



February 2013

Volume 6, Issue 2

A Newsletter for the Residents of Legend Oaks

Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco

HOW TO EXECUTE THE SERVE

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, and the two handed backhand volley. In this issue, I will give you instructions on how to execute the serve, considered as the most important stroke, since the player has complete control of the game at this time. In these pictures student Helen Bourgeois demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: Ready Position: The body is sideways with the right hand holding the end of the racket in a forehand grip position and the left hand is holding the ball under the throat of the racket. The left arm is slightly straight and the ball is held with the thumb, index finger and middle finger. This allows for a consistent toss without using the wrist and/or elbow. Feet are a shoulder width apart and the body is in equal balance. For beginners, it is okay to change the grip slightly toward the forehand grip. As the player gets more advanced, the continental grip will be a better one to give more spin on the ball.

Step 2: Back Swing: The left arm comes down and the right arm follows it. It is vital to slow down the motions to allow for both of the arms to have good balance in the front and behind the body. Notice that the hand is in the process of tossing the ball in front of the body and the left wrist is bent down. It is imperative to have a good consistent toss since it will dictate the success or failure of the serve.

Step 3: The wind up: While the ball is in the air, the right arm will bend forcing the head of the racket to pick up speed by going behind the body. Notice the left arm is still up high and the toss is at least four to five inches above the possible point of contact on



the sweet spot. The head and eyes are focused on the ball and the body is still turned sideways. Knees are bent to allow maximum explosion of the lower body.

Step 4: Point of contact: Once the player is ready to hit the ball, the right arm will force the racket toward the point of contact, while the left hand will come down toward the body. This allows for the “snap” of the wrist to accelerate and bring the ball down. Notice that the point of contact is slightly higher than then center of the racket. Eyes are still focused on the point of the contact and will be ready to look down as soon as the ball leaves the frame. The right hip is extended to allow the body to extend up.

Step 5: Follow Through: The racket speed will extend to the left side of the body. The right foot is coming forward and is pointing toward the net. The trunk is straight and eyes are focused on the direction of the ball. At this point the player will take the split step and will jump either behind the base line to rally with the opponent or will move toward the net to serve and volley.

Look for in the next Newsletter: The Half Volley

NEWSLETTER INFO

NEWSLETTER

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LADIES BUNCO GROUP STARTUP



.....
Thursday, February 21st
Where: Austin Custom Winery
Address: 7010 Hwy. Texas 71 #300
Time: 7 - 10 pm

For more information contact:
Melinda McKenna
288-8088 or Melinda@AustinReps.com
.....



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET IN THE GAME

All kids deserve the opportunity to discover who they are & what they can achieve. That's why YMCA of Austin Youth Sports programs focus on skills, healthy competition, values & teamwork. Records may fade, but kids who play sports hold onto the memories and benefits for a lifetime. Spring co-ed sports include:

- Soccer ● Kickball
- Volleyball



**Summer Camp Registration
Opens on February 4**

Southwest Family YMCA
6219 Oakclaire Dr. & Hwy. 290
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AUSTIN NEWCOMERS CLUB

February ANC Publicity Input

Austin Newcomers Club is dedicated to introducing new residents to Austin while extending a hand to make new acquaintances and join fun Interest Groups.

This month our luncheon program will feature James L. Haley, a noted Texas author of nearly twenty books. He'll speak about his newest book, *THE TEXAS SUPREME COURT: A Narrative History, 1836-1986*. One tale from the book:

LAW & ORDER COMES TO TEXAS

During the first court session in East Texas, one feudist who had been hauled in for trial thumped his Bowie knife into the judicial bench and declared, "This, sir, is the law in Shelby County!" Unfazed, Judge Robert M. Williamson leaned back, cocked his pistol, and said, "Well this, sir, is the constitution that overrules your law. Sit down."

What with feudists, Indian raids, Mexican invasions, high water, yellow fever, illiterate clerks, drunken juries, and people who thought they had a God-given right to do whatever they liked, it took a while for law to come to Texas. Come hear

how it happened!

The monthly luncheon will be held on Wednesday, February 20 at Green Pastures restaurant, located at 811 West Live Oak in Austin. We get together at around 11:00 a.m. for a social hour with lunch at 12:00 noon. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, February 14.

The club website is www.AustinNewcomers.com and the telephone number is (512) 314-5100.

James L. Haley, author



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Seton Southwest Hospital serves the growing healthcare needs of the Southwest Travis County community. Please join us for an incredible evening at the gorgeous Camp Lucy to help transform and save lives.

Sunday, April 28, 2013 • 6 p.m.

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To purchase table sponsorships or for more information visit setonhaysfoundation.org

All proceeds will go toward the purchase of surgical equipment at Seton Southwest Hospital.



CHEERS FOR CHILDREN

Wine, Bourbon and Food Tasting

February 23, 2013 | 6:30pm - ?

At Roger Beasley Maserati of Austin | 12925 Pond Springs Road, 78729

Benefiting Dell Children's Medical Center

Northwest Austin Circle of Friends presents our 14th Annual CHEERS for Children event benefiting Dell Children's Medical Center of Central Texas. This exciting event, a premier wine, bourbon, and food tasting, will be held Saturday, February 23, 2013. You are invited to join us for an exciting evening filled with premier wines, select bourbons, delicious cuisine from local restaurants, great live music, and a variety of fun and games - all included in the ticket price - as well as live and silent auctions with uniquely tempting items. And, held at a new venue this year, the Roger Beasley Maserati showroom in Northwest Austin is sure to add an extra level of excitement!

All funds raised benefit Dell Children's Medical Center and The Texas Child Study Center Endowment. Additionally, proceeds are 100% matched by a generous donor!

Tickets are available online for a discount until Feb. 21 or can be purchased at the door. For more information go to DellChildrensCircleofFriends.org (listed under "upcoming events"). Or contact Karen Peoples, Chairman NWA COF, at klpeoples@austin.rr.com or (512) 563-2927.

The Texas Child Study Center, the mental health program at DCMC, is a collaboration between Dell Children's and The University of Texas which treats children and adolescents with emotional, developmental and behavioral challenges. With your support, this facility will develop disease-specific evaluative and interventional programs to address disorders such as eating and anxiety, as well as attention deficit hyperactivity disorder (ADHD), autism, depression, and other mental health issues.



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3rd Annual Tuesday February 26th

6:30 - 9:00 PM

Rib Eating Contest 7:30 - 7:45 PM

- ★ Round Rock I-35: Round Rock High School
- ★ 620 Four Points: Vandegrift High School
- ★ 360 South: *Defending Champions* Westlake High School
- ★ 183 North: Anderson High School
- ★ Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"
- ★ Help local high school teams as they compete for the "Rudy's Golden Rib Trophy" for most ribs eaten!

20 "All you can eat for St. Louis Ribs only. All drinks, sides, desserts, and other meats are at regular price and are not part of charitable proceeds. Please no sharing of "All you can eat St. Louis Ribs" - it's for a good cause folks! Offer not included for take home orders.



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				8				
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	9		6			5		

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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.

GriefShare

GriefShare (www.griefshare.org) is a 13-week faith-based seminar and support group for people grieving the death of a loved one. We will meet at Manchaca United Methodist Church located at 1011 FM 1626, each Sunday beginning January 20, 2013, from 3-5 p.m. There is a \$15 charge for a workbook (scholarships available).

It's a place where you can be around people who understand how you feel and the pain of your loss. You may begin the class at any point during the 13-week time frame. Led by Nancy Zaloga and Susan Feldkamp.

- Call 280-3469 for further information.

Classified Ads

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.

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- Kids Stuff -

Section for Kids with news, puzzles, games and more!

Why Exercise Is Cool

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing, biking, or rowing. And don't forget

that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics

- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD

Date reviewed: February 2009

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



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Come meet our group and enjoy getting to know people in a personal way. Sign up at SouthAustinFAB.com

Where: Mandola's

Date: February 21st

Time: 11:30 - 1



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Heart Healthy Lifestyles

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY?

THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.

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Teenage Job Seekers

Name	Baby	Pet	House	Yard	Phone
Doe, John.....	Age 15.....	Sit.....	Sit.....	Sit.....	Work 111-1111
CPR Training			+First Aid Training		

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all The Legend Oaks teenagers seeking work. Submit your name and information to legendoaks@peelinc.com by the 9th of the month!



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#3 - First Time Buyer; Up to 280k, SW Austin, 3+ Beds, 2.5+ Baths, 2300 SF+, Separate office, Feeds Bowie.



29 Customer Reviews

Average Rating: ★★★★★



Awesome agent! Great ...

Bob McKenna is the best agent we have had. My husband and I h... [\(Read More\)](#)

By Lorene P Austin, TX on 12/18/12



Helpful, friendly, a ...

I first started working with Austin Real Estate Partners in... [\(Read More\)](#)

By Tom G Round Rock, TX on 10/22/12



Home Purchase

We have purchased and sold a total of three properties with A... [\(Read More\)](#)

By Carson V Austin, TX on 10/18/12

Verified by **Customer Lobby**

Austin Real Estate Partners' Market Report 5 Year Annual Sold Price Per Sq. Ft. Appreciation Rates

SW Austin Neighborhood	2008	2009	2010	2011	2012	Percent Change Since 2011	5 Yr Annualized Appreciation (Depreciation) Rate
Barker Ranch	\$ 101	\$ 104	\$ 108	\$ 99	\$ 100	1.01%	(0.20%)
Beltterra	\$ 108	\$ 100	\$ 101	\$ 104	\$ 107	1.17%	(0.00%)
Circle C Ranch	\$ 120	\$ 115	\$ 116	\$ 118	\$ 125	5.28%	0.95%
Heights at Loma Vista	\$ 126	\$ 123	\$ 115	\$ 113	\$ 119	4.91%	(1.36%)
Highpointe	\$ 99	\$ 95	\$ 96	\$ 95	\$ 105	9.87%	1.29%
Ledge Stone	\$ 104	\$ 89	\$ 94	\$ 100	\$ 105	4.48%	0.28%
Legend Oaks	\$ 112	\$ 115	\$ 116	\$ 112	\$ 112	0.32%	0.13%
Maple Run	\$ 109	\$ 110	\$ 111	\$ 105	\$ 113	8.05%	0.84%
Meridian	\$ 117	\$ 114	\$ 121	\$ 119	\$ 128	7.25%	2.15%
Oak Creek Parke	\$ 98	\$ 98	\$ 100	\$ 105	\$ 106	(0.16%)	1.96%
Sendera	\$ 113	\$ 112	\$ 113	\$ 109	\$ 114	4.55%	0.15%
Shady Hollow	\$ 118	\$ 113	\$ 110	\$ 112	\$ 116	3.54%	(0.30%)
Villages at Western Oaks	\$ 121	\$ 117	\$ 117	\$ 115	\$ 124	7.17%	0.81%
Western Oaks	\$ 122	\$ 122	\$ 120	\$ 116	\$ 137	15.66%	2.07%
SW Austin Average	\$ 115	\$ 111	\$ 113	\$ 112	\$ 118	4.77%	0.67%
% Change Yr / Yr	n/a	(3.02%)	1.48%	(0.41%)	4.77%		

Market Report data was obtained from the Austin Multiple Listing Service (MLS) on 01/07/2013. In some cases new construction and FSIU homes are not included in the MLS data and therefore are not represented. Data is deemed accurate but not guaranteed.



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