



August 2013

Volume 6, Issue 8

A Newsletter for the Residents of Legend Oaks

NATIONAL NIGHT OUT – OCTOBER 1, 2013

Submitted by Zainab Banks, Travis County Sheriff's Office

National Night Out is a great opportunity for citizens and law enforcement to partner up against crime. We invite you to attend the event, meet your neighbors and commit to helping law enforcement reduce crime in your community.

National Night Out is designed to:

- Heighten crime and drug prevention awareness
- Generate support and participation in crime efforts
- Strengthen neighborhood spirit and police community relations
- Let criminals know that neighborhoods are organized and fighting back

During the event, residents in neighborhoods throughout Travis County and across the Texas are asked to turn on their porch lights, lock their doors and spend the evening outside with their neighbors, police officers, firefighters and EMS paramedics. Events such as cookouts, block parties and neighborhood walks will all occur simultaneously throughout the state.

Please visit our website at <https://www.tcsheriff.org/community/events/199-national-night-out-2013> for more information and party registration forms.

OR you can scan the QR Code.



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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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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

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.

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**Total gross sales Actris/MLS since 2008*



Austin Business Journal #6, 2013

#1 Top Producing Agent, 2012

#2 Top Producing Agent, 2011

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Ongoing: Volunteers needed to distribute water safety packets, info@colinshope.org

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.
Be a Water Guardian and Watch Kids around Water.
Drownings are preventable!

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