

STONE FOREST

Flyer

December 2015

Volume 5, Issue 12



President's Message

It's well in to the Holiday Season and the Board hopes that you are enjoying the decorations that were installed at the entrance to Stone Forest.

The Board continues to seek improvements to your greenspaces, and we are awaiting bids for landscaping near the sidewalk long Edgewood Place. Please let us know if you have any suggestions.

All of us on the Board hope that you have a Happy and Safe Holiday Season.

Tod Bisch

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TOMBALL ART LEAGUE **Make your art a** **priority in 2016!**

Our mission is to promote Art Appreciation in Tomball & surrounding communities, to stimulate enthusiasm for the Arts, increase our knowledge and techniques by having renowned artists demonstrate, and to unite artists by having a common meeting place to share new techniques & knowledge.

Dec. 12 – Members Party

Jan. 9 – Guest Artist, Peihong Endris - Chinese Brush & Ink

TAL meets at 9:30 a.m. the 2nd Saturday of the month (some exceptions) in the Amegy Bank building, 2nd Floor, Hwy 249 @ Medical Complex Dr. in Tomball. For more info: thetomballartleague.com



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TENNIS TIPS

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



HOW TO EXECUTE THE FOREHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand and a one-handed backhand. In this issue, I will give you instructions on how to execute a forehand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures Grey Rock Tennis Club player, Camille Palafox, demonstrates the proper form and technique. Photos by her husband Charlie Palafox.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The right arm should

take a short turn and the head of the racket should align to the flight of the ball. The right wrist should be “cocked” back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Camille to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The left arm should be close to the body.

Look for in the next Newsletter: The Two-Handed Backhand Volley

The Do's and Don'ts for getting that Perfect Christmas Photo of Your Pet

Photographing animals can be really difficult. They get distracted easily, they're almost always moving, and they even make silly faces. This can make it difficult to get a photo worthy of a Christmas card, but it is possible! Here are some Do's and Don'ts to help you out.

DO keep plenty of treats handy

Our animals often need a bit of extra reward and loving to sit there and look cute for us, so make sure to have plenty of their favorite treats available.

DO have toys and noise makers to grab their attention

They don't always listen to us, so bring their favorite toy to hold up next to you and they're sure to look over with an inquisitive face.

DO look at your background first and move around until you have eliminated distracting items

You don't want to turn your horse into a carousel ride by having a pole in the background looking as though it is going straight through their belly.

DO have an assistant or two to help out

It can be really tiring and frustrating if you are the only person out there and you are repeatedly putting your camera down and running over to your animal to pose him or fix a prop, and then running back and only hoping he is still where you left him.

DO use a fast shutter speed

If you are shooting in Manual mode on your camera be sure to use a fast shutter speed (at least 1/250), so that even if the animal is moving when you click the shutter you will still get a clear picture. If you do not have a Manual mode on your camera, try using the Sports mode.

DO be aware of colors

Choose complimentary colors for the props and costumes you use. The same goes for taking

a picture of the pet with his owner- don't wear a shirt that is the same color as your dog- you want contrast.

DO focus on the eyes

Especially when taking close up shots. Their eyes can be very expressive so you want them to be sharp and clear.

DON'T forget that candid shots can be cute, too!

Don't automatically throw out all the photos where your pet is not looking or making a silly face. Those shots can be just as good as posed ones, because they show the personality of your pet.

DON'T just throw props and costume pieces on your pet before letting them "OK" it. Let your horse smell whatever prop you're going to use first or rub it on them gently until they are relaxed. They are much more likely to cooperate if they aren't scared of the Santa hat on their head.

DON'T crop off just the feet or hooves

Be careful when you are framing your picture, you don't want to

crop out just their feet or tail or ears. Step back for a whole body shot or crop it in close to a headshot.

DON'T shoot during the middle of the day

The best lighting of the day is about an hour before the sun sets. It is much more diffused and soft, and you will avoid all the harsh shadows.

DON'T try to be in a hurry

Taking animal portraits takes patience! You should expect it to take more than just a few shots.

DON'T use a flash

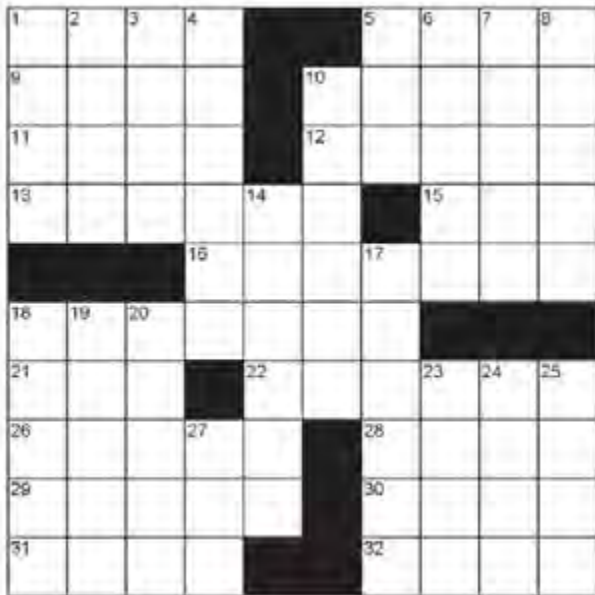
Sudden bursts of light from a flash may frighten your pet and cause red eye.

Photos and article thanks to www.kayliejphotography.com on location at www.fivehorses.com. Saturday, December 12th Kaylie will be back to take pictures with Five Horses, LLC clients. Join us and schedule online under the appointments tab.



STONE FOREST FLYER

CROSSWORD PUZZLE



ACROSS

1. Catch in nylons
5. Speed
9. Station
10. Scoop out
11. Healing plant
12. Colder
13. Geneve
15. Consume
16. Collective Israeli farm
18. Chewbacca's partner (2 wds.)
21. Card game
22. Legume
26. Coding system
28. Portend
29. Induct
30. Look
31. Loch __ monster
32. Opp. of yeses

DOWN

1. Male deer
2. Large African river
3. Long time
4. Mediterranean island dwellers
5. IBM Competitor
6. Adios
7. Sports shoe projection
8. Hz
10. Apt
14. Purplish color
17. Candy
18. Woman
19. Negative battery terminal
20. Averages
23. African nation
24. Bored
25. Dregs
27. Bro.'s sibling

View answers online at www.peelinc.com

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Phorid or Humpbacked Flies



Humpbacked flies, also known as Phorid flies, are small gnat-like flies that do not bite. They often are yellowish to black in color. They get their name from the way their back is humped when viewed from the side. Sometimes they are called scuttle flies from their habit of running around in an erratic manner.

Phorid flies vary widely with some being pests while some species are beneficial and attack and kill red imported fire ants.

Pest species that are found indoors are often associated with moist, decaying organic matter. These flies can become a problem in homes because they can mechanically transmit bacteria to food and food prep areas.

Common sites where larvae develop (and areas you would need to locate a.k.a. “the source”) can include the organic matter built up on the inside of drain pipes; on aging fruits, vegetables or other food matter; the bottom of garbage cans, dumpsters or recycling bins; in broken sewage pipes; or under broken floor tiles.

Develop a sanitation plan. Locate “the source” where larvae are living and clean it thoroughly. If drains are accessible, clean with a stiff brush and flush with boiling water. Food should not be left out for long periods of time and trash/ recyclables should be removed on a regular basis. Repair any plumbing leaks.

Spot treatments with properly labeled insecticides and fly lights can help reduce adult populations.

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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Make a Difference in Your Family



The holiday season is generally a time of family get-togethers, increased community service and an overall joyful experience as we share this wonderful time with family and friends.

But did you know that you can make the spirit of the holiday season last all year? How you ask? By opening your heart and your home to an International Exchange Student!

Host families reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

Make a difference in the life of a student and in your family! If your family enjoys exploring new cultures and nurturing youth, please contact us to request more information about this amazing opportunity to share your life with a special young person and to learn how you can make a difference. The application process for the 2016/2017 school year has begun; it is recommended to start now as available schools spots fill up early.

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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