



FEBRUARY 2016 +

VOLUME 9, ISSUE 2

A Newsletter for the Residents of Legend Oaks II

Editorial

By now I have pretty much settled in to the Oak Hill environment, even though I do not live here. I am editing this newsletter (anyone else is welcome to volunteer) and deciding on, getting materials and supplies and volunteers for, and leading Quarry Park projects (again, anyone else is welcome to volunteer). I am also teaching at ACC Pinnacle. Have taught at ACC, many campuses, for 14 years and love to work with that age student. I have counseling in NE Austin every week, and have for 10 years. I see my daughter on Wagon Train Rd. at least once a week. And on the Activity Committee at the 206 apartment homes where I live. Life is good, and full!!

Just a reminder of publication times. Delivery by the 15th of any month has to be submitted by the 10th of the previous month. I am planning to print a list of regular events for LOHAI and suggested submit times. There may even be two times! You may want to submit in October for events getting prepared for Christmas, and again in November for events close to Christmas. This newsletter will arrive about February 15th, for example.

We are still interested in contributions about activities in LOHA2. Written articles would be wonderful! We also have articles submitted by others. Please submit all items to me drjet33@gmail.com or Janet Rourke janetrourke@sbcglobal.net.

Happy
Valentine's
Day

Valentine's Day

Janet Rourke

Valentine's Day (Feb. 14) began as a liturgical celebration in honor of one or more early Christian saints named Valentinus. There are several martyrdom stories about the various Valentines. One story was that Saint Valentine of Rome was imprisoned for performing weddings for soldiers forbidden to marry. During his imprisonment, he healed the daughter of his jailer. Before he was executed, he wrote her a letter and signed it "Your Valentine."

The day was first associated with romantic love in the middle ages, when courtly love flourished. In 18th century England, it evolved into a day when lovers gave each other flowers, candy, and greeting cards. Hearts became associated with Valentine's Day when lovers gave their valentine a key – to unlock their heart. The key was also given to children to ward off epilepsy (called St. Valentine's Malady). Symbols used today include hearts, doves (love birds), and Cupids.

For more information on Valentine's Day, check Wikipedia https://en.wikipedia.org/wiki/Valentine%27s_Day

NEWSLETTER INFO

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Articleslegendoaks@peelinc.com

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*If anyone would like to join a committee, they can contact
legendoaks2.nikkiate@gmail.com*

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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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Who to Call

Janet Rourke

Emergencies:

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Non-Emergencies:

Animal bites, basic needs like where to go to get free food or shelter, guardrail repairs, illegal dumping, loose dogs, noise complaints, overgrown lots, park maintenance, proper care of animals, road markings/stripping, school zone signs, special events, speed bumps, street maintenance and repairs, traffic signals, water main break, water theft, wasting water, wild animals - 311

City Council:

Mayor Steve Adler 512-978-2100

District 8 Council Member Ellen Troxclair 512-978-2108

Legend Oaks 2 Neighborhood Association:

Goodwin Management Inc. 512-502-7540

HOA Rep. Celeste Schultz 512-825-7922

Local Schools:

Mills Elementary School 512-841-2400

Small Middle School 512-841-6700

Austin High School 512-414-2505

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Quarry Park News



Ten flatcar loads of limestone a day were quarried by convicts and shipped to the Capitol in 1885 from (what is now called) Convict Hill in Oak Hill, then known as Oatmanville. — photo courtesy of Austin History Center.

The next big event is IMPD (It's My Park Day). We have done this for 10 years! We will need to spread and rake a lot of mulch! Please joins us on Saturday, March 5th, 2016 at 9am. You can sign up for the event on the Austin Parks Foundation web site, or just show up!

The Park has never been part of LOHAI property! It is owned by the city, who assigned it to the Parks Department. At the time we met them (don't know why) there was no plan or budget for anything! Parks put up the park sign, and at my urging the doggy mitt dispenser and waste can. I was editor of the newsletter at the time, and put out a call for volunteers. Parks provided a big dumpster, which we filled in an hour. The place was a dump! We made a second pile as big as the dumpster.

Things rather evolved after that. Several key people provided the most ideas and work (Heidi Armstrong Smith and Gary Anderson). Several organizations got involved, like American Youth Works, Trail Tamers, Boy Scouts, Cub Scouts, schools, others. The Parks Department made the Chimney Swift tower, Eagle Scouts made the signs. Many, many people-hours! Mostly one head kept it organized and moving. Mine!

Another topic. Last issue you read about my dream of an historic diorama. Since then there have been suggestions about an off-leash doggy area. Not good, because it excludes most users (this park was not constructed for dog owners). The area is not big enough. There is another, bigger, area nearby at Dick Nichols Park.. And abutting neighbors could complain. Parks does not approve! I had 2 big Airedales while I lived in the area. But we never went into the park! And never left messes.

The other use has none of these problems. No debris, no odor, no noise, only needs clearing by volunteers. Construction by outsiders, funded by Parks Foundation and contributions. Parks has not yet approved, but we intend to pursue. Stay tuned!



LEAF CUTTING ANTS

Leaf cutting ants are reddish-brown with three pairs of spines on the thorax and one pair of spines on the back of the head. Workers come in various sizes, but can be up to ½ an inch long. Mounds can become large and are sometimes mistaken for fire ant mounds. Leaf cutter ant mounds have a central opening and often a crater shape at the top.

Leaf cutting ants typically forage when the temperatures are cooler, such as at night or in the morning. They can sometimes cause complete defoliation of plants or small trees overnight. These ants remove leaves and buds from plants in the landscape. The ants do not eat the plant pieces, but take the pieces back to their colony and feed them to a fungus garden. They tend a particular species of fungus and weed out any other fungus from the garden.

Colonies may exist for years and can exceed over two million ants. It is not unusual for a single colony to cover an acre of land. Colonies are usually found in well drained, sandy or loamy soils.

Plants can be temporarily protected by using spray adhesives around the base of the plant. The adhesive would need to be refreshed often when dirt or debris accumulates. Temporary protection can also be provided with contact insecticidal spray or dusts labeled for "ants". If mounds are located in an area, the bait product labeled for leaf cutter ants, Amdro Ant Block, can be broadcast with a hand-held spreader around the mound area. If no mounds are seen, then residual sprays and dusts labeled for "ants" can be used along foraging trails and around openings.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco

How to execute the Forehand Volley



Step 1



Step 2



Step 3



Step 4

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand and a one-handed backhand. In this issue, I will give you instructions on how to execute a forehand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures Grey Rock Tennis Club player, Camille Palafox, demonstrates the proper form and technique. Photos by her husband Charlie Palafox.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The right arm should

take a short turn and the head of the racket should align to the flight of the ball. The right wrist should be “cocked” back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Camille to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The left arm should be close to the body.

Look for in the next Newsletter: The Two-Handed Backhand Volley





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