

THE BULLETIN

Belterra Community News

January 2019 Volume 1, Issue 1

News for the Residents of Belterra

TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco

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 player Robyn Fuller from the Grey Rock Tennis Club demonstrates the proper form and technique.



STEP 1

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



STEP 2

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



STEP 3

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.

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



STEP 4

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

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
 Ambulance / Fire..... 911

SCHOOLS

Dripping Springs ISD 512-858-3000
 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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**The Dripping Springs Farmers Market
 is each Wednesday from 3p - 6p.**

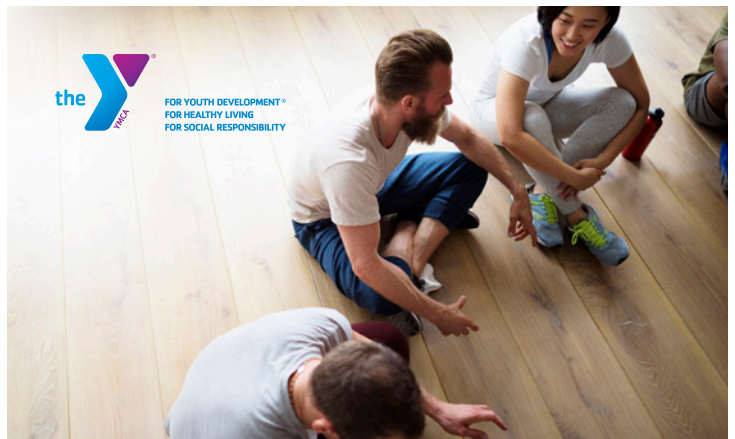
Introducing "Get to Know Your NEIGHBORS"

We are all very fortunate to call Belterra home. But, Belterra is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Belterra a better place to live, please let us know. We would like to introduce them to your neighbors.

Email Kelly@peelinc.com to be featured in a future issue.



COMMON GROUND COMMON GOALS COMMON GOOD

We have more in common than differences. The Y is a place where we can discover common ground. Together, we can work on our common goals, whether it's getting in shape, making new friends, spending more time with our family or strengthening our community. And when you join the Y, you're contributing to the common good.

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 AustinYMCA.org**

*Details at AustinYMCA.org

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YOU'RE A PART OF OURS.



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HOW CAN I GET IN SKI-SHAPE?

*By Kelly Cunningham, MD, Sports Medicine specialist and
Founder, Austin OrthoBiologics.*

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 an 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.

EARTHQUAKE CAKE

- 1 cup coconut
- 1 cup chopped pecans
- 1 - 2 layer pkg. German chocolate cake mix
- 8 ounces cream cheese, softened
- 1/2 cup melted oleo
- 1 - 1lb. pkg. confectioners sugar
- Sprinkle coconut and pecans in greased and floured 8 x 14" cake pan. Prepare cake mix using package directions. Pour into pan. Beat cream cheese and oleo in mixing bowl. Add confectioners sugar; mix well. Pour over batter. Bake at 350° for 45 minutes or until cake tests done.
- Yield 15 servings.





Belterra **KIDS TEETH**

**We are excited to
announce the opening of
Belterra Kids Teeth**

**Conveniently located in
Belterra Village
We Are Scheduling Now!**

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FRUGAL WAYS TO STAY HEALTHY

Medical costs are on everyone's mind these days with the ongoing debate about health care. Check out these tips from the Federal Citizen Information Center for easy ways you can trim the cost of medicine, fitness and more:

Switch to generic. Because of legal restrictions, a generic drug might not look exactly the same as the name brand, but it contains the same active ingredients and should be just as effective.

Brand name drugs cost more than their generic counterparts because the makers of the original, brand name versions had to pay for the research, development and marketing of the medications. To learn more, go to <http://go.usa.gov/lWk>.

Watch out for scams. They keep coming back in different forms on TV and the Internet, but one thing stays the same: health scams for "miracle" cures can cost you lots of money. And the diet pills and energy products they push could be dangerous or have harmful interactions with your other medicines. Save your money for doctor-prescribed medicines. Find out more at <http://go.usa.gov/l5x>.

Reconsider the gym. If you aren't using your membership regularly, it could be one place where you could save some money. If you're worried about how you'll fit your exercise in without the gym, the U. S. Department of Health and Human Services suggests several alternate forms of exercise that you can fit into your everyday life in an online brochure at <http://go.usa.gov/lWB>.

You can also order printed copies of these brochures (subject to availability) by: visiting www.pueblo.gsa.gov to place your order online. Or call toll-free 1-888-878-3256, weekdays 8 a.m. to 8 p.m. EST. Ask for Health Scams (Item 576V); Be Active Your Way (Item 116V); or Generic Drugs (Item 555V).



THE MINIMALIST GARDENER

By Flint Sage

Continue with your freeze protection effort through the remainder of the winter. When the weatherman predicts a “hard freeze” (or similar), shut off and drain your backflow preventer. Water landscape plants, trees, and vegetables before the freeze. Try not to water foliage. Water is very good at retaining heat in the soil to help prevent freezing. Maintain a layer of mulch on bare areas to retain heat and moisture and to keep weeds down. Best of all, read plant labels before you buy. If they won't tolerate freezing, consider planting something different.

Lawns: Very little water is required, but water plants and lawns once a month if it doesn't rain.

Plant roses anytime. If planting in January, choose bare root.

Plant annual flowers such as calendula, cyclamen, dianthus, ornamental kale, cabbage, pansies, and petunias. Plant bluebonnet transplants into garden beds.

Pruning: Avoid pruning frost-damaged trees and bushes until February or March. Crape Myrtles are trees and should be allowed to grow as trees. Unless you have a good reason, please don't cut off any branch larger than a pencil. There are many varieties of crapes, so select a shorter variety if height is a problem.

Plant cool-season seedlings such as asparagus, broccoli, brussels sprouts, cabbage, cauliflower, Chinese cabbage, collards, turnip greens, Irish potato, kohlrabi, leaf lettuces, onions, and swiss chard. Sow seeds this month for beets, carrots, English peas, greens, leaf lettuces, radishes, sugar snap, snow peas, and turnips.



ENERGY SAVERS

With all the holiday decorations safely stored away, here's a few quick and easy tips on how to save a few dollars on energy use. Without all those extra lights and blow up yard decorations, energy bills should return to normal rather quickly. But with a few little adjustments, you could lower your energy bill even more.



Pull the Plug

Appliances draw power even when not in use. Unplugging devices (laptops and cell phone chargers) and small appliances (coffee pots and toasters), could add up to hundreds of dollars in savings per year.

Turn down the Thermostat

Lowering the thermostat on your water heater can save 3%-5% in energy costs for every 10°F decrease. Many manufacturers set water heater thermostats at 140°F, but acknowledge 120°F is more than adequate for most households.

Change those Filters

Regularly replacing filters on your furnace and AC can save 5%-15% on heating and cooling costs.

Fill it Up

Load up that dishwasher. Experts claim, a load of dishes cleaned in a dishwasher requires approximately 35% less water than washing dishes by hand. Additionally, opening the door after final rinse to air dry dishes, and running the dishwasher during off-peak hours will reduce your energy costs even more.

Choose Cold

Much of the energy used to launder clothes is for heating the water for hot and warm water cycles. Many laundry detergents available today are formulated to clean using cooler water temperatures. When possible, choose “Cold” to wash your clothes.

Put it in Reverse

Ceiling fans are a great way to cool your house in the summer. But did you know you can use those same fans to warm your house in the winter. Simply reverse the direction of the fan blades to recirculate the warm air collecting near the ceiling, throughout the room.

Adopting even one of these money saving ideas could add up to a little extra spending cash within a few short months. Happy new year!



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