

# THE BULLETIN

*Belterra Community News*

May 2019 Volume 1, Issue 5

News for the Residents of Belterra



## CONGRATULATIONS BELLA!

Bella Nichols, daughter of Bill & Elizabeth Nichols, is graduating from Dripping Springs High School and will be attending Ole Miss in the fall. She will be majoring in Integrated Marketing Communications and plans to rush as well!

## 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 Submissions .....belterra@peelinc.com  
Advertising.....advertising@peelinc.com  
.....512-263-9181



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

## Fit and Fun: Health Tips for You & Your Children

*By: Concentra Urgent Care*

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: [www.aahperd.com](http://www.aahperd.com).

**The Goal:** Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the US Centers for Disease Control and Prevention's website at:

[www.cdc.gov/healthyyouth/physicalactivity/](http://www.cdc.gov/healthyyouth/physicalactivity/)



## Mosquitoes



Mosquitoes can not only be irritating by biting, but they also are able to transmit various diseases to humans and animals. They are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, Zika, dengue, yellow fever, malaria, and

filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs are laid on the surface of water or in dry locations that can be flooded by water. Eggs laid in dry locations can remain dormant for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which are non-feeding. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Many things can help to reduce mosquito problems around the home. Since three of the four life stages of mosquitoes are in or near water, it is best to eliminate all sources of standing water. Containers such as watering cans, buckets, and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters,

flowerpots, and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians, and fish.

Avoiding outdoor activities during peak mosquito hours is the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves, and long pants. Repellants containing active ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled.

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](http://www.urban-ipm.blogspot.com)

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# NATURE WATCH

## DISTINCTLY DIFFERENT MILKWEEDS

by Jim and Lynne Weber

Much ado has been made of the more common and widespread milkweed species, but there are a handful of milkweed vines that are less common but more distinct, and just as useful as native host plants for Monarchs and related butterflies.

A fairly robust, twining vine 6 to 12 feet long growing in dry, light shade in thickets on rocky hillsides and woodland edges, Pearl Milkvine (*Matelea reticulata*) is best known for its heart-shaped leaves and flat, greenish-white flowers ½ to ¾ of an inch across with pearly, iridescent centers. Also called Green Milkweed Vine, Net Vine Milkvine, and Netted Milkvine, its curious flowers have tiny white veins forming an intricate pattern on the surface of the petals, adding to their unusual look. In fact, *reticulata* refers to this pattern, which means ‘resembling a net or network’. It blooms from April to July, especially in full sun, giving way to fairly large, interesting prickly follicles filled with seeds attached to silky threads. This native species is a host plant to Monarch butterflies.



Often mistaken for Pearl Milkvine is Plateau Milkvine (*Matelea edwardensis*), endemic only to the Edwards Plateau of Central Texas. This uncommon vine shares the same twining habit of Pearl Milkvine, but its leaves, while similar, generally have a somewhat wavy edge, and its flowers are bell-shaped instead of flat. Additionally, its greenish-white flowers do not have a pearl center, and its petals are not solely reticulate-patterned, having parallel veins in their lower halves and centers, and

reticulate or networked veins only on the edges or margins. Blooming in April and May, this species can be found on gravelly soils in open woodlands, often climbing on other plants, and it is a native host plant for Queen butterflies.



Usually found in the chalky soils of pastures and open ground, Purple Milkvine (*Matelea biflora*) has low-growing stems that radiate along the ground from a woody rootstock, and along with its opposite, triangular leaves, are covered with long, spreading hairs. From March to June, pairs of star-shaped, five-petaled, dark purple-brown flowers rise from the base of the leaves, which gives this plant its other common name of Star Milkvine. While its trailing stems can

grow up to 2 feet long, it inhabits grassy areas and as such is often hidden and overlooked, except by Queen and Soldier butterflies that use it as their native host plant.

Named for a small town in Chihuahua, Mexico, Talayote (*Cynanchum racemosum*) or Milkweed Vine is a climber that grows to 15 to 20 feet in full sun to part shade, and is a native host plant for both Queen and Soldier butterflies. Talayote produces clusters of small cream and green flowers that are held above and among the heart-shaped leaves, blooming in the hotter months from summer into fall, and attracting a host of other small but beneficial pollinators. Growing only in Central, South, and West Texas in the United States, this vine produces plump, smooth follicles 3 inches long, filled with silk-topped seeds, often remaining on the vine well into winter.



Take the time to seek out and appreciate these lesser known members of the Milkweed family, as they are beautifully and distinctly different!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto: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](http://naturewatchaustin.blogspot.com)





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## Introducing "Get to Know Your NEIGHBORS"

We are all very fortunate to call Belterra home. But, Belterra is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Belterra a better place to live, please let us know. We would like to introduce them to your neighbors.

**Email [Kelly@peelinc.com](mailto:Kelly@peelinc.com) to be featured in a future issue.**



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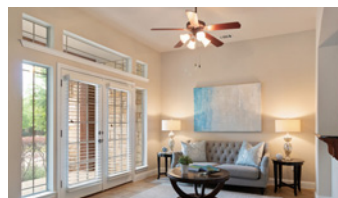
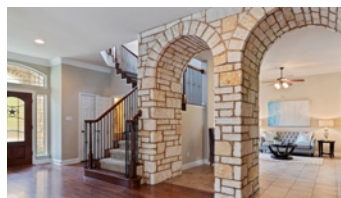
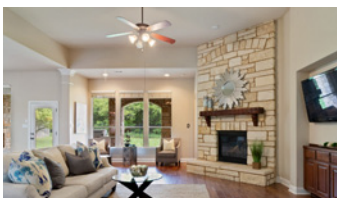
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