

Fitness Classes Now Offered in Rocky Creek

With the holidays fast approaching, there's no time like the present to get started with a fitness program to help battle the bulge that comes with all the festivities of the season. This is a great opportunity to not only get fit, but to connect with your neighbors and to spend some time for yourself, staying fit, increasing energy and helping to reduce the risk of certain ailments. A healthier version of you will most certainly result in a healthier version of family.

Remember to bring your water, mat, towel or any other item you may need. Our instructors have requested that payments are made one month in advance. In order to keep these sessions going, your enthusiasm and attendance is needed! As classes become full, we will add more. Have an idea for another type of fitness group? Let us know!

MONDAYS:

Basic Yoga 7:45am
\$5/each class by Susan Willis

WEDNESDAYS:

Boot camp at 6am & 7:30am
\$10/each session by Colton Volpe

FRIDAYS:

Boot camp at 6am & 7:30am
\$10/each session by Colton Volpe

Our Instructors:

SUSAN WILSON-WILLIS, Owner/Instructor, Yellow Sky Yog: A figure skater, a dancer, a 5k runner, an aerobics instructor & boot camp vet...

Susan has been a lifelong athlete with big dreams, but those were cut short because of injuries. Yoga has been the **ONLY** way to increase strength without creating new problems.

She loves being a small business owner, and is an active member/volunteer for the Dripping Springs Chamber of Commerce and Lake Travis High School football team and LTYA.

She teaches at other Southwest Management properties (Tuscan Village, Sweetwater) as well as Anytime Fitness, Emmaus Catholic Church and hangouts around Drip like Mercer Street Dancehall. Susan is an insured, Yoga Alliance certified teacher (E-RYT 500), and is CPR, First Aid and AED certified. She's also a proud blood donor, mom to 4 kids and lives in the Lake Travis area.

Susan Wilson-Willis

832-620-8089

yellowskyyoga@yahoo.com

www.yellowskyyoga.com

COLTON VOLPE, Cross fit Trainer

Colton is a certified Cross fit trainer and is ACE certified. Colton lives off of Hamilton Pool and grew up in the Lake Travis area and played football for Lake Travis. Colton is a personal trainer but also works at Cross fit Gym in Dripping Springs.

Colton Volpe



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
Police Department	512-314-7590
Sheriff – Non-Emergency	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue	
Administration Office	512-266-2533
Travis County Animal Control.....	512-972-6060

SCHOOLS

Lake Travis ISD	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School	512-533-6200
Bee Cave Elementary.....	512-533-6250

UTILITIES

West Travis County PUA (Water).....	512-246-0498
Pedernales Electric.....	512-219-2602
Alliant Gas (Propane)	866-764-0283
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	1-800-858-7928
IESI (Garbage & Recycling).....	512-282-3508
Travis County Hazardous Waste.....	512-974-4343

OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library	512-767-6620
Municipal Court	512-767-6630
Lake Travis Postal Office.....	512-263-2458
City of Bee Cave	www.beecavetexas.com

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Editor.....	rockycreek@peelinc.com
Advertising.....	advertising@peelinc.com

HOA MANAGEMENT

Southwest Management Services	512-266-6771
Christy Gross	christy@southwestmanagement.net

ARTICLE INFO

The Rocky Creek Connection is mailed monthly to all Rocky Creek residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

If you have an article of interest to the community please submit to rockycreek@peelinc.com by the 15th of the month. The newsletter can also be viewed online at www.PEELinc.com.

Keep Rocky Creek Beautiful

Landscape Tips

Gardening and yard care can give you satisfying results and beautiful landscapes. However, yard pests can be discouraging, even for the most committed gardener. Here are some quick tips to avoid pests:

- Irrigate efficiently; water infrequently but thoroughly, generally 1 inch once a week in the morning.
- Use native and adapted plants, which are better suited to the local environment and are more resistant to pests.
- Mow properly taking off no more than 1/3 of the grass blade with each mowing.
- Choose natural or organic fertilizers, avoid overusing fertilizers, and encourage natural predators such as worms, ladybugs, certain beetles, mites, and birds.
- Monitor for pests often to catch infestations early and determine if control is needed. Natural predators may make treatment unnecessary.
- Remember to always comply with your water system's water-use restrictions!



NEW RESIDENT INFORMATION

Welcome to Rocky Creek! We're so excited you're here and hope that you're getting settled in your new home! As a member of the Rocky Creek Home Owners Association, you will enjoy access to the amenity center which includes the pool, gas grill and playscape. Our pool is equipped with a stereo system that allows you to enjoy your own music via the Sonos System. The pool area also has a 42" television with AT&T Uverse channels which makes catching the game easy while the kids splash and play. Along with several miles of serene hiking trails, Rocky Creek is lined with a mix of native, natural and manicured landscaping throughout the community. In order to help us maintain these benefits, you are charged quarterly assessments that are due on the first day of each quarter. If you have questions concerning your assessments you may contact your HOA management team. To simply check your balance, log onto your HOA website, www.RockyCreekHOA.com. Your HOA is professionally managed by Southwest Management Services. Your HOA Manager, Christy Gross, can be reached via email, christy@southwestmanagement.net or by calling 512-266-6771. Phones are answered 24 hours per day for after-hour emergency response to such things as malfunctions in the common area irrigation system or pool equipment that may need immediate attention.

Here is a quick check list for you to get acquainted with your new neighborhood:

To request a login & password for the "member" section of the HOA website. Go to www.RockyCreekHOA.com and "request a login". Once there, go to the "My Profile" section and be sure to sign up for subscriptions so that you can get informed about activities, events and community relations. Complete your profile and even upload a photo so your neighbors can get to know you! The site has an address book so you can search and get to know them too.

The pool is open year round. While the weather may not always be perfect for swimming, other activities are happening at the amenity center including fitness classes and HOA sponsored social events. Be sure to request your pool key at www.RockyCreekHOA.com. Log in and visit the "Resident Resources" tab then go to "Eforms". Be sure to check out all the site has to offer including your HOA governing documents, the HOA's monthly financials, the current year's budget and other pertinent information such as current watering restrictions.

Have an iPhone? Download the Peel, Inc. app and receive instant notifications from the HOA regarding news and event reminders. A Droid version of the app is planned for the future.

The HOA will communicate with residents via:

Website – www.RockyCreekHOA.com

Monthly newsletter The Rocky Creek Connection

Email alerts (be sure the HOA has your correct email).

Our HOA is still under development control until we reach a certain number of homes that are sold to owners at which time we will begin to transition to a board made up of resident volunteers. Our HOA Annual Meeting is held in the 4th quarter of each year. As we begin to transition to resident control, board meetings will be scheduled and all HOA members will be encouraged to attend. If you have any questions about how you can become more involved in the community or just want more information, please feel free to contact your HOA management team at 512-266-6771.

Rocky Creek Connection

Mark Your Calendars Now! 2014 Rocky Creek Events

ROCKY CREEK GETS FIT!

Mondays: Yoga at 7:45am (\$5/class)

Wednesdays: Boot camp at 6am & 7:30am (\$10/session)

Fridays: Boot camp at 6am & 7:30am (\$10/session)

All sessions are held at the Rocky Creek Amenity Center.

Please pay your instructor directly.

SEPTEMBER 27

COMMUNITY WIDE GARAGE SALE DAY

Have your own or make it a block event! The HOA will place a banner at the entry the week of the sale. You are encouraged to place directional signs within the community and post your garage sale on local media sites. Please remember to store all unsold items and remove all signage by the end of the day.

OCTOBER 25

3RD ANNUAL ROCKY CREEK FALL FEST

Food, Fun, Games & More!

DECEMBER

COOKIES WITH SANTA

Hosted by Highland Homes at the model home on Rush Pea Circle.

All Events are tentative and subject to change or cancel, so please check monthly issues of the Rocky Creek Connection, and watch for bulletins from your HOA management team.



Rocky Creek Connection



Save The Date!
3rd Annual Rocky Creek Fall Fest
Saturday, October 25th

LAKE TRAVIS YOUTH ASSOCIATION

LTYA Basketball
Registration is now open!

Sign up today at www.LTYA.org



Patrick Court
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INJURY PREVENTION IN YOUNG ATHLETES

By Brett Neilson and Mike McTague | Doctors of Physical Therapy | Orthopedic Certified Specialists

As another fall sports season approaches, a major goal of the coaches, trainers, and parents is keeping the athletes healthy and contributing to their respective sports. However, injury is inevitable and part of the game. Pediatric athletes present with a variety of injuries, the most common being the overuse type like Osgood-Schlatter disease and stress fractures. These injuries occur due to excessive stress placed on bone, muscle and tendon tissue that are constantly growing and not always at the same rate. Risk factors for these injuries include asymmetry in joint flexibility/mobility and muscle strength, impaired balance, training and recovery errors, and previous injury. There is potential for many overuse injuries to be prevented by knowing and following a few simple principles.

Pre-participation physical exams can be helpful for identifying many of the risk factors mentioned previously. It is recommended that these exams should include at minimum an assessment of joint mobility and flexibility and muscle strength and flexibility, as well as a thorough review of the past medical history to determine if the student is even appropriate for athletics. Recently, functional screening tools have been developed to reveal asymmetries and imbalances during basic movement patterns that are the foundation for many of the movements required during sport.

Training and conditioning play a major role in injury prevention as well. The term "cultural deconditioning" has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game

and computer use. So when the offseason ends and it's time to get out and enjoy the 105 degree Texas heat, the body is not ready to stand up to the stresses suddenly placed on the body. A way to combat this is to promote an active, healthy lifestyle by putting down the Xbox controller and spending more time outside, taking part in offseason conditioning camps, or participating in local fitness classes.

A guideline known as the "10% rule" has also been developed to allow student athletes to transition back into sports activities. The idea is that the amount of training time, distance, repetitions, or load should not be increased by greater than 10% per week. For example, if a student is running 10 miles per week, they should not run more than 11 miles in the following week.

Knowing the signs and symptoms of overuse injuries is paramount. They are all too often written off as "growing pains" and are allowed to increase in severity, resulting in extensive time away from sport during the recovery process. Common signs and symptoms include pain that is persistent in nature, takes longer than usual to resolve, visible swelling, tenderness that can be localized to one area, and/or require interruption of normal athletic activities.

Finally, having an open-line of communication between the coaches, trainers, other health care professionals, parents, and athletes is imperative in injury prevention. Lack of or inconsistencies in the transfer of information between any of these parties can result in delayed access to proper prevention or treatment techniques and keep the athlete from performing at the highest possible level.



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A Focus on Backpack Safety Tips for Your Family

By: Concentra Urgent Care

WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed. Wear the backpack over the strongest mid-back muscles. Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints.

Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the

back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.





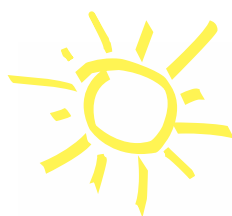
SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos.
We want pictures of your kids doing everyday things,
school events, plays, sports, etc.

Send in your pictures to be featured in the
Rocky Creek Connection. E-mail your pictures to
RockCreek@peelinc.com
by the 15th of the month.



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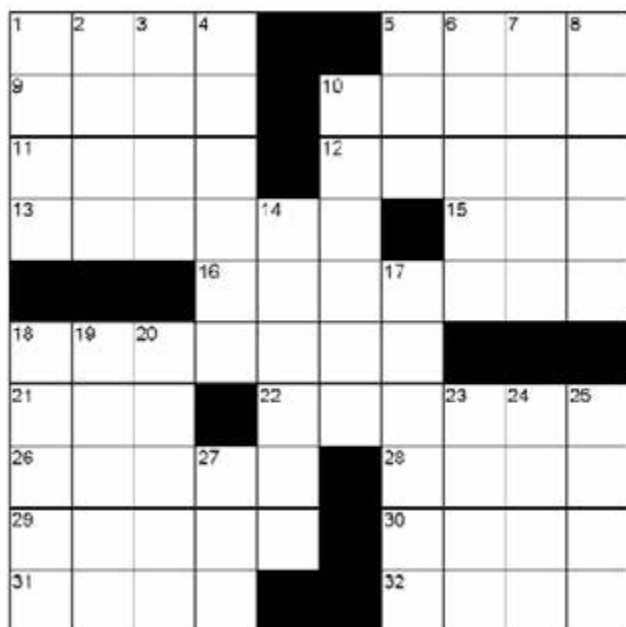
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Rocky Creek Connection

CROSSWORD PUZZLE



ACROSS

1. Canned meat brand
5. Recommend
9. Volcanic rock
10. Strength
11. Consumer
12. Refastens
13. Mire
15. Flurry
16. Remove a light bulb
18. Easier to get at
21. Frosty
22. Pretended
26. Spring flower
28. Basic's opposite
29. Buddy
30. Sliding toy
31. Ball player __ Aaron
32. Food

DOWN

1. Ghetto
2. El __ (Texas city)
3. Maintain
4. Plunder
5. Vase
6. Measuring instrument
7. Point
8. Render capable
10. Public transportation vehicles
14. Short-tempered
17. Put a fold in
18. Catch a ride
19. Sporty car brand
20. Synthetic fiber
23. Ca. University
24. Abstain from certain foods
25. Chances of winning
27. Writing liquid

View answers online at www.peelinc.com

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NatureWatch

by Jim and
Lynne Weber

Resident Raptors

Raptors, or birds of prey such as eagles, hawks, falcons, and owls, are often birds that migrate in the spring and fall, but there are some species that remain in central Texas year round. The most common are the Red-tailed Hawk (*Buteo jamaicensis*), Red-shouldered Hawk (*Buteo lineatus*), and Crested Caracara (*Caracara cheriway*).

The most common hawk in North America, red-tailed hawks are often seen soaring above open fields or perched on highway utility poles eyes fixed on the ground to catch the movement of any potential prey. Most red-tailed hawks are rich brown above and pale below, with broad, rounded wings and a short, wide tail. On mature adults, the tail is pale below and cinnamon-red above, and on young birds, the tail is alternating bands of brown and cream. These hawks often have a streaked belly and on the underside of their wings, a dark bar extending from shoulder to wrist. Red-tails can be deceiving, however, as they can exhibit a wide variety of plumages.

Red-tailed hawks are amazingly adapted for life in the air. While one of the largest birds you'll ever see at up to 19 inches long with a wingspan topping out at 42 inches, the biggest females weigh in at only 3 pounds. When courting, these raptors put on an amazing aerial display, in which they soar in wide circles at a great height. The male will repeatedly dive steeply then shoot up again, and as he approaches the female from above, he will extend his legs and touch her briefly. When their talons clasp, they plummet in spirals toward the ground before pulling away. Usually mating for life, red-tailed hawks have been seen hunting as a pair, guarding opposite sides of the same tree to catch squirrels.

Another common hawk in our area is the Red-shouldered Hawk, which is a medium-sized hawk that prefers riparian habitats over open fields. It has barred reddish-peachy underparts and a strongly black and white banded tail, with reddish shoulders and wing linings. In flight, these raptors can be identified by the pale crescent near their wingtips. Considered a hawk of the forest, this bird frequents creeks, rivers, and swamps, and hunts prey ranging from mice to frogs and snakes.

Red-shouldered hawks return to the same nesting territory year after year, often rebuilding the previous year's nest. The male will enact a 'sky dance' as a mating display, where he soars while calling, then making a series of steep dives toward the female, climbs back up in wide spirals before rapidly diving to perch on the female's back. By the times they are five days old, nestling Red-shouldered hawks can shoot their feces over the edge of their nest, making the rearing job much easier for their parents.

The Crested Caracara is a raptor in the falcon family, and is considered a tropical version of a vulture that reaches the United States only in Texas, Arizona, and Florida. Often seen at carrion along with black and turkey vultures, it is a bird of open grasslands. A large, long-legged bird, the caracara has a black body, pale neck, faint barring on the upper back and chest, and a black cap with a short crest. Its tail is white-based with a wide black tip, and it has white patches at the ends of dark wings. A noble looking bird, the caracara is often commonly referred to as the 'Mexican eagle'.

As winter approaches and many other raptor species migrate south, keep an eye to the sky for those that stay -- our resident raptors!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our blog at naturewatchaustin.blogspot.com.

*Red-tailed
Hawk*



*Red-shouldered
Hawk*



*Crested
Caracara*



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