

# Hey Neighbors,

By now you have your New Year's Resolutions firmly listed in order of importance, placed on sticky notes, I-Pad reminders, etc., so that (THIS TIME) you'll really nail them. Those resolutions of the past years were just warm ups and practice for this year, right? My personal belief is that these resolutions show just how optimistic we people are. However, I was thinking we ought to have a contest--whoever keeps the majority of their resolutions past April or May will get their names put up on our community info boards at the entries to Stone Forest. Sound reasonable?

2014 was a good year for us. Total replacement of the playground (we're still exploring pros and cons of expanding the actual play structure), the addition of the three street lamps on Edgewood Place and the new sidewalks. So now we are financially "hibernating" until after the January HOA board meeting when we will be assessing ideas and suggestions we've received and deciding the best things to do. Remember to send in your HOA dues as that is what makes it possible to properly maintain and add to our community.

Our Architectural Control Committee (ACC) has two new

faces. For a quick education---this is a three member committee that oversees requests when we make changes to the exteriors of our houses and yards. Tod Bisch and Ron Averett have rotated off the committee. Our thanks to them for many years of service. Also, thanks for the fast response when we asked for volunteers in November. The Board selected Joe True (retired graphic designer) and Cathy Bodenstedt (Art History degree) as the new members. Joe and Cathy have good experience and talents which I believe will help as many of us (me included) go about repainting the exteriors of our home and other things that go along with maintaining houses and yards that are now around or over 10 years old. We definitely want to keep our neighborhood attractive to our residents, visitors, and prospective buyers.

Have a good month. Next month this space will have the introduction of our other new board member. My thanks to Cathy Schmidt for introducing herself in the December newsletter.

Thanks,

Dick Leonard



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# TENNIS **TIPS**

By USPTA/PTR Master Professional Fernando Velasco





### The Modern Game: "The Forehand Return Serve Drop Shot"

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the "modern" game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may already be playing for leagues or in tournaments and are looking for more "weapons" on the court.

In this issue, I will offer instructions on how to execute "The Return Serve Drop Shot." This shot is used when an opponent is expecting a deep service return and the player "surprises" the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men's 70 Division in Texas, and #13 in Singles

and #8 and #10 in Doubles in the US.

Step 1: The Back Swing: When Fernando sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, and his eyes are focused on the incoming ball.

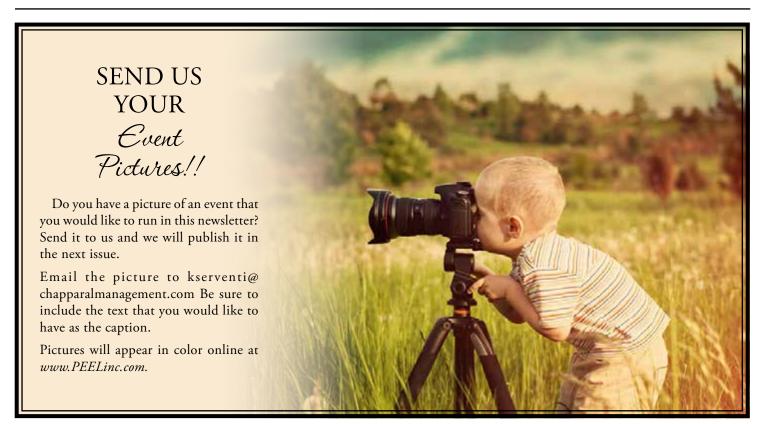
Step 2: The Point of Contact: The success of the drop shot is to "cup" under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

Look in the next Newsletter for: "The Backhand Return Drop Shot"

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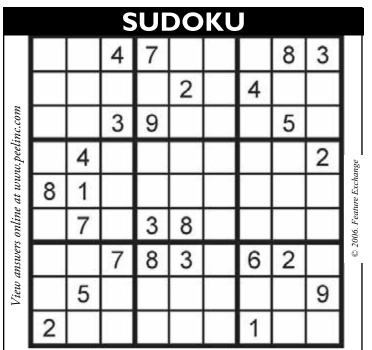






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