



June 2014

Volume 7, Issue 6

A Newsletter for the Residents of Legend Oaks

A FOCUS ON SUNBURN

Protect Your Skin From Our Powerful Sun

By: Concentra Urgent Care

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours. Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

SYMPTOMS

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)

- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn.

FIRST AID

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
 - Over-the-counter steroid cream can also be applied several times a day.
 - Over-the-counter pain medication, such as nonsteroidal anti-inflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

For more information, check out: www.cdc.gov/niosh/topics/uvradiation.



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ADVERTISING INFORMATION

Please support the businesses that advertise in the Legend Oaks newsletter. Their advertising dollars make it possible for all Legend Oaks II residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. 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.

APD REPRESENTATIVES

OFFICER ZACH LAHOOD

(covers north of Convict Hill toward William Cannon)

Desk 512.974.4415 / email: Zachary.lahood@ci.austin.tx.us

OFFICER JOSH VISI

(covers south of Convict Hill toward Slaughter)

Desk 512.974.4260 / email: Joshua.visi@ci.austin.tx.us



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Why Adopt a Child from the Texas Foster Care System?

By Julie Moody | Region 7 Media Specialist with the Department of Family and Protective Services

The question isn't why adopt a child from foster care but rather why not? Currently in Central Texas there are almost 700 children waiting for adoption, In Travis County alone, almost 200 children. Children in the foster care system are there due to no fault of their own. They are victims of unspeakable violence and neglect. But if you are reading this now, there is something you can do. Whether you are thinking about fostering or adopting a child or know someone who is, make sure you keep the conversation going. Parents, who live to love, guide and teach by example what it means to be a family. Stop and think for just one moment all that your parents did for you. Maybe you grew up in a single parent home, did that parent make sacrifices for you; make a commitment to your well-being? When you had a problem, did you have someone you could trust to talk to and give you solid advice? When you found yourself in trouble, was there a parent who bailed you out? When a foster child ages out of the system often times they have no one to rely on. We shouldn't allow children to grow up not knowing what it is like to have family they can call on in good times and in bad times. Thousands of caseworkers, CASA volunteers, and

others who work closely with foster children across the state of Texas work diligently each and every day to find permanent homes for the children waiting for adoption.

Stefanie White is the program director with Child Protective Services who oversees all of the adoption units in Central Texas. She said, "When children are adopted it is closing one chapter in their lives, they are no longer foster kids, they don't have to worry about the security of their future. They now have a future with endless possibilities." There are meetings you must go to, trainings, home studies, background checks, and possibly placements with children that don't work for you or for the child. It is sometimes a heart breaking experience. But any of us who have had the experience of parenting a child can say that oftentimes it is a challenge. But if you are willing to open your heart and your home to a child in need, you will be giving a child a gift that will last a lifetime. That is the gift of being part of a family and having a home they can call their own.

For more information about fostering and adopting through the Texas Foster Care System visit www.adoptchildren.org.

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DRIVE A SENIOR

Imagine having to give up your car keys. It is parallel to giving up your independence. How will you get to the doctor, the grocery store, visit a friend or take care of personal business? Your ability would no longer be based on necessity, it would now depend upon the availability and kindness others. Unless you choose to continue to drive, although it could often presents a safety risk to yourself and others. Recent statistics reveal that an average of 500 senior adults are injured every day in crashes, with 15 of those resulting in their death. This does not include injuries to others. Buses are out of the question for many, the stamina required to transport multiple times on and off buses, along with the length of time required to reach their destination are a risk to the older seniors. Many of those who depend on others for transportation and support services become isolated and neglect their basic needs, potentially exacerbating their health issues. Loneliness and depression can become a risk, 25% of homebound isolated seniors are purportedly clinically depressed. Fortunately, there is help available from Drive A Senior-South Austin. Our mission is to empower and enable independence with a quality of life for seniors in their home communities. We currently serve over 250 clients, 60 years-old and up, in the South Austin area. As a volunteer-driven nonprofit, services are offered to clients at no cost. While transportation is the service most requested, we also provide support services which include minor home repairs, yard work, social visits and reassurance calls, emergency food deliveries, and resource referrals. Drive A Senior-South Austin volunteers provide much more than a service; they may be the only human interaction for clients offering a friendly smile and an ear to listen to their story. If you are interested in helping a senior, please call Deborah Brockman at 512-445-5552 or email sa@driveasenior.org. You won't regret it!

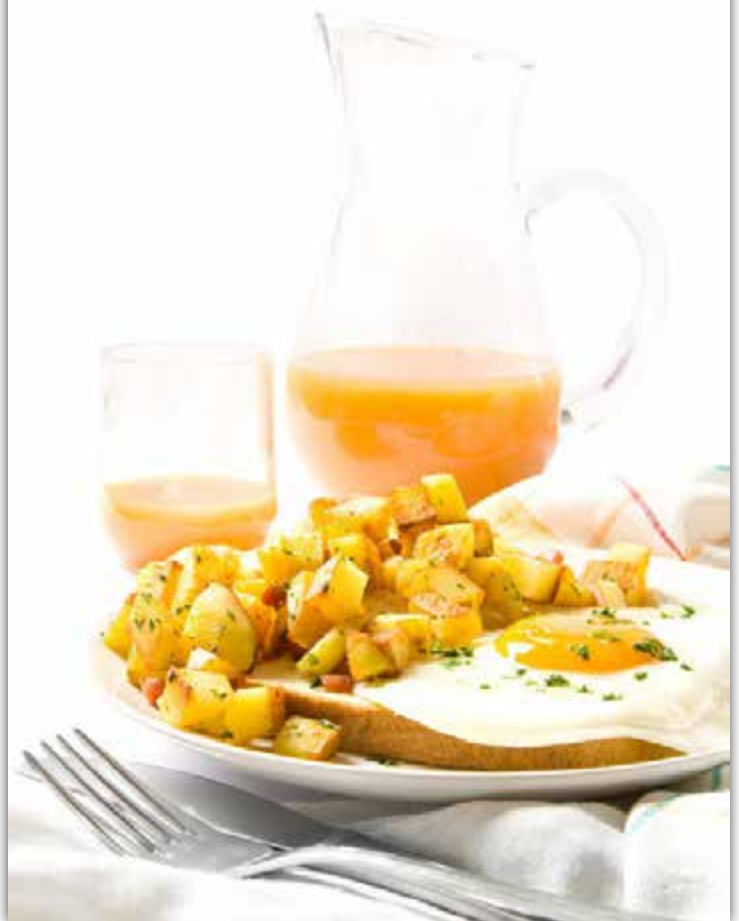


SWING NETWORKING GROUP

Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 8 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.com.



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Submitted by Melinda McKenna

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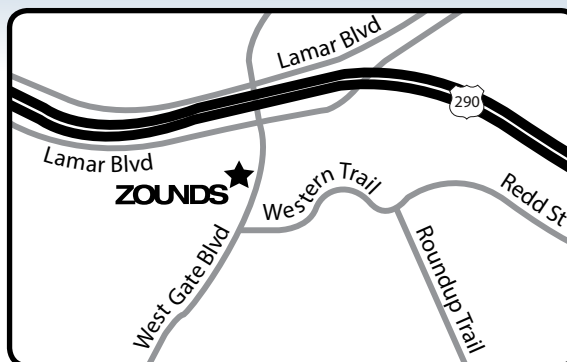
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Bring the World to your Child By Hosting a Foreign Exchange Student

By Vicki Odom

If you've read the newspaper lately, you know that the world can be a scary place: wars, economic crisis, revolutions, climate change, border disputes, refugees, and protests. So, how do we teach our children about the world, and the variety of people in it, when most of the examples we read about in the press are so negative?

One life changing way to broaden your child's world view is to volunteer to host a high school foreign exchange student. Foreign exchange programs have been around for almost 100 years, and their mission has always been the same – to educate people about different cultures through person-to-person exchange. What better message to pass on to your children?

There are quite a few misconceptions about foreign exchange programs – especially around who can host. The biggest misconception is that you must have high school aged children when you host a high school exchange student. Nothing could be further from the truth.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families,"

says Heather Wells, Senior Regional Director for Ayusa, a non-profit promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

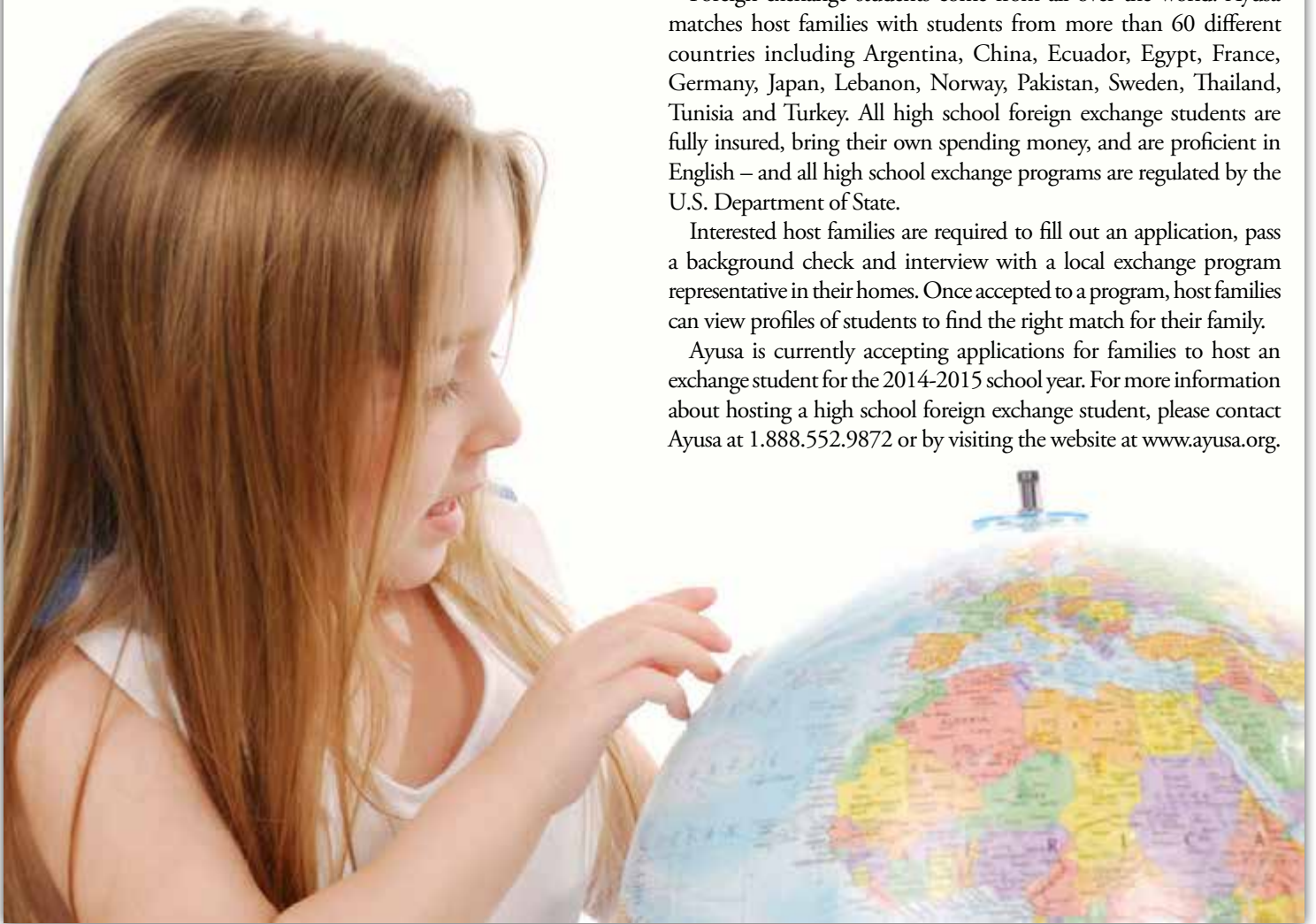
Families with young children find that hosting an exchange student provides their children with an especially unique educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

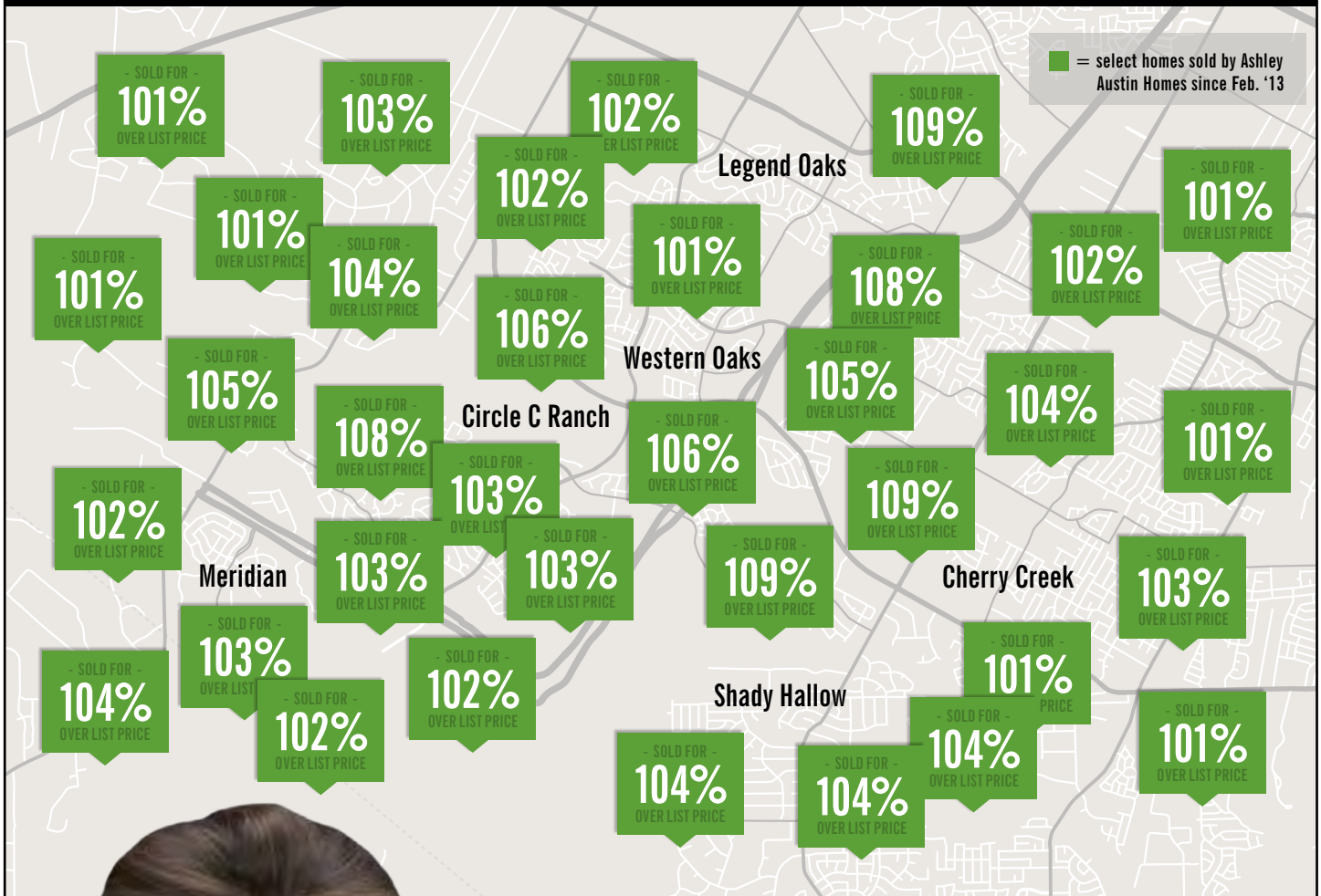
Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

Ayusa is currently accepting applications for families to host an exchange student for the 2014-2015 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



THE MODERN GAME: THE TOP SPIN BACKHAND

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing. I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court. In this issue, I will offer instructions on how to execute the Top Spin Backhand. This shot is used when a player is presently hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Tyler Duncum, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Tyler is coached by the Director of the Tennis Academy, Darin Pleasant. This shot can also be executed from the service line as an “approach shot” to the net.

Step 1: The Back Swing: When Tyler is pulled wide to her backhand, she makes a quick turn of her upper body and takes her racket back. The head of the racket is now at waist height, her shoulders are turned, the left hand holding the racket, and her right hand changing to the

“continental grip”. She has loaded her left hip to help her drive her weight forward. Her left grip is relaxed and her wrist is “laid back” to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Tyler started the swing high and “looped” it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her right shoulder is almost opening and her weight has now been shifted toward the front.

Step 3: The Follow Through: In order to get maximum control and power, Tyler is keeping her left arm almost straight as she extends through the shot. She has “snapped” her left wrist and her right hand helps with the stability and power. She has now allows her left side to transfer forward towards the net.

Step 4: The Finish: Tyler’s upper body acceleration is creating a high finish over her right shoulder. Her legs are already in position to recover back towards the middle of the court.

Step 5: The Ready Position: Once Tyler returns the ball to her opponent, she goes back home (towards the center of the court), to be ready for the next shot. Her knees are slightly flexed, she is in a good athletic stance and her eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Forehand Approach Forehand Volley”

SUDOKU

View answers online at www.peelinc.com

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