

# THE BULLETIN

*Belterra Community News*

March 2015 Volume 9, Issue 3

News for the Residents of Belterra

A Chance to Learn About Cosmetic  
Enhancement & Give to Those in Need

## COCKTAILS & CURIOSITY



April 23rd at 5:30 p.m  
The Terrace Club 2600 East HWY 290,  
Dripping Springs  
Benefiting The Breast Cancer Resource  
Centers of Texas

We'll spend a relaxed, candid evening focusing on facial skincare treatments, injectables, non surgical body contouring as well as surgical options. You'll have a chance to ask Board Certified Dr. Rocco Piazza and his team of experts about these treatments as well as seeing some live demo's.

Your \$25 donation to attend includes:  
\$150+ swag bag  
Over \$10K in prizes

Pre-payment through The Piazza Center required. Benefiting The Breast Cancer  
Resource Centers of Texas

To Purchase Tickets call 512.288.8200 ask for Samantha

## 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

# STAY CONNECTED!

Do you Facebook? If so be sure to stay in the know about what is going on with your neighbors by requesting to join the following Facebook groups:

**Belterra Neighbors**  
**Belterra Propane Coalition**  
**Belterra Women & Wine Group**  
**Belterra PlayGroup**  
**Dripping Springs Neighbors**  
**Dripping Springs Women2Women Connection**  
**Dripping Springs Babble**

To find the Facebook group you want to join, just type the name in the search bar and request to join the page. Your request should be accepted shortly. You can leave the group page at any time.

You can also “like” the “Belterra Texas” Facebook page.

## NOT AVAILABLE ONLINE



## THE WHOLE YOU

The Springs Y provides exceptional women’s programs such as Yoga & Pilates, Indoor Cycling, Swimming, Nutrition, and Zumba—all FREE for members!

**TAKE YOUR FITNESS TO NEW LEVELS—JOIN THE YMCA TODAY!**

**REGISTER your kids for Summer Camp by Mar. 31<sup>st</sup>—SAVE \$30!**

**SPRINGS FAMILY YMCA** 27216 Ranch Rd 12 South  
512.894.3309 • AustinYMCA.org

# Apple Cake

- 3 medium apples, peeled & thinly sliced
- 1/4 Cup plus 1 tablespoon sugar
- 1 tablespoon plus 2 teaspoons cinnamon
- 3 cups flour
- 2 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 4 eggs, beaten
- 1 cup vegetable oil
- 1/4 cup orange juice
- 1 tablespoon vanilla

Combine first 3 ingredients, tossing well. Set aside. Combine flour, 2 cups sugar, baking powder, and salt in a large mixing bowl. Combine next 4 ingredients; add to flour mixture, mixing well. Pour 1/3 of batter into a greased and floured 10 inch tube pan. Top with half of the thinly sliced apples, leaving a 1/2" margin around center and sides. Repeat layering, ending with batter on top. Bake at 350° for 1 hour or until a wooden pick comes out clean. Cool in pan 10-15 minutes; then remove from pan. Let cool completely. Sprinkle with powdered sugar, if desired.

## Climate Mechanical's Planned Service Agreement And 1 Year Contract

Guarantees Your System Will Be Thoroughly Checked To Prevent And/Or Diagnose Any Possible Issues.

- Heating and AC System Replacement
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**[www.ClimateMechanical.com](http://www.ClimateMechanical.com)**



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## Benefits Of A Planned Service Agreement

- Peace of mind with safe operation assurance
- Automatic, regular maintenance visits
- System Diagnostic Check Is Included As Part Of Our Exclusive Agreement
- Potential problems can be spotted before trouble and major expenses occur
- Lubricating, adjusting and cleaning keeps your heating and cooling system running at peak trouble free efficiency
- Lower energy usage
- Extended system life



**512.440.0123**  
**Dripping Springs**  
**512.858.9595**  
**TACLA28642E**

## FITNESSCORNER

# THE CORE OF THE MATTER

We've all been trained to work our "abs" to look thinner and because everyone is supposed to do crunches! But the truth is our core is so critical to our entire body's health, performance and level of pain and the abs are just a component of a larger, sophisticated piece made up of also the glutes, hips, sides and back muscles (think spinal stabilizers). And a strong core isn't just so we can look good, but it's instrumental to our balance, how we move, sit and more.

Pain in the back and other body parts could be a warning sign that key stabilizer muscles are imbalanced, inflexible or unconditioned to do their job well. In this modern society where many of us sit for prolonged periods for work, school or in flight, it is crucial that we're aware of our core's role in everything we do and that we work hard to maximize its strength now and as we age.

A flexible and strong core is necessary for:

- Less injury and pain overall
- Better day to day life performance (shoveling, carrying groceries, navigating slippery terrain)
- Improved athletic performance and efficiency
- Balance
- Looking tighter
- Posture

The absolute best way to get a strong core is through full body, functional fitness that trains the core to work well in conjunction with the entire body. Crunches will give you abdominal endurance and some strength in the front region, but planks, Pilates, loaded squats, kettlebells and other exercises introducing instability and imbalance will get the job done much more efficiently and effectively as they work the entire core (and they are likely more fun, too!).

If you have questions about how to get on the right track, do some research and work with a trainer who will design a plan that is right for you.

To your core health!

**your core**  
includes your abdominals,  
all the muscles in your hips,  
and the muscles that run up  
and down your back.



Renee Geist, Renegade Inside Out Solutions, [reneelgeist@gmail.com](mailto:reneelgeist@gmail.com), [www.facebook.com/ReniosRenee](http://www.facebook.com/ReniosRenee), 512.461.6114



### JOIN US FOR GOLF AND A GREAT CAUSE!

**DATE:** Wednesday, April 29th

**TIME:** 11:00 am Registration, 1:00 pm Start

**LOCATION:** Flintrock Falls Golf Course

**FORMAT:** 4-person scramble

**COST:** \$165 per golfer\*

*\*Includes lunch, dinner, hat & swag.*

**REGISTER: [WWW.TINYCH.ORG/GOLF](http://WWW.TINYCH.ORG/GOLF)**

Join us for the 7th annual Colin's Hope Classic charity golf tournament. Enjoy a beautiful course, lunch, dinner, a chance to win a Lexus or RV, and great prizes.

Gather your friends, grab your clubs, and help us reach our pledge raising goals and spread awareness about drowning prevention.

**We** envision a **WORLD**  
where **CHILDREN**  
**DO NOT DROWN**

**Questions? Contact:**

Kim Flasch: [kim.flasch@colinshope.org](mailto:kim.flasch@colinshope.org)

Sue Hart: [sue.hart@colinshope.org](mailto:sue.hart@colinshope.org)

**[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)**

# PROPANE BILLS TOO HIGH?

**Get Ready for WINTER!**

**Convert to a Dual Fuel Heat Pump**

*Sometimes it only requires replacing the condenser*

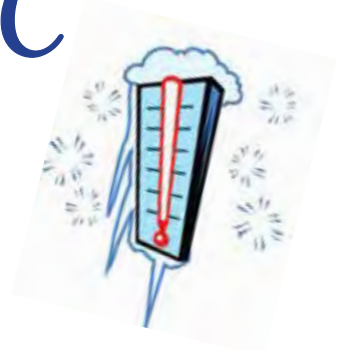
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## INDIAN MEAL MOTHS



Indianmeal moths can be found in dogfood, birdseed, cereals, dried fruit, nuts, powdered milk and candy. Adults are small with grayish wings tipped in copper. Larvae are creamy yellow to yellow-green to pink and often crawl along pantry walls. Spun pupal cases are often found along corners and edges of wall areas.

To eliminate a pantry pest problem, the first step is to locate and remove all infested items. Removing infested items is the easy part; finding the infestation is not always so simple. Begin with the oldest food items, usually in the back of the pantry. Inspect everything, including unopened food items since these can also be a source. If you find an infested item, do not stop your inspection, more than one item may be infested.

Throw away infested items. If you don't feel that you can throw away food, place the infested food in a zip-top plastic bag and place it in the freezer for about 5-7 days or spread the infested food item on a baking sheet and bake at 250 degrees for 4-6 hours to kill any insects. Once all the insects are dead, you can sift the food item or pick out the insects. Of course, you can always just leave the insects in the food and get a little more protein with your meal!

It is extremely important to find the source, and not all pantry pest infestations come from the pantry. Check rooms for items such as dried, decorative peppers, dried flowers, potpourri or rice heating packs.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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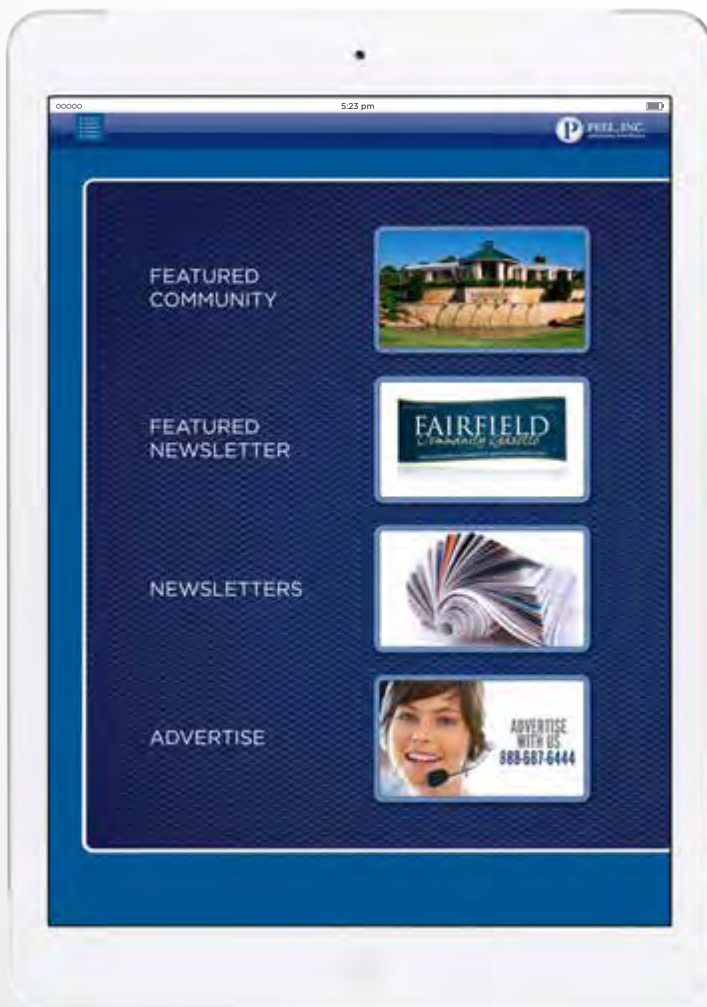
**info@fryfamilyfarms.com**

**512.731.8655**

# Your Community at Your Fingertips



Download the Peel, Inc. App Available for Your iPhone and iPad



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*#2 Top Producing Agent in Austin (Austin Business Journal, 2014)*

*#28 in the state of Texas (Real Trends, 2013)*



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