

STONE FOREST

Flyer

October 2013

Volume 3, Issue 10

Hello, Stone Forest!

Hello Stone Forest and a big welcome to all our new neighbors. It is now September and cooler weather is on the horizon. It is a fine time to get out and start walking the neighborhood and meeting our new neighbors. I am sure our friend Richard Leonard will be around on his skates to welcome you to the neighborhood if he has not already. You will see me soon at the playground with my daughters enjoying the new equipment we put in last year. All in all, as a community, we should make an effort to get to know one another as this will increase the overall well being of the community, decrease the likelihood of crime and I improve our home values. Now I am not a real estate agent nor do I have any qualifications when it comes to evaluation of real estate but I have been paying attention to the rising home values in the area and my wife is an avid real estate hawk, so for your interest and mine, it seems that home values in our community have risen to an average of \$90/sq ft. Which is beneficial for us all aside from taxes.

Finally this October we would like to plan a community garage sale for the 1st weekend in October. Chaparrel will help us advertise through out all the HOA newspapers they have access to and we will post ads on Craigslist, Facebook and more. Please help us by getting out the word. We will hold this event October 5th and 6th. Everyone is welcome to join and I am sure we all have some de cluttering we would like to do.



COMMUNITY CONTACTS

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V. PRESIDENT

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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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SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Stone Forest Flyer. E-mail your pictures to kservernti@chapparralmanagement.com by the 8th of the month.



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TENNIS TIPS



By USPTA/PTR Master Professional
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How To Execute The One-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, the forehand high volley approach shot, and the two handed high volley approach shot.

In this issue, I will offer you instructions on how to execute the one-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 at the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put into a defensive mode. This will cause the player to hit a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Darin Pleasant, Director of the ATP Academy at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When Darin realizes that he is caught in “no-person’s land”, he takes the split step by bending of the knees and staying on his toes. His racket is in the volley position and his feet are angled toward the path of the incoming ball. Notice that the left hand is on the throat of the racket.

Step 2: The Back Swing: Once Darin realizes that the ball has been directed to his backhand, he will turn his upper body and will take the racket slightly back. Notice that the left hand is still on the throat of the racket. He has loaded his weight onto his left foot and will be ready to step forward to meet the ball. He will make a slight change toward the continental grip on the right hand.

Step 3: The Point of Contact: Darin is now ready to step into the ball. He has kept her eye on the ball and his 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 him to hit behind the ball and allow maximum net height and allow him to hit the ball deep. The control of the ball will be made with the right hand, which is holding the racket tighter. The right hand will keep the face of the racket at a 45 degree angle at the point of contact.

Step 4: The Follow Through: Once Darin has made contact with the ball, he finishes the follow through with his left wrist laid back. His left arm is pulling back for better body balance and his eyes are still watching the racket where he made contact with the ball.

Step 5: The Move for the Kill Volley: As the ball is headed toward the opponent and Darin realizes that his shot is deep He now moves closer to the net for the put away volley. If his shot was not deep, Darin will decide to stay close to the service line to protect the lob over his head. By the look in his eyes and his smile, he just did a “kill volley”.

Look in the next Newsletter for: How to execute “The Lob”



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- Kids Stuff -



From the candy to the costumes, Halloween is a fun-filled time for kids and parents alike. But it's also a holiday that can pose dangers to young revelers. To help make this year's festivity a trick-free treat, follow these simple safety tips:

Adorning Your Little Ghouls

- Choose a light-colored costume or add glow-in-the-dark tape to the front and back of the costume so your kids can be easily seen.
- Don't buy a costume unless it's labeled "flame-retardant." This means the material won't burn.
- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Don't let your children wear masks — they can make it difficult for kids to see and breathe. Instead, use nontoxic face paint or makeup. Have younger children draw pictures of what they want to look like. Older kids will have fun putting the makeup on themselves.
- Put a name tag — with your phone number — on your children's costumes.
- Avoid oversized and high-heeled shoes that could cause kids to trip.
- Avoid long or baggy skirts, pants, or shirtsleeves that could catch on something and cause falls.
- Make sure that any props your kids carry, such as wands or swords, are flexible.

Pumpkin-Carving Precautions

- Don't let kids handle knives. Have them draw their designs on the face of the pumpkin with a black marker — then you do the carving. And make sure you're using a sharp knife or a mini-saw that's pointed away from your body.
- Keep kids at a safe distance while you're carving the pumpkin so that they don't distract you or get in the way of sharp objects.
- Remove pumpkin guts safely. If your children beg to remove the guts of the pumpkin — as many kids do — don't hand over a knife to do it. Instead, let your little ones get messy by scooping out pumpkin flesh with their hands or an ice cream scoop.
- Clean up your mess. Pumpkin flesh is slippery and can cause falls and injuries when dropped on the floor. Layer newspaper or old cloths under your carving workspace and clean up spills right away so no one slips or trips.

- Skip the candles. A burning candle in a pumpkin may become a blazing fire if left unattended. Instead, use a glow stick (available in many colors) to safely illuminate your jack-o'-lantern.

Trouble-Free Trick-or-Treating

Accompany young children (under age 10) on their rounds. But make sure they know their home phone number, the cell phone numbers of parents and any other trusted adult who's supervising, and how to call 9-1-1 in case they get lost.

For older kids who are trick-or-treating on their own, make sure you approve of the route they'll be taking and know when they'll be coming home. Also be sure that they:

- carry a cell phone, if possible
- go in a group and stay together
- only go to houses with porch lights on and walk on sidewalks on lit streets (never walk through alleys or across lawns)
- know to never go into strangers' homes or cars
- cross the street at crosswalks and never assume that vehicles will stop
- Give kids flashlights with new batteries.
- Limit trick-or-treating to your neighborhood and the homes of people you and your children know.

When your kids get home, check all treats to make sure they're safely sealed and there are no signs of tampering, such as small pinholes, loose or torn packages, and packages that appear to have been taped or glued back together. Throw out loose candy, spoiled items, and any homemade treats that haven't been made by someone you know.

Don't allow young children to have hard candy or gum that could cause choking.

Make sure trick-or-treaters will be safe when visiting your home, too. Remove lawn decorations, sprinklers, toys, bicycles, wet leaves, or anything that might obstruct your walkway. Provide a well-lit outside entrance to your home. Keep family pets away from trick-or-treaters, even if they seem harmless to you.

Take these quick and easy precautions to help your little ghosts and goblins have a hauntingly happy and safe Halloween.

Reviewed by: Mary Gavin, MD

Date reviewed: October 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

STONE FOREST FLYER

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