



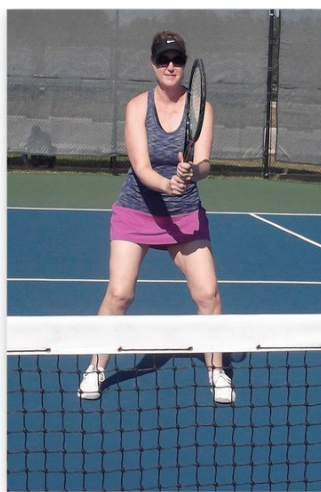
JANUARY 2019 VOLUME 12, ISSUE 1

A Newsletter for the Residents of Legend Oaks II

## TENNIS TIPS

*By USPTA/PTR Master Professional Fernando Velasco*

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



**STEP 1**

**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



**STEP 2**

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 left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a



**STEP 3**

short turn and the head of the racket should align to the flight of the ball. The left 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.

**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



**STEP 4**

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 right arm should be close to the body.

**Look for in the next Newsletter: The Serve**

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### OFFICER JEFFREY BINDER

(covers north of Convict Hill toward William Cannon)  
Desk 512.974.4415 / email: [Jeffrey.Binder@austintexas.gov](mailto:Jeffrey.Binder@austintexas.gov)

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## ASSOCIATION CONTACTS

### BOARD OF DIRECTORS:

President - Duane Pietsch .....512-431-7467  
.....legendoaks2hoa.duane@gmail.com  
Secretary - Maria Bergen.....919-230-3248  
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We are all very fortunate to call Legend Oaks home. But, Legend Oaks is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Legend Oaks a better place to live, please let us know. We would like to introduce them to your neighbors.

Email [Kelly@peelinc.com](mailto:Kelly@peelinc.com) to be featured in a future issue.



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## PEANUT BUTTER

*By Janet Rourke*

Did you know that peanut butter is surprisingly good for your health?

Eating peanuts and peanut butter can lead to weight loss by suppressing hunger and can lower your risk of getting heart disease, colon cancer, gallstones, Alzheimer's Disease, and type 2 diabetes. Peanuts are high in niacin, potassium and healthy monosaturated fats.

When buying peanut butter, check the label and get the ones with no hydrogenated fats or added sugar. The peanut oils and solids will separate, so turn it upside down. The oils and solids will remix. Store it in the refrigerator.

The following recipe is so easy to make and is great for breakfast, snacks, putting in lunch kits, ...

### Peanut Butter Balls

- 1 cup oats, ground (I ground mine in coffee grinder)
- 1/2 cup flaxseed, ground
- 1/2 cup peanut butter
- 1/3 cup honey
- 1/2 cup raisins (can substitute chocolate chips)
- 1/2 cup coconut

Mix together all ingredients until a dough forms. Roll dough into bite-size balls. Place in storage container with wax paper between layers. Refrigerate about an hour. Enjoy.

To store, place in ziplock bag or storage container. Good in refrigerator up to 3 weeks and in freezer up to 6 months.

*Information from an article in Care2 by Diana Herrington – article submitted by Manjula Lannan.*

## HOW CAN I GET IN SKI-SHAPE?

*By Kelly Cunningham, MD, Sports Medicine specialist and Founder. Austin OrthoBiologics.*

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

### Muscle training

### Stamina

### Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools



that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

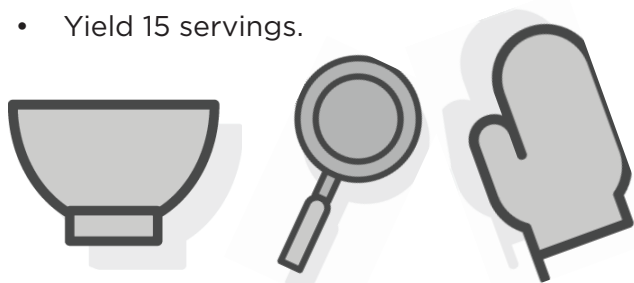
The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes– perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as an autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

*Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.*

## EARTHQUAKE CAKE

- 1 cup coconut
- 1 cup chopped pecans
- 1 - 2 layer pkg. German chocolate cake mix
- 8 ounces cream cheese, softened
- 1/2 cup melted oleo
- 1 - 1lb. pkg. confectioners sugar
- Sprinkle coconut and pecans in greased and floured 8 x 14" cake pan. Prepare cake mix using package directions. Pour into pan. Beat cream cheese and oleo in mixing bowl. Add confectioners sugar; mix well. Pour over batter. Bake at 350° for 45 minutes or until cake tests done.
- Yield 15 servings.

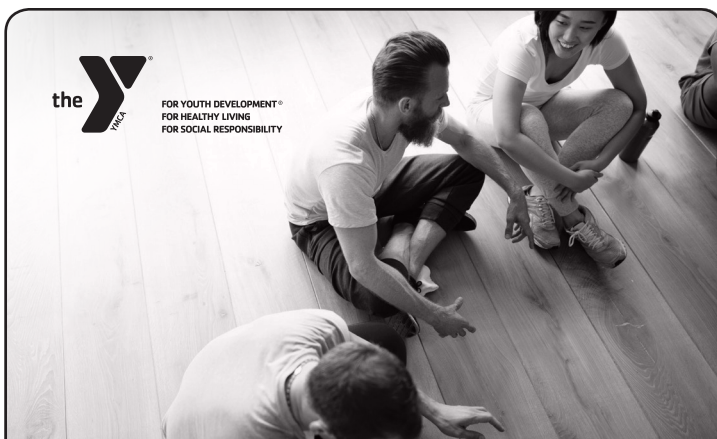


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If you are a teenager and want to be included on the babysitter/pet sitter/house sitter list or if you are on this list and want to update your information, contact [advertising@peelinc.com](mailto:advertising@peelinc.com).



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# HEADING OFF BURNOUT

Burnout is more than just stress—it's how your mind and your body tell you a change is needed. Do you find yourself withdrawing from work and caring less about results? Are you working harder, often mechanically or to the point of exhaustion? Just going through the motions?

Try a few tips for keeping burnout at bay.

**Exercise at least three times a week.** Running, weight lifting, bike riding—anything that gets your heart and lungs working burns off stress. Exercise releases endorphins that boost your mood and it dissipates built-up stress that otherwise leads to burnout.

**Make time for a hobby.** An art class, cooking, reading, sewing—anything that's not part of the regular grind and that

helps you relax will balance the things that wear you down.

**Practice breathing exercises.** "Just breathe!"

Yes, it's an old cliché, but there is a grain of truth behind every cliché. Deep breathing gives your body a boost of oxygen and it releases tension in your abdomen around your heart.

**Get away.** Take a walk at lunch, and don't take work home. Leave the office at the office. At home, find a time and place where you can relax and unwind. Even 15 minutes of relaxation can relieve stress.

**Laugh.** Sometimes it helps to look at a situation and just laugh. If that fails, read the jokes that your uncle's cousin's best friend is e-mailing you three times a week. Pick a comedy next time you go to the movies or surf channels.

**Take up yoga or tai chi.**

These disciplines have a restorative effect and are sure burnout busters.

*Burnout can creep up on you slowly. Watch for the warning signs and stay ahead of it. Your heart, family and employer will thank you.*

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## FRUGAL WAYS TO STAY HEALTHY

Medical costs are on everyone's mind these days with the ongoing debate about health care. Check out these tips from the Federal Citizen Information Center for easy ways you can trim the cost of medicine, fitness and more:

**Switch to generic.** Because of legal restrictions, a generic drug might not look exactly the same as the name brand, but it contains the same active ingredients and should be just as effective.

**Brand name drugs** cost more than their generic counterparts because the makers of the original, brand name versions had to pay for the research, development and marketing of the medications. To learn more, go to <http://go.usa.gov/lWk>.

**Watch out for scams.** They keep coming back in different forms on TV and the Internet, but one thing stays the same: health scams for "miracle" cures can cost you lots of money. And the diet pills and energy products they push could be dangerous or have harmful interactions with your other medicines. Save your money for doctor-prescribed medicines. Find out more at <http://go.usa.gov/l5x>.

**Reconsider the gym.** If you aren't using your membership regularly, it could be one place where you could save some money. If you're worried about how you'll fit your exercise in without the gym, the U. S. Department of Health and Human Services suggests several alternate forms of exercise that you can fit into your everyday life in an online brochure at <http://go.usa.gov/lWB>.

You can also order printed copies of these brochures (subject to availability) by: visiting [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov) to place your order online. Or call toll-free 1-888-878-3256, weekdays 8 a.m. to 8 p.m. EST. Ask for Health Scams (Item 576V); Be Active Your Way (Item 116V); or Generic Drugs (Item 555V).



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## THE MINIMALIST GARDENER

*By Flint Sage*

Continue with your freeze protection effort through the remainder of the winter. When the weatherman predicts a “hard freeze” (or similar), shut off and drain your backflow preventer. Water landscape plants, trees, and vegetables before the freeze. Try not to water foliage. Water is very good at retaining heat in the soil to help prevent freezing. Maintain a layer of mulch on bare areas to retain heat and moisture and to keep weeds down. Best of all, read plant labels before you buy. If they won't tolerate freezing, consider planting something different.

**Lawns:** Very little water is required, but water plants and lawns once a month if it doesn't rain.

Plant roses anytime. If planting in January, choose bare root.

Plant annual flowers such as calendula, cyclamen, dianthus, ornamental kale, cabbage, pansies, and petunias. Plant bluebonnet transplants into garden beds.

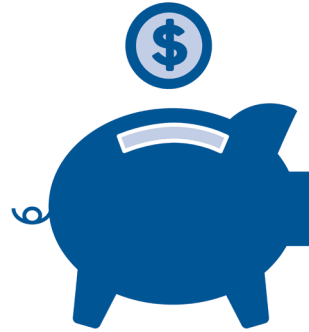
**Pruning:** Avoid pruning frost-damaged trees and bushes until February or March. Crape Myrtles are trees and should be allowed to grow as trees. Unless you have a good reason, please don't cut off any branch larger than a pencil. There are many varieties of crape, so select a shorter variety if height is a problem.

Plant cool-season seedlings such as asparagus, broccoli, brussels sprouts, cabbage, cauliflower, Chinese cabbage, collards, turnip greens, Irish potato, kohlrabi, leaf lettuces, onions, and swiss chard. Sow seeds this month for beets, carrots, English peas, greens, leaf lettuces, radishes, sugar snap, snow peas, and turnips.



## ENERGY SAVERS

With all the holiday decorations safely stored away, here's a few quick and easy tips on how to save a few dollars on energy use. Without all those extra lights and blow up yard decorations, energy bills should return to normal rather quickly. But with a few little adjustments, you could lower your energy bill even more.



### **Pull the Plug**

Appliances draw power even when not in use. Unplugging devices (laptops and cell phone chargers) and small appliances (coffee pots and toasters), could add up to hundreds of dollars in savings per year.

### **Turn down the Thermostat**

Lowering the thermostat on your water heater can save 3%-5% in energy costs for every 10°F decrease. Many manufacturers set water heater thermostats at 140°F, but acknowledge 120°F is more than adequate for most households.

### **Change those Filters**

Regularly replacing filters on your furnace and AC can save 5%-15% on heating and cooling costs.

### **Fill it Up**

Load up that dishwasher. Experts claim, a load of dishes cleaned in a dishwasher requires approximately 35% less water than washing dishes by hand. Additionally, opening the door after final rinse to air dry dishes, and running the dishwasher during off-peak hours will reduce your energy costs even more.

### **Choose Cold**

Much of the energy used to launder clothes is for heating the water for hot and warm water cycles. Many laundry detergents available today are formulated to clean using cooler water temperatures. When possible, choose “Cold” to wash your clothes.

### **Put it in Reverse**

Ceiling fans are a great way to cool your house in the summer. But did you know you can use those same fans to warm your house in the winter. Simply reverse the direction of the fan blades to recirculate the warm air collecting near the ceiling, throughout the room.

Adopting even one of these money saving ideas could add up to a little extra spending cash within a few short months. Happy new year!



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