



# SPRING MEADOW

*Estates*

Winter

2013

A PUBLICATION OF THE SPRING MEADOW ESTATES HOMEOWNERS ASSOCIATION, INC.

## *What is a Community Association?*

Some residents think homeowners and condominium associations (generally called community associations) exist just to tell them what to do—or not do. Actually, the association is more like a housing management or service-delivery organization that provides three types of services to all residents—owners and renters alike

- **Community services:** these can include securing trash collection, publishing newsletters, orienting new owners, holding community-wide information meetings, and scheduling recreational and social functions.
- **Governance services:** these can include ensuring that residents are complying with the association's governing documents, that the association is adhering to local, state, and federal statutes (like fair housing laws), enforcing community rules and policies, administering design review policies, and recruiting new volunteer leaders.
- **Business services:** these can include operating the common property efficiently, bidding maintenance work competitively, investing reserve funds wisely, and efficiently collecting assessments.

## *Manager's Corner*

Hello! I would like to take this opportunity to introduce myself to the residents of the Spring Meadow Estates HOA. My name is Danelle Rounds and I am your new Association Manager. Please feel free to contact me with any questions or concerns you may have regarding the Association.

As your Association Manager, I strive to continue to protect your investment and property values by maintaining the common areas, enforcing the Covenants, Restrictions and Conditions, and providing the best possible service for all homeowners just as we have done before.

Fall has come and gone and winter has made its presence felt. I would like to remind everyone to make sure you are keeping up your lawns and helping the neighborhood look its absolute best. Please be sure to keep your leaves bunched and watch for distressed landscape. Your community is driven on a regular basis, and there are several things that will help make the community look better and help with the value of your home:

- Flower beds should be kept clean of grass and weeds. This also includes tree wells. Neat and well-kept beds make the whole community look better.
- Inspect fences and other property improvements to ensure they are in good appearance (re-staining with approved color, replacing missing slats, etc.).
- Trash receptacles, bicycles, grills, and other miscellaneous items should be stored away from public view. These items have a negative impact on the curb appeal of the neighborhood, when left in front and side yards.

Please remember, that before you begin any exterior modifications, an ACC Modification Request form must be submitted for committee review and approval. This form can be found at [www.premiermgtconnect.com/springmeadow](http://www.premiermgtconnect.com/springmeadow). Homeowner Associations are formed for the purpose of protecting property values by providing for the harmony, beautification and administration of residential developments through binding covenants, conditions and restrictions. You acknowledged Spring Meadow Estates covenants at the closing when you acquired your home. If you are in need of a copy of the governing documents (CC&R's), contact Customer Service for access to PremierConnect™.

We are happy to offer a Customer Service phone number which is available to you during normal business hours. Below you will find the Customer Service number and the Maintenance Emergency phone number. Please keep these available for future reference.

Account Services from (8:00am – 5:30pm) 877-378-2388  
Maintenance Emergency (24/7) 214-871-9700 ext 350

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Association Manager  
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## 7 Weight Loss Success Tips



Rumor has it that you brought in the new year wearing spandex to the New Year's Eve party- laying on the bed to button your pants just won't cut it anymore. So here you are, yet again, with the same New Year's Resolution- to lose that extra tire, melt away the muffin top, get rid of the extra junk in your trunk. Whatever you want to call it, you need a plan- a plan to set yourself up for weight loss success. Here are 7

weight loss success tips to help you get that extra weight off and keep it off.

**Tip #1 Deprive and you won't survive:** One of the biggest self-sabotaging diet mistakes is depriving yourself of things you love. Losing weight should not be torture & deprivation. Especially if your goal is to lose weight and keep it off.

**Tip #2 It's the little things that count:** Try making small subtle changes. For instance, if you eat out at fast food restaurants 4 times a week, cut back to 2 times a week. If you drink 2-3 soda's a day, cut back to 1 soda a day- then to 3 soda's a week. When cutting things out of your diet, you need to replace them- If you normally have a soda with lunch, replace the soda with water or unsweetened tea.

**Tip #3 Track it:** you don't need to necessarily write down every calorie consumed but you should keep a food journal containing a simple list of foods you eat to help you see areas where you could start making those subtle changes. A food journal is also helpful should you develop certain health issues for your doctor to evaluate.

**Tip #4 Keep it moving:** the principle behind exercise is to help you burn calories. But more importantly, exercise is necessary for a healthy heart. If you are new to exercise, start off by walking 10 minutes every other day or 3 times a week. Then build up to 30 minutes 3-5 days a week in 5- minute increments. If you are an experienced exerciser, try something new like a new workout class at your gym, join a running club, hire a personal trainer, or sign up for a boot camp.

**Tip #5 Give yourself a break:** When you have 1 more soda than you intended on having that day or you decided to sleep-in instead of going for your walk- Give yourself a break. Let it go. Don't punish yourself. Just get back on track at your next meal or on your next workout day. This isn't a test and you just failed kind of thing. Successful weight loss is about losing weight and keeping it off. In order to accomplish this, you need to make subtle lifestyle changes. You didn't get where you are today overnight, just like you won't get where you want to be overnight. But, you WILL get there!

**Tip #6 Fail to plan, plan to fail:** You need to put yourself on the calendar. Write down what days you are going to exercise, what subtle changes in your diet you are going to make each week. Set reminders in your phone, post it on your bathroom mirror- whatever works for you. By doing this, you are intentionally forming good habits. Which is one step closer to getting into those jeans.

**Tip #7 It's a Family Matter:** get your family involved. It is so much easier to be successful when you have a cheering section. Talk with your family and explain what you are trying to accomplish, tell them how important it is to you and ask them to help you to be successful. Your family might surprise you and not only by being supportive but by joining you.

The goal here is to progress daily- be better today than you were yesterday. As long as you continue each day with that mentality and goal in mind, you will be successful in reaching your weight loss goals.

## Clearing the Air How to Breathe Easier at Home



Most people look to the sky for billowing smokestacks when they're concerned about air pollution. But Karen Spector of the Los Angeles-based Children's Health Environmental Coalition (CHEC) says parents of young children usually look down. "We get so many calls from people concerned about new carpeting—they're worried about the strong smell," Spector says.

And rightly so. Americans spend nearly 90 percent of their time indoors, according to an Environmental Protection Agency (EPA) study. And EPA researchers estimate the air inside our homes is two to five times more polluted than the outside air.

While indoor air pollution is an important priority for everyone, parents of babies and toddlers tend to worry about it the most. Statistics show childhood asthma rates are rising, along with certain types of childhood cancer. Approximately 20 percent of American children have asthma, and it sends 160,000 kids to the hospital each year, according to the Mt. Sinai Center for Children's Environmental Health.

As adults, we spend hours working inside unhealthy office buildings with very little control over what we are breathing. As a result, more doctors are diagnosing people with immune system disorders such as multiple chemical sensitivity (MCS).



### Winter Landscaping Tips

- Winter is a really good time to plant trees, shrubs, vines and groundcovers. Use root stimulator for the first year. Landscaping planted now will be well rooted by the time it gets hot next summer.
- December and January are good for planting cool season annuals like pansies, snapdragons, dianthus, dusty miller, cabbage and kale.
- Cool season annuals need to be fed monthly through winter.
- Apply a high nitrogen fertilizer to ryegrass and fescue.
- Make sure to keep houseplants on the dry side all winter to prevent insects and disease.
- Use a cool season liquid herbicide to kill existing weeds.
- Plant tulip and daffodil bulbs very early in January.
- Plant onions late in January.
- If you need you move established plants do so in January.
- Apply dormant oil to insect prone plants such as euonymus, hollies, and camellias.

#### Other things to remember:

- When the temperatures fall below freezing, disconnect hoses and sprinklers from faucets to prevent freezing.
- Turn off your sprinkler systems when it is going to freeze to prevent ice forming on sidewalks and roadways, and possible damage to your sprinkler heads.

### Dead or Dormant?

Is your tree dead or just sleeping through the winter? Most trees lose their leaves, turn a shade of brown and basically "pull up the shades" for the wintertime. Sometimes, however, they can play possum pretty convincingly and we might second guess whether or not they might actually BE dead! However, there is a way for you to decipher the difference, and all you need is a fingernail. Scrape the tip of a branch with your nail and if you find green underneath, then your tree is just sleeping. If you can't find green, then the sad truth is that your tree might have passed on to a better place and will need a proper burial, i.e. removal from your yard. If you don't remove a dead tree and dispose of it properly, it will eventually split and present a safety risk to you and your neighbors, and your house. Thus, the sooner your attention is given to the vital status of your trees, the better.



### A Little Preparation Now Can Make A Huge Difference in Preventing Damage to Your Property

North Texas winters are frequently mild, but cold fronts can quickly and significantly reduce temperatures, sometimes breaking record lows in the region.

Preparing pipes for freezing weather.... When temperatures drop below freezing, the water in your pipes can freeze. Frozen water expands which can burst pipes and cause extensive damage to your home. In addition to the costs to repair your plumbing system, the flooding can damage carpeting, furniture, hardwood flooring and even affect your neighbor beside or below you.

- In sub-freezing weather, let hot and cold water drip slowly from inside faucets during a hard freeze.
- Open cabinet doors under sinks on outside walls.
- Learn where your private water cut-off valves are and how to operate them.

### December 2012 Yard of the Month Award



2615 Spring Drive  
David & Stacey Rentfrow & Family

**HOA Savings Coupon**

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07734 70884  
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**\$50 off**  
a purchase of \$25  
or more at regular price

**That's a nifty savings!**  
Offer good through December 31, 2013

967



**CALLOWAY'S**  
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One coupon per customer. Must be presented at the time of purchase. Redeemable on in store regularly priced items only. Not good for Gift Cards or with any other coupon, discount or previous purchase. No cash value. Offer expires Dec. 31, 2013.

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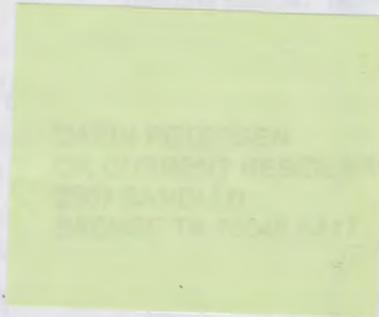
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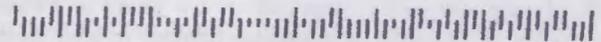
Accounting / Billing questions-  
(877) 378-2388  
[accountservices@premiercommunities.net](mailto:accountservices@premiercommunities.net)

Resale & Refinance Certificates-  
(888) 679-2500  
[www.premiercommunities.net/resale.html](http://www.premiercommunities.net/resale.html)

After hours Property Emergency number-  
(214) 871-9700 ext. 350



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## Smoke Alarms



Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries. Have a working smoke alarm cuts the changes of dying in a report fire in half.

Replace batteries in all smoke alarms at least once a year. If an alarm "chirps", this is a warning the batter is low and to replace it right away.

When smoke alarms fail to operate, it is usually because batteries are missing, disconnected or dead. The best way to insure safety with your household smoke alarms is to schedule monthly tests. Pick a day that will be easily remembered and push the test button and wait for the proper signal. Remember, by protecting your home you are always protecting your neighbors.



It is that time of the year!! Don't forget your dues!

You are able to make this payment online at [www.premiercommunities.net](http://www.premiercommunities.net) or by mailing a check to Community HOA, c/o Premier Communities, PO Box 3170, Houston, TX 77253-3170. Your dues allow the HOA to operate in a timely and successful manner.

Paylease information (see page 3)

## Reasons to Pick Up After Your Dog

Every responsible dog owner agrees... picking up after your dog is a MUST. No matter where or when it occurs, there is NO excuse for not scooping the poop. So here are some reasons why EVERY dog owner MUST be responsible for picking up EVERY TIME.

**It's common courtesy.** Cleaning up after your dogs shows respect for others in our community. Leaving dog poop also encourages other dogs to mark that spot, so one poop can often turn into two or more in the same spot!

**Dog Poop is unhealthy.** Abandoned dog poop can host diseases and/or parasites which can infect other dogs who come into contact with it, or be transmitted to people who accidentally step in it and track it home.

**Dog Poop is messy.** Everyone has done it... stepped in poop. Nobody wants to accidentally have that on their shoe when walking into a house. Stepping in dog poop might ruin your shoes!

Do not forget to keep your garage door closed, even when you are home.  
It only takes about 30 seconds for a thief to get in and out of a garage undetected!