

Volume 3, Issue 4 April 2013



Since 2009, Helping Hands has given away FREE gentlyused school clothes to over 1500 children in the Round Rock area

Our goal for 2013 Back to School Giveaway is to help 1000 more children

DROP OFF CLOTHES AT ANY OF OUR 3 LOCATIONS:

Uncle Bob's Self Storage

3997 FM 1431., Round Rock, TX 78681

CVS Parking Lot

800 West Old Settlers Blvd., Round Rock, TX 78664

Uncle Bob's Self Storage

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Pick-up available upon request. Also accepting hangers and boxes for the Back to School Giveaway

We are a 501(c)3 and offer receipts for donations www.helpinghandsaustin.org lakissa@helpinghandsaustin.org 512-310-1733

CLOTHING DRIVE SUNDAY, APRIL 7, 2013 FROM 1:00 TO 5:00 PM FOR CLOTHES OF ALL SIZES



Knights of Columbus and Round Rock Area Serving Center Announce 12h Annual "Charity Begins At Home" Golf Tournament

The Knights of Columbus of St. John Vianney Parish in Round Rock will be hosting their 12th Annual "Charity Begins At Home" Golf Tournament on Saturday, May 4, 2013 at Teravista Golf Club in Round Rock. The tournament is an annual charity event that supports the Rock Round Rock Area Serving Center and other local charities. This tournament has generated over \$100,000 for local charity over the past eleven years.

The entry fee is only \$80.00 per player or \$320.00 per team. This includes green fee, golf cart, practice balls, beverage tickets, door prizes, and dinner after the tournament. Registration begins at 12:00 noon with a 1:30 PM Shotgun Start. There will be a barbeque dinner and festivities for all participants immediately following the tournament.

Sponsorships and tournament spaces are still available. If you would like to enter as an individual or team, or provide support through a sponsorship, please contact Ed LeBlanc, 512-496-5675, edward.leb@gmail.com; Jack Gaden, 512-497-1518, jackson66@mac.com; or Darlene Snow, 512-497-6433, sterlingsmiles@yahoo.com.

(Continued on Page 2)

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IMPORTANT NUMBERS

EMERGENCY NUMBERS	
EMERGENCY	
Fire	911
Ambulance	
Round Rock Police (Non Emergency)	
Georgetown Police (Non Emergency)	512-390-3510
Travis County Animal Control	512-972-6060
Round Rock Animal Control	
Georgetown Animal Control	
o de la companya de	
SCHOOLS	
Round Rock ISD	512-464-5000
Teravista Elementary School	512-704-0500
Hopewell Middle School	512-464-5200
Stony Point High School	
Georgetown ISD	
Carver Elementary School	
Pickett Elementary School	
Tippit Middle School	
Georgetown High School	
Georgetown ringir concor	
UTILITIES	
Atmos Energy	1-888-286-6700
TXU Energy	
AT&T	000 010 0132
New Service	1-800-464-7928
Repair	
Billing	
Time Warner Cable	1-000-070-7720
Customer Service	512 485 5555
Repairs	
Repairs	
OTHER NUMBERS	
City of Round Rock	512-218-5400
Round Rock Community Library	
Round Rock Parks and Recreation	
City of Georgetown	
Georgetown Public Library	
Georgetown Municipal Airport	
Georgetown Parks and Recreation	
Teravista Golf and Ranch House	
Teravista Residents Club	512-310-7421
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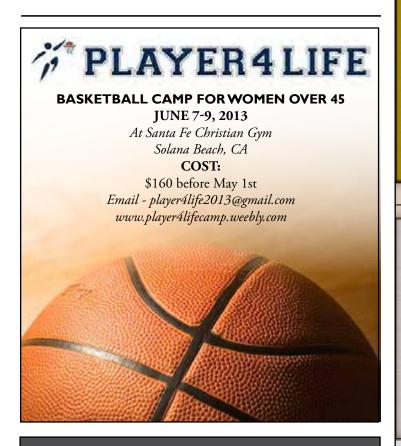
Golf Tournament (Continued from Cover Page)

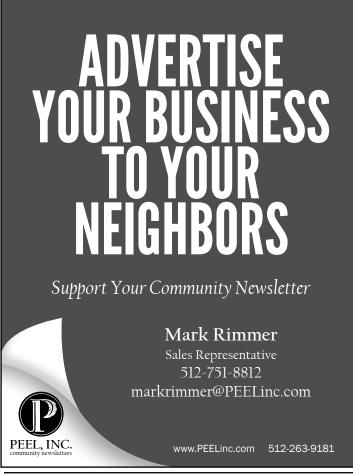
The Round Rock Area Serving Center provides underprivileged, low income and disadvantaged citizens in our area with financial assistance for utilities, rent, prescription medication, transportation, and temporary lodging. It also operates a food pantry. The serving center has been helping people in this community since 1986.





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TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco



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

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

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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Paul & Jan Gillia



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Jennifer L. Kiening, D.D.S.

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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° Farenheit. 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



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As the leading provider of health care services in Central Texas, the Seton Healthcare Family is proud to offer a full continuum of care for your family. Our primary care clinics provide a wide range of medical services to improve the health and wellness of infants, children and adults:

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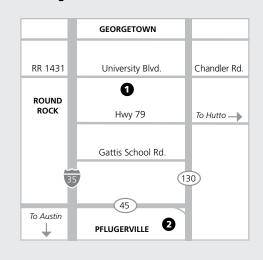
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Teravista Market Analysis

NUMBER OF HOMES CURRENTLY ON THE MARKET

59

NUMBER OF HOMES SOLD IN THE LAST 90 DAYS

47

AVERAGE MARKETING TIME IN DAYS

74

AVERAGE LISTING PRICE PER SQUARE FOOT

\$ 108.53

AVERAGE SALES PRICE PER SQUARE FOOT

\$ 95.88



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