



April 2013

Volume 6, Issue 4

A Newsletter for the Residents of Legend Oaks

## SAFE KIDS SAFETY TIPS

*By Concentra Urgent Care*

Accidental injury is the number one killer of America's children, taking more lives than disease, violence, and suicide. Prevention is the cure. It's estimated that by taking these and other simple precautions, almost all (90%) of these accidental injuries can be avoided.

- Childproof your home. Look at every room as your child would. Ask yourself what looks interesting and what can be reached. Get down on your hands and knees, and check for small things children can choke on.
- Use the back burners on stoves, and turn pot handles to the back. Keep children away from the stove or microwave when cooking, and don't serve hot food or drinks to them. Keep knives, glasses, and scissors where young kids can't reach them.
- Cover electrical outlets that are not in use.
- Keep guns locked, unloaded, and where kids can't reach them.
- Take precautions to avoid fire in the home. Install smoke alarms on every level of your home and in every sleeping area. Test them once a month.
- Plan several ways to escape from each room if a fire starts. Practice the fire escape plan with your family. Identify a safe place to meet outside.
- Lock up matches, lighters, and gasoline. Keep space heaters where kids can't reach them and away from curtains, beds, and papers.
- Never put electrical cords under rugs
- Always supervise children while they are in the bathroom, and follow other important bathroom safety guidelines. Keep the hot water heater at low-medium or less than 120° Fahrenheit. Mix hot and cold water

in the bathtub, and test it on your forearm before putting children into the tub. Never leave the room while they are bathing.

- Keep toilet lids closed and locked, and doors to bathrooms and utility rooms closed when not in use. Put razors, curling irons, and hair dryers out of reach.
- Avoid exposing children to potential poisons. Lock up potential poisons out of children's reach, including cleaning supplies, pet food, medicine, vitamins, beer, wine, and liquor. Read labels and follow directions when giving medicine to children. Know which houseplants are poisonous and keep them where children can't reach them.
- Install carbon monoxide detectors in every sleeping area and test them every month. Make sure heating systems are vented outside and checked every year.
- Prevent serious falls. Keep furniture away from windows. Install guards or stops on windows that are not emergency exits.
- Install safety gates at the top and the bottom of stairs. Never use baby walkers.
- Keep emergency numbers by every telephone. Call 911 if a child is choking, collapses, can't breathe, or is having a seizure. If you suspect a child has been poisoned, call 1-800-222-1222.
- Keep first aid supplies on hand.

For more information about preventing child injury, you can visit the Safe Kids USA Web site at: <http://www.usa.safekids.org>

## NEWSLETTER INFO

### NEWSLETTER

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Please support the businesses that advertise in the Legend Oaks newsletter. Their advertising dollars make it possible for all Legend Oaks II residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. 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 8th of each month for the following month's newsletter.

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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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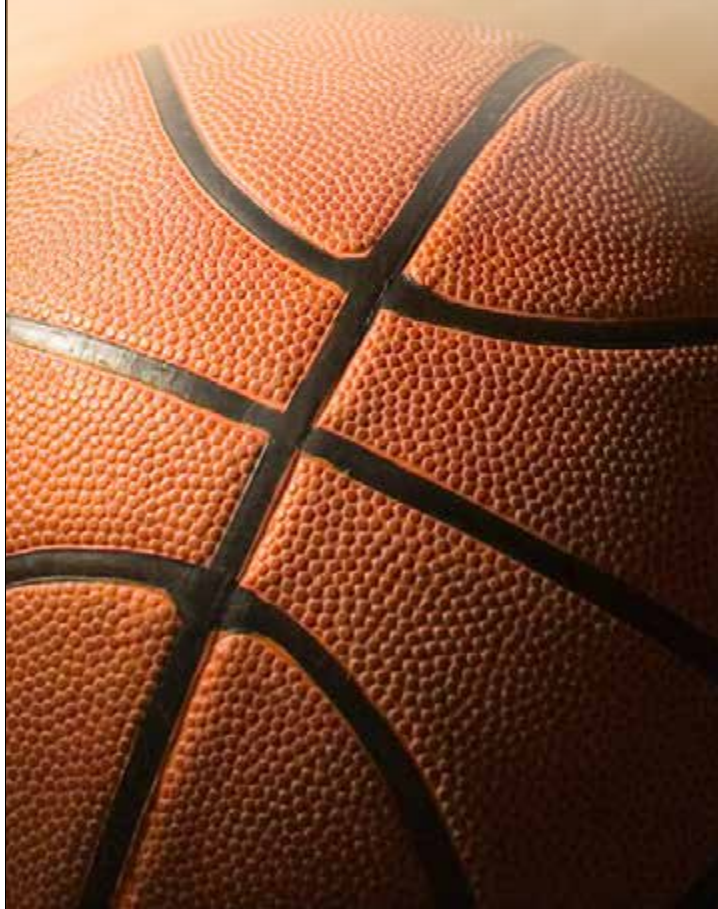
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## TENNIS TIPS

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, the Manager and Director of Tennis at the Grey Rock Tennis Club, Fernando Velasco, demonstrates the proper form and technique. Photos by Charlie Palafox.

**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.



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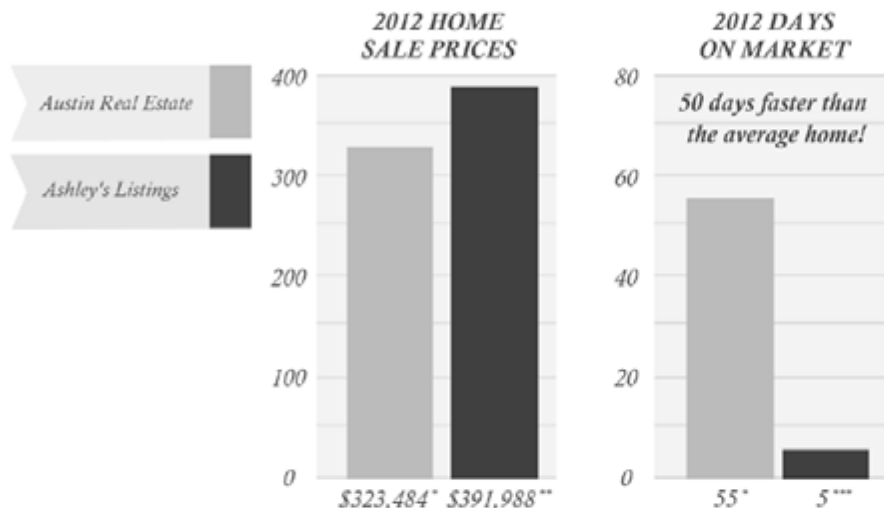


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## Teenage Job Seekers

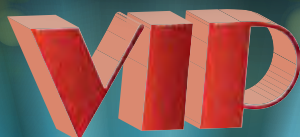
Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
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### Attention Teenagers

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](mailto:legendoaks@peelinc.com) by the 9<sup>th</sup> of the month!

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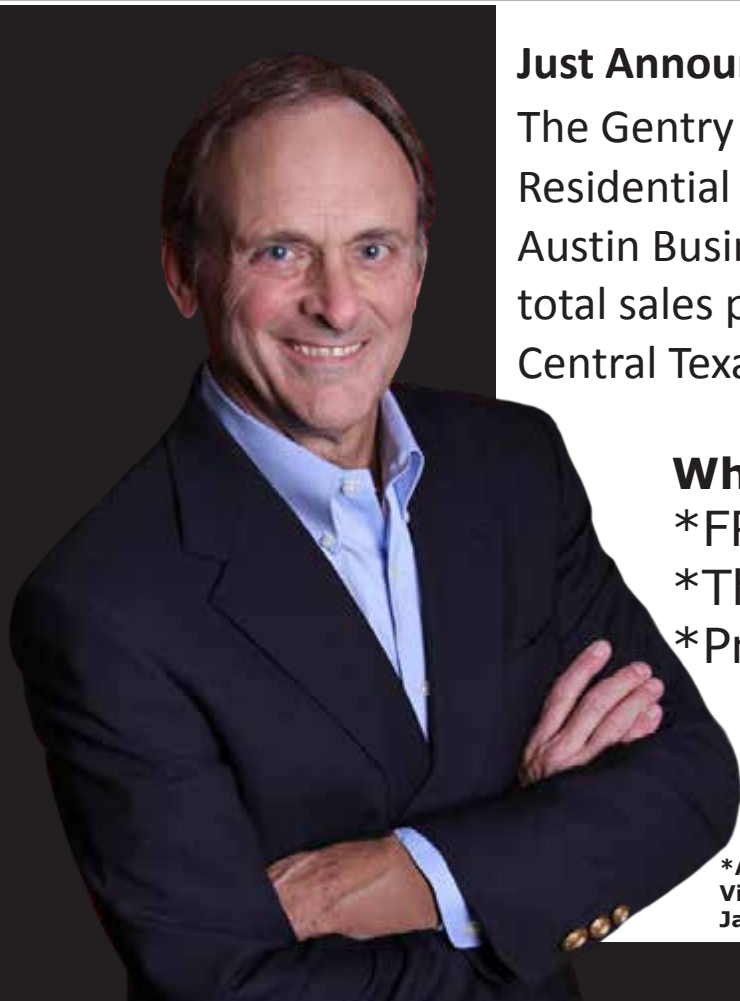




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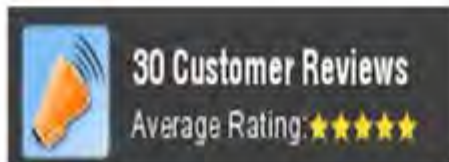
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SW Austin Neighborhoods	6 Months Sold History (09/2012-02/2013)						CURRENT MARKET	
	TOTAL	AVERAGE					TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
Belterra	53	2,995	\$ 109	\$ 325	2008	67	30	19
Circle C Ranch	120	2,942	\$ 127	\$ 373	2001	39	13	37
Heights at Loma Vista	1	4,438	\$ 118	\$ 524	2005	64	1	0
Highpointe	19	3,087	\$ 113	\$ 347	2010	66	10	12
Legend Oaks	23	2,500	\$ 117	\$ 292	1993	47	1	5
Lewis Mountain	2	4,117	\$ 111	\$ 456	1993	92	1	1
Loma Vista	1	3,959	\$ 123	\$ 486	2004	152	0	0
Maple Run	50	1,707	\$ 119	\$ 203	1987	24	2	10
Meridian	19	3,278	\$ 128	\$ 420	2009	71	10	9
Oak Creek Estate	0	2,553	\$ 114	\$ 290	1993	14	0	1
Overlook At Lewis Mtn	1	4,131	\$ 157	\$ 650	1999	160	1	0
Seidner	19	2,065	\$ 118	\$ 244	1999	26	0	5
Shady Hollow	24	2,392	\$ 120	\$ 288	1988	48	5	3
Villages at Western Oaks	68	2,128	\$ 127	\$ 270	1993	35	3	21
Western Oaks	7	2,192	\$ 137	\$ 300	1984	2	1	1
<b>Grand Total</b>	<b>433</b>	<b>2,589</b>	<b>\$ 122</b>	<b>\$ 315</b>	<b>1998</b>	<b>43</b>	<b>86</b>	<b>124</b>
<b>% Change Mo/Mo</b>	<b>15%</b>	<b>0%</b>	<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>3%</b>	<b>-7%</b>	<b>15%</b>



Market Report data was obtained from the Austin Multiple Listing Service (MLS) on 5/03/2013. In some cases new construction and PENDING sales are not included in the MLS data and therefore are not represented. Data is deemed accurate but not guaranteed.

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