

# THE BULLETIN

*Belterra Community News*

July 2011 Volume 5, Issue 7

News for the Residents of Belterra

## DIAGNOSING AUTISM?

*By Connie Ripley*

Autism is growing at epidemic proportions costing school districts and state and federal governments millions of dollars a year. One in 110 children was diagnosed with autism in 2005 affecting 4 times as many boys as girls. Today the figure is said to be more like one in 91. (The United States Military states 1 in 80.) If the current rate continues, one half the children born in the United States could be diagnosed with autism by 2046. This is an epidemic!

For parents, a diagnosis of Autism Spectrum Disorder (ASD) can be devastating. Every 15 minutes a parent hears this diagnosis. The hopes and dreams they might have had for their baby will be severely altered. The money and time involved in treating autism is staggering.

A formal diagnosis of ASD from a neurologist can help open doors for a child in necessary early therapies and training. Six of twelve diagnostic criteria are required for the diagnosis. The criteria are divided into 3 parts: Atypical Social Interactions, Atypical Communication and Atypical Responses to Social and Perceptual Stimuli in the Environment.

For an ASD diagnosis, the child must have 2 of the following: (a) Impaired non-verbal behaviors such as eye contact, facial expressions, body posture and gestures used in social interaction. (b) Lacks peer relationships. (c) Does not try to share enjoyment, interests, or achievements with others, such as by leading others to, pointing to or showing off things of interest. (d) Fails to demonstrate social-emotional reciprocity.

Atypical Communication involves at least one of these: (a) Delay in spoken language without compensating through other means of communication. (b) Noticeable inability to start or sustain conversation (c) Stereotyped repetitive or idiosyncratic use of language, as echolalia. (d) Does not engage in varied, spontaneous, make-believe play or social imitation.

At least one of the following must be observed: (a) Preoccupied by abnormally intense or focused stereotyped or restrictive patterns of interest. (b) Adheres compulsively to nonfunctional rituals and routines. (c) Stereotyped and repetitive movements. (d) Persistent preoccupation with parts of objects, such as their sensory aspects.

Many doctors and scientists believe that the criteria for the diagnosis are not as complete as they should be, omitting things like melt-downs, etc. For this reason, the criteria used for years will be changing in 2 to 3 years.

What can stop the progression of this disorder/disease? What is the cause? What is the treatment?

Some of the world's top medical doctors and scientists are fast working in numerous directions. Is the cause genetic? Is it fungal, bacterial, viral? Is it caused by toxins? Just what causes one child's brain to be affected while his brother is spared? Why are all the children in some families affected?

All these answers will take time and cost billions of dollars. Autism Speaks is North America's largest autism science and advocacy organization. Autism Speaks is funded primarily by local walks. The

Greater Austin Walk Now for Autism Speaks teams are being formed for the 2011 Walk at Dell Diamond and Old Settlers Park on September 24. Please contact Walk Manager Traci Whitney at [traci.whitney@autismspeaks.org](mailto:traci.whitney@autismspeaks.org) or go to [www.walknowforautismspeaks.org/austin](http://www.walknowforautismspeaks.org/austin) to register your team.



*Our children do not have the time! We need to do all we can now!! Please help!*

## 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

### NEWSLETTER PUBLISHER

Peel, Inc. .... 512-263-9181  
Article Submissions .....belterra@peelinc.com  
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## “Austin Business Partners” The Premier Professional Network

Business owners, marketing pros and sales reps are you looking for a low cost networking event that does not have restrictive attendance mandates or industry limits? If so, we have good news! An exciting and flexible networking group for full-time professionals has landed in southwest Austin.

Austin Business Partners, the premier professional network welcomes all business owners who share a deep commitment to SHARING, INTEGRITY, and SERVICE TO OTHERS to their weekly networking lunch at Mandola's Italian Market in the ARBOR TRAILS retail center, (located at S. MOPAC and W. William Cannon), each and every Tuesday starting at 11:30 a.m.

For more information go to [www.AustinBusinessPartners.com](http://www.AustinBusinessPartners.com) or call Melinda @ 512-288-8088.

Local 512.302.5555 Toll Free 800.252.1310



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66 Mo.	<b>2.99%</b> <sup>*</sup>

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<sup>\*</sup>Annual Percentage Rate. All rates are expressed "as low as". Actual rate may vary depending on credit qualifications. <sup>\*\*</sup>Rate applies to 1st lien commercial real estate loans with a loan to value of 80% or less; construction/development loan rates/terms may vary. Rates and terms are subject to change without notice.

Austin Telco Federal Credit Union is federally insured to at least \$250,000 per member by the National Credit Union Administration.

WWW.ATFCU.ORG

**JULY EVENTS**  
*at the Wildflower Center*

*Thanks to H-E-B,  
Summer Nature Nights are Free!*

**Thursdays in July**

Snakes, fossils, birds of prey and more-- our family evenings offer fun and eco-education with talks, crafts, hikes and lots of action. Nature Nights are on Thursday evenings starting June 30 and continuing through August 4, from 6 to 9 p.m. Free gift at the store for each child under 12. H-E-B sponsorship also means that admission to the Wildflower Center is free all day on Nature Nights days.

- Thursday, July 7..... Wildlife Tracking
- Thursday, July 14.....Snakes
- Thursday, July 21..... Fossils
- Thursday, July 28..... Birds of Prey

**Lady Bird Johnson Tribute Day**

**9 a.m. to 5:30 p.m. Sunday, July 24**--Our founder, Lady Bird Johnson, would have been 99 this year. Once again, we honor her with a free admission day and a special exhibit of her memorabilia. We are celebrating her contributions to the environment and to more than 50 laws related to conservation, landscape preservation and beautification. Children's music in the courtyard by Lucas Miller noon to 2 p.m. Meet artist Catherine Flowers from 1 to 4 p.m. in the McDermott Learning Center and from noon to 3 p.m., author Jeannette Larson in the store.

**-Art Exhibits-  
Vibrant Blooms & Aqueous Matters**

**Through August 21**--Catherine Flowers' embellished painted silks in the McDermott Learning center and T.J. Mabrey's evocative sculptures in the gardens are a summer treat.

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## TIPS FOR A HEALTHY SUMMER

### *Eat Smarter & Move More*

*Submitted by Sarah S. Jordan, MS*

The 4th of July holiday is almost here, and along with it comes good food, parties, and great times with family and friends. These things pretty much go hand in hand with summer.

Summer is a very common time for people to fall off the “health wagon,” but it doesn’t have to be that way. Eating right and getting enough activity can certainly be a challenge, especially when holidays and travel are involved. But the keys are: being consistent, making good choices, eating in moderation, and purposely finding ways to move more. Here are some tips to make your summer a healthier one for your family and friends.

#### **Small Changes = Big Results**

*Making small changes for your summer cookouts and potlucks can equal big nutritional improvements.*

#### **Traditional Summer Food**

Hot dogs ..... Turkey dogs  
Hamburger..... Turkey burger  
Potato salad .....Fruit salad  
Chips and high fat dip.....Assorted vegetables and hummus  
Fried chicken.....Grilled chicken kabobs with veggies  
Pie.....Fresh pineapple  
Soda and sweet tea..... Iced tea with lemon  
Using high-fatmayonnaise in dishes .....  
..... Use low-fat mayo or the kind that has olive oil in it

#### **A More Healthy Alternative**

#### **Healthy Recipe Swap**

You can even request that guests bring a healthy dish and include the recipe along with the dish. After the event, the party host types up all of the recipes and emails them to party guests. Just like that - everyone is equipped with healthy things to try on their own!

#### **Get Movin’!**

Instead of a party revolving solely around the food involved, why not create a “buffet of games” and activity to center the event around instead? Here are some ideas for fun backyard games to try this summer with your family and friends. Just be sure to let your guests know the “active” theme ahead of time so they can dress accordingly and be prepared to move.

#### **Host a miniature version of the Olympics.**

This can consist of things like wheelbarrow races, three legged races, running, water balloon tosses, and team relays. Have prizes for the teams.

#### **Create an art contest using chalk.**

Have three judges and give out prizes for the most creative pieces of art. And maybe even to the adult with the most “artfully challenged” piece of “art.”

#### **Play a classic game of “Kick the Can.”**

Make sure you have at least 3-4 people playing this game. One person is “it” and guards the “can.” (Can needs to be in an open space.) Other players hide while the “it” person counts to 20 and then goes to find the other players. Captured (tagged) players go to “jail.” Anyone not captured can kick the can, which sets all jailed players free. If the “it” person finds all players before the can is kicked, the “it” person wins the game.

#### **Have a Hula-Hoop contest.**

Crank up the fun music, and see who can twirl the longest!

#### **Create a canvas.**

Hang an old white sheet on your fence or clothesline and let the creativity flow while your guests create a beautiful work of art!

*(Continued on Page 6)*

## The perfect church for people who aren't.

### **Celebrate Recovery Mondays @ 7:00 pm**

Codependency Group  
*(for those with loved ones struggling with addiction)*  
Sexual Addiction Group *(male)*  
Chemical Addiction Groups *(male & female)*  
Women's Support *(eating disorders, sexual addiction)*

### **Health, Hope & Healing Mondays @ 7:00 pm**

Divorce Care  
Safe People

*Starting Soon: Men's Anger Management, Boundaries, Women's Wounded Heart (survivors of sexual abuse)*

### **Specialty Classes Sundays @ 8:30 & 11:30 am**

Re-married/Blended Families  
Ladies Only and Men's Only Classes

**WATCH LIVE** services Sunday mornings or view any time at [www.ghbc.org](http://www.ghbc.org) | Sunday Morning Schedule: 10:00 Worship | 8:30 & 11:30 - Bible Life Groups (all ages)  
Great Hills Baptist Church | the radiant church | 10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763





# Welcome to Shops at the Galleria:

your summertime destination for all things delicious! This summer will be sizzling, so why not have a drink and cool off at one of our many restaurant happy hours. Feeling hungry? We have something to satisfy every craving. Summer savings for a limited time only, so get it while its hot!!!

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**Gumbo's Bee Cave** 12823 Shops Pkwy. • (Shops of the Galleria) Bee Cave, TX 78738 • 512.263.2711 • [www.gumbosbeecave.com](http://www.gumbosbeecave.com)  
**Gumbo's 360** 3600 N. Capital of Texas Hwy. • Building D Austin, TX 78746 • 512.328.4446 • [www.gumbos360.com](http://www.gumbos360.com)

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Offer not valid with any other discounts or coupons. Expires 7/31/11



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Expire July 31, 2011



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**LITTLE WOODROW'S**  
*Mucho Carresn Entry*

Buy one entree get one entree free!

**\$3.25 for all Sam Adams Beers**

Free entree must be of equal or lesser value. Excludes Pizzas. Coupon not valid with any other offer. One coupon per purchase, per person, per visit. Expires 7/31/11



**PLATE BY DZINTRA**

**1 FREE APPETIZER** with the purchase of 1 other appetizer on Thursday evenings during the month of July, limit 1 per couple.



**WATERLOO Ice House**

**HAPPY HOUR**  
Monday thru Friday from 4pm - 7pm and 10pm - 12 midnight

**\$2 AND \$4 MARGARITAS, \$2.50 DRAFT BEER, AND 1/2 PRICE APPETIZERS**

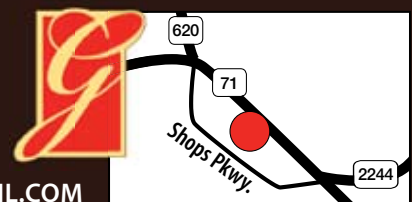


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## Tips for a Healthy Summer - (Continued from Page4)

### Send your guests on a scavenger hunt.

There are many ways to get creative with this, including giving the hunt a theme to match your party, having guests find things in nature and draw pictures of what they find, or having your guests do something (ex: 10 jumping jacks) every time they find something on the list.

### Slip and Slide!

Give your party a water theme to beat the heat. Set up two identical slip and slides and see who slides the fastest and/or the farthest. Crown your champion. Test out other games like horseshoes, washers, Bocce ball, four-square, hopscotch, whiffle-ball, or kick ball.

*Here's to a healthy and active summer ahead.  
Cheers!*

## 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!



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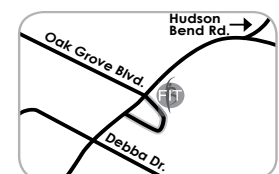
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## AUSTIN NEWCOMERS CLUB JULY LUNCHEON

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 varied fun Interest groups.

**TIME: 11:00 AM Social  
12 Noon Luncheon**  
**DATE: July 20, 2011**

(Reservations required by Thursday, July 14th) For Luncheon Reservations email: LuncheonDirector@AustinNewcomers.com or Diane Israelson 512-467-4979 For other Newcomers information visit

[www.austinnewcomers.com](http://www.austinnewcomers.com)  
or call 512-314-5100

### All About the Classical Guitar!

The Austin Classical Guitar Society (ACGS) is the largest of its kind in the nation

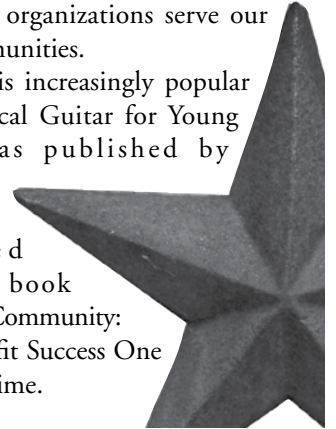
and presents a broad range of programming serving the Central Texas community.

ACGS programs include a seven-month International Concert Series, Summer Chamber Concert Series, Community Concert Series (30 free concerts), an Educational Outreach Program reaching nearly 800 students in 15 schools, free guitar lessons for low-income students, groundbreaking curriculum and teaching materials online at [GuitarCurriculum.com](http://GuitarCurriculum.com). It also has a Community Guitarists program with amateur adult ensembles promoting life-long music education.

Executive Director, Dr. Matthew Hinsley, will present an engaging talk about the classical guitar in Austin. He will also perform a few selections. Hinsley will talk about the unique characteristics of the classical guitar that make it a powerful ambassador for the fine arts, discuss upcoming events, and entertain the group with music too.

Dr. Matthew Hinsley was trained as a classical guitarist and vocalist at the Interlochen Arts Academy, the Oberlin Conservatory of Music, and the University of Texas at Austin. Beyond performing and scholarly pursuits, Dr. Hinsley has cultivated two primary professional interests: to enhance the way young classical guitarists are trained in America, and to transform the way arts organizations serve our diverse communities.

In 2008 his increasingly popular book, *Classical Guitar for Young People*, was published by EnvisionArts. He recently published his second book *Creativity to Community: Arts Nonprofit Success One Coffee at a Time*.



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**DROWNING ALERT!!!**

July						
mon	tue	wed	thu	fri	sat	sun
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**In recent years, more Central Texas children have drowned in JULY than in any other month!**

**JOIN US IN GETTING READY FOR A SAFE SUMMER IN THE WATER!**

- CONSTANT VISUAL SUPERVISION
- LEARN TO SWIM
- WEAR LIFE JACKETS
- MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS
- KEEP BACKYARDS & BATHROOMS SAFE
- ALWAYS CHECK POOL/HOTTUB FIRST FOR MISSING CHILD
- LEARN CPR

**July – August 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!**

When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in June, July and August benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit [www.westlakemedical.com](http://www.westlakemedical.com) for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope.



**August 28th 3rd Annual Colin's Hope Kids Triathlon**  
 Athletes ages 5-15, mark your calendars for August 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. NEW this year are athlete training clinics sponsored by Austin Cycle Camp, Jack & Adams and Nitro Swimming. Go online to register at [www.colinshope.org](http://www.colinshope.org).

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

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