

THE BULLETIN

Belterra Community News

December 2019 Volume 1, Issue 12

News for the Residents of Belterra



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

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 Advertising..... advertising@peelinc.com
 512-263-9181



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

5 Tips to Ward Off Cold Weather

Colder weather brings plenty of changes, especially in the ways you take care of your home and self. Especially when the temperature drops, extreme winter conditions can play havoc not only with your skin and health, but also your family’s comfort.

Take steps to protect your family and household as the weather starts to cool this season with these practical tips:

Take steps to help prevent the flu. As temperatures drop, the chances of getting sick rise. That’s partly because certain germs and viruses thrive in colder temperatures, and because the cold puts extra strain on your immune system. When it is cold outside, people are also more likely to spend time indoors (and in closer quarters) where germs are more easily spread. Do your part to help prevent the flu by washing your hands often and covering your mouth or nose when you cough or sneeze. Also be sure to stay home if you’re sick and avoid exposing others to your illness.

Prepare your wardrobe. Colder weather outside means more skin sensitivities and dryness. Long pants and sleeves don’t just add warmth; they also protect your skin from harsh outdoor elements. When you haul your winter wardrobe out of storage, start the season on a comfy note by washing everything with an option like ‘all Free Clear Liquid Detergent or Mighty Pacs. It’s the No. 1 laundry detergent brand recommended by dermatologists, allergists and pediatricians for sensitive skin due to its hypoallergenic formula.

Dress in layers from head to toe. Bundle up with winter accessories to match the daily weather forecast. For chillier mornings and nights, cover exposed areas such as your head with a hat, neck with a scarf and hands with gloves. To accommodate warmer weather during the day, layer flexible clothing options to accommodate temperature shifts.

Stay active. Physical activity naturally warms your body in the short term. In fact, shivering is your body’s natural physical response to generate body heat when you’re cold. Aside from the immediate benefits, keeping active during the colder months can help in other ways, too. A healthy cardiovascular system keeps your blood flow steady and strong, and a good circulatory system plays an important role in keeping your body, and especially your extremities, warm when temperatures take a dip.

Nourish your body and skin. Preventing painful dry cracks and itchy, scaly skin is a job that requires attention inside and out. Externally, moisturize shortly after showering to trap in the water lingering on your skin, use extra lotion throughout the day on areas prone to drying and reapply lotion after washing hands. Remember to protect sensitive spots like your lips that can easily chap and crack. You can also prevent dry skin by ensuring you’re drinking plenty of water and eating a healthy diet with plenty of essential vitamins and healthy fats.

**For more ideas to prepare for changing weather, visit:
all-laundry.com**

Content courtesy of ‘all. Photos courtesy of Getty Images. Downloaded from FamilyFeatures.com

Still on the Fence about Hosting an Exchange Student?



You don't have any kids? Are you a single parent? Same sex couple? An empty nester? This is not a problem, we place our students in all kinds of families!

You're not rich? Neither am I! Your exchange

student comes with their own spending money and health insurance. All you provide is room/board and three meals a day. Oh and TLC...but that's free.

Live in the middle of no where? Small town? Not a big deal. Some kids prefer to get away from the hustle and bustle of big cities. The exchange students also do pretty well in small schools, as they usually get to be the center of attention and make friends rather quickly. Our students also get chances to travel to New York, Washington DC, Hawaii and California...so they can get their fill of the city life and return back to the peaceful sounds of nature.

Do you consider yourself a boring person? More than likely this is not true, and you should quit being so hard on yourself. Your student will make friends. Your student will meet other exchange students. Your student will attend activities offered by our program. Your student will get involved in sports and school clubs. Your purpose is not to entertain them. But you might find that you bring a little adventure to each others lives.

Kids are too young? Great! Lots of students love young kids,

and your kids will love them. It's beneficial to introduce your kids to new cultures at a very young age. You're preparing them to accept people no matter what the religion, color of their skin, or language they speak. That my friend, is good parenting.

Don't hold back! This is a gret experience for both parties. You get the opportunity to change a child's life. You get the satisfaction of seeing them grow, even after they leave your home into becoming a doctor, a lawyer, a diplomat, artist, teacher... the list goes on. And you contributed to that success! And the best part of it all, is you gain another family member for life. We need people like you to give these kids a chance.

STS Foundation is a 501(c)(3) organization whose mission is to place exchange students in our area. If you are interest in hosting, please contact me at 832-455-7881 or at vicki.stsfoundation@yahoo.com. I'll be happy to answer any question you might have and get you started on hosting your very own student!




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Helping Families
Since 2009

★
*Celebrate
Christmas With Us!*

December 17 – "Blue Christmas" Service (7 p.m.)
December 24 – Christmas Eve Family Service (3 p.m.)
December 24 – Christmas Eve Traditional Candlelight Service (6 p.m.)
December 24 – Christmas Eve Traditional Candlelight Service (8 p.m.)
December 24 – Christmas Eve Candlelight with Communion Service (10 p.m.)



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A Few Holiday Thoughts

It is good to be children sometimes, and never better than at Christmas, when its mighty founder was a child Himself. –Charles Dickens

There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. –Albert Einstein

The way you spend Christmas is far more important than how much. –Henry David Thoreau



Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.

2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.

3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).

4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.

5. Pack all medications and supplements to avoid missed doses.

6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.

7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.

8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount than normal at least two hours before you leave.

9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.

10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.

11. Cover your car seats to keep them clean and free of hair shed on your trip.

12. Know your travel rules and restrictions, especially if you will travel on an airplane.



FINISH STRONG

The holiday season is in full swing, and we know your calendar is packed. But with a wide array of state-of-the-art fitness equipment, numerous exercise classes offered daily, the Y 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

Celebrate the Season with Enjoyable Desserts



Enjoyment Peppermint Pie

Whether you're huddled around the fireplace, gathered at the table or strolling through a winter wonderland, the holidays are all about enjoying pure and memorable moments with family and friends. With all of the seasonal gatherings, you can certainly expect that almost any host or guest will attempt to provide a classic holiday treat for everyone to enjoy.

This year, you can give your traditional holiday bake a refreshing twist sure to spread all kinds of holiday cheer with this Enjoyment Peppermint Pie topped with Homemade Whipped Cream, which can be easily whipped up with less than 10 ingredients total.

From pumpkin pies to gingerbread cookies and everything in-between, an option like DairyPure Heavy Whipping Cream can be a must-have kitchen staple this season, one you can feel good about knowing it's sourced from trusted dairies.

For more recipes for the holidays and every day, visit DairyPure.com, and find DairyPure on Facebook, Instagram and Pinterest. Downloaded from FamilyFeatures.com.

Prep time: 15 minutes

Cook time: 20 minutes

- 1 envelope unflavored gelatin
- 1/4 cup cold water
- 2 1/2 cups DairyPure Heavy Whipping Cream, divided
- 8 ounces soft peppermint candy
- 1 chocolate cookie crust
- crushed peppermint candies, for garnish

Soften gelatin in water; set aside.

In small saucepan over low heat, cook 1/2 cup whipping cream with candy until candy melts.

Add gelatin; mix well.

Whip remaining whipping cream. Let gelatin mixture cool and fold in whipped cream, reserving 1/2 cup for garnish.

Pour into crust. Chill.

Before serving, top with reserved whipped cream and crushed peppermint candies.

Homemade Whipped Cream



2 tablespoons granulated or confectioners' sugar

2 cups DairyPure Heavy Whipping Cream

1 teaspoon vanilla extract or liqueur

In chilled glass bowl, add sugar to whipping cream. Using whisk or hand mixer, incorporate sugar into heavy whipping cream until it begins to thicken, leaving visible trails. Continue to whip until soft peaks start to form.

Fold in vanilla extract or liqueur. Serve immediately or refrigerate and remix 1-2 minutes before serving.

Manage Grief with grace this Holiday Season

Holidays are filled with traditions, but when someone you used to share those moments with has died, managing grief during the holiday season can be particularly challenging.

Mental and physical preparation are your best tools for managing the feelings that may accompany holidays. While family members, particularly children, may want things to be as they've always been, the reality is things have changed. It can also be a time to create new traditions and memories that honor your absent loved one.

Consider this advice from the National Funeral Directors Association to help navigate grief this holiday season.

1. Get plenty of rest. The holiday season pulls people in many directions, and that can mean getting less sleep than you need. However, being tired not only has a physical impact on how you feel, it can affect your ability to process emotions.

2. Give yourself permission to take a break. No two people process grief and loss the same way; only you know your limits. Even in a season filled with obligations and commitments, know that it's OK to set boundaries and remove yourself from holiday reminders and triggers. That may mean flipping the channel on the TV or bypassing the holiday display at the store. Taking care of yourself when you're grieving isn't just about finding comfort, it's also about avoiding discomfort.

3. Be realistic with your commitments. You may be the one who hosts your family's holiday celebration every year, but if others offer to take responsibility, let them. Allow loved ones to help, and if they don't volunteer, don't be afraid to ask.

4. Look for tangible ways to express feelings. So much of grief is internal as you manage numerous thoughts and emotions, but physical expressions of your memories and feelings can help process it all. A package like the Remembering A Life Self-Care Box contains several resources to help you take care of yourself. It includes a journal, a rose quartz stone that promotes relaxation, a water bottle to remind you to stay hydrated, a jar to hold written memories of your loved one, a soothing candle, a dragonfly keychain symbolizing hope and comfort, and a soothing essential oil roller.

5. Verbalize how you're feeling. Manage expectations by telling family and friends how you're feeling about the holiday and what they can expect from you. Also let them know what you need from them. If talking about your loved one brings



comfort, let those around you know you appreciate the stories and reminiscing. If it hurts, ask that they refrain.

6. Honor your feelings and needs. As most who have experienced loss know, grief comes in waves. The only way to process grief is to ride one wave to the next. That may mean putting off your holiday shopping for a day when you're feeling less emotional or bowing out of an event you planned to attend.

7. Include your loved one in the holidays. There's no right or wrong way to incorporate your loved one's memory; that all depends on what feels right to you. It may mean serving his or her favorite dish, placing a photo on the mantel or simply slipping a memento in your pocket so you can touch it when you're feeling overwhelmed.

Find more advice to help navigate your way through a loss at rememberingalife.com.

Photo courtesy of Getty Images

Article downloaded from FamilyFeatures.com

Protect the World's Children this Holiday Season

The holidays signal a time for family gatherings, traditions and the spirit of giving. Make this holiday season even more meaningful by giving gifts that help children in need around the globe.



According to UNICEF, around 15,000 children die every day from preventable diseases. In over 190 countries, the organization's staffers are in the field working through war zones, natural disasters and disease outbreaks, doing whatever it takes to save children's lives. This holiday season, you can join the charge by choosing gifts that give back.

With Inspired Gifts, you can provide supplies in the name of a loved one that get delivered directly to children who need it most. Just \$19 can provide polio vaccines to protect 100 children from the deadly disease. Additional life-saving and life-changing options including food packets, educational materials and menstrual hygiene kits can be found at unicefusa.org/HolidayInspired.

If you are looking for stocking stuffers and unique finds, UNICEF Market has a vast collection of handcrafted items made by artisans from around the world. From blankets woven in India to recycled glass pitchers crafted in Mexico and more, these gifts help support the artisans and their families, keep traditional skills alive and give back to essential programs for children. Start checking off your wish lists at unicefusa.org/HolidayMarket.

As part of Louis Vuitton's #MakeAPromise pledge, a specially designed product line of Silver Lockits is available, helping to protect children who have been exposed to diseases, natural disasters and other conflicts that threaten their safety and well-being. \$100-\$250 of each purchase go to programs that help children most in need. Find out more at louisvuitton.com/lvforunicef.

This year, Garnier USA will donate \$1 to UNICEF USA for every Whole Blends Holiday Kit sold through Dec. 31 with a minimum donation of \$300,000. Each kit purchased helps educate a child for up to one week, as it costs around 15 cents to help educate one child per day. Learn more at garnierusa.com/unicef.

Vitamin A is important for strengthening the immune system and preventing childhood blindness. Through Dec. 31, L'OCCITANE will donate \$3.95 for each Solidarity Soap purchased to support UNICEF's Vitamin A supplementation programs around the world. Available in stores or at loccitane.com/en-us/solidaritysoap.

A holiday favorite since 1950, UNICEF Greeting Cards can be purchased at IKEA, select Hallmark Gold Crown® stores and online at hallmark.com and unicefusa.org/HolidayCards2019. One hundred percent of the purchase price of each pack from IKEA will go to support the world's most vulnerable children.

UNICEF does not endorse any brand, company, product, or service.

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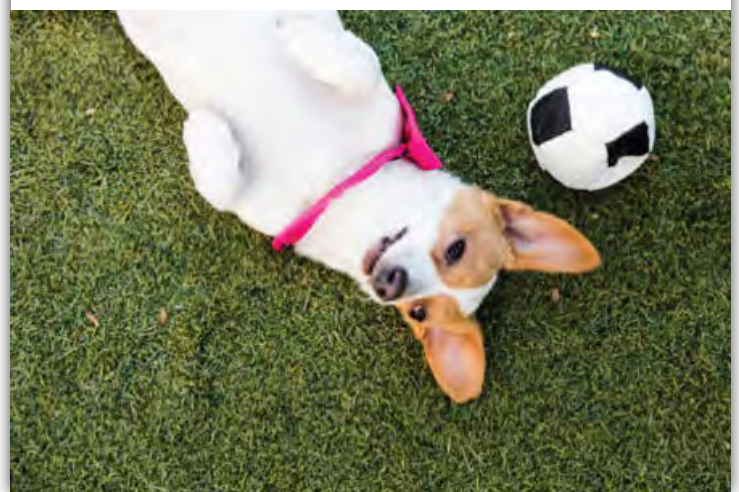
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PLEASE REMEMBER TO PICK UP AFTER YOUR PETS

*Keep Our
Neighborhood Beautiful*





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