

STONE FOREST

Flyer

September 2013

Volume 3, Issue 9

SEPTEMBER IS Human Trafficking Awareness Month

Did you know that...

- There are more than 27 million humans in slavery today, more than at any other time in world history.
- 18,000 victims are brought into the U.S. annually; 25% are brought into Texas; the majority to Houston.
- The FBI says that there are over 500 active brothels in Houston, with two opening each month. Some stats show there are more sexually oriented businesses here in Houston than in Las Vegas and Los Angeles combined!

There are a variety of initiatives during the month of September to promote awareness about human trafficking and to raise funds to help the victims of human trafficking. One of these activities in the Northwest section of Houston is JUST SHOP for a Just Cause sponsored by Metropolitan Baptist Church

Just Shop for a Just Cause is our 3rd annual fair trade craft market that promotes education and awareness in the fight against human trafficking. In the Craft Market, shop for fair-trade items, survivor-made products, apparel, jewelry, coffee/tea, chocolates, crafts, baby goods, and more. Food and drinks will be available. Proceeds from this event go to support various human trafficking ministries in the local area.

In the Exhibit Hall, our guest speakers will be Sheriff Adrian Garcia of Harris County. Sheriff Garcia has stated that "sexually oriented businesses that have proliferated in the FM 1960 corridor in the county's northern suburbs will become special targets of new enforcement."

Chong Kim, a survivor and activist, currently educates the public in regards to prevention of exploitation and possible trafficking, provides training, insight and assists with case studies to law enforcement & federal agents. Ms. Kim was a co-writer on a movie of her life story, EDEN, which was released in 2012.

Area ministries and call to action booths will be on display in the Exhibit Hall as well as a Silent Auction and door prizes.

Start your holiday shopping early or just come to support local Fair Trade vendors. Learn how to get involved in the fight against human trafficking!



JUST SHOP FOR A JUST CAUSE

September 21

9:00 AM to 4:00 PM

Metropolitan Baptist Church

Truth Building

12903 Jones Rd. Houston TX 77070

Admission FREE

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Spring, Texas 77379

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Contact 281-203-7383 (Cell)
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Back To School

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!

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Letter from your Neighbors

Dear HOA,

We have not had the pleasure of meeting you personally, yet from reading the monthly newsletters we feel you would be receptive to our concerns regarding the traffic on Valley Scene Way to Young Oak.

The curve in the street coming from Young Oak to Valley Scene Way is always blocked by a parked White Nissan Altima, forcing one to venture into the oncoming lane to pass through. This causes congestion forcing on-coming cars to wait to pass. The lane is a no passing area marked by solid yellow lines. This is an accident waiting to happen. Sometimes cars coming from Young Oak are not always driving slowly and I am surprised the owner of the vehicle is not concerned about

someone hitting his car since it is half way in the lane.

We realize finding a parking area for his car may be an issue but why not park in their driveway? Many times there is not another vehicle on the driveway.

Another concern is the speed in which cars travel on Valley Scene and either completely ignoring the stop sign or not coming to a complete stop. Maybe a reminder and mention in your next newsletter to our residents?

We have lived in Stone Forest since 2006 and have immensely enjoyed our life here. It is a beautiful subdivision but we want to keep it safe for everyone especially our children.

Thank you for taking the time to read our email and hear our concerns.



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TENNIS TIPS



By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Two-Handed High Backhand Volley Approach Shot

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, and the forehand high volley approach shot.

In this issue, I will offer you instructions on how to execute the two-handed backhand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Linda Henson, a player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When Linda realizes that she is caught in “no-person’s land”, she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

Step 2: The Back Swing: Once Linda realizes that the ball has been directed to her backhand, she will turn her upper body and will take the racket slightly back. Notice that the left hand next to the right

hand to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball. She will make a slight change toward the continental grip on both hands.

Step 3: The Point of Contact: Linda now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep. The control of the ball will be made with the left hand, which is holding the racket tighter. The right hand is more relaxed and helps keep the face of the racket in a 45 degree angle at the point of contact.

Step 4: The Follow Through: Once Linda has made contact with the ball, she finishes the follow through with her wrist laid back. Her right arm is next to her body and her eyes have shifted toward her target.

Step 5: The Move for the Kill Volley: As the ball is headed toward her opponent and Linda realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, Linda will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the “kill volley”.

Look in the next Newsletter for: The One-Handed Backhand Volley Approach Shot



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STONE FOREST FLYER

A FOCUS ON BACKPACK SAFETY TIPS

By: *Concentra Urgent Care*

WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

WEAR OVER STRONGEST MID-BACK MUSCLES

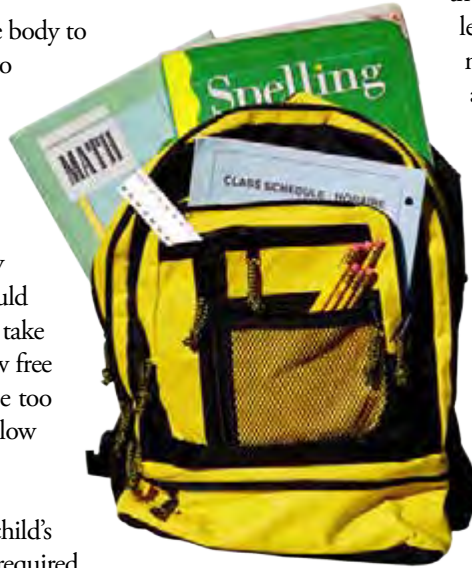
Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints. Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of



the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.

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RE/MAX Vintage
Gabriel Perez
Realtor



p 832-928-7467
f 281-320-5830
gabriel152@att.net

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- September 8:** 5th annual Colin's Hope Kids Tri, and All Star Burger Fundraiser (10% of sales donated).
- October 19:** Sharkfest Austin Swim benefiting Colin's Hope. Volunteers needed.
- November:** Underwater Holiday Photos (multiple locations and dates).
- February 16:** Austin Marathon. Runners, walkers, and water stop volunteers needed.

Be a Water Guardian and Watch Kids around Water. Drowning is preventable!

Thank you to all who supported our efforts this year to raise water safety awareness to prevent children from drowning.

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