

THE OFFICIAL NEWSLETTER OF THE SPRING TRAILS COMMUNITY ASSOCIATION

VOL 1 ISSUE 8

Our Very Own Hometown Hero

By Sylvia Sudeth



With cameras rolling at Discovery Green Michael Strahan of Good Morning America surprised and honored Matthew Reel of Matthew's Birthday Wish. A resident of Spring Trails, Matthew is one of the youngest philanthropists among us and his reputation for serving children grew exponentially on the morning of July 10, 2019.

Matthew was featured as Houston's Hometown Hero on Good Morning America ABC's morning show. Attending the ceremony and offering further accolades, Mayor Sylvester Turner proclaimed July 10th of 2019 and every July 10th going forward as Matthew Reel Day in the city of Houston. These distinctions are rare for one so young. Matthew also received a grant from SODEXO Stop Hunger Foundation this year.

If you have followed Matthew's story you will know that he is certainly worthy of all the honors coming his way. He is humble, hard-working and dedicated to finding ways to first, feed food-insecure peers at schools throughout CISD; and second, to help others to follow in his footsteps and expand this program in other areas of Texas and hopefully throughout the United States.

One of Matthew's strengths has been his reliability and his keen desire to help those who might otherwise fall through holes in the government safety net. The school counselors with whom Matthew works know they can rely on him to provide for very specific needs as he works with this important population. He also currently has over 150 volunteers who are helping him with his valiant efforts.

This November is the 5-year anniversary for Matthew's Birthday Wish Foundation. As he counseled with members of the board of directors for his foundation he has set the very high goal of feeding 50 families. There are usually 5 members per family which translates into 250 people. He is currently feeding 25 families. Families in need are being identified via CISD counselors and principals, but there is also a great

need for donations. And a coordinated effort on the part of our community can jump start this goal.

Spring Trails will be

Spring Trails will be hosting a food drive at the Back To School Bash September 2nd to help Matthew realize his goal of feeding 50 families. Watch for email reminders in the coming days.

Matthew's foundation has also set up a gofundme account (https://www.

gofundme.com/we-need-a-trailer-as-our-charities-grow) to raise money for a trailer to be used to transport food and supplies.

You can find more information about Matthew and Matthew's Birthday Wish Foundation at his website http://www.matthewsbirthdaywish.com/?fbclid=IwAR2SoDnzQLJFb5oDZKJeG4WJHe1grbS3L-NQk_ip3ifkyv7xi7e74p1WV_0. Or follow Matthew on his FaceBook Page @matthewsbirthdaywish to stay up to date on the exciting accomplishments of our very own Hometown Hero! Congratulations to Matthew and the Reel family.



Copyright © 2019 Peel, Inc.

Who ya gonna call?

INFRAMARK

(Spring Trails Property Management)......281-870-0585

SPRING TRAILS HOA BOARD OF DIRECTORS

Request Manager atwww.springtrails.com

Brett Bruschke Ian Grain Leanne Kessler Roger Olsen

Jerry Rueschhoff

NON-EMERGENCY SERVICES

Law Enforcement (Sheriff or Constable)... 936-760-5800 & press 3 Fire (South Montgomery Fire Department)...... 281-363-3473 EMS (Montgomery County Hospital District).... 936-523-5000

SCHOOLS

Sue Park Broadway Elementary	. 281-367-4677
Cox Intermediate School	. 281-465-3200
York Junior High School	. 832-592-8600
Oak Ridge High School (9th Grade)	. 281-465-5000
Oak Ridge High School (10th-12th Grade)	. 832-592-5300
Grand Oaks High School	. 281-939-0000
Conroe I.S.D. Administration	

UTILITIES

Centerpoint (Gas)	.713-659-2111
CenterPoint Leak Line	. 888-876-5786
CenterPoint (electric)	.713-207-2222
MUD 94/Gulf Utility Services (water and sewer)	. 281-355-1312
MUD 94/Republic Services (trash pickup)	. 936-756-8400

GOVERNMENT OFFICES

Montgomery County	936-756-0571
Precinct 3 Commissioner James Noack	936-539-7817
Sheriff Rand Henderson	936-760-5871
Constable Ryan Gable	281-364-4211

VISIT THE SPRING TRAILS WEBSITE FOR LINKS TO THESE AND OTHER COMMUNITY SERVICE PROVIDERS

Advertising Information

PUBLISHER

Peel, Inc	www.PEELinc.com, 512-263-9181
Advertising	advertising@PEELinc.com

Newsletter Information

Please support the advertisers that make Spring Trails newsletter possible. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or *advertising@PEELinc.com*. The advertising deadline is the 8th of the month prior to the issue.

Board of Directors Changes

At the June 13th Board of Directors meeting, the Board of Directors formally accepted the resignation of Director Gabe Hoke. Gabe was appointed to the Board in July 2018 and in addition to general Board duties served as Treasurer, and Events Committee Steward. Gabe tendered his resignation in May due to tremendous growth and success of his two businesses. Fortunately, Gabe will not be leaving Spring Trails and remains committed to serving the community in other capacities. On behalf of the Association, the Board thanks Gabe and his family for their contributions and support, and wishes them much deserved happiness and success.

The Board of Directors subsequently appointed current Director Leanne Kessler to serve the balance of Gabe Hoke's term through November 2020, and Roger Olsen to serve the balance of Leanne's vacated term through November 2019.

Introducing Roger Olsen



Roger began his Army career in July 1978 after completion of his undergraduate degree studies in Biology (pre-med). During his career he served in diverse locations around the world including, Korea, Germany, Honduras, Iraq and Kuwait. He also achieved his Master of Health Administration degree from Baylor University. Upon retirement in 2005, he continued to serve the Defense community as the Chief of Staff for the Principal Assistant for

Acquisition at the Army's medical research and development center in Maryland managing a \$700 million program. In 2007 he was asked to lead the hospital environmental health and safety program at Ben Taub Hospital in Houston and later Harris Health System (Harris County Hospital District) where he earned numerous accolades for his safety program. In 2015 he was offered the Assistant Director's position with Texas Childrens Hospital in Environmental Health and Safety, remaining there until 2016 and joining his long time mentor and coach in his hospital consulting business where he remains to the present time.

He is the father of 3 wonderful children and is married to his "bride" Connie of 42 years. His favorite jobs are being a grandpa to his 11 grandkids and serving the residents of Spring Trails where he and Connie have lived for 12 years. He also volunteers weekly with Texas Childrens Hospital, The Woodlands; The Woodlands Amateur Radio Club supporting the MS150 ride and numerous local events and has served on the Spring Trails Beautification Committee where he coordinated the first Spring Trails tree planting event in March 2019. Please join the Board of Directors in welcoming Roger to our leadership team.

Hail or Windstorm Roof Damage?

Many roofs in your neighborhood are damaged from recent wind and hail storms. Find out if you qualify for a new roof covered by your insurance.

(Even if you have been denied.)

Don't get left out!



Copyright © 2019 Peel, Inc. Spring Trails - August 2019 3

Welcome to Spring Trails!



Spring Trails welcomed dozens of new families to the community over the summer. Are you one of them? Welcome! You've probably already figured out just how unique

Spring Trails is. And there's more to come. Stay up-to-date on community news by registering with the Spring Trails website at www.springtrails.com. There you can review the Community's governing documents, preview and RSVP to upcoming community events, contact property management and the Board of Directors, request amenity access, sign up for text and email announcements, read about community initiatives, and much more.

Welcome to Spring Trails, the Forest of Possibilities.

Scout Project

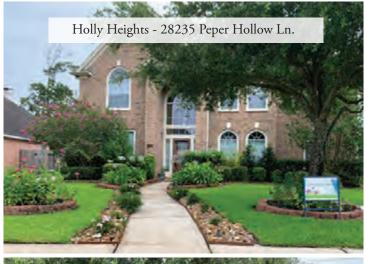
Jake Sherburne, Troop 886, approached the Board of Directors in January requesting permission to pursue an Eagle Scout Project with Spring Trails as the beneficiary. After considering a number of options, Jake proposed replacing the worn and broken chairs at the Mulberry Park gazebo. Years of use and weather had all but destroyed the existing chairs. Over the next few weeks, Jake identified designs and needed materials, obtained all the required approvals from his Scout leaders, raised money for kits, and assembled a team to build the new chairs. But he didn't stop there. In addition to the two new chairs, Jake assessed the condition of the existing chairs and was able to repair and restore one to like new condition.

Spring Trails continues to be blessed by the generosity and commitment of local Scouts. The next time you visit the fishing pond or walk around the tot park, stop by the gazebo and relax in the community's new rocking chairs. On behalf of the Association, the Board of Directors thanks Jake for considering Spring Trails as beneficiary for his Eagle Scout Project and wishes him continued success wherever his future leads.

Yard of the Month

Sponsored by Inframark

Congratulations to the June 2019 Yard of the Month winners:







And thank you to Inframark for sponsoring 3 Yard of the Month winners for May, June, July and August.

Independence Day Parade

Happy Independence Day!

Independence Day is always a special day in Spring Trails! Early in the morning on July 4th, families got dressed in red, white and blue and decorate their bikes, scooters, strollers, and even the dogs, to participate in the annual Independence Day Parade. A few neighbors participated by riding in their classic cars which is always a treat to see! The little ones were excited to see the flashing lights of the firetruck at the front of the parade and the Constable cars at the end. Resident Ian Grain kick off the beginning of the parade by playing patriotic music from speakers set up in his backyard. Many thanks to all residents who participated in the parade, and to those who lined the street to cheer and wave as the parade passed by!

The highlight of any parade is the float. Residents McKenzie Pew and Roger Olsen worked for several days decorating the trailer donated by Quinn and Jessica Lewis. The float was pulled by Regan Howell. A few of the many Veterans who live in Spring Trails were among those who rode on the float in the parade: Roger Olsen, Don Sharlow, Michael Lasswell, and George Watson, along with Madison Pew dressed as Lady Liberty. The Veterans were honored at the flag ceremony after the parade and received a small token of appreciation for their service to our country.

The parade ended at the Visitor Center where residents enjoyed a meal catered by Tailgate USA, and Kona Ice as a refreshing treat.

We appreciate the volunteer work of several of our wonderful Spring Trails residents: Al and Mary Nowak and their grandchildren Lindsey, Lauren and Cohen, Meredith, Ralph Jones, Marcia and Jerry Rueschhoff, Ian Grain and Genette Willbanks, Leanne Kessler, Luz Antonio, Patricia and Carlos Crespo, Gerson Batres, Cristina McLaurin, Tiffany and Cedric Cloud, Matt Call, McKenzie Pew, Roger Olsen, Sterling Bocage, Cuka Arpad, Jessica and Eric Hansen, Eric Hoffheiser, Katelin Jordan, Laurie McClain, Tommy Mize, Dirk and Carla Van Der Merwe, and the events coordinators Ruth Hutyra and Malinda Seger. To ALL who helped before, during, or after the event, THANK YOU!

A very special note of appreciation goes to Ruth Hutyra, who has coordinated the parade for many years.

Summer Dive In Movie Nights

The first dive in movie night of the summer just happened to be on the first (and longest) day of summer, June 21st. Everyone had fun cooling off in the pool, eating delicious pizza, and watching the movie. The June movie was "Mary Poppins Returns". "The Incredibles 2" was shown on July 19th, and the last movie night will be on August 9th, featuring the movie "A Dog's Way Home".

Photos of the Independence Day Parade/Picnic and other events can be viewed on the Spring Trails website under the Residents menu.









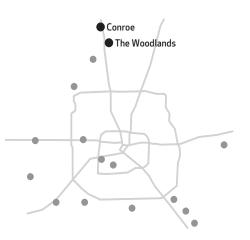
Live life without joint pain.

At Houston Methodist Orthopedics & Sports Medicine in The Woodlands, we know that joint pain affects every part of your life. With treatment plans customized for you, our specialists offer a full range of advanced nonsurgical and surgical techniques, including:

- Innovative pain control methods
- Physical therapy to improve mobility and range of motion
- Latest technology, including minimally invasive surgical techniques
- Presurgical education programs for joint replacement

We can help you find relief from joint pain — so you can keep moving.





Schedule an appointment: houstonmethodist.org/jointpain

936.321.8000

Text Alerts



Have you signed up for text alerts yet? If not, sign up through the Spring Trails website at www.springtrails.com. Existing users can click "Your Profile" at the top right of the home page enter a mobile phone number to the "Text messaging number" field and save your update. New users must first register through the website by clicking "Register" at the top right of the home page and completing the required fields. Remember, only one user per household.



ARC Spotlight

Roofs

Every house has one...and many Spring Trails houses have reached the age of roof replacement. This month's ARC Spotlight focuses on the architectural requirements for roofs (reference Covenants, Conditions & Restrictions, Section VII-19 and Builder Guidelines Design Standards and Criterial, Item II-S).

- · Asphalt shingles must be a minimum weight of 240 pounds, dimensional/architectural cut, and a color approximate to Timberline Weatherwood in appearance.
- Asphalt shingles of a different color, standing seam metal roofing and roof tiles made of clay or pre-colored concrete are allowed with ARC approval, provided they compliment the architectural style and color of the house.
- Additional considerations for "storm and energy efficient shingles" are outlined in Supplemental Notice of Dedicatory Instrument 01/26/2016, Section 4.
- · Wood shingles or painting roof materials are not permitted.
- All roof penetrations including flashing and ventilators shall be painted to match the approved roof color.
 - The use of copper roofing on access areas is permitted.
- Skylights are allowed with prior ARC approval of location and design.
- Solar devices are allowed with prior ARC approval of location and design. Additional considerations are outlined in Supplemental Notice of Dedicatory Instrument 01/26/2016, Section 3.

An Application for Approval to Modify Home or Property (ARC Request) is required for all roof replacements, including emergency circumstances. Questions about architectural requirements or the status of an ARC request can be addressed directly to the ARC Committee through the Spring Trails website, Request Manager (Residents, Contact Us, Contact a Committee, select Architectural Review Committee from the drop down menu).

The above roof requirements and other residential guidelines are available at www.springtrails.com, under the Documents menu.

SPRING TRAILS

Mark Your Calendars!

August 6th - MUD 94 Board Meeting
August 8th - HOA Board Meeting
August 9th - Dive In Movie
August 9th - Heavy Trash Day
August 14th - First Day of School
August 29th - Adult Bingo Night
September 2nd - Back to School Bash
September 3rd - MUD 94 Board Meeting
September 12th - HOA Board Meeting
September 13th - Heavy Trash Day
September 21st - Community Garage
Sale

IMPORTANT: New Recycle Pick Up dates: August 7th and August 21st.

Visit the Spring Trails Website, Events tab

for event details and to register.

Tax Free Weekend



Conroe ISD students return to school August 14th. Are you prepared? Not to worry. The annual sales tax holiday is August 9th-11th. Stock up on supplies, clothes, shoes, and other school related items tax free from any Texas store, or online/catalog seller doing business in Texas.

The sales tax exemption applies only to qualifying items purchased during the sales tax holiday. For a list of qualifying items, visit https://comptroller.texas.gov/taxes/publications/98-490/. Complete school supply lists for all Conroe ISD schools are available at http://www.conroeisd.net/parents/back-to-school/.



SPRING TRAILS

School Zone Safety Tips



Conroe ISD's first day of school is August 14th. As home to Broadway Elementary and hundreds of school-age kids, Spring Trails residents are reminded of these simple but important school zone safety tips:

- Be alert when driving through area bus stops and school zones. Expect the unexpected when children are present.
- Obey the 20 mph speed limit within school zones.
- Put down the cell phone. Use of cell phones in school zones is **PROHIBITED.**
- Obey the crossing guards.
- Avoid delays and traffic congestion by scheduling your M-F routines around school drop off and pick up times.
- Park in designated areas only. Maintain safe and lawful distances when parked near fire hydrants (15'), intersections/crosswalks (20'), stop signs (30'), etc.

Communications

Thank you to this month's Newsletter Contributors: Malinda Seger, Sylvia Sudeth, Mark Combs, Khara Mathews. Residents interested in submitting stories or articles for inclusion in the newsletter can do so online at https://peelinc.com/index.php/submit-an-article/. Articles are due by the 10th day of the preceding month.

Recycling Reminder



The recycling pickup carrier and pick up schedule has changed. 95-gallon recycling carts have been delivered to all homes within Spring Trails.

Republic Services will pick up recycling twice-

monthly, on the first and third Wednesdays. Residents are reminded to place recycling carts at the curb the night before pick up, and to store recycling carts out of sight between pick ups. Residents who wish to opt out of the recycling program, can contact Republic Services at 713-726-7300 to arrange for return of the recycling cart.

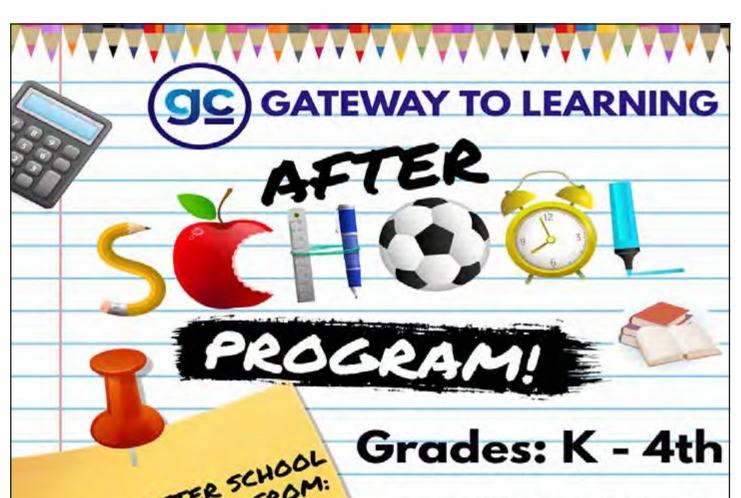
2019 Election

Spring Trails will elect two people to the Board of Directors this November. Article III of the By-Laws of Spring Trails Community Association, Inc. defines the composition and selection of Board members, and the powers and duties of the Board. Members are encouraged to consider serving the community as a member of the Board.

Formal notifications and announcements will be mailed to members in the coming weeks. If you are interested in serving on the Board of Directors and have questions regarding the process and/or expectations, please contact Inframark or the Board of Directors through Spring Trails Request Manager.



Copyright © 2019 Peel, Inc. Spring Trails - August 2019 9



BEFORE + AFTER SCHOM:

STUDENTS ARE PROVIDED

WITH HOMEWORK TIME,

A WEEKLY BIBLE LESSON,

AND ARE ENCOURAGED

TO PARTICIPATE IN

VARIOUS PHYSICAL AND

IMAGINATIVE ACTIVITIES.



WORSHIP SERVICE: SUNDAYS AT 10:30AM & WEDNESDAYS AT 6:45PM BIBLE STUDY CLASSES: SUNDAYS AT 9:15AM

2930 RAYFORD ROAD 281.363.4500 • www.DISCOVERGATEWAY.com

Fishing Pond Follow Up Article... Oh, What a Tangled Mess We Make! (The Owl Rescue Story)

by Mark Combs

Fifteen years ago, my wife and I started looking for our first house. We were expecting our first child and for months, we checked out several neighborhoods in different areas of Houston. It was only by chance that we were visiting my parents here in Spring, when, we drove past a newly developed community called Spring Trails, and we knew we were home. Since making Spring Trails our home, our little family has grown to 2 children and 1 fur child with all three enjoying our neighborhood pond. Both our children learned how to fish and kayak in our pond. Our dog, Pepper, is a lab and loves to swim in it.

Early on May 31st, I took Pepper to the pond like I usually do. As we were walking, she started to act weird and growl. That's when I noticed a full grown, mature owl hiding in the bushes. But it wasn't there on the ground to hide. It was trapped. The tip of its wing was tangled up in used fishing line. It was panting and was weak. Who knows how long it had been there?!

Unfortunately, I didn't have anything to cut the thick, braided line knotted up around its wing. I called my son, Parker, who was on his first day of summer vacation, and he quickly grabbed a strong pair of scissors and jumped on his bike. While waiting for him, my neighbors and friends, Crystal and Larry Broom, were walking in my direction. They were there earlier and had also seen the trapped owl. They were coming back with scissors, blanket, and leather gloves to help the frightened owl.

Together, the four of us began to rescue this poor animal. My son and my wife, Crystal, distracted the owl by covering it with the blanket, not only for its safety but ours. From behind, I grabbed its trapped wing and started to cut each loop of fishing line. I was amazed on how many loops I had to cut that had tangled its feathers to the tips of tree limbs far above. Soon, its wing was free. I went ahead and cut some tree limbs to clear a path for the owl.

I wish this was part of the story where I say that it spread its majestic wings and flew passed our head. Instead, it took a few minutes for it to spread its wings, but it didn't fly off. It was clearly exhausted. We backed off and gave it space. We called TPWS and left as they were going to check on it. I went by later that day, but it was already gone. I knew its wings weren't damaged and hopefully it was now in its own habitat recovering from the ordeal.

I have watched our neighborhood changed so much the past 15 years. I am sure it will change some more in the next 15. When I bought my house, we were sold on the idea of "Spring Trails, The Forest of Possibilities" but, as our neighborhood and this area continues to grow, we must do our part to preserve what's left of those "possibilities".



Frozen Strawberry Lemonade Pie

Don't let the heat spoil your summer. Stay cool with this super-simple Strawberry Lemonade Frozen Pie.

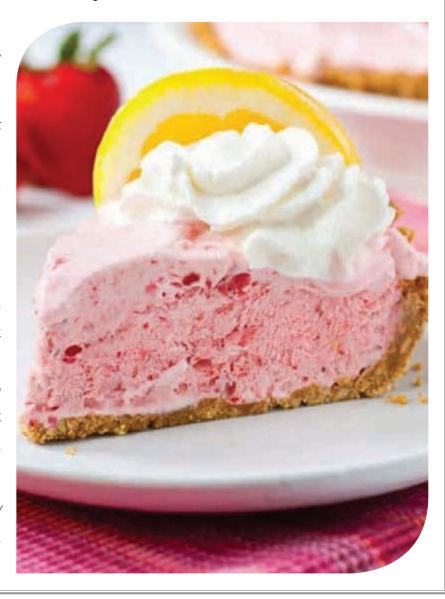
1 container (23 oz) of frozen sweet strawberries (thawed)

1 package (3.4 oz) of instant lemon pudding mix

1 container (8 oz) whipped topping 1 graham cracker crust (9 in.)

In a large bowl, combine the strawberries (with juices) and pudding mix. Let stand until thickened (about 5 minutes). Fold in whipped topping. Spread into graham cracker crust. Let freeze at least 8 hours. Feel free to serve with additional whipped topping or fruit.

Submit your favorite recipes at https://
peelinc.com/index.php/submit-anarticle.





Kiddie Academy® of Harmony 3653 Lexington Blvd. Spring, TX 77386 281-671-8329 harmony@kiddieacademy.net kiddieacademy.com/harmony

INFANTS • TODDLERS • PRESCHOOL • BEFORE AND AFTER SCHOOL

We Nurture Ingenuity.

Aspiring innovators rarely go from zero to life-changing on their own. They start early, in an environment that rewards their drive to create better ways to do things. They model themselves after teachers and visionaries who show them what changing the world looks like, one invention at a time. Kiddie Academy *Life Essentials* lets children imagine that anything is possible.





Mosquitoes



Mosquitoes can not only be irritating by biting, but they also are able to transmit various diseases to humans and animals. They are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, Zika, dengue, yellow fever, malaria and filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs are laid on the surface of water or in dry locations that can be flooded by water. Eggs laid in dry locations can remain dormant under for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which are non-feeding. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Many things can help to reduce mosquito problems around the home. Since three of the four life stages of mosquitoes are in or near water, it is best to eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped

product that contains Bacillus thuringiensis var. israeliensis. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

Avoiding outdoor activities during peak mosquito hours is the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied.

The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.

SPRING TRAILS

At no time will any source be allowed to use Spring Trails contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in Spring Trails is exclusively for the private use of the Spring Trails HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

- * The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.
- * Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.
- * Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Replacement
- Custom Staining

- Wood Replacement
- Interior Carpentry
- Sheet Rock Insulation
- Interior & Exterior Door Replacements
- Stucco Repair
- Wallpaper & Texture Removal
- Crown Molding

NO MONEY UP FRONT

20 Years Experience • References Available

Commercial/Residential

~ FREE ESTIMATES ~
BashansPainting@yahoo.com

FULLY INSURED

281-347-6702 281-347-1867







1971

AUTOMOTIVE • TRANSMISSION TOWING • COLLISION

"Complete Auto Service Facility"

281.367.3535

29707 W. HAWTHORNE AT RAYFORD RD.

HOURS: Monday - Friday 7am - 6 pm Saturday - 7 am - Noon

15% OFF LABOR

SCHEDULE YOUR APPOINTMENT ONLINE!

www.MilsteadAutomotive.com

SKIN CANCER

THE SAD TRUTH

Every year, **5.4 million new cases** of skin cancer are diagnosed, making skin cancer more prevalent than any other cancer. 1 in 5 Americans will develop skin cancer in their life. The saddest part is that skin cancer is one of the most easily preventable and diagnosable cancers, and, if detected early, has one of the highest treatment rates. Yet, the public is still ill-informed on such a common cancer.



WHAT CAN YOU DO TO REDUCE YOUR RISK

PROTECT

Apply sunscreen and wear long-sleeves & hats under the sun.





PREVENT

Avoid direct sun exposure between the hours of 11:00 am and 4:00 pm. Never use tanning beds.



DETECT

Look out for abnormal moles or skin patches on your skin and regularly get physical examinations.







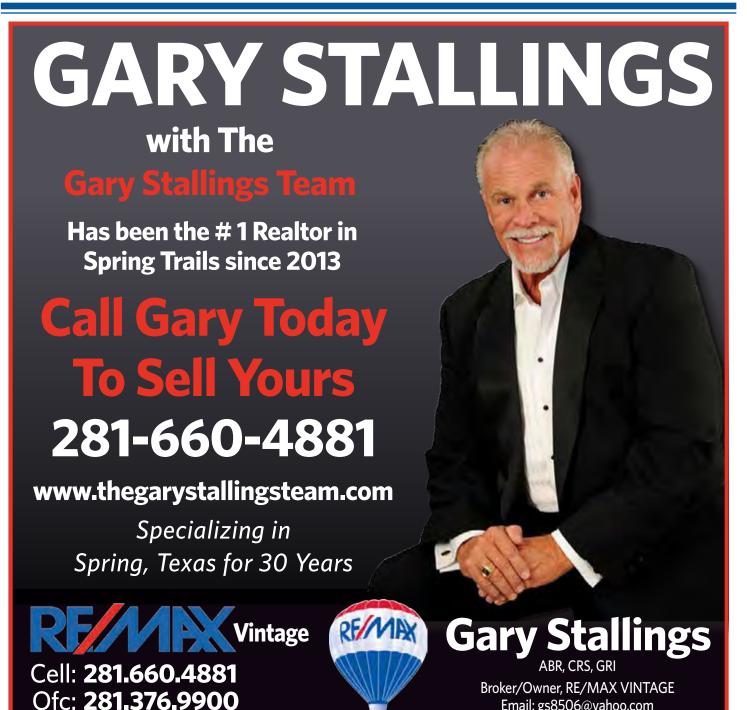




Oddly shaped, discolored, large, and evolving moles are potentially malignant







Each office independently owned & operated

Email: gs8506@yahoo.com

If your property is currently listed, this is not a solicitation

STAY SEASONABLY COMFORTABLE WITH AIR OF SPRING



Air Conditioning • Heating • Refrigeration Residential • Commercial

Servicing All Makes & Models • Senior Citizen/Military
DiscountFamily Owned & Operated • Annual Preventative
Maintenance Contracts10 Year Parts & Labor Warranty Available



BOOK YOUR SERVICE ANYTIME! CALL OR GO ONLINE









UP TO \$2500 IN REBATES PER SYSTEM REPLACEMENT AVAILABLE

Valid for a limitedtime only!

BOOK YOUR SERVICE ANYTIME! CALL OR GO ONLINE



\$**54.95**

Complete A/C Inspection Additional Units \$49.95 Each

Valid on Residential Jobs Only. With Coupon. Not ValidSundays, Holidays, after hours, With any other offer or coupon. Expires 10/31/19 \$20 OFF

Diagnosis

Valid on Residential Jobs Only.
With Coupon. Not ValidSundays,
Holidays, after hours, With any
other offer or coupon.
Expires 10/31/19

\$100 OFF

Purchase & Installation Of Any HVAC Equipment

Or

\$250 OFF

Purchase & Installation Of Any HVAC System

Valid on Residential Jobs Only. With Coupon. Not ValidSundays, Holidays, after hours, With any other offer or coupon, Expires 10/31/19 \$65 OFF

Any Repair Over \$300

Valid on Residential Jobs Only. With Coupon. Not ValidSundays, Holidays, after hours, With any other offer or coupon. Expires 10/31/19