

MESSAGE FROM THE BOARD

Hello Neighbors,

I received a call last night from one of our neighbors about mosquitos in Stone Forest. I let her know and would like to remind everyone that we do have a contract for spraying against mosquitos. This family lives near the retaining pond by the park and unfortunately we can't spray on County land but have asked that the County for help.

I myself have not heard or seen the spray trucks in a few weeks (they usually come through during the early morning hours), but it is a concern of your board, and is an ongoing process.

We can do our part by not allowing any standing water that the mosquitos just love to breed in. Also, outdoor sprays and lotions with deet can be a help when you may be out and about between the sprayings.

Please let us know of your concerns and suggestions. We can be found on page two of this newsletter.

I look forward to hearing from ya'll! Go Texan!

Tod Bisch Board President



Hosting a Foreign Exchange Student

Families host foreign exchange students for various reasons: to provide a learning experience for teens from another country, to forge friendships with their own children and to exchange cultural insights. The experience must be a good one, because some families host new exchange students year after year.

Hosting requirements are simple, says Vicki Odom, Senior Regional Director for AYUSA, a cultural exchange organization. Hosts "provide room and board, and a loving, nurturing environment," says Odom, a host every year since 2009. "There's no such thing as a perfect host family," she says. Couples and singles, with or without children, and even empty nesters make good host families."

Application Process

Participating in a foreign exchange program requires some paperwork to get started, followed by an interview process. Applications, which include background checks, "are not for the faint of heart," admits Odom. "The safety of participants is the number one priority," she says. Much of the application process is designed to inform and prepare potential host families for their upcoming experience.

Cost of Housing a Student

Hosting an exchange student can add to your food bill, admits Odom. "It's not so bad if you merely provide what you would normally buy for your family," she says. Visiting students usually have their own spending money and are expected to buy their own cosmetics and other items. A discussion about money and expectations at the onset of the student's visit will likely smooth the way for the year.

Family Dynamics

"Sibling" rivalries can develop between visiting and host kids who are the same sex or nearly the same age. But usually, "it helps other kids learn to share when there's an extra person in the house," says Heather Wells, a Katy, TX mom who has hosted two students so

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COMMUNITY CONTACTS

STONE FOREST HOA Spring, Texas 77379 **HOA BOARD**

PRESIDENT	
Tod Bisch	5223 Sunlight Hill Ct.
	todnlorri@gmail.com
VICE PRESIDENT	Ç
Richard Leonard	5423 Chelsea Fair Lane
Contact	832-717-0749 (Home)
•••••	361-946-1838 (Cell)
	j24hd@yahoo.com
SECRETARY	
~_ ·_ ·_ ·	19427 Yaupon Green Ct.
TDEACHDED	
TREASURER	10210 11 11 61 1
	19210 Holly Shade
	281-376-5511
	281-382-5228 (Cell)
	. RobinGriffithJones@yahoo.com
DIRECTOR AT LARGE	
Chris Jackson	5607 Edgewood Place Dr.

(Continued from Cover)

far. "The exchange experience is often terrific for elementary-age kids in the host family, despite the age difference with a teen exchange student, because they learn so much," says Wells.

"Hosting an exchange student can be a wonderful experience for the entire family," states Vicki Odom. "It teaches your kids tolerance and gives them great respect for other cultures. It's a way to learn more about the world without leaving home. You get a glimpse at least, by hosting a student. We can't all be diplomats or ambassadors, but this is something American families can do to make a difference."

30+ Years Connecting People & Cultures

Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.

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Klein ISD website:http://www.kleinisd.net/ Kuehnle Elementary School 832-484-6650

www.chaparralmanagement.com

Mailing address:

P.O. Box 681007, Houston, TX 77268-1007

Physical address:

6630 Cypresswood Dr. Suite 100, Spring, TX 77379

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STONE FOREST FLYER

Finding Fate: Is it Luck or is it Fate?

As we rapidly approach the luckiest day of the year (i.e. St. Patrick's Day) I've been thinking about how much luck actually plays in our lives. It can be just about guaranteed that come March 17th you, me, and your mother will all be wearing green and pinching people for good luck. But how much does luck really account for in our lives?

And, of course, there's the question of fate. The constantly sought yet ever-elusive thing everyone consistently seeks and desires to control. Can fate be controlled? Just what exactly is fate? One might consider it to be the inevitable, predestined course in life, a coincidence, or even chance. This thought leads to a rather worrisome question--Are we predestined to live exactly as a plan woven in some great tapestry of life? Or are we lucky enough in life to choose our fate?

What if there was another choice besides just blindly choosing to trust in fate or luck? I believe there is, and I learned that best from my horse!

When I'm riding, I refuse to count on luck and my fate does not rest in the horse's hands (hooves?). Trusting my safety to either of those is asking for a bruising, and I just don't bounce back from such bruising's the same way anymore. I know that I am safe when I ride because I have faith--Faith in God to keep me safe and to show me when it something is unsafe. Faith that things will be better, and will continue to get better on my darkest days. When my faith is shaken and I'm wondering how I can keep going, all I need to do is sit with my horse and everything suddenly seems to grow brighter.

I have found that horses are hands-down the best non-verbal therapists and the perfect teachers of how to practice faith. They not only help us find our faith and belief in God's presence with their beauty, power, and spirit, but actively demonstrate faith in everything they do. Talk about role models!

There is a bigger plan for our lives, but you have to make the choice to pursue it. Choose Faith. Faith in Jesus is the only thing you can always count on & do not need to seek. It's always there, waiting patiently for you to notice it & pick it up. It comes in many colors, sizes, and shapes, and can be all but invisible much of the time. Nonetheless, no matter how big, small or percentage of visibility, I will choose to live my life according to my faith rather than fate or luck each and every time.

So, don't count on seeing me in green this St. Patrick's Day, but you can bet that you'll find me on a horse!

Tara Chatterson works at Five Horses, LLC in Waller, TX. To find out more about how horses can help you, check out the natural horsemanship program, as well as the equine assisted learning workshops provided here: www.fivehorses.com.



STONE FOREST FLYER

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to *kserventi@ chapparalmanagement.com*. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.









Zika Virus

Zika virus is transmitted by Aedes mosquitoes and there is no specific treatment or vaccine currently available. The best way to avoid getting the virus is to avoid being bitten by infected mosquitoes. About 20% of people with Zika virus actually get ill. Severe disease, requiring hospitalization, is uncommon and death due to the virus

The incubation period of Zika virus is thought to be a few days to a week, but is still unknown. Symptoms include fever, skin rash, conjunctivitis, muscle and joint pain, and headache. Symptoms tend to be mild and last from 2-7 days. Zika virus can be contracted through the bite of an infected mosquito, through blood transfusions, through sexual contact, and from mother to child during pregnancy.

The mosquitoes that are able to transmit Zika virus are also able to transmit dengue and Chikungunya viruses. These mosquitoes are daytime biters, but can also bite at night. Aedes mosquitoes lay their eggs in standing water-buckets, tires, tree holes, animal water dishes, etc.

To protect yourself from mosquito bites, wear lightcolored clothing that covers as much skin as possible, use insect repellent (read and follow label instructions), use screening on doors and windows, use mosquito netting (if needed) while sleeping, and reduce standing water areas.

For more information on Zika virus, please see the CDC website here http://www.cdc.gov/zika/index.html

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco



How to execute The Half Volley

In previous newsletters, I offered tips on how to execute a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/ or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Liz Stanis from the Grey Rock Tennis Club demonstrates the proper form and technique.

Step 1: The Split step: When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

Step 2: The Back Swing: The secret of the half volley is to take the racket back early and have a short back swing. Also, it is critical to lay the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

Step 3: The Point of Contact: As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

Step 4: The Finish: Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.

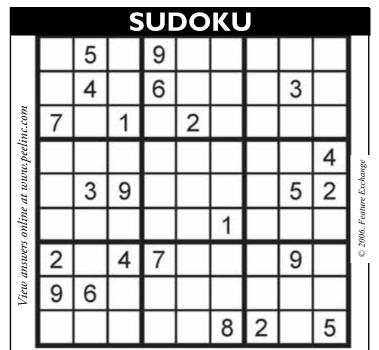
Look for in the next Newsletter: The One Handed Backhand Volley

STONE FOREST FLYER

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.





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