

THE BULLETIN

Belterra Community News

February 2016 Volume 10, Issue 2

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!

THEY LIVE WITH THAT CONSTANT REMINDER...THE EMPTY CHAIR

Campaign Overview

Our platform seeks to engage and inform the citizens of this country of our solidarity movement to honor our brave. This campaign's mission and purpose, is to show our gratitude to troops, veterans, law enforcement and their families, that we understand and appreciate the sacrifices they've made for the freedoms we're privileged to enjoy.

A representation of your heartfelt THANK YOU will be on display when wearing the Token of Appreciation pin. It's an impactful salient message that demonstrates our understanding of the difficulties and dangers those who protect and serve experience while keeping us safe. It allows for opportunities to show our gratitude to the unidentifiable (those not in uniform). We hope you'll join in this effort.

To kick start this campaign, we're orchestrating a Fund Raising Drive during the month of February. Share the Will is a nonprofit and recipient of 5,000 Tokens donated by Chasco Constructors. Our goal is to see Tokens of Appreciation on the shirts, coats and caps of many and raise upwards of \$25,000. Thank you Chasco, for making it possible in that

100% of every dollar received, will go towards the immediate needs of our military and or law enforcement members in our community.

We encourage you to give pause more than just a few days a year...our brave are on duty 24/7/365. We ultimately hope to bolster our military and law enforcement members confidence in how they're perceived by the people. Lastly, let us not forget the sacrifices of the loved ones...for they live with their constant reminder...the empty chair.

Wear your pin, show your appreciation and let it serve as YOUR constant reminder..... FREEDOM IS NOT FREE.

If this resonates with you and you'd like to participate in this fund raiser, we are seeking Ambassadors. A representative for each neighborhood would certainly optimize our organizational strategy and be instrumental in the success of achieving our goal.

Contact emails: Vikinggirl1010@gmail.com or Sharethewill@gmail.com Will Williams retired Sergeant was deployed 6 times, is retired, yet still serves...his community. Visit www.tokensfortroops.com for a list of local charities.

GriefShare

GriefShare is a faith-based video seminar and support group that provides help and encouragement after the death of a loved one. It's a place where you can be around people who understand the feelings and pain associated with your loss. You may begin GriefShare at any point during the 13 week time frame. Call Deanna at 512-917-1909 for further information.

Sundays, beginning February 21st - May 15th, 2:00 - 4:00 p.m.

Manchaca United Methodist Church, 1011 FM 1626, Room 8

Cost: \$15 for workbook (scholarships available)

Childcare, up to 5th grade, available upon request

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EMERGENCY NUMBERS

EMERGENCY 911
Ambulance / Fire..... 911

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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

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ONLINE**

Acupuncture

By: Yunguang Yang (Lily)

Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most non-emergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

WHAT IS ACUPUNCTURE?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

WHAT TO EXPECT?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of Chinese manipulative therapy, consisting of massage, acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

WHAT ABOUT HERBAL MEDICINE?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Traditionally, this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

WHAT CONDITIONS CAN BE TREATED?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for

(Continued on Page 4)

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Start off 2016 with a bang! The New Year is the perfect time to buy or sell your home. Lower housing inventory means it is a great time to sell! And low interest rates make it the perfect time to buy!!

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AIOREP Top 10 Agent for Client Satisfaction in Texas 2015



ASHLEY AUSTIN
HOMES

*Based on 2011–2015 home sales through Austin Board of Realtors

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treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight. Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. Please refer to the Classical Ads of this newsletter for our detailed information or visit www.amaranthacupuncture.com.



Interested in adoption for your family? The Adoption Collaborative of Central Texas is made up of organizations that are adoption focused and committed to raising awareness about the children in our communities that are awaiting families. The collaborative is driven by the mission of sharing the responsibility to strengthen the adoption community and build forever families. You can work with these agencies to become licensed to foster and/or certified to adopt. There are no fees to adopt from the foster care system regardless of which agency you work with. There is only one pool of children, and they are all in care of the state, every licensed agency has the ability to assist in adoption of any foster child in Texas. Child placing agencies are also foster care providers. The first step is to choose a child placing agency to begin your journey.

Learn more about starting the adoption process and the children waiting for forever families at www.heartgallerytexas.com.

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Timely Tips for February Gardeners

February may be the toughest gardening month. Thank goodness it's short. In Texas we do not know what kind of weather to expect from day to day or from day to night. Keep in mind that the average last freeze for our area is not until mid-March. Even so, many plants normally begin to show signs of growth in February, which makes it the perfect time, to get outside and work in the yard.

This is the perfect time to get your garden tools in good working order. So that when Spring arrives you are ready to plant those plants, mow the grass and prepare all those beds in preparation for a beautiful landscape.

Pruning is both an art and a necessary maintenance function. Most trees and shrubs can be lightly pruned at any time; however mid-winter is generally the best time for major pruning.

Summer flowering trees and shrubs should be pruned before buds begin to swell for Spring, generally they bloom on new growth; examples are crape myrtle, butterfly bush, spiraea and honeysuckle. If those seed heads on crepe myrtles bother you,

remove them this month. Just clip back the ends of the branches, do not destroy the beauty of the gracefully sculptured trunks by severe pruning. Please never top a crape myrtle. Spring flowering plants such as azalea, Carolina jessamine, wisteria, forsythia, and quince should not be pruned until after the blooms are spent.

February is the best time for pruning most roses. Remove any old and diseased canes then cut the remaining canes back by 50%. Make your cuts above a bud that faces away from the center of the plant.

Early to mid-February marks the time to apply a pre-emergent herbicide for lawns. These products kill germinating seed. A second application may be needed in late May or early June. Remember that the best defense against lawn weeds is a healthy, thick turf resulting from good management.

Trim back perennials and ornamental grasses before the new growth appears in Spring. Clean up around plants and mulch well to protect.

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THE BULLETIN

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View answers online at www.peelinc.com

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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.

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NATUREWATCH: WINTRY WONDERS

by Jim and Lynne Weber

While our winter weather is milder than most, our thoughts often turn to visions of ice and snow. From first frost to ice storms to snow storms, these frozen precipitation events are sporadic in Central Texas, but when they occur, they can also be spectacular!

How does frost, this sparkling layer that sometimes covers the landscape, form? When the temperature of the air reaches a point where the water vapor in it can condense out into water, it is called the dew point. The frost point is when the dew point falls below freezing, and rather than producing dew, it creates frost. Consisting of tiny, spike-like crystal structures called 'spicules' that grow out from a solid surface, frost generally forms on surfaces that are colder than the surrounding air. Even the size of the crystals can vary, depending upon the amount of time they took to grow, the relative changes in temperature, and the amount of water vapor available.

Cold air is denser than warm air, so quite often when night skies are clear and calm, lower areas become colder due to differences in elevation. Known as surface temperature inversion, this phenomenon forms 'frost pockets' or areas where frost forms first, due to cold air trapped against the ground. On such days, there can be a 40 to 50 degree difference in air temperature between dawn and early afternoon. Getting out early can reward you with a rare and wonderful spectacle of nature when something called 'hoar frost' is formed.

Referring to white ice crystals that are deposited on the ground or loosely attached to exposed objects such as leaves and branches, hoar frost forms on cold, clear nights when heat radiates out to the open sky faster than it can be replaced by nearby sources such as wind. This allows objects in the landscape to cool below the frost point of the surrounding air, and well below the freezing point of water. Hoar frost can form in low-lying cold air even when the air temperature a few feet above ground is well above freezing. The name 'hoar' comes from an Old English adjective meaning 'showing signs of old age', and refers to the frost making the vegetation look like it has grown white hair. When hoar frost forms on objects above the

surface, like branches and leaves, it has a feathery-like appearance and is specifically called air hoar.

Snow, on the other hand, is an entirely different matter. When a cold water droplet freezes onto a pollen or dust particle high in the sky, it creates an ice crystal. As this primary crystal falls toward the ground, more water vapor freezes on it, building new crystals that form the six characteristic arms of a snowflake. This process of crystallization builds in a symmetrical or patterned way, because it reflects the internal order of the water molecules as they arrange themselves in pre-determined spaces to form the six-sided snowflake.

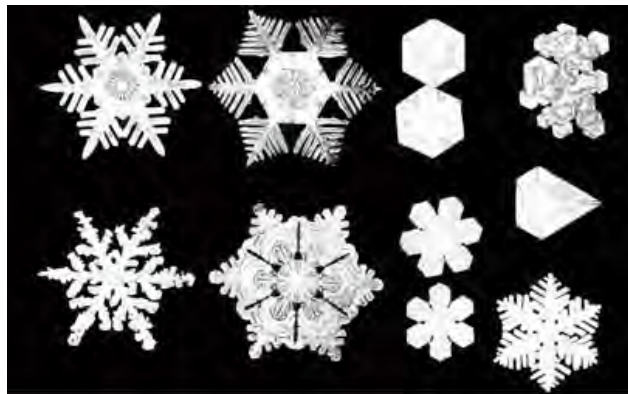
The most significant factor that determines the basic shape of the ice crystal is the temperature at which it forms, and to a lesser degree humidity. The intricate shape of a single arm of a snowflake is determined by these atmospheric conditions as the entire crystal falls. As slight changes in temperature and humidity occur minutes or even seconds later, a crystal that begin to grow in one way might then change and branch off in a new direction. Since all six arms of a snowflake experience the same changes in atmospheric conditions, they all grow identically. And since individual snowflakes encounter slightly different atmospheric conditions as they take different paths to the ground, they all tend to look unique, resembling everything from simple prisms and needles to intricately faceted plates and stellar dendrites.

On the surface, winter may seem as if nature is shutting down all around us, but take the time for a second look. Aside from the visual beauty they provide, the frozen forms of precipitation during the season are just another part of the ongoing cycle of life and renewal for our native plants and animals.

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



Hoar frost on barbed wire



Snow crystal forms



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