Newsletter for the Residents of Lakeway Volume 6, Issue 7 July 2014



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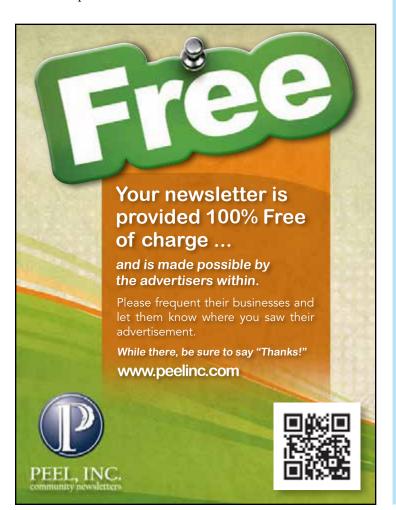
ADVERTISING INFO

Please support the advertisers that make Lakeway Voice possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or <u>advertising@peelinc.com</u>. The advertising deadline is the 8th of the month prior to the issue.

ARTICLE INFO

The Lakeway Voice is mailed monthly to all Lakeway residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for The Lakeway Voice please email it to *lakeway@peelinc.com*. The deadline is the 15th of the month prior to the issue.



IMPORTANT NUMBERS

EMERGENCY NUMBERS	
EMERGENCY	011
Fire	
Ambulance	
Police Department	
Sheriff – Non-Emergency	
Travis County ESD No.6/Lake Travis Fir	
Administration Office	
Travis County Animal Control	512-972-6060
SCHOOLS	
Lake Travis ISD	512-533-6000
Lake Travis High School	
Lake Travis Middle School	
Lake Travis Elementary	
Hudson Bend Middle School	
Lake Pointe Elementary	
Lakeway Elementary	
Serene Hills Elementary	
Bee Cave Elementary	
UTILITIES	
Travis County WCID # 17	512-266-1111
Lakeway MUD	512-261-6222
Hurst Creek MUD	512-261-6281
Austin Energy	512-322-9100
Pedernales Electric	888-554-4732
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	512-472-2822
AT&T	
New Service	
Repair	
Billing	1-800-858-7928
Time Warner Cable	
Customer Service	
Repairs	512-485-5080
IESI (Trash & Recycle)	
Austin/Travis County Hazardous Waste .	512-974-4343
OTHER NUMBERS	
Lake Travis Community Library	512-263-2885
Lake Travis Postal Office	
Lakeway City Hall	
City of Lakeway	www.lakeway-tx.gov
NEWSLETTER PUBLISHER	
Peel, Inc.	512 262 0191
Editor	
Advertisingac	* *
Acceptioningde	ivereising@pecime.com

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COVER PHOTO

o you take great photos?

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the Lakeway Voice. All photos submitted must represent Lakeway. Our deadine for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to lakeway@peelinc.com. Portrait (vertical) photos work best. By submitting your photo you agree to allow your photo to be published in future issues of the Lakeway Voice or other Peel, Inc. publications. Call 512-263-9181 to find out how to have your business featured on the cover of the Lakeway Voice.

BUSINESS CLASSIFIEDS

CONNOR CLEANING SERVICES - Are you paying more than \$100 to have your house cleaned? 4200 sq. feet or less- you are paying too much! Call Connor Cleaning. Reliable. Dependable Service. Quality Work. Supplies furnished. Over 12 years in business. Affordably priced. Call 512-209-1141. Bonded.

FACIALS & WAXING: Great prices and quality service in my independent spa room. Located close on RR620. Over 14 years experience. \$20 off a facial or \$25 Brazilian waxing for 1st time clients. For appointment call Lucy @ 512-694-0918. www. SkinSpaLakeway.com

HOME ORGANIZATION FOR THE OVER-WHELMED.

Rooms of stuff you haven't touched in years? Let me help you un-clutter, organize and donate to families in need. www.ForwardwithLove.com or 512-826-1826 Consultations are free.

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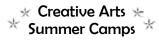
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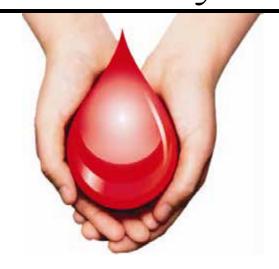
(512) 888-9100 ×







Around Lakeway



BLOOD DRIVE

Our next Lakeway Community Blood Drive will be held on Saturday, July 12, from 8 to 12 at the Lakeway Activity Center. To make an appointment or for information, please Call Searcy Willis at 512 261-9055

NDOOR CITY WIDE GARAGE SALA

LAKEWAY ACTIVITY CENTER
105 CROSS CREEK
512-261-1010

JULY 19, 2014 8:00AM-12:00PM RAIN OR SHINE!!!

Admission is FREE
Please bring a canned food item to be donated to charity!!!

Business office hours M-F 8am-5pm Call 512-261-1010 for information

www.Lakeway-TX.gov



SUMMER MOVIE SERIES

Meatballs will rain and LEGOs will come to life this summer at the City of Lakeway's Movies in the Park and Dive-In Movies series. The annual series of family-friendly flicks will alternate Friday nights June 6-Aug. 8.

"Movies in the Park and Dive-In Movies are among our most popular offerings," said Andra Dearing, Lakeway Parks and Recreation director. "You can't beat the price and the short drive from your home to enjoy the fun on the big screen."

Movies in the Park will roar to life at Lakeway City Park, 502 Hurst Creek Road, with Monsters University on June 6 and continue with Dr. Seuss' The Lorax on June 20, Super Buddies on July 11, Cloudy with a Chance of Meatballs on July 25 and The Nut Job on Aug. 8. All movies will begin about dusk at 8:45 p.m. Free popcorn and other treats will be available for purchase. Bring a blanket or lawn chair to set up at our 'Theater Under the Stars.' So that everyone may see the screen, please set out blankets in the middle and place lawn chairs to the outside.

Also, organizers request that guests put blinking or glowing items under their blankets while the films are being shown. Please, do not bring dogs to this event.

For information about Movies in the Park, please call 512-314-7530. Dive-In Movies always make a splash at Lakeway Swim Center, 3103 Lakeway Blvd. Swimming is allowed during the movies, which all begin at dusk at about 8:45 p.m.

Take the plunge with Despicable Me 2 on June 13, and chill out with Frozen on June 27. Teen Beach Movie hits the scene July 18, and The LEGO Movie wraps up the series Aug. 1.

The pool area will be cleared at 8 p.m., and anyone wishing to see the movie will be charged \$3 to be let back in at 8:30 p.m. to see it. For information about Dive-In Movies, please call 512-261-3000.



RETIRE BETTER - A LIFETIME OF INCOME

WHERE DO WE GO FROM HERE?

WITH JOSH STIVERS

Q: What is the best investment allocation with the stock market at record highs?

A: We are currently sitting in a very nice position. Most people's investment and retirement accounts are boasting the highest values they have ever seen. Market volatility is at a very low level and there is a shift from growth to value stock investing that is helping to level things out even further. With that said, the pressure to make wise decisions concerning the future of your investment portfolio has never been higher.

To answer the question regarding the best allocation for our current market, there are several aspects we need to take into consideration.

First of all, what is your long term objective? Many of the clients we met with this year already achieved their growth objective well ahead of schedule due to the market run up. It is important that their current value be protected from any future volatility. The key here is to not get too greedy and begin to think that we are guaranteed that markets will remain at their current levels. Often, it makes sense to take a portion of the profits off the table. Once the profits are off the table, it is essential that they be reinvested in a conservative and safe manner.

Next, we need to take into account where we believe markets are heading. The last time that market volatility was this low was in 2006 & 2007 right before the financial crisis. I am not saying that we are about to see another crisis of that magnitude, but we have to be cautious whenever we see potential complacency

slipping into investor decisions. Taking investment positions that shield from downside risk are important at a time like this.

One of the keys here is that investors do not end up buying high and selling lower. The old adage "buy high, sell low" still applies. This is not the time to run out and jump on the equities bandwagon and then find out that everyone else is getting off. Many institutional investors already harvested profits during this time which can make it difficult for individual investors to make educated stock picks. It is best to utilize index funds and ETFs that allow for broader exposure to sectors that are poised for growth.

Sometimes, investors can get so used to looking at their current portfolio that they forget there are other strategies to choose from. During times like this when equity markets are so high, it makes sense to consider alternative investment strategies that are driven by non-correlated factors. Often, you can receive a very healthy dividend yield without price volatility. This is a great place to reinvest the profits you have the opportunity to cash in on.

If you would like further information on this topic or to receive a copy of our report on retirement income planning, please send your requests to the email below. As always, we are here to answer your pressing questions and concerns regarding retirement investment planning.

Send your questions and information requests to retirebetter@platinumwealthadvisory.com



Hill Country Landscapes Inspire City Hall Gallery Exhibit

Oils by Tina, an exhibit of Tina Becker's oil paintings of sunsets, Texas landscapes and wildflowers, will be on display at Lakeway City Hall Art Gallery from June 19 through July 31.

The art gallery is open from 8 a.m.-5 p.m. Mondays through Fridays at Lakeway City Hall, 1102 Lohmans Crossing.

Becker moved to Austin in the 1960s when she was a young child and her father was stationed at Bergstrom Air Force Base. She moved to the Lake Travis area in 1979 when RR 620 was just a two-lane country road. She and her girlfriends would ride their horses through the Lake Travis countryside.

As an art student, Becker studied under Ralph White, a retired art professor from the University of Texas-Austin.

"Mr. White taught me a great deal about art, but most of all he taught me to be myself and follow what is in my heart," she said.

Painting has a calming effect that allows Becker to capture the beauty of the outdoors.

"At this time in my life, I enjoy painting as a way to relax, see where my brush strokes will take me, crank up the music and go to town," Becker said. "At this time in my life, I enjoy painting as a way to relax, see where my brush strokes will take me, crank up the music and go to town!"



Courtesy photo. Tina Becker's oil paintings will be on display at Lakeway City Hall Art Gallery from June 19-July 31.

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Lakeway's SH 45 W. Proposal Garners CAMPO Support

The City of Lakeway's proposal for construction of SH 45 West cleared another hurdle in its evolution with a key CAMPO endorsement Monday night.

The Transportation Policy Board of the Capital Area Metropolitan Planning Organization voted, 17-3, to include it in a list of transportation projects to model for the 2040 Regional Transportation Plan.

The proposed toll road would connect the planned extension of SH 45 from U.S. 183 to RM 2222 with the project known as SH 45 SW. The 10-mile section would be one of several roads and improvements that would complete the State Highway 45 Loop circling the greater Austin area and improving regional mobility.

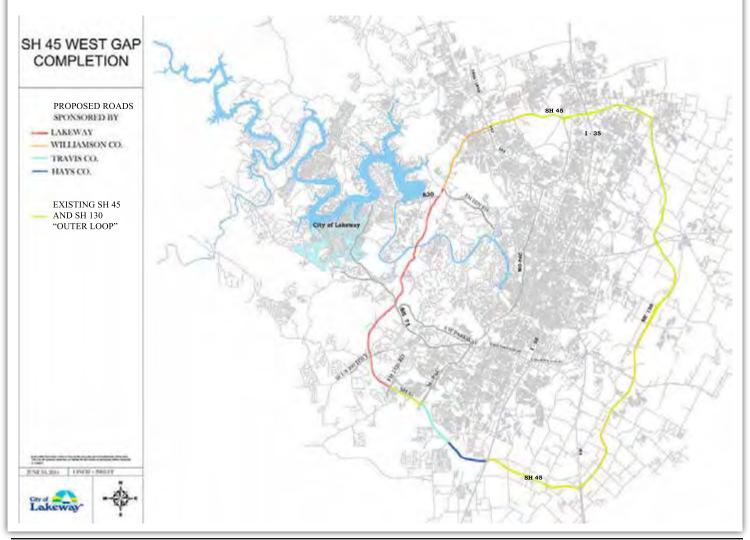
The CAMPO board endorsed regional and sub-regional scenarios for use in modeling the two scenarios as part of the 2040 plan development process.

"This toll road project has just passed a significant milestone in its embryonic stages," Lakeway City Manager Steve Jones said. "The board's endorsement advances the SH 45 Loop project and gets us one step closer to a new thoroughfare on the map of western Travis County that was devoid of any significant road projects for the foreseeable future."

The idea of an outer loop has been discussed for decades in the area and for almost eight years in Lakeway, but Lakeway officials believe now is the time to take action.

"Something needed to be done to address the traffic congestion that grows every day on roads in western Travis County," Jones said. "Although some people may view this road as a dream, many successes often start out as just that – great ideas that seem unattainable, at first, but then they become a reality."

The City of Lakeway encourages residents to take part in future CAMPO discussions about the 2040 Regional Transportation Plan. According to its website, CAMPO has scheduled a public survey for the third quarter of 2014 and mobile meetings for the first quarter of 2015.



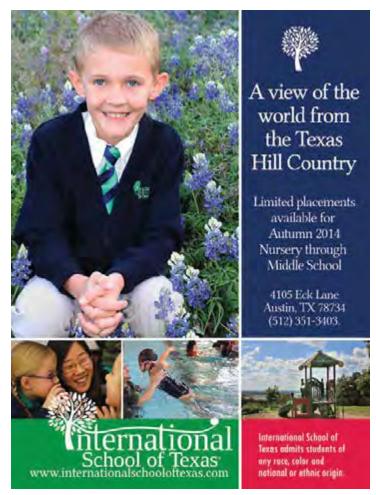
Around Lakeway

LTLOV'S GRANT FUNDS

Bright Horizons, a weekly respite care program for local residents with dementia and alzheimer's disease, was one of 16 organizations who received an Annual Grant from LTlov. LTlov's 2014 Annual Grants funding totaled \$47,235 dollars invested into the Lake Travis community to help families in need.







Lakeway Hills Solos Activities JULY 2014:

(PLEASE RSVP at least two weeks before scheduled activity (or RSVP date) so we can plan accordingly. NOTE: "gas tip" is usually based on 4-people/car so adjust up or down depending on number of riders.

Chair: Jacquie Banks 512.638.0484 c

JULY 9TH: LUNCH BUNCH Little Greek Café, 2422 RR 620 South (behind Wendy's) 512.276.2519. Carpool LAC 11:30am. Call Jo Kirk

JULY 14TH: Games Mah Jong 2:00 – 5:00p @ LAC then EAT afterward TBD where. NO carpool. Call Mary Ann Griesman

THANK YOU to Maxine Beeskow for organizing May Lunch Bunch and now to Jo Kirk for June, July, August! We STILL NEED a volunteer for SEPT, OCT, NOV. Call Jacquie Banks 512.638.0484.

JULY 17TH: Tour Museum of the Pacific, 340 E Main, Fredericksburg \$12. But first Stop for peaches at a roadside stand and then shop at Circle E Candle Shop 4181 Hwy 290 (great for gifts). Lunch afterward at The Peach Tree Room (11-2:30pm), 210 S. Adams, Fredericksburg, 830.997.9527. Carpool LAC 9:30am. \$5 gas. Call Jacquie Banks 512.638.0484.

JULY 18TH: Eat first and then Games Bridge & Dominoes @ LAC 7pm. NO carpool. Eat at Pao's (near Chair King & Tuesday Mornings), 5:15pm, Call Jo Kirk or Eat at Shades (at end of Stewart Road if it is open), 5:00pm, Call Phyllis Ligon

JULY30TH: Dining Out Texas Land and Cattle, 1101 S MoPac 512.330.0030. Carpool LAC 5:30 pm \$2/ea gas. Call Pam Murray

SAVE-THE-DATES:

Please RSVP early as tickets go quickly and/or plans need to be made! SEPT 14TH: The Full Monty, Palace Theater, Georgetown. \$24 checks payable to Anita Fisher and mailed to her, 303 Copperleaf, by August 15th. Carpool LAC 12:15pm for afternoon show. Eat after.

Reminder: If any Solo needs a hug, card, call, or prayer call Caring Chair, Yvonne Connell



Interested in becoming a member? Lakeway-Hills Solos is a social group of about 100 single women and men living in Lakeway, its ETJ and The Hills, aged 55 and up. It was started in 1999 as The Singles Club with 10 members. The name was changed in 2002 to reflect more appropriately the identity of the group as a social gathering, not a dating gathering. Solos identify and plan activities, trips, and functions, as well as support community activities. We have group dinners quarterly and other events monthly. Dues are only \$15/year plus a membership at The Lakeway Activity Center ("LAC") of \$15 is highly encouraged. Your participation in the activities is welcomed but there is no obligation on your part once you join; just come have fun!

Call 2014 Membership Chair Ram Matta 512.767.0466 or Activities Chair Jacquie Banks 512.638.0484

Summer Shindig Set For Lakeway's Next Big Band Bash

Stay cool to the beat of the band at the next City of Lakeway Big Band Bash from 8-10 p.m. July 14 at Lakeway Activity Center, 105 Cross Creek. Lakeway Arts Committee sponsors the Big Band Bash every second Monday.

Kent Dugan's 17-piece orchestra, The Republic of Texas Big Band, will perform with well-known singers David Cummings and Lisa Clark, both of Lakeway. This band consistently appeals to dancers of many generations. Expect to hear a wide variety of favorite tunes, mostly from the Sinatra era, with fresh arrangements.

Guests may dance or listen on a large dance floor and at plenty of tables. Bring refreshments, if desired, as none are provided. There are no reservations; doors open at 7:30 p.m.

The event is free, but donations to the band are encouraged.

"Get your dancing shoes polished, dress up a bit, and come out to dance and listen to some really great music," Lakeway Arts Committee chairman Fred Newton said. "Anyone who has attended will tell you this monthly event shows why living in Lakeway is so much fun."

For information, call Lakeway Activity Center at 512-261-



What's Happening at the Lake Travis Community Library in July?

Lake Travis Community Library's Summer Reading Program is in full swing and there are plenty of things to do at the library! Do you enjoy magic, music, or learning languages? Are video games your passion? Do you want to laugh and learn about animals with Critterman? Or, are you fascinated by dinosaurs? Read below to learn more about these events!

If You Give a Mouse a Cookie Party - Friday, July 11th at 2 p.m. - Join us for a story time featuring your favorite classic book about a mouse and a cookie and its sequels. We'll have activities, refreshments, and a special guest!

Critterman - Thursday, July 17th at 10:30 a.m. - Are you ready for a positively wild experience? Join us for Critterman and his animal ambassadors! You'll learn all about wildlife in this fun program.

Mango Languages Open House - Thursday, July 17th from 1 p.m. to 3 p.m. - Mango Languages is an online language learning system now offered for free to library patrons! Mango is fun, interactive, and has real-world applications. Join us for a demonstration and try out the program for yourself on one of our computers. Refreshments will be served!

Musician Staci Gray - Friday, July 18th at 4 p.m. - Join us for the Austin-based children's performer who has mesmerized children all over Texas. Her original music gets children to sing, dance, and be just plain silly!

Dinosaur George – Thursday, July 24th at 10:30 a.m. - "Dinosaur George" Blasing is a self-taught paleontologist and animal behaviorist with more than 35 years of study and research. Come learn about dinosaurs on July 24th!

Games 2U - Saturday, July 26th from 10:30 a.m. to 12 p.m. - This event will bring out the kid in you! Experience weightlessness with the Gyroscope and play your favorite games with the Video Game Theater.

Magician Black Bert – Thursday, July 31st at 2 p.m. - Join us on July 31st for a magical experience with Magician Black Bert! Black Bert will teach us about the magic of reading and show some pretty neat magic tricks, too!

In addition to these events, the library will hold regular Library Camps on Mondays, Science Camps on Tuesdays, Come & Go Crafts on Tuesdays, Family Flicks on Wednesdays, story times four times a week, and more. The Lake Travis Community Library is located at 1938 Lohmans Crossing. Please contact the library at (512) 263-2885 or see www.laketravislibrary.org for details and to view the complete Summer Reading Program calendar. All library events are free and open to the public.

School News

Lake Travis ISD

Approved by the LTISD Board of Trustees on January 21, 2014 2014-2015 SCHOOL CALENDAR











28

25 26 27

20 21 22 23 24

29 30







21

28



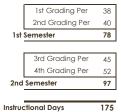
Ending of Grading Period

New Teacher Orientation

May-15							
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					1	2	
3	4	<u>5</u>	<u>6</u>	<u>7</u>	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							







Sept 1 - Labor Day
Oct 13 - Columbus Day
Jan 19 - MLK Day
Feb 16 - Presidents Day
Apr 3 - Good Friday
May 25 - Memorial Day

Updated 04/28/2014 due to changes in State Testing Calendar

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My Health, My Doctors, My ADC

Sports News



LTYA is a privately funded, not-for-profit organization founded in 1978 to provide safe, fun, friendly and affordable recreational opportunities for the youth of Lake Travis. Today, we serve over 4,500 youth in our 9 sports programs and activities annually and we need your support.

Providing positive and safe sports for all children that teach basic values they can count on in their lives. We know how important the youth sports experience is for the children and that is the reason we teach the importance of teamwork, cooperation and hard work.

Register online at www.LTYA.net 512_261_1900

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STEINER RANCH

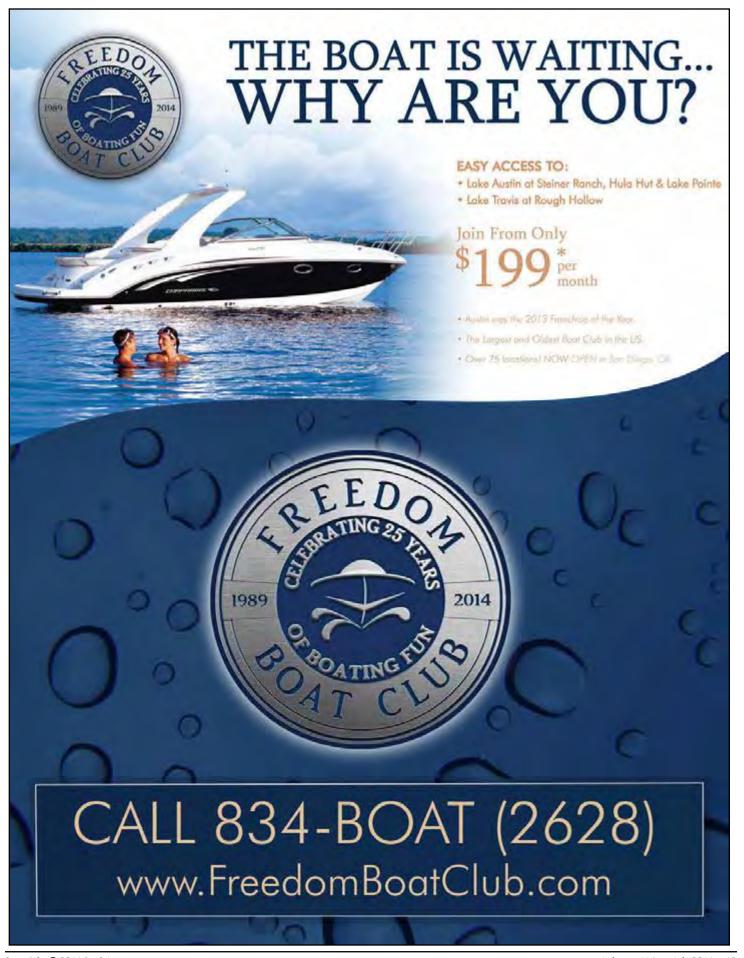
4308 N. Quinlan Park Rd. Suite 100 Austin, TX 78732 512.266.6130

JESTER

6507 Jester Boulevard Building 2 Austin, TX 78750 512.795.8300

BEE CAVES

8100 Bee Caves Rd Austin, TX 78746 512.329.6633



Sports News

LAKEWAY 9 HOLE LADIES GROUP

LAKEWAY COUNTRY CLUB

May 7, 2014: Ace of the Month, Margaret Meyers

First Flight

1st place- Karen Vaughan

2nd place- Cheryl Whaling

3rd place- Billye Lynn Ratliff

Second Flight

1st place - Diana Hall

2nd place- Martha MacAninch

3rd place- Vivian Craft

Third Flight

1st place- Nancy Gregor

2nd place- Gail Bowman

3rd place- Robin Hargadon

55 and under: Vivian Craft-55 Cheryl Whaling-53 Karen Vaughan-52

Low Puts: Beverly Burmeier- 16 Cheryl Whaling-16

May 14, 2014: Couples Tournament

Ist place Bev and Bob Wilson 2nd place Cheryl and Mike Whaling 3rd Place Robin and Pat Hargadon 4th Place Margaret and Jim Myers

May 21, 2014

First Flight

1st place- Deane Willis

2nd place- Cheryl Whaling

3rd place- Sandy Walsh

Second Flight

1st place- Diana Hall

2nd place- Dianne Gorsha

3rd place- Vivian Craft

Third Flight:

1st place- Carol Smith

2nd place- Martha MacAninch

3rd place- Pat Long

50 and under: Sandy Walsh-49

55 and under: Dottie Fedro 51 Kay Beck - 53 Deane Willis-52

Chip ins: Deane Willis

Low Putts: Diana Hall 14

May 28, 2014

1st place Beverly Wilson and Cheryl Whaling2nd place Carol Smith and Joyce Johnson3rd place Colleen DeVere and Holly MacElroy

July 2014 Play Schedule LLGA 9 Holers

July 2 Ace of the Month 8:30 Yaupon Course
July 9 Individual Pay 8:30 Yaupon Course
July 16 Best Ball Scramble 8:30 Yaupon Course
July 23 Individual Play 8:30 Live Oak Course
July 30 Red, White and Blue 8:30 Yaupon Course

For further information contact Nancy Wells at 512-263-9110 or jonnan79@gmail.com

LAKEWAY 18 HOLE LADIES GROUP

LAKEWAY COUNTRY CLUB

April 2: Ace of the Month, Yaupon -- Ace of the Month - Carol Novak, 69

Flight 1

1st Place: Patti Lasswell, 71 2nd Place: Sandy Nees, 72

Flight 2

1st Place: Maxie Scott, 72 2nd Place: Karina Williams, 74

Flight 3

1st Place: Karla Castriotta, 72 2nd Place: Nancy Conte, 73

Low Putts - Carol Novak & Maxie Scott, 29

Birdies: #7 Betsy Frost, #7 Rita Hietpas, #11 & #15 Neisy McDonough, #15 Maxie Scott

April 9: Pre-Select 9, Live Oak

Flight 1

1st Place: Patti Lasswell, 33 2nd Place: Janis Campbell, 33

Flight 2

1st Place: Marsha Kish, 33 2nd Place: Maxie Scott, 33

Flight 3

1st Place: Jane Rushbrook, 33 2nd Place: Karla Castriotta, 35

Low Putts: Neisy McDonough, 25

Chip Ins: #8 Maxie Scott, #8 Rita Hietpas, #11 Tere McKenna

Birdies: #6, 9, 11, 13, 18 Neisy McDonough, #1 Patti Lasswell, #6 Melonie Mills, #7 Karla Castriotta

April 16: Blue-Gold Competion, Live Oak

GOLD Team- Crawley, Lasswell, Nees, Phillips, Kish, Novak, Scott, Paquin, Castiotta (draw), Conte, Barnes, Huskinson, Frost, 986

Low Putts: Carol Novak & Sandy Nees, 28

Chip Ins: #5 Carol Novak, #8 Karla Castriotta, #9 Nesiy McDonough

Birdies: #7 Ann Wheeler, #9 Neisy McDonough

April 23: Member-Guest, Yaupon

Flight 1

1st Place Gross: Kathy Skinner & Joyee Goodall, 74

2nd Place Gross: Dianne Morris & Michaelyn Farmer, 75

1st Place Net – Beverly Reid& Kathy McCoy, 58

Flight 2

1st Place Gross: Rita Hietpas & Ann Oliverio, 83

1st Place Net - Karina Williams & Cathi Duncan, 62

2nd Place Net: Maxie Scott & Marlene Brandt, 63

Flight 3

1st Place Gross: Sharon Rogers & Joy Pashby, 85

1st Place Net - Rose Ramon-Barrs & Sandy Beaty, 60

2nd Place Net: Pat Huskinson & Karen Vaughan, 62

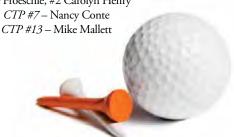
April 30: Play With a Pro, Yaupon

1st Place – Robert Johns, Beverly Reid, Patti Lasswell, Marie Rush, 128 2nd Place – Stephen Rosow, Paula Crawley, Sue Combs, Pat Huskinson, 133

> Low Putts: Rose Ramon-Barrs, 28 Chip Ins: #7 Rose Ramon-Barrs

Birdies: #2, 8, 19, 17 Kathy Skinner, #7 Dianne Morris, #15 Cindy Ryan, #3

Jane Froeschle, #2 Carolyn Henry





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TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco













The Modern Game: The Forehand Approach Shot

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 in tournaments and are looking for more "weapons" on the court. In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. 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. This shot can be used as a "winner" or as an "approach shot."

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has

loaded his right hip to help him drive his weight forward. His grip is relaxed and his 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. Christian started the swing high and "looped" it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

Step 3: The Follow Through: In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has "snapped" his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

Step 4: The Finish: Christian's upper body acceleration forced his head of the racket to "wrap around" his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

Step 5: The Ready Position: Once Christian hits the ball, he must get ready to volley if the ball was not a "winner". By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to "kill" the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: "The Modern Game: The Backhand Approach Shot"





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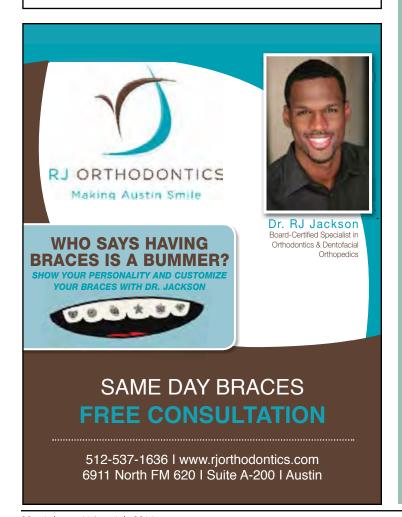
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Business Section

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JULY 9, 2014

Carlos Rubinstein, Texas Water Board

JULY 16, 2014

Haseeb Qureshi, Former Professional Poker Player

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Martha Hilley, UT Professor Why Right Brainers Will Rule The Future

JULY 30, 2014

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Lakeway Voice - July 2014 21

- Kids Stuff-

Section for Kids with news, puzzles, games and more!



Did a bug ever fly in your mouth? Usually, the story ends there. You spit it out. Goodbye, bug. But sometimes — gulp! — you might swallow it so it ends up in your stomach. Less often, someone might inhale a bug into the lungs.

You have probably heard that old children's song "I Know an Old Lady Who Swallowed a Fly." Most people don't swallow flies. But we know of someone who's sure she swallowed a tiny gnat. Another boy had a close call when a yellowjacket flew out of his can of soda and into his mouth while he was taking a sip. (He spit it out before getting stung.) And would you believe that someone said she inhaled a lightning bug and could feel it in her lungs?

There are two paths a swallowed bug might take:

- down the esophagus (food tube) into the stomach
- down the trachea (windpipe) into the lungs

If the bug ends up in your stomach, it will

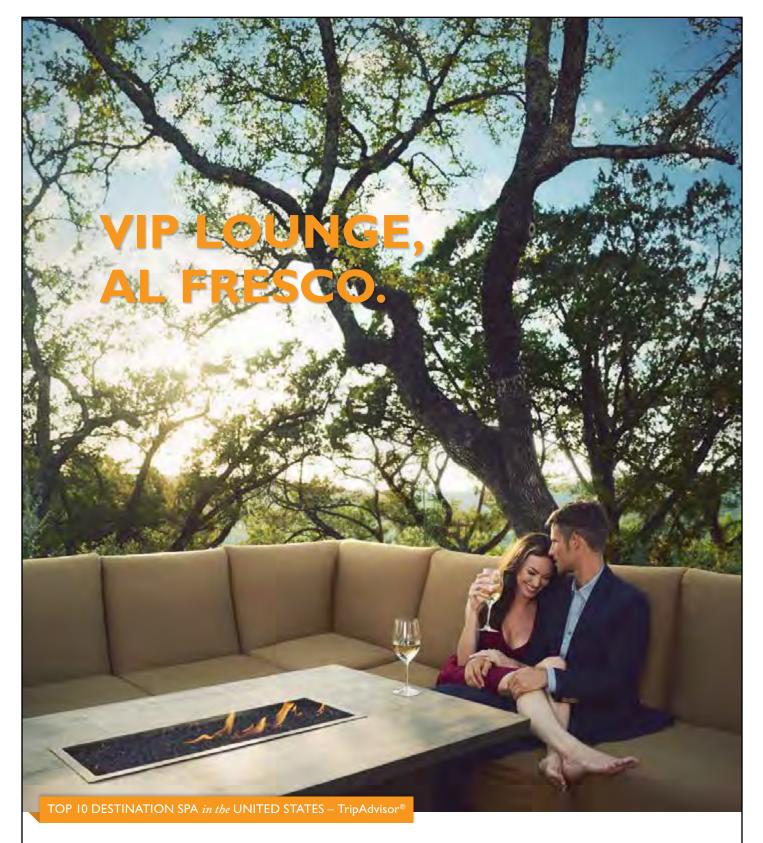
get mashed up and digested just like any other food. And whatever's left of it will "come out the other end" when you go to the bathroom. It's gross, but unlikely to cause you any more trouble.

If you feel like you inhaled the bug and you think it could be in your lungs, tell a parent or another adult. Usually this will make you cough and feel a little uncomfortable. Your mom or dad will want to check with your doctor. Unlike your stomach, your lungs won't digest the bug.

In your lungs, the bug will get trapped in a layer of slimy mucus. Maybe you're thinking "Gross, there's slime in my lungs!" But it's good to know the mucus is there for a reason. It protects your lungs and airways from situations just like this one. The mucus helps your lungs stay clear so that you can breathe properly. In other words, no bugs allowed!

Reviewed by: Aaron S. Chidekel, MD Date reviewed: July 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 or www.TeensHealth.org. ©1995-2006.The Nemours Foundation



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