



# The VOICE

A Newsletter for the  
Residents of Teravista

Volume 3, Issue 6

June 2013

## 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.

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Round Rock Police (Non Emergency) .....	512-218-5515
Georgetown Police (Non Emergency).....	512-390-3510
Travis County Animal Control.....	512-972-6060
Round Rock Animal Control .....	512-218-5500
Georgetown Animal Control.....	512-930-3592

### SCHOOLS

Round Rock ISD .....	512-464-5000
Teravista Elementary School.....	512-704-0500
Hopewell Middle School.....	512-464-5200
Stony Point High School.....	512-428-7000
Georgetown ISD .....	512-943-5000
Carver Elementary School.....	512-943-5070
Pickett Elementary School.....	512-943-5050
Tippit Middle School.....	512-943-5040
Georgetown High School .....	512-943-5100

### UTILITIES

Atmos Energy.....	1-888-286-6700
TXU Energy .....	1-800-818-6132
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080

### OTHER NUMBERS

City of Round Rock.....	512-218-5400
Round Rock Community Library .....	512-218-7000
Round Rock Parks and Recreation .....	512-218-5540
City of Georgetown.....	512-930-3652
Georgetown Public Library .....	512-930-3551
Georgetown Municipal Airport .....	512-930-3666
Georgetown Parks and Recreation .....	512-930-3595
Teravista Golf and Ranch House .....	512-651-9850
Teravista Residents Club .....	512-310-7421

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
Article Submissions .....	teravista@peelinc.com
Advertising .....	advertising@peelinc.com

## BUSINESS CLASSIFIEDS

**TAX PROFESSIONAL:** Enrolled Agent, available in Teravista for your income tax questions, tax preparation service, or responding to IRS letters, as well as setting up your business books and payroll. Come to my home office in Teravista or I will bring laptop to your location. Very reasonable charges. Phone: 512-716-0440.

**NOTIME FOR HOUSE CLEANING?** Paying too much for house cleaning? Call Natalie's Maid Service for a free estimate at 512-771-3060. Affordable prices \* Quality Work \*Supplies Furnished \* Bonded \* Call now for a free estimate and \$15.00 off your first clean. [www.nataliesmaids.com](http://www.nataliesmaids.com).

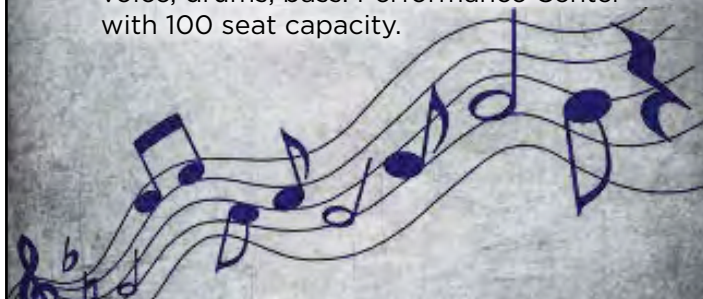
### *Classified Ads*

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

**OPENING  
JUNE 10TH**

## Premier Music Academy

Quality music education with summer camps, private lessons in piano, guitar, voice, drums, bass. Performance Center with 100 seat capacity.



For more info call: 512-239-8838  
[www.premier-music-academy.com](http://www.premier-music-academy.com)

# - Kids Stuff -



You're very excited — your mom and dad promised to take you on a fun camping trip this year. Or maybe your scout group is gearing up for an awesome canoe trip. Enjoying the beauty and nature of the woods is fun — if you are careful. Here are some tips to keep you safe.

## PACKING BASICS

Before you leave, pack these few important things to make your trip more comfortable and safe:

- map of the area
- compass or GPS (learn how to use it beforehand)
- cell phone (though you can't be sure it will work in remote areas)
- whistle
- bottled water and food
- sleeping bag
- flashlight with extra batteries
- sunscreen and sunglasses
- waterproof matches (for an adult to bring)
- first-aid kit with gauze pads, adhesive bandages, tape, tweezers, and antiseptic
- waterproof tent (set it up beforehand to practice)
- warm clothing, clean socks, and rain gear

## INTO THE WOODS

Staying safe in the woods means using common sense. That means being aware of your surroundings and always camping with an adult. Never go into the woods by yourself. Some things you need to be careful of while you're camping are insects, poison ivy, extreme hot or cold temperatures, rain or snow, and areas where you could trip or fall.

## BUGS

If insects bug you, ask an adult to set up camp away from the water and build a small fire. The water attracts bugs, and the smoke from the fire will keep most of the bugs away. Another thing you can do is to remember to keep the tent door zipped at all times, even if you're just going in or out for a minute. Also, turn off your flashlight

before you enter your tent because insects such as moths are attracted to the light and will follow you.

Always check for ticks at the end of the day when you've been in the woods. Ticks can carry disease and germs. Some ticks are tiny, like the size of the head of a pin! You'll want an adult to help you inspect your body for ticks. Check behind your knees and ears, under your arms, and in your groin — that's where your legs meet your abdomen, or belly area. If you're camping with a pet, have an adult check your pet for ticks, too — dogs and cats can pick up ticks in their fur even more easily than humans. If you do find a tick, it needs to be removed. Get an adult to help you.

## POISON IVY

Poison ivy is a plant that can cause an itchy skin rash in some people. Its leaves grow in groups of three, but the plant can still be hard to spot. If you accidentally touch poison ivy, wash the area with soap and water as soon as possible. The oil from the poison ivy plant can spread on clothes or even your dog. To try to prevent a poison ivy rash, there are products you can apply to your skin before going into the woods. Stores that sell outdoor equipment and sporting goods may carry them.

## STAYING SAFE OUTDOORS

### *Your Campsite*

Roasting marshmallows and singing songs by an open fire are favorite camping activities. Adults, not kids, should start campfires. Adults also need to watch the fires and make sure they are out when you're done. Never leave a fire without anyone to watch it. Don't forget to put out your fire by dumping water or shoveling dirt on it when you sleep or leave your campsite. Feel the ground around the area where the fire was to make sure it isn't warm.

### *Your Food and Water*

When you're exploring outdoors, eat or drink something only if an adult says it is

safe. Even if streams or lakes look crystal clear, they could contain germs and the water may not be safe to drink. Bring bottled water to drink. Likewise, never eat wild berries. Some are poisonous and it may be tough to know which are safe. Good snacks for the outdoors include fruit, trail mix, crackers, granola bars, bread, and peanut butter.

### *Your Clothing*

Wearing layers is a good idea when you're outdoors. That way, you can take off a layer or two if you get too warm. Wear comfortable boots when hiking so your ankles are supported and you don't get blisters. Keep your arms and legs covered while hiking to avoid ticks and insect bites and wear knee-high boots and long pants when you are in an area with snakes. Make sure to take rain gear, such as ponchos and waterproof jackets, to keep you dry if an unexpected shower occurs.

### *Watch Out for Wildlife*

Although animals are cute to look at, wild animals are best enjoyed from far away. Don't go near or try to feed a strange animal. It's better to enjoy these animals at the zoo, in books, or on the Internet. To keep animals such as bears or wolves away from your campsite, keep it clean. Food and anything else an animal might smell must be packed away. In fact some campers put all their food, even candy bars, in a bag (called a "Bear Bag") and hang it from a tree branch away from the campsite. If they can smell it, the animals will be led away from where the campers are.

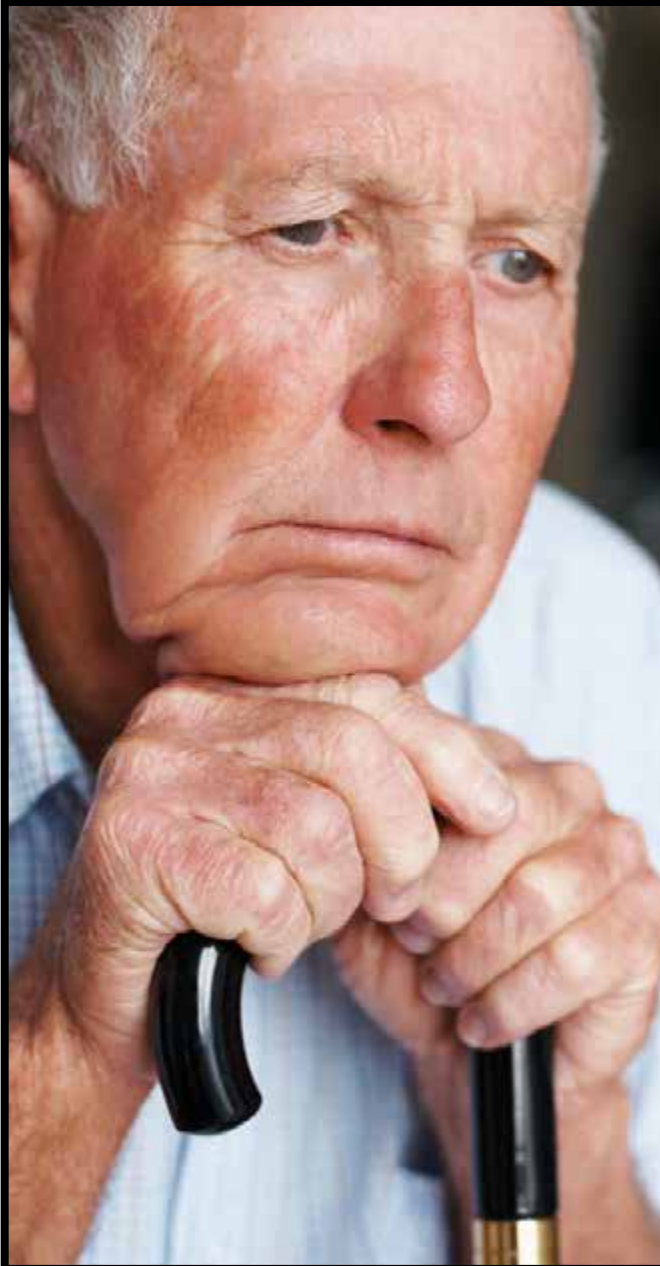
### *What if You Get Lost?*

Stick with your group when you're in the woods. Carry a whistle and blow it if you get separated from the group. If you have a cell phone and it's working, use it to make contact with your group. If you do get lost, wait in a safe, sheltered place for an adult to find you. The sooner you're found, the sooner you can go back to having fun in the great outdoors!

*Reviewed by: Steven Doushen, MD Date reviewed: June 2011*

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](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation





## 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
- Specific fears and phobias
- Social phobias
- Post-traumatic stress disorder

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

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

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.



*Knowledge,  
Integrity, &  
Hard Work.*

**Paul & Jan Gillia**



**Do Not Pay 6% To Sell Your Home!**

Our full service listings are now **4.5%**. We Also Do Leasing.

*Call or Email Before You List!*

**512-388-5454 • [pgillia@austin.rr.com](mailto:pgillia@austin.rr.com)**

**[www.homeselect360.com](http://www.homeselect360.com)**



*The Right REALTOR Makes All the Difference!*

# **PLAYER4LIFE**

**BASKETBALL CAMP FOR WOMEN OVER 45**

**JUNE 7-9, 2013**

*At Santa Fe Christian Gym*

*Solana Beach, CA*

**COST:**

\$160 before May 1st

Email - [player4life2013@gmail.com](mailto:player4life2013@gmail.com)

[www.player4lifecamp.weebly.com](http://www.player4lifecamp.weebly.com)



## **DIRECTV is rolling out the RED CARPET**

**VIP** Pricing exclusively  
for Residents



**DIRECTV**  
Prices starting at  
**\$29.99**

**FREE 5 tuner Genie HD/DVR**  
Instant rebate on all packages  
Record, watch and playback in  
HD from any room

**FREE Installation**  
Up to 3 **FREE** additional  
HD client boxes  
**FREE HBO, Cinemax, Starz  
& Showtime for 3 months**

Mention this ad for your VIP deal.  
**CALL NOW!**

**1.888.799.0512**



**Your Other Family Doctor**

[gtvet.com](http://gtvet.com)

### **Quality care in a family environment**

In-House Laboratory • Ultrasound • Laser  
Therapy • Complete Medical and Surgical  
Services • Comprehensive Dentistry •  
Vaccinations • Boarding • New  
Patients Welcome

Monday - Friday: 7:30AM - 5:30PM

Saturday: 8:30AM - 12:00PM

Phone: (512) 863-3563 Fax: (512) 863-4224  
2707 South Austin Avenue, Georgetown, TX 78626





# THE VOICE

The Voice is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Voice contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## NOT AVAILABLE ONLINE

## ADVERTISING INFO

Please support the advertisers that make The Voice possible. If you are interested in 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 the month prior to the issue.



**Jennifer L. Kiening, D.D.S.**

Little Smiles is a Contracted Provider of:

**Metlife  
Humana  
Aetna  
Ameritas  
Principal  
Guardian**

*We Honor All Other Dental PPO Plans*

**Call us today to set up an appointment!**

You're Invited!

## **LITTLE SMILES Grand Opening Party**

Friday, March 22nd from 4 p.m. - 7 p.m.

- ★ Food & Treats
- ★ Raffle Prizes
- ★ Face Painting
- ★ Bouncy House
- ★ Balloon Animals
- ★ Dunking Booth with Dr. Jenny!

**Free  
Admission  
for the whole  
family!**

## **New Location Now Open!**

Parents Welcomed In Our Treatment Rooms  
Emergencies Seen on Same Day  
State-of-the-Art Office with TV's at Every Chair



**205 Denali Pass Suite A, Cedar Park, TX 78613 | 512.218.1500 | [www.DrJennySmiles.com](http://www.DrJennySmiles.com)**

## SEND US YOUR

### *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to [teravista@peelinc.com](mailto:teravista@peelinc.com). Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



## Seton Care For Your Entire Family

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:

- Primary family care
- Physicals and sports exams
- Well-woman annual exams
- Diabetes care and prevention
- Blood pressure and cholesterol management
- Minor emergency care
- Disease management



**Seton Family of Doctors**

[SetonFamilyofDoctors.com](http://SetonFamilyofDoctors.com)

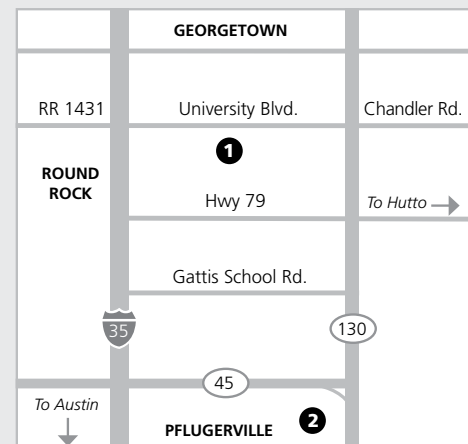
### 1. Seton Family of Doctors at Williamson

Seton Williamson Medical Plaza I  
301 Seton Parkway, Suite 401  
Round Rock, TX 78665  
Phone: 512-324-4813

### 2. Seton Family of Doctors at Stone Hill

Stone Hill Shopping Center  
1512 Town Center Drive, Suite 100  
Pflugerville, TX 78660  
Phone: 512-324-4875

**Evening hours available**





**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

TER



**Personal Service ~ Proven Results**

**Joseph & Dora Aubin**

*Teravista Specialists*



## Teravista Market Analysis

NUMBER OF HOMES CURRENTLY ON THE MARKET	<b>61</b>	↓
NUMBER OF HOMES SOLD IN THE LAST 90 DAYS	<b>56</b>	↑
AVERAGE MARKETING TIME IN DAYS	<b>63</b>	↓
AVERAGE LISTING PRICE PER SQUARE FOOT	<b>\$ 110.35</b>	↑
AVERAGE SALES PRICE PER SQUARE FOOT	<b>\$ 101.35</b>	↑

We know Teravista - For a market analysis specifically for YOU, call Joseph at 512-563-7093

***If you are buying or selling in Teravista,  
call the experts!***

**Joseph & Dora Aubin**

Cell: 512-563-7093

810 South Main • Georgetown

[www.JPaulAubin.com](http://www.JPaulAubin.com)

J. Paul Aubin

**REAL ESTATE**

512-930-7775