

# STONE FOREST

## Flyer

April 2016

Volume 6, Issue 4

## APRIL GARDENING TIPS

*Offered by WeekendGardener.Net*

Use this list to help you figure out what gardening tasks you want to accomplish this month.

### **Planning**

When purchasing bedding annuals this spring, choose properly grown plants with good color. Buy plants with well-developed root systems that are vigorous, but not too large for their pots. Plants that bloom in the pack are often root bound and can be set back for several weeks after being transplanted. Plants not yet in bloom will actually bloom sooner, be better established and grow faster.

For hot-weather color, select one of the following: Gloriosa Daisy, Madagascar Periwinkle, Ornamental Peppers, Mexican Zinnia or Amaranthus 'Joseph's Coat. Plan to attract hummingbirds to your garden this year by planting red or orange flowers. Monarda (common names: beebalm, horsemint, Oswego tea, and bergamot) is a good perennial plant that thrives in sun and provides nectar for these small birds.

### **Planting**

Begin to plant seedlings of warm-season vegetables such as tomatoes, peppers, and eggplants. You can also start your pumpkin seeds now.

Sow beets, beans, cucumbers, carrots, lettuce, sweet corn and radishes

Plant herbs such as thyme, sage, parsley, chives and basil

Sod or sow new lawns, and over seed damaged older lawns

Start planting out warm season annuals such as impatiens, marigolds, petunias, sunflowers, zinnia, lobelia, alyssum

Finish planting summer-flowering bulbs like tuberose, gladiolus, dahlias, and callas

Plant chervil, coriander, dill, rosemary, and summer savory outside after the last spring frost date for your area. Your Extension agent

should be able to give you the date.

### **Maintenance**

Mulch soil to save water, smother weeds, keeps soil cooler. Spread 1-3 inches (2.5-7cm) of bark chips, compost, wood shavings, or other organic material under shrubs trees, annuals and vegetables. Thin vegetables that were sown too thickly, like basil, carrots, green onions, or lettuce. Prune spring-flowering shrubs and trees after bloom is over.

Fertilize everything right now, but do not feed spring-flowering shrubs like azaleas, camellias, and rhododendrons until after they have finished flowering. Use an acid based fertilizer. They also should be pruned after blooming.



# COMMUNITY CONTACTS

## STONE FOREST HOA Spring, Texas 77379 HOA BOARD

### PRESIDENT

**Tod Bisch** ..... 5223 Sunlight Hill Ct.  
Contact ..... 281-370-0120  
..... [todnlorri@gmail.com](mailto:todnlorri@gmail.com)

### VICE PRESIDENT

**Richard Leonard** ..... 5423 Chelsea Fair Lane  
Contact ..... 832-717-0749 (Home)  
..... 361-946-1838 (Cell)  
..... [j24hd@yahoo.com](mailto:j24hd@yahoo.com)

### SECRETARY

**Cathy Schmidt** ..... 19427 Yaupon Green Ct.

### TREASURER

**Robin Jones** ..... 19210 Holly Shade  
Contact ..... 281-376-5511  
..... 281-382-5228 (Cell)  
..... [RobinGriffithJones@yahoo.com](mailto:RobinGriffithJones@yahoo.com)

### DIRECTOR AT LARGE

**Chris Jackson** ..... 5607 Edgewood Place Dr.

### KLEIN ISD

Klein ISD website: ..... <http://www.kleinisd.net/>  
Kuehnle Elementary School ..... 832-484-6650  
Strack Middle School ..... 832-249-5400  
Klein Collins High School ..... 832-484-7811

### CHAPARRAL MANAGEMENT CO.

281-537-0957

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

Mailing address:

P.O. Box 681007, Houston, TX 77268-1007

Physical address:

6630 Cypresswood Dr. Suite 100, Spring, TX 77379

### UTILITIES

Bridgestone MUD (water district) ..... 713-983-3602

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

Centerpoint Energy (to report street light outages) .... 713-207-2222

..... [www.centerpointenergy.com/outage](http://www.centerpointenergy.com/outage)

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)

U.S. Post Office ..... 1-800-275-8777

..... **7717 Louetta Rd. , Spring, TX 77379**

Republic Waste .....

**Trash pick-up days: Mondays & Thursdays**

### NEWSLETTER INFORMATION

Articles ..... [kserventi@chaparralmanagement.com](mailto:kserventi@chaparralmanagement.com)

Publisher - Peel Inc. .... [www.peelinc.com](http://www.peelinc.com)

Advertising ..... 1-888-687-6444

# Exceptional Students. Extraordinary People.

Miles, language, and cultural differences sometimes make us feel worlds apart from each other. But when you welcome an international high school exchange student into your home, you quickly discover they become family. Through conversations and experiences at home, school, and throughout the community, you will learn how close together “worlds apart” can really be.

**Expand Your Family** - Build lifelong friendships with a family from across the globe through your student.

**Learn New Cultures** - Introduce your family to a new language, new foods and music, and an entirely new culture.

**Gain a New Perspective** - See “your” world with fresh eyes as you share experiences with and learn from someone from across the globe.

**Make a Difference** - Your support of diversity and cultural awareness extend to your family, schools and throughout the community.

Spending a year in the U.S. changes the lives of not only Ayusa’s international exchange students but also their host families and communities. Our students have the opportunity to experience life as an American teenager, perfect their English speaking skills, and grow into young adults ready to leave their mark on the world. They also give back with their enthusiasm, dedication, and involvement. Their energy and perspective are contagious and their presence along promotes a sense of global unity.

Here’s just some of the student’s waiting for a host family this year  
Charline, The Netherlands, 17, Female

Top three interests: Diving, Family Activities, Tennis

GONZALO, Spain, 16, Male

Top three interests: Computers or Technology, Skiing or Snowboarding, Travel

Shu-Ruei, Taiwan, 15, Female

Top three interests: Music, Photography, Running or Jogging

Mathilde, France, 15, Female

Top three interests: Family Activities, Reading, Swimming

Henrik, Germany, 15, Male

Top three interests: Bike Riding, Music, Soccer

Koshin, Japan, 16, Male

Top three interests: Baseball, Sports, Swimming

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](mailto:vodom@ayusa.org) or Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).

# Live Allergy Free

Do you suffer from nose congestion, running nose, sneezing constantly, itchy nose, sore throat, red & itchy watery eyes, and cough? Do you have more than ten sneezes non-stop sometimes especially in the morning. If this sounds like you? You may suffer from allergy. If you have these symptoms during certain seasons of the year, you may have seasonal allergies. With all the trees and flowers in Houston, more and more people suffer from seasonal allergy.

If the symptoms are not effectively under control by western medicine, some people may develop chronic allergy, the symptoms become more severe every time. Other people may develop dependency to the medication, need to increase dosage from time to time.

The cause of the allergy is either the exterior pathogen (allergen) or the internal constitution (body type). Traditional Chinese Medicine treat patient's constitution, rebalance the body, change the internal environment by improving the circulation of Qi and blood, therefore to control, reduce and cure the allergy.

Several Chinese patterns of disharmony may be involved in cases of allergies. In all cases, however, wind is often part of the diagnosis.

In seasonal allergies, such as hay fever, the most common diagnosis is related to wind and dampness. Individual's body constitution and condition at the time play a big role in the treatment plan.

Treatment plans for allergies vary greatly, and the possible results range from temporary relief to complete remission based on the reaction of individual person. Acupuncture frequently relieves allergy symptoms immediately. Diet advice and control plays an important part in controlling seasonal allergies.

Take your health into your own hands, live allergy free with safe effective natural way.

Apart from respiratory issues including allergy, acupuncture is also effective to treat reproductive issues for male and female, emotional issues, neurological issues, gastric distress. It is a wonderful way to relieve pain without intoxications, to help with rehabilitation, to treat addictions and fatigue.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.



IT'S SO  
*Easy!*

**SELL US YOUR CAR!™**

 **TEXASDIRECTAUTO.COM**

## Adolescents and Anxiety

*Submitted by Shelley Coleman M.A., L.P.C.-S.*

Recently, I was fortunate to have the opportunity to speak to the Canyon Ridge Middle School PTA members at their monthly meeting. Specifically, I was asked to speak on Anxiety and Children. As a parent of a middle school child and therapy provider for adolescents, this subject is more than relevant to me.

In my therapy practice and in my home, I see the increasing social and academic pressures for our kids. Recently, a poll conducted by NPR along with the Robert Wood Johnson Foundation and the Harvard School of Public Health, found that nearly 40% of parents said their high school kids are experiencing a lot of stress from school. Specifically, longer homework sessions, high stakes testing, and more competitive college admissions are the drivers. In my own school district and community, the options for extracurriculars are countless and the sizeable academic menu of choices is growing.

I realize that my children are incredibly fortunate to have these amazing opportunities. I also realize that with great opportunity comes great responsibility. How can I help my child find the balance between exposure to these resources and the ability to manage their schedules without creating an environment that is overwhelming and anxiety provoking?

These are questions, of course, that families have to answer for themselves. Just as individual families have varying priorities; children vary on the types of schedules they can manage.

To be sure, adolescence is an anxious time. As a parent, we can play a key role in how our children experience anxiety. Some things we can do as parents are:

- Recognize and help children identify anxious feelings
- Help children develop coping strategies
- Express positive and realistic expectations
- Validate feelings but don't empower them
- Encourage tolerance of anxious feelings
- Model healthy ways of managing stress and anxiety

By helping our children to identify and express their anxious feelings, we can begin to address concerns. Like all uncomfortable emotions, anxiety is a normal response that serves a purpose. Helping our children label and express their feelings can be anxiety reducing. Learning to recognize, express, tolerate, and manage anxiety is a priceless skill. As role models for our children, coping with our own stress and anxiety can serve as a valuable example.

Parents can model good stress management by making sleep, nutrition, and exercise a priority. We can learn to recognize our personal limits for demands of our time and resources and set healthy boundaries. And, when indicated, we can utilize professional resources like school counselors or independent

therapists.

If you think your child may have an issue with anxiety, there are several symptoms you may notice. Behaviorally, teens may engage in unhealthy coping behaviors such as drug and alcohol use. They may limit or avoid activities in an attempt to reduce anxiety. Physically, teens may report sleep disturbances, headaches, stomach aches, or symptoms such as racing heart, dizziness, and muscle tension. You may notice that symptoms are consistently very intense and go on for a long period of time. Contacting a professional therapist can be of value in assessing the severity of the anxiety and determining if counseling is indicated.

As parents, we are instrumental in helping our children become healthy, resilient individuals. By setting realistic expectations and helping our children to prioritize their schedules we can teach them to set healthy limits and not over extend themselves. We can teach them to tolerate and manage their own anxiety. And, when necessary, we can seek out professional help.

## Grow a new relationship WITH ENERGY CAPITAL CREDIT UNION

**Open a checking account today.  
Our checking accounts include:**

- Free Online Banking and BillPay
- Free MasterCard® Debit Card
  - Free e-statements
- Free mobile check deposit
- Earn one point for every \$2 in debit signature-based transactions

\*\$100 minimum to  
open the account.



832.604.4848 | [WWW.ECCU.NET](http://WWW.ECCU.NET)

24396 NORTH FREEWAY,  
SPRING, TX 77386

18540 NORTHWEST FREEWAY  
HOUSTON, TX 77065

**ENERGY**   
CREDIT UNION **CAPITAL**





## Honey Bee Swarms

Honey bees are beneficial by producing honey, wax and pollinating crops. With warmer temperatures, honey bees are becoming more active and may soon begin to swarm.

Honey bee swarms look like a large clump of bees clustered together. The swarm may stay in a location from a few hours to a week. Swarms are produced as a part of the colony's reproductive process. An established colony produces a new queen, causing the old queen and half the worker bees to leave the colony to search for a new nesting location. Swarming honey bees are usually gentle and unlikely to sting. Swarms are not protecting their home, food or offspring. Scout bees are sent out from the swarm to search for a nesting site. Colonies produce comb and honey and are defensive. Bees from a colony are more likely to sting as they are guarding their home, food and offspring.

Sometimes, honey bee colonies can be found in wall voids, chimneys, attics or sheds. If bees are in a wall void, DO NOT block their entrance; this makes them search for another way to exit and could lead bees into the structure. To keep bees from entering a home, seal any holes found in walls where pipes enter the home, cracks in window framing, knotholes, weep holes, or cracks between wood and brick junctures.

While many enjoy having honey bees around, some people are severely allergic to their venom. This, along with other situations, such as bees located near sensitive areas (such as playgrounds) may require removal or even extermination of the bees.

People should NOT try remove or exterminate bees on their own. Beekeepers and pest control companies have equipment to carry out these jobs in a safe manner. The city or county does not provide bee removal services.

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)

*The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas AgriLife Extension Service or the Texas AgriLife Research is implied.*

*Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.*

## TENNIS TIPS

*By USPTA/PTR Master Professional, Fernando Velasco*



### How to execute The One-Handed Backhand Volley

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, and the forehand half-volley. In this issue, I will offer you instructions on how to execute the one –handed backhand volley when players are at the net and have to hit the ball on the fly. In the illustrations, Ross Hooks, a Member of the Grey Rock Tennis Club, demonstrates the proper form and technique.

**Step 1: The Split step:** When the player comes up to the net, the player will stop and take the split step by bouncing off the toes at the same time and let the body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball. Notice the left hand being on the throat of the racket, not next to the right hand

**Step 2: The Back Swing:** The left hand will guide the head of the racket at eye level and with a short back swing. The upper body has made a turn and the weight of the body has been placed on the left leg. Eyes are focused toward the point of contact. The right hand is relaxed to allow the left hand to make the proper opening to meet the ball.

**Step 3: The Point of Contact:** As the swing comes forward, the left hand releases the racket and the right foot leans toward the ball. The left hand stretches back to allow proper balance on the point of contact. The head of the racket is slightly tilted up to allow a slice on the ball. This assures good height above the net and will force the ball to stay low when making contact with the court, thus making it tougher for the opponent to return the ball back to the player.

**Step 4: The Follow Through:** Once the ball leaves the racket, the follow through is extended toward the target. The weight of the player is now on the right leg and the left arm is still balancing the body as a “butterfly swing”. The shoulders are still slightly turned and are ready to come back to the split position.

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

# STONE FOREST FLYER

At no time will any source be allowed to use the Stone Forest Flyer's contents, or loan said contents, to others in anyway, shape or form, nor in any media website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Stone Forest Flyer is exclusively for the private use of the Stone Forest HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

# SUDOKU

			7		4	9		
					8	6		
		4	3	9				
			2					
	2					3	4	6
6				4		5		8
1				5		7		
		5						3
		3	9					

View answers online at [www.peelinc.com](http://www.peelinc.com)

© 2006. Feature Exchange

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



# Quality

**PRINTING COMPANY**

Call today for more info  
**512.263.9181**

From design to print to mail,  
**Quality Printing** can help you  
with all of your printing needs!

**QualityPrintingOfAustin.com**



## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club

308 Meadowlark St

Lakeway, TX 78734-4717

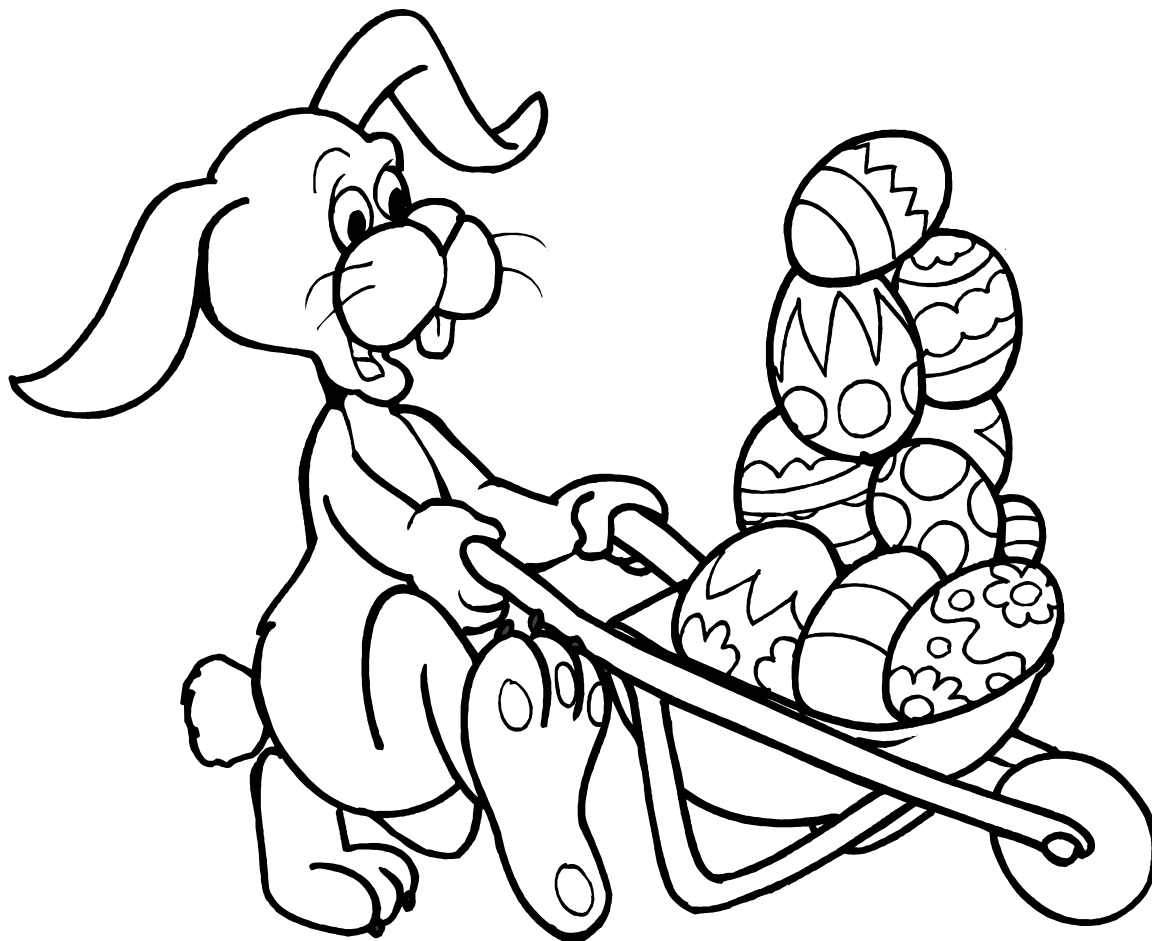
We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: April 30th

Be sure to include the following so we can let you know!

Name: \_\_\_\_\_ (first name, last  
initial)

Age: \_\_\_\_\_



STF



**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

STF



**PEEL, INC.**  
community newsletters

[www.peelinc.com](http://www.peelinc.com)  
**512.263.9181**