



December 2014

Volume 7, Issue 12

A Newsletter for the Residents of Legend Oaks

EDITOR NOTES:

How about those elections!? Was anyone surprised by the results! If you are a Democrat, maybe so. There will be some changes. As I am writing this, we still do not know who our next mayor will be.

By now Halloween and Thanksgiving are past, and Christmas events are planned. Be sure to see announcements of LOHA II activities in this newsletter, and visit around the neighborhood to view the marvelous outdoor decorations. Surely some electric bills will be higher this month!

Did you notice this remarkable technical achievement? On Wednesday November 12th, after traveling 4 billion miles in 10 years, a European spacecraft touched down on the icy, dusty surface of a speeding comet! This required great skill and precision. Even the slightest error could have resulted in stellar calamity. What knowledge we are gaining in this age of exponential advancement!

If you have items for publication, send them to me by the 10th for any following month.

Welcome New Neighbors!

According to the Legend Oaks 2 Homeowners Association, the following people bought homes in our neighborhood in September and October:

Scot Michael Beeman at 6413 Billy Bonney Pass
Gerald and Sarah DeWitt at 8213 Cheno Cortina Trail
Richard and Ria Estrada at 7607 Clara Marie Cove
John Halliday at 6732 Oasis Drive

Everything you need to know about the Homeowners Association can be found at <http://hoasites.goodwintx.com/loh/Home.aspx> - bylaws, how to get a pool pass, meeting minutes, payment instructions for HOA dues, architectural change forms, ...

Want to know what is going on in the neighborhood? Subscribe to:
Legend Oaks Digest and Nextdoor Legend Oaks 2

LOA2 School Events Calendar

Dec. 15 – Jan. 22

Please contact the school for more information!

Gorzycki Middle School (www.gmstigers.com/apps/events/calendar)

Dec 15 Orchestra Winter Concert 6:30 - 7:30 pm
Dec 16 Beginning Band Winter Concert 7:30 - 8:30 pm
Dec 17 Advanced Band Winter Concert 7:00 - 8:30 pm

Small Middle School (www.smallmiddleschool.org/apps/events)

Dec 15 Orchestra Winter Concert 6:30 – 8:30pm

Austin High School (www.austinhghmaroons.org/ahs-weekly-calendar)

Jan 22 Choir, City Band Festival
performances at Opening of AISD New Public Activities Center

Bowie High School (www.jbhs.org/apps/events/calendar)

No special performance noted during this time period.

NEWSLETTER INFO

NEWSLETTER

Articleslegendoaks@peelinc.com

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Running With Your Best Friend

By Dr. Jim Turney

I see many folks on the pavement with a dog, some with two, a few even with three. Some also have child vehicles and dogs. One brave woman had twins and 2 dogs! There are several reasons for including a dog in your exercise program. First is added protection that a dog provides. Even a tiny dog might have a threatening bark. Second is that dogs love to run and it is a great form of exercise for your pet, especially if he or she needs to shed a few pounds. You also create a stronger bond. And finally, it can be a great motivating factor, if sometime you are considering not going out and your dog is tugging and barking a message "let's go".

Just because your pup likes to run around does not mean he or she is ready for runs or jogs with you. Know your breed. Not all breeds are cut out for running. Very small dogs may have a problem keeping pace, although they will try very hard, which may be harmful. Very large breeds have a problem with longer distances. Especially with puppies, and any dog that has not run for a long time, the first few times be sure to allow intervals of rest to build stamina and give muscles and joints time to strengthen and rebuild. Check with your

veterinarian if there seem to be any problems.

Plan ahead for how you are going to deal with distractions during the run. If you see something ahead that could be a potential problem, it may be best to cross over to the other side of the street. If you happen to meet another dog, pay close attention to both dog's behavior. You may have to forcefully break contact if they show signs of tension.

Bring something with you to use to clean up after your dog, if elimination occurs. This is simply common courtesy, but also a health issue. For a longer run, especially if you carry liquid for yourself, bring some water for your dog. You may plan your route to include water sources for yourself. Be sure to remember doggy.

Running with your pet can be a positive and rewarding experience for both of you. Your dog may even turn out to be the best training partner you can have. Certainly the best listener. And the dog will want to go, even if you don't! (They are creatures of habit.)

Next month we plan to feature a local area runner. If you would like to be included, let me know – drjet@austin.rr.com.

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NEWS FROM QUARRY PARK

We have had several Eagle Scout projects in the park over the years since its creation. Eagle Scouts are required to perform a project to attain that rank involving some kind of community service. We received a request several months ago from a scout looking for a project, and met to look at 3 possibilities. He and his scout master decided that none was large enough, so they decided to do all 3!

During the following several months Michael Martinez did a lot of work, writing up the tasks, getting approvals, assembling his team and materials. On Thursday October 23rd the Parks Department delivered 6 yards of mulch and scoutmaster/father Danny Martinez delivered 8 bags of cement. On Friday I picked up mulch sleds and tools from the Parks Foundation. And 8am Saturday October 25th the project began! 20 Scouts and 12 parents arrived. Mothers erected canopies over tables full of food. A stereo system in the center of the park broadcast music all morning. The idea was to make it an enjoyable event. And the energy level was contagious! The scouts RAN with the mulch sleds! And there was an electric concrete mixer set up in my driveway! Fortunately I live just across the street.

One major project was to rebuild the trail connecting the east and western trail loops, and construct a stone stair between trails. This is where most of the mulch and some of the cement were used. It was because of lack of this stairway to go from one trail to the other that the trail was never used and never maintained. With this problem corrected, the trail will see many walkers.

Another project was to rebuild a waterfall that had been created by another Eagle Scout project that was made without cement and had come apart due to weather and vandalism. Thanks to the use of cement, and that there were many square cut rocks left from previous projects, the scouts were able to construct a sturdy, attractive update of the waterfall.

Another project to be completed will be to place posters in the 4 sides of the kiosk at the center of the park. One side will be an aerial view of the park, showing the trails. Another will show highlights of the development of the park. Another will show the history of the park, with workers loading limestone onto rail cars to be transported for construction of the state house. Finally, there will be the story of the chimney swifts, the birds that frequently nest in the tower inside the kiosk.



All the scouts and parents are to be given lots of thanks for completing these projects! The boys for their hard and enthusiastic work, and the parents both for their work and for raising such fine youth. Also thanks to the sisters who helped. You are invited at any time to see the results.

Send Us Your *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to legendoaks@peelinc.com. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.



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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



STEP 1



STEP 2



STEP 3



STEP 4

THE MODERN GAME: THE TOP SPIN FOREHAND

In previous newsletters, I offered tips on how to execute the basic strokes for players who are starting to play tennis or who want to get back into the game.

From this newsletter on, I will be 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 Forehand. This shot is used when a player is now 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, Danny Rodriguez, Director of the Pre-Advanced Tennis Program at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the service line as an “approach shot” to the net.

Step 1: The Ready Position: When Danny prepares to hit

a forehand top spin, he will change his grip toward the “semi-western” or “full western grip” (The palm of the hand is flat on the handle). His knees are slightly flexed and his eyes are focused on the oncoming ball.

Step 2: The Back Swing: Danny is now ready to perform the shot. The head of the racket is now above his head, his shoulders are turned, the left hand is in front to help him keep the center of gravity in front, and he has loaded his weight to the back foot. His grip is relaxed and his wrist is “laid back” to allow maximum point of contact.

Step 3: 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. Danny started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing the ball as he makes contact with it. His left shoulder is almost opening and his weight has now been shifted toward the front.

Step 4: The Follow Through: Notice Danny’s finish above his left ear and his elbow pointing toward his target. He has now shifted his weight on his right foot and is ready to shuffle back to his home base.

Look in the next Newsletter for: “The Modern Game: The Backhand Top Spin”

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GERMAN COCKROACHES

German cockroaches are most commonly found within homes and commercial food establishments, usually in the kitchen. The adults are about ½ inch long, tan and have two dark stripes above the head. The females will carry the egg case protruding from the abdomen until the day before hatching. The nymphs, or baby cockroaches, look similar to the adults, but are smaller and without fully developed wings.

German cockroaches may enter buildings through infested boxes, grocery bags, furniture and dried pet food. They may also enter around loose-fitting doors and windows as well as through sewer lines, attics, and where pipes penetrate the structure. Cockroaches are associated with filth, but even well-maintained structures can become infested.

German cockroaches are active at night, and are usually only visible during the day if they are disturbed or there is a severe infestation. They like to rest in tight, dark spaces such as under or inside cupboards, behind loose baseboards or in bathrooms. They are omnivores, feeding plant and animal products such as meats, starchy foods, baked goods, leather, book bindings and wallpaper paste.

Inspection is important to any cockroach control program. Identify the type of cockroach and their location. Eliminate indoor hiding places such as paper or cardboard. Sticky traps can help to reduce cockroach populations without the use of chemical. Place traps against walls near cockroach feeding and hiding areas.

Some type of chemical control will be needed to eliminate cockroach infestations. Baits are a combination of toxicants and food attractant. Baits should be placed in areas where cockroaches are known to feed. Residual sprays are available in ready-to-use containers or concentrates that are mixed with water. Sprays are fast and easy to apply. Dust treatments should be used in cracks and crevices, wall voids, under refrigerators or around pipes. Dusts should be applied in a light, even coat that is barely visible. Do not apply dust or residual sprays to areas that have bait.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.

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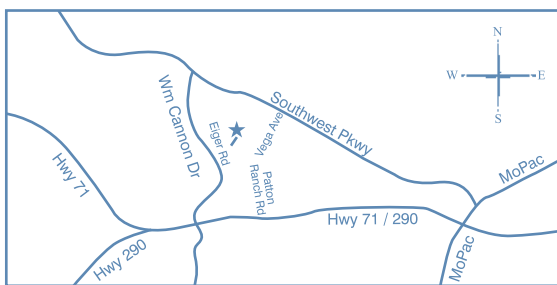
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