

THE BULLETIN

Belterra Community News

August 2011 Volume 5, Issue 8

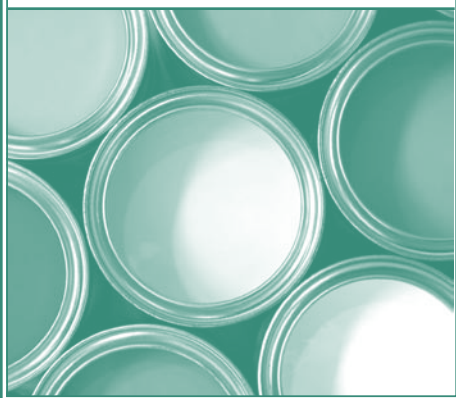
News for the Residents of Belterra

FALL IN LOVE WITH COLOR!

How do you choose a color scheme? It's really quite easy, but first you have to fall in love! Fall in love with a painting, fall in love with wallpaper, an area rug, even a floral arrangement and the color scheme of your dreams will magically appear! Anything with a pattern, including upholstery or drapery can give your color choices a wonderful starting place. When developing your color scheme, remember the 60%-30%-10% rule of thumb. Your favorite color should play a dominant role (60%), while other colors should be proportionate to your dominant color focus.

Historically, there were definite rules about what colors went in what room of your home. Pale colors tended to be used in more formal settings, while bright primaries were associated with more contemporary, fun looks. But, for today's color choices, whatever you enjoy-go for it!

Submitted by Celeste Bronson



HOW'S YOUR "BRISKETIQUETTE"?

Submitted by Marisol Foster and Courtney Duncan

With the summer vacation in full swing, the kids out of school, and noodles floating in the pool, it's no doubt the grill is staying fired up. But...before you kick off the flip-flops, here are a few barbecue etiquette tips to ensure your grill fest goes down as the best on the block. Wait. Barbecue etiquette, you say? Yes, it exists.

1. If you're invited to a barbecue party thrown by an individual/family, avoid showing up empty-handed. A side of coleslaw, apple pie, or pitcher of lemonade will do the trick.

2. A barbecue is an informal affair – no need to worry about which fork and knife to use. Go ahead and use your fingers in lieu of utensils. Larger pieces of food, however, should be cut with a knife and fork. No need to get medieval on us.

3. If you're like many people who wonder what is the proper way to squeeze a lemon slice and a lemon wedge? Well, here is the answer: if it is a slice, don't squeeze it-just drop it in the glass. If it is a wedge, cup your hand over it to prevent squirting, and squeeze it into the glass. Who likes lemon pulp in the eye? Not me.

4. Corn on the cob vs. man. For most people, eating corn on the cob is one of life's biggest challenges. Okay, well, maybe it's just a challenge. The best way to approach a hot cob: simply, butter a few rows of corn at a time, hold the corn firmly by the ends with two hands (or use corn skewers), and eat a few rows at a time from left to right. If you prefer to skip the bite-off-the-cob approach, you may also cut

kernels off of the cob with a knife, cutting in a vertical, downward manner.

5. Similar to corn on the cob, ribs are meant to be eaten with your hands. Given their messy nature, however, it's important to have napkins on hand. For this barbecue favorite, bibs are not necessary.

6. Sauce is boss, unless it isn't offered. While Texans are usually proud of their barbecue sauce, some barbecue purists prefer no sauce to appreciate the natural, smoked flavor of the meat. Ask for sauce only when you know it's available, or if your child requests it.

7. Grilled shrimp can be easy to eat or take a little work, depending on how it is served. As a general rule of thumb, if the shrimp has the tail on, you can use your fingers. Tails off, use a fork!

8. When hosting a large group, be sure to have a wide variety of food options for vegetarians and children.

9. To pick or not to pick? Your teeth that is. Often times, meat can be tricky to eat and require some dental maintenance. At every expense, avoid removing food from your teeth in public. Toothpicks may be used, but only in private. So what should you do if you notice someone else in the same predicament? Be discreet, but do tell.

10. Last and not least, respect the griller's domain. If the host/griller has samples to offer, he/she will do so. Never assume you may help yourself to try what "smells good."

(Continued on Page 2)

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
 Advertising..... advertising@peelinc.com

Teenage Job Seekers

Name	Age	Baby Sit	Pet Sit	Tutor	Phone
Bimbi, Regan	15	•	•		843-475-1056
Chua, Sharlene	17	•	•		971-0760
Higuera-Victoria, Tatiana	16	•	•	•	739-3844
Napiorkowski, Mike		•	•		215-4380
Rice, Nicole*+	17	•	•		992-7423
Rice, Kelly*+	14	•	•		992-7534
Larkam, Catherine	15	•	•		351-3519
Woolery, Amanda	17	•	•		
Brown, Lexie*+	17	•	•		361-676-6840

*-CPR Training

+First Aid Training

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Belterra teenagers seeking work. Submit your name and information to belterra@peelinc.com by the 9th of the month!

How's Your Brisketiquette?- (Continued from Cover Page)

Now that the fundamentals are covered, what's for lunch?

This article was contributed by the National League of Junior Cotillions – Travis County, a contemporary etiquette, social skills and dance training program that serves 6th, 7th and 8th grade students in Austin. A parent informational session will be held on Tuesday, August 9th at the Lakeway Resort and Wednesday, August 10th at Barton Creek Country Club. Classes will commence in September 2011. To RSVP for the informational session or learn more about the program, contact Directors, Marisol Foster or Courtney Duncan at 512.369.8302, or duncan.foster@nljc.com. Class enrollment is limited, but registration is now available online at www.nljc.com/chapter/westaustin or www.nljc.com/chapter/lakeway.



BUSINESS CLASSIFIEDS

MUSIC LESSONS IN YOUR HOME: Mobile Music Academy is an award winning music lessons company that brings great instructors right to your home. Save Time, Money and Gas! All ages, most instruments and styles taught. Check us out at mmamusic.com or give us a call at 512.301.8589.

CLASSIFIED ADS

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Belterra residents, limit 30 words, please e-mail belterra@peelinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

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 group)
 Chemical Addiction Groups (male & female groups)
 Women's Support Groups (eating disorders, sexual addiction)

Health, Hope & Healing | Mondays @ 7:00 pm

Divorce Care
 Safe People

Specialty Classes | Sundays @ 8:30 & 11:30 am

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

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

WATCH LIVE services Sunday mornings or view any time at www.gbbc.org

Sunday Morning Schedule | 10:00 Worship | 8:30 & 11:30 - Bible Life Groups (all ages) Great Hills Baptist Church | the radiant church





SHOPS AT THE GALLERIA

Summer Savings

BODHI YOGA
YOGA • WELLNESS • CAFE • BOUTIQUE

ONE MONTH OF UNLIMITED YOGA
\$49 FOR NEW MEMBERS

HOT YOGA • VINYASA • BEGINNERS & KIDS YOGA
YOGA CLOTHING BOUTIQUE • MASSAGE • FACIALS

12801 Shops Parkway, Ste 200 • Bee Cave, TX 78738
512-404-0033 • www.bodhiyoga.com


Free Initial Exam & X-Rays
(\$200 Value)

C&C DENTISTRY

Jaime Ramirez, DDS

512-263-8900
www.candcdentistry.com

Expires: 8/31/11



KB Nails

\$100 Off
on permanent make up

\$100 Off
on full set of eyelash extensions

\$5 Off
on combo VIP pedicure & manicure
(first time visit only on this combo)

512-263-3699
www.kbnails.webs.com

Expires: 8/31/11



Massage Envy

FREE CHOICE UPGRADE
which includes either aromatherapy or deep heat relief.
(\$10-\$12 value)

"for this location only"

512-263-1515
www.massageenvy.com

Expires 8/31/11



Day Lily Hair & Nails Salon

\$20.00 Womens Haircut (Monday only)
\$12.99 Men & Kids Haircut (Tuesday, Wednesday)
\$2.00 Off Spa Pedicure (Monday-Wednesday)
\$50.00 Off Brazilian Blowout (1st visit only)

We do feather hair extensions here.
Offer expires 9/30/2011

512-402-1373 • www.daylilyhairandnailspa.com



RAO FAMILY CHIROPRACTIC & WELLNESS CENTER

\$39
for a complete consultation,
examination, set of digital X-rays,
and 2 spinal adjustments.
(normally \$175)

512-263-3334 | www.raofamilychiropractic.com



Bee Waxed Skin Care Spa

10% off all service

512-402-9500
www.bee-waxedskincare.com

Service only, does not apply to Product or Peels. One per client. Exp: 8/31/11

Mention this ad and get
25% OFF
your first month's tuition!

Albertson Music
PRIVATE INSTRUCTION • AFFORDABLE RATES
PIANO • VOICE • GUITAR • DRUMS
WOODWINDS • BRASS • STRINGS

Call 512-349-0090 to enroll
www.albertsonmusic.com



Sign up for 10 Fit Cym hours and
receive 1 free hour (\$10)

Rolly Pollies
Fantastic Fitness for Kids!

512-263-3777
www.rollypolliesaustin.com

ãSpasia medical solutions

Vitalize Chemical Peel
\$99
(reg. \$140)

512-350-2989
www.aspasiamedical.com

Expires 8/31/11



Rick's Cleaners

15 Locations in Austin Area!
Locally owned & operated since 1987

ANY GARMENT DRY CLEANED
PRE-PAID - NO LIMIT

\$2.39 VALID AT ALL LOCATIONS

Valid for items priced at \$2.59 only. Not valid with any other offer. Coupon must be redeemed at time of offer. Expires 8/31/11

M-F: 7am - 7pm • Sat: 8am - 5pm
Sun: Closed

RICK'S CLEANERS
YESTERDAY'S PRICES, TODAY.

13011 Shops Parkway, #200
(Behind Spec's Liquor)
Lakeway • 263-1588
www.ricks-cleaners.com



Cesar Tailor

Mens Wear • Wedding Gowns
Alterations • Jackets • And More

10% Off Tailoring Services
Good for one time only • Offer Ends 8/31/11

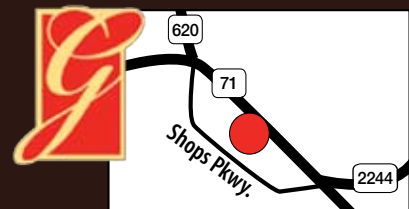
512-263-2450
www.cesarcustomtailorshop.com



Follow us on facebook 

BE THE FIRST TO KNOW ABOUT THE LATEST SAVINGS,
STORE OPENINGS, EVENTS AND CONTEST GIVEAWAYS.

WWW.SHOPSATTHEGALLERIA.COM | INFO@CCIRETAIL.COM





AUGUST EVENTS
at the Wildflower Center

**ART EXHIBITS
THROUGH AUGUST 21**

Catherine Flowers' intricate and colorful paintings on silk are in the McDermott Learning Center and T.J. Mabrey's elegant marble sculptures of water images are in the gardens.

**SALES TAX HOLIDAYS
FRIDAY - SUNDAY, AUGUST 19 THROUGH 21**

No sales tax on apparel purchases up to \$100 at the store.

**NATURE NIGHTS—HUMMINGBIRDS
6 TO 9 P.M. THURSDAY, AUGUST 4**

These tiny creatures play a giant role in pollinating plants. Learn how to attract hummingbirds to your garden. Hear hummingbird survey coordinator and author Mark Klym from Texas Parks and Wildlife speak in the auditorium and join him on a hummingbird hike. Volunteers from Travis Audubon will also lead hikes in the gardens and tell us all about these little, flying jewels. Don't miss the last Nature Night of the year! Free admission to Nature Night and all day before the event, thanks to H-E-B. Also sponsored by KVUE.



**Being
there
is why
I'm here.**

Lee Ann LaBorde, Agent
8400 Brodie Lane, Suite 105
Austin, TX 78745
Bus: (512) 276-8249
www.leeannlaborde.net
Hablamos Español

Get discounts up to

40%

I'm always looking for ways to make your car insurance dollars work harder. **Like a good neighbor, State Farm is there.®**
CALL FOR A QUOTE 24/7



State Farm™

P090106 04/09 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

Ready to kick off that new home renovation project?

Make it happen with a **home equity loan** from Austin Telco.

4.45%*

10 Year Fixed Rate • Plus No Closing Costs**

Contact a Loan Specialist,
512.302.5555 Ext. 7194

Free Checking
250+ Free ATMs
Excellent Rates



You Can Join

Membership is open to anyone in the 5 county Austin Metro area



*Annual percentage rate (APR). Rate is expressed as low as and may vary depending on credit qualifications. Rate and term 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. **These costs include: title search, flood determination, credit report, and county filing fees. If necessary, additional fees for member requested appraisal, survey, and title company closing costs will be the responsibility of the borrower. Estimated costs will be disclosed upon receipt of application. Loans of \$100,000 and above will require an appraisal, title policy, and title company closing costs at the member's expense.



The kids didn't shrink this summer, DID THEY?



They grew and their feet did, too. Is it the heat, the eats, the activities or all the combination? One thing's for sure, 1379 Family Sports Shop is the best place to get that perfect fitting back-to-school athletic shoes and apparel.

Nike / Under Armour / adidas / asics / Brooks / Saucony / New Balance / Puma

\$13.79 off

Minimum purchase of \$65.00 or more. Not valid for sale items.

Expires September 30th, 2011.

www.1379sports.com

Two locations:

- 4301 W. William Cannon
(next to Five Guys Burgers)

512.215.0193

- 2727 Exposition Blvd.

512.474.1379

Going 100 Percent Organic Not Feasible?

By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including

developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest

amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- | | |
|--------------------------|----------------------------|
| 1. Apples | 7. Grapes (imported) |
| 2. Celery | 8. Sweet bell peppers |
| 3. Strawberries | 9. Potatoes |
| 4. Peaches | 10. Blueberries (domestic) |
| 5. Spinach | 11. Lettuce |
| 6. Nectarines (imported) | 12. Kale/collard greens |

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

(Continued on Page 7)



Bikram Yoga

Now in Lakeway!

beneFIT bikram yoga

1607 RR 620 N | Lakeway, TX 78734 512.761.7179

Discover the beneFITs of Bikram Yoga



Grand Opening Special

10 Consecutive Days of Unlimited Yoga

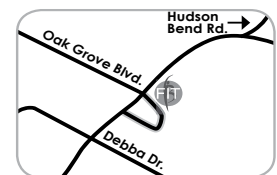
for \$20

- Healthy Body
- Healthy Mind
- Healthy Life

Child Care available!

Sign up Now!

beneFITby.com



Going 100 Percent Organic... - (Continued from Page 6)

- | | |
|---------------|--------------------------|
| 1. Onions | 6. Sweet peas |
| 2. Sweet Corn | 7. Mangoes |
| 3. Pineapples | 8. Eggplant |
| 4. Avocado | 9. Cantaloupe (domestic) |
| 5. Asparagus | 10. Kiwi |

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.

At no time will any source be allowed to use The Bulletin's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Belterra Bulletin is exclusively for the private use of the Belterra HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

For more information, check out our website at
www.colinshope.org



COLIN'S HOPE

Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING


DROWNING ALERT!!!



TEXAS has more drownings than any other state so far this year and we still have a long HOT summer ahead of us. Please be safe in and around the water.

Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign www.poolsafely.gov


DROWNING IS QUICK AND SILENT



Drowning can occur in less than 2 minutes.



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



Irreversible brain damage can occur in 4 minutes or less.



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

Download a QRcode App on your phone & scan me!



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

DID YOU SAY

FREE?

YES! YOUR NEWSLETTER IS PROVIDED 100% FREE OF CHARGE

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

www.PEELinc.com

PEEL, INC.
community newsletters





PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

BT

WHAT HAPPENS WHEN YOUR **SUPERHERO** ISN'T INVINCIBLE?



**ANNOUNCING
OUR NEWEST
LOCATION**

AD The Austin
Diagnostic Clinic

— **Serving Families in Austin Since 1952** —

OPENING THIS FALL

**at Parkside Village in Circle C
SW Corner of Mopac & Slaughter**



**Providing Pediatrics, Family Practice,
Podiatry, Allergy, Lab and X-Ray**



**Featuring After Hours and
Weekend *EasyCare* Services**



Medicare and Most Insurance Plans Accepted | 5701 Slaughter Ln., Austin, 78744 | ADClinic.com/CircleC