

STONE FOREST

Flyer

March 2012

Volume 2, Issue 3

Teen's Mission

Stone Forest resident Madeline Vanderhider spent 9 days of her Christmas break deep in the Darien Jungle. Madeline and 20 other teens went to Panama on a teen mission trip to a village called Akua Yala. With the help of translators who spoke Kuna, the teens did work projects, cared for children, taught Bible school, performed hut-to-hut ministry, and many other projects for the Kuna Indian tribe with which they lived. The lived with conditions such as very limited electricity, no internet or phone, no plumbing, rivers for bathing which had sewage flowing into it, and no beds. They slept in hammocks in a dirt-floored hut, and they had no contact with their families back home while in the jungle.

The last night of their stay, the Kuna women loaned their traditional Indian clothing to the missionary girls for a special ceremony, which Madeline is wearing in the picture. Madeline learned much about the Kuna culture and fell in love with the tribe because of their kindness and loving nature. She returned home with an attitude of gratitude about the simple things in he life and no longer takes them for granted.

Last summer Madeline spent 2 weeks in Peru on a teen mission trip. She witnessed many hardships in the lives of the Peruvian people and has a whole new appreciation for our healthcare system after she volunteered at a hospital that had conditions so deplorable that there were stray dogs roaming the hallways. Madeline would like to go on a mission trip to Ethiopia next.

Madeline is an 8th grader at Strack Intermediate, a member of National Junior Honor Society and the memory book club at school, and volunteers with Desperate for Respite by caring for autistic and Down Syndrome children.

**Thank you,
Tiffany Vanderhider
Stone Forest resident**

Northwest Flyers Track Club

The Northwest Flyers Track Club will host two free open house / registration sessions for all middle and high school athletes and their parents interested in joining for the 2012 season. The events will be held on Thursday, April 5, and Friday, April 20, from 7:00 – 8:30 PM at Cypress Creek High School, 9815 Grant Rd., Houston.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club provides a full program of “track” events such as sprints, hurdles, middle distance, distance and relays, and “field” events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent “off-season” program for young athletes who currently compete on their middle school or high school track teams.

The club was founded 25 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. Last year, the Northwest Flyers sent 62 young athletes to compete at U.S. Junior Olympics National Championships in Wichita, Kansas and Myrtle Beach, South Carolina.

Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442, or linette.roach@sbcglobal.net.

Linette Roach

Northwest Flyers Track Club

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281-880-6302 (F)

www.northwestflyers.org



COMMUNITY CONTACTS

STONE FOREST HOA Spring, Texas 77379

HOA BOARD

Position	Name	Term Ends	Contact
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St. Patrick's Day Facts

1. St. Patrick is the patron saint of Ireland, although he was born in Britain, around 385AD. His parents Calpornius and Conchessa were Roman citizens living in either Scotland or Wales, according to different versions of his story.
2. As a boy of 14 he was captured and taken to Ireland where he spent six years in slavery herding sheep. He returned to Ireland in his 30s as a missionary among the Celtic pagans.
3. Legend has it that he used the native shamrock as a symbol of the holy trinity when preaching and brought the Latin alphabet to Ireland.
4. Miracles attributed to him include the driving of serpents out of Ireland. However, evidence suggests post-glacial Ireland never had any snakes in the first place.
5. Wearing green, eating green food and even drinking green beer, is said to commemorate St Patrick's use of the shamrock - although blue was the original colour of his vestments.
6. St Patrick was said to have proclaimed that everyone should have a drop of the "hard stuff" on his feast day after chastising an innkeeper who served a short measure of whiskey. In the custom known as "drowning the shamrock", the shamrock that has been worn on a lapel or hat is put in the last drink of the evening.
7. Popular Irish toasts on St Patrick's Day, include: may the roof above us never fall in, and may we friends beneath it never fall out.
8. St. Patrick's Day was first celebrated in America in Boston, Massachusetts, in 1737. Around 34 million modern Americans claim Irish ancestry.
9. It is believed that St Patrick died on March 17 in 461AD. It is a national holiday in Ireland, and on the island of Montserrat in the Caribbean, which was founded by Irish refugees. It is a bank holiday in Northern Ireland and a provincial holiday in the Canadian province of Newfoundland.
10. Dublin has a parade that attracts hundreds of thousands of people, while in Chicago the river is dyed green for a few hours. The biggest parade is normally held in New York, while the largest celebration in the southern hemisphere is in Sydney, Australia.



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Bianca is an amazing child and is hoping for a Forever Family that will take care of her unconditionally. She loves to smile and laugh. She likes Tinkerbell and other Disney characters. She has beautiful, long hair and enjoys having someone brush it for her.

Bianca has started to draw and color using hand-over-hand guidance by her caregivers. She receives occupational, physical and speech therapy at school. She requires 24 hour care and supervision due to her special needs. Bianca needs a family that will take care of her and love her forever.

For more information about Bianca, contact at the Adoption Coalition of Texas at (512) 301-2825 or info@adopttexas.org.

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RECIPE OF THE MONTH

Clam Chowder

INGREDIENTS

- 2/3 C diced salt pork
- 1 T butter
- 3 C diced onions
- 3/4 C common crackers
- 1 can clams
- 3 C diced potatoes
- 1 bay leaf
- 3 C milk or Half & Half
- salt & pepper

Place diced salt pork in 2 qts. simmering water. Boil slowly 5 mins. Rinse and drain. Saute slowly with butter for several minutes, until pork begins to brown. Stir in onions. Cover and cook slowly 8 to 10 minutes, until tender & translucent. Blend in crackers. Set aside. Drain clams, saving liquid. Add enough water to make 4 cups. Pour over onions. Add potatoes and bay leaf. Simmer, loosely covered, for 20 minutes.

Chop clams. Stir into soup along with milk. Bring to just below the simmer point. Salt & pepper.. (Allow chowder to season several hours or overnight.) Bring to just below the simmer point before serving. Don't boil - this will make clams tough.

Enjoy!



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ORAL HEALTH UPDATE

IT MAY NOT BE "JUST A TOOTHACHE".

Going to the dentist may not be on the top of your To Do list, but if you're experiencing dental pain, a trip to the dentist may be just what you need. If you have a toothache that lasts more than one or two days, you notice swelling around a tooth, bleeding, or experience severe pain or fever, it's time to make an appointment with the dentist as soon as possible. A thorough examination and diagnosis is important to prevent more serious complications to your teeth, jaw, and gums. Dental decay and gum disease are progressive in nature. Early diagnosis is essential to a quicker and easier treatment.

THERE ARE SEVERAL CAUSES OF DENTAL PAIN, INCLUDING:

- Tooth decay affecting the enamel and the dentin, or inner layer of the tooth
- Tooth abscess caused by severe tooth decay or a trauma causing an infection at the root of the tooth or between the gum and tooth
- Damage to existing fillings due to pressure from chewing, grinding, or clenching
- Teeth grinding that causes fracturing, loosening, and excessive wear
- A fractured tooth from a traumatic dental injury
- Infected gums as a result of gingivitis or gum disease (periodontitis)

During your exam, your dentist will typically ask about the nature of your dental pain, when it started, and if anything makes it better or worse. Then, your dentist will conduct a physical examination of your mouth, teeth, gums, jaws, tongue, and throat. X-rays and other tests may be recommended, depending on what the dentist suspects is causing your toothache.

Once your dentist has determined the cause of your dental pain, you will be presented with treatment options. If a cavity is causing your pain, a simple filling may do the trick. However, if there is an infection that has spread to the tooth's nerve, a root canal may be necessary. An antibiotic may also be prescribed if you have swelling of the jaw or a fever.

DENTAL PAIN IS PREVENTABLE!

Because most toothaches are caused by decay, practicing good oral hygiene is the easiest way to prevent dental pain. This includes brushing and flossing every day and visiting your dentist for professional cleanings and checkups on the schedule determined by the Dental Hygienist. In addition, eating a healthy, balanced diet that is low in sugar will not only help you prevent cavities but will improve your body's overall health.

Submitted by Dr. Flury



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