

# STONE FOREST

*Flyer*

October 2016

Volume 6, Issue 10



Tomball Art League  
**FINE ART SHOW**

**OCTOBER 8, 2016**

**1:30-4:00 PM**

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[www.thetomballartleague.com](http://www.thetomballartleague.com)

# COMMUNITY CONTACTS

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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)

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For more information you can call (281) 897-3186 or visit us online: <https://www.cyfairhospital.com/for-family-visitors/volunteer-with-us>



## THE ST. PETERS ANGLICAN CHURCH BAZAAR

The St. Peter's Anglican Church at 19915 Cypress Church Road, Cypress, TX 77433, will host their annual bazaar and bake sale on November 4 & 5 from 8:00 AM until 3:00 PM. There will be seasonal crafts, raffles, bake sales, vendor booths, new-to-you booth and hot dog plates. For further information you may call 281-731-4546 or 281-213-9953.

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# Partnership For Children

*Submitted by Megan Ransom*

Meet 10 year old Jamarrian, he is an energetic, friendly and outgoing child. He enjoys doing puzzles, playing video games and being outdoors. Jamarrian is a very intelligent young boy and does well academically. The ideal forever family would provide him with ample love and support, as well as consistent rules, boundaries and expectations. Learn more about Jamarrian on the Heart Gallery of Central Texas Website- [www.heartgallerytexas.com](http://www.heartgallerytexas.com).

There are no fees to adopt from the foster care system regardless of which agency you work with. There is only one pool of children, and they are all in care of the state, every licensed agency has the ability to assist in adoption of any foster child in Texas. Child placing agencies are also foster care providers. The first step is to choose a child placing agency to begin your journey. Learn more about starting the adoption process and the children waiting for forever families at [www.heartgallerytexas.com](http://www.heartgallerytexas.com).



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## Cy-Fair Republican Women

Guest speaker for CFRW October meeting will be Rick Figueroa, a leader for the future of the Republican Party. Rick believes that we are at a crossroads, in need of a renewal of our Republican values. He wants to carry the message that we are a party of addition and the only party with anything to offer the Hispanic community.

**Tuesday, October 11th will be CFRW General Meeting at 10:30 AM - Noon.**

Meeting is \$3 -- Meeting w/Lunch at Noon is \$20.  
Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

Enjoy likeminded fellowship and getting to know our candidates. All are welcome! Candidates, we want to get to know each of you. RSVP to [www.cfrw.net](http://www.cfrw.net) by October 4th.

Note: November Meeting will be the 1st as Election Day is the 8th.



## WATER CONSERVATION TIPS OF THE MONTH

- Listen for dripping faucets and running toilets. Fixing a leak can save 300 gallons a month or more.
- Upgrade older toilets with water efficient models. If your toilet flapper doesn't close after flushing, replace it.
- Next time you add or replace a flower or shrub, choose a low water use plant for year-round landscape color and save up to 550 gallons each year.

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# TENNIS TIPS

By USPTA/PTR Master Professional  
Polo Tennis and Athletic Club, Austin, TX



## How to execute The Forehand High 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 and the backhand service return.

In this issue, I will offer you instructions on how to execute the forehand 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, Kathy Noble, a player at the Polo Tennis and Athletic Club, shows the proper technique to execute this stroke.

**Step 1: The Ready Position and Split Step:** When Kathy 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 Kathy realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket slightly back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step forward to meet the ball.

**Step 3: The Point of Contact:** Kathy now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now

is shifted to the point of contact. Notice the left 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.

**Step 4: The Follow Through:** Once Kathy has made contact with the ball, she finishes the follow through with her wrist laid back. Her left 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 Kathy realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, Kathy 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 Hand Backhand Volley Approach Shot



## FINDING BALANCE ONE ROOM AT A TIME

*Taking a Systematic Approach To De-Cluttering & Organizing Your Home This Fall*

Now that the kids are back in school and the hotter days of summer are over, it is a good time to focus on your home. While it may seem like a daunting task, an easy place to start is fall cleaning, the counterpart to spring cleaning. This includes both de-cluttering & organizing.

De-cluttering-Before you begin, have the right mindset and tools in place. I always find it helpful to have 5 labeled containers ready to go. The labels should read 1) Use 2) Store 3) Donate 4) Sell and 5) Trash. As you move from room to room or closet to closet think about the cooler temperatures and pull out those items that will come in handy like winter clothing and bed linens. Also, you might want to take out spring and summer colors in your décor and place those things in your "store" bin. The benefit to taking this systematic approach is that it can be much easier to make decisions on items when you only have the 5 choices right in front of you as well as a place to put items rather than on the floor in several piles. Using the right types of containers is also helpful-plastic bins for use and

store, cardboard boxes for donate and sell and trash bags for trash. That way, no more thought goes into how it gets to the right place, it's all ready to go.

Organizing-After cleaning out unnecessary items, it's time to organize the things you want to keep. I love to containerize my things. What containers you use depend on what it is for; jewelry, make-up, seasonal clothes, purses, books, magazines, toys, etc. All types are available at a variety of stores. The key is to determine what you want to place in bins and make a list of what size, shape and material you need before you head out to shop for the containers. A place for everything and everything in its place is a smart motto.

From here, you will have a clean slate and can create a warm and inviting home this fall for you to enjoy with family and friends and be ready for all of the upcoming holidays.

Article by Rita Lopez, business owner and creative designer. If you would like more home organization and/or design tips, please contact [rita@tarragonadesigns.com](mailto:rita@tarragonadesigns.com)

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