don't forget your camera!



December 4th - 10th

## Annual Holiday Yard Decorating Contest

Start planning your holiday decorations!

Stone Gate favorite Annual Holiday Decorating Contest returns. Each section in Stone Gate will have one winner, awarded a special prize. Most importantly, they'll get to display their winning yard sign during the holiday season! Make sure your lights are on from Sunday, December 4th to Saturday, December 10th as our volunteer judges will be driving the community to chose a winner! Contact Jennifer Henrie with questions ~ jenniferhenrie@canyongate.com

## Top Gun Security & Investigations

You may have noticed your "marked car security patrol" that is new to Stone Gate and Canyon Lakes West at Stone Gate in 2011. Your community has two (2) guardhouses that are manned by gate attendants 24/7, one by Top Gun Non-Commissioned Officers. Also, there are currently three (3) separate patrol schedules operated in the community by Top Gun's Commissioned Officers. These are:

- Daytime patrol performed with a marked car and by a commissioned officer that is scheduled 5 days per week for 12 hours per day.
- Two (2) separate night-time patrols performed with marked cars and by commissioned officers that are scheduled 7 days per week for 8 hours per night. The schedules are not posted and will not be provided to residents in order to avoid publishing unmonitored times to the public.

Your patrol officers are in your community to monitor, report, deter, and assist as needed. If you suspect any criminal or unwanted activities in the community, you are encouraged to contact your area guardhouse and they will dispatch the patrol officer on-duty to address your concern. But please note, as always, if you have an EMERGENCY situation, please call 911 first and then your respective guardhouse

#### **GUARDHOUSE PHONE NUMBERS ARE:**

Stone Gate and Canyon Lakes at Stone Gate - 281.256.3620 Canyon Lakes West at Stone Gate - 281.858.6106

If you have any questions regarding your community or security patrol, please feel free to contact management at 281-870-9170.

# Stone Gate Slate

#### **IMPORTANT NUMBERS**

ON-SITE OFFICES & GATE ATTENDANTS	
S-G Clubhouse Office	
S-G Gatehouse	
Splashpad Texas Office	281-213-977
PROPERTY TAXES	
Harris County Apprasal District	713-224-1919
Water / Remington MUD #1	
Water / MUD #165	713-932-901
POLICE & FIRE	
Emergency	91
Harris County Sheriff	713-221-6000
Precinct #5 Constable	281-463-6666
Cy-Fair Volunteer Fire Station	
Texas DPS	281-232-433
Cy-Fair Medical Center	
North Cypress Medical Center	
Poison Control	800-222-1222
UTILITIES	
Electricity (call your provider)	
Centerpoint Energy	
Power To Choose	
Gas (Centerpoint Energy Entex)	713-659-2111
Telephone & Cable	
AT & T	
AT & T U-verse	
Comcast - Cable/High Speed Internet	
Trash Pickup (WCA Waste)	
Water (Remington MUD #1) (S-G-STES	281-579-4500
PUBLIC SERVICE	
Harris Co. Animal Control	
Harris County Toll Road Auth	
Voter Registration	
Auto Registration	
Cy-Fair Chamber of Commerce	
Metro Park and Ride	
Lone Star College Library	
Gulf Coast Reg Blood Ctr	713-790-1200
U.S. POST OFFICES	
Stone Gate & Canyon Lakes	281-859-902
Canyon Lakes West	
SCHOOLS	
Cy-Fair ISD District Office	281-897-4000

#### **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*.

## 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
SW Water/Harris County MUD #165	713-405-1750
Spring Cypress Post Office	281-373-3372
Property Tax: MUD #165	713-932-9011
Gatehouse	

## 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 Directions 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 Heather Barbiche at hbarbiche@stes.com or call PCMI at 281-870-0585.

#### TO CONTACT THE BOARD:

Please address the Board of Directors via

Heather Barbiche, PCMI, hbarbiche@stes.com P.O. Box 219223, Houston, TX 77218, 281-870-0585

# HAVEYOU LOGGED IN YET? 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	jenniferhenrie@canyongate.com
Advertising	advertising@PEELinc.com

#### **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*. The advertising deadline is the 8th of each month for the following month's newsletter.

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# Stone Gate Slate

## THE HOLIDAY SPIRIT IS ALIVE IN STONE GATE

During this Holiday Season when we are bombarded by the bad news in the world, it's hard to feel joyful. I'd like to share an up-lifting pre-holiday story that just might brighten your day. I was opening up the recreation center office, expecting just another normal work day when one of your neighbors came in to make a report. He wanted to let me know that while his wife was preparing their son for the school bus, someone stole their child's walker from their driveway. It was a very expensive walker for a physically challenged child.

This so touched my heart that I began to tear up and I started to think about what I could do to get this child a replacement. I asked the father how much it would cost to replace it. He said they were very costly and

the family is praying that someone would realize the need and it would be returned.

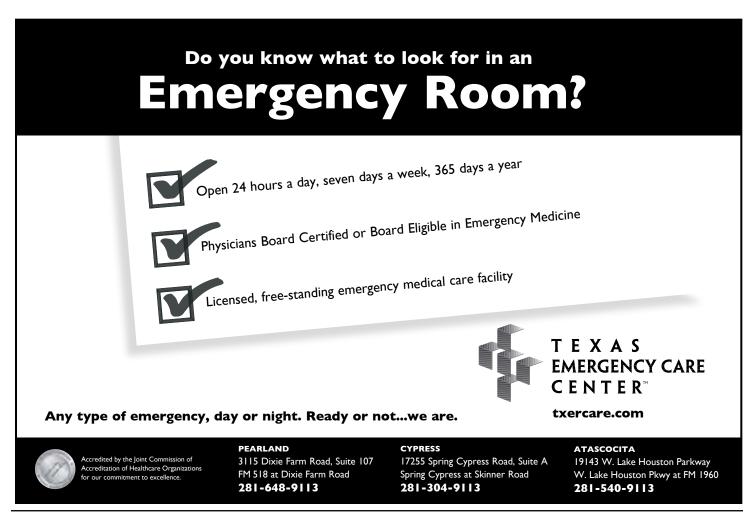
When he left my office I called Amanda Ruvalcaba, your SplashPad On-Site Manager - She started the ball rolling. She called the child's mother for all the information on the make and model of the walker. Amanda then called two of her friends, Laura King and Krystal Rhodd. Between Laura, Krystal, Amanda and a lot of networking within 48 hours enough funds were raised to purchase a new walker and provide Equestrian Therapy for this little boy. Talk about the power of prayer.

When things go wrong, sometimes we forget there are many people who want to help. There is goodness in the world. You just have to believe. A huge thanks to all of

those good people out there that contributed their time and/or money to fixing a wrong and making it right!

> HAPPY HOLIDAYS! SGOA On-Site Manager Sherrell Shafer





# Stone Cate Si

#### WINTER OFFICE HOURS

#### STONE GATE REC CENTER OFFICE

Monday-Saturday 9:00am-5:00pm 281-304-7448 | stonegaterec@att.net 11655 Canyon Green Dr. Houston, TX 77095

#### STONE GATE SPLASHPAD ONSITE OFFICE

Tuesday-Saturday 9:00am-5:00pm 9901 Red Rugosa | 281-213-9777

#### **CANYON LAKES WEST REC CENTER OFFICE**

Tuesday-Saturday 9:00am-5:00pm 281-855-0984 | canyonlakeswest@att.net 19722 Stanton Lake Dr. Cypress, TX 77433

#### **ONSITE OFFICE HOLIDAY SCHEDULE**

Closed - Dec. 23, 24, & 25 - Christmas Holiday 9am-3pm - Dec. 31 - New Year's Eve Closed - Jan. 1, 2012 - New

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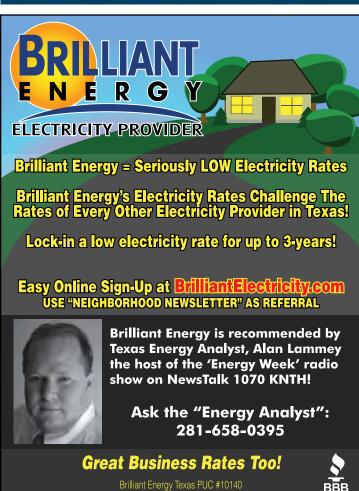
#### References Available • Fully Insured NO PAYMENT UNTIL COMPLETION

bashanspainting@earthlink.net

# Stone Gate Slate







# STONE GATE 2011 Community Event Calendar

Holiday Yard Decoration Contest...... December 4-10 Cookies with Santa......Saturday, December 17

Please contact Jennifer Henrie, Director of Community Events at jenniferhenrie@canyongate.com if you would like to help with any of our events!

## CYPRESS RANCH HIGH SCHOOL ORCHESTRAS PRESENT A

#### Winter Concert & Silent Auction

The Cypress Ranch High School Orchestras present a Winter Concert and Silent Auction Thursday, December 8. Silent Auction will begin at 5:30 PM in the CRHS Commons. A concert of holiday favorites and winter-inspired selections will follow at 7:30 PM in the Auditorium. Come with your family and friends and get into the spirit of the season! 10700 Fry Rd, Cypress 77433

# COMMUNITY INVITED TO "NIGHT IN BETHLEHEM"

Messiah Lutheran Church is hosting "A Night in Bethlehem" on Saturday and Sunday evenings, December 3 and 4, 5-8 pm. The event is free, Messiah's gift to the community. All are invited to kickoff the Christmas season by experiencing Bethlehem on the night Jesus was born, including livestock, wisemen, shepherds, Mary, Joseph, and Baby Jesus. Free activities for the children.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular worship times are at 8 and 10:30 AM on Sundays. The Education Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org . All people are welcome at Messiah.

# ATTENTION HOUSTON NORTHWEST AREA DELTA GAMMA ALUMNAE

Our annual Holiday Open House is set for December 17, 11:00 - 1:00 at the home of Janet Sanov - 7111 Mohave Hills, Houston, TX 77069, Champion Park North.

This is a beautiful Holiday gathering for members and their legacies. Please contact Cindy Formas at ckformas@sbcglobal.net for more information on the Open House and the chapter's future events.



#### **WASHYOUR HANDS**

#### REDUCING SPREAD OF DISEASE WHILE AT HOME & 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 factholds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

#### WHEN TO WASHYOUR 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 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. \*





# **HEALTH BRIEFS - DECEMBER 2011**

## ALLERGIES: KNOW YOUR TREATMENT OPTIONS

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at BaylornCollege of Medicine offers some tips to help manage.

Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. it is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

- For mild allergies, consider over-the-counter medications like loratedine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

#### WINTER WEATHER AND SKIN CARE

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense. Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder months as well, but using a lip balm

with an SPF factor of 30 or even a thick coat of zinc oxide may help keep them at bay. During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

#### TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

## OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start." Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.





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# **ADOPTION COALITION**

Conner is a 10 year old energetic child who enjoys skateboarding, karate and playing basketball. He also likes to play with puzzles, action figures and lego's. Conner is very creative and loves to draw and paint. Conner needs a patient, committed adoptive family that will provide him with unconditional love and support. He will benefit most by being the youngest child in the home or the only child.

For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter at Adoption Coalition of Texas 512-450-8750 or stephanieberka@adopttexas.org



## adoptioncoalitiontx.org





# RECIPE OF THE MONTH Sour Cream Apple Bars

- 2 C flour
- ½ tsp. salt
- 2 C brown sugar, firmly packed
- 1 C sour cream
- ½ C oleo, softened
- 1 tsp. vanilla
- 1 C chopped pecans
- 1 egg
- 1 tsp. cinnamon
- 2 C peeled, finely
- 1 tsp. soda
- chopped apples

Preheat oven to 350°. In large bowl, blend flour, brown sugar, and oleo until crumbly. Stir in pecans. Press 2-3/4 C of the crumbs into an ungreased 9x13 pan. To the remaining mixture, add cinnamon, soda, salt, sour cream, vanilla, and egg, blending well. Stir in apples. Spoon evenly over first layer. Bake 25 - 35 minutes or until toothpick comes out clean. Cut into squares and serve with whipped cream if desired.

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