

STONE FOREST

Flyer

March 2014

Volume 4, Issue 3

Hello Neighbors from your BOARD PRESIDENT

The main thing I want to cover in this part of the newsletter is how we stand financially---which is very good!! As I have heard in the past, it is good to have about a year's worth of funds in the account over and above what is generally needed to cover expenses. In our case, with an annual budget of , approximately \$130,000, we would want to always have that amount available at all times. Actually, as of the end of December 2013 we had approximately \$230,000 in the account. In other words, we are doing very well as monitoring the money that has been spent over the years.

Now what we need to do is spend some of that in order to improve what few amenities that Stone Forest has. I have mentioned previously that we were investigating covering the play structure with a large shade canopy. After exploring this more closely, it is apparent that we not only need to provide the cover but we also need to replace the present play structure which has lost the non-skid vinyl covering and rust has begun to form on the deck areas. Locally, no one will replace those decks and the cost anyway would be very high.

We have been dealing with three local playground companies and the board should be able to pick the best choice soon. As of the writing of this article (early February) we do not have final bids. The cost of removing the present structure, purchasing the new structure plus canopy, and the installation of those parts and the new ground cushioning will be approximately \$50,000---yes, playground equipment is VERY expensive. But

this structure should last much longer since the canopy will protect it from the UV radiation that killed off the non-skid so quickly. It was about 12 years old, however.

Other money spending involves the installation of three street lights on Edgewood Place between Young Oak and Valiant Woods. That should provide better lighting, especially near the two mailbox clusters. That check has already been cut and we are just waiting for Center Point to put them in.

Another matter has to do with age---not ours, but our house's exteriors. Some of our houses are over 10 to 12 years old and with our hot, sunny summers, some of us are planning to do a repaint. Please remember that we have a set of guidelines regarding this. This can be found on our web page at stoneforesth.org. An application can be obtained by contacting www.chaparralmanagement.com.

There has been a sighting of a coyote in our area. I saw one in January near the retention pond near Edgewood Place. But considering the amount of open space and the rapid increase in housing starts, such animals are getting squeezed out of their regular habitat. Basically, you can help by making sure that pet food and pets are not left outside, especially at night.

That's all the main news from the board for now.

Thanks,

Dick Leonard, President
HOA Board

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Olympic Fever Can Encourage Physical Activity In Children

According to an expert at Baylor College of Medicine, the Olympics are a great opportunity for children to learn about physical activity and goal setting.

According to Dr. Jorge Gomez, associate professor of pediatrics in the division of adolescent and sports medicine at Baylor, Olympic competitions will encourage children to do something fun and active.

"Research has shown that the strongest predictor of children remaining physically active into adulthood is having experiences of being active with their parents," said Gomez.

He offers the following tips for parents when watching the Olympic Games with their children:

- Point out that the athletes are participating because it's fun for them.
- Emphasize athletes are where they are after years of hard work.
- Discuss what it means to be a team player and to have good sportsmanship.
- Focus on the fact that the athletes are fit because they take care of themselves by eating well and exercising.
- While encouraging children to explore new activities, keep safety in mind.



CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn more about community needs. In March, we have the following programs scheduled:

March 4—Mary Jane Williams from the Families to Families Network will discuss that organization's work for Children with disabilities.

March 11—Dr. Ronald B. Rea of the Chriss Cole Children's Fund will talk about the operation of the children's rehabilitation center. Their mission is to help children and families with resources not available from other community agencies.

March 18—Ray Wooten, executive director of Shield Bearer will address how this organization helps heal the hearts of children who fall between the cracks of most recognized community agencies. These children are victims of abuse, neglect and child trafficking.

Kiwanis will provide donations and service whenever possible. Children: Priority One is the motto of Kiwanis worldwide. Join us in these endeavors and reap the rewards of satisfaction in the results achieved.



Additionally, we sponsor Key Clubs and Builder's Clubs in the high schools and middle schools in the Ct-Fair District.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization representatives as well as individual memberships.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

We welcome your visit at our Club meeting and your consideration of membership in our service organization.

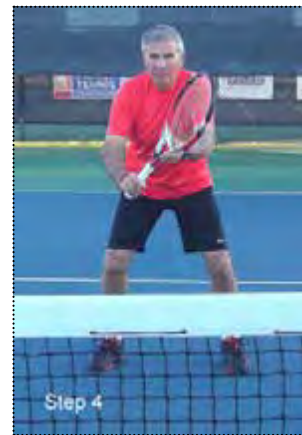
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Forehand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the 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, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob and the one-handed backhand lob.

In this issue, I will offer instructions on how to execute the Forehand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, it will likely be off balance and will be forced to make an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Step 1: The Back Swing: When Fernando detects the ball landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is up front to keep the proper body balance.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand is still in front and his weight is shifting toward his left foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening to the net and his eyes are following the path of the ball.

Step 4: The Ready Position: Once Fernando finishes the stroke, his goal is to follow the path of the drop shot. If he created a good drop shot and sees his opponent running with the head of the racket down, Fernando will move closer to the net or anticipate the angle shot. More likely it will be an easy sitter for a put away volley.

Look in the next Newsletter for: How to execute “The Backhand Drop Shot”



FOLLOW UP ON YOUR HEART HEALTH

Eating healthy and exercising are well known tips to keep your heart healthy, but doctors at Baylor College of Medicine say don't forget about the follow-ups.

"Many times people will see a doctor and receive a diagnosis of high cholesterol or blood pressure, for example, but they won't follow up with another appointment," said Dr. Joseph Coselli, professor of surgery at Baylor. "These secondary doctor visits are needed to monitor progression of risk factors and to help find the most effective treatment options."

Coselli recommends asking your doctor some important questions:

- What is a healthy weight for me?
- What does a balanced diet consist of?
- How do I quit smoking?
- What exercises should I add to my daily routine?
- What health screenings should I have?
- When should I follow up with my next appointment?

"You have to be responsible for your health and make important changes to keep your heart healthy," Coselli said.



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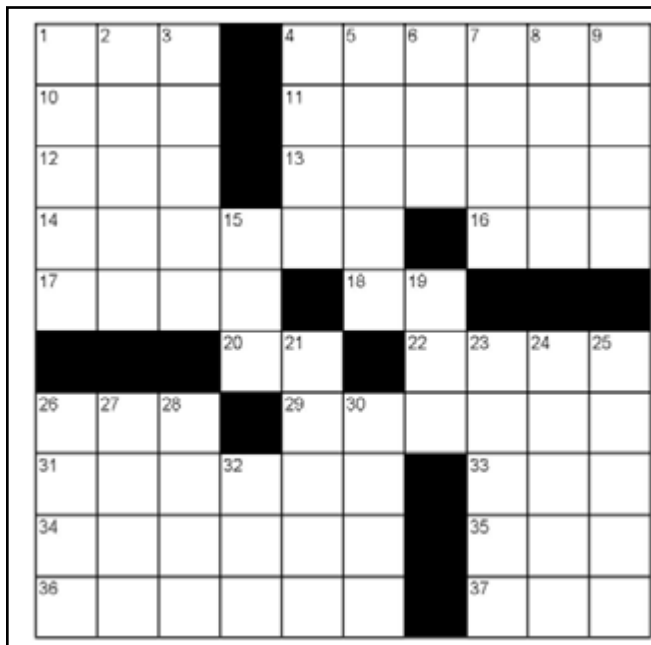
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17. Hula ___
18. Iowa (abbr.)
20. Man's title
22. Type of dressing
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29. Exodus
31. Hype
33. Airport abbr.
34. Glistening
35. Cask
36. Star system
37. South southeast

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4. Ashen
5. Excuse
6. Cocktail drink
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8. Eaten
9. Association (abbr.)
15. Words per minute
19. Abridged (abbr.)
21. Become less tight
23. Onion like vegetables
24. Painter Richard
25. Utilization
26. Thick carpet
27. Roman cloaks
28. Gangster's girlfriend
30. Musky
32. Pod vegetable

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