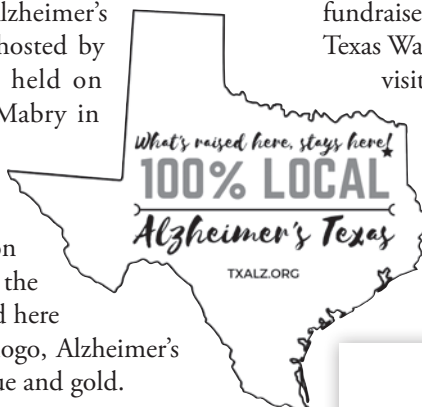


## 26TH ANNUAL ALZHEIMER'S TEXAS WALK, OCTOBER 7, CAMP MABRY

### What's Raised Here, Stays Here! 100% Local!

This year marks the 26th Annual Alzheimer's Walk for support, care, and research hosted by Alzheimer's Texas. The walk will be held on the morning of October 7 at Camp Mabry in Austin, Texas. Alzheimer's Texas, a local nonprofit organization serving Central Texas for 35 years, separated from the National Alzheimer's Association in January 2016. As a result, 100% of the funds raised will remain local to be used here in Central Texas. Along with the new logo, Alzheimer's Texas changed its signature colors to blue and gold.



fundraisers. To learn more and register for the 2017 Alzheimer's Texas Walk and keep your fundraising dollars for Alzheimer's local, visit [www.txalz.org/walk](http://www.txalz.org/walk).

"We are, and always have been, deeply committed to providing families in Central Texas with compassionate services that are relevant to their needs, like our caregiver support groups and great educational programs," says Christian Wells, President of Alzheimer's Texas. "When people walk with us on October 7th, they know that they are supporting the services they value and will directly touch the people living with Alzheimer's in Central Texas."

The 2017 Honorary Family is The Amos Family. The Amos Family Team has participated in the event for several years and is led by family member, Sharhonda Broaders. "The Walk has always been a fun local event, but now more than ever it is an opportunity for Central Texans to get together to celebrate the difference we're making on a local level, for those affected by Alzheimer's, like the Amos Family," says Wells.

The Alzheimer's Texas Walk will be held Saturday, October 7 at Camp Mabry, with check-in beginning at 8:30 am. There are two scenic routes for Walkers to enjoy, a 1-mile course and a 2.5-mile course. In addition to the Walk, the event will feature food, music, activities for kids, prizes, and more. All participants who raise \$50 or more will receive a free event T-shirt. Teams who raise the most money and have the most members are recognized along with top

## Round Rock New Neighbors



Round Rock New Neighbors is a non-profit social club for women with over 180 members from Round Rock and surrounding communities. Since 1978, RRNN has been active in providing women the opportunities to come together and meet new friends and neighbors. The name may fool you, but you do not have to be new to the area to join the fun. We have new members who have lived in Round Rock for many years. All women are welcome!

You are cordially invited to attend one of our monthly luncheons and coffees. To find out more about these events and who to contact, please visit our website at [www.rrnewneighbors.org](http://www.rrnewneighbors.org)

## NEWSLETTER INFO

### NEWSLETTER

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## MAKE SURE YOUR HALLOWEEN HAS MORE TREATS THAN TRICKS

Halloween is supposed to be a night filled with fun and candy, but sadly the American Automobile Association (AAA) says October 31st is the second deadliest day of the year for pedestrians. Toni Odumosu, M.D., who practices at the Memorial Hermann Convenient Care Center, says parents and kids should follow these safety tips to make their Halloween a safe and enjoyable night.

1. Walk safely. Make sure children travel in groups, utilize sidewalks when available, and look both ways when crossing the street. Parents should accompany trick-or-treaters under the age of 12. Those children allowed to walk without an adult should stick to areas where they are familiar with their surroundings.
2. Keep costumes creative and safe. Ill-fitting costumes or masks that make it difficult to see can be a recipe for an injury. Make sure costumes aren't too long and opt for face paint rather than masks, if possible. If the mask is a must, make sure your child can see in all directions when it is worn.
3. Consider your accessories. Children should not carry sharp objects or anything that could be mistaken for a weapon.
4. Stay well lit. Whether you trick-or-treat before the sun goes down, or carry flashlights, it is important that cars and other groups can see you. Consider putting reflective tape on dark-colored costumes.
5. Check the candy. Children are eager to tear into their loot, but parents should sort through the candy at the end of the night. Throw away anything that is not in its original wrapper. Children under the age of four should not consume hard or sticky candy, so that should be taken out as well.

"I also caution parents against allowing sugar overload. Kids want to eat their entire collection of candy in one day, but they will regret it later. Ration the candy to avoid stomach aches. Some dentists also offer "trade-in" programs where kids can swap the sugary treats for toys. I know it may be a hard sell for parents, but remind kids who make the swap that they can celebrate Halloween year-round with their new toy" encourages Dr. Odumosu.



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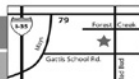
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## Tennis Tips

### How to Hit a Two-Handed Backhand Groundstroke

By USPTA/PTR Master Professional Fernando Velasco: Owner, Manager and Director of Tennis Grey Rock Tennis Club, Austin, TX

In previous newsletters, I gave tips on how to execute a Forehand Groundstroke. In this issue, I will offer instructions on how to execute a two-handed backhand for a right hander. Kim Cousins, Member at the Grey Rock Tennis Club in Austin, is showing the proper stroke.

**Step 1: Ready position:** Kim's body is facing the net and both of her hands are on the handle of the racket. Her left hand is not overlapping the right hand and it is gripping the racket slightly tighter than the right hand. Her feet are shoulder width apart and her body is in good balance.

**Step 2: Back swing:** Once Kim makes the decision to hit on the left side, her shoulders are taking the racket back before the ball bounces. Notice the slight change of her grip on the right hand toward the top of the handle (continental grip). Her upper body has turned and is ready to take the right foot forward. Her eyes are still focused on the incoming ball.

**Step 3: Point of Contact:** Kim's eyes now shift toward the point of contact which should be in front of her right foot. Her right hand is still slightly relaxed, but her left hand is doing most of the work at the point of impact. Her racket has made contact with the ball and her weight has shifted toward the point of contact. Her focus is to keep her right shoulder turned and not to open her left hip too early. Her right knee is slightly bent with will allow for more flexibility and power on the ball.

**Step 4: Follow Through:** Once her racket has made contact with the ball, her arms are extend out toward the target selected. Her elbows now are bent and the head of the racket is wrapping around her left shoulder.

*Look for next Issue: The One-Backhand Groundstroke*

#### Ask the Pro:

Also, beginning with this issue I will answer e-mails that players

are sending me with questions regarding tennis. If you wish to seek my advice, please sent me your question/concern/problem to: [Fernando\\_Velasco@GreyRockTennis.com](mailto:Fernando_Velasco@GreyRockTennis.com)

**Question:** *I started to play tennis again and my arm and elbow are hurting. Can you give me some advice?*

**Response:** The first thing I suggest is checking your racket. Strings may be dead, and/or racket be too old, especially if it was stored in the garage or an attic. "Dead" strings and frames are the first cause of arm and elbow pain. Many local tennis centers have demo rackets available for you to try. The new and more advanced rackets are larger and lighter that previous models.

Second, I suggest starting slowly to retrain your strokes. Try to just drop and hit balls without much pace to get the confidence and consistency of getting the balls over the net by creating a nice arch on top of the net and land before the baseline.

Third, I suggest joining some group lessons and seek the advice of a certified tennis professional. They will give you tips on how to get you into playing tennis again without pain.

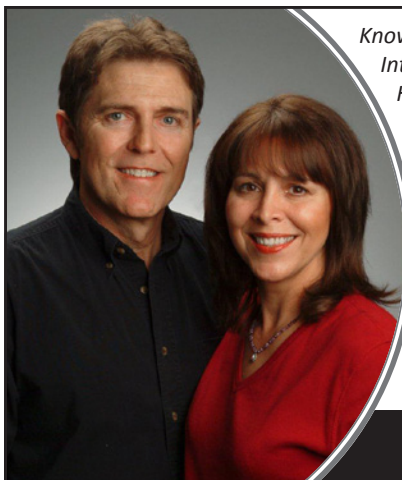


Step 1

Step 2

Step 3

Step 4



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## SHARE YOUR AMERICA

What if you didn't have chocolate chip cookies, Dr. Pepper, corn dogs or \*gasp\* Tex-Mex food or Whataburger? These are just some of the things that we take for granted every day. Imagine having a whole year to experience new foods, a new culture, a whole new life! That's what hosting an exchange student is all about!

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Hosting is a great way to learn about the student's culture as well, perhaps even learn a few new words in a new language. It's a way of opening a new world to your children as well. Most importantly, it's a way of making the world just a little bit smaller, so that we can all live in peace and harmony together.

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832-455-7881 or via email at [vicki.stsfoundation@gmail.com](mailto:vicki.stsfoundation@gmail.com).

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.

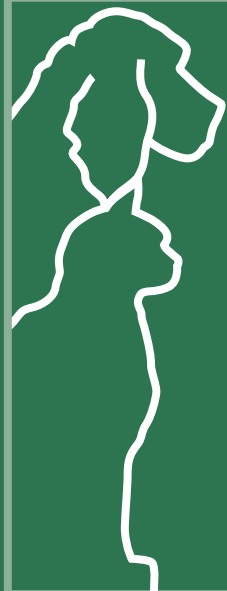


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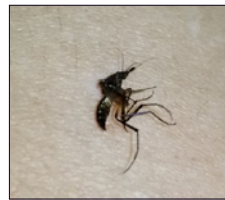
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## Floodwater Mosquitoes

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If you've been outside lately, you have most likely noticed the giant mosquitoes that seem to want to pick people up and carry them off. With recent weather conditions, floodwater mosquitoes have emerged in large numbers.

Floodwater mosquitoes lay their eggs above the water line in ponds, ditches, pastures, or other places where water collects. The eggs can remain in dry areas and when these areas are flooded the eggs hatch, leading to swarms of hungry mosquitoes. These mosquitoes are larger than mosquitoes we are used to and can swarm in high numbers.



While floodwater mosquitoes won't last forever, other mosquitoes called container breeding mosquitoes emerge when floodwaters begin to recede. Many of these species are ones that we are used to seeing around our homes.

Many things can help to reduce mosquito problems around the home. Eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with mosquito fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, Picaridin, IR3535, or oil of lemon eucalyptus can be effective to keep mosquitoes from biting when activities cannot be rescheduled.

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](http://www.urban-ipm.blogspot.com)

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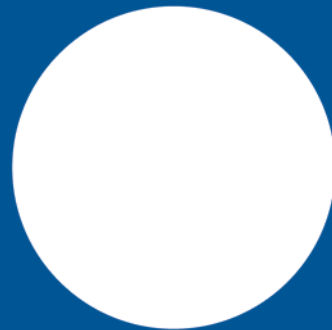
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