



SGS

Stone Gate Slate

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

April 2012

Volume 5, Issue 4

REGISTER NOW!

Stone Gate & Canyon Lakes West

Spring Community GARAGE SALE

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 April 14th! 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 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, April 6th. The map will be handed out at the gatehouses on the day of the garage sale.

- Banners will be posted in the community 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 be removed on Saturday, April 14th 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

Saturday,
April 14th, 2012
7 AM - 12 NOON

Rain or Shine

SOLD

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

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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	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 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 Lucy Robertson at 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)

P.O. Box 219223, Houston, TX 77218, 281-870-0585

HAVE YOU 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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NEW PROPERTY MANAGER

Effective immediately, Lucy Robertson is your new 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 LAKESWEST REC CENTER OFFICE

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281-855-0984
canyonlakeswest@att.net
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2012 Stone Gate Community Events & Activities

Spring Garage Sale Saturday, April 14
Stone Gate Tennis Tournament TBD Spring/Summer
Summer Pool Parties Saturday, July 14
Canyon Gate Night at Astros Fall 2012
Fall Garage Sale Saturday, September 22
Golf Tournament Monday, October 1
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 if you would like to help with any of our events! All Dates are Tentative & Events are subject to change.

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- Click on "classifieds" located on left side of menu
- Click on "lost & found pets"

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



This may also be a helpful website: cypresslostpetalert.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. 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.

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community newsletters



Postma Elementary "Under The Big Top" Spring Carnivale

FRIDAY, APRIL 13, 2012

5:30 – 8:30 PM

18425 WEST ROAD CYPRESS, TEXAS 77433

It is with pride and excitement that Postma Elementary PTO will host its Spring Carnivale on Friday, April 13, 2012 from 5:30pm – 8:30pm. This event will feature something new: D-luxe Bar-b-q will be partnering with the PTO to provide attendees with a yummy selection of award winning food at a discounted price. PTO will receive a portion of the proceeds from the sales made that evening. "We are very excited about this partnership between PTO and D-luxe. When local businesses participate with local schools, it gives the community a sense of pride" said Carnival Event Coordinators, Dina Connolly & Kara McAndrew.

Come bring the family and grab some yummy hand spun cotton candy as you stroll along the Midway. We will have loads of fun games, a Moonwalk, Balloon Artists and Face Painters. You won't want to miss out on a Straws the Clown's Magic Comedy show, courtesy of All Around Entertainers. Straws' **has received top awards from International clown associations as well as State and Local clown associations.** Also be sure to visit the bean bag toss game sponsored by one of our newest local businesses, Great Play Cypress.

Last but not least, don't forget to drop by the Silent Auction Tent and bid on some fabulous baskets that local businesses and our families have graciously donated. All monies raised for the event will be used to purchase much-needed school supplies and help fund curriculum supplements such as visiting authors and science programs such as Dinosaurs Rock. Shading is needed for our playground equipment. Funds have been set aside each year until we are able to purchase the equipment. Hopefully this year will be the year.

So come one and come all to Postma's Best Show of all!!

We hope to see you there!

ABOUT POSTMA ELEMENTARY

Postma Elementary School has an enrollment of 806 students this 2011-2012 school year. The school's main goal is to provide all students with a positive and challenging learning environment which empowers them to become responsible and productive citizens of the world. All students are presented enrichment opportunities to develop individual potential, self-esteem, and personal and social skills.

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CLASS OF 2012 MAKING NEWS

Cypress Christian seniors are making news. National Merit Finalist: Officials of the National Merit® Scholarship Corporation announced that David Hurst advanced to Finalist status. David has an opportunity to continue in the competition for some 8,300 National Merit® Scholarships worth more than \$34 million that will be offered this spring. David plans to major in math at either Rice University or Texas A&M University. College Signing Day: Phillip McCurry, at 6'7" and 290 pounds, might just be the biggest football player to ever come out of Cypress Christian. He signed a letter of intent on National Signing Day to play football for Southern Nazarene University in Oklahoma City. Phillip was selected to the All-State Academic team. Kit Rhea is looking forward to playing softball for Hardin-Simmons University. She was awarded an academic scholarship by the university and is the first CCS student to accept an offer to play softball at the college level. She plans to study elementary education. Scholarships: To date, seniors have been offered 2.5 million in college scholarships.



CYPRESS CHRISTIAN EARNS TAPPS 3A DISTRICT 4 ACADEMIC/SPEECH DISTRICT CHAMPIONSHIP

High school students received thirty-seven ribbons in each of the eighteen categories at the TAPPS 3A District 4 Academic/Speech District Meet. Overall, CCS was the District Champion as a team, defeating all of the other teams in the district. Fifteen students and yearbook staff also qualified in twenty-one events to continue on to the TAPPS State Competition. Congratulations to the following students: Bailey Comeaux, David Hurst, Barnabas Odeyomi, Ben Bennett, Katie Moore, Kit Rhea, Amanda Swanton, Cameron Tipton, Travis McGrath; Lauren Slater, Allison White, Olivia Roberts, Alyssa Beach, Shannen Longridge, Joel Solar



CYPRESS CHRISTIAN K-12 SPRING PREVIEW

On April 17, 2012 from 7-8:30 pm, prospective families will be given the opportunity to visit the campus and gather information. The evening will include a general assembly and private tour. For information: CypressChristian.org.

Submitted by Lynnette Anderson

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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

(Continued on Page 11)

Early Packing List - (Continued from Page 10)

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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Tips for a Diet that promotes Healthy Teeth

Of course we all know that a healthy diet is good for our bodies, but did you know that what you eat affects your teeth as well? Here is a list of simple ways you can improve your oral health by paying close attention to your diet. Brushing and flossing are vital to keeping your teeth healthy, but what you eat and drink in between your daily cleaning rituals also plays an important role in your oral health.

Plaque – an invisible, sticky layer of bacteria – regularly coats your teeth. When the starches and sugars present in many foods come into contact with this bacteria, acid is produced. This acid breaks down the enamel that protects the outside of your teeth, and over time can cause tooth decay. If you choose your foods wisely, you can decrease the amount of acid that attacks your teeth. Here are some diet tips for keeping your teeth healthy:

Limit foods and drinks that are high in sugar, like cookies, candies and sodas – remember even unsweetened fruit juices are high in sugar. **Read packaging labels** to find out how much sugar is included, and make educated choices in the products you purchase. **Limit dried fruits**, which are sticky and cling to the teeth – instead, eat fresh fruit, especially apples, which serve as natural tooth cleaners.

Avoid snacks between meals – but if you must snack, replace sugary treats with crackers, cheese, yogurt, nuts, and celery or carrot sticks, which produce less acid. If you do drink sugary liquids (soda, sports drinks, juices), **avoid sipping slowly** over a long period of time as this extends the period that acid attacks your teeth.

If you're a regular coffee or tea drinker, **reduce or eliminate added sugar**. If your

children snack at school, be sure they have **access to healthy snacks** (veggies, fresh fruits, cheese) instead of packaged foods that are high in sugar. If you occasionally treat yourself to a sugary snack, **brush your teeth afterwards** to reduce the acid effect – if you aren't near a toothbrush, **rinse with water or chew a piece of sugarless gum** to stimulate saliva, which helps clean your teeth.

Your diet also affects your overall health, which helps determine how well your body can fight off infection. If you aren't getting certain nutrients, the tissues in your mouth may not be as resistant, leaving you more prone to periodontal (gum) disease.

If you have any questions about your diet and its effect on your oral health, let us know. We'll be happy to guide you toward healthier eating habits.

Submitted by Dr. Flury



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Auto Talk – Ask a Medic

Recently my mechanic said my catalytic converter is defective and has to be replaced. What is a catalytic converter and how does it become defective?

A catalytic converter is a device that converts three harmful compounds (hydrocarbons, carbon monoxide and nitrogen oxides) in car exhaust into harmless compounds. Carbon monoxide is a poison for any air-breathing animal. Nitrogen oxides lead to smog and acid rain, and hydrocarbons produce smog.

A catalytic converter becomes defective when too much raw fuel enters the exhaust system—causing the metals inside to start imploding. When this happens, severe black exhaust fumes (smells like raw fuel) and/or “bogging down” can happen and causes back pressure on the engine. Your check engine light will illuminate on your vehicle’s dashboard when this occurs.

WHAT CAN I DO TO PREVENT CATALYTIC CONVERTER FAILURE? TWO SIMPLE THINGS:

- Make sure your vehicle is tuned up on time; every time. Why? Once the spark plugs become worn, they will not burn fuel

optimally—this causes raw fuel to enter and/or collect in the vehicle’s exhaust system.

- Service your cooling system every two years or 30,000 miles (contrary to the manufacturer’s suggestion of five years or 100,000 miles. With wear and tear, your vehicle’s cooling system thermostat may be sticking “open,” causing continuous flow of coolant—never allowing the engine to reach its full operating temperature the majority of the time. The driver will never see this issue on the gauge. It’s a minute problem that will cause severe issues to the catalytic converter later down the road. If the vehicle continuously stays cool, the computer wants to dump more fuel in the engine than what is really needed. This again allows raw fuel to enter the exhaust thereby causing catalytic converter failure.

Tommy Bludworth is an ASE certified technician with more than 15 years experience. Advice and recommendations given are for your convenience. You should see a qualified, professional when having any automotive repairs made on your vehicle.



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Fit & Fun: Health Tips for You & Your Children

By: Concentra Urgent Care

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families. Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen. The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

BELOW ARE SOME IDEAS FOR GETTING OFF THE COUCH & HAVING SOME FUN WHILE GETTING FIT:

- **Take an active vacation:** It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can

plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- **Visit a local park:** It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!
- **Hold a block party:** Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- **Go for a hike:** Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

THE GOAL: BE INSTRUMENTAL IN ENCOURAGING CHILDREN TO DEVELOP THE GOOD HABIT OF MOVING THROUGH SPACE, NURTURING THEIR PHYSICAL POWER, & GETTING FIT.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyouth/physicalactivity/>

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 KEEP BACKYARDS & BATHROOMS SAFE	 LEARN CPR	 CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN	 VISIT US ONLINE

In 2011, Texas led the nation in the number of drownings and near drownings of children. Drowning still remains the #1 cause of unintentional injury-related death for children under 5 and the #2 cause for children 1-14.

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