



BOERNE *Heights*



APRIL 2019

VOLUME 3 ISSUE 2

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!



Boerne Heights Board Meetings

Boerne Heights Board meetings will be held on the following dates at 6:30pm at the Fairfield lobby:

Tuesday, May 14th

Tuesday, August 13th

*Annual Meeting will be on Tuesday, September 17th

New Safety Committee

Thank you to Mr. John Bryant and Mr. James Aston for volunteering to serve on our new Safety Committee! Our neighborhood can expect more patrolling in the future and will begin receiving monthly reports on PD activity, including our neighbors in Kendall Creek.

One of the biggest concerns are people speeding through our neighborhood. With the arrival of spring, more of our children will be out and about playing in the yard and in the street. Please.... SLOW DOWN!!

Upcoming Yard Decorating Contest



The next yard decorating contests will be for spring/ Easter, and for the 4th of July! Bring out those pretty, colorful spring and Easter decorations. Judging for the Best Spring Yard contest will be on Monday, April 15th.

For our Best Summer Yard contest, show your patriotic spirit and bring out those beautiful American flags and other red, white and blue decorations. Judging for this contest will be on Monday, July 1st. Winners will receive a \$25 VISA gift card!

Spring Neighborhood Garage Sale

We will be having a neighborhood garage sale on Saturday, April 13th from 8:00am – 3:00pm. Start cleaning out those closets, garages, and sheds! One man's junk is another man's treasure!



What District Are We In?

Our neighborhood is in District 5. Dr. Joseph N. Macaluso, Jr. will be on the ballot for Boerne City Council District 5 in the upcoming May 4th election. Early voting starts April 22nd. This will be to fill the unexpired term of current Council District 5 member and now Mayor-elect Tim Handren. For more information on Dr. Macaluso, check out his announcement on Facebook:

Dr Joseph N Macaluso, Jr, Boerne, Texas Citizen.

Why Acupuncture?

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.

4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

DOES IT HURT?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

WHAT ARE THE MAIN OBJECTIVES OF ACUPUNCTURE TREATMENT?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. For more information, please visit www.amaranthacupuncture.com or www.facebook.com/amaranthacupuncture.

WHAT DOES THE WORLD HEALTH ORGANIZATION SAY ABOUT ACUPUNCTURE?

The World Health Organization (WHO) updated their list of conditions, symptoms or illnesses that may be treatable with acupuncture. The list of indications for acupuncture includes over 100 conditions, including lower back pain, neck pain, sciatica, tennis elbow, knee pain, periarthritis of the shoulder, sprains, facial pain, headache, dental pain, temporomandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus, morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, biliary colic, depression, acute epigastralgia, peptic ulcer, acute and chronic gastritis, etc.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.

City of Boerne Large, Bulky Item(s) Pick Up Date

The Spring 2019 Large Item pick up starts Monday, April 29th. Friday, April 26th, is the deadline to get your name on the list!

Requests for Bulky Item collection must be scheduled through the Customer Service Office no later than the Friday prior to week of pick up (April 26, 2019). This may be done either in person, by phone at 830-249-9511, or at www.boerne-tx.gov.

Criteria for bulky item collection—

- Location of property for which service is requested must be within the City limits.
- Collection is subject to verification of an active residential garbage service account.
- Items must be placed at the curb line in front of the residence (no vacant lots or commercial establishments).
- DO NOT place materials under low utility lines, under low tree branches, or adjacent to fences, utility meters, telephone pedestals or fire hydrants.

• Size Limit: 10 yards

ACCEPTABLE WASTE:

- Heavy consumer durables such as stoves and ranges, water heaters, swing sets, bicycles without tires, scrap metal, copper,

and other similar domestic large items. Refrigerators and freezers which have TAG or Decal showing CFC's removed by a certified technician.

- Furniture and other oversized wastes which is ordinary to the housekeeping operations of a residence and whose large size precludes or complicates its handling by normal solid waste collection, processing or disposal methods.

- To prevent injuries to the workers, glass items such as mirrors, table tops, dishware, or material that may shatter are to be boxed and taped up so that no glass is exposed.

UNACCEPTABLE WASTE:

- Refrigerators and freezers with Freon.
- Electronics of any kind.
- Hazardous waste, special waste such as batteries, oil, pool chemicals, any bulk liquids, and untreated medical waste.
- Construction debris, tires, brush, trees, or landscape materials.

Customers will be required to remove any items that have been placed at the curb if they did not request the pick up by the designated deadline.

We're the Spay/Neuter Experts!



Together, we can minimize the overpopulation of dogs and cats in the greater Hill Country area, preventing unwanted litters and euthanasia, and reducing the stress on area shelters!

Our affordable spay/neuter packages include: rabies vaccination, booster vaccination, microchip, and pain medicine injection. Call our appointment desk to inquire: 830-249-2341

While you're in Boerne, don't forget to check out our awesome Thrift Store, 115 W Bandera next to Sonic! Hours: Tues, Thurs-Sat 10am-3pm. Proceeds benefit our spay/neuter clinic!

Hill Country Animal League is a 501(c)3 nonprofit. Go to www.hcaltx.org to learn more or to donate today!



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Neighborhood **WATCH** Tips

Let's all work together to help eliminate neighborhood crime. Please watch out for these activities in our neighborhood:

- * Someone running from a car or home.
- * Someone screaming. If you can't explain the screams, call law enforcement and report them.
- * Someone going door-to-door in the neighborhood or looking into windows and parked cars.
- * Someone asking about past residents.
- * Someone who appears to have no purpose wandering through the neighborhood.
- * Unusual or suspicious noises that you cannot explain, such as breaking glass or pounding.
- * Vehicles moving slowly without lights or without an apparent

destination.

- * Business transactions conducted from a vehicle. This could involve the sale of drugs or stolen goods.
- * Offers of merchandise available for ridiculously low prices. The merchandise might be stolen.
- * Someone walking or running while carrying property at an unusual time or place.
- * Someone removing property from unoccupied residences.
- * A stranger entering a neighbor's home which appears to be unoccupied.
- * A stranger in a car who stops to talk to a child.
- * A child resisting the advances of an adult.



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PLEASE LEASH &
CLEAN UP AFTER
YOUR PET

*Help
Keep Our
Neighborhood
Beautiful!*

Aeration Now Can Help Your Spring and Summer Irrigation



In order to prepare your lawn for a healthy spring growing season, you should employ basic lawn care practices at this time of year, which includes aerating your yard. It is important that nutrients reach the soil beneath your grass, and aeration can help you get that done.

Aeration involves making small holes in the soil to allow air, water and nutrients to get to the grass roots.

This helps the roots grow deeper and produce a stronger, more vibrant lawn.

Aerating helps alleviate soil compaction. Compacted soils have too many solid particles in a space, which prevents proper circulation of air, water and nutrients within the soil. Excess lawn thatch or heavy organic debris buried under the grass surface can also starve the roots from these essential elements.

So when is the right time to get this aeration done? These next six to eight weeks leading up to the spring season, when grass begins to grow again, is a good time to aerate.

The two main aeration tools are the spike aerator and a plug aerator. The spike aerator poke holes in the ground with a solid piece of metal. Plug aerators remove a core or plug of grass and soil from the lawn. Most landscaping companies and horticulturists recommend the use of the plug aerator. The machines can be rented or you can have a lawn care service aerate for you. After aerating, it's always a good idea to apply about a half-inch of compost over the aerated yard. The compost fills in the holes left by the plug aerator and brings organic materials into the root zone.

If you have noticed that your turfgrass isn't looking its best or that water has difficulty penetrating through the soil surface, it may be time to aerate your lawn. Lawns with clay soils that get a lot of foot traffic typically require aeration more often as they become compacted over time. Here's a great tip to check to see if your yard needs to be aerated.

Using a shovel, dig a square-foot section of grass about six inches deep and take a look at it. If the grass roots don't extend further than two inches deep into the soil, your lawn would benefit from aeration.

If you plan to aerate your own yard, here are a few helpful tips to get the job done.

- Before you get started, make sure the soil is moist enough. There's nothing more frustrating than trying to aerate soil that is bone dry. Aerating the day after a rain shower or watering your lawn the day before is advised.

- Most aeration machines cover only a small percentage of soil surface per pass, so make multiple passes over the most compacted areas. Save resources (and your energy) by leaving unaffected areas alone.

- The soil plugs can be left on the ground after aeration and allowed to decompose. Or, you can rake them into piles to throw in the compost bin. However, this isn't necessary as it should take about two to four weeks for the soil cores to break down naturally. Sprinkle compost (sand or peat moss can be used instead of compost) over the lawn to fill in the holes.

- An aeration myth is that if you apply a pre-emergent herbicide on your lawn in the spring, aerating your lawn will destroy the herbicide "barrier." This is not true — research shows that aeration will not affect crabgrass control or weed prevention.

After aerating, it's important to continue appropriate lawn care practices.

Aerating will help you save water over the spring and summer seasons. Instead of running off or only penetrating a few inches, water will be better absorbed in an aerated yard. That makes your entire landscape and your water bill happier.

Did you know...

According to the U.S. Environmental Protection Agency, outdoor water use varies greatly depending upon geographic location. In dry climates such as that in the Trinity Glen Rose District, a household's outdoor water use can be as high as 60 percent. Some experts estimate that as much as 50% of that irrigation water is wasted due to inefficient watering techniques, wind and evaporation.



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Recipe of the Month: Watermelon Salad

2 tablespoons white wine vinegar
1 lime, zested and juiced
1/4 cup extra-virgin olive oil
1 red onion, thinly sliced
4 cups seeded watermelon chunks
1 cup crumbled feta cheese
1/4 cup mint chiffonade
2 cups baby arugula

Directions:

Add the white wine vinegar, lime zest and juice to a small bowl. Whisk in the olive oil and season with salt and pepper. Add the thinly sliced red onion and let marinate for 5 to 10 minutes as you prepare the rest of the salad.

Add the watermelon, feta, mint, and arugula to a large bowl. Toss with the vinaigrette and serve immediately after dressing.



Recipe courtesy of The Neelys, www.foodnetwork.com

A Problem as Big as Texas *by Joanie Arrott*



Oak wilt is a problem beyond our neighborhood boundaries. If you listened to a recent story on the Texas Standard, a local radio program, you heard them mention, “It’s one of the most destructive tree diseases in the United States, and it’s quickly changing the landscape of Texas – especially Central Texas.”

The radio host was interviewing a regional forest health coordinator with the Texas A&M Forest Service, and he mentioned the toll it has taken on our country, decimating red oaks, white oaks, and live oak trees. “Most of the destruction has been limited to Texas,” with the estimated tree loss in the millions.



The agency echoes our call to Texans to learn about oak wilt. “...prevention is what you want. You prevent it by avoid[ing] wounding the trees February through June; pruning is wounding.” Pruning of oaks should always be followed up by covering the wounds with latex paint “...to prevent sap-feeding beetles from getting into the tree and spreading the fungus that causes the wilt.” The full story can be heard on their website: <http://www.texasstandard.org/stories/how-to-manage-the-most-destructive-tree-disease-in-texas/>.

NWACA can provide financial assistance to property owners dealing with this disease through our Oak Wilt Fund. Over the years, a number of neighbors have made generous donations to fund efforts to suppress oak wilt in our neighborhood. With these funds, NWACA can reimburse forty percent of a homeowner’s expenses, up to a maximum of \$1,000 reimbursement. Board policy requires that:

- The homeowner must obtain an assessment of oak wilt infection or risk of infection in healthy oaks;
- The assessment must be conducted by an arborist certified by the American Society of Arboriculture;
- The arborist must provide an oak wilt suppression plan specifying either therapeutic treatment for infected trees or preventative treatment for at-risk, healthy trees;



- Property owners must complete an application for reimbursement and provide supplemental information to the NWACA Board of Directors prior to initiating any work or expenditures which reimbursement is requested.

More information about oak wilt, its prevention, and NWACA’s Oak Wilt Program can be found at: <https://nwaca.org/category/library/tree-health/>.



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