

## **Stonegate Email News of August 30, 2006**

**The Stonegate Business Networking Group** will resume monthly meetings on Thursday, September 7 at 7:00PM at the Stonegate Community Center. The program, "Relieving Stress with a 90-Second Workout," is designed for people who need an energy boost before an important sales call or meeting, but cannot, will not or have no time for sweaty exercise. The instructor is Dr. Daniel Secrest, DC, resident physician with Secrest Family Chiropractic and a former radio talk-show host. Dr. Secrest's practice emphasizes gentle modern therapies for maternity, pediatrics, family issues and seniors' comfort. Bring plenty of business cards for this energizing network experience.

**Thinking about winter grass yet?** We are. And this week, you've seen the first steps, as the mow crew dropped the blade height by half an inch. Several residential gardeners have done the same. If all goes as planned, we should be scalping the third week of September, reseeding the first week in October.

What does this mean to you? If you're new to Stonegate – or your gardener is – winter overseeding of front yard turf is something you must plan on. The CC&Rs require that your turf be green throughout the year. If you were thinking about a party at Stonegate pool, there are scheduling considerations: Our recreational area will not be in shape for that sort of thing from about the third week in September through the third week in October.

**What's new at the pool?** Check out the brand new barbecues! Gas, of course. No need to bring charcoal.

**Bearded Palms?** Not around here, thank you. Fruit and dead fronds make your palm trees look unkempt. What's worse, they harbor scorpions and other nasty critters, and shed a constant stream of debris on your yard and the whole neighborhood. So please be a good neighbor. Trim those palms.

**Labor Day Holiday.** The Community Center will be closed on Saturday and Monday. Recreational facilities will keep normal hours. **Tennis players:** Saturday and Sunday reservations will be posted on Friday. Monday and Tuesday will be write-ins. You may call on Monday for your Wednesday reservations, as usual, but they will not be processed until Tuesday.