



May 2012

Volume 5, Issue 5

A Newsletter for the Residents of Legend Oaks

CIRCLE C MANAGER/DIRECTOR OF TENNIS

Gives Advice on How to Play Tennis

Submitted by Fernando Velasco, General Manager, Circle C Tennis Club

In the previous issue, I answered questions about beginning to play tennis, and how to select tennis shoes. In this issue, I will answer questions regarding the proper selection of proper tennis attire.

Q: I want to start playing tennis, do I need special tennis clothes? A: The beauty of the sport is that you do not need to spend a great deal of money to purchase proper tennis attire. For men, a comfortable loose t-shirt and shorts with pockets will work nicely. For ladies, a t-shirt and a skirt or shorts with pockets to place the ball in when not in play.

Q: Are there any shirt styles better than other for men? A: Men have few options on shirts. The "polo" look is still popular but most players prefer the "crew" look. For a while, the "sleeveless" shirt was the "in" look when "Rafa" Nadal and other tour players were wearing it. This faded away when most changed his style to the "crew" look. Most players prefer the body map mesh and wicking for better cooling and ventilation. One hundred percent cotton t-shirts will get heavy and wet during the summer months and do not cool off the body as much as the new "wet and dry" materials.

Q: How about shorts for men? A: Tennis shorts come in different in seam sizes. The inseams range from 7" to 10" to fit to the man's height. They also have elastic stretching properties and will have two pockets in the front. They are woven shorts with wicking fabric finish to allow maximum stretching properties. Some poly knit shorts are also popular and they are very light and flexible.

Q: What about women's shirts? A: Women are much more aware of a proper fit for their tennis outfits. The three most popular styles are the "tank top", the "v-neck" and the "polo" shirt. Some women, who are aware of the damage that the sun may cause, will choose to have the full pullover that covers their neck and their arms. The popular "dry-fit" material is their number one choice with mesh inlets and some with full mesh in the back for cooling purposes. Colors will change from season to season and most of the women will stay with one particular fit

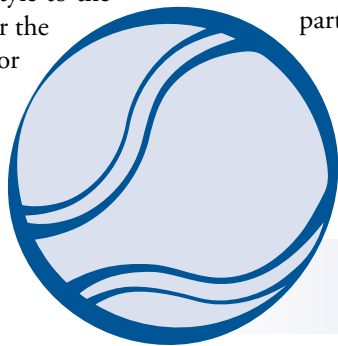
Q: What about shorts vs skirts? A: That is another decision that women will make. The popular woven maximum flexibility.

These will also range on length from 12.5" to 14.5". Most skirts now have a compression short with pockets included with the skirt. Some prefer the flare skirt, while others like the side inset. Still, many prefer the woven short with fixed waist and front pockets for holding the tennis ball not in play.

Q: What about tennis dresses? A: They are on their way back to becoming stylish. Many tennis professionals are wearing them. Most companies will have one or two styles of dresses for each season. They either have a racerback tank with mesh insets with V-neck, back and side panels. They also have tank dresses with elastic straps, internal support bra, overlay front panel and pleated skirts. It will all depend on the proper fit.

In the next issue, I will answer questions about what to do after taking a series of lessons and you are practicing with a partner or spouse. Until then, start shopping around for your tennis outfit and begin playing the "sport of a lifetime: Tennis". :Like one of my students tells her accounting clients to use the "KISS" method, the same goes for tennis outfits: Keep it Simple, Simple, Simple and have fun!!

(Continued on Page 3)



NEWSLETTER INFO

NEWSLETTER

Articleslegendoaks@peelinc.com

PUBLISHER

Peel, Inc.....www.PEELinc.com, 512-263-9181

Advertising.....advertising@PEELinc.com, 512-263-9181

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How to Play Tennis - (Continued from Cover)

CONGRATULATIONS TO OUR CIRCLE C TENNIS "10 & UNDER TEAMS"

Our "10 and under" tams have qualified for the finals of the CATA-USTA Playoffs following their successful rounds of play. The Circle C Aces will be bidding for first place in the league, and the Circle C Red, for fifth place. Matches are scheduled for April 28 and results will be announced in the June Newsletter.

"CIRCLE C ACES" - RIGHT

Colin Doles, Brooke Taylor, Sol-Marie Nordstrom, William Ansdell, & Logan Lewis. Not in picture: Rohan Bhavsar, Jordan Jewell & Alex Johnson



"CIRCLE C RED" - BELOW

Eleanor Nelson, Sydney Johnson, Kayleigh Shumaker, Jaxson Hataway, Meagan Zeng & Arik Suez. Not in picture: Gabriella Saidleman, & Satvick Raghunathan



CIRCLE C 8.0 SUPER SENIORS WIN CHAMPIONSHIP

The Circle C 8.0 Super Seniors (60 and over) Team captured First Place in the USTA League. They finished the season with a 7-1 record. Players on the team are: Don Primosic (captain), Steve Thurber, Del Campbell, Andrew Kugler, Larry Eichenbaum, Bill Terry, Carl Morris, Jack Clow, Karl Kamrath, Richard Pleasant, Randy Dryer, Ron Tope and Fernando Velasco. They qualified to play Sectionals in New Braunfels in November. Good luck team!!

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WASH & FOLD SPECIAL! .89/lb (10 lb minimum) at either Brodie or Oak Hill through June 30, 2012. Bring this newsletter with your incoming order to redeem this special. Sign up for coupons at WashDayLaundry.com.

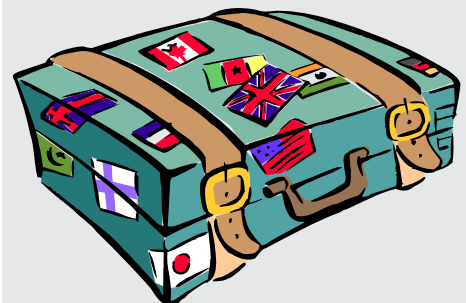
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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Legend Oaks residents, limit 30 words, please e-mail legendoaks@peelinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

Looking for Volunteers!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 jennifer4cci@aol.com



LEGENDARY TIMES

A Focus On Physical Activity - Pathway To Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

Any physical activity is better than no physical activity

- Includes people with disabilities & far outweighs the possibility of risk of injury or illness

Most health benefits occur with at least 150 minutes a week

- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

- You increase the intensity, the frequency, and or the duration of your Physical activity.

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.


WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.


HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.



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Austin Newcomers Club MAY LUNCHEON

Folks who have been in Austin for a while are familiar with Sue Patrick's clothing emporium. She has been in the clothing business in Austin for 37 years and at her current location, 5222 Burnet Road, for the past 13 years. The store is not like any other in Austin. The merchandise includes everything from UT T-shirts to formal wear. Sue specializes in Vera Bradley and Brighton Collection handbags and carries some wonderful clothing lines including FDJ Jeans, Not Your Daughter's Jeans, Foxcroft shirts and Joseph Ribkoff. In addition to great clothing lines, you will find special candles and home fragrances and University of Texas clothing and memorabilia. This is a very popular event, so be sure to make your reservations early.

WHEN & WHERE

**Wednesday, May 16, 2012 at Green Pastures Restaurant,
811 West Live Oak Street, pre-payment \$20.00
Reservations are required.**

TIME

11:30 a.m. socializing, Luncheon begins at noon.

For Luncheon Reservations: Email:

LuncheonDirector@AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00, membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at:

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The 4th Annual Colin's Hope Classic Golf Tournament

Submitted by Carrie Wilkin

The 4th Annual Colin's Hope Classic golf tournament was held on April 18th at the beautiful Flintrock Falls golf course in Lakeway. This event is always a special one for the Austin-based, non-profit foundation, as it was the very first event that Colin's Hope hosted after setting out on its mission to raise water safety awareness to prevent childhood drownings. This year as every year since its inception many loyal golfers teed up to spend their day in support of the charity's mission, kicking off swim season with a great reminder of how to swim safely and enjoy the water this summer!!

Today, nearly four years after the founding of Colin's Hope, many ask about the "success" or "impact" of the foundation. Defining "success" with a vision like that of Colin's Hope: a world where children do not drown, can be a challenge...when the loss of even one child's life is too many. However, the impact on our community that Colin's Hope has had is something that can begin to be measured now, and its accomplishments are many!

Colin's Hope has become the face of drowning prevention in the Austin-area and has made a name for itself in Central Texas, statewide and even nationally. This year the foundation received the Member Agency of the Year award and the Innovative Program of the Year award from Safe Kids Austin for its drowning prevention work. Colin's Hope also co-chairs the Central Texas Water Safety Coalition Board and holds a place on the Safe Kids Austin Board. The charity's message that "drowning is preventable" can be found all over our community during swim season, including Reagan billboards, more than 80 Peel, Inc. community newsletters, radio spots and numerous local TV interviews. Colin's Hope hosts several events that are now well-known and much anticipated, including the Kids' Triathlon and the Got2Swim open water swim in Lake Austin. These events draw lots of publicity and connect the foundation with its target audience: children, their parents and the swimming community. Olympic swimmers Brendan Hansen, Garrett Weber-Gale and Kathleen Hersey continue to support Colin's Hope and,

together with Nitro Swimming, hosted a Colin's Hope Got2Swim clinic in January to both raise funds and teach children better ways to swim safely. The foundation's list of community, statewide and national partners has grown exponentially. Colin's Hope grows stronger, smarter and more influential through its partnerships with organizations like Schlitterbahn, Pool Safely, Safe Kids, the YMCA, The Expedition School, World Water Park Association and the City of Austin, just to name a few.

But there is no better way to see the impact of Colin's Hope than through its annual Water Safety Walk. In its first year in 2010, Colin's Hope distributed 5,000 water safety packets containing information on water safety and drowning prevention, including its 7 key water safety tips and a Water Guardian badge. In 2010, 50,000 packets were distributed, and the 2012 Water Safety Walk will reach 75,000 homes! Distribution of the packets has been focused in the zip codes identified as having the highest incidence of drownings in the Austin area, and, since the information was delivered, the number of drowning deaths in many of these areas has **DROPPED TO ZERO!** Now **THAT** feels like success...because if even one child is safe and alive today because of its efforts and the impact that Colin's Hope has made, isn't that exactly what the foundation set out to do?

Fortunately, they get to keep on doing just that...protecting children and keeping them safer in the water...through the support of the golfers, sponsors, prize donors and volunteers who generously donated time, energy and money to make the 4th Annual Colin's Hope Classic another tremendous success. Prizes were awarded for the top 3 scoring teams, as well as for longest drive, longest putt and closest to the pin, however, the real winners on this day were the children and families Colin's Hope works to protect!

The founders' son, Colin Holst, drowned in an Austin-area public pool in 2008 at the age of 4. Colin's Hope was started in his honor and, on tournament day, he was remembered time and again... as everyone agreed it was, as Colin used to say, "the best day ever!"

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Colin's Hope Upcoming Events Calendar

May-June: Water Safety Walk - Packet Stuffing and Distribution

June 14: World's Largest Swim Lesson at Schlitterbahn

June 16: Colin's Hope Got2Swim the Pure Austin Quarry

July 21: UltiFit Challenge #2 at Reveille Peak Ranch

August 30: Colin's Hope Got2Swim Lake Austin

September 16: Colin's Hope Kids Triathlon

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