

THE BULLETIN

Belterra Community News

May 2018 Volume 12, Issue 5

News for the Residents of Belterra

ALZHEIMER'S TEXAS™



27TH ANNUAL ALZHEIMER'S TEXAS WALK, OCTOBER 6, CAMP MABRY

“What’s Raised Here, Stays Here! 100% Local!”

Austin, TX – This year marks the 27th Annual Alzheimer’s Walk for support, care, and research hosted by Alzheimer’s Texas. The walk will be held on the morning of October 6 at Camp Mabry in Austin, Texas. Alzheimer’s Texas, a local nonprofit organization serving Central Texas for 36 years, separated from the National Alzheimer’s Association in January 2016. As a result, 100% of the funds raised will remain local to be used here in Central Texas.

“We are, and always have been, deeply committed to providing families in Central Texas with compassionate services that are relevant to their needs, like our caregiver support groups and great educational programs,” says Christian Wells, President of Alzheimer’s Texas. “When people walk with us on October 6th, they know that they are supporting the services they value and will directly touch the people living with Alzheimer’s in Central Texas.”

The Alzheimer’s Texas Walk is an opportunity for Central Texans’ to get together and celebrate the difference we’re making on a local level, for those affected by Alzheimer’s and to bring the community together. One of the many supporters of Alzheimer’s Texas, Valerie Vogt Sills, Gold Star Walker for Alzheimer’s Texas, walks for her mother who was diagnosed with this terrible disease in her late sixties. Valerie has walked with Alzheimer’s Texas for the past 14 years raising more than \$23,000 to help support programs for the families and caregivers dealing with this disease and to ultimately help find a cure for Alzheimer’s.

“When the Alzheimer’s groups split, I chose to support Alzheimer’s Texas rather than the national organization because I know that the money will go to help out local and state programs,” says Valerie

Vogt Sills, Gold Star Walker for Alzheimer’s Texas. “I lost my mom to Alzheimer’s in 2009 and have been walking in her memory since then to help others dealing with this disease.”

The Alzheimer’s Texas Walk will be held Saturday, October 6 at the Camp Mabry, with check-in beginning at 8:15 am. There are two scenic routes for Walkers to enjoy, a 1-mile course and a 2.5-mile course. In addition to the Walk, the event will feature food, live music, activities for kids, prizes, and more. All participants who raise \$50 or more will receive a free event T-shirt.

In addition to joining the cause as an individual walker or starting a team, you can also support through corporate sponsorships at various levels. Corporate Regional support is provided by Westminster, ABC Home and Commercial services, Silverado Memory Care, Arden Courts, Querencia, and many more.

To learn more and register for the 2017 Alzheimer’s Texas Walk and to keep your fundraising dollars for Alzheimer’s local, visit www.txalz.org/walk or call (512) 241-0420.

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About Alzheimer’s Texas

Alzheimer’s Texas is dedicated to eliminating Alzheimer’s disease through the advancement of research and to enhancing care and support for individuals with Alzheimer’s disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour help line, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer’s Texas was founded in 1982 and serves Central Texas. For more information, visit www.txalz.org.



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PARENTS NAME

2. Fill out the information to the right.

CHILDS NAME

CHILDS AGE

3. Mail your artwork to:
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Austin, TX 78749

ADDRESS

STATE & ZIP CODE

4. Winner will be announced on our Facebook page on 6/9/18!

PARENTS EMAIL



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GIRLS EMPOWERMENT NETWORK'S CAMPGEN SUMMER CAMPS INSPIRE CENTRAL TEXAS GIRLS IN GRADES 3 - 8 TO OWN AND USE THEIR POWER

This summer the Girls Empowerment Network will host a two-part campGEN Summer Camp Series with weeklong summer camp sessions for girls entering grades 3-8.

campGEN girls participate in interactive workshops that are designed to help girls feel more confident as they navigate girlhood. The program engages Girls Empowerment Network's girl experts and female role models as camp counselors. The two-part Summer Camp Series for girls entering grades 3-8 includes:

- campGEN – Part 1, held June 18-22, kicks off with “Own My Power.” This camp focuses on building confidence and self-love. Girls will explore stress management, identity, self-compassion and body positivity. Activities include yoga, art and craft projects, writing, talent shows and games.

- campGEN – Part 2, held July 16-20, continues the conversation with “Use My Power.” Girls will focus on using their confidence to advocate for themselves and others. Girls will explore and practice confident communication, advocacy, healthy friendships and values. Activities include role playing, skits, a fun community advocacy project, and games.

“Our entire team is excited to invest our time and energy into programming that makes campGEN summer camp fun and an experience to remember,” says Caroline Crawford, program director. “This year our summer camps build on one another, and we see girls signing up for both sessions soon once they learn to OWN their power, then they can put it into practice and USE their power. We know they’ll walk away with a strong sense of self and be ready for another school year.”

Network (GEN) helps girls discover they are powerful people. Through school-based programs and community events for girls, parents and schools, GEN ignites power in girls ages 8 – 18 by teaching them skills to thrive and believe in their ability to be unstoppable. campGEN was created to expand Girls Empowerment Network's services that empower girls to navigate the challenges of girlhood.

Both campGEN summer camp sessions will be held in Downtown Austin at First Baptist Church, located at 901 Trinity Street, Austin, TX 78701, Monday-Friday, 8:30 a.m. – 4 p.m. Drop off begins at 8:00 a.m. and aftercare is available until 5 p.m. for \$50. Each five-day session costs \$330.

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

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THE BULLETIN

MOSQUITO REPELLENTS



As mosquito season is ramping up, everyone is (hopefully) aware of possible disease transmission by mosquitoes. It is important that you protect yourself when spending time outside.

Activity times for mosquitoes can vary. Most people are familiar with the four D's- DRAIN (standing water), DEET (wear some repellent), DUSK & DAWN (stay indoors during dusk and dawn to avoid peak populations) and DRESS (wear long sleeves and long pants). While this is still good advice, it may be a good idea to spread the dress and repellent advice for anytime you spend time outdoors.

When outside, wear long pants and a long sleeved shirt in light colors to reduce the number of mosquitoes that can reach your skin. Repellent should only be applied to clothing and exposed skin. Do not apply repellent underneath clothing! If you want to apply repellent to your face, spray your hands with repellent and rub it onto your face. Do not spray repellent directly into your face or near eyes or mouth. Make sure to apply repellent outdoors. Do not allow children to handle repellents. Wash hands before eating, smoking or using the restroom.

The Center for Disease Control (CDC) recommends using a product registered with the EPA (Environmental Protection Agency) containing one of the following active ingredients: DEET, picaridin, IR3535 and some of the products containing oil of lemon eucalyptus.

DEET, also known N,N-diethyl-m-toluamide or N,N-diemethylbenzamide, was developed by the U.S. Army in 1946 to protect soldiers in insect-infested areas. Pesticides containing DEET have been used by the general public since 1957. Products containing DEET should not be used on children younger than 2 months of age (read the label and check with your pediatrician if you have questions). DEET has a slight odor and may have a greasy feel to some people. It may damage plastic, rubber, vinyl or synthetic fabrics. DEET may be irritating to the eyes and skin for some people. DEET comes in a wide variety of concentrations, so choose the one that will work best for your situation.

Picaridin was first made in the 1980's and resembles a natural compound called piperine (which is found in plants used to produce black pepper). Picaridin has been used in Europe and Australia for many years, but has only been in the U.S. since 2005. Picaridin is non-greasy and is odorless.

IR-3535, or 3-[N-Butyl-N- acetyl]-aminopropionic acid, ethyl
(Continued on Page 5)

the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A SPLASH THIS SUMMER

The YMCA of Austin's pools are waiting for you this summer—along with all of the fitness equipment, classes and personal training options that you know and love. Kick off your day with an invigorating splash, entertain the kids for hours, cool down post-workout or relieve some stress with a few laps after work. No matter your reason, jump on in!

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community newsletters

(Continued from Page 4)

ester, was developed in the mid- 1970's and became registered for use in the U.S. in 1999. It is registered as a biopesticide by the EPA because it is functionally identical to a naturally occurring substance (an amino-acid). It may dissolve or damage plastics and may be irritating to the eyes.

Oil of lemon eucalyptus (OLE) or PMD (para-menthane-3,8-diol) are essentially the same thing; PMD is the synthesized (lab created) version of oil of lemon eucalyptus. "Pure" or "essential" oil of lemon eucalyptus is not labeled as a repellent and has not undergone testing and should not be used as a repellent product. OLE/PMD has been on the market in the U.S. since 2002. OLE/PMD should not be used on children younger than 3 years of age. The natural product (OLE) has known allergens within it while the synthetic version (PMD) has less of a risk to allergens. This product is classified as a biopesticide. OLE/PMD has a varying range of residual, some offering about 20 minutes of protection while other products may last up to two hours.

Many factors play into how long a repellent will last for a person. Some of these are:

- The concentration (or percent of active ingredient) of the product. You can find the percentage on the product label.
- Person's attractiveness. Some people are more attractive to mosquitoes than others (and no scientific research has proven that it is because of eating garlic, taking vitamin B, using tobacco products, etc.). A person's genetic code plays a large part on what makes a person so attractive to mosquitoes.
- Frequency and uniformity of application. In other words, how often is the repellent applied and how good of coverage did you get?
- Activity level of the person. The more active the person is, the more sweat they produce which can cause the repellent to wash off the surface of the skin.

As a word of caution, there are products that combine sunscreen and insect repellent. The CDC recommends that if you need sunscreen and repellent, that you choose two separate products. Sunscreen should be applied more often than repellents.

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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The poster features a vibrant background with a purple and pink sky, yellow and orange mountains, and white fireworks. At the top center is the Hill Country Indoor Sports & Fitness logo, which includes a star and the text "HILL COUNTRY INDOOR SPORTS & FITNESS". The main title "Party ON THE Hill" is written in a large, white, cursive font. Below the title, the text "Hill Country Indoor Open House" is in a bold, white, sans-serif font, followed by "Join us for a day of family-friendly activities and games as we celebrate our recent opening!" in a smaller, white, sans-serif font. The date and location "SATURDAY, MAY 19TH, 2018 AT HILL COUNTRY INDOOR" are in a white, sans-serif font. The address "13875 Bee Cave Parkway, Bee Cave, TX 78738" and the time "From 12pm - 8pm" are also in white, sans-serif font. The website "hillcountryindoor.com/party-on-the-hill/" is at the bottom in white, sans-serif font. The phrase "Let's party on The Hill!" is written in a large, white, cursive font at the bottom of the poster.

NATURE WATCH

BLAZING BEETLES

by Jim and Lynne Weber



Big Sand Tiger Beetle

an unusual form of pursuit where they alternatively sprint quickly toward their prey then stop and visually reorient, eventually running down their target. In fact, some tiger beetles can run at a blazing speed of 5 mph, and are considered one of the fastest running land animals for their size!

Tiger beetles are believed to be closely related to ground beetles, but they differ in terms of their proportions. Tiger beetles are about one inch long on average, with a head wider than its thorax, which is located between the head and the abdomen. They also have large bulging eyes, long spindly legs, and oversized sickle-shaped mandibles to grab prey and devour it on the spot. Tiger beetles are important predators in the insect world, feeding on a wide variety of ants, beetles, grasshopper nymphs, flies, and spiders. They are most often found in sandy areas, stream edges, clay banks, and woodland paths. Many are active in the daytime, and the colors and patterns on their oblong elytra (or wing covers) are often iridescent and striking.

Some of the more common tiger beetles in our area include members of the *Cicindela* genus, which comes from the Latin and means 'glowworm', referring to the fact that most of these



Festive Tiger Beetle

Over 2500 species and subspecies of tiger beetles are currently described worldwide, with more than 45 species occurring in Texas. Tiger beetles get their name from their cat-like predatory behavior, performing

species have metallic, flashy elytra. In Eastern and Central Texas, the Big Sand Tiger Beetle (*Cicindela formosa*) and Festive Tiger Beetle (*Cicindela scutellaris*) prefer the dry sandy areas of post oak woodlands. The Big Sand Tiger Beetle has luminous reddish-purple elytra with irregular white marks around the edges and the Festive Tiger Beetle's elytra are iridescent reddish-bronze to purple to



Six-spotted Tiger Beetle

blue-green or blue-black with reduced or absent spotting. Both species can be sighted late spring into fall. Abundant along water edges, the Ocellated Tiger Beetle (*Cicindela ocellata*) is most active in the summer, and can be identified by its bronze elytra speckled with 8 cream-colored spots (4 on each elytra). Ocellated means having one or more ocelli, or eye-like markings. The Six-spotted Tiger Beetle (*Cicindela sexguttata*) is the probably the most commonly observed species on dirt paths in grassy areas seldom far from woods, and has brilliant green elytra with typically six white spots on the lower half (3 on each elytra).

Tiger beetles are also excellent indicators of environmental quality and are often studied as bioindicators. Many require undisturbed sandy areas and specific microclimates for their burrows. With rapid urbanization and human disturbance of natural areas, these blazing beetles have fewer places to live and survive. They are very sensitive to changes in the environment, and are among the first species to react to pesticides, misuse of natural habitat, and climate change.

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 books, *Nature Watch Austin* and *Nature Watch Big Bend* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Ocellated Tiger Beetle



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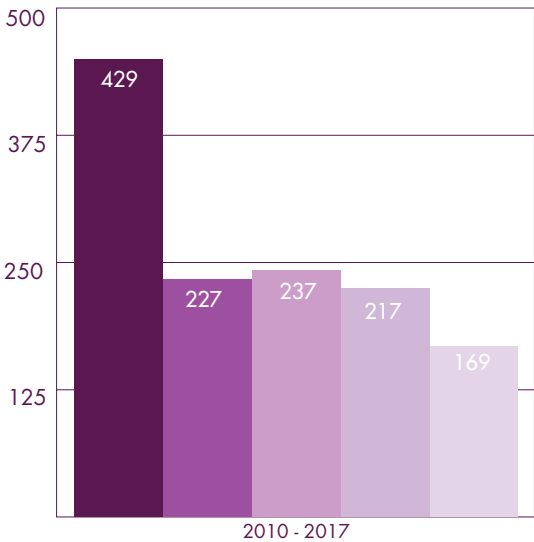
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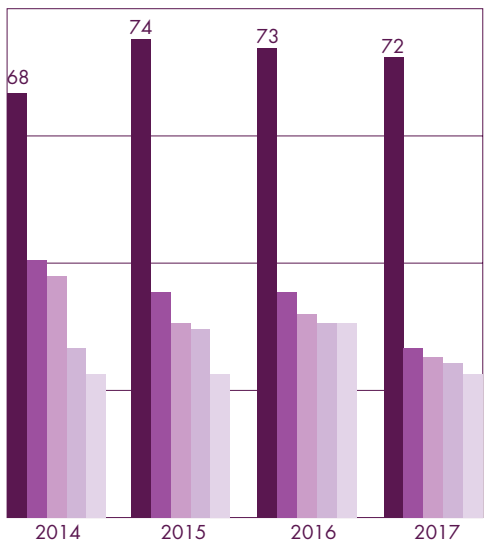
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