

# LONG CANYON Gazette

June 2013

Volume 6, Issue 6

A Newsletter for the Residents of the Long Canyon

## June Events at the Wildflower Center

*Submitted by Saralee Tiede*

### **NATURE NIGHTS**

*June 13—Roots and Shoots*

*June 20—Amphibians*

*June 27—Insects*

These Thursday evening events give kids a fun-in-nature experience with hikes, crafts and hands-on activities. Free admission for Nature Nights and the entire day of Nature Nights thanks to our sponsor, H-E-B. 6 to 9 p.m.

### **ART ON DISPLAY**

*Through September 2*

Jan Heaton's painting exhibit, titled "Quiet" is in the McDermott Learning Center June 1 through August 18. Jim La Paso's colorful kinetic flowers remain in the garden.

### **FATHER'S DAY SPECIAL**

*Sunday, June 9, through Sunday, June 18.*

Bring Your Dad Free. Or Mom! Or your guardian! For every paid admission, the parent or guardian receives a free admission.

## NEWSLETTER INFO

### NEWSLETTER PUBLISHER

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# TENNIS TIPS

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



## How to Execute The Forehand Service Return

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, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve.. In the illustrations, Ken Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

**Step 1: The Ready Position:** When Ken is getting ready to return the serve, his eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip..

**Step 2: The Split Step:** When the opponent tosses the ball into the air, Ken will take a hop with both feet off the ground, trying to time the split step with the contact of the ball on the opponent's racket

**Step 3: The Back Swing:** Once Ken realizes that the ball has been directed to his forehand, he will turn his upper body

and will take the racket back. Notice that the left hand is up in front to allow him to keep his center of gravity in the center. He has loaded his weight on his right foot and will be ready to step forward to meet the ball

**Step 4: The Point of Contact:** Ken now is ready to step into the ball. He has kept his eye on the ball and his center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

**Step 5: The Extension of the Point of Contact:** Ken is now directing the ball toward the opponent's court. His eyes have now shifted toward his target and his body weight is now fully in front of his left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

**Step 6: The Follow Through:** Once Ken has finished his stroke, the momentum of the racket continues to move almost to a point behind his neck. His left hand is next to his body and his right elbow is pointing toward his target. His body is now ready to take the “split step” with both feet in order to prepare for the opponent's returned shot.

*Look for in the next Newsletter: The Two Handed Backhand Service Return*



## Older Adults Express Anxiety In Different Ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
- Social phobias
- Specific fears and phobias
- Post-traumatic stress disorder

Anxiety symptoms that older adults and their family members should watch for include:

- Shortness of breath
- Difficulty sleeping
- Increased heart rate
- Muscle aches and pains
- Dizziness

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.



## We solve all the pieces to the puzzle.

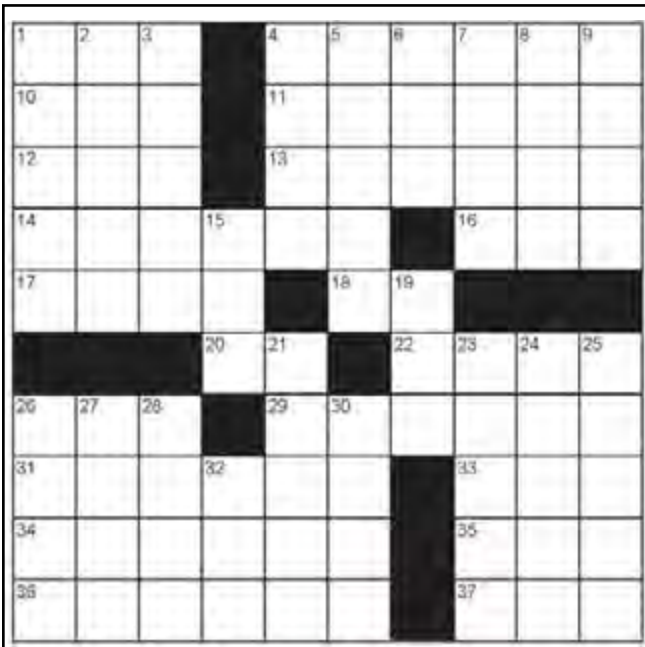
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### ACROSS

1. Unrefined metal
4. Young pigeons
10. Gender
11. Australian
12. Alternative (abbr.)
13. Climbing
14. China stone
16. Hoopla
17. Shaft
18. Teacher's assistant, for short
20. Doctor
22. Believe
26. Terminal abbr.
29. Skin problem
31. Infamous Nazi concentration camp
33. Tear
34. Wring
35. Sick
36. Work fussily
37. Hurricane center

### DOWN

1. City
2. Mellow
3. Worship
4. Japanese dress
5. Fivesome
6. Ship initials
7. Continent
8. Tie
9. Sego lily's bulb
15. Limb
19. Wood tool
21. Sea jewel
23. Spooky
24. Author Dickinson
25. Tree
26. Eve's garden
27. Cab
28. Acting (abbr.)
30. Nice looking
32. Pig

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

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# Brandy Finnessey

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-- Bobby Bones, National Radio Host based in Austin Texas

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-- Andrew Dillon



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10 Texas children have already drowned this year.**

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**Ongoing:** Volunteers needed to stuff and distribute water safety packets [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

**Now-June 18:** Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

**June 18:** World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

**July 1:** Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

**July 21:** Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>

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