

THE BULLETIN

Belterra Community News

November 2009 Volume 3, Issue 11

News for the Residents of Belterra

Healty Tailgating This Football Season *by Tarie Beldin*

Now you finally know its fall, not because the temperatures are cooler, but because it is FOOTBALL season! With high school games on Friday nights, college games on Saturdays and professional games on Sundays, our weekends can be full of concession-stand food, barbecue, six-foot sandwiches and chips.

All of these game-day feasts can lead to extra calories, which can mean extra pounds, even before the holiday season arrives! The good news is that with a few changes, such as these tailgate make-over tips, you can decrease the fat and calories and increase the nutrition of your tailgating menu, without sacrificing taste:

TYPICAL TAILGATING FOOD

- Regular chips
- Queso or guacamole
- Fried or buffalo wings with ranch or blue cheese dressings
- Traditional burgers or chili
- Sandwiches or hoagies made with salami, high-fat cheese and mayo
- New England clam chowder
- Pork brats
- Potato salad
- Cookies and cakes
- Regular beer and wine
- Soda or juice

HEALTHY TAILGATING ALTERNATIVES

- Baked tortilla chips
- Salsa
- Boneless/skinless chicken breast tenders with wing or teriyaki sauces
- Burgers or chili made with lean

- ground beef or ground turkey breast
- Sandwiches or hoagies made with lean meats, low-fat cheeses and mustard on whole wheat bread
- Low fat gumbo
- Turkey brats
- Grilled corn on the cob
- Caramel or candied apples and low-fat brownies and desserts
- Light beer and wine spritzers
- Iced tea or diet lemonade

It is also never a bad idea to have a fruit and/or vegetable tray available for those who are vegetarian or for low-calorie snacking. If you have a favorite tailgating food or snack, allow yourself to indulge in it, but try to replace other tailgating options with healthier alternatives and be mindful of portion sizes.

Whether you are tailgating at the stadium or “tablegating” in your living room, it’s easy to keep game day food fun, tasty and healthy. Most importantly though, remember, it is about the camaraderie and the love of the game, not the food. Consider having your own game of touch football during half time to burn off those extra calories!

With the last football games in both pro and college football set for the beginning of next year, we still have many opportunities to load up on calorie-laden and high-fat tailgating food. Practice these easy and tasty substitutions to help you stay healthy this football season.

Tarie Beldin is a registered and licensed dietitian at St. David’s Round Rock Medical Center.



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Free Stuff for Your Computer (And Cell Phone)

Submitted by Laurie Scott

As holiday spending approaches, here are some free programs to make your computing easier and more fun with zero impact on your budget.

Everybody hates dealing with usernames and passwords at login screens, and as a result I see a LOT of people who have very easy passwords (like the name of their dog) not only for their computer but even for their online banking! Well, here's LastPass to the rescue (download from <https://lastpass.com>) with a password manager that works with Windows, Mac OSX and even Linux. With LastPass you can have strong passwords that are hard to impossible to remember, but don't have to remember because LastPass will remember for you. Your passwords are encrypted using a master password that only you will know, so your private information is always safe. LastPass will work across all your browsers and computers. You can even retrieve your passwords online from another computer on their web site (where no one but you can access them.)

How about free music, legally! Amazon has over 1,000 songs in all styles from Blues to Folk to Rock to Opera. Many of these are new groups getting their music out, but I've seen everything from Alice Cooper to Andres Segovia to Jeff Beck to the Boston Pops. If you use iTunes, Amazon's download manager will seamlessly add

your songs to iTunes for you. So load up your iPod and Zune with all this free music. This abbreviated link will take you to Amazon's free music page: <http://tinyurl.com/TekChicFreeMusic>

How does a free secretary sound? TimeCave.com will any message you create back to you or anyone you want at ANYTIME you want within 3 years. Do you keep a perfect calendar but your best friend is, shall we say "challenged" when keeping her calendar organized? Have a lunch date next week? Go to Time Cave and enter your message "don't forget about our lunch tomorrow", enter her email address and the day and time you would like it delivered. Now, even if YOU forget to remind her, Time Cave will.

Cell phone users, you're not left out. Wouldn't it be nice to be able to call 411 from your cell phone without having to pay a dollar or more for each call? Thanks to Google you can now get information for any city in the country by simply dialing 800-466-4411 (that's 800-GOOG-411). They have a voice recognition system that lets you tell it what you're looking for and it's amazingly accurate. So program that number into your phone and say goodbye to excessive 411 charges from your carrier.

Next month look for my annual "Geeky Gifts for the Techie in Your Life" Christmas article.



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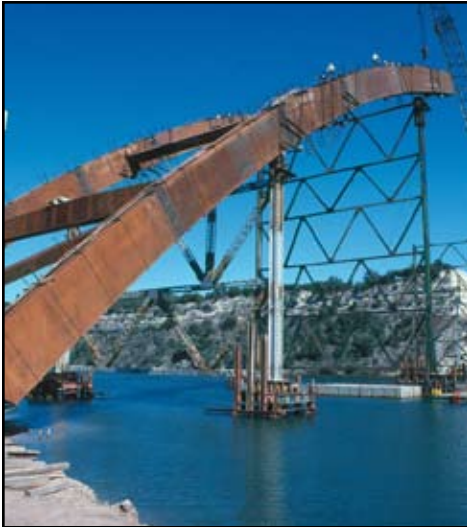
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Austin Currents

Submitted by Rich Keith



*Loop 360 Bridge Construction,
1982*

Did you know that Austin had a world-class freeway plan as of 1985 which would have nearly eliminated the congestion that we experience today? And that by 1987 a major arterial network had been designed for northwest Austin? Why were all these freeways cancelled, and why are freeways which were never on these plans being built today?

The next time you're sitting in traffic on one of our scenic roadways, just imagine wider lanes, better connectors, and (no, it can't be true!) actual east-west roads in this town. The city planners were well aware of the city's needs and its growth patterns as far back as the early 1960's, when the first freeway plans were announced. But that plan was for mostly an inner-city freeway system, one which did not go far out of

town. By the end of the decade that plan had been cancelled, all except Mopac Loop 1. That was probably the best thing because otherwise downtown would have been all chopped up with freeways. Traces of it still exist, such as the wide places on Riverside Drive east of I-35.

This plan went through several iterations including a Crosstown Freeway system, but they were eventually retired in favor of the broader freeway plan of 1980. This plan focused on existing corridors away from the center of the city. The new major freeways were Loop 360 freeway (later cancelled), and the 183 freeway all the way through Austin. Loop 360 was "downgraded" from a freeway to a corridor, though it space is there to be upgraded to a freeway.

(Continued on Page 4)

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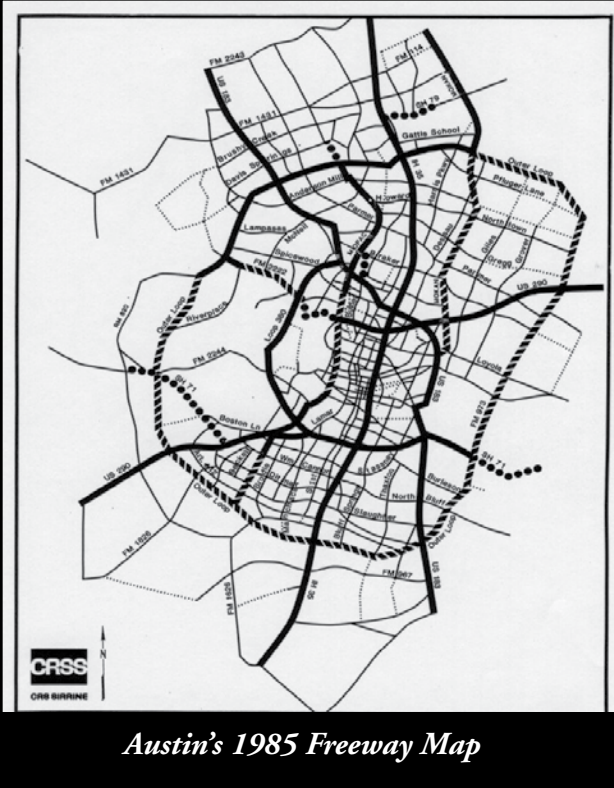


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Currents- (Continued from page 3)

The most comprehensive freeway plan was the 1985 plan, which showed a sprawling network of freeways in Austin including an inner and outer loop. It also featured the Koenig Lane Freeway, coming east to west from the Hwy 290 out to Loop 360. The 2222 Freeway was west of 360 out toward Lake Travis. The Outer Loop Freeway (SH 45) was the outer limits. The MoKan Freeway became SH 130. 1987 saw the extension of these freeways. Interestingly, on the 1985 and 1987 maps, the Outer Loop appears to show that Quinlan Park Road (now part of Steiner Ranch) would be part of the loop, forming a bridge over Lake Austin and back over to Bee Cave Road.

In 1994, environmentalists took control of the Austin City Council and nearly all the freeway plans were immediately cancelled. At the same time, the Austin Chamber of Commerce did its job well and advertised what a great place Austin was to live. As a result, since 1994, Austin has experienced explosive growth from a high-tech boom and severe traffic congestion. The new Mobility Plan from CAMPO, revised every two years, strives to cope with the need for roadways and the desire to keep Austin beautiful. If you care about transportation you can become involved. We are the future of Austin's roads. Source: Capital Area Metropolitan Planning Organization, TexasFreeway.com, TxDOT. For more information contact Rich Keith rkeith@primerica.com 512 266-8498.



Austin's 1985 Freeway Map

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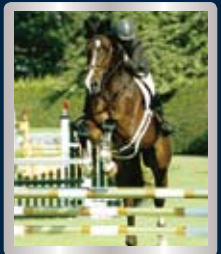
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Wildflower Events

Submitted by Saralee Tiede

LAST CHANCE—A LARRY J. SCHWEIGER READING

6:30 p.m. Sunday, November 8

The president of the National Wildlife Federation reads from his fascinating book about climate change and solutions we need to avert the consequences.

Free admission. In the auditorium.

NATURE NIGHTS—ASTRONOMY

6 to 9 p.m. Friday, November 13

Tour the evening skies and wonder at the stars. Admission \$1.

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Recipe of the Month
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- 4 cans French style green beans, drained
- 1 lb. Velveeta cheese
- 1 medium jar pimentos
- 1 large can mushrooms
- ¼ lb. butter or margarine
- 1 large green pepper, chopped
- Ritz crackers or sliced almonds



Melt butter. Saute green peppers. Add cheese to melt. Add beans, mushrooms, and pimentos. Put into baking dish and sprinkle with Ritz cracker crumbs or sliced almonds. Bake at 350° for 25 minutes.

If you would like to submit YOUR recipe email it to articles@peelinc.com.

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