

THE BULLETIN

Belterra Community News

December 2018 Volume 12, Issue 12

News for the Residents of Belterra

Does Cold Weather Cause Colds? Health Myths You May Have Heard Around the Holidays

By Athena Hessong

It's the holiday season, but that also coincides with cold and flu season. These two times merge as temperatures plummet and people begin to travel. To keep yourself healthy this winter, you might need to unlearn some of the health myths you've heard around the holidays.

Does Cold Weather Cause Colds?

The common cold, like the flu, is caused by a virus, not by cold temperatures as many health myths would have you believe. Just standing in a walk-in freezer or outside on a cold day will not give you a cold. Though, the cold weather has long had an association with this ailment. In most cases, being in a closed environment with people you haven't seen for a while, shaking hands, hugging, and kissing creates a prime place to pass germs. Most scientists attribute this to why more colds and cases of flu appear during the holidays than at other times of the year. However, recent studies have shown that cold air may make it easier for the cold virus to replicate in the nose, though the cold weather does not cause the cold. You have to pick up the virus first.

You Lose Half Your Body Heat Through Your Head

As a child, you may have been reminded by a parent to wear a hat in cold weather because you lose half of your body heat through your head. But this is another of the many health myths that does not hold true. The head is such a small proportion of the entire body, and for most people, it's covered in hair. Can you really lose so much heat from your head to suffer cold illnesses? After some scientific study, experts showed that the heat lost through the head was proportionate to the percentage of the body's surface area taken by the head. Heat loss through the head accounted for only 7 to 10 percent of all heat lost, and the head is only about 7 percent of the body. While you won't lose the majority of heat through your head, if you stay more comfortable in the winter with a hat, keep it on.

Hangovers Have a Cure

Sorry partiers, but hangovers don't have a cure, no matter how many nutrition drinks or pills are pushed for a miracle remedy. A

hangover results from the body's reaction to processing excessive amounts of alcohol. Sadly, the only true cure for a hangover is time. You cannot take a hair of the dog and sip on more alcohol the next morning, and no matter how tasty a plate of migas for breakfast is, it won't get rid of the hangover.

While you're waiting for your blood alcohol level to get back to zero, drink up on electrolyte-containing beverages since dehydration contributes to many hangover symptoms. If possible, sleep while you can, and get a good breakfast to get your system going. This is especially important if you experienced any nausea or vomiting, as low blood sugar can make you feel even sicker. To prevent a hangover, don't drink as much the night before, and only drink on a full stomach to slow the absorption of alcohol.

Prevent Food Poisoning by Cooking Food Until It Looks Done

Many a home cook has foregone the meat thermometer and used the age-old test of "it just looks done," but this is one of the many health myths that could make you sick if you follow it. Since meat

(Continued on Page 2)



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
512-263-9181

(Continued from Cover)

comes from different animals, sometimes cooking meat until all the pink is gone or until it looks fully cooked may not work. If the food has not been cooked thoroughly, you risk food poisoning, which can sideline you and your family for several days. Always use a meat thermometer to test the innermost portion of the meat, but don't allow the probe to touch the bone.

You should also use the thermometer with stuffing cooked inside a turkey and leftovers, both of which should reach 165F to kill off any bacteria. If you have leftovers, cool them to below 40F. Or keep it warm above 140F until you can cool and store it. By cooking food thoroughly and treating leftovers properly, you'll avoid getting sick.

How to Stay Healthy

Avoid believing health myths during the winter, and keep yourself healthy this holiday season. Cook food thoroughly, and use a food thermometer to test for proper doneness. To prevent spreading or picking up germs, wash your hands frequently, and use hand sanitizer if you cannot wash. Cover your mouth and nose with your arm instead of your hands when you sneeze or cough, and get plenty of rest during this hectic time of year.



BUSINESS CLASSIFIED

POOL CHECKUP POOL SERVICES: Are you tired of maintaining your own pool? Let us do the work for you! Service and repairs. CPO certified technicians. A family run business that puts customer experience first! Email for a FREE estimate: info@poolcheckup.com. \$50 off your first month's weekly, full service fee!

BUSINESS CLASSIFIEDS: (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com

Holiday Wishes creates memories for children in the care of Child Protective Services who may not otherwise experience the joy of the season. Last year we served over 5,000 children in Central Texas.

Join us today!

More Information:

holidaywishes@partnershipsforchildren.org
 www.partnershipsforchildren.org

How You Can Help:

- Sponsor a child
- Donate gifts
- Make a monetary donation





THEY'RE A PART OF YOUR FAMILY. YOU'RE A PART OF OURS.

LUNCH IS ON US
FREE HAT CREEK BURGER
GIFT CARD WITH FIRST VISIT

\$55 OFF
YOUR FIRST VISIT
Offer Valid for New Clients Only

Firehouse Animal Health Center is now open in Belterra Village



166 Hargraves Dr. • Suite C100 • Austin, TX 78737 **512.645.1000**
FIREHOUSEBELTERRA.COM

Gardening To Do List - December in the Garden

By Marie Iannotti

Many of us do more shopping and planning for our gardens during the winter months than actual gardening but that doesn't mean there's nothing to do. In the warmer zones, December is the start of pleasant weather and a chance to enjoy planting cool season vegetables and flowers that don't tolerate your summers. Northern gardeners should use this period without leaves to scout for egg masses and other signs of trouble on trees and shrubs. Here are some more regional gardening tips for the beginning of winter.

In General

- Keep watering your holiday plants and give them plenty of light.
- Check houseplants and any plants you brought indoors for the winter, for insects that may have hitched a ride. With the heat on, they can multiply quickly.
- Also check any bulbs, corms, tubers and bare root plants for dessication or rot.
- Start eating those stored vegetables and think about planting more winter squash next year.
- Feed the birds.

In Southwest

- Be prepared for sudden swings in temperature and protect tender plants with row covers, newspaper or blankets.
- Start seeds of cool season vegetables and flowers.
- Cut back asparagus, as soon as it dies back or the ground freezes.



One week FREE service for new customers!



SERVICES OFFERED

Weekly Chemical Service
Water Testing & Balance
Annual Pool Analysis
Skimmer & Pump Cleaning
Pool Surface Skimming
Filter Cleaning



REPAIRS & MAINTENANCE

Acid Wash
Change Sand
Repair & Clean Filter
Clean Salt Cell
Clear Plumbing Lines

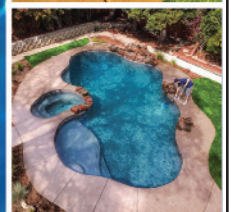
Drain Pool
Heater Tune-Up
Open Pool
Winterize Pool*

*available in select markets

EQUIPMENT UPGRADE

Auto Pool Cleaner
Chlorinator
Filter
Gas Heaters
Handrails

Heat Pumps
Pool Pumps
Spa Blowers
Pool Automation
Light Fixtures



(833) 827-5044 **PPSRV.COM**

Classic Sweet Potato Casserole

From Jamie Silva and A Sassy Spoon.com



INGREDIENTS

- 6-8 medium sweet potatoes peeled and cut into 1-inch cubes
- 1/2 cup cold water*
- 3/4 cup light brown sugar packed
- 4 tablespoons unsalted butter (half of one stick or 1/4 cup) softened (sub for vegan butter to make dairy-free)

- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- pinch of salt
- 1/2 cup pecans (or walnuts) chopped, divided (optional, omit if you have a nut allergy or only using marshmallows)
- 2 cups mini marshmallows optional (or sub for vegan marshmallows)

INSTRUCTIONS

1. Preheat oven to 375 degrees F. Spray a casserole dish or deep baking dish with cooking spray. Set aside.
2. Place the sweet potatoes in a pot with the cold water. (I

PROMISE 1/2 cup of cold water is enough water to steam sweet potatoes. There is no need to cover all of the sweet potatoes in water. TRUST ME.)

3. Bring to a boil then cover and reduce heat. The sweet potatoes will become tender with the steam. Simmer for 15 minutes or until sweet potatoes are tender enough to mash. Drain. Let cool slightly.
4. Transfer tender sweet potatoes to a large bowl. Mash sweet potato mixture with a potato masher. Add brown sugar, butter, vanilla extract, cinnamon, nutmeg, salt, and 1/4 cup of pecans (save the rest for later). Mix until all is well combined.
5. Add the sweet potato mixture evenly into the casserole dish. Top with remaining pecans and mini marshmallows.** Bake for 15-20 minutes or until marshmallows are toasted. Remove from oven. Serve and enjoy!

MAKE AHEAD TIP

You can make the sweet potato mixture 1 day in advance, place it in a baking dish, cover the top with foil then refrigerate until the next day. Before serving, bring sweet potato mixture to room temperature, top with pecans/marshmallows then place in the oven to bake for 15-20 minutes at 375 degrees F.



**KEEPING YOU
IN THE GAME.**

Don't let pain or injury keep you sidelined.

TexPTS' expert physical therapists are willing to go the extra mile to get you back to performing at the top of your game!

Services:

- Sports Physical Therapy
- Dry Needling
- Strength & Conditioning Training
- Manual Therapy
- Orthopaedics
- Pre- and Post-Surgical Rehab

Call, click, chat, or text today to schedule an appointment and get back to what you love!



Cedar Valley/Dripping Springs
11601 US Hwy 290 (Suite A-102)
Austin, TX 78737

Call: 737-300-9980
Text: 888-658-8483
Chat: TexPTSNOW.com

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.



FINISH STRONG

The holiday season is in full swing, and we know your calendar is packed. But with numerous exercise classes offered daily, state-of-the-art fitness equipment and facilities, the YMCA of Austin is here to help you finish the year strong. Keep the commitment to your health through the holidays and burn off your seasonal stress at a Y near you.

For more than a workout. For a better us.

8 locations across
Travis, Hays & Bastrop counties

FREE ChildWatch while you work out

**Learn more at
AustinYMCA.org**

Excluding Pests

When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows when there is light outside; if you see light around roods or windows, then there isn't a good seal and weather stripping should be replaced. The attic should be inspected for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for any cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and repair any areas that allow pests to enter the home.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam
- Replace weather stripping around doors and windows if there is not a good seal
- Repair or replace any window screens with holes
- For homes with brick or stone facades, stuff weep holes with steel wool* or copper mesh *steel wool will rust if it gets wet, so do not use on light colored façades
- Inspect all furniture, boxes, and bags for pests before carrying them into the home
- Inspect all plants for insect pests before bringing them into the home
- Do not store firewood inside the home, against the outside walls, or near doors
- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home** **make sure animal is not in the home or you'll seal it inside!

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

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



Belterra **KIDS TEETH**

**We are excited to
announce the opening of
Belterra Kids Teeth**

**Conveniently located in
Belterra Village
We Are Scheduling Now!**

512.229.0604



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

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

BT

ASHLEY AUSTIN HOMES
wants to wish you and your family a
Happy Holiday Season!

Thank you for trusting us with your home purchase and sell in 2018. Year after year your support has continually allowed me to be the highest volume producing agent in all of Southwest Austin!

If you're looking upgrade or downsize in 2019 my team and I are here for you and your family!

www.ashleyaustinhomes.com
512.217.6103