

# THE BULLETIN

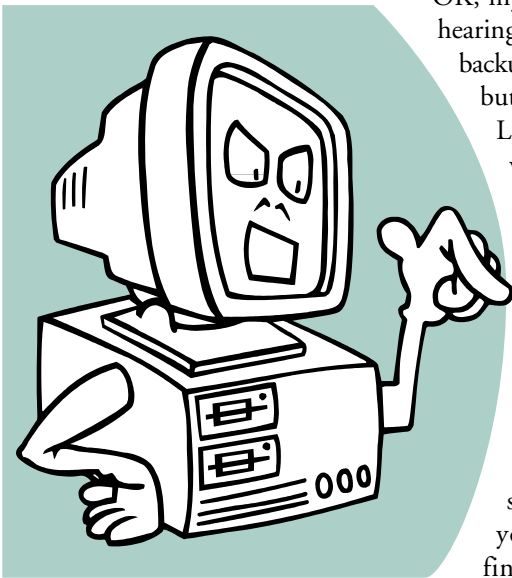
## Belterra Community News

May 2010 Volume 4, Issue 5

News for the Residents of Belterra

### YEAH YEAH, BACKUP BACKUP,

### *Nag Nag!*



OK, my clients are used to hearing it, “backup backup backup.” I can say it often but it’s never too often.

Let me put it another way, how much pain are you willing to endure? The hard drive in your computer WILL fail someday. So WHEN it does, how are you going to feel? School’s almost out for the summer. How will you feel when that final paper or report disappears right before

you’re ready to submit it to the teacher or professor?

Maybe you’re a young family, and you have thousands of digital photos and videos recording everything your babies have done their first few years. Their first haircut, first birthday, first Christmas, the first time they walk, their FIRST WORDS! All in a pristine, digital format that is very easy to duplicate, yet all GONE, possibly never to be seen by anyone again.

You use something like Quicken or Microsoft Money and keep your banking records on your computer, or you own your own business and ALL your financial records are stored on your hard drive. It’s almost tax time and the information can’t be retrieved. You now have to spend days or weeks recreating your records as best you can (this happened to a client of mine.) The “computer ate my homework” won’t fly with the IRS.

So I’ll ask you again, how much pain are you willing to endure? You do have a few options to backing up your valuable data. One way is to do it yourself (I’ll go into more detail later.) Another way to preserve your memories is to pay someone else to do it. Yet a third

way is probably the most common way, intentional or not – prayer. No plan, no system, just the hope that nothing goes wrong with their computer. Since I’m not aware of a Patron Saint of the PC, I’ll concentrate on the first two methods – you’re on your own for the third option.

Want to do it yourself? Purchase an inexpensive external hard drive and plug it into your computer’s USB port. You can pick up a 500GB (that’s gigabyte) external hard drive at Best Buy for around \$80, and maybe a terabyte drive (that’s 1,000 gigabytes) for \$100. If you like to shop around online you can probably find something even cheaper. Just about anything you buy will include backup software. If you don’t like it, you can try downloading my favorite, SyncBack. Go to [2BrightSparks.com](http://2BrightSparks.com), click on “Downloads” and choose their freeware. Download SyncBack in whatever language you like and go at it.

Of course, if you’re not inclined for any reason to do it yourself, you can always pay someone to do the above for you. Also, you can keep the “upfront” cost to a minimum by going with an online solution. Two advantages are you don’t have to spend very much up front, and the other is that even in the event of burglary, fire, etc. you can buy a new computer and download all your backed up files. The two most well known services are Mozy and Carbonite, they cost about the same (\$55 a year.) Mac users also have me.com as an option (though it is a little more expensive.)

Now, not all hope is lost if your hard drive should fail. There are services available that will take your hard drive, have employees in “bunny suits” take it into a “clean room” (much cleaner than an operating room), disassemble it, remove the platters (the parts with the information) and rebuild it with matching parts in an attempt to extract the data. IF they are successful, plan on spending approximately \$2,000 to get the data back. It that’s a lot of money to you, then look at doing it yourself or hire an expert to do it for you. It’s not hard at all to do – but you need to do it. If you don’t, you’re going to remember how you were “nagged” and didn’t do anything when you could have, and there will be a geek waiting for your phone call.

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## TROOP 280, DRIPPING SPRINGS, TX

### *Boy Scout Troop 280 Community Bulletin*

Dripping Springs, TX – Boy Scout Troop 280 is gearing up for a backpacking and rock climbing campout at Enchanted Rock State Natural Area the weekend of May 14th – 16th. Enchanted Rock consists of 1643.5 acres on Big Sandy Creek, north of Fredericksburg. The Scouts will hone their skills in primitive backpacking and technical & rock climbing while camping at one of the largest batholiths in the United States!

For the Memorial Day weekend, May 29th – 31st, Troop 280 will be honoring all Americans who have served our country through its “Flags over Dripping” fund raising project. Scouts display an American flag at Dripping Springs’ homes & businesses throughout the weekends of Veteran’s Day, President’s Day, Memorial Day, Flag Day, Independence Day, and Labor Day. For more information please contact Kimby Seifert at 512.850.4208.

The Cub Scouts are busy during the month of May with the Council Pinewood Derby on the 1st, Cub Adventure Day on the 15th, Pack 280 Rocket Launch Day on the 22nd, and the Pack 280 Graduation Ceremony on the 24th. Come and experience the adventures of cub-scouting!

Curious about the scouting experience? Boy Scout Troop 280 meets every Monday at 7:00 PM at the St. Martin de Porres Church Hall, at the corner of Post Oak and Shetland Streets in Dripping Springs. Contact Clement Kichuk at (512) 904-0444 or email ckichuk@yahoo.com and visit our Troop 280 website at <http://drippingsprings280.mytroop.us/>.

Cub Scout Pack 280 also meets at St. Martin de Porres Catholic Church in Dripping Springs. Contact Cubmaster, Thomas Houle at (512) 810-8945 or email [thoule@austin.rr.com](mailto:thoule@austin.rr.com).

## Do You Have Reason to Celebrate?

We want to hear from you! Email [belterra@peelinc.com](mailto:belterra@peelinc.com) to let the community know!

### *Don't want to wait for the mail?*

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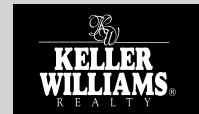
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## AUSTIN CURRENTS

### *Bluebonnet Photo Time*

Many families return to the same spot each year to take family pictures in the bluebonnets which spring up all over Central Texas. Bluebonnets are some of the first flowers to open; when the bluebonnets come out, you know that winter is effectively over and spring is coming fast. The State of Texas plants seeds along our highways so that many can enjoy the blooms. The strength of bluebonnet blooms is in part based on how much rain was received in the fall, and to a lesser extent the rain over the early spring time.

Some of the better places to see carpets of bluebonnets are along Lake Buchanan, especially along RR 2341 and Graphite Mine Rd. A closer trip is just going to Burnet, and looking along TX 29. Or head out TX 71 toward Johnson City. Be sure to park well off the roadway for safety and do not enter private property without prior written permission.

If you want to get great pictures, I recommend either staying really low or shooting from above. Staying low concentrates the bluebonnet's color in the back of your subjects, but can include distracting features such as fences and power lines. When shooting from a point above and in front of your subjects, you can make them seem to float in a pool of bluebonnets because there is nothing else in the picture but them and the flowers. Early and late are best, but if you must take pictures during the middle of the day, try using a flash to fill in the shadows under your subjects' noses, chin and eyes.

- SUBMITTED BY RICH KEITH



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## Can the Weather Affect My Child's Asthma?

### Weather and Asthma

The effect of weather on asthma symptoms isn't fully understood, but clearly there is a link. Numerous studies have shown a variety of connections, such as increases in asthma-related emergency department visits when certain weather conditions are present. Some people find that their asthma symptoms get worse at specific times of year. For others, a severe storm or sudden weather change may trigger an attack.

Exposure to cold, dry air is a common asthma trigger and can quickly cause severe symptoms. People with exercise-induced asthma who participate in winter sports are especially susceptible. Dry, windy weather can stir up pollen and mold in the air, leading to problems for some people.

Hot, humid air also can trigger asthma symptoms, and wet weather encourages the growth of mold spores, another asthma trigger. In certain areas, heat and sunlight combine with pollutants to create

ground-level ozone, which is also an asthma trigger.

Studies have shown that thunderstorms can trigger asthma attacks. One study showed that during thunderstorms, the daily number of emergency department visits for asthma increased by 15%. The study concluded that the problem was caused by the number of fungal spores in the air, which almost doubled. It wasn't rain, but the wind, that caused this increase. Changes in barometric pressure may also be an asthma trigger.

### Avoiding Allergy Triggers

If you suspect weather is playing a role in your child's asthma, keep a diary of asthma symptoms and possible triggers and talk to your child's doctor. Once you know what kind of weather triggers asthma symptoms, you can take steps to protect your child:

- Watch the forecast for pollen and mold counts as well as other conditions (extreme cold or heat) that might affect your child's asthma.

*(Continued on Page 7)*

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**Can the Weather Affect...** - (Continued from Page 6)

- Limit your child's outdoor activities on peak trigger days.
- Make sure your child wears a scarf over his or her mouth and nose outside during very cold weather.
- Keep windows closed at night to keep pollens and molds out. If it's hot, use air conditioning, which cleans, cools, and dries the air.
- Keep your child indoors early in the morning (before 10 AM) when pollen is at its highest levels.
- Your child shouldn't mow the lawn or rake leaves, and should be kept away from freshly cut grass and leaf piles.
- Dry clothes in the dryer (hanging clothes or sheets to dry can allow mold or pollen to collect on them).
- Make sure your child always has rescue medication on hand.

Your child's written asthma action plan should list weather triggers and ways to manage them, including any seasonal increases in medication. A child whose asthma seems to be allergy-related may also need to see an allergist for medication or allergy shots.

*Reviewed by: Elana Pearl Ben-Joseph, MD, Date reviewed: June 2007*

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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## Northwest Austin Circle of Friends Spring for Children Membership Drive

Northwest Austin Circle of Friends would like to invite you to our Spring for Children Membership Drive. Bring the kids & join us for a fun afternoon in the park to find out what our group is all about and how you can help Dell Children's Medical Center.

Northwest Austin Circle of Friends, organized in 1997, is a group of neighbors, friends, and community members from the northwest Austin area who meet once a month and host 2 FUNdraising events per year. All proceeds from these events directly benefit to Dell Children's Medical Center of Central Texas. There are currently 11 Circle Of Friends chapters in the Austin area, with each chapter being committed to continued support through grassroots fundraising activities throughout the year. In the northwest Austin area, we are blessed with a large and diverse population, and the sky is the limit when you consider what we can do for such a worthwhile cause – we just need more members to help.

So please come join us to learn more about this fun way to help the children!

Northwest Austin Circle of Friends  
Spring for Children Membership Drive  
Sunday May 2, 2010 from 2:00 – 5:00  
Mountain View Park  
9000 Middlebie Dr.\*, Austin, TX 78750

- Drop by and find out what our group is all about, meet some members and Dell Children's representatives, find out how you can join or help the cause
- Come and go, presentations at 2:45 and 3:45
- Free: kids' activities, refreshments, music, and door prizes

Circle of Friends - Raising funds and awareness for Dell Children's Medical Center

\* In The Mountain subdivision

Turn off of Spicewood Springs Rd onto Scotland Well Dr, then right on Westerkirk Dr, parking lot is down on the left (Middlebie Dr is a cul-de-sac, no parking)

For more info, contact Karen Peoples: [klpeoples@austin.rr.com](mailto:klpeoples@austin.rr.com), 219-9628,

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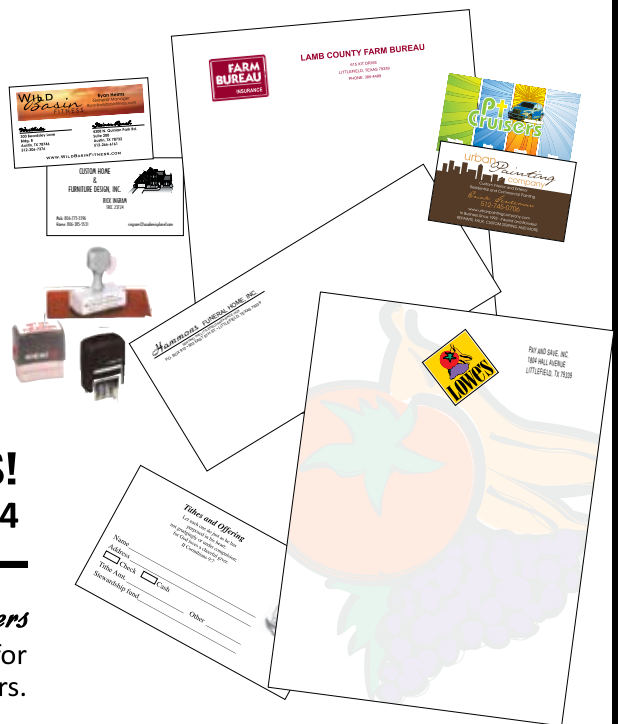
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## HEALTH BRIEFS



### **Protect eyes, prevent long-term damage to sight**

Taking precautionary measures to protect your eyes during the spring and summer can help prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

“Ultraviolet light has certainly been linked to the development of macular degeneration, cataracts and other vision-loss problems,” said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM and deputy executive of the Eye Care Line at the Michael E. DeBakey Veterans Affairs Medical Center.

Baze offered tips you can practice to help protect your eyes from sun damage.

- When picking sunglasses, the bigger the better. “The more they wrap around and shield your eyes and the skin around the eyes, the more full protection you have,” she said.
- Pick sunglasses that provide 99 to 100 percent UV protection. They do not need to be expensive to offer this.
- Use sunblock around the eyes.

- A broad-brimmed hat can add extra protection.

If you already have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority on sunny days, she said.

“Practicing these measures can ensure for healthy fun in the sun,” Baze said.

### **Psoriasis is more than skin deep**

Psoriasis is more than just a skin disorder that might need treatment, say doctors at Baylor College of Medicine in Houston.

“Psoriasis is an autoimmune disease,” said Dr. Sylvia Hsu, professor of dermatology at BCM.

“In about 10 percent of cases the disorder will affect the joints, a condition known as psoriatic arthritis.”

Hsu said the first symptom of psoriasis is usually an itchy rash, caused by an overproduction of skin cells. It most commonly affects the scalp, elbows and knees. The rash can heal and come back

*(Continued on Page 11)*

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- Preschool/Kinder Day Camp | July 26-30
- 1<sup>st</sup> & 2<sup>nd</sup> Grade Day Camp | July 26-30
- Great Kids (3<sup>rd</sup>-5<sup>th</sup>) at Camp Tejas | July 3-6
- Collide Student Camp | July 2-6

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## Health Briefs - (Continued from Page 10)

throughout a person's life.

Joint problems usually don't appear at the same time as skin problems, and in most cases they aren't severe, Hsu said. Many people may find they are stiff in the morning or become achy as the day goes on.

Treatment for the two symptoms can be given separately by a dermatologist or a rheumatologist. A form of treatment known as biologic therapy can be used to treat both. It can be given through injection and works by targeting the specific immune pathways that cause inflammation on the skin and in the joints.

"There is no cure for psoriasis but as doctors begin to better understand the cause of the disorder, therapies are becoming more effective and longer lasting," said Hsu.

### Sling device helps prostate cancer patients manage incontinence

Men who have undergone prostate cancer surgery have a new option for managing incontinence - a common side effect and significant quality-of-life issue some men face after surgery, said a urologist from Baylor College of Medicine.

"Many men may become distressed and embarrassed when dealing with incontinence, or the loss of their bladder control, said Dr. Mohit Khera, an assistant professor in the Scott Department of

Urology at BCM.

A new sling device can help men manage their bladder function and control after surgery. In prostate cancer surgery patients, the urethral muscles are weakened by the removal of the prostate gland and subsequent injury to the surrounding urethral muscle.

To fit patients with the sling, doctors make a small incision under the scrotum. "The sling serves as a hammock for the urethra," said Khera. "It is made of polypropylene mesh and does not require any additional hardware or artificial materials. It's very natural."

Patients go home the day of surgery. They will have a catheter for one to two days and should be back to full activity in four weeks, Khera said.

Alternate treatments are more invasive and may be less tolerable to some patients, Khera said.

"We are making significant advances in improvement of quality of life following prostate cancer surgery," said Khera.

### Traditional colonoscopy recommended over virtual method

The option for a "virtual" colonoscopy is now available but doctors at Baylor College of Medicine recommend sticking to traditional methods when screening for colon cancer.

(Continued on Page 12)

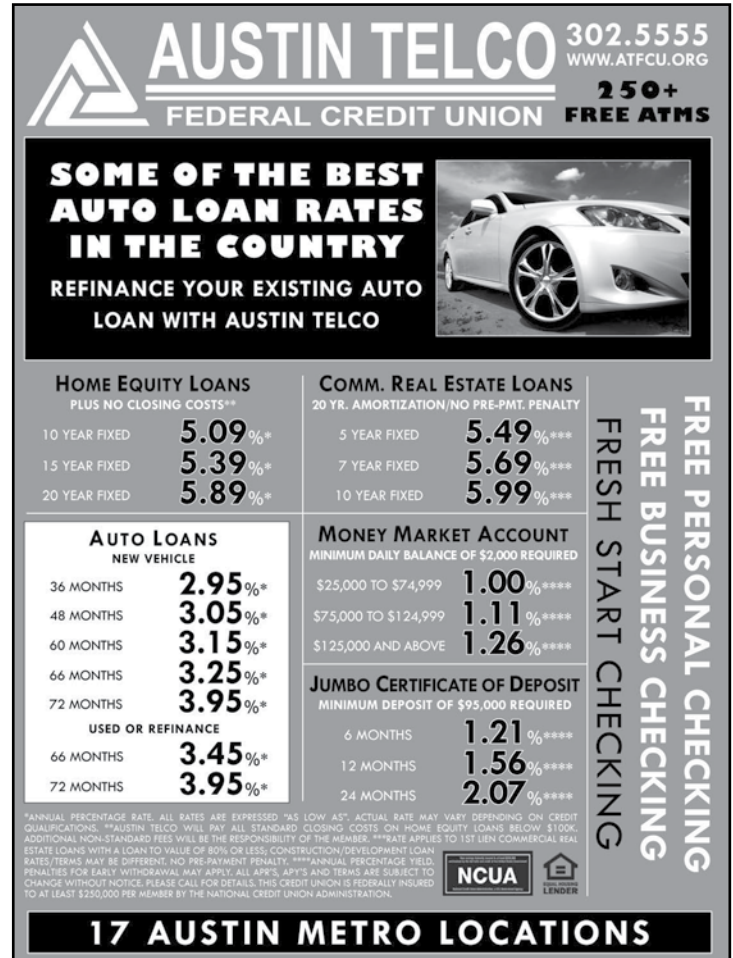


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**17 AUSTIN METRO LOCATIONS**

# THE BULLETIN

## Health Briefs - (Continued from Page 11)

A virtual colonoscopy is a CT scan image of the colon and does not require the use of an endoscope - a thin, flexible device that is inserted into the colon.

“While a virtual colonoscopy may sound less invasive than traditional methods, it isn’t always as accurate,” said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. “A scan is more likely to miss small precancerous growths, and catching those polyps early is the key to preventing progression to colon cancer.”

Studies have shown that polyps smaller than 6 mm are frequently missed by CT scanning, Qureshi said. For someone who is at high risk for colon cancer, missing a polyp can be deadly. Almost all instances of colon cancer begin as polyps, which are easily detected and removed during a colonoscopy.

Many times a virtual colonoscopy must be followed by the traditional method, he added, and both procedures require the same preparation, which includes laxatives, diet restrictions and in some cases certain medications must be stopped.

Colon cancer screening should take place every 10 years starting at age 50.

If colon cancer runs in a family, testing should begin earlier and be performed more often.

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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!

## Why Exercise Is Cool

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

### EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

**Aerobic** means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing,

biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

### EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

### EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics
- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

### EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

### EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD  
Date reviewed: February 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

# Kids' Club

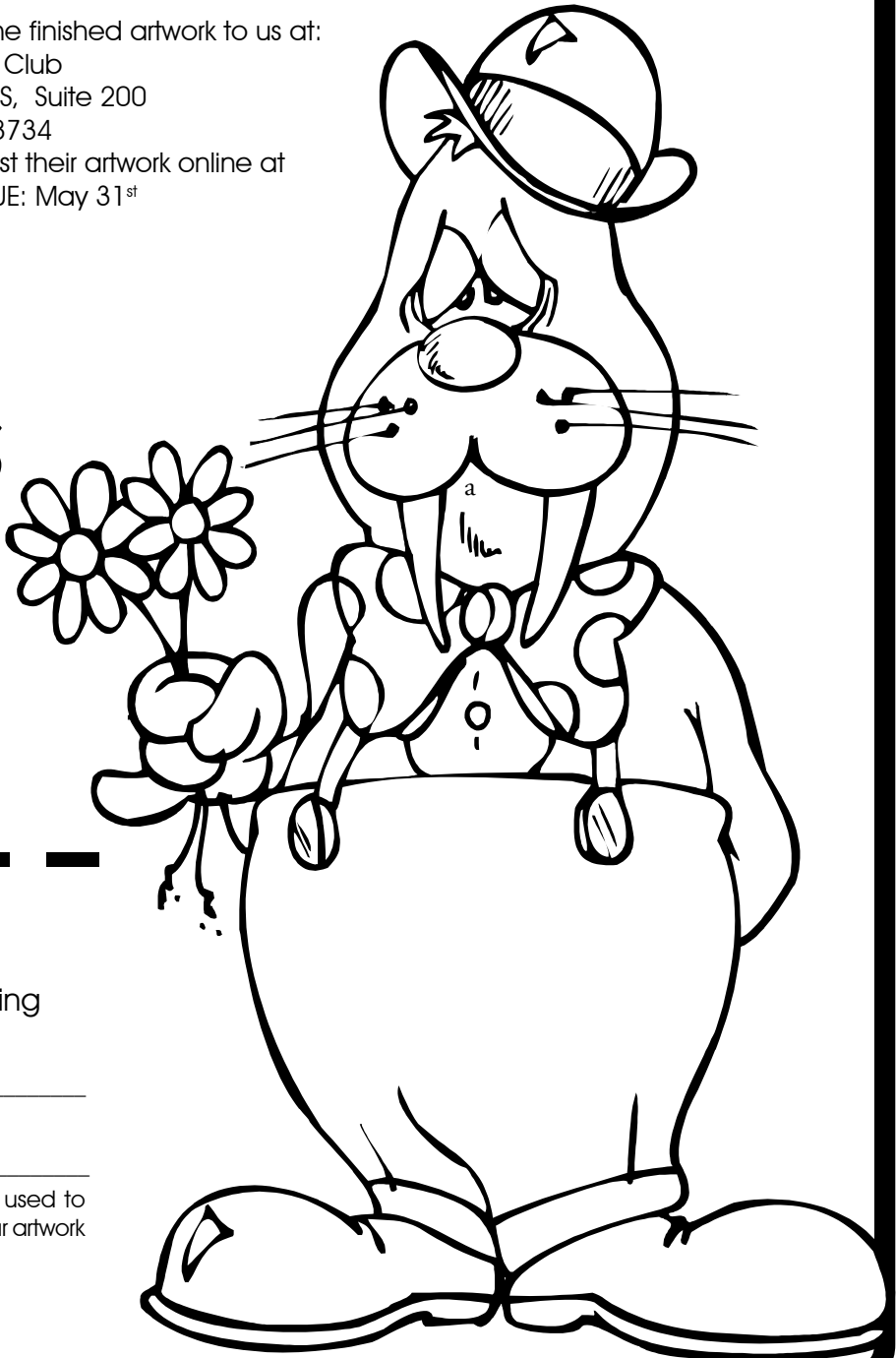
**Attention KIDS: Send Us Your Masterpiece!**

Color the drawing below and mail the finished artwork to us at:

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We will select the top few and post their artwork online at  
[www.PEELinc.com](http://www.PEELinc.com). DUE: May 31<sup>st</sup>

**April  
Showers  
Bring  
May**



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*(fill in the blanks)*

Be sure to include the following  
so we can let you know!

Name: \_\_\_\_\_  
(first name, last initial)

Email Address: \_\_\_\_\_

[This information will only be used to  
notify you or your parents if your artwork  
was selected.]

Age: \_\_\_\_\_

BT

## Austin Newcomers Club May Luncheon

Austin Newcomers is a social organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Join us at our monthly luncheon as well as take the opportunity to learn about and become involved in many of the varied fun Interest groups.

**Time:** 11:00 AM Social - 12 Noon Luncheon

**Date:** May 19, 2010

(Reservations required by Thursday, May 13th)

**Location:** Green Pastures Restaurant  
811 W Live Oak Street, Austin, 78704

**Luncheon Cost:** \$20 per person

**For Luncheon Reservations email:** LuncheonDirector@AustinNewcomers.com or contact Marilyn Amey, 473-0118

**For other Newcomers Information Visit:**

www.austinnewcomers.com or call 512-314-5100

**May Program:** Dillard's—For the Style of Your Life

Spring is here with summer not far behind. It's time to perk up your wardrobe to be fashionably ready for fun in the Austin sun! Let the Newcomers Fashion Show featuring our very own models help you learn what's hot and what's not in this year's styles and hues.

May's program will feature outfits from Dillard's, Inc., one of the nation's largest fashion apparel and home furnishings retailers. Amy Fitz, manager of the Hill Country Galleria location since its opening in September 2007, will be the show commentator. Amy has been with Dillard's for 21 years and has worked in seven locations throughout Texas and Kansas.

The Newcomers Fashion Show is always a popular event.



*Hope to See You There!*

## Tired of Hard-Bad Tasting Water?

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## FACTS YOU NEED TO KNOW ABOUT DROWNING

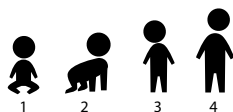
### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

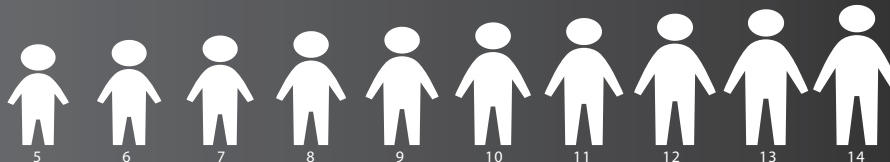
Falls, entrapments, and injuries lead to drowning regardless of swimming level.

NO ONE is "drown proof" – no matter their level of swimming ability.

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



### DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

### DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10

**Children who drown do not scream, splash, or struggle.  
They silently slip beneath the water, even with adults & lifeguards present.**