

WOODFOREST

THE OFFICIAL PUBLICATION OF THE WOODFOREST OWNERS' ASSOCIATION

**DEVELOPER'S
UPDATE:** Pathways
Connect the Community

HOA REMINDER:
Why Is ARC
Approval Required?

**HOLIDAY IN
THE FOREST**

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and blessed Thanksgiving!



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Lauren Luca

Magazine Deadline

The deadline for the December issue was October 20.
The deadline for the January issue is November 20.

Submit content by email to
lauren.luca@gmail.com

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DEVELOPER'S UPDATE

Pathways Connect the Woodforest Community

WOODFOREST IS BECOMING MORE ACCESSIBLE with the introduction of new pathways throughout the community and the installation of traffic signals at Woodforest Parkway and Fish Creek Thoroughfare.

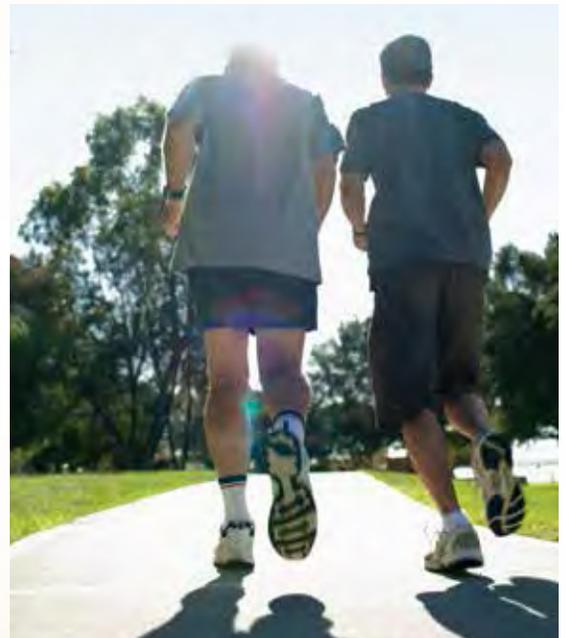
Initially delayed because faulty equipment delivered from the manufacturer had to be reordered, the much-anticipated traffic signal was expected to be operational by the end of October, weather permitting.

Also expected to be complete at about the same time was a new pathway from Chaparral Bend Drive along the east side of Woodforest Parkway South to Deerbourne Ridge Drive.

Clearing began in mid-September along the west side of Woodforest Parkway Northwest from the new neighborhood of Cheswood Forest to Stewart Elementary. Pending weather, it was expected to be complete in about 30 days. Following completion of that project, work was going to begin on the

first pathway to cross Fish Creek Thoroughfare. The pathway will start at Cypress Pond, connecting to an existing path and continue west across Fish Creek until it meets with an existing pathway at Muirfield Point. This east-west connector should prove popular with residents heading for playdates at the Forest Heights Scooter Park.

And talking about parks, the Forest Heights Scooter Park offers the biggest playground in Woodforest, but that's going to change by the end of the year when the Forest Island playground is expected to open. This expansive playground will include the area's first 50-foot zipline, an impressive climbing structure that has elements for younger and older children, two sets of swings, spring riders for toddlers and a plaza area with bench seating and bike racks. Crews were scheduled to begin work on the site by late September.



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This year, start a meaningful new tradition by donating to Texas Children's Hospital on behalf of a loved one, or by asking that a gift be made in your name.

Your donation will help fund important hospital initiatives, including the construction of the new Texas Children's Hospital The Woodlands. What more precious gift is there than knowing you have changed the lives of children and women in your community?

Visit texaschildrens.org/give and make a wish come true this holiday season.



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Hospital**

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HOA REMINDER

Why Is ARC Approval Required?

THE ARCHITECTURAL REVIEW PROCESS IS REQUIRED by the governing documents of deed-restricted communities. But why should someone else have any say over what you do with your own home?

Everyone who buys a home in a deed-restricted community (whether it is a condominium, townhouse or single-family association) agrees to be bound by the governing documents of that association. That includes applying for architectural approval of just about anything that changes the exterior appearance of your home or your unit.

Architectural control for a condominium association tends to be more understandable by most owners because the exterior is generally owned, maintained and otherwise controlled by the association. You may not like the fact that you cannot paint your front door a different color or add distinctive decoration to the exterior, but you tend to understand the fact that it is not your individual property but is owned indivisibly by everyone in the community.

Single-family associations have similar architectural control over what owners may or may not do when it pertains to exterior painting, roofing, fences, fence staining, statues, additions, swimming pools, basketball goals, play structures and other things that affect the exterior appearance of a home. Some owners feel this is an intrusive burden that violates their property rights. This is not so. The association's architectural review authority is based in the community's governing documents and in the state's property code. The purpose of architectural review is to maintain or enhance your property's value by helping owners to use colors, materials and styles that coordinate with and complement the rest of the community.

Remember that the members of the Architectural Review Committee (ARC) or Architectural Control Committee (ACC) understand your desire to improve your home and the importance of having you do so. They are, however, obligated by the governing documents to consistently and fairly enforce the community's architectural guidelines for your benefit and for the benefit of the entire community. By doing so, the Committee helps better ensure that the community maintains a harmonious and consistent appearance.

When people select a deed-restricted community in which to purchase a home, they do so for a variety of reasons. Chief among them are:

- Homes in deed-restricted communities tend to be better maintained.
- There is continuity, consistency and harmony (as well as variety) among the homes.

- Your next door neighbor cannot use garish colors and hence reduce the value of your home or your enjoyment of the neighborhood.
- There is more of a sense of community and belonging.
- Homes in deed-restricted communities hold their values better.

Complete a simple application form and, depending on your plans, attach samples of the paint or roof materials or, if you are doing something more extensive like a patio cover or room addition, attach drawings, dimensions and lists of materials. Submit the completed application and it will be promptly reviewed. You will also be notified in writing of the Architectural Review Committee's decision. Assuming your application is approved, you may commence work without further ado. If your application is denied, the Committee or your managing agent will tell you why it was denied and what you can do to get the work approved. Finally, if you feel your application was denied unfairly, you have the right to appeal the decision. Your managing agent will help you through this process.

ARC approval does not apply to minor repairs to the exterior of your home such as replacing and repainting a piece of trim or patching a small area of shingles. Nor is it intended to get in the way of urgent things like the replacement of a badly leaking roof. If you tell your managing agent the urgent nature of the repair or replacement, the application can most often be walked through and approved in a day or two.

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WOODFOREST GOLF CLUB

Championship Golf



The Woodforest Golf Club features a 27-hole championship course designed by PGA powerhouse Steve Elkington and rated one of the top 10 courses in Texas by Golf Digest. The club has hosted the PGA Champion's Tour Regional Qualifier tournament every year since 2008 and in 2012 hosted both the USGA Amateur Qualifier and the Texas Golf Association Amateur Public Links Championship.

The public Woodforest Golf Club features three courses contoured with towering pine trees and old-growth oaks. As it meanders through the landscape, the course challenges golfers, while three sets of tees accommodate a variety of handicaps. Golfers hone their skills at generous practice facilities, including a driving range, separate putting and chipping greens, and fairway and greenside practice bunkers.

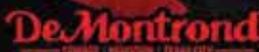


Texas Renaissance Festival



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Contact/Lead: Jeremy Fain
FishCreekFC@gmail.com

DOG PARK SOCIAL GROUP
Woodforest Dog Park
Contact/Lead: Leslie Redhead



COME AND JOIN US FOR Holiday in the Forest

at the Homefinder Lodge on 101 Elk Trace Parkway

DECEMBER 13 9 a.m.-11 a.m.

Bring the family for pictures with Santa without the long lines at the mall. Pancakes and hot cocoa will be served.



WOODFOREST Patrol Officers

HOW DO I REACH THE PATROL OFFICERS?

Please call the Non-Emergency Montgomery County Sheriff's Department at 936-760-5871, but call 911 if it is an emergency.

WHO ARE THE PATROL OFFICERS?

Captain Michael White, Deputy Janie McCown and Deputy Brian Davis

HOW OFTEN ARE THEY HERE?

They patrol the community 40 hours per week

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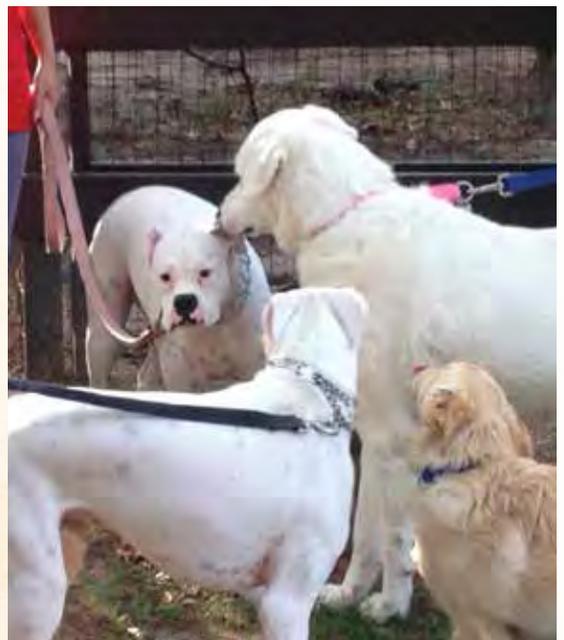
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WOODFOREST Social Groups



Dog Park Group

Dog owners are invited to visit our Facebook page called Woodforest Doggy Social. Residents can join this page to find out about times and other events going on within the dog park and/or Woodforest. We encourage residents to post pictures of their dogs having fun in the dog park, too.





Home School Group

The Woodforest Home School Group enjoyed a back-to-school swim party at the end of August.

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Renu's Recipe of the Month

Sweet Potatoes and Other Root Vegetables

Almost everyone craves sweets. Rather than depending on processed sugar to satisfy cravings, add naturally sweet foods to your daily diet to satisfy your sweet tooth.

Sweet vegetables soothe the internal organs of the body and energize the mind. Because many of these vegetables are root vegetables, they are energetically grounding, which helps to balance out the spaciness people often feel after eating other kinds of sweet foods. Adding in sweet vegetables helps to crowd out less healthy foods in the diet.

Roots like sweet potatoes, carrots, and turnips are a rich source of nutritious complex carbohydrates. Instead of upsetting blood sugar levels like refined sweet foods do, they help regulate them.

Which Root Vegetables Do You Eat Most?

If you're like most of the world, it's carrots and potatoes. Here are a few others to explore:

- Beets contain an abundance of antioxidants and are highly detoxifying.
- Burdock is considered a powerful blood purifier. This long, thin veggie is a staple in Asian and health food stores.
- Celeriac, also known as celery root, is rich in fiber and with a respectable amount of antioxidants.

- Jicama is crunchy and refreshing and contains a generous amount of vitamin C. It's a favorite in its native Mexico and South America.
- Onions are rich in antioxidants and other phytonutrients, making them prized for their ability to strengthen the immune system.
- Parsnips, which look like giant white carrots, boast a sweet, earthy taste. They've also got plenty of fiber, vitamin C, folic acid, niacin, thiamine, magnesium, and potassium.
- Radish is an excellent source of vitamin C. It's also rich in calcium, molybdenum, and folic acid.
- Sweet potatoes contain unsurpassed levels of beta-carotene and are also rich in vitamin C, phytonutrients, and fiber.

Why Eat More Root Veggies?

Long roots – carrots, parsnips, burdock, and daikon radish – are excellent blood purifiers and can help improve circulation in the body. Round roots – turnips, radishes, beets, and rutabagas – nourish the stomach, spleen, pancreas, and reproductive organs.

About Renu Agrawal

Renu received her training from the Institute for Integrative Nutrition in New York. Check out her blog or visit her website at www.RenuYourLifeLLC.com for more recipes.

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Excited to add more roots to your diet? Here's a fun, easy recipe:

ROASTED SWEET POTATOES WITH HERBS

- 2 large sweet potatoes, peeled and cut into ½ inch-thick rounds
- 1 large onion, sliced
- 1-2 bell peppers (any color), seeds removed and sliced
- 5-6 cloves garlic, chopped
- Herbs: thyme, rosemary or sage (fresh if possible)
- ½-1 tsp. red pepper flakes or black pepper
- ½-1 tsp. salt
- 3 Tbsp. coconut oil (melted)

Preheat oven to 425°F. In a large bowl, combine all ingredients. Mix well to coat with oil. Place them in a 13x9-inch baking dish. Place on top rack of the oven and roast uncovered for 40 minutes to 60 minutes until vegetables are tender and sweet potatoes are golden brown. You might want to stir vegetables every 15 minutes or so for even roasting.

Tip: Any combination of vegetables will work. Roasting only one kind of root vegetable also makes a nice side dish.



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IN ADDITION TO REHABILITATING INJURED AND ORPHANED WILDLIFE, TWRC's mission is to educate children and adults on living in harmony with wildlife. As part of our education program, there are many animals that call TWRC home because their injuries have rendered them non-releasable or because they were once pets that have been turned in to us. These animals become our education ambassadors and travel to schools, churches, festivals and community events. In many cases, it's the only opportunity the public has to get up close and personal with wildlife.

I'd like to introduce you to Sheila, our four-year-old inland bearded dragon. She is native to Australia, but they are occasionally found in our

area because someone releases what was once a pet or they escape a captive situation. They likely will not survive in our ecosystem if left in the wild. Sheila is an omnivore and survives on insects and fruits. Bearded dragons have specific behaviors which allow us to "read" what they're feeling. When it waves its arms in slow circles, it's feeling submissive. When it bobs its head up and down, it is feeling dominant. When aggressive, it will display a black "beard" by extending the gular (or guttural) pouch on its throat and opening its mouth.

If you'd like more information on Sheila or would like to sponsor her, please go to www.twrcwildlifecenter.org, click on "**support**" and read about our Ambassador Row animals.



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WOODFOREST Pet Liaison Volunteers

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GOT NEWS?

GET THE WORD OUT

The *Woodforest* magazine encourages articles and pictures from residents and from neighborhood groups, clubs and organizations. Please submit your article to the editor at Lauren.Luca@fsresidential.com by the newsletter deadline if you would like to publicize your upcoming activities, invite participation in your club or just recognize an achievement or honor. Photos are always welcome and should be sent as separate attachments in jpg files in as high a resolution as possible for good quality images.



Travis Moffatt, O.D.

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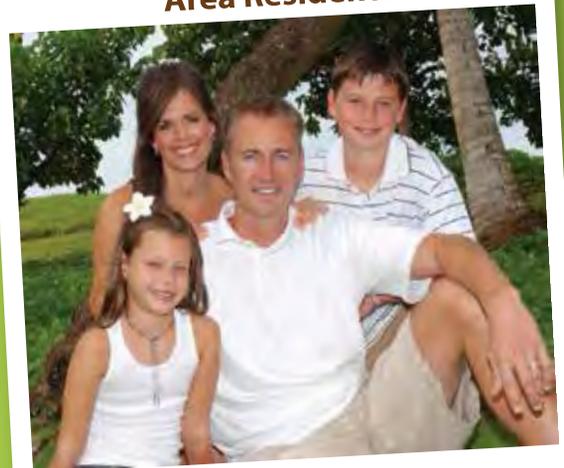


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[youtube.com/childfamilyeyecare](https://www.youtube.com/childfamilyeyecare)

Area Residents



Dr. Travis Moffatt and his wife Cammi with children Jackson and Marissa

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Montgomery ISD

MONTGOMERY HIGH SCHOOL NAMED AS TOP SCHOOL

SIX INDICATORS WERE CULLED FROM SCHOOL SURVEYS to compare public high schools in the U.S., with graduation and college acceptance rates weighted most heavily. Other criteria included college-level courses and exams, percentage of students with free or reduced lunch, as well as SAT and ACT scores – another mark of how well a school prepares students for college. Principal Phil Eaton said, “I am so proud of our students and staff as we celebrate being named one of the best high schools in America for the second year in a row. Our students come to school with a great desire to learn and their families certainly set high expectations for them. We have an excellent teaching staff that is committed to help each of our students learn at the highest of levels. It is a great day to be a Montgomery Bear!”

AWARDS FOR MISD FINANCE DEPARTMENT

THE MONTGOMERY INDEPENDENT SCHOOL DISTRICT FINANCE DEPARTMENT HAS BEEN AWARDED the Certificate of Achievement for Excellence in Financial Reporting by the Government Finance Officers Association of the United States and Canada (GFOA) for its comprehensive annual financial report (CAFR). The Certificate of Achievement is the highest form of recognition in the area of governmental accounting and financial reporting, and its attainment represents a significant accomplishment by a government and its management. The CAFR has been judged by an impartial panel to meet the high standards of the program including demonstrating a constructive “spirit of full disclosure” to clearly communicate its financial story and motivate potential users and user groups to read the CAFR.

Once again, Montgomery High School has made the list for one of the best public high schools in the United States.

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Conroe ISD

DR. STOCKTON KICKS OFF “READ FOR A BETTER LIFE”

DR. DON STOCKTON, Superintendent of the Conroe Independent School District, began the eighth year of the District-wide initiative, “Read for a Better Life,” by reading to the children of employees of the Curriculum, Instruction and Staff Development Department at the September Board meeting.

Prior to reading, Dr. Stockton acknowledged the Conroe ISD librarians and teachers who attended the meeting and addressed the crowd. “We started this initiative almost ten years ago with the idea that if every adult would spend 30 minutes [reading] with every child every day it would change the world,” stated Dr. Stockton. He went on to say, “Reading is the most critical thing we do in our schools.”

During the Board meeting, Dr. Chris Hines, Deputy Superintendent, read a “Read for a Better Life” resolution, which proclaims that Conroe ISD will support “Read for a Better Life” and authorizes the District to enlist the support of the parents and community of Conroe ISD to read aloud to every student 30 minutes of every day. The Board agreed unanimously to the resolution.

“Read for a Better Life” is a simple task that requires few resources and results in many benefits to students. The District is committed to this project and looks forward to the continued involvement of all members of the Conroe ISD community to read aloud to students.

DISTRICT ART SHOW HIGHLIGHTS STUDENT TALENT

ON SUNDAY, SEPTEMBER 14, CONROE ISD HOSTED A DISTRICT ART SHOW at the Dean L. Sadler Administration Building in Conroe. The show featured student artwork from each campus highlighting the outstanding visual arts programs in our schools and community.

Conroe ISD’s art program provides a quality, sequential and cumulative learning experience for all students. Student artwork has been featured in numerous periodicals and art books. The art show allowed families and members of the community to preview the exhibit which will be on display until August 2015.

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Christmas IN MONTGOMERY

VISIT US ON **SATURDAY, DECEMBER 13** IN HISTORIC MONTGOMERY, WHERE THE HOLIDAYS BEGIN!

Christmas Parade – 11 a.m.

The theme will be “A Storybook Christmas.” We look forward to another historical Christmas with you! Applications may be downloaded from the website or picked up at Montgomery City Hall or Sam Houston Memorial Funeral Home. The deadline for parade entry is **December 5**. Please visit the website at www.experiencemontgomery.com/events/christmas-in-montgomery/ for a parade application. The parade route is also available for download.

Holiday Marketplace – Arts and Crafts Sale 9 a.m.-5 p.m. at Old Community Center Building

Please visit the website to download an application if you would like to reserve a booth for the Holiday Marketplace.

Breakfast with Santa

8-10 a.m. at Living Savior Lutheran Church

Adults are \$8. Children ages three and up are \$5. Children two and under are free. Photos with Santa are \$5.

37th Annual Candlelight Home Tour 4-8 p.m.

\$15 for adults and \$5 for students and children. Tickets can be bought on **December 14** after 2 p.m. at the Nat Hart Davis Museum.

23rd Annual Cookie Walk

12-5 p.m. at Old Community Center Building

Buy beautiful holiday cookies by the pound!

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PROTECT YOUR KIDS: Understanding Concussion Symptoms and Recovery

A bump, blow or sharp jolt to the head can cause a concussion, a type of traumatic brain injury that changes the way the brain functions. Concussions can range from mild to severe, with symptoms that fall into four general categories: physical, thinking and remembering, emotional state and mood, and sleep patterns.



Dr. Varghese
Pediatric Neurology

When pediatric neurologist Shaun Varghese, M.D., was growing up, he never wore a bike helmet. “We just weren’t as aware of the potential for serious head injury as we are today,” says Dr. Varghese, who is affiliated with Children’s Memorial Hermann at Memorial Hermann The Woodlands. “Despite the increased attention to helmet safety, I still treat kids with concussions resulting from bicycle accidents in which they weren’t wearing a helmet.”

Concussions are increasingly more common as parents encourage their children to engage in sports at an earlier age. It doesn’t have to be a full contact sport for an injury to occur that results in a concussion.

The most common symptoms of concussion are headache, dizziness, blurry vision, sensitivity to noise or light, balance problems, difficulty concentrating or remembering clearly, irritability or sadness, anxiety and changes in sleep patterns. Kids who are active in sports tend to downplay their symptoms so they can return to play quickly.

If your child has suffered an impact injury and complains of any of these symptoms, he or she needs to be seen by a physician immediately. The earlier a child is evaluated, the greater the chance of a fast and complete recovery.

“I’ve even treated concussions in toddlers who weren’t in car seats and suffered head injuries as a result of auto accidents, and infants who have fallen from couches,” adds Dr. Varghese.

In very young children who haven’t begun to talk, parents should watch for excessive drowsiness, fussiness or loss of appetite.

In most cases, a concussion can be diagnosed based on a history of head impact and a physical exam. If a child has a more serious injury, coordinated care and diagnostic imaging studies such as those available on the Campus of Memorial Hermann The Woodlands Hospital are used.

The amount of time required for healing from a concussion depends on the severity of the injury, and can range from a few days to a week for a mild concussion. More intense injuries to the head can take up to a year or longer to heal.

“I treated a patient who suffered a strong blow to the head during competitive sports. Her concussion resulted in a dramatic fall in academic performance and a change in mood,” says Dr. Varghese. “I followed her for a full year before she was without symptoms and able to start her return to competitive sports.”

The best way to handle a concussion is to see a doctor and allow the child to progress through all the stages of healing at the appropriate rate before returning to play.

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A Wonderland OF HOLIDAY FESTIVITIES

NOVEMBER 22 FROM 3 P.M. TO 9 P.M.

Lighting of the Doves

The 32nd Annual Lighting of the Doves Festival will kick off the 2014 holiday season in The Woodlands on **November 22** from 3 p.m. to 9 p.m. where live entertainment, interactive booths, games and more make for great family fun. Guests can enjoy a snow slide, snow play area, inflatables, children's arts and crafts, strolling entertainers and fireworks.

Produced by The Woodlands Convention & Visitors Bureau, the celebration will feature a special appearance by Santa aboard a decorated sleigh on The Woodlands Waterway*. The free event will be held at Town Green Park (2099 Lake Robbins Drive) and is open to the public.

www.LightingoftheDoves.com

8th Annual International Winter On The Waterway

In conjunction with the Lighting of the Doves Festival, International Winter On The Waterway (iWOW) will celebrate its eighth year on Saturday, **November 22** from 3 p.m. to 9 p.m. along The Woodlands Waterway adjacent to Town Green Park.

At iWOW, attendees can celebrate the cultural diversity represented in The Woodlands with booths presenting holiday traditions from around the world. Check out the iWOW World of Holiday Trees and enjoy international foods, arts and crafts, music and entertainment.

Admission to iWOW is free and open to the public.
www.iWOWinTheWoodlands.com



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in Historic Downtown. From 9 a.m. to 2 p.m. every first Saturday of the month, an acoustic jam session is held on the porch of the Garrett House.

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Something Green

FOR THANKSGIVING

IF YOU'RE COOKING THANKSGIVING DINNER at your house the fourth Thursday in November, you probably have your basic menu planned. It usually includes turkey, dressing, mashed potatoes, sweet potatoes, something green, hot rolls and pumpkin or pecan pie. You know what your family likes, and you may even have some dishes that they actually demand (nicely, of course). It's the "something green" that might be the only part of the meal that allows for any deviation. Would it precipitate the end of the world if they didn't see the green bean casserole on the table? Here's a dish from Kalynskitchen.com that just might make it into the rotation:

Broccoli Gratin with Swiss and Parmesan

(Makes 4-6 servings)

- 5-6 cups bite-size broccoli flowerets (about 1 lb.)
- 1 cup finely grated Swiss cheese (about 2 oz.)
- 6 T mayo
- 1 T fresh squeezed lemon juice
- ½ tsp. Dijon mustard
- fresh ground black pepper to taste
- 2 T finely chopped green onions
- 3 T finely grated parmesan cheese

Preheat oven to 375 degrees Fahrenheit. Bring large pot of water to a boil while you trim broccoli and cut into small flowerets. When water starts to boil, put broccoli in and cook not more than 1-2 minutes (just until the broccoli turns



bright green). Immediately dump broccoli into a colander placed in the sink and let drain well.

Spray a low-sided glass or crockery casserole dish with non-stick spray or olive oil. (This recipe calls for a 9x13 inch pan, but if you double the recipe you might be better off using a lasagna pan.) Put broccoli in casserole dish, spreading out into a single layer.

Stir together mayo, lemon juice, dijon mustard and black pepper, then mix in finely chopped green onion and finely grated swiss cheese. Spread mayo-cheese mixture over the top of broccoli (Use a rubber scraper to do this. This is not a sauce that will completely cover the broccoli, but a thin layer of cheese sauce on the top). Sprinkle parmesan cheese over mayo-cheese mixture. (On Thanksgiving Day, this could be made ahead up to this point and kept in the refrigerator. Let come to room temperature before baking.)

Bake uncovered for 20-25 minutes, until cheese is melted and slightly browned on top. Serve hot.

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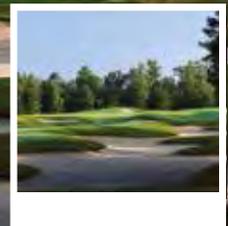
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