



BOERNE *Heights*



JANUARY 2019

VOLUME 3 ISSUE 1

Welcome TO BOERNE HEIGHTS

*A Newsletter for the
Boerne Heights Community*

Boerne Heights is a quarterly newsletter mailed to all Boerne Heights 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!



A Message From Your Boerne Heights Board

Happy New Year! Here's hoping you all had time to spend with family and friends over the holidays and are looking forward to a great 2019. Thanks to all who decorated their homes to make our neighborhood festive October – December, and congratulations to those who won the yard decorating contests! Our neighborhood Christmas Social with Kendall Estates was a success. We hope more of our residents will get out and participate next year!

Our 2019 Board Meetings are scheduled as follows:

Tuesday, February 12, 2019

Tuesday, May 14, 2019

Tuesday, August 13, 2019

Boerne Heights Annual Meeting – Tuesday, September 17, 2019

Tuesday, October 8, 2019

All meetings are held at the Fairfield Inn, 6 Cascade Caverns, Boerne, beginning at 6:30pm.

Please direct any questions or concerns you may have to Nancy Bowling, our Community Manager at: 210-582-6000 or by email at: nancy.bowling@fsresidential.com

Time To Trim Trees!

To avoid the problems of oozing sap and attracting pests such as beetles, it is best to trim your oak tree in the middle of winter, when bugs are dormant or frozen. Your oak is much less likely to contract illness and be infected by fungi during these times.

The winter time is also a great time to prune trees because it allows the tree to naturally begin the healing process. During the transition from winter to spring, sap begins to flow through the tree branches and seal the wound.

From a more technical viewpoint, pruning trees in the winter is much easier than during the fall or summer months because the tree will have fewer leaves. A tree with fewer leaves is much easier to trim because you can see what you are cutting.

Make sure to check your area's weather forecast for the upcoming week or two. Texas weather is often extremely unpredictable and you would not want to trim your tree one day only to find out that a heat spike is just around the corner. If this happens to you, use a tree wound sealer (available at most retail home improvement stores).

<http://happytreeserviceofaustin.com/prune-oak-trees-texas/>

Spiking up your Metabolism at any Age

Submitted by Dr. Jane Riley, Ed.D. , MS, BA, CPT

It is a well-known phenomenon that our metabolism declines with advancing years. Some of that has to do with declining muscle mass, and some of it has to do with decreased hormones as well as the diminishing effectiveness of the digestive tract. But at any age, whether you are north of fifty or at the polar ends of the scale, there is much we can do to maximize our metabolism and live healthily and lean.

Metabolism is essentially all of the various chemical processes that occur within that wonderful chemistry set known as the human body. We often simply use the term to describe how your body turns food into energy. As we age the metabolism typically slows down by about 5% per decade after the age of about 40 years of age, but there is much we can do to avoid and arrest that occurrence. Estrogen levels decrease in women's bodies, causing insulin levels to rise, and the thyroid (the body's chief metabolism regulator) to decrease its output of thyroid hormones. These changes result in an increase in appetite, which when taken with a decrease in muscle mass, leads to an overall shift in the lean body mass/ fat ratio. The shift is not in a positive direction!

To keep your metabolism at its peak and fight this decline, you must focus on your digestive tract health, and enhancement of your muscle mass with a prudent exercise regime. Detoxification of the decades of build-up in the digestive tract is a good start to speeding up your metabolism. A very beneficial way to start each day to help remove the intestinal "clog" is to drink cleansing teas, or drink warm water and lemon. Also important is to drink at least half your weight in ounces of water every day. Get your 30 grams of fiber each day, to help stay clean in your gut. Then, eat as cleanly as possible, avoid sugars, artificial colors and flavors and go by the rule if it wasn't "food" a century or two ago, it still



isn't. Cleaning up your digestion is a primary way of speeding up your metabolism and also ensuring your health. The old adage that death starts in the bowel is apt.

The other aspect of speeding up your metabolism and staying healthy all lifelong is to exercise. The World Health Organization advocates that we should all get at least thirty minutes per day of aerobic exercise at a medium rate and at least a couple times a week get a good 45 minutes of anaerobic or resistance training in. This resistance training is especially important to maintain the muscle mass that is crucial for strength and to support your metabolism. Muscle mass uses food energy to move you, and fat of course does not. Exercise has many other benefits including correcting cholesterol ratios, improving lung capacity, regulating blood sugar levels and reducing high blood pressure, as well as making you fit, happy, strong and balanced. Live well, live long Fair Oaks Residents!

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Flooding: How to Protect Your Family & Finances

In many areas, flooding is the most common and costly natural disaster—and it can happen here. Just one inch of water in your home or office can cost thousands of dollars in cleanup and replacement costs, including drywall, baseboards, floor coverings and furniture. You may think you're covered, but many homeowners' insurance policies do not cover flooding.

Here are several reasons to talk to an insurance agent now about flood insurance.

- There is usually a 30-day waiting period before coverage begins.
- Coverage is relatively inexpensive.
- Renters can buy flood insurance for personal belongings or business inventory.
- Basement coverage includes cleanup expense and repair or replacement of items such as furnaces, water heaters, washers, dryers, air conditioners, freezers and pumps.
- You do not have to repay flood insurance benefits as you do with disaster-related assistance loans.
- You can receive payments for flood-related losses even if no disaster was declared.

Learn more about flood insurance at www.floodsmart.gov

There are things you can do to prepare your home and family now for flash floods:

- Make a family emergency plan. Emergency preparedness is everyone's responsibility. Write down your plan. Decide ahead of time where you will go if you have to leave and where family members will meet up. Identify an out-of-town emergency contact.
- Get supplies for an emergency kit. Start with three days' water and three days' packaged and canned food. Add a battery-powered radio and extra batteries. Store in waterproof containers with wheels or that you can lift so you can take them with you. For details about preparing an emergency kit, visit www.ready.gov/america/beinformed/floods.html
- Stay informed about what could happen. During storm season, listen to local media for up-to-date reports on weather watches and warnings. Keep a battery-powered portable radio—with a NOAA weather band—handy in case the power goes out. Choose one.

Learn more about preparedness at www.ready.gov/america/beinformed/floods.html.



Hill Country Pregnancy Care Center Receives Kronkosky Grant

The HCPCC is pleased to receive a grant from the Kronkosky Charitable Foundation in support of their office in Comfort. HCPCC has been serving the Hill Country for 32 years through their Boerne location, and as more services have been requested, we opened additional satellite offices in Bulverde and Comfort in 2016.

The number of services offered has grown to over 600 this year from just a little over 100 services provided in 2016. Comfort offers all the same free and confidential services that we don in Boerne, include pregnancy tests, STD testing and treatment, prenatal and parenting classes, ultrasounds and even education in the schools on healthy relationships, fetal development, puberty or STDs. Thanks to the receipt of the Kronkosky grant, the Comfort office can expand hours from Thursdays 9-3 to adding Mondays 9-3 each week.

Anyone interested in volunteering at the Comfort locations is asked to contact kimberlys@lifesprecious.org or call 830-249-9717 and ask for Kimberly. Anyone who would like to financially support this outreach and help meet client needs is asked to contact danzollitto@lifesprecious.org or simply send a check to HCPCC PO Box 205, Boerne, 78006 and indicate that it is for the Comfort office.



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HEADING OFF BURNOUT

Burnout is more than just stress—it's how your mind and your body tell you a change is needed. Do you find yourself withdrawing from work and caring less about results? Are you working harder, often mechanically or to the point of exhaustion? Just going through the motions?

Try a few tips for keeping burnout at bay.

Exercise at least three times a week. Running, weight lifting, bike riding—anything that gets your heart and lungs working burns off stress. Exercise releases endorphins that boost your mood and it dissipates built-up stress that otherwise leads to burnout.

Make time for a hobby. An art class, cooking, reading, sewing—anything that's not part of the regular grind and that helps you relax will balance the things that wear you down.

Practice breathing exercises. "Just breathe!" Yes, it's an old cliché, but there is a grain of truth behind every cliché. Deep breathing gives your body a boost of oxygen and it releases tension in your abdomen around your heart.

Get away. Take a walk at lunch, and don't take work home. Leave the office at the office. At home, find a time and place where you can

relax and unwind. Even 15 minutes of relaxation can relieve stress.

Laugh. Sometimes it helps to look at a situation and just laugh. If that fails, read the jokes that your uncle's cousin's best friend is e-mailing you three times a week. Pick a comedy next time you go to the movies or surf channels.

Take up yoga or tai chi. These disciplines have a restorative effect and are sure burnout busters.

Burnout can creep up on you slowly. Watch for the warning signs and stay ahead of it. Your heart, family and employer will thank you.



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SHEDDING LIGHT ON NEW BULBS



Standard incandescent light bulbs may soon become a thing of the past. Under the Clean Energy Act of 2007, required the sale of energy-inefficient incandescent bulbs to be phased out over a two-year period, beginning with 100-watt bulbs in January 2012. Compact fluorescent lights (CFLs) have become the most popular replacement choice. The typical CFL uses 66 percent less energy and lasts up to ten times longer than an incandescent bulb.

Making the switch to CFLs doesn't require that you throw out all your incandescent bulbs right away. Even a gradual change can result in significant savings. Just replacing your home's five most frequently used light fixtures can save you more than \$65 each year, as CFLs provide the most savings when a lighting source is used for at least two hours a day. You can continue to use incandescent bulbs for fixtures that are only on for a few minutes at a time, such as closet lights, changing to CFLs as your supply of incandescent bulbs runs out.

One important point to know about CFLs is that they contain an average of 4 milligrams of mercury (about the amount that would cover the tip of a ballpoint pen). The mercury is sealed within the bulb's glass tubing, and no mercury is released when the bulb is intact or use. Special caution must be taken when disposing of used bulbs or cleaning up broken bulbs, however. Some states require used CFL bulbs (broken and unbroken) to be taken to local recycling centers for disposal. And if a bulb breaks in your home, you should follow the Environmental Protection Agency's guidelines to clean up the debris:

Before Clean-up: Air Out the Room

- Have people and pets leave the room, and don't let anyone walk through the breakage area on their way out.
- Open a window and leave the room for 15 minutes or more.
- Shut off the central forced-air heating/air conditioning system, if you have one.

Clean-Up Steps for Hard Surfaces

- Carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.

- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.
- Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

Clean-up Steps for Carpeting or Rug

- Carefully pick up glass fragments and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken.

- Remove the vacuum bag (or empty and wipe the canister), and put the bag or vacuum debris in a sealed plastic bag.

Clean-up Steps for Clothing, Bedding and Other Soft Materials

- If clothing or bedding materials come in direct contact with broken glass or mercury-containing powder from inside the bulb that may stick to the fabric, the clothing or bedding should be thrown away. Do not wash such clothing or bedding because mercury fragments in the clothing may contaminate the machine and/or pollute sewage.

- You can, however, wash clothing or other materials that have been exposed to the mercury vapor from a broken CFL, such as the clothing you are wearing when you cleaned up the broken CFL, as long as that clothing has not come into direct contact with the materials from the broken bulb.

- If shoes come into direct contact with broken glass or mercury-containing powder from the bulb, wipe them off with damp paper towels or disposable wet wipes. Place the towels or wipes in a glass jar or plastic bag for disposal.

Disposal of Clean-up Materials

- Immediately place all clean-up materials outdoors in a trash container or protected area for the next normal trash pickup.
- Wash your hands after disposing of the jars or plastic bags containing clean-up materials.
- Check with your local or state government about disposal requirements in your specific area. Some states do not allow such trash disposal. Instead, they require that broken and unbroken mercury-containing bulbs be taken to a local recycling center.

Future Cleaning of Carpeting or Rug: Air Out the Room During and After Vacuuming

- The next several times you vacuum, shut off the central forced-air heating/air conditioning system and open a window before vacuuming.
- Keep the central heating/air conditioning system shut off and the window open for at least 15 minutes after vacuuming is completed.

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Editor's Eleven-Minute Microwaved Baked Potato

Ingredients

- 1 large russet potato
- 1 tablespoon of butter or margarine.
- 3 tablespoons of shredded Cheddar (or your favorite) cheese.
- 2 tablespoons of bacon crumbles
- Dash of Salt
- Dash of Pepper
- 2 tablespoons of seeds such as pumpkin, flax, sunflower, etc. (if desired)
- Add after cooking if desired:
- 2 tablespoons of sour cream

Directions

Scrub the potato, and prick several time with the tines of a fork (to avoid having potato explode). Place on a microwave-friendly dish. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise. Mash up insides with a fork. Add salt and pepper, butter, bacon crumbles, seeds, and Cheddar cheese. Return to the microwave, and cook for about 1 minute to melt the cheese. Top with sour cream (if desired), and serve.



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3 Tips for Keeping Your Family Safe From a Home Fire This Winter

By MarLee Berry, texashillcountry.com/lifestyle



Parts of [Texas] are soon expected to experience their first real bout of cooler weather. While a cool front will eventually move on, the promise of colder temperatures might have you prepping your home for the winter months. However, an important aspect of winterizing your home that is often overlooked is being aware of the hazards that might lead to structure fires during this time of year.

The United States Fire Administration estimates 905 people are killed each year by winter home fires. Additionally, property losses of over \$2 million have been recorded due to homes burning during the colder months. Below are three tips from the administration that can help you keep your family safe this winter and for many winters to come.

1. BE AWARE OF PROPER PLACEMENT OF HEATERS AND FIRE SCREENS

One of the most basic ways to prevent house fires is to be aware of the objects nearest to your heating source. A few specific tips regarding space heaters and fireplaces are:

- Keep all flammable items at least three feet away from your source of heat.
- It is hazardous to use extension cords to plug-in space heaters, always plug electric heaters directly into the wall.
- For added safety, only utilize heaters with automatic shut-offs, just in case yours accidentally tips over.
- When using a fireplace, always make sure there is a screen covering the opening. This ensures embers cannot land on flooring or furniture, thus leading to a structural blaze.

Sources of heat in the home are the second leading cause of family dwelling fires. In fact, 45,900 house fires were caused by a heat-related source between 2013 and 2015. Following the above steps will ensure your family stays warm, and safe, this winter.

2. USE CAUTION WHEN DECORATING FOR THE HOLIDAYS

Whether it be a spooky jack-o'-lantern glowing in the dark or a beautiful pine tree with lights entwined around its branches, holiday decorations can be a great way to celebrate this time of year, but there are a few things to keep in mind as you gather your decor.

- Battery operated light sources are always preferable to candles if you want to illuminate a spooky pumpkin face.
- Extension cords should be replaced if they are showing any wear and tear such as cracks or exposed wires.
- If you do choose to use candles, keep them at least a foot away from flammable objects.
- When using a live Christmas tree, be sure to water it daily.

3. CHECK YOUR SMOKE ALARMS

A final step in protecting your family and home this winter involves something very simple; checking your smoke alarms to ensure they are in proper working condition. This elementary process can literally be the difference between life or death in the event of a house fire. The following information provides specific guidelines for smoke alarm use:

- Every floor of your home, from the basement to the attic, should have a smoke alarm.
- Alarms should be tested once a month to ensure they are functioning properly.
- If the alarms in your home are over 10 years old, they should be replaced with newer models.
- For the utmost safety, place alarms inside each sleeping area as well as the outer areas such as the living room and kitchen.

The use of smoke alarms has been shown to reduce your chances of dying in a house fire by 50 percent. When winterizing your home, do not forget this simple, but critical step.





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