

THE BULLETIN

Belterra Community News

September 2013 Volume 7, Issue 9

News for the Residents of Belterra

SUCCEED AS AN EFFECTIVE HOA LEADER

Conference & Expo Will Teach Best Practices to Help You Become the Best Volunteer Community Leader You Can Be

Community association volunteer leaders almost without exception look to preserve the value of their residents' homes and maintain the quality of life their homeowners have come to expect through their homeowner association (HOA) or similar community governing body. But we don't always have the requisite knowledge and experience to do the best job possible. The school of hard knocks, trial-and-error, may get us there eventually, but it can be a long and arduous journey.

Join us at Austin Community Associations Institute's (CAI) 2013 Conference & Expo on Friday, September 27th, at the University of Texas Alumni Center for an afternoon learning best practices. Hear what others have discovered is working to help build better neighborhoods. And admission is free!

"Hear industry leaders speak on a range of topics from 'The 7 Deadly Sins of New Board Members' to 'Where Will The Water Come From?' to 'It's Not My Problem - Right?', just to name three of the twelve lectures to choose from in this year's Conference Lecture Series" notes Katie Uhler, Chair of CAI Austin's Conference & Expo.

Visit with more than 65 exhibitors - experts delivering solutions to the problems keeping you and your board awake at night. Energize your HOA board and your residents with new, imaginative ideas. Enhance your community's spirit, gain recognition for your community as one of the best places to live in Central Texas, attract new residents. Come celebrate "what's good" about common interest community living.



Full details on our website at <http://www.caiaustinevents.org/2013conf&expo>.

With more than 32,000 members dedicated to building better communities, Community Associations Institute (CAI) works in partnership with 60 domestic chapters, a chapter in South Africa and housing leaders in a number of other countries, including Australia, Canada, the United Arab Emirates and the United Kingdom. Texas chapters include Austin, Dallas/Ft. Worth, Houston and San Antonio. CAI provides information, education and resources to community associations and the professionals who support them. For information on the Austin Chapter, visit our website at www.caiaustin.org, or call 512-858-5228. Or visit CAI's National website at www.caionline.org, or call 888-224-4321 for more information.

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 Submissionsbelterra@peelinc.com
 Advertising..... advertising@peelinc.com

NOT AVAILABLE ONLINE

SUDOKU

								6
5	7					9		
4					6		7	
3			7					8
					9			5
				2		3		9
	2			6				
8				3		1		2
				9			4	

View answers online at www.peelinc.com

© 2006, Feature Exchange

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

GOOD SPORTS PLAY HERE

The Springs Family YMCA offers a variety of programs that encourage families to become more active and live healthier lives. We make it easy for you to feel at home and will make sure all your needs are met. Our goal is to provide the resources you need in order to maintain your fitness and live a happier life!

Fall youth sports registration opens Sept. 7!



Springs Family YMCA
 27216 Ranch Road 12 South
 AustinYMCA.org • 512-894-3309

BE LICE-FREE FOR BACK-TO-SCHOOL

By Stacey Pomerantz

Back-to-school means lots of new things: new clothes, new backpacks and new supplies. It's a time to navigate a new class schedule and meet new teachers. Yet, it needn't be a time to worry about head lice. We often hear about lice during back-to-school season because kids return to a tighter environment after a summer of being outdoors. Lice are transmitted via direct head-to-head contact 95% of the time. The ideal scenario for lice transmission is when kids talk, hug or sit with heads touching. Keep in mind that lice don't jump or fly. They also die relatively quickly (24-36 hours) if they're not directly on your scalp. Lice are easier to avoid and get rid of than you might imagine. Since lice do not carry or spread disease, there is no formal exclusion policy in Texas schools. Head lice doesn't mean a child is dirty or should be shunned. Mostly, lice are inconvenient due to the time necessary to eliminate them. Here are some easy tips to stay lice-free this school year:

1. Each child should have his/her own set of brushes and combs. Store them in separate drawers or baskets at home. Label them accordingly and make sure each child knows whose is whose and keep your own separate.
2. Use lice deterrent spray every day. There are a few varieties of combination detangler/lice repellent sprays on the market. These sprays contain scents that lice find offensive, such as mint or tea tree oil. When used daily, these scents repel a louse and cause it to nest elsewhere (in another scalp). It can be most effective when applied every day, including before

sleepovers, play dates and school.

3. This is a biggie: teach your kids to avoid direct head-to-head contact when playing with friends. Show your little ones a photo of children using the iPad or reading books in very close proximity. Help them learn how to play with other kids elbow-to-elbow, not head-to-head!

4. If school reports a lice outbreak – though they are not required to – or you suspect your child has lice, do not panic! Instead, make sure you have a good quality nit comb (normal combs do not trap lice or nits). Most parents say that it is hard to see evidence of lice. Use the comb as your eyes via daily comb-outs. Catching lice early can often prevent a household contraction. If you're not sure how to do a proper comb-out, look online where many 'how to' videos exist.

5. Finally remember the rule of "once a week, take a peek." While your kids are de-compressing after a long day of learning, run your nit comb through their hair at the base of their necks and behind their ears. Nits can be many colors from a cream color to amber. They glisten in dry hair and are the shape of a sesame seed that clings to one side of the hair shaft, often close to the scalp.

If you think you see lice and want to outsource removal, there are several options who will come to your home for treatment. At the end of the (school) day, you'll be happy to have these tips in your back pocket.

How to Sell Your Home at the Highest Possible Price

Know Your Market: Most homes that do not sell in their first listing period are priced too high! You need to understand your market and evaluate the value of your home based on facts or market comparables. A professional agent who specializes in a particular neighborhood knows the market, just as you know your particular job market.

Best Home in the Neighborhood: Your home is one of your most personal possessions. Don't be blind to flaws and needed cosmetic improvements. This will cause overvaluing of the home and possibly reducing its chances to be sold. List with the right agent who will assist you in pricing your home to be SOLD.

Make Cosmetic Improvements: Prospects make up their minds within the first twenty minutes. First impressions can make all the difference in selling your home. Spending \$1,200 on new carpet might add another \$4,000 to the price of your home. Get an objective point of view from your real estate professional.

Restrain Emotional Decisions: Don't allow a few hundred dollars to ruin a sale, which may ultimately mean very little to you in the long run. Take a look at the big picture, react rationally, use sound judgment and rely on the advice of your agent when making any decisions.

Limited Home Viewing: Buyers want to view a home on their own time and schedule. Unfortunately, their time schedule does not always coincide with your time schedule. Leave a lockbox or key with your agent so your home can be shown when you are away. You'll never know if the one who got away was a potential buyer.

Disclose Property Flaws: Texas property disclosure laws require sellers to list any known flaws with their home. If you fail to disclose flaws, or worse, attempt to cover them up, you risk losing the sale and finding yourself in court.

For Sale by Owner: Most homeowners who decide to sell their own home, do so because they believe they can save the commission paid to the real estate agent. Well, everything has a price, and selling a home carries a high one if you make costly mistakes, like listing too high, that could be avoided with professional advice.

Refusing to Trust Your Agent: Would you tell a physician that you've decided to run your own tests and come to your own diagnosis? By choosing the right agent, you can relax and trust their professional advice. The right agent is a valuable team member, who will protect your best interests and make your sale as profitable as possible.

Choosing the right Agent: Home sellers often pick a friend or family member as their agent. Selling your home is one of the most important decisions you'll ever make! Base it on sound business sense for best results. Pick the agent or neighborhood expert who is right for you.

Dan Nowicki - Broker, ABR, CNE, GRI
 Austin Home Connection, LLC
 512-633-1780 Direct
dannowicki5@gmail.com
www.AustinHomeConnection.com



Nutrition know-how helps prevent 'Freshmen 15'

Brushing up on nutrition basics can help college-bound freshmen avoid extra pounds while pursuing their higher education.

College students are often under stress and respond by eating, said Dr. Karen Cullen, a behavioral nutrition researcher at the USDA/ARS

Children's Nutrition Research Center at Baylor College of Medicine. What's more, a smorgasbord of foods is available almost around the clock.

To help freshmen get a healthy start on the academic year, Cullen offers these tips:

- Deal with stress in a positive manner, like playing or listening to music or exercising.
- Keep fat-calories in check by choosing low-fat cafeteria fare like grilled or baked fish and fruits and vegetables. Limit high-fat

and high-sugar treats to once a day.

- Choose beverages wisely. Good daily choices include fat-free milk, a glass or two of fruit juice and plenty of water.
- Keep dorm-room snacks healthy.
- Make time to be physically active every day.
- Don't skip meals, especially breakfast. Meal-skippers rarely reduce their actual caloric tally, and often shortchange themselves nutritionally.

If weight gain begins to exceed three to five pounds, consider starting a food diary and physical activity diary to help identify problems. Many campus health centers have nutrition professionals who can help students struggling with weight problems, Cullen noted.



HOPE4JD Family Fun Fest AND BATTLE OF THE YOUTH BANDS

Youth bands compete to raise the most money for HOPE4JD

September 28 from 10am to 8pm
at Stunt Ranch – 13317 Fitzhugh Rd.

www.stuntranch.com



Join friends and family at Stunt Ranch for great food, music, and family fun.

Activities include Silent Auction, Ziplining, Rock Climbing, Ropes Course, Bungee Trampoline, High Fall Air Bag, Inflatables, Face Painting, Snow Cones, Food Trailers, Craft Vendors, and much more...

Featuring **Dysfunkshun Junkshun** at 6pm

Admission: \$10 for Adults and \$5 for Kids. Free admission for kids under 3. Activity wristbands are \$5. Buy tickets online at HOPE4JD.org or at the gate. Signed waivers are mandatory for participation. They are available at hope4jd.org or at the event.

Sponsors and volunteers needed!
Please visit www.HOPE4JD.org for more information

SPONSORED BY:



PREMIER
FAMILY
PHYSICIANS

JP Harrod
Properties, Inc.



PEEL, INC.
community newsletters

community
IMPACT
NEWSPAPER
LOCAL USEFUL EVERYONE GETS IT

HOPE4JD is a 501(c)(3) public charity organized to support families of children up to age 21 who suffer a hypoxic/anoxic brain injury due to a nonfatal drowning in Texas. EIN # 32-0351208

THE BULLETIN

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.

*Do You Have Reason
to Celebrate?*

We want to hear from you! Email belterra@PEELinc.com
to let the community know!



ADVERTISE
Your Business Here
Call 512.263.9181
for details
www.peelinc.com

Southwest Pediatric A S S O C I A T E S

"With you... every step of the way"



**Same Day Appointments Available
Close to Home Near Seton Southwest Hospital**

7900 FM 1826, Bldg.1 Suites 220 & 240

Kelly Jolet, M.D. | Vaishalee Patil, M.D. | Haydee Rimer, M.D.
Nick Wagner, M.D. | Christine Fyda, D.O.

512.288.9669 | www.swpedi.com



**We solve all the
pieces to the puzzle.**



PEEL, INC.
printing & publishing

**Call Today to Get Started
On All Your Printing Needs.**

512-263-9181

EXPERIENCE MATTERS doing business for 30+

LOCALLY OWNED & OPERATED
308 Meadowlark St. • Lakeway, TX 78734

DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Volunteer - Donate
COLINSHOPE.ORG

- Ongoing:** Volunteers needed to distribute water safety packets, info@colinshope.org
- August 19:** Got2Skate for Colin's Hope Fundraiser, 6:30-8:30pm at Playland Skate Center
- August 29:** Colin's Hope Got2Swim Lake Austin 10K/10 miler, <http://www.tinych.org/got2swim>
- September 8:** 5th Annual Colin's Hope Kids Triathlon, <http://www.tinych.org/KidsTri>
- October 19:** Sharkfest Austin Swim benefitting Colin's Hope, www.sharkfestswim.com



ALERT: 36 Texas children have lost their lives to a fatal drowning this year. Many more have survived non-fatal drowning incidents. Be a Water Guardian and Watch Kids around Water. Drownings are preventable!

LAYERS OF PROTECTION



CONSTANT VISUAL SUPERVISION



LEARN TO SWIM



WEAR LIFE JACKETS



MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS



KEEP BACKYARDS & BATHROOMS SAFE



LEARN CPR



CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN



VISIT US ONLINE

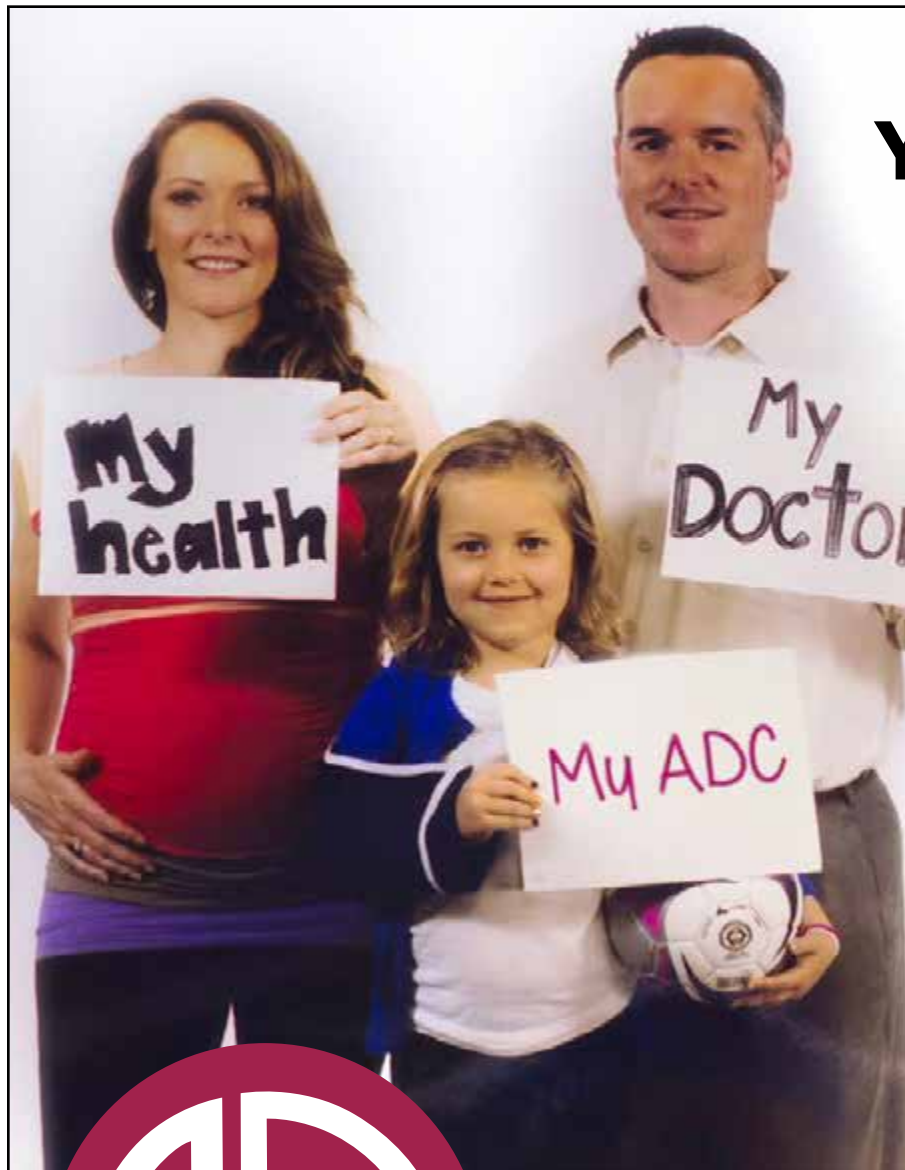


PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

BT



Caring for Your Family

Since 1952, Central Texas families have trusted the doctors at The Austin Diagnostic Clinic for their health care needs. As an ADC patient, you have access to highly qualified doctors focused on keeping you healthy now and for years to come.

ADC Circle C

Allergy
EasyCare Pediatrics
Family Practice
Nutrition Services
Pediatrics
Podiatry
HRM Weight Loss
Lab and X-ray



The Austin Diagnostic Clinic Circle C

5701 W. Slaughter Lane, Bldg. C

512-334-2500 • ADClinic.com

My Health, My Doctor, My ADC