

THE BULLETIN

Belterra Community News

January 2013 Volume 7, Issue 1

News for the Residents of Belterra

A FOCUS ON RESOLUTIONS

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

For more information on weight management and improving nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at www.win.niddk.nih.gov/publications/for_life.htm.

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>. Happy New Year from Concentra Urgent Care!



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EMERGENCY 911
Ambulance / Fire..... 911

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Dripping Springs Elementary..... 512-858-3700
Walnut Springs Elementary 512-858-3800
Rooster Springs Elementary..... 512-465-6200
Dripping Springs Middle School..... 512-858-3400
Dripping Springs High School..... 512-858-3100

UTILITIES

Water – WCID # 1 & 2..... 512-246-0498
Trash – Texas Disposal..... 512-246-0498
Gas – Texas Community Propane..... 512-272-5503
Electricity – Pedernales Electric 512-858-5611

OTHER

Oak Hill Post Office 512-892-2794
Animal Control..... 512-393-7896

NEWSLETTER PUBLISHER

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Fabulous Working Ladies of South Austin

The Fabulous Working Ladies is a thriving sisterhood of women serving in business, life and community.

There is a need for women to connect, to help & support one another in business. To share our life and experiences with others and we desire to make change in the lives of those in need, through local and nationwide charitable organizations. Through the Fabulous Working Ladies Nationwide organization you will have the ability to do all of those things and more. We invite you to join our nationwide community. Help us celebrate one another. Help our community pay it forward.

Come meet some Fabulous Women on Thursday, January 31st @ Mandola's in Arbor Trails (William Cannon & MoPac) at 11:30. To sign up go to www.SouthAustinFAB.com. See you soon!



JANUARY EVENTS

at the Wildflower Center

FREE ADMISSION!

January 2 through 31

No charge for visiting the Wildflower Center any day in January. Enjoy the winter landscape!

TREE TALK WINTER WALK

9 a.m. to 5 p.m. Saturday, January 27

Kids Tree Climb and an educational tree scavenger hunt with native tree saplings as prizes. Native trees and shrubs for sale and expert advice. In The Store Margie Crisp signs her book, *River of Contrasts: The Texas Colorado*.

NEVER THE SAME RIVER TWICE

January 12 through March 2

Artist Margie Crisp's book, *River of Contrasts: The Texas Colorado* displays hand-pulled prints in the McDermott Learning Center.



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AUSTIN NEWCOMERS CLUB

This month our luncheon program will feature Peter Bay, Music Director of the Austin Symphony Orchestra, who will speak about the Symphony's repertoire for the upcoming symphony season. He will play recordings of excerpts of the pieces, and explain the background of the compositions and his approach to conducting them.

Mr. Bay has been the Symphony's Music Director since 1998, and is also the primary conductor for Ballet Austin. He has been music director of the Britt Festival Orchestra in Jacksonville, Oregon since 1993, and in 2011 was Music Advisor of the Hot Springs Music Festival in Arkansas. He has made many national and international guest appearances conducting famous orchestras. Mr. Bay is a native of Washington, DC and received degrees from the University of Maryland and Peabody Institute of Music.

The monthly luncheon will be held on Wednesday, January 16 at Green Pastures restaurant, located at 811 West Live Oak in Austin. We get together at around 11:00 a.m. for a social hour with lunch at 12:00 noon. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, January 10.

The club website is www.AustinNewcomers.com and the telephone number is (512) 314-5100.



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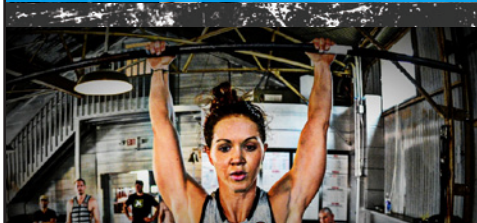
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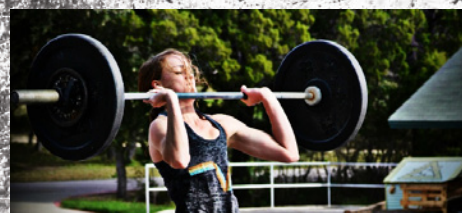
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Save the Date

Seton Southwest 2013 Goala

Seton Southwest Hospital serves the growing healthcare needs of the Southwest Travis County community. Please join us for an incredible evening at the gorgeous Camp Lucy to help transform and save lives.

Sunday, April 28, 2013 • 6 p.m.

Camp Lucy • 3509 Creek Road • Dripping Springs, TX 78620

Dinner ★ Dancing ★ Live Music ★ Games ★ Live and Silent Auctions

To purchase table sponsorships or for
more information visit setonhaysfoundation.org

*All proceeds will go toward the purchase of surgical equipment
at Seton Southwest Hospital.*



Tennis Tips

THE TWO-HANDED BACKHAND VOLLEY

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 student Mindy Custer demonstrates the proper form and technique. Photos by 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 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 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. Here I am helping Mindy 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 right arm should be close to the body.

Look for in the next Newsletter: The Serve



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Cedar Saturdays at ADC Circle C

Beginning Saturday, January 5, ADC Allergists Dr. Tom Smith and Dr. John Villacis will see patients affected by cedar pollen allergies during our three **Cedar Saturdays**. New patients and established patients are welcome and most insurances accepted.

To make an appointment call 512-334-2542.

ADC Circle C

5701 W. Slaughter Ln., Bldg C
Austin, TX 78749

Cedar Saturdays dates & times:

January 5, 2013 - 9am-2pm

January 12, 2013 - 9am-2pm

January 19, 2013 - 9am-2pm



**The Austin Diagnostic Clinic Circle C
Allergy/Immunology
512/334-2542 | adclinic.com**