

THE BULLETIN

Belterra Community News

July 2013 Volume 7, Issue 7

News for the Residents of Belterra

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



HOW TO EXECUTE THE BACKHAND SERVICE RETURN

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash” and the forehand service return.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Julie Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position: When Julie is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Split Step: When the opponent tosses the ball into the air, Julie will take a hop with both feet off the ground, trying to time the split step with the contact of the ball on the opponent’s racket.

Step 3: The Back Swing: Once Julie realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball.

Step 4: The Point of Contact: Julie now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the right knee being slightly bent and the right foot is pointing to the ball meeting the racket.

Step 5: The Follow Through: Once Julie has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her left elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

Look in the next Newsletter for: The Forehand High Volley Approach Shot

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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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Viruses Still Present During Summer

Many viruses are still frequent in the summer so good hygiene remains important

Some viruses present in the summer include:

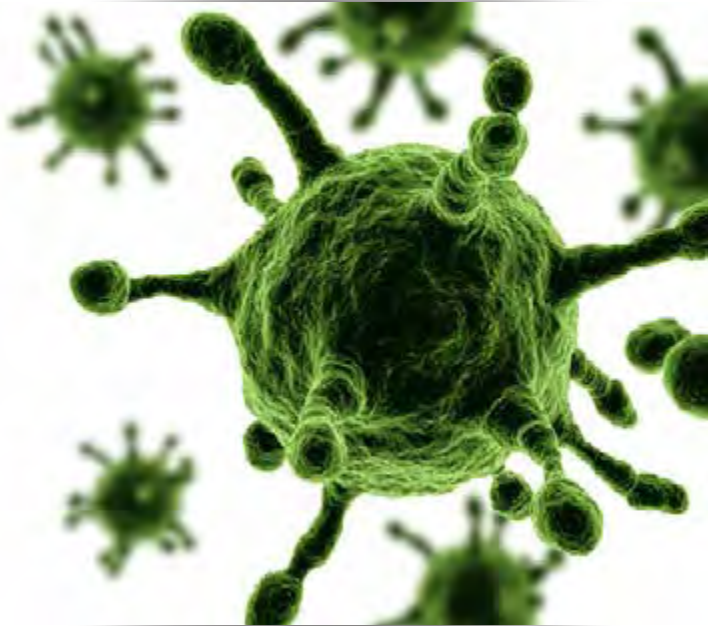
-Enteroviruses can cause symptoms such as sore throat and diarrhea, and can even lead to viral meningitis and inflammation of the heart and liver.

-Hand, foot and mouth disease, is characterized by ulcers in the back of the throat and a rash on hands and feet. This is common in babies and young children.

-Adenovirus, which can cause respiratory problems.

-Parainfluenza can cause croup, a loud cough; bronchiolitis, swelling and mucus in the small air passages in the lungs; and bronchitis, inflammation of the main air passages to the lungs.

These viruses cannot be treated with antibiotics, but it's important to get enough fluid and rest. Seek treatment immediately for high fever for more than three days, vomiting for over 24 hours, diarrhea, severe headaches or chest pain. Those with weak immune systems should consult their physician if they have any symptoms associated with these viruses.



Neighbor To Neighbor

As a neighbor, I appreciate all there is to offer within Belterra and that is why my family chose to move here and take advantage of the many amenities we all enjoy within our community. I have specialized in selling residential real estate for several years now and would feel privileged to help you with your real estate needs.

If you are considering buying or selling, interested in understanding the current market as it relates to real estate in the metro area, considering investment opportunities including 1031 Tax Exchanges, or are just curious about your home's value, then give me a call for a personal, no-obligation consultation today.

Belterra Home Sales Statistics

Active Listings -	Average \$\$ / Sqft - \$122.24	
Pending Homes -	Average \$\$ / Sqft - \$120.43	(All Include New Home Sales)
Sold since Jan 1 st -	Average \$\$ / Sqft - \$117.46	

Note: Statistics are based on actual MLS data since January 1, 2013 and only reflect averages as shown – Each value may vary based on many factors including size, upgrades, lot desirability, etc.

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Physical Symptoms Could Be Sign Of Depression

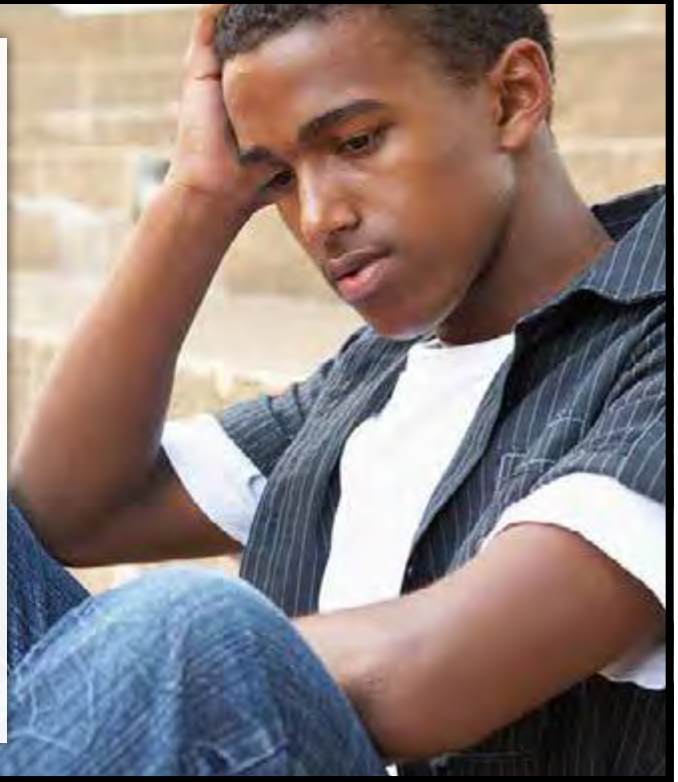
Depression and chronic mood disorders can manifest themselves through physical symptoms, said an expert at Baylor College of Medicine.

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.



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July Events at the Wildflower Center

Submitted by Saralee Tiede



NATURE NIGHTS

July 11—Birds of Prey
July 18—Wildlife
July 25--Snakes

A fun-in-nature experience for families with hikes, crafts and hands-on activities. Free gifts at the store for kids under 12. Free admission for Nature Nights and the entire day of Nature Nights thanks to our sponsor, H-E-B. 6 to 9 p.m.

WILDFLOWER CENTER CLOSED FOR INDEPENDENCE DAY JULY 4

LADY BIRD JOHNSON TRIBUTE DAY 9 A.M. TO 5 P.M. SUNDAY, JULY 28

Free admission this special day honoring the environmental first lady. Garden and interior tours, story time and crafts for kids. Meet watercolor artist Jan Heaton at her exhibit in the McDermott Learning Center. Details at www.wildflower.org

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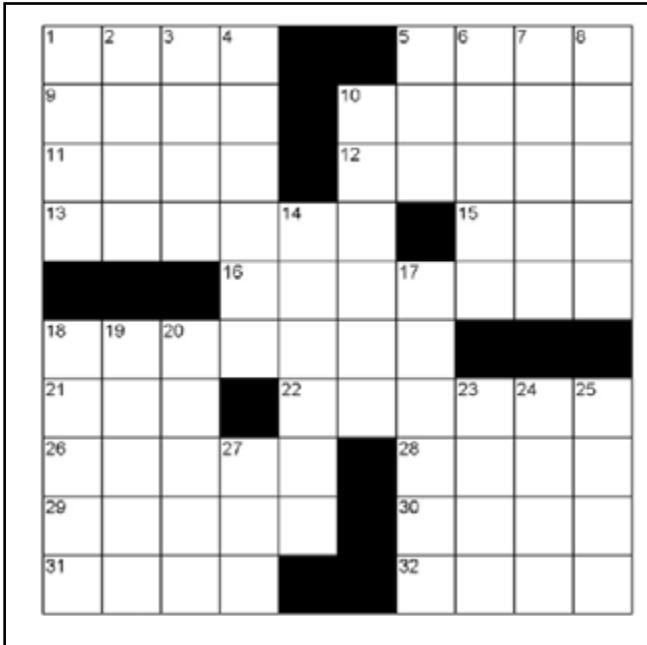
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ACROSS

- 1. Curse
- 5. Glasses
- 9. Charge card
- 10. Japanese dish
- 11. Pear type
- 12. Type of alcohol
- 13. Mete out
- 15. Deer relative
- 16. Mountains
- 18. Sin
- 21. Fawn's mom
- 22. Rain shoe
- 26. Angry
- 28. Sole
- 29. Whoop
- 30. A spinning toy (2 wds.)
- 31. Plateau
- 32. Former magistrate of Venice

DOWN

- 1. Baby's "ball"
- 2. Famous cookies
- 3. Loch __ monster
- 4. Levy
- 5. Jag
- 6. Direct
- 7. Animal kingdom division
- 8. Soft materials
- 10. Member of an American Indian people
- 14. Dancer Rogers
- 17. Put more ammunition in
- 18. Abhorrence
- 19. Skill
- 20. Heroic actions
- 23. Upon
- 24. Slug
- 25. Publicity
- 27. Drink

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QUALITY OF MEALS SHOULD NOT CHANGE DURING SUMMER

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don't skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated - water is the best and healthiest way to stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.

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Welcome Dr. DeWitte

David DeWitte, MD joins family practitioner Dr. Jennette Cross at The Austin Diagnostic Clinic Circle C.

Dr. DeWitte completed his medical degree at Indiana University School of Medicine, Indianapolis, IN and his internship & residency at St. Francis Family Practice Residency, Beech Grove, IN. Dr. DeWitte has been caring for patients since 2000.



David DeWitte, MD
Board Certified in
Family Practice

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