

# STONE FOREST

*Flyer*

May 2016

Volume 6, Issue 5

## MESSAGE FROM THE PRESIDENT

Hello Neighbors,

Looks like spring has finally arrived. Everything is starting to green-up and grow. Lawns are coming back and our flowers are starting to bloom all over. So now is the time to gently remind all that keeping our lawns and beds in good condition is important to the over all look of Stone Forest.

Showing our best look helps draw in new home owners and deters wannabe criminals by announcing that we care about our neighborhood. Please keep your yard and beds in good condition.

The annual meeting of the Stone Forest Homeowners Association is coming up in July. We will be presenting the 2016-2017 budget and will be electing new directors to the Board. Please mark your calendar for around mid-July so you may join us for the very important meeting. Check our website for updates and you will also receive notice via mail, most likely in June.

Also, if you have an interest in serving on the Board, please fill out the Questionnaire for Prospective Board Members on the website.

Have a safe and wonderful Spring.

Tod Bisch  
Board President

## SPRING-KLEIN MONOPOLY TOURNAMENT

Local Veteran and Ms. Veteran America Semi-Finalist in partnership with Spring-Klein Athletics Foundation, Inc, To Host Official MONOPOLY® Game Tournament—Proceeds to Benefit Final Salute, Inc.

Spring, Texas February 25, 2016 – The Spring-Klein Athletics Foundation, Inc along with Ms. Veteran America Semi-Finalist, Lavoxkeia Carnes will host a local MONOPOLY Game Tournament on May 7, 2016 from 8:30 am until 4:00pm at Fairfield Inn & Suites Houston North/Spring, 24485 Interstate 45 North, Spring, TX 77380. Proceeds from the tournament will benefit the Final Salute, Inc to help in the help provide homeless women Veterans with safe and suitable housing.

The Spring-Klein Athletics Foundation, Inc hopes to raise over \$2,500 in donations through the sponsorship of this day-long competition. The tournament includes two 90-minute preliminary rounds of the MONOPOLY game that each participant is required to play, as well as a final round of play with the top six competitors to determine the winner.

According to Ms. Carnes, “Anyone interested in pitting their real estate trading skills against other top players while helping out a worthy cause should visit to [www.SpringKleinMonopoly.com](http://www.SpringKleinMonopoly.com) register. The cost for a seat at the tournament is \$20-\$30 and we guarantee a lot of fun and excitement!”

The MONOPOLY game competition is one of many local tournaments held nationwide to assist organizations such as Spring-Klein Athletics Foundation, Inc, in raising funds for their causes.

Volunteer and Sponsorship opportunities exist. For more information on the Spring-Klein MONOPOLY tournament, please contact Lavoxkeia Carnes at (832) 415-0568x101.

# COMMUNITY CONTACTS

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Spring, Texas 77379  
HOA BOARD

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..... **P.O. Box 90045, Houston, TX 77290**

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Harris County Health Dept. .... [www.harriscountyhealth.com](http://www.harriscountyhealth.com)

Harris County Precinct #4 ..... [www.hcp4.net](http://www.hcp4.net)

Comcast (cable) ..... 713-462-9000, [www.comcast.com](http://www.comcast.com)

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## NEWSLETTER INFORMATION

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# LIVING IN HARMONY

By Cheryl Conley

Whenever I plant something new, I swear I can hear the deer spreading the word. "Hey, did you know the Conley's just got some tasty new salad fixin's? Let's head over there." I've been doing some research and I've found some ways to outsmart them. Now, keep in mind, if they're hungry enough, they'll eat anything regardless of what you do but I have a few suggestions that may save those beautiful plants and shrubs.

- Check to see if what you are buying is deer resistant. Some plants/shrubs will say this right on the container but if not, a simple internet search will help you.
- You can buy solutions and granules to put on/around your plants. They don't like the smell and will avoid them.
- Check out the motion-activated sprinklers. When a deer approaches, the motion will trigger a sprinkler which will scare them away. There's one by the Havahart Company and one by Contech. I am not endorsing either one but if you try one, let me know how it works.

Let's talk about birds. How many times have you heard birds crash into your windows? It's a heartbreaking sound and makes us afraid to go out and check for fear the bird will be injured or dead. If injured, you know that TWRC Wildlife Center is available to help but the best thing to do is to try to prevent the problem from happening.

- Install a window screen or a taut net and apply at least 2 inches from the window.
- Go online and look for a film that is specifically made for windows to protect birds.
- Apply tape strips on outside of window spaced 4 inches apart. You can also paint strips or a pattern on your window using washable paint. You can purchase tape on the TWRC website.
- Install shutters or awnings.
- You can use decals which are sold specifically for windows but you'll need several of them—one won't work. Check them out on our website.
- Move your bird baths and feeders away from windows.
- Keep shades and curtains closed during the day.

If you love wildlife, here are a few suggestions to help them.

- Make sure you provide clean, fresh water daily especially in the hot weather.
- Use natural, organic products on your lawn and garden.
- Hang birdhouses, bat houses and feeders.
- Trim your trees and shrubs in the fall. Leaving them full in the summer acts as protection for wildlife.
- If you see an animal you think is in trouble, make sure it is really in distress before you rescue it. Well-meaning people will sometimes rescue something that doesn't need to be. If in doubt, call TWRC Wildlife Center or check our website for more information.
- Don't try to make pets out of wildlife. They belong in the wild. TWRC discourages feeding wildlife. One or two can turn into an unmanageable number of critters that come to depend on you as their food source. They don't have to forage and never develop those skills because they haven't had to. This is unfair to the animals should you move or stop feeding them.

TWRC Wildlife Center is a non-profit organization in Houston dedicated to helping both people and wildlife to live in harmony. Learn more about TWRC by visiting [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org). Questions? Call 713-468-TWRC.

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and Photo for the next issue.



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# STONE FOREST FLYER

## 6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

### NUTRITIONAL PERKS

#### HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

#### BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

#### MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

#### CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

#### SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

#### SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD

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## Whiteflies

Whiteflies are small, soft bodied insects with piercing-sucking mouthparts. They are creamy white and adults have a mealy wax coating their body and wings. Immatures, also called nymphs, are small, oval, flattened and wingless.

Whitefly populations can increase quickly when temperatures are warmer. The insects like to be on the underside of leaves, often in clusters. Common species of whiteflies have a wide host range and can switch host plants.

Whiteflies suck plant juices and large populations can cause foliage to turn yellow, appear to be dry or even fall off the plant. Some whiteflies cause plant distortion or foliage to turn silver in color. Whiteflies produce honeydew, a sticky substance secreted by some insects. Honey dew causes foliage to become shiny in appearance and can attract a fungus called sooty mold. Some whiteflies are capable of transmitting plant viruses.

Try to encourage natural enemies to help manage whitefly populations in your garden. To do this, make wise pesticide choices. Try to choose pesticides to target specific pests and/ or specific areas. Also, you may need to manage ants that tend the whiteflies to obtain honeydew. The ants protect whiteflies from natural enemies that may normally keep the pest population at manageable levels.

In vegetable gardens, you may want to try reflective mulches to make the underside of the leaves where whiteflies hide less habitable.

As for chemical treatment, you can use high pressure water sprays, insecticidal soap, azadirachtin, d-limonene, botanicals or a synthetic product. Target your treatment to the underside of the leaves to get to where the whiteflies like to hide.

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](http://www.urban-ipm.blogspot.com)

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# TENNIS TIPS

*By USPTA/PTR Master Professional - Owner, Manager and Director of  
Tennis, Grey Rock Tennis Club, Austin, TX*

## How to execute The Overhead “Smash”



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 and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead “smash” when players get a high ball and hit the ball above their head. In the illustrations, Matilda O’Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

**Step 1: The Back Step:** When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the backwards motion by keeping the elbow at a 90-degree angle and the left hand is pointing towards the ball. Notice that her head is looking at the ball and she is keeping her chin up.

**Step 2: The Point of Contact:** As Matilda prepares to hit the ball,

her racket begins accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is “snapping” to get on top of the ball. Her left arm is still pointing to the ball to assure a direct hit on the “sweet spot” of the racket. Her weight has shifted from the back foot to the front foot.

**Step 3: The Follow Through:** After the ball has been struck by the racket, Matilda will continue the swing across the left side of her body. Her eyes are now focused on the path of her stroke. The left arm is at her left side. Her right foot still keeps her toes on the court to allow for maximum balance of the stroke.

**Step 4: The Ready Position:** Even though the overhead “smash” is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back towards her. By the looks of her smile, it appears that her overhead stroke was a success and that won the point.

Look for in the next Newsletter: The Forehand Service Return



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