

STONE FOREST

Flyer

February 2013

Volume 3, Issue 2

Introducing The Vice President



As you may have noticed, the HOA board members are introducing themselves in our newsletter. I've been on the board since a neighbor nominated me for an opening in 2007. (She moved shortly after that but I don't believe that is why she left.)

My wife, Deanne, and I moved from Corpus Christi to Spring in May 2005 to be closer to our two kids and grandkids (I'll brag about them when I finish writing my book about how great they are.) I had already retired from federal law enforcement and Deanne had retired from being a professor of medical-related courses at the community college in Corpus Christi. My hobbies include motorcycle touring (all 50 states and about one acre of Canada so far), bicycles, running and inline skating (yeah, I'm the one you see careening around the neighborhood corners).

Being on the board has good in several respects. I have met many Stone Forest residents (300 occupied houses plus one that never sold). I've learned how the money is spent (responsibly--we're financially healthy). I've also learned that those "pesky" letters come from the inspector from Chaparral Management, the company that oversees the business aspects

of the neighborhood as they point out things that don't meet the deed restrictions---the rules put in place when Stone Forest began. Such rules are there to help keep the neighborhood as neat as possible. I take the attitude that if all is well, when you put your house up for sale, prospective buyers won't be scared off by houses that have grass and weeds a foot deep or have a car parked on the front grass.

We have only a small playground, but we just added a spring rider horse for the younger kids in the neighborhood. My grandkids have tried it and have given it a stamp of approval.

The board meetings are held every two months at Chaparral Management office on Cypresswood and are relatively short---45 minutes or so. If you would like to attend one of the meetings, contact one of us early enough that you can be placed on the agenda. We like to answer any questions and clarify any matters. While we enjoy pats on the back, we do also take complaints---but my personal philosophy is that anyone having a complaint should also have some possible solutions and may find that they may be requested to be on a committee to work out a plan to work things out.

Dick Leonard, Vice President Stone Forest HOA

BE MY
VALENTINE!

February 14th 2013



COMMUNITY CONTACTS

STONE FOREST HOA Spring, Texas 77379 HOA BOARD

PRESIDENT

Bob Wise..... 5714 Valley Scene Way
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..... bobwnc@att.net
..... Term Ends 2013 (3-year term)

V. PRESIDENT

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..... 361-946-1838 (Cell)
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..... Term Ends 2013 (2-year term)

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..... Term Ends 2014 (2-year term)

DIRECTOR AT LARGE

Robin Jones..... 19210 Holly Shade
Contact 281-376-5511
..... 281-385-5228
..... RobinGriffithJones@yahoo.com
..... Term Ends 2013 (2-year term)

KLEIN ISD

Klein ISD website: <http://www.kleinisd.net/>
Kuehnle Elementary School 832-484-6650
Strack Middle School 832-249-5400
Klein Collins High School 832-484-7811

CHAPARRAL MANAGEMENT CO.

281-537-0957
www.chaparralmanagement.com
Mailing address:
P.O. Box 681007, Houston, TX 77268-1007
Physical address:
6630 Cypresswood Dr. Suite 100, Spring, TX 77379

UTILITIES

Bridgestone MUD (water district)..... 713-983-3602
..... **P.O. Box 90045, Houston, TX 77290**
Centerpoint Energy (to report street light outages).... 713-207-2222
..... www.centerpointenergy.com/outage
Harris County Health Dept. www.harriscountyhealth.com
Harris County Precinct #4 www.hcp4.net
Comcast (cable)..... 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 kserventi@chaparralmanagement.com
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Noise Complaint



The text of the following letter was written to the Board of Directors of your HOA. As it is anonymous there is absolutely nothing we can do about it since it is a complaint without identity. We are publishing the letter in case anyone recognizes the complaint or the complainant as it does have relevance.

The point here is to emphasize the fact that anonymous letters are impossible to act upon if details are not given. Despite the HOA is being unable to act on problems like this since they can be referred to the Harris County Animal Control. The only jurisdiction we have is if there are more than the allowed number of animals in the residence, per the Deed Restrictions.

November 13, 2012

To: Stone Forest HOA Board

Re: Excessive Dog Barking

Dear Sirs/Madam:

I would like to address an issue that has plagued several residents in this subdivision for quite some time. There is a certain resident in the middle of the subdivision that lets their dogs bark excessively every single morning. This resident has several dogs and they let them out very early in the morning (usually around 5 a.m.) and the dogs bark constantly for a couple of hours. This goes on every weekday and every weekend. The issue has been raised with the resident before, but nothing seems to change.

I don't want this to get nasty and I don't want them to lose their dogs. I just want them to do something about the barking. A bark collar would be a wonderful solution. However, I don't think this resident cares. Is there a way to mention this in the next Stone Forest Flyer?

I would like to take this step before I call animal control. By the sound of the barking each morning I'm sure this resident has more than the number of allowable pets in their household but that is not the issue. Again I don't want them to lose their pets I, as well as many of the other neighboring residents, just want the excessive barking early in the morning to stop!!

Thank you for your time and consideration!

A Concerned Stone Forest Resident

Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.



STONE FOREST FLYER

Youth Track Club Registration During February

The Northwest Flyers Youth Track Club is registering athletes for the 2013 summer track season. Elementary students up to 6th grade should register during February and the first week of March. Middle and high school athletes can also register, but should compete after their school season is over.

The non-profit, 501(c)(3) club is affiliated with USA Track & Field (USATF), and provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members, and was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

Cypress-Tomball Democrats Host January Monthly Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, February 19th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 9:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month, and always features an informative guest speaker. For more information, visit the website at www.cytomdems.com or contact Olga Moya at cytomdems@yahoo.com.



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CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Clubs are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome businesses and organizations as well as individual memberships.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and two Builders Clubs in the Cy-Fair School District. We sponsor the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Cowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

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CYPRESS TEXAS TEA PARTY

It is the purpose of the Cypress Tea Party to work for the return of the United States of America to the conservative constitutional principles on which the Republic was founded. Those principles being freedom and liberty for the citizens, smaller government, limited government interference in the lives of citizens and less government spending.

We meet every three weeks from Noon to 2:00 PM on Saturday at:
Spring Creek BBQ
25831 Northwest Freeway
Cypress, TX 77429

Go to our website at www.cypresstexasteaparty.org for meeting days and speakers or email me for more information

David M. Wilson
Director, Cypress Texas Tea Party
cypresstexasteaparty@gmail.com

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Heart Healthy Lifestyles

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in

heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.



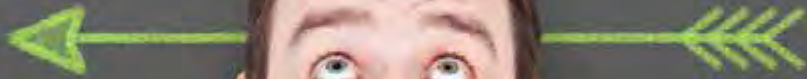
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