

THE BULLETIN

Belterra Community News

December 2016 Volume 10, Issue 12

News for the Residents of Belterra



INSTEAD OF TOYS THIS HOLIDAY SEASON, SOME KIDS JUST WANT THEIR BASIC NEEDS MET

by Dr. Beverly Hamilton

One in four children in the Austin area live in poverty. The tiniest members of our community don't care yet about toys but they might know what it's like to not have enough diapers. Diapers are not covered under assistance programs and cost \$800-\$1,000 per year. This price tag means some families have to decide between paying their rent or paying for diapers. A national study showed that 1 in 12 mothers reported leaving their baby in a soiled diaper longer than necessary due to limited resources.

The founder of Austin Diaper Bank, Beverly Hamilton, started the diaper bank out of her spare bedroom after learning this sad fact. Now the organization has grown exponentially and occupies a modest warehouse on Burnet Road in north Austin. Austin Diaper

Bank helps make sure that Central Texas families have the diapers they need to keep babies healthy. By working with a network of over 40 partner agencies, the diaper bank serves thousands of people from Georgetown to San Marcos.

The diaper bank is a grassroots community effort, largely donation driven and volunteer run. To directly help babies in Central Texas this holiday season, you can host a a diaper drive, donate much needed funds, provide diapers (larger sizes are especially in demand) or volunteer. Individuals and groups can spend time in the warehouse sorting, counting and bundling diapers for distribution to the community. The littlest Central Texans thank you.

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**


NEIGHBORHOOD COMPASSION WATCH!

COMPASSION IS ACTION.

Let's each of us make it our mission to bring positive change and solutions to our own lives, our communities, and our world. Let's sustain our hope for a better world through personal action.

Try this in December. Start a compassion jar or box in your home. Challenge yourself and your family members to seek out and discover compassion in your home, neighborhood, school, and workplace (acts of kindness, service, respect, love, acceptance, generosity, hope, peace, gratitude, forgiveness, and caretaking of the Earth). Pay close attention and discover these acts in yourself and others. Recognize these acts by dropping a note or a marble or pebble into the jar or box. See how full it gets. Find a time to share with each other what you discover.

Share your stories here and we'll publish them www.peelinc.com/residentsArticleSubmit.php. Also, share via social media with the hashtag #compassionup.



FEEL GOOD. DO GOOD.

At the Hays Communities YMCA, you, your friends and family will find more than a gym. You will find a community with a cause. We are open to all and embrace individuality. We believe in our members and support them wherever they are in their journey. We are on a relentless quest to make our community stronger, beginning with you!

Learn more and join today at AustinYMCA.org

 **HAYS COMMUNITIES YMCA**
 465 Buda Sportsplex Dr • 512.523.0099
AustinYMCA.org



ASHLEY AUSTIN
H O M E S

BEST IN SOUTHWEST AUSTIN FOR
THE PAST FOUR YEARS*



12317 ALCANZA - 7049 AUCKLAND
8209 CHENO CORTINA TRL - 7416
MITRA DR - 19804 WEARYALL HILL LN
8230 EVELINA - 9127 SPINNING LEAF
CV6608 MITRA - 6604 MITRA DR - 7504
WISTERIA VALLEY DR - 9128 SPINNING
LEAF COVE - 4019 IRIONA BEND - 16017
SNOWDONIA CV - 9001 RIDGEWELL
9909 RAMBLE THREE - 15101 GENERAL
WILLIAMSON DR - 1904 HELIOTROPE CT
7309 ONDANTRA END - 6820 VITRUVIUS
11024 PAIRNOY LANE - 7214 GENEVA
DR - 5305 SPIREA COVE - 8901 CHALK
KNOLL DR - 10617 REDMOND RD
7717 MITRA DR - 8120 SIRINGO - 1000
E 13TH STREET - 8411 BLAZYK DR - 314
LEDGE STONE - 1032 COTTON PATCH TRL
2915 SHOTGUN LN - 6809 HANSA LOOP
11705 HOBBITON TRL - 7424 JABORANDI
DR - 6710 DEBEOE DR - 9812 NANDINA
COVE - 8109 VIA VERDE DR - 2417 ARION
CIR - 8004 LENAPE TRL - 9301 COLBERG
DR - 5332 AUSTRAL LOOP - 161 SAINT
RICHIE LN - 8701 ESCARPMENT BLVD
#83 - 11004 SIERRA RIDGE - 506
BALDOVINO SKWY - 11520 VIRIDIAN
WAY - 366 MIRAFIELD LN - 6613 MITRA
DR - 7504 MITRA DR - 10713 MAELIN DR
1309 SIR THOPAS TRL - 116 PHALAROPE
DR - 1101 OTTAWA DRIVE - 6424
MAGENTA LN - 6210 TASAJILLO TRL
6113 ABILENE TRAIL - 4912 HIBISCUS
VALLEY DR - 3201 DESERT WILLOW
CV - 2809 KENTISH DR - 2412 VINTAGE
STAVE RD - 105 COSTA BELLA - 4825
NORMAN TRL - 420 MIDDLE CREEK
2303LEARLANE - 2303LEARLANE - 10813
GALSWORTHY LN - 10806 REDMOND RD



ASHLEY STUCKI EDGAR BROKER, REALTOR, CHLMS, CIPS, CRS
ashley@ashleyaustinhomes.com | www.ashleyaustinhomes.com |  
C 512.217.6103 | O 512.856.4663

*Austin Business Journal Top 3 Producing Agent 2014 – 2015 | Texas Monthly Five Star Agent 2013 – 2015
Austin's Platinum Top 50 Award Winner 2015 – 2016 | AIOREP Top 10 Agent for Client Satisfaction in Texas 2015*

**Based on 2012–2016 ABOR data*

DEER & TREES & SUCH

Bambi is cute. His daddy and momma are majestic and elegant - and all of them are very very hungry! No doubt you have noticed that deer these days are becoming bolder and that deer-resistant plant lists are shrinking each year. Why? Populations in suburban-rural areas are increasing due to many factors all the while their native food sources are dwindling. Toxic and disagreeable landscape plants are becoming necessary for their forage as natural predators, hunting, and routes for migration become almost non-existent. Often corn is provided with good intentions, but it is well documented that it is of little nutritional value and can cause them to die as a result of acidosis. It has become a situation which is costly and undesirable for hill country communities and deer alike. One of the best sources of food for deer has always been the acorn. One of the less considered repercussions of the national tree epidemic we all call oak wilt, is the loss of this major deer diet staple in those more and more prevalent locals where this fungal pathogen has caused the death of oak trees. Property clearing has also affected them by the generic approach of remove everything but the Live Oaks and grass (deer don't have the capacity to digest mature grasses) from the lot and raising tree canopies above the height that deer can reach to browse. Also, not a minor issue of deer over-population is the genetic defects arising from in-breeding.

Though some may think it is "neat" to see deer so close to our back

porches, it is incredibly unnatural. The lack of fear and decline of self-preservation instincts can take a serious toll on our bodily safety on the roads that the deer constantly jay-walk across, our insurance premiums, and obviously and arguably the worst consequence is the painful injury and likely drawn-out death the deer experience after vehicular impact. Also a result of this lack of fear (along with hormonal craziness), bucks are during the rut choosing our landscape trees as their punching backs if you will - both letting out there aggression and leaving their scent behind, both culminating in the likely event of your tree dying. Cages or plastic protectors are absolutely critical for any planted tree to survive these days.

Humane, well-thought-out plans of action are absolutely necessary to bring deer populations to levels (and maintain them at those levels) advised by wildlife experts, who have both the knowledge and are motivated by compassion to seek the good of both the community and the deer. Trapping, relocating, more park space, food plots of nutritional forbs, mast, and browse as well as regular education of the public of informed care practices for these amazing animals are just a few of the many things which can help enrich our lives and theirs.

Questions or comments this article or previous articles have generated, may be directed to me at: kevin@arborcareandconsulting.com

250 BUSINESS CARDS FOR

\$16.50



Price Does Not include tax and shipping
Some Restrictions Apply

512.263.9181

QualityPrintingOfAustin.com

NOW HIRING

Advertising Sales Representative

Description: The position includes marketing our community newsletters to local and area businesses. It is a flexible position that allows you to work from home and set your own hours.

Roles: Stimulate new advertising accounts in our community newsletters. Maintain current accounts assigned to you by Sales Manager. Service your accounts by assisting them from ad design to final proof approval.

Skills: Excellent communication through email and phone, with high level presentation and relationship-building skills. Strong prospecting and business development skills are a must. Previous sales experience preferred but not required.

Benefits: Commission Based
Apply by sending resume to jobs@peelinc.com



PEEL, INC.

HITTING THE SLOPES THIS SKI SEASON? KEEP IN MIND THESE TIPS TO PREVENTING INJURIES ON THE SLOPES.

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries in Austin recreational athletes of all ages and abilities.

For 15 years, as a traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of injuries in these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is

“How can I avoid hurting myself on the ski slopes?”

So what do I tell recreational skiers about staying healthy on the hill?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginkgo biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude. Early trip moderation equals a better mountain experience!

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- Get in good “ski-shape”
6 weeks of strength and some aerobic training will suffice
- Ski within your limits
- Stay relaxed, focused & well hydrated
- Watch out for that last, fatigued run of the afternoon

- If you fall, fall forward and throw your hands in front of you it's proven that less knee and shoulder injuries occur in the forward lean of a fall.
- And always, always, wear a helmet!

Before you ski, take time to take stock of your physical condition, especially your knee, shoulder and hip joints. Pre-trip aches and pains will not make for an enjoyable ski trip!

Written by Kelly Cunningham, MD Orthopedic Specialist and Founder, Austin OrthoBiologics Sports Medicine Clinic

Austin resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.



 <p>scholar</p>	 <p>artist</p>	<p>Join us for open house and small group tours!</p> <p>For more information visit www.sasaustin.org or call 512.299.9802 for grades K-8 or 512.299.9720 for grades 9-12. Lower/Middle School: 1112 W. 31st St. Upper School: 5901 Southwest Pkwy. Follow us! facebook/sasaustin.org</p>  <p>ST. ANDREW'S EPISCOPAL SCHOOL, K-12</p>
 <p>athlete</p>	 <p>servant</p>	

IPM... INTEGRATED PEST MANAGEMENT

TEXAS A&M
AGRILIFE
EXTENSION

IPM is short for Integrated Pest Management and is the blending of effective, economical and environmentally sound pest control methods into a single flexible approach to manage pests. When utilizing IPM, we hope that you can avoid or reduce pest problems.

Here are some things to reduce the number of pests in your home:

- Reduce food or water resources for insects:
- Encourage family to eat in one location. This makes it easier to clean since spills and crumbs are not spread around the house.
- Clean up any spilled food or drink as soon as possible.
- Sweep & vacuum regularly. This helps to remove food crumbs, pet hair and other things that insects may feed upon.
- Do not leave dirty dishes in the sink overnight. Even small bits of food can be a meal for insects.
- Do not leave pet food out overnight. Again, can be a free meal for insects.
- Remove old newspapers, magazines and books that are unused. Silverfish love to feed on these types of items.
- Repair plumbing leaks to get rid of water sources required by insects.

IPM is short for Integrated Pest Management and is the blending of effective, economical and environmentally sound pest control methods into a single flexible approach to manage pests. When utilizing IPM, we hope that you can avoid or reduce pest problems.

- Use a plastic bag to line garbage cans to make garbage easier to remove.
- Remove garbage on a weekly basis, possibly more during warmer times of the year.
- Reduce areas where insects may live:
- Clean drains with a stiff brush & then flush with boiling water. There are small flies that can grow in the slime layer of drain pipes. The stiff brush will loosen the slime and the boiling water will flush it away.
- Remove tree stumps and any dead branches in the yard to avoid carpenter or acrobat ant populations living in these areas.
- Remove debris (firewood, bricks, stones, etc.) away from the home. These areas can be inhabited by a variety of arthropods including spiders, scorpions and cockroaches.
- Clean closets on a quarterly basis to reduce the chance of spiders moving in.
- Reduce moving insects into the house:
- Inspect all items for pests before bringing them into the house. Insect pests can be brought into the home with such items as potted plants, boxes full of things inherited from a family member, or used

(Continued on Page 7)

**Burn-up
the
League!**

Visit www.FireFan.com to **REGISTER** & be the first to get the app!
Enter Access Code **"WinEveryday"**

(Continued from Page 6)

clothing of furniture, among other things.

- Prune tree limbs that touch or overhang the home & prune back and shrubs that touch the home. When shrubs or trees touch or overhang the home, they can be used as bridges for insects to get onto the home and then move inside.

- Seal entry points on the outside of the home with sealant, expanding foam or copper mesh screening. Pipe penetrations, weep hole or cracks can allow insects, spider or other animals move into the home.

- Store food in sealed plastic or glass containers to keep pantry pests out.

- Keep screens, weather stripping and door thresh holds in good repair. Many insect pests are very small, so even a small tear in a screen or crack under a door can allow them to come inside.

- Use yellow bulbs in outside lights to reduce the number of insects coming near doorways.

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

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied.

The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.

SUDOKU

View answers online at www.peelinc.com

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

© 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.

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 Bulletin is exclusively for the private use of the residents 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.

EDITOR WANTED

Call today to find out
how you can contribute
to your newsletter!

512.263.9181



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

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

BT



LET US HELP YOU
GROW YOUR NEXT

**BIG
IDEA**



PEEL, INC.
printing & publishing

CONTACT US TODAY!

512.263.9181

OR VISIT

PEELINC.COM