



Hairy Man Festival

SUPPORT YOUR COMMUNITY

SATURDAY, SEPTEMBER 28, 2013 - 11 AM TO 6 PM AT CAT HOLLOW PARK

OUR MISSION

To provide an opportunity for local nonprofit organizations and individual volunteers to raise funds that will serve our community. Over 5,000 participants will come out to enjoy the festivities and support local nonprofits.

19th Annual Hairy Man Festival - Saturday, September 28th

Each year, the festival raises about \$40,000 in food and cash donations to help local children and families in need. The net proceeds from the Hairy Man Festival are donated to local food banks (Round Rock Serving Center and St. Vincent de Paul) as well as multiple local nonprofit organizations. Proceeds will also benefit CASA (Court Appointed Special Advocates). The mission of CASA is to be a voice for abused or neglected children through the power of volunteer advocacy and changes in the child protection system. CASA volunteers are appointed by judges to watch over and speak up for abused and neglected children. For many abused children, their CASA volunteer is the one constant in their lives - and often the one adult who cares only for them. www.texascasa.org.

The family fun-centered event raises money for many local charities, and offers a full day of food, arts & crafts shopping gallery, children's activities, and live entertainment all day. Admission to the festival is two non-perishable food items or \$2 per person to go to local food banks. This event is sponsored by The Brushy Creek Women's Association. The festival is located at Cat Hollow Park off of RM 620 at 8600 O'Connor Drive.

For more information please visit www.HairyManFestival.org or www.BrushyCreekWomen.org



The Forum

NEWSLETTER INFO

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ADVERTISING INFORMATION

Please support the businesses that advertise in The Forum. Their advertising dollars make it possible for all Forest Creek residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.



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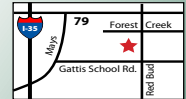


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Back To School

School starts in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!



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AUGUST EVENTS at the Wildflower Center

Submitted by Saralee Tiede

BEAT THE HEAT WITH COOL ART

Through August 18

Jan Heaton's "Quiet" exhibit features peaceful, soothing watercolors in the McDermott Learning Center. Jim La Paso's colorful kinetic sculptures float like flowers in the breeze in the gardens through September 2.

WILDFLOWER SEED ONE-DAY SALE!

Saturday, August 24

Take 20 percent off our entire stock of grass and flower seeds in time for planting season next month. At The Store only.

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Saturday through Monday, August 31-September 2

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August 19: Got2Skate for Colin's Hope Fundraiser, 6:30-8:30pm at Playland Skate Center

August 29: Colin's Hope Got2Swim Lake Austin 10K/10 miler, <http://www.tinych.org/got2swim>

September 8: 5th Annual Colin's Hope Kids Triathlon, <http://www.tinych.org/KidsTri>

October 19: Sharkfest Austin Swim benefitting Colin's Hope, www.sharkfestswim.com



ALERT: 36 Texas children have lost their lives to a fatal drowning this year.
Many more have survived non-fatal drowning incidents.
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



HOW TO EXECUTE THE HIGH VOLLEY APPROACH SHOT

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, the overhead “smash”, the forehand service return and the backhand service return.

In this issue, I will offer you instructions on how to execute the forehand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Kathy Smith, a player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position and Split Step: When Kathy realizes that she is caught in “no-person’s land”, she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

Step 2: The Back Swing: Once Kathy realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket slightly back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step forward to meet the ball.

Step 3: The Point of Contact: Kathy now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep.

Step 4: The Follow Through: Once Kathy has made contact with the ball, she finishes the follow through with her wrist laid back. Her left arm is next to her body and her eyes have shifted toward her target.

Step 5: The Move for the Kill Volley: As the ball is headed toward her opponent and Kathy realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, Kathy will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the “kill volley”.

Look in the next Newsletter for: The One Hand Backhand Volley Approach Shot

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