



The VOICE

A Newsletter for the Residents of Teravista

Volume 5, Issue 10

December 2015

HITTING THE SLOPES THIS SKI SEASON?

Keep in mind these tips to prevent injuries on the slopes.

Written by Kelly Cunningham, MD Sports Medicine specialist Founder. Austin OrthoBiologics.

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries. As traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is "How can I avoid hurting myself on the ski slopes?" So what do I tell recreational skiers about staying healthy while on the slopes?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginkgo biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude.

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come

out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- get in good "ski-shape"
 - ski within your limits
 - stay relaxed but focused
 - watch out for that last, fatigued run of the afternoon
 - if you fall, fall forward and throw your hands in front of you
- And always, always, wear a helmet!

Austin 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 . Learn more about preventing and treating sports injuries at www.AustinOrthoBio.com.



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Travis County Animal Control.....	512-972-6060
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Georgetown Animal Control.....	512-930-3592

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Stony Point High School.....	512-428-7000
Georgetown ISD.....	512-943-5000
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Pickett Elementary School.....	512-943-5050
Tippit Middle School.....	512-943-5040
Georgetown High School.....	512-943-5100

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City of Georgetown.....	512-930-3652
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Georgetown Parks and Recreation	512-930-3595
Teravista Golf and Ranch House	512-651-9850
Teravista Residents Club	512-310-7421

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Email the picture to teravista@peelinc.com. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.



Holiday Wishes

Each year, neglected and abused children in the Austin area are removed from their homes by Child Protective Services caseworkers who work to make a difference in their lives. Separations occur all year, but are especially difficult during the holidays. Sometimes children leave with nothing but the clothes on their backs. In these circumstances, gifts and the holiday season are often forgotten.



Partnerships for Children is making a difference in the lives of these children and we invite you to join us by participating in our 10th annual **HOLIDAY WISHES** program. In 2014, the Holiday Wishes program provided gifts to over 4500 children in Central Texas.



HOW CAN YOU HELP?

- Sponsor a child by purchasing items from their wish list.
- Donate general gifts for children that are not matched with community donors.
- Make a donation and we will shop for you.

For a contribution of only \$75, you can transform a holiday wish into reality for a child in your community.

Join us by becoming a donor or contributor!

For more information, please contact

Partnerships for Children at
holidaywishes@partnershipsforchildren.org or
512-834-4756.

Partnerships for Children is a non-profit 501(c)(3) organization.



TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



Step 1

Step 2

Step 3

Step 4

HOW TO EXECUTE THE FOREHAND VOLLEY

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

take a short turn and the head of the racket should align to the flight of the ball. The right 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 Camille 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 left arm should be close to the body.

Look for in the next Newsletter: The Two-Handed Backhand Volley



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RING IN THE NEW YEAR FOR A GREAT COMMUNITY CAUSE

Get your dancing shoes on, brush up on your black jack skills, and get your tickets to join Llano Parks Project at their first formal fundraising event, The Antler Drop Ball, at Horseshoe Bay Resort on December 31, 2015, from 7 pm – 12:30 am.

This first-class event will include dinner, dancing, casino tables, silent and live auctions, as well as a champagne toast to ring in 2016. Auction items include adventures such as an Alaskan fishing trip, a Hill Country white-tail deer hunt, and a beach vacation to Isla Mujeres, Mexico. Other goods in the auction will include a personal training workout at Nomad Strength, Kendra Scott jewelry, Tiffany & Company jewelry, tickets to a Texas Aggie football game, and many more.

Llano Parks Project will use 100% of The Antler Drop Ball net proceeds to benefit the Badu Park (Llano, Texas) developments of a zero-depth children's splash pad and a dock for fishing, kayaking, and canoeing in the Llano River.

For more information about The Antler Drop Ball, please visit

www.llanoparksproject.org. Tickets, table sponsorships, and group rate hotel rooms are limited and are going fast. They can be purchased on the Llano Parks Project's website.

Join Llano Parks Project to help build parks for the community and future generations.

WHO IS LLANO PARKS PROJECT?

Llano Parks Project is a 501(c)(3) non-profit organization formed in 2013. Our mission is to restore and develop park and recreation facilities within Llano County. Long-term plans include many projects that will benefit both individuals and businesses in our community. In two years, we have improved two parks with new play equipment and the retaining wall/sandy beach area on the Llano River in town.

The future success of our organization, this event, and the many projects that we have planned depends on the generosity and support of our community leaders and those who believe in our organization.



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THE VOICE

\$50,000 Childhood Cancer Research Grant Awarded to Dell Children's Medical Center

The St. Baldrick's Foundation, a volunteer-powered and donor-centered charity dedicated to raising money for childhood cancer research, is proud to award a one-year, \$50,000 grant to Dell Children's Medical Center of Central Texas. This grant is one of 33 infrastructure grants awarded as part of the Foundation's fall grant cycle, totaling \$2 million.

This grant will enable the Children's Blood & Cancer Center (CBCC) Clinical Research Department to oversee patient clinical trial participation in a more organized and efficient manner. Grant funds will be used to develop a new database system and enable the hospital to hire a database coordinator who will streamline the data collection process, store data more efficiently and provide statistics and reports to Seton and other organizations across the nation.

"The number of children diagnosed with cancer at the CBCC has more than tripled since 1998," says Dr. Amy Fowler, pediatric hematology and oncology specialist with Dell Children's. "We continuously face the financial challenge of doing more with less, so this grant is helping save lives now and in future generations."

This series of grants, combined with the more than \$21.2 million awarded in July to fund cutting-edge research, brings the St. Baldrick's Foundation's funding total to \$23 million awarded in 2015. Grants were awarded based on the need of the institution and its patients, anticipated results of the grant and local participation in St. Baldrick's fundraising events and activities.

"The St. Baldrick's Foundation is excited to fund this latest round of grants, which will give much needed support to multiple pediatric cancer treatment teams across the U.S.," said Kathleen Ruddy, chief executive officer of St. Baldrick's. "These grants will improve the capacity of the institutions to do more research, enroll more children in cutting-edge clinical trials and complete studies that are in progress. These grants would not be possible without our dedicated volunteers and generous donors who believe that kids deserve better than the toxic medicines that are currently available which all too often harm developing bodies and create lifelong, life-threatening health problems."




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