

# THE BULLETIN

*Belterra Community News*

March 2013 Volume 7, Issue 3

News for the Residents of Belterra

## *A Focus on Healthy Snack Ideas*

*By: Concentra Urgent Care*

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar

For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>



## 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](mailto:belterra@peelinc.com)  
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# BASKETBALL CAMP

**FOR WOMEN OVER 45**

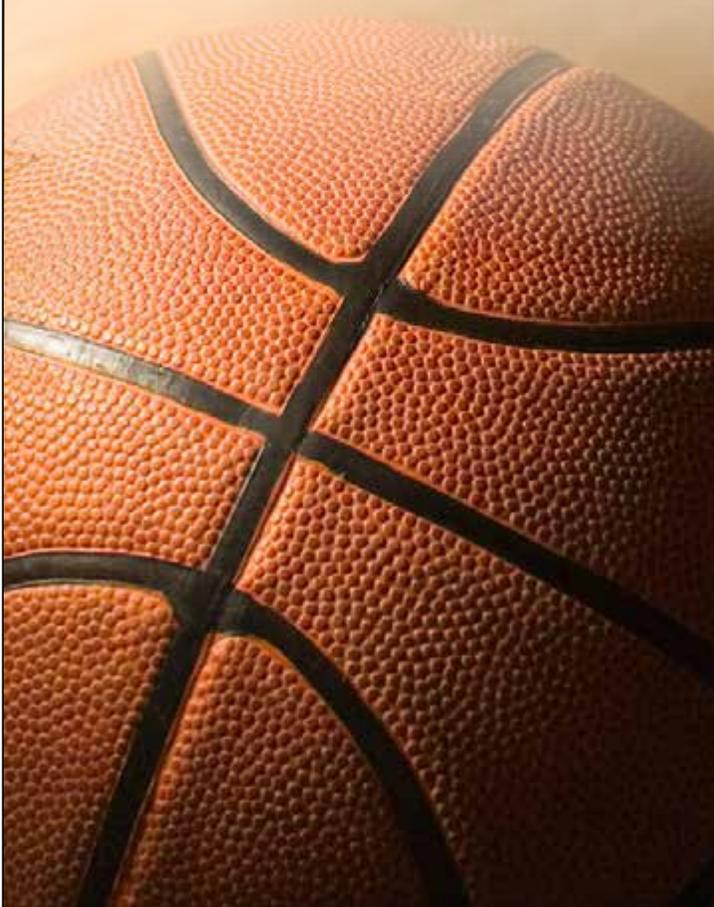
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[www.player4lifecamp.weebly.com](http://www.player4lifecamp.weebly.com)



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\*\*Limit one per family.



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# March Events

*at the Wildflower Center*

## **WILDFLOWER DAYS™**

*Monday, March 11 through Friday, May 31*

Our bluebonnets will be spectacular, but our gardens go way beyond bluebonnets with all sorts of Texas spring wildflowers on display.

## **ARTISTS AND ARTISANS FESTIVAL**

*9 a.m. to 5 p.m. Saturday and Sunday, March 9 and 10.*

Texas artists and craftspeople display their works in wood, metal, photography, silk, watercolor and much, much more.

## **JIM LAPASO'S SCULPTURE IN THE GARDENS**

*Saturday, March 9 through Monday, May 27*

## **SHOU PING'S PAPER SCULPTURES**

*Saturday, March 9, through Monday, May 27.*

Meet the artist from 1 to 4 p.m. Sunday, March 10, in the McDermott Learning Center

## **TEXAS MAJESTY, WATERCOLORS BY DENISE COUNLEY**

*Saturday, March 9, through Monday, May 27*

Meet the artist from 1 to 4 p.m. Saturday in The Store.

## **CENTER OPEN EASTER SUNDAY**

*March 31*



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# ADOPTION COALITION OF TEXAS

## Joseph

06/1996

Joseph is a confident young man and describes himself as being 'cool' and 'awesome'. He loves being outdoors and enjoys sports including football and basketball. Joseph likes to build things with his hands and hopes to have a career as an architect. He performs well in school and plans to graduate early in the Spring of 2014 at the age of 17.

Joseph wants to be adopted by someone who will love him for who he is! The ideal family is a single mom with or without children as he gets along with children of all ages. Joseph needs a loving, committed family now!!

For more information on Joseph, please contact Stephanie Berka at the Adoption Coalition of Texas by email [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org) or by phone: 512-450-8750.



# ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

*Support Your Community Newsletter*

**Kelly Peel**

VP Sales and Marketing  
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ENJOY UNLIMITED POSSIBILITIES

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SPRINGS FAMILY YMCA  
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AustinYMCA.org • 894-3309



## JOIN US FOR GOLF AND A GREAT CAUSE!

**DATE:** Tuesday, April 30th

11:00 am Registration - 1:00 pm Start

**LOCATION:** River Place Country Club

**FORMAT:** 4-person scramble

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Questions about the event?  
**Contact Jancy Darling**  
[jancy.darling@colinshope.org](mailto:jancy.darling@colinshope.org)  
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