

THE BULLETIN

Belterra Community News

February 2020 Volume 2, Issue 2

News for the Residents of Belterra

Why Not Host?

Read More 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
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..... 512-263-9181

(Continued from Cover)

The decorations are packed away, gifts have been exchanged and life is back to normal once again. Why not bring a little excitement into your life by hosting a foreign exchange student!

Each of our students is fluent in English, comes with their own spending money and health insurance. Most importantly, they come with a dream to spend a year in the US so they can experience life as an American teenager!

Hosting is a very great way of bringing new cultures into your family, home, school and community. Speaking as the host mom to 14 different exchange students, I can say that this is one of the best decisions I've made in my life.

STS Foundation accepts all of host families – from single parents, newly marrieds, empty nesters and same sex couples. **In order to host, you would need to meet the following qualifications:**

- **Host must be 25 years or older**
- **Pass a background check**
- **Provide food for 3 meals daily**
- **Ensure reliable transportation to and from school (bus is ok)**
- **A bed for your student**
- **A safe and loving home**

STS Foundation is a 501(c)(3) organization that places foreign exchange students with American host families. For more information about hosting, please contact Vicki Odom at 832-455-7881 or email at vicki.stsfoundation@yahoo.com.



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

SWING Networking Group

Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 14 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.com.

Driveway Cleaning Tips

Ammonia

Tired of those annoying discolorations on your concrete work? To get rid of them, scrub with 1 cup ammonia diluted in 1 gallon (3.7 liters) water. Hose it down well when you're done.

Baking Soda

Salt and commercial ice-melt formulations can stain — or actually eat away — the concrete around your house. For an effective, but completely innocuous, way to melt the ice on your steps and walkways during those cold winter months, try sprinkling them with generous amounts of baking soda. Add some sand for improved traction.

Kool-Aid

Nasty rust stains on your concrete? Mix unsweetened lemonade Kool-Aid with hot water. Scrub and the rust stain should come right out.

Oven Cleaner

Get those unsightly grease, oil, and transmission fluid stains off your concrete driveway or garage floor. Spray them with oven cleaner. Let it settle for 5-10 minutes, then scrub with a stiff brush and rinse it off with your garden hose at its highest pressure. Severe stains may require a second application.

Soda

Here's how to remove oil stains from concrete drive-ways and garage floors: Gather up a small bag of cat litter, a few cans of cola, a stiff bristle broom, bucket, laundry detergent, bleach, eye protection, and rubber gloves. Cover the stain with a thin layer of cat litter and brush it in. Sweep up the litter and pour cola to cover the area. Work the cola in with a bristle broom, and leave the cola for about twenty minutes. Mix 1/4 cup laundry detergent with 1/4 cup bleach in 1 gallon (3.7 liters) warm water and use it to mop up the mess.

WD-40

Did a leaky oil pan leave a big ugly spot in the middle of your concrete driveway? To get rid of an unsightly oil spot, just spray it with a generous amount of WD-40 and then hose it down with water.



Adding Yoga to Workout Regime Can Improve Your Fitness Goals

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.



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Top 10 Travel Destinations to Start the New Decade

FAMILY FEATURES

For many, traveling offers an opportunity to disconnect from the everyday and experience new places and cultures. With the beginning of a new decade, it is the perfect time to start deciding your next travel adventures.

When booking your future destinations, consider these spots and tips recommended by travel expert and Bank of America ambassador, Lee Abbamonte, the youngest American to visit every country plus the North and South Poles.

England, Germany, Scotland, Azerbaijan and more.

While technically more than one place, these locations have one thing in common: Union of European Football Associations (UEFA) Euro 2020. The international soccer event marks the first time the games will be held across the continent in 12 host cities.

“The year is a big one for sports,” Abbamonte said. “From sporting events in Europe to Japan, it is a fun year for travel and to enjoy once-in-a-lifetime experiences.”

Australia

From its deserts to tropical beaches, Australia is a beautiful country to explore. While many people might be familiar with the Sydney Opera House and the unique wildlife, there are many hidden gems in Australia.

“I’ve been to Australia 10 times and I still can’t get enough,” Abbamonte said. “One of my favorite cities is Melbourne. While it’s one of the largest cities in Australia, the heart of the city is hidden and secretive. It comes to life when you visit the alleys, laneways and arcades. The vibrant city has so much to offer: cafes, a unique street culture and street art.”

New Zealand

If you are going to New Zealand for the first time, Abbamonte



recommends boogie boarding down the sand dunes, hiking up a volcano and visiting the Moeraki Boulders. However, if you are really interested in getting the blood pumping, take a leap from Nevis Bungy near Queenstown. It is among the highest bungy jumping experiences in the world, measuring 440 feet.

Mexico

“Mexico City has two of my favorite things – great food and sports,” Abbamonte said. “The street tacos are to die for, and I love going to soccer games at Estadio Azteca.”

In 2020, there will be many festivals to explore.

The city is a cultural hub with music, theater, dance and food events throughout the year. While experiencing the festivities, it is also an opportune time to take a step back and enjoy Chapultepec Park.

Brazil

One of Abbamonte’s favorite waterfalls is Iguazu Falls located on the border of Brazil and Argentina. While Iguazu Falls might be well known, the falls themselves are truly unique. The waterfall system consists of 275 falls that stretch over approximately 1.68 miles. The Devil’s Throat is the tallest fall with a drop of more than 262 feet.

(Continued on Page 5)

"Top 10 Travel Destinations..." (Continued from Page 4)

While traveling internationally can be fun and exhilarating, there are also places throughout the United States that offer memorable activities:

Scottsdale, Arizona

If you enjoy being outdoors, Scottsdale is an ideal place to visit. There are many trails to explore in Camelback Mountain, Papago Park and Hole in the Rock. After hiking, follow Abbamonte's example and golf at The Short Course at Mountain Shadows.

"Scottsdale has some of the most beautiful sunsets in the States, and from The Short Course at Mountain Shadows, I get to enjoy the view while practicing my swing," he said.

Boston, Massachusetts

"I love sports, so I visit Boston regularly for the professional games," Abbamonte said. "I'm also fortunate that Boston is a beautiful city I can enjoy along the way."

Boston is one of the oldest cities in the country. Founded in 1630, Boston is filled with history, museums and universities. If you are interested in a more unique attraction, check out the Warren Anatomical Museum, which is one of the last of its kind in the United States.

Portland, Oregon

What makes Portland unique are the bizarre and wonderful things you can do when you visit. For example, you can try bone marrow ice cream, stop by Mill Ends Park (the world's smallest park) or attach your wish to The Wishing Tree.

"Portland is absolutely beautiful," Abbamonte said. "It has a bit of everything – restaurants, bars, parks – and I enjoy the people watching. Portland has some of the nicest people while maintaining an edgy vibe."

Tampa, Florida

Tampa might be known for its spring break party scene, but it has so much more to offer. For example, the city's zoos and aquariums provide opportunities to interact directly with animals. Then you can take a break at Clearwater Beach, which is known for its soft, white sand and calm waters.

Santa Barbara, California

"I go to Santa Barbara when I want to recharge," Abbamonte said. "I enjoy the food, walking around, talking to the locals and even watching a football game or two."

There are wine tours, zoos, beaches, museums and restaurants. While taking in the city, also make time to visit the hidden gems such as Knapp's Castle ruins.

Find more solutions to make your travel goals attainable at bankofamerica.com/Premium. Content downloaded from FamilyFeatures.com.

Financial Tips to Help Boost Your 2020 Travel

When booking a trip, almost half (44%) of Americans don't use a rewards credit card that earns points or cash back, according to a Bank of America survey. No matter where you plan to travel, it is helpful to have a financial strategy in place to maximize rewards and help offset future travel costs.

-Use a credit card that allows you to earn and redeem points for travel such as the Bank of America® Premium Rewards Visa® credit card, which earns 2 points for every dollar spent on travel and dining purchases and 1.5 points for every dollar spent on all other purchases.

-Layer your rewards programs together to maximize points with each purchase. For example, when booking a flight and hotel

package, include your frequent flier number (layer No. 1) and hotel loyalty program details (layer No. 2). Pay with a rewards credit card (layer No. 3) that's eligible for bonus points with a banking rewards program (layer No. 4).

-A banking rewards program like Bank of America® Preferred Rewards lets you earn even more. Members receive a credit card rewards bonus of 25-75% on every purchase. For example, members in the Platinum Honors tier, the highest tier of the program, earn unlimited 3.5 points per dollar on travel and dining purchases with the Premium Rewards Visa® card and unlimited 2.62 points on all other purchases.



A Fun, Fruity, Refrigerated Treat

Save time on family desserts with make-ahead recipes like these Kristoff Ice Box Cupcakes. By using kid-friendly treats that add nutrition to appealing flavor, you can solve busy evenings



just by reaching into the fridge. This and other family-friendly recipes are part of Dole's healthy-living alliance with Disney's Frozen 2. For details, visit dole.com/Disney.

#Dole #DoleRecipes

Kristoff Ice Box Cupcakes

Prep time: 20 minutes, plus chill time

Serves: 12

- 3 ripe DOLE® Bananas
- 1 container (8 ounces) fat-free whipped topping, thawed
- 7 low-fat honey graham crackers, coarsely crushed
- 1 pound Dole Strawberries, hulled and quartered

Line 12-cup muffin tin with cupcake liners. In large bowl, mash bananas; fold in whipped topping.

Fill muffin cups halfway with graham cracker pieces, banana mixture and strawberries; repeat layers with remaining ingredients.

Refrigerate cupcakes 4 hours; serve in cupcake liners.

Approximate nutritional information per serving (1 cupcake): 78 calories; 3 calories from fat; 0 g fat; 0 g trans fat; 0 g polyunsaturated fat; 0 g monounsaturated fat; 0 mg cholesterol; 25 mg sodium; 164 mg potassium; 18 g carbohydrates; 2 g fiber; 8 g sugar; 1 g protein; vitamin A 0%; vitamin C 25%; calcium 2%; iron 2%; vitamin E 2%; thiamin 2%; vitamin B6 8%; phosphorus 2%; magnesium 4%; manganese 10%.

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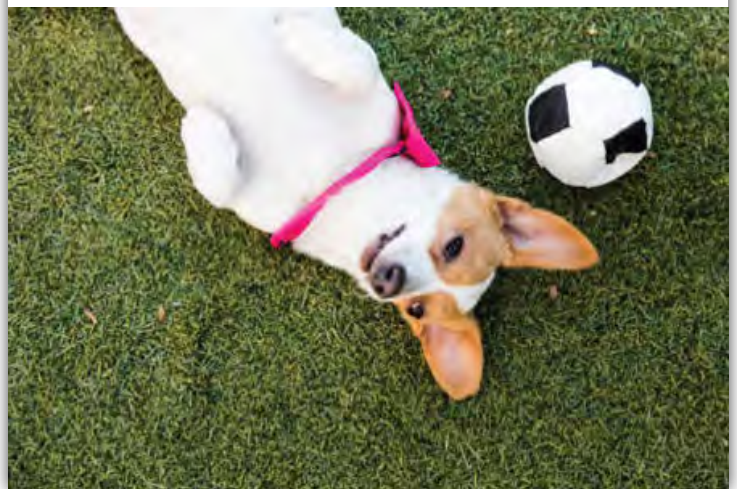
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