NEWS FOR THE RESIDENTS OF THE VILLAGES AT WESTERN OAKS AND LEGEND OAKS I

HOW'S YOUR "BRISKETIQUETTE?"

This article was contributed by the National League of Junior Cotillions – Travis County

With the summer vacation in full swing, the kids out of school, and noodles floating in the pool, it's no doubt the grill is staying fired up. But...before you kick off the flip-flops, here are a few barbecue etiquette tips to ensure your grill fest goes down as the best on the block. Wait. Barbecue etiquette, you say? Yes, it exists.

1. If you're invited to a barbecue party thrown by an individual/ family, avoid showing up empty-handed. A side of coleslaw, apple pie, or pitcher of lemonade will do the trick.

2. A barbecue is an informal affair – no need to worry about which fork and knife to use. Go ahead and use your fingers in lieu of utensils. Larger pieces of food, however, should be cut with a knife and fork. No need to get medieval on us.

3. If you're like many people who wonder what is the proper way to squeeze a lemon slice and a lemon wedge? Well, here is the answer: if it is a slice, don't squeeze it-just drop it in the glass. If it is a wedge, cup your hand over it to prevent squirting, and squeeze it into the glass. Who likes lemon pulp in the eye? Not me.

4. Corn on the cob vs. man. For most people, eating corn on the cob is one of life's biggest challenges. Okay, well, maybe it's just a challenge. The best way to approach a hot cob: simply, butter a few rows of corn at a time, hold the corn firmly by the ends with two hands (or use corn skewers), and eat a few rows at a time from left to right. If you prefer to skip the bite-off-the-cob approach, you may also cut kernels off of the cob with a knife, cutting in a vertical, downward manner.

5. Similar to corn on the cob, ribs are meant to be eaten with your hands. Given their messy nature, however, it's important to have napkins on hand. For this barbecue favorite, bibs are not necessary.

<u>"It takes a Villa</u>ae

6. Sauce is boss, unless it isn't offered. While Texans are usually proud of their barbecue sauce, some barbecue purists prefer no sauce to appreciate the natural, smoked flavor of the meat. Ask for sauce only when you know it's available, or if your child requests it.

7. Grilled shrimp can be easy to eat or take a little work, depending on how it is served. As a general rule of thumb, if the shrimp has the tail on, you can use your fingers. Tails off, use a fork!

8. When hosting a large group, be sure to have a wide variety of food options for vegetarians and children.

9. To pick or not to pick? Your teeth that is. Often times, meat can be tricky to eat and require some dental maintenance. At every expense, avoid removing food from your teeth in public. Toothpicks may be used, but only in private. So what should you do if you notice someone else in the same predicament? Be discreet, but do tell.

10. Last and not least, respect the griller's domain. If the host/griller has samples to offer, he/she will do so. Never assume you may help yourself to try what "smells good."

Now that the fundamentals are covered, what's for lunch?

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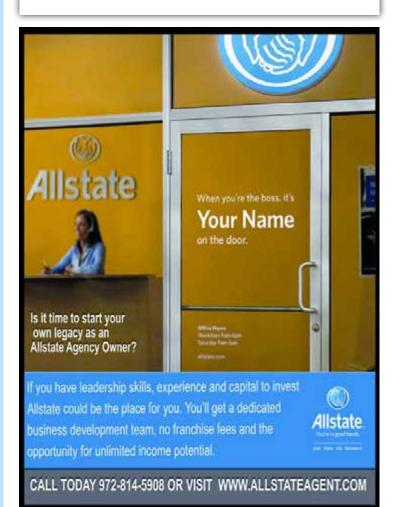
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Questions? oakhillgirlscouts@gmail.com



A FOCUS ON HEAT EMERGENCIES

Healthy Tips To Stay Cool In Extremely Hot Weather By: Concentra Urgent Care

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps • Dizziness and lightheadedness

- Sweating
- Pain in arms, legs, and abdomen Headache and confusion
 - Nausea and vomiting
- Heat Exhaustion • Moist, pale skin
- Fatigue and fainting
- Heat Stroke
- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
 Seizures

CAUSES:

- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use

WHAT TO DO IN HEAT EMERGENCIES...

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.

2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

• underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.

• give the person medications that are used to treat

• Rapid pulse • Temperature over 103° F

• Rapid pulse and breathing

- High temperatures or humidity Medications, such as diuretics, neuroleptics, phenothiazines, and
 - Cardiovascular disease

- fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
 - give the person salt tablets.

give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

• use alcohol rubs on the person's skin.

• give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.

• Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.

• Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.

• Be careful of hot cars in the summer. Allow the car to cool off before getting in.

• Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/ topics/heatstress/

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- anticholinergics



Tadah! Can You Believe This?

Your local Austin Music Teachers Association was just nominated the best in the country! Submitted by: Nell Trimble, Benevolence Chair for A.D.M.T.A.

The Music Teachers National Association just awarded your local association as being the 2014 State Affiliate of the Year or the best in our country!

Why? Because of "programming for students" which includes 20 events and "community outreach" such as Youth Music Ambassadors which means the most opportunities for your child!

Also, our Dr. Martha Hilley right here in Austin at the University of Texas, was selected as the Teacher of the Year for Music Teachers National Association. We here in Austin nominated her for that award and then she was selected as that first at the state level and then nationally! Dr. Hilley's teaching sparkles with a fountain of electrically inspiring ideas. She also is a writer and deeply involved on a statewide level with the governing of our colleges. Her picture and caption supporting President Powers was on page 2 of the 7/13 Sunday Austin American Statesman.

In addition Dr. Sophia Gilmsom was just awarded silver in the Global Music Awards for her CD of the Goldberg Variations On Harpsichord and Piano by Johann Sebastian Bach. Dr. Gilmsom is the head of Piano Pedagogy at the university here.

Perhaps the most outstanding concert I have ever been to was her performance of that work both on the piano and harpsichord. How totally different was the music on the two instruments!

To find a piano teacher in your area, go to www.admta.org, click on the link to "Community Resources" on the home page for our new "Find a Teacher" registry with descriptions of each teacher's program in their studios.



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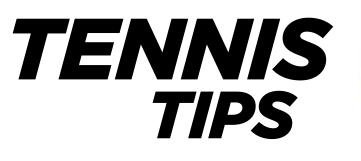
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By USPTA/PTR Master Professional Fernando Velasco



The Modern Game: The Backhand 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 Backhand 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, Kaylen Combs, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Kaylen is coached by the Director of the Tennis Academy, Darin Pleasant, who is showing her the proper point of contact on step 2. Kaylen plays with her left hand.

Step 1: The Back Swing: When Kaylen sees the opportunity, she makes a quick turn of her upper body and takes the racket high and back. The head of the racket is now at shoulder height, her shoulders are turned, the right hand gripping the racket and her left hand relaxed. Her weight is on the front foot as her momentum carries her forward to attack the ball. Her right 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. Kaylyn 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 left shoulder is almost opening and her weight has is moving through the shot.

Step 3: The Follow Through: In order to get maximum control and power, Kaylen is keeping her right arm extended through the shot. She has "snapped" her right wrist and has the head of the racket facing down. Her weight is going forward.

Step 4: The Finish: Kaylen's upper body acceleration forced the head of the racket to "wrap around" her left ear, thus creating the most power and topspin on the ball. Her legs are already in position to move forward the net for a volley. Her right foot should naturally move forward due to her momentum and racket speed. From her looks, she apparently hit a very wide cross court approach shot for a defensive return.

Step 5: The Volley Winner: Once Kaylen hit, she moved to the net for a "winner". By the smile on her face, her backhand approach shot was successful and she won the point with a backhand volley.

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

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At least 37 Texas children have fatally drowned this year.* Keep your children and families safer in, near and around all bodies of water. Take our Water Safety Quiz. www.colinshope.org/quiz/



Aug. 28th: Got2Swim 11k Lake Austin. View event details. www.tinych.org/Got2Swim Sept. 14th: Colin's Hope Kid's Tri! Registration is now open. www.tinych.org/KidsTri Ongoing: Volunteers needed to distribute water safety packets. info@colinshope.org Ongoing: Colin's Hope Athlete Ambassadors needed. www.tinych.org/AthleteAmbassador *Source: Texas DFPS, Watch Kids Around Water



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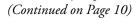
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NATUREWATCH by Jim and Lynne Weber

Hairstreaks are mainly small butterflies, most with threadlike tails on their hindwings. They typically fly rapidly, fitting from side to side or in circles, before sticking a landing. Most perch with their wings closed, and reveal their upper surface only in flight. Males and females can look quite similar, but the males will often be the more vibrantly colored of the two.

In central Texas we have three common hairstreak butterflies. The largest, as indicated by its name, is the Great Purple Hairstreak (Atlides halesus). Dusky purplish-black below and brilliant blue above with red spots near the base of the wings and a bright orange abdomen, this butterfly flies spring through fall. It tends to stay well above the ground, and males will sit on trees on hill summits or flat plains to await females, mostly in the afternoon. Its larval foodplant, or plant upon which the female lays her eggs, is mistletoe species in the genus Phoradendron.

Another commonly encountered hairstreak is the Gray Hairstreak (Strymon melinus). It has only one tail on the hindwing and an upperside that is blue-gray with a large reddish-orange spot near the tail. The male's abdomen is orange and the female's is gray. In the spring and fall its underside is dark gray, and paler gray in the summer, but it always has a dashed white line, parallel and inset from the wing's edge, bordered with orange. It flies from February to November and is the most widespread hairstreak in North America. Males perch all afternoon and into evening on small trees and shrubs to seek receptive females, who lay eggs one at a time on a wide variety of plants





Great Purple Hairstreak (photo by Randy L Emmtt)



Juniper Hairstreak



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AUGUST 2014

WHAT IS GOING ON WITH THE AUSTIN REAL ESTATE MARKET?

SOLD SOUTHWEST MARKET UPDATE HOMES JUNE 2013 VS JUNE 2014 Median Median Median List Price Sold Price **Days on Market** June 2014 \$385к \$420к \$65K June 2013 \$320к S365k

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Stats based on MLS from Austin Board of REALTORS[®] (ABOR).

NatureWatch (Continued from Page 8)

including peas, mallows, beans, clovers, and cotton.

One of our most beautiful hairstreaks is the Juniper Hairstreak (Callophrys gryneus), belonging to a group called Evergreen Hairstreaks, which are widespread and variable. The upperside of the male is dark brown with an olive-colored sheen, and the female is blackish brown. Their underside is a vibrant green with two white spots near the base of the forewing and an irregular white line edged inwardly with a reddish-brown. Males perch on host trees, those in the genus Juniperus like our native Ashe Juniper, awaiting females. They perch with their wings closed and blend into the junipers so well that they may not be noticed until moving branches cause them to fly.

When it comes to survival, hairstreaks have developed an interesting adaptation, much of which has to do with their tails. Often having distinct markings or spots near these tails, together they form what is known as a 'false head' with the tails looking like antennae. The illusion is carried further when the hairstreak performs a back-and-forth 'sawing' motion with the hindwings when resting. This motion can distract would be predators such as spiders, causing them to attack the wrong end of the butterfly, leaving the vital structures intact.

Missing tails and part of the lower portion of the hindwings does not hinder flight, and the butterfly lives to carry on another day. So it really is true that two heads are better than one!

Send your nature-related questions to naturewatch@austin.rr.com and



Gray Hairstreak (photo by Jeffrey Pippen)

we'll do our best to answer them. If you enjoy reading these articles, look for our book, Nature Watch Austin, published by Texas A&M University Press, or subscribe to our blog at http://naturewatchaustin.blogspot.com.





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