

SPRING TRAILS

THE OFFICIAL NEWSLETTER OF THE SPRING TRAILS COMMUNITY ASSOCIATION

VOL 1

ISSUE 3

And the 2018 Community of the Year is.... Spring Trails Community Association!



Spring Trails Community Association was named 2018 Community of the Year by the Community Association Institute (CAI).

CAI is an international membership organization that provides information, education and resources to volunteers who govern community associations and the professionals who support them, and advocates on behalf of common-interest communities and industry professionals before federal and state level legislatures, regulatory bodies and the courts.

Each year, CAI honors a select group of individuals and communities who have made significant contributions to CAI and the community association way of life. The Community of the Year is awarded to a community association "which has exhibited excellence over the course of the past year in the areas of management, governance, finance and lifestyle opportunities." The Houston Chapter 2018 nominees for category III/IV (1,500-2,999 units) included:

Bridgeland
Seven Meadows Community Association
Silverlake HOA
Spring Trails Community Association, Inc.

On behalf of the Spring Trails Community Association, the Board of Directors accepted this award in January at a local CAI event. The Board shared with those in attendance, the changes and achievements Spring Trails has accomplished over the past year, and emphasized the strong involvement and commitment of Spring Trails homeowners and residents in achieving that success.

Spring Trails is truly a "forest of possibilities", and with the support and dedication of Spring Trails homeowners and residents, 2019 promises to be another remarkable year. Visit the Spring Trails website at www.springtrails.com to get involved in community events and activities.

SPRING TRAILS

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Amenity Access Cards

The current amenity access cards required to access the Spring Trails pool and tennis courts will be phased out and replaced with key fobs. Homeowners/Residents who require new or replacement access cards will have the option to purchase an access card or key fob until the current supply of cards is depleted.

The fee for replacement or additional access cards is \$10 while supplies last. The fee for replacement or additional access key fobs is \$25.

Contact Khara Mathews, Spring Trails Property Manager at 281-870-0585, or visit the Visitor's Center any Thursday, to purchase amenity access cards or key fobs.

Spring Trails Common Areas

Spring Trails is blessed with 400 acres of natural forest, over 10 miles of hiking and biking trails, fishing ponds, beautiful parks and sports facilities. These areas of the community are commonly known as "Common Areas" and are available to all members, permanent residents and their families for their enjoyment.

Over the past several months, the Association has discovered numerous locations throughout the community where residents and non-residents have and continue to vandalize the Common Areas. This vandalism includes but is not limited to illegal dumping of yard and household waste, illegal dumping of building materials, destruction of trees and shrubs, construction of illegal structures, illegal fencing, and physical destruction to park facilities.

Clean up and repairs have cost the Association thousands of dollars in unplanned and unnecessary expenses. Vandalism in any form will not be tolerated. Members and residents are asked to monitor activity within the community and immediately report vandalism or suspicious behavior to local law enforcement, as well as to the Spring Trails property manager.

Call the non-emergency phone line 936-760-5800, and press 3 to contact local law enforcement, or dial 911 if the situation presents an immediate danger to the community. Contact Property Manager Khara Mathews at 281-870-0585 or through the Request Manager on the Spring Trails website.



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Foundation Fee

In accordance with Section 6 of the Spring Trails Covenants, Conditions and Restrictions, the Board of Director's imposed a Foundation Fee (transfer fee) of .25% of the gross selling price upon each transfer of title to a Lot with a Single Family Residence which is not an Exempt Transfer. This step was taken to offset uncollected/delinquent fees and associated costs and will be used to cover operating expenses separate from Reserve funds which are earmarked for large community investments. The HOA has delinquency fees of approximately \$140,000 and increased attorney costs for pending legal issues. The Foundation assessment went into effect January 1, 2019 and is subject to periodic review and adjustment by the Board. For more detail regarding the Foundation Fee, reference section 6 of the Spring Trails Covenants, Conditions and Restrictions.

Mark Your Calendars



March 5th - MUD 94 Board Meeting
March 8th - Heavy Trash Day
March 8-15 - Conroe ISD Spring Break - Be ALERT for kids biking and playing in your neighborhood.
March 14th - Spring Trails HOA Board Meeting
March 23rd - Community Garage Sale
April 2nd - MUD 94 Board Meeting
April 11th - Spring Trails HOA Board Meeting
April 12th - Heavy Trash Day
April 13th - Spring Trails Easter Egg Hunt
April 27th - Spring Trails Gone Fishin' Tournament
Visit the Spring Trails Website, Events tab for event details and to register.

Spring Trails Tree Planting Day!



Spring Trails residents joined forces to make the community's first official Tree Planting Day a huge success. 140 trees, donated by Trees for Houston, were planted along Kallie Hills Lane and Cameron Park Lane in Pecan Crossing and along Spring Trails Bend

and Spring Trails Park Drive, between Cardinal Park and Anthony Trails. Silversand Services was contracted to design the planting areas and prep the grounds, as well as educate and oversee the volunteers as they planted each tree. Chick-Fil-A Grand Parkway North donated chicken sandwiches, and H-E-B donated water and chips for all the volunteers. Photos of the event were provided by Pat Snow and can be viewed on the Spring Trails website, under the Residents tab, Photo Albums.

The tree planting event held February 16th, brings to a close the Community Beautification Project, presented in 2017 by the former Fence Committee (now the Beautification Committee), and executed in phases throughout 2018. The first phase involved the replacement of the inner perimeter capped fence, followed by the reconditioning and resurfacing of the individual village monuments, and concluding with a limited scope reforestation effort.

Volunteers committed countless hours to developing the original proposal and to executing each phase of the project. Spring Trails

and the Board of Directors would like to recognize the current and former members of the Beautification Committee for their tireless efforts: Collin Blood, Brian Crook, Fernando Guirola, Jessica Hansen, Bobby Martin, Tommy Mize, Roger Olsen, Craig Pennington, John Rigsdell, Jackie Robinson, Marcia Rueschhoff, Stanley Ruggerio, Jim Schwartz, Bob Shasteen, Dave Sidwell, Lisa Stevens, Dea Taylor, Genette Willbanks, Hank Wrenn.

Finally, on behalf of the Spring Trails Community Association, the Board of Directors would like to thank Property Manager Khara Mathews, MUD 94 Board of Directors Jim Spitzmiller, Jason Schultz, Joseph Frost, Eric Luggner and Merry Leonard, and MUD engineer John VanderWilt for their guidance and support throughout this project.



SPRING TRAILS

Spring Community

GARAGE SALE

Spring Trails will host a community-wide garage sale March 23rd from 7:00am-11:00am. Residents interested in participating in the garage sale can register through the Events menu on the Spring Trails website.

Events Committee volunteers will distribute maps of participating homes to guests and instruct guests on how to safely navigate around the community. Below are a few tips to consider when preparing for your garage sale.

- There is safety in numbers. Whenever possible, have someone at the sale to assist you.
- Have one designated cashier so buyers can't claim they paid someone else.
- Set up the cashier's table where you can see anyone leaving the sale
- Walk around the sale as a shopper while watching for shoplifters.
- Keep a very limited amount of money on you! Use a money pouch or cash box and keep only enough money in it to make change for a \$20.
- If someone wants you to make change for a large bill, tell them you will be happy to hold the item while they go get change or politely refuse.
- Hold the sale out in the open, not in the garage. Many garages are set back, have limited visibility from the road and neighbors, and often have an entry into the house.
- Dogs should be on a leash and handled with caution. Dogs are protective and a natural deterrent to an assailant, however they are protective and could easily believe an innocent shopper approaching their owner is a threat.
- Maintain a 12-15 foot buffer zone between the road and the last table to cut down on possible theft. Don't have things at the end of the driveway where someone could drive up; grab an armful and speed off.
- If you hang clothes up for sale, do it on one side of the sale and use them as an outside perimeter. Don't allow them to block your view to your house or other items for sale.
- Keep a cordless or cell phone with you at all times.
- Have everything you want to sell outside and ready to be seen. Never walk into your house with a stranger to show them an item.
- Monitor traffic and yard sale enthusiasts. Report suspicious behavior and traffic/parking violations immediately to local law enforcement.
- Be visible. Coordinate with your neighbors to have a continuous and visible presence outside your homes to deter illegal or destructive intentions.

Planning a Spring Vacation?



Everyone loves a vacation. But no one likes surprises when you return home. Add the below steps to your vacation planning checklist and look forward to a stress-free vacation and homecoming.

The easiest and most comforting step you can take is to ask a friend to house-sit. Arranging for someone to routinely check or stay at your home, turn on and off lights around the house, and park a car in the driveway is the most reliable way to ensure your home and its contents are safe and secure while you're away.

Prepare your home for the extended down time by following these easy steps:

- Clean your toilets and other areas prone to growing things while you're not around.
- Check your refrigerator for food that could spoil. Place an opened box of baking soda inside to absorb odors.
- Dispose of your garbage.
- Did you make arrangements for the care of your pets? Same goes for your houseplants.
- Schedule payment of any bills...especially utility bills...that might come due during your trip.

(Continued on Page 6)

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(Continued from Page 4)

- Adjust the temperature on your water heater and thermostat, and replace batteries controlling them if needed.
- Leave closet doors open to prevent air from getting musty.
- Turn off water valves to sinks, toilets, dishwasher, and washing machine.

- Unplug small appliances.

Securing your home will deter unwanted guests from taking advantage of your absence.

- Suspend your newspaper and mail delivery, have it forwarded to a PO Box or ask a friend to pick it up while you're away.
- Set timers to turn on and off lights throughout the house at varying times of the evening.
- Check all exterior doors and windows to ensure they are locked.
- Remove outdoor hidden keys.
- Notify your home security service &/OR request "Constable vacation watch" through the Request Manager on the Spring Trails website.
- Pack your car inside the garage.

Share your travel plans with a trusted friend who can deal with emergencies in your absence. While away, check in with neighbors. Avoid posting vacation photos to social media until you return home.

Enjoy your vacation, and have peace of mind your home and belongings will be safe and secure until you return.



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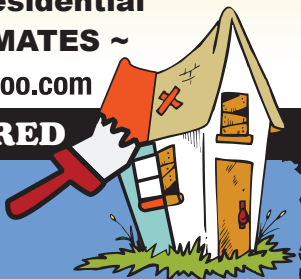
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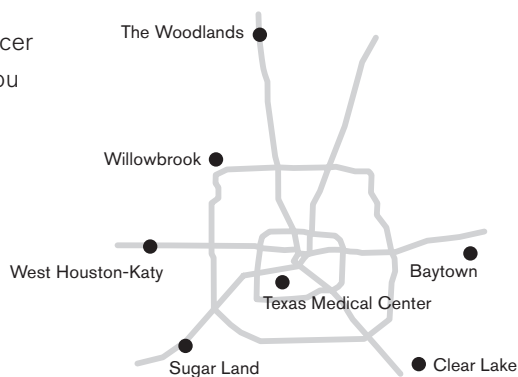
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The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2 hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.

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Spring Vegetable Fettucine Alfredo Recipe

Total: 30 min Active: 30 min Yield: 4 servings Level: Easy



Ingredients:

Kosher salt
One 9-ounce package fresh fettuccine
Extra-virgin olive oil, for tossing
2 cups shiitake mushrooms (about 4 ounces), stems removed and discarded
1 bunch thin asparagus, about 1 pound
1 stick (8 tablespoons) unsalted butter
1/2 cup frozen peas
Freshly ground black pepper

2 cups heavy cream
1 1/2 cups freshly grated ParmigianoReggiano cheese
1 tablespoon chopped chives
Finely grated zest of 1/2 lemon

Directions:

1) Bring a large pot of generously salted water to a boil. Add the pasta and cook according to package directions until al dente, tender but slightly firm. Reserve 1/2 cup of the pasta water, then strain the pasta and toss with a splash of oil in the colander.

2) Meanwhile, slice the mushroom caps into 1/4-inch-thick strips. Snap the woody ends off the asparagus and cut into 2-inch lengths. Heat a large skillet over medium heat, and add 2 tablespoons of the butter. When the butter melts, raise the heat to medium-high and add the mushrooms in 1 layer. Cook, without moving, until the undersides have browned, 1 to 2 minutes, then stir and cook until golden about 2 minutes more. Add the asparagus, another tablespoon of butter, and 1/2 teaspoon salt and continue to cook, stirring occasionally until the asparagus is tender and the mushrooms are browned, 2 to 4 minutes. Transfer the vegetables to the colander with the pasta.

3) Reduce the heat to medium and add the remaining 5 tablespoons butter. When the butter has mostly melted, whisk in the cream and bring to a simmer, then add the peas and cook for 2 minutes. Turn off the heat. Whisk the Parmigiano-Reggiano into the sauce. Add the vegetables, cooked pasta, chives and lemon zest and toss well. Season with salt and pepper. The pasta will thicken as it cools. To thin it, add reserved pasta water 1 tablespoon at a time and toss to reach the desired consistency. Serve hot in heated bowls.

Cook's Note

Heavy whipping contains stabilizers to help it whip up and stay at the desired consistency. It will thicken your Alfredo sauce more than regular heavy cream will. You may adjust the consistency of your sauce by adding up to 1/2 cup reserved pasta cooking water.

Recipe courtesy of Food Network Kitchen

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6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

NUTRITIONAL PERKS

HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD



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