

STONE FOREST

Flyer

July 2012

Volume 2, Issue 7

President's Letter

Firstly a reminder - Stone Forest Homeowners Association AGM July 19 @ 7 p.m. All homeowners are welcome and we look forward to seeing as many as can make it.

We are still short of one Director so if anyone is interested in serving please come forward and complete the forms that Chaparral Management sent out with the AGM notices.

At time of writing it looks like another blistering summer is in store for us and it is going to be stressful on everything but hopefully we will get some rain during the hottest time. The drought has eased a little in this area but we are still not up to par on the water resources so please be frugal with grass watering and try to water at night, as daytime watering is wasteful and not very effective.

Congratulations to all the Yard of the month winners! It is nice to see well tended yards and care taken to keep our homes in good condition.

With Memorial Day in May and Independence Day holiday coming up garage sales are in full bloom and we would ask that signs advertising the sales be removed as soon as the event is completed.

A word about ACC applications. By and large the documentation is excellent from homeowners and this makes the approval so much easier. However some applications are coming in for approval after the fact when the work has been done or after the deed Restriction inspector has done the monthly drive through and finding unapproved work. These few isolated cases are normally approved anyway because they comply, but sooner or later there will be an application that is not approved and will have to be reversed which is a not a happy situation for the Association or the homeowner. So please try to get your documentation in as soon as possible and BEFORE any work is done or the application is reviewed. This particularly applies to painting where the color schemes really matter to be in keeping with the neighborhood.

We wish you all a safe and happy summer, relaxing vacations wherever you take them and above all a peaceful hurricane season!

*Sincerely,
Bob Wise, President.
Stone Forest HOA*



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 bob@bobwise.us
V. President ...	Richard Leonard	(2013)	832-717-0749 j24hd@yahoo.com
Secretary.....	Kristi Hendrickson....	(2013).....	281-370-0172 kbhendrickson1@comcast.net
Treasurer	Vacant		
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YOM Chair ..	Vacant		

KLEIN ISD

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Strack Middle School	832-249-5400
Klein Collins High School	832-484-7811

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Mailing address:

P.O. Box 681007, Houston, TX 77268-1007

Physical address:

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UTILITIES

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Harris County Health Dept.	www.harriscountyhealth.com
Harris County Precinct #4	www.hcp4.net
Comcast (<i>cable</i>).....	713-462-9000, www.comcast.com
U.S. Post Office.....	1-800-275-8777 7717 Louetta Rd. , Spring, TX 77379
Republic Waste	
Trash pick-up days: Mondays & Thursdays	

NEWSLETTER INFORMATION

Articles	Bob@bobwise.us
Publisher - Peel Inc.....	www.peelinc.com
Advertising.....	1-888-687-6444

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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Stone Forest residents, limit 30 words, please e-mail Bob@bobwise.us.

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.

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A Focus on Heat Emergencies

HEALTHY TIPS TO STAY COOL IN EXTREMELY HOT WEATHER

By: *Concentra Urgent Care*

Heat emergencies fall into three categories of increasing severity: Heat Cramps, Heat Exhaustion & Heatstroke. Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS & SYMPTOMS

— Heat Cramps —

- Sweating
- Pain in arms, legs, and abdomen

— Heat Exhaustion —

- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

— Heat Stroke —

- No sweating
- Dry, hot, red skin
- Confusion and loss of consciousness
- Rapid pulse

- Temperature over 103° F
- Seizures

CAUSES:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

What to do in heat emergencies..

FIRST AID

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of

heat illness, especially if the person is a child, elderly, or injured.

- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
- DO NOT give the person salt tablets.
- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- DO NOT use alcohol rubs on the person's skin.
- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/



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ARTICLE SUBMISSIONS

Interested in submitting an article? You can do so by emailing Bob@bobwise.us or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 8th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for the Stone Forest Flyer. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

Keepsake Ornament Premiere is July 14th & 15th

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name of that...**



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SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to Bob@bobwise.us.

Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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