

# STONE FOREST

## Flyer

November 2015

Volume 5, Issue 11



## PRESIDENT'S MESSAGE

Hey neighbors,

Your Stone Forest Board of Directors met in September for our bi-monthly meeting and elected officers for 2015-2016. President, Tod Bisch; Vice-President, Richard Leonard; Secretary, Cathy Schmidt and Treasurer, Robin Jones. Phil Westover remains a Director at Large. Please feel free to contact anyone of us with your questions or concerns. Our information can be found in this newsletter.

We are seeking a vendor for a quote for Holiday Decorations at the entrance to Stone Forest at Spring Cypress along with something for the monuments around the residential areas. Hopefully these will be up shortly after Thanksgiving.

Currently we also are looking at a couple of designs for "trash can corals" that we can approve for the ACC committee. Once

we have decided on one we will let you know via the newsletter and the marques at both entrances.

Street parking still continues to be a topic of discussion whether it concerns trash collection, line of sight at intersections or just over crowding on some streets. The HOA does not have any control over our streets. That is the purview Harris County. All we can ask is that each residence try to be courteous with regard to how we all park our vehicles on the street. Please try to not block access to trash bins on Mondays and Tuesdays and be especially mindful of any impact your street parking may affect your neighbors. If you are unable to speak to your neighbor regarding a street parking issue, I would suggest you contact the Precinct 4 Constables office. If nothing else, the issue will be on their "radar".

Enough of my soapbox. Have a safe and Happy Thanksgiving.

# COMMUNITY CONTACTS

STONE FOREST HOA  
Spring, Texas 77379  
HOA BOARD

## PRESIDENT

**Richard Leonard** .....5423 Chelsea Fair Lane  
Contact .....832-717-0749 (Home)  
.....361-946-1838 (Cell)  
.....**j24hd@yahoo.com**  
.....Term Ends 2015 (2-year term)

## VICE PRESIDENT

**Tod Bisch** .....5223 Sunlight Hill Ct.  
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.....**todnlorri@gmail.com**  
.....Term Ends 2014 (2-year term)

## SECRETARY

**Cathy Schmidt** .....19427 Yaupon Green Ct.

## TREASURER

**Robin Jones** .....19210 Holly Shade  
Contact .....281-376-5511  
.....281-382-5228 (Cell)  
.....**RobinGriffithJones@yahoo.com**  
.....Term Ends 2015 (2-year term)

## DIRECTOR AT LARGE

**Chris Jackson** .....5607 Edgewood Place Dr.

## 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](http://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](http://www.centerpointenergy.com/outage)**

Harris County Health Dept. ....[www.harriscountyhealth.com](http://www.harriscountyhealth.com)

Harris County Precinct #4 .....[www.hcp4.net](http://www.hcp4.net)

Comcast (cable) .....713-462-9000, [www.comcast.com](http://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](mailto:kserventi@chaparralmanagement.com)

Publisher - Peel Inc. ....[www.peelinc.com](http://www.peelinc.com)

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# Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.

2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.

3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).

4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.

5. Pack all medications and supplements to avoid missed doses.

6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.

7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.

8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount than normal at least two hours before you leave.

9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.

10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.

11. Cover your car seats to keep them clean and free of hair shed on your trip.

12. Know your travel rules and restrictions, especially if you will travel on an airplane.



# HOST AN EXCHANGE STUDENT!

Hosting an International Exchange Student is such a great experience for all of those involved. It leads to a better understanding between individuals of other cultures, hopefully branching its way out to a more peaceful global society. But don't just take my word about it, read about Nelva's experience and understanding of the exchange program.

*"I'm so lucky to have been placed with a great host family in Texas! The best part is when we share each other's cultures and have a lot of quality time together. I'm blessed to have chance to study in American High School. Being an exchange student is hard. For the first couple days it was hard because I didn't know anybody, the moving class system is new for me and sometimes it's hard to understand what they say. But America is really friendly and handy so I got a lot of help from them. From the exchange program, people can really get to know each other, people start to respect each other and we can start a new chapter to have a better world."*

So if you want to enrich your life, host an exchange student!

Nelva is from Indonesia and is spending the academic year here in Texas as part of the Kennedy-Lugar Youth Exchange and Study

(YES) program. This program is funded by the US Department of State which provides scholarships for secondary school students from countries with significant Muslim populations. As part of her program year, Nelva is required to perform at least 60 hours of community service (however most YES students hours amount to hundreds of hours) and continue working with the program in her home country.

Our application process for the 2016 Spring Semester and 2016/2017 academic year will soon be opening. School spots in our area tend to fill up rather quickly, so get your application in early to host one of these amazing students!

Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or [vodom@ayusa.org](mailto:vodom@ayusa.org) or Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).



# STONE FOREST FLYER

## Breast Cancer: Importance of Early Detection

By: *Concentra Urgent Care*

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths.

Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: [www.cancer.org](http://www.cancer.org), or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>



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# Fit and Fun: Health Tips for You and Your Children

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 and 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](http://www.aahperd.com).

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and 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:

[www.cdc.gov/healthyyouth/physicalactivity](http://www.cdc.gov/healthyyouth/physicalactivity)



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