

THE BULLETIN

Belterra Community News

October 2018 Volume 12, Issue 10

News for the Residents of Belterra

Dripping Springs Songwriters Festival

OCTOBER 19-21, 2018

The Dripping Springs Songwriters Festival will be returning again on October 19-21 of 2018 with another incredible roster of local, national and international songwriting talent. This 5th annual event will present more than 35 showcases a day, featuring a wide variety of finely-crafted songs and the people and stories behind them. Over 40 talented songwriters from as far away as Toronto, Canada will play “in-the-round”, Nashville-style, on five intimate stages located at The Barber Shop, Acoyon Brewing, Mazama Coffee Co., The Sidecar Tasting Room and Hudson’s on Mercer - all of which are within safe, easy walking distance of each other in the quaint Historic District of downtown Dripping Springs. Performances run continuously on Friday and Saturday until late in the evening, and on Sunday the festivities include a spirited Gospel Brunch Showcase at Hudson’s on Mercer, followed by the ever-popular Festival Wrap-Party at the Barber Shop. Parking is plentiful, food and drinks will be available at each venue, and admission to all the showcases is free to the public.

Easily accessible and extremely well-organized, the Dripping Springs Songwriters Festival is a welcome, “industry-opposite” change from the typical “Austin-Palooza-Music-Fest” that everyone is familiar with. This annual event offers people the up-close and personal chance to see, hear, and get to know some very talented performers who have a deep love of the art of songwriting. Put plainly, the Dripping Springs Songwriters Festival is all about finely-crafted SONGS, and the talented folks who have written them.

Each year a portion of the proceeds of the Dripping Springs Songwriters Festival are donated to Kids in a New Groove, a non-profit, charitable organization that provides musical instruments and one-on-one instruction and mentorship to foster children in Central Texas. Put this event on your calendars now, and consider yourself officially invited to the heart of the beautiful Texas Hill Country to come and enjoy an exciting weekend of phenomenal singer/songwriter showcases. You won’t want to miss a single note of the 5th Annual Dripping Springs Songwriters Festival!

For more information about the 2018 Dripping Springs Songwriters Festival please visit www.drippingspringssongwritersfestival.com.



IMPORTANT NUMBERS

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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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Dripping Springs ISD PTA Reflections Contest



Each year “Reflections,” a national PTA program, honors artistic students by offering an opportunity to submit original creative works in six categories: categories of dance choreography, film production, literature, musical composition, photograph, and visual arts. This year’s PTA Reflections theme is “Heroes Around Me.” Students at all grade levels are eligible to enter. Entries are evaluated in four different age groups: primary (preK-Grade 2), intermediate (Grades 3-5), middle school (Grades 6-8), and high schools (Grades 9-12).

In the past, numerous Dripping Springs ISD students at various grade levels have been honored at the state level, and several have advanced to national competition.

Entries and entry forms can be dropped off in school front offices by Tuesday, Nov. 6, 2018. Boxes should be located in every office by the end of October.



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10 Tips to a Healthy Fall

by Laura McMullen

Seeya, summer.

Welcome back, short days, crisp air and colorful leaves. Think of the new season as a fresh start to your healthy habits. Stow away the swim suit and dust off the sweaters for apple picking. Enjoy the seasonal produce that makes this season so tasty. And celebrate the holidays like a health pro – by enjoying foods without overindulging. Here's how to enjoy your healthiest autumn yet.

Think beyond pies and jack-o-lanterns.

All hail The Great Pumpkin! The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Check out Eat + Run blogger Keri Glassman's recipes for roasted pepitas, pumpkin spread and roasted pumpkin, plum and pecan spinach salad.

Get your flu shot.

Want to spend a week of autumn cooped up at home, suffering from fever, fatigue and aches? Didn't think so. According to the U.S. Centers for Disease Control and Prevention, "The single best way to prevent the flu is to get a flu vaccine each season." And no, no, no, the flu vaccine cannot give you the flu.

And while you're at it, steer clear of the common cold, too.

Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system, and one serving of seaweed packs more vitamin C than an orange. Another immunity booster? The aforementioned autumn favorite: pumpkins.

Sign out of Facebook, ditch the fall lineup and head outside.

The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperature is a reprieve from the sweltering summer and a gift before the frigid winter. What better season to throw on a beanie and head outside? Plus, spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration, according to Harvard Medical School.

And while you're outside, get a workout.

Take in the changing scenery on a run, hike or bike ride. Join an intramural fall sport, such as flag football, soccer or Ultimate Frisbee. Want a workout that's a little less intense? Consider this: For a 150-pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories.

Scare off those Halloween candy cravings.

Maybe don't swear off every candy corn kernel – where's the fun in that? Just don't morph into a sugar zombie. If you buy candy for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you

throughout October. If you buy the candy sooner, keep it out of sight in a cupboard.

Eat like an athlete – not a couch potato – on game day.

"My favorite football player outperformed another skilled athlete. I'll celebrate his fitness by eating five servings of greasy potato chips!" Not this season. Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. Eat + Run blogger Keri Gans suggests other simple improvements to game day favorites, such as cutting pizza into smaller slices, doling chili into cups instead of bowl-sized portions and more.

Buy in-season veggies, such as beets, broccoli and Brussels sprouts.

Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Eat + Run blogger Rebecca Scritchfield believes the best way to enjoy fall veggies is by roasting them with just a little oil, salt and pepper.

Enjoy a healthier Thanksgiving.

Start Turkey Day with a protein- and fiber-packed breakfast, which will boost metabolism and help prevent sugar cravings, says Eat + Run blogger Heather Bauer. Then make a plan before the big meal, Glassman adds. Don't mindlessly grab heaps of every dish available. Think through which you could do without, and which you really want – and for the latter, practice portion control.

Give back.

Ideally, we're giving yearlong, but what better reminder to boost our good deeds than Thanksgiving? Giving takes many forms, big and small, so the possibilities are endless. Give your co-workers a sweet surprise by bringing treats to share. Give older people some attention by visiting them at the nursing home. Simply give your fellow driver a break by letting him merge into your lane.



HALLOWEEN SAFETY TIPS

Centers for Disease Control and Prevention

Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

GOING TRICK-OR-TREATING?

- Swords, knives, and other costume accessories should be short, soft, and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.
- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- Look both ways before crossing the street. Use crosswalks wherever possible.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

EXPECTING TRICK-OR-TREATERS OR PARTY GUESTS??

Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For guests, offer a variety of fruits and vegetables.

- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.





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October is National Breast Cancer Awareness Month

From WhatHealth.com



The First Event

In 1985, the first Breast Cancer Awareness Month (BCAM) was observed in the United States. In the US this event is referred to as National Breast Cancer Awareness Month (NBCAM).

Initially, the aim of this event was to increase the early detection of breast cancer by encouraging women to have mammograms. As many women know, a mammogram is an x-ray of the breast used to detect abnormalities in breast tissue. Early detection means that cancer can be more effectively treated and prevented from spreading to other areas of the body.

The Rise In Popularity

The US National Breast Cancer Awareness Month Website went online in 1998, and lists the organizations which are on the board of sponsors for this event. Over the years, the focus of this event has widened. A number of organizations based in the US and in other countries now support this international health awareness event.

Given the large number of organizations involved, and the huge sums of money raised, breast cancer awareness has grown into an industry in its own right; this campaign can almost be described as a year long event.

Today, Breast Cancer Awareness Month is as much about raising funds for breast cancer research and support, as it is about raising awareness.

The Color Pink & The Pink Ribbon

With the founding of The Breast Cancer Research Foundation in 1993, the pink ribbon, which had previously been used to symbolize breast cancer, was chosen as the symbol for breast cancer awareness.

The color pink itself, at times, has been used to striking effect in raising breast cancer awareness. Many famous buildings and landmarks across the globe have been illuminated in pink light

during this event; Sydney's Harbour Bridge, Japan's Tokyo Tower and Canada's Niagara Falls to name a few.

Due to the success of this awareness event, for many people, the color pink and breast cancer awareness ribbons are now associated with breast cancer awareness.

Activities

To sustain momentum of this awareness campaign & gather maximum support, daily events and activities are often held throughout the month of October. For example, a company may designate a day as 'Pink Day' in which employees wear pink at work.

The numerous awareness activities which take place may include sponsored walks, golf events, seminars and breast cancer screening days.

Background To This Event

Breast cancer is a disease which begins in the breast tissue; it's the second most common type of cancer and mainly affects women (breast cancer is rare in men).

During 2005, over 185 000 women were diagnosed with breast cancer (see incidence of breast cancer). Left undetected and untreated, breast cancer can spread to other areas of the body. Where breast cancer has to spread to other areas, it is referred to as metastatic breast cancer and classed as stage 4.

The prognosis for stage 4 breast cancer is not good; the 5 year survival rate is only 16 percent. Given the high incidence and destructive nature of breast cancer, early prevention and treatment of this disease is a high priority.

To find more about breast cancer, you may visit www.whathealth.com/breastcancer or the World Health Organization (WHO)'s website <http://www.who.int/cancer/prevention/diagnosis-screening/breast-cancer/en/>



**The Dripping Springs Farmers Market
is each Wednesday from 3p - 6p.**



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