

# BARTON CREEK NEWS

*News for the Residents of  
Barton Creek*

March 2013

Volume 4, Issue 3

## Barton Creek FARMERS MARKET

Barton Creek Farmers Market is every Saturday rain or shine from 9 AM - 1 PM on the backside of Barton Creek Square Mall overlooking the City of Austin.

At farmers markets in March find some of the freshest and most beautiful nutrient-dense greens, fresh artichokes, romaine lettuce, shallots and other veggies. There are fresh local eggs and pasture raised, grass fed meats like bison, longhorn, goat and lamb. We will have low pasteurized milk along with artisan breads, gluten-free breads and treats, pesto, pasta, salsas and sauces and lots of great healthy eating ideas at the market!

March 2nd Heartsong Music will be at the Barton Creek Farmer's Market for a Music Together class, a music and movement program for children from birth to age 5 and parents. Have fun and get ideas on how to make music a part of your daily life!

Saturday, March 30 Barton Creek Farmers Market will hold a special egg focused Easter Celebration with an Easter Egg Hunt for kids. The same day the market hosts Chef, Joel Welch from Kerbey Lane Cafe for a cooking demo & tasting featuring eggs and fresh foods from farmers at Barton Creek Farmers Market.



**Barton Creek Farmers Market Music Series is hosted by  
The Better Halves with musical guests:**

### **MARCH 2ND**

*Darrin Kobetich An upbeat percussive style and great jamming.*

### **MARCH 9TH**

*Austin Family Jewels with multi-instrumentals and awesome harmonies, banjo, bass guitar and mandolin.*

### **MARCH 16TH**

*Showcases at least a half dozen musical guests from SXSW!!!*

### **MARCH 23RD**

*Lynette Perkins, raggaelfolk-rock.*

### **MARCH 30TH**

*Award winning Byrd and Street bring classic country and folk music to the market.*

# BARTON CREEK NEWS

## WELCOME

### *A newsletter for Barton Creek residents*

The Barton Creek News is a monthly newsletter mailed to all Barton Creek residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at [www.PEELinc.com](http://www.PEELinc.com) or you can email it [bartoncreek@peelinc.com](mailto:bartoncreek@peelinc.com). Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

## ADVERTISING INFO

Please support the advertisers that make Barton Creek News possible. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 9th of the month prior to the issue.

## NEWSLETTER INFO

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## Be Smart About Spring Planting

**IN THE SUMMER**, outdoor water use can account for 50 to 80 percent of home water use. Texans must use their precious water resources more efficiently, or we will have longer, more frequent water shortages, especially during droughts and hot Texas summers. Much of the water used outdoors is wasted through inefficient landscape watering practices. By reducing the amount of water we waste, we will save money and protect the quality of life of future Texans.

**DESIGN A WATER-WISE LANDSCAPE**, planting water-efficient, well-adapted, and/or native shrubs and trees. Choose plants that are drought tolerant (or at least have low water requirements) and heat tolerant and can survive the minimum winter temperatures in your local area. Native plants are also most resistant to diseases and pests.

Put drought-tolerant groundcover instead of grass in areas that are narrow, small, sloping, odd-shaped, or close to pavement. Limit turf areas to those needed for practical uses. Bermuda, buffalo, and zoysia are drought-tolerant grasses.

**KEEP MONEY IN YOUR POCKET**, using water-efficient landscape practices, such as proper mowing, mulching, and moderate fertilizing. Most water utilities charge higher rates during the summer or increase rates in increments based on use. Please reduce your outdoor water use by determining how much water your landscape needs to stay healthy and don't use an excess when drought conditions exist. WCID 17 thanks you for your help in preserving Lake Travis. Remember; be mindful to CONSERVE WATER FOR TODAY AND TOMORROW.



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**SAT., MARCH 23**

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EVOO 101

## What's In YOUR Olive Oil?

**IMPOSTERS:** Did you know that most olive oils labeled “extra-virgin” are not? Most of the extra virgin olive oil (or EVOO) sold to your local grocery store has been adulterated with other oils and made with factory processes that destroy most of its nutrients. The United States doesn't abide by the standards of the International Olive Oil Council—the term “extra-virgin” has no true meaning here.



healthful compounds are perishable; as soon as the olives are harvested from the branch their nutritional value begins to diminish—not good for long hauls and warehouses. Commercial processing further destroys the oil's nutrient content and, along with light exposure from clear bottles, slashes the oil's shelf life dramatically and turns the oil rancid more rapidly.



**FRESHER IS BETTER.** Olive oil has been revered for its health-giving properties for centuries. In its freshest, most vital state it is rich in antioxidant polyphenols, essential fatty acids, and vitamins and has been shown to reduce risk of cancer, increase cognitive function and lower blood pressure and cholesterol. These

**THE REAL DEAL.** The freshest oils will smell grassy and have a peppery taste. At Con'Olio, we encourage you to taste before you buy and check our harvest dates so you know you're getting the freshest, highest quality oil in the world. The first and finest locally-owned and operated oil & vinegar shop in Austin, we're proud to offer you pure, unadulterated EVOO that's chemically tested for authenticity and bottled in dark glass. Come see us and taste the fresh difference for yourself! Mention this ad for 20% off oil & vinegar purchases.



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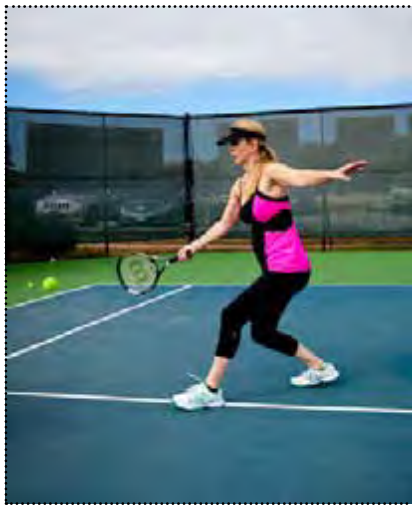


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# TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



## How to execute The Half 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, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Camille Palafox demonstrates the proper form and technique. Photos by Charlie Palafox.

**Step 1: The Split step:** When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her 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.

**Step 2: The Back Swing:** The secret of the half volley is to take the racket back early and have a short back swing. Also, it

is critical to lay the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

**Step 3: The Point of Contact:** As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

**Step 4: The Finish:** Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.

Look for in the next Newsletter: *The One Handed Backhand Volley*



## SUDOKU

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

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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.



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# March Events

*at the Wildflower Center*

### WILDFLOWER DAYS™

*Monday, March 11 through Friday, May 31*

Our bluebonnets will be spectacular, but our gardens go way beyond bluebonnets with all sorts of Texas spring wildflowers on display.

### ARTISTS AND ARTISANS FESTIVAL

*9 a.m. to 5 p.m. Saturday and Sunday, March 9 and 10.*

Texas artists and craftspeople display their works in wood, metal, photography, silk, watercolor and much, much more.

### JIM LAPASO'S SCULPTURE IN THE GARDENS

*Saturday, March 9 through Monday, May 27*

### SHOU PING'S PAPER SCULPTURES

*Saturday, March 9, through Monday, May 27.*

Meet the artist from 1 to 4 p.m. Sunday, March 10, in the McDermott Learning Center

### TEXAS MAJESTY, WATERCOLORS BY DENISE COUNLEY

*Saturday, March 9, through Monday, May 27*

Meet the artist from 1 to 4 p.m. Saturday in The Store.

### CENTER OPEN EASTER SUNDAY

*March 31*

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**Kelly Peel**

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\* Award is based on Medicare 5 Star government rating for four consistent quarters by U.S. News & World Report, America's Best, 2012



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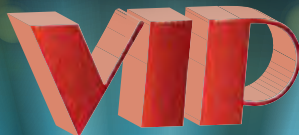
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