

THE BULLETIN

Belterra Community News

January 2018 Volume 12, Issue 1

News for the Residents of Belterra

How can I get in Ski-Shape?

By Kelly Cunningham, MD, Sports Medicine specialist

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 a 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

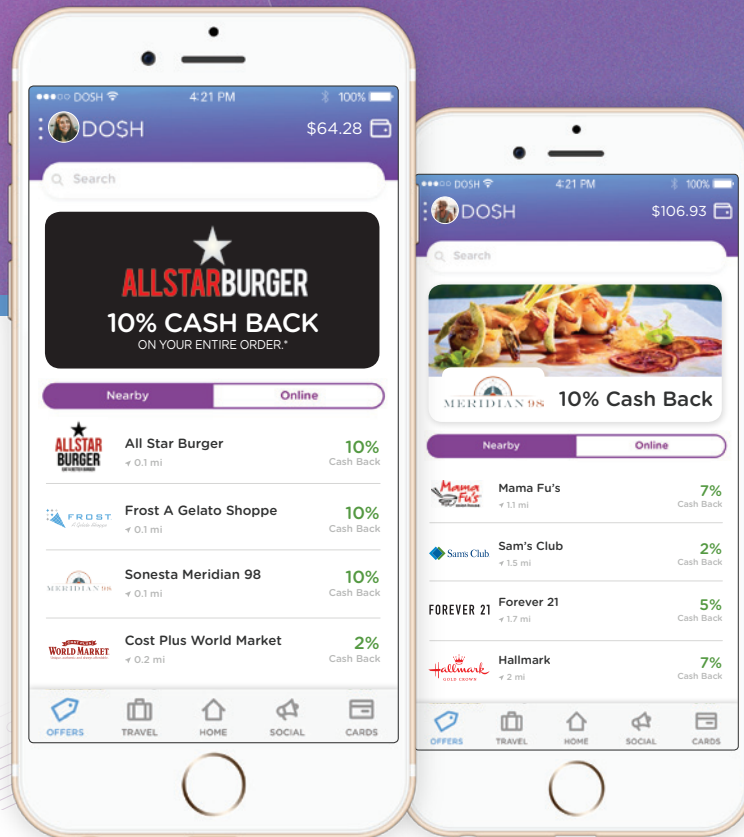


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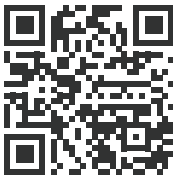
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MEET IRIS

By Cheryl Conley, TWRC Wildlife Center



Let me introduce you to Iris, our 9-year-old Eastern Screech Owl. She makes her home at TWRC Wildlife Center and is a “gal about town”. As one of our Animal Ambassadors, she can often be seen at schools, churches and community events throughout the Houston area.

Iris was just a few days old when a rescuer found her on the ground. Our vet staff could see that one of her eyes wasn’t developing properly. After being examined by a specialist, it was discovered that she was blind in that eye. Knowing that owls can still survive in the wild with only one eye, a dedicated rehabilitator worked with her to prepare her for release. With her eye problem and some other issues that developed, it was decided that it was in the best interest of Iris not to release her and instead “promote” her to an Animal Ambassador.

Iris lives a pretty good life. She is served with frozen mice that have been warmed. She goes to the “beauty shop” every couple of months to get her nails done (actually they’re called talons) and get her beak trimmed and shaped. She is also given a thorough examination to make sure she is healthy. We are grateful to Dr. White at Briarcrest Veterinary Clinic who donates his time to the Center to care for Iris and our other Animal Ambassadors. In the wild, Screech Owls live an average of 12 years but because Iris doesn’t have to face the challenges of life in the wild, she is expected to live well beyond 12 years of age.

Screech owls have a unique call. One source described it as a horse on helium. They let out a descending whinny capped off with a trill. If you come to our Center to visit, she may even “talk” to you. One of her favorite things is to do is to respond to sirens she hears. As soon as she hears a siren, she starts in. Wish we could read her mind to find out why she does that.

Iris and her handlers are available to come and talk to your group, your school, your church or other gatherings. If you would like pricing information, send an email to education@twrcwildlifecenter.org.

TWRC Wildlife Center is a 501(c)(3) organization.
www.twrcwildlifecenter.org

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 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

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Lake Travis Republican Club



Christi Craddick, Chairman of the Railroad Commission of Texas will be the featured speaker at the monthly meeting of the Lake Travis Republican Club to be held at the Hills Club on Tuesday, January 16, 2018 at 11:30 am. A buffet lunch will be served.

Since her tenure on the Commission began in 2012, Craddick has pushed to maximize the effectiveness and efficiency of an energy industry that is driving the state's unparalleled economic success. She has repeatedly proven that sensible regulations, careful listening and plain talk can foster innovation that has solidified Texas leadership in the energy sector.

Making it a top priority, Christi has worked to educate the public about the oil and gas industry and its impact in Texas,

and has continually fought against Washington's one-size-fit-all environmental policies that would kill jobs and stifle energy production growth.

A native of Midland, Christi earned both her Bachelor's Degree and her Doctor of Jurisprudence from UT in Austin. She currently resides in Austin with her daughter, and is an active member of St. John Catholic Church.

Tickets for the meeting are \$15.00 for members, and \$20.00 for guests. Reservations can be obtained by calling 512-660-5208 or by email at lmchristianv@verizon.net.



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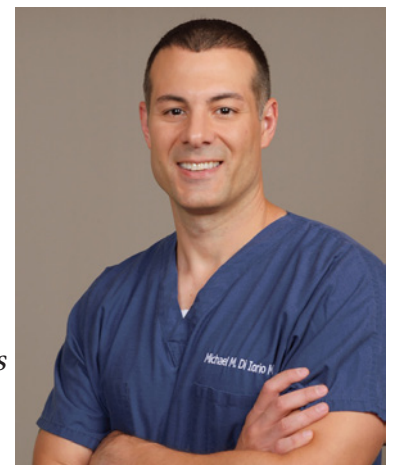
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Winter Alert! Protect Your Plants and Irrigation Systems

PROTECT YOUR PLANTS:

Water your plants thoroughly ahead of time. You need to be sure the roots are wet, not just the leaves. Much of freeze damage is from dehydration. Watering before a freeze could make a big difference in your tropicals and tender perennials.

Cover your delicate plants. Remember, you want to be sure the roots are protected, covered, or mulched well. Even if you lose the top growth of these tender plants, if the roots are alive the plants will come back in the spring. Do not cover them with plastic touching the leaves of your plants. If possible, use woven frost protection sheets such as N-Sulate (which can be folded, stored, and reused for many years) or sheets and blankets. In a mild freeze or frost, one blanket will probably do for most plants. In a hard freeze (below 30 degrees for any period of time), use a heavy blanket or several layers of sheets. You can even add a plastic over that if you want, since it won't be touching the foliage. Also, don't forget to put rocks or something heavy on the edges of your N-Sulate or blanket to be sure the wind doesn't blow it away, exposing the roots of your plants.

Don't do any heavy pruning on freeze-damaged plants until late

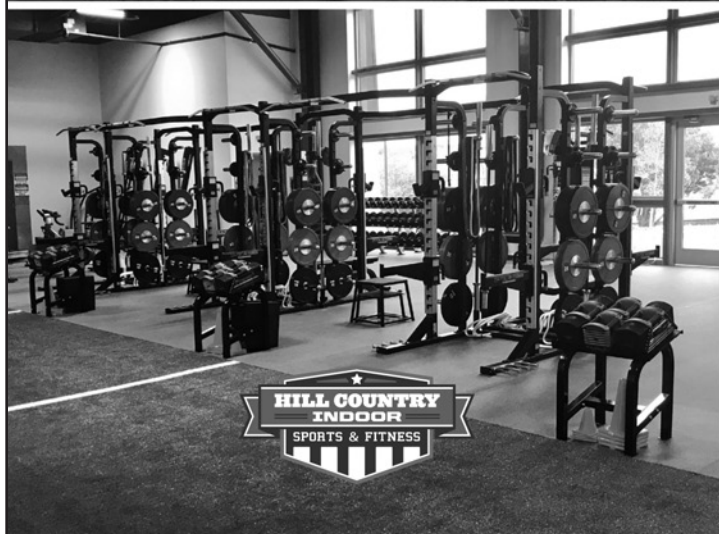
winter, when you think all chance of frost is over.

Remove all protective covering if the sun comes out and the temperature goes up, because it can be 32 degrees today and 70 degrees tomorrow.

Along with protecting your tender plants during the winter, remember it's not a good idea to fertilize tender tropicals that are exposed to outside temperatures during these cold months. Fertilizing encourages new growth, and that new growth is more vulnerable to freezing and near-freezing conditions than old growth is. It's OK to fertilize and encourage growth with indoor or greenhoused tropicals, although shorter days usually slow down growth no matter how much you fertilize.

PROTECT YOUR IRRIGATION SYSTEM:

Your backflow-prevention device is the most important part of your irrigation system. It's also the most vulnerable part of your system if there is a freeze. It may be located somewhere right outside the garage and next to the foundation. Cover the top by wrapping the part that is above ground with a towel. It is also best to turn off your valve.



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Recluse spiders

Recluse spiders are shy and, as their name suggests, do not like being out in the open. They are about the size of a quarter, with a body that is 1/2 inch long. They can be light brown, dark brown or greyish in color. They have no spines on their legs and usually have a uniform body color. Recluse spiders are known for their characteristic violin or fiddle-shaped marking on the “back” (a.k.a. cephalothorax...the front part of the spider). The real distinguishing feature is an eye pattern of three pairs of eyes arranged in a semicircle on the front of the cephalothorax.

Outside homes, recluse spiders can be found in garages or sheds, firewood piles, or piles of stored materials such as lumber, bricks, or rocks. Inside the home, these spiders are found in bedrooms, closets, bathrooms, under furniture, behind baseboards, in attics, or in cracks and crevices. They are most active at night when hunting for food.

People are typically bitten by accidentally rolling over onto a spider while sleeping or trapping a spider next to skin when putting on clothing where the spider is hiding. Recluse spiders have a cytotoxin that breaks down tissue in the bite area. Several hours after being bitten a blister forms at the bite site that may grow in size as tissue breaks down from injected venom. Infected tissue eventually sloughs off, leaving an open wound that takes a while to heal. More serious symptoms may also occur such as chills, fever, fatigue, joint pain, or nausea. If you experience problems

- after being bitten by a spider, then seek medical attention immediately. To avoid spider bites, try some (or all) of the following:
- Use sticky taps to capture spiders
 - Remove bed skirts from beds (these make it easy for spiders to crawl into the bed)
 - Don't leave clothes or blankets on the floor; shake out blankets and clothing before using
 - When storing items, either use sealed plastic containers/ bags or tape boxes on all seams to keep spiders out
 - Wear leather gloves when cleaning in undisturbed closets, attics, garages, or the yard
 - Keep stacked, stored items away from the home. Do not store firewood against the house and only bring in firewood to immediately place on a fire.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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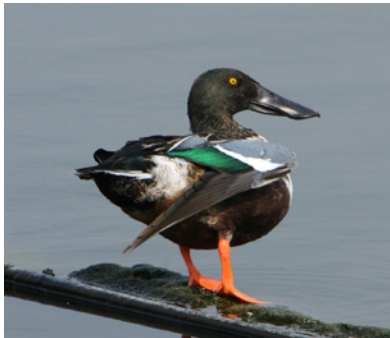
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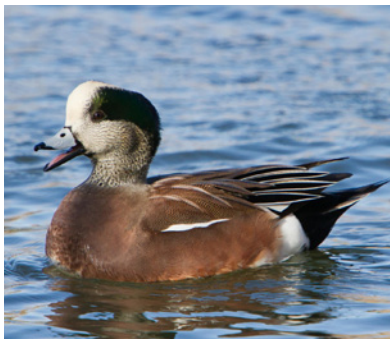
DABLERS AND DIVERS

by Jim and Lynne Weber

Wintertime is the perfect time to look for ducks in Central Texas. Several species that breed far north of our state's border return to Texas in the colder months to feed in our unfrozen freshwater lakes and rivers. From the Old English 'duce', the word duck is a derivative of the verb meaning to duck or dive, or bend down low as if to get under something. It best describes the way many ducks feed, by upending or diving under the water in search of a wide variety of food sources, such as small aquatic plants, grasses, fish, insects, amphibians, worms and mollusks. Most ducks fall into either the dabbler or diver category. Dabblers feed on the surface of the water, and sometimes on land, while divers disappear completely beneath the surface and forage deep underwater. In general, divers are heavier than dabblers, which gives them the ability to submerge more easily, but they often pay the price by having more difficulty when taking off to fly.

*Northern Shoveler*

The most distinctive dabbling duck is the Northern Shoveler (*Anas clypeata*). True to its name, it possesses a two and a half inch long bill, which is spoon-shaped and has a comb-like structure called a pecten at the edge of its beak. The pecten is used to filter food from the water and to aid in preening its feathers. A medium-sized duck, the adult male (or drake) has an iridescent green head, rusty sides, and a white chest. When flushed from her nest, the adult female (or hen) will often defecate on the eggs, presumably to deter predators from eating them. This species of duck is monogamous, and stays together longer than any other known pairs of dabbling duck species.

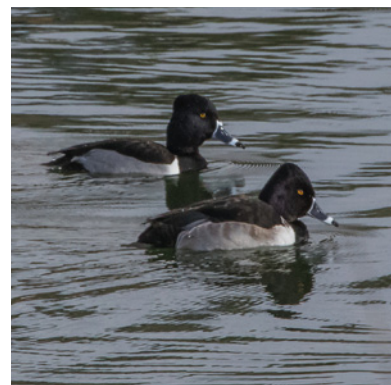
*American Wigeon*

Another common dabbler is the American Wigeon (*Anas americana*), whose population is increasing throughout its range. The male has a white crown, green face patch, large white patches in its wings, and a black rear end bordered by white. At one time this duck was known as 'baldpate' due to the white crown

resembling a man's bald head. Its feeding behavior is distinctive among the dabbling ducks, as its short bill allows it to be much

*Lesser Scaup*

more efficient at plucking vegetation from both the water and sometimes even agricultural fields. The diet of this duck has been shown to include a much higher proportion of plant matter than any other dabbler species.

*Ring-necked Ducks*

Usually found on smaller, calmer bodies of water like ponds, Ring-necked Ducks (*Aythya collaris*) are more readily identified by the bold white ring around their bill that the subtle purplish band around their necks for which they are named. A medium-sized diving duck, they also have a small bump or peak on the back of their black heads, with the male having a black chest, back, and rear end, with grey sides and a white stripe up the shoulder.

The next time you visit a lake, river, or pond this winter, venture out to the quiet corners to see if you can spot one of our best known dabblers or divers!

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 books, Nature Watch Austin and Nature Watch Big Bend (both published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



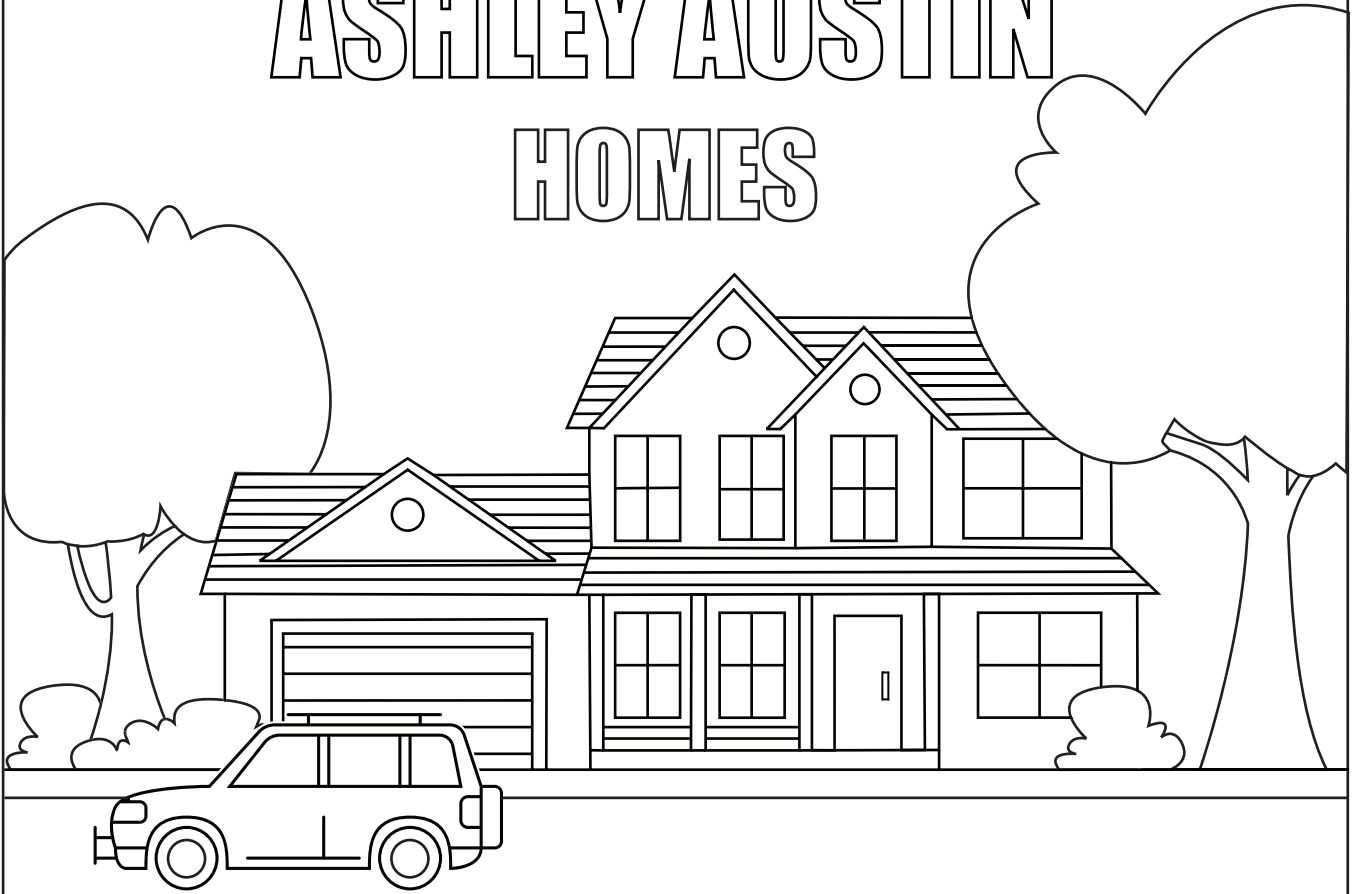
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