

THE BULLETIN

Belterra Community News

November 2015 Volume 9, Issue 11

News for the Residents of Belterra

WELCOME TO BELTERRA BULLETIN

A Newsletter for the Belterra Community

The Bulletin is a monthly newsletter mailed to all Belterra residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

Save the Date

25TH ANNIVERSARY OF
"EASB LIVE!"
TO RAISE FUNDS FOR
NEONATAL INTENSIVE
CARE UNIT (NICU) AT
SETON MEDICAL
CENTER AUSTIN

The Elizabeth Ann Seton Board announces its annual benefit, EASB LIVE! TWENTY FIVE! at Camp Mabry, on Saturday, April 23, 2016 at 6 p.m.

Event chairs Elisabeth Anderson and Lesley Pitts anticipate another successful sell-out event to raise funds to support building and equipment needs for neonatal intensive care unit (NICU) and mother/baby services at Seton Medical Center Austin.

"Our board is excited that our work will maintain the utmost in care, including new equipment and enhanced surroundings for babies and their families in Seton's NICU," explained Elisabeth Anderson. "The community has been amazing in their support of EASB Live! for 25 years, and we can't wait to improve the lives of our very most vulnerable with this year's gala. What we are doing will give a baby the hope and help it needs to live, thrive and have a full life's story."

The 1,300 plus attendee event features a lively cocktail party, elegant dinner buffet, incredible auction packages, exciting live concert and "The

Backyard" after-party, sponsored by Horizon Bank, hosting some of Austin's most craved food trucks, music and more. 2016 Sponsorships and tables begin at \$4,000. Tickets start at \$500.

"This year's Live Auction promises to offer items you simply can't buy anywhere else," added Lesley Pitts, Gala Co-Chair. Our little ones are our future, and ensuring them a successful beginning in life is motivation in itself for our board to knock it out of the park for our 25th anniversary."

The Elizabeth Ann Seton Board is dedicated to improving the lives of Central Texas communities by supporting the work and vision of the Daughters of Charity healthcare ministries through fundraising, education and community advocacy with The Seton Fund. The name honors America's first native born saint, Elizabeth Ann Seton, who founded the American branch of the Daughters of Charity in 1809.

To learn more visit www.setonfund.org/easb-live-2016, or contact Susan Hewlitt at 512.324.3275 – schewlitt@seton.org

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 Walnut Springs Elementary..... 512-858-3800
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 Dripping Springs Middle School..... 512-858-3400
 Dripping Springs High School..... 512-858-3100

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 Gas – Texas Community Propane..... 512-272-5503
 Electricity – Pedernales Electric..... 512-858-5611

OTHER

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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.

GAME ON!



WINTER YOUTH SPORTS
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NOVEMBER 10TH

At the Y, we help your kids grow by developing their physical, teamwork & sportsmanship skills
 Join us so we can **GAME ON!**

SIGN UP TODAY!

Breast Cancer: Importance of Early Detection

By: *Concentra Urgent Care*

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths.

Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>



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MEALYBUGS

Mealybugs are pests of landscape plants and houseplants. They are often active during times of warm, dry weather, but can also become a problem indoors at any time of year. Infestations usually start at the base of stems and then spread from there as populations increase.

Mealybugs are a type of unarmored scale insect. They are sexually dimorphic (males & females look different). Males have wings while females remain wingless and nymph-like throughout their life. Females are oval, soft-bodied and covered with a white waxy powder.

These insects have piercing-sucking mouthparts which they use to penetrate plant tissue and suck out juices. This can lead to chlorosis (yellowing of the plant), wilting and distortion. With larger infestations, the insects may cause stunted growth, premature leaf drop or death of the plant. Mealybugs are also known for secreting honeydew, a sweet, sticky substance on which a fungus called *sooty mold may grow.

*Sooty mold is a fungus that grows on honeydew excretions. Sooty mold can indirectly harm the plant by covering plant surfaces and reducing the amount of sunlight that reaches plant tissues, resulting in reduction of photosynthesis.

Since all but male mealybugs are wingless, adult females have to be placed near a host plant for them to infest it. They can crawl short distances to plants. Immatures can be blown to new locations by the

wind, move by water or be transported by animals.

Tips for mealybug management:

- Conserve beneficial insects; there are many insects that will feed on mealybugs or parasitize them



- **Use high pressure water sprays to dislodge the insects from the plant
- **Insecticidal soap
- **Horticultural oils
- **Insecticides labeled for mealybug control
- For severely infested plants, it may be best to throw the plant away and buy a new one
 - **If treating houseplants, move plants outside during treatment then move back inside once treatment has dried.

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

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Hosting an International Exchange Student

Hosting an International Exchange Student is such a great experience for all of those involved. It leads to a better understanding between individuals of other cultures, hopefully branching its way out to a more peaceful global society. But don't just take my word about it, read about Nelva's experience and understanding of the exchange program.

I'm so lucky to have been placed with a great host family in Texas! The best part is when we share each other's cultures and have a lot of quality time together. I'm blessed to have chance to study in American High School.

Being an exchange student is hard. For the first couple days it was hard because I didn't know anybody, the moving class system is new for me and sometimes it's hard to understand what they say. But America is really friendly and handy so I got a lot of help from them. From the exchange program, people can really get to know each other, people start to respect each other and we can start a new chapter to have a better world.

So if you want to enrich your life, host an exchange student!

Nelva is from Indonesia and is spending the academic year here in Texas as part of the Kennedy-Lugar Youth Exchange and Study

(YES) program. This program is funded by the US Department of State which provides scholarships for secondary school students from countries with significant Muslim populations. As part of her program year, Nelva is required to perform at least 60 hours of community service (however most YES students' hours amount to hundreds of hours) and continue working with the program in her home country.

Our application process for the 2016 Spring Semester and 2016/2017 academic year will soon be opening. School spots in our area tend to fill up rather quickly, so get your application in early to host one of these amazing students!

Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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GONE TO SEED

NATUREWATCH

by Jim and Lynne Weber

Often used as an informal figure of speech meaning to deteriorate or go downhill, 'gone to seed' can have a negative connotation. But each seed contains a new beginning: a tiny plant just waiting for the right conditions such as water, warmth, and a good location, to germinate and grow. Seeds and seed heads form fascinating shapes, varying sizes, and intricate patterns, often adorning the fall and winter landscape.

Plants have many ways of dispersing their seeds, and most have evolved over millions of years. While the methods are tried and true, certain seeds have developed in very particular ways to take advantage of such methods, and some plants only release their seeds in response to specific triggers.

Wind helps seeds float or flutter away, often aided by seed structures such as thin wing extensions or long, feathery tails like those on the endemic Scarlet Clematis (*Clematis texensis*). Texas Bluebonnets (*Lupinus sp.*) employ the expulsion or explosion method, where the small, pebble-like seeds are forcibly expelled when the dried pods twist open in the warm sun. Gravity plays a part in many plants seed dispersals, where weighty seeds fall off the plant and roll to a new location. The best example of this are the round, heavy fruits that simply fall off a plant when ripe, such as those on Mexican Plum (*Prunus mexicana*) or Texas Persimmon (*Diospyros texana*). If the fruits have a tough outer shell, they may travel some distance from the parent plant, and if they have a soft skin, they



Scarlet Clematis seeds have long, feathery tails that aid in wind dispersal. Photo by Lee Page.



Illinois Bundleflower seeds are eaten and dispersed by ground birds such as quail. Photo by Joseph A. Marcus.



Texas Star is name after the five-petaled flower and star-shaped seed head left behind after it blooms.

may break open where they fall and scatter the seed or seeds within.

Some plants produce very light seeds, seeds with buoyant fluff, or seeds with air trapped in them, so they can float away from the parent plant that grows in or around water, like Common Buttonbush (*Cephalanthus occidentalis*) or Black Willow (*Salix nigra*). Others employ the assistance of animals, which can come in the form of seed or fruit eating (where the seed can pass undigested through the animal), seed caching or burying, or seed transportation. Often unbeknownst to the animal, seeds can be covered with tiny hooks or spines that catch on a passing animal's fur, and eventually rubbed off in another location. Common examples include Cedar Waxwings and American Robins eating juniper and yaupon berries, both ground and tree squirrels eating and caching acorns, and many animals (including humans) that emerge from the wilds carrying the seeds of Beggarsticks (*Bidens sp.*).

This fall and winter, let the seeds linger! Not only do they provide much needed food for wildlife, but leaving them allows for some beautiful and mysterious patterns in your winter landscape, and the promise of renewing the cycle of life that begins again each spring!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our book, *Nature Watch Austin* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Please remember to pick up after your pets and “scoop the poop”

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