

Volume 1, Issue 6 August 2011

# HMF

### HAIRY MAN FESTIVAL Saturday, September 24, 2010

Join us for the 17th Annual Hairy Man Festival on Saturday, September 24th from 11am to 6pm at Cat Hollow Park in Round Rock. Admission to the festival is two non-perishable food items or \$2 per person to go to local food banks. This event is sponsored by The Brushy Creek Women's Association and the Brushy Creek MUD.

The family fun-centered events raises money for many local charities, and offers a full day of food, arts & crafts, children's activities, and enjoy special performances and live music all day. This year the proceeds will benefit Project Care Case.

Project Care Case provides new and age appropriate suitcases on wheels to each child in foster care. The "care case" has their names permanently embedded on it and contains socks, underclothing, two changes of clothing, teddy bear, and a pillow/blanket of their own and a child friendly Bible.

For more information visit www.projectcarecase.org, Connie Bellows 512-852-9276.

The festival is located at Cat Hollow Park off of RM 620 at 8600 O'Connor Drive.

For more information please visit www.HairyManFestival.org or www. BrushyCreekWomen.org

### Will My Child Be Ready for Elementary School?

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

"Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor, social-emotional, creative and academic skills," said Brandi Muse, of Primrose School at Summerwood. "It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed."

• Academics: Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about

(Continued on Page 3)

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The Voice - August 2011 1

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EMERGENCY	911
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AT&T	
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Customer Service	512-485-5555
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### **ARTICLE INFO**

The Voice is mailed monthly to all Teravista residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for The Voice please email it to <u>teravista@peelinc.</u> *com*. The deadline is the 9th of the month prior to the issue.



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### THE VOICE

### Will My Child Be Ready- (Continued from Cover Page)

memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.

- **Technology:** In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.
- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- Music and Art: Young children naturally engage in "art," or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- **Social-Emotional Development:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.

SUBMITTED BY: BRANDI MUSE



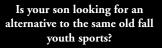


### THELAXFARM

"Growing Players with a Passion"

Boys Youth Lacrosse / Fall League / Grades 1-6





Registration is now open for The LAX Farm's Fall 2011 House League. The league is structured for novice players and it is organized to emphasize fun and skill development.



If your son was looking for a way to enter the sport, this recreational league is an ideal way for him to test the waters. The league is designed for entry level players, but it is also for boys with some lacrosse experience who want to keep their skills honed during the off season. We offer full equipment rental packages as well.



512-568-7597 www.thelaxfarm.com

### Going 100 Percent Organic Not Feasible?

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

1. Apples

2. Celery

3. Strawberries

4. Peaches

5. Spinach

6. Nectarines (imported)

7. Grapes (imported)

8. Sweet bell peppers

9. Potatoes

10. Blueberries (domestic)

11. Lettuce

12. Kale/collard greens

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

1. Onions6. Sweet peas11. Cabbage2. Sweet Corn7. Mangoes12. Watermelon3. Pineapples8. Eggplant13. Sweet potatoes4. Avocado9. Cantaloupe (domestic)14. Grapefruit5. Asparagus10. Kiwi15. Mushrooms

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at http://www.ewg.org. More information on the Alliance for Food and Farming can be found at http://www.foodandfarming.info. To learn more about the USDA's MyPlate, visit http://www.choosemyplate.gov, and to discover more about the WHO, visit http://www.who.int/en.



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The Voice - August 2011 5

### TREES: The Logical But Harmful

A problem for property owners in managing their trees is that what seems logical regarding their care is often incorrect and harmful. A tree's perceived ability to well withstand substantial wounding and other mistreatments contributes to this notion. For example, a construction crew can cut a trench within five feet of the trunk and deposit fill over the tree's base, and the tree might still "look good" in five years. The logical assumptions are

- tree roots grow downward and deep, so they're not subject to harm from trenching five feet out from the trunk;
- even if you tear some roots, it doesn't hurt the tree;
- fill material over the tree base can only help secure it, and, besides, a tree's base is at home buried deep into the earth; and
- the test of time (the five years) proves these assumptions because the tree still looks fine.

All of this is incorrect. Using the scale of a human lifetime to evaluate the response time of a tree is short-sighted; a tree is one of the largest living organisms on earth, and its life span can be hundreds of years. Certainly, species characteristics and other factors influence how well a given tree tolerates stresses, but improperly managing a tree's care can take years off its life. This really hits home when a

high-value tree has to be removed because years of abuses to the root system, for example, have rendered it a hazard.

Another logical but misguided observation about tree care is reflected in this question: If trees in the forest thrive without human interference, why can't we take a hands-off approach to trees in our cities? There's a pretty big difference (and "thrive" is a relative term). Generally, urban trees do not grow in the nutrient-rich soils found in the forest; they have a different relationship with sunlight than do forest trees, often resulting in larger canopy growth; they are more subject to wind forces and are more likely to harm life and property in the event of failure. There are more differences, but these

(Continued on Page 7)



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\* HAS REFERENCES

### TREES: The Logical but Harmful- (Continued from Page 6)

provide the basic idea.

When a property owner contacts an arborist about a problem tree, it might be recently planted, ten years old, or mature. But always, the owner is deeply concerned, and sometimes shocked, that the tree is in trouble - or dead. After all, it takes some years for a newly planted tree to deliver its full benefits. Starting all over again because a tree didn't make it means a lost investment in resources and time. Investing in proper tree care from the start is a proactive way to spare the much greater cost of problems later, and it greatly increases the likelihood that trees will provide benefits for generations to come.

In a series of articles that will follow, our goal is to arm readers with some facts about trees that dispel myths, create more informed consumers, and promote healthier trees. We'll start with a critical part of a tree. In the next article, we'll address the root system and some of the misconceptions regarding it.

### **DANIEL HAYDEN**

Daniel Hayden is an ISA Board Certified Arborist #TX-3748A and resides in Austin. You may reach him at dhayden@bartlett.com.

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### 

ATTENTION TEENAGERS: The Teenage Job Seekers listing service is offered free of charge to all Teravista teenagers seeking work. Submit your name and information to teravista@peelinc.com by the 8th of the month!

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Divorce Care Safe People

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**TEXAS** has more drownings than any other state so far this year and we still have a long HOT summer ahead of us. Please be safe in and around the water.

Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign www.poolsafety.gov





### JOIN US IN GETTING READY FOR A SAFE SUMMER IN THE WATER!



Sunday, August 28th The 3rd Annual Colin's Hope Kids Triathlon

The Colin's Hope Kids Tri will once again take place in the Lake Pointe neighborhood on Sunday, August 28th. Almost 300 athletes (ages 5-15) are registered and now we need VOLUNTEERS to help us cheer them on! Volunteers are needed to help with packet pickup on Saturday, August 27th and at the race on Sunday, August 28th. This is a great family or group volunteer activity and there are variety of volunteer positions and shifts available! Please go online to volunteer at www.colinshope.org.



August-September 2011 The Hospital at Westlake Medical Center Flamingo Sale to **Benefit Colin's Hope!** 

When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope!



Friday, September 2nd- The 2nd Annual Got2Swim 4 (and 8) Miles for Colin's Hope

In celebration of Colin's Birthday on September 2nd, 50 swimmers will be heading down Lake Austin to the Walsh Boat Landing (near the Tom Miller Dam). Some of the swimmers will be going 4 miles while others will be swimming 8 miles. Their journey will be safeguarded by kayak Water Guardians, a team of volunteers and The Expedition School. The goal of this swim is to raise \$50,000 for Colin's Hope while raising awareness for water safety and drowning prevention. Please go to www.tinych.org/got2swim to meet our swimmers and make a pledge towards our \$50,000 goal. All funds raised from this event will go directly to Colin's Hope. Visit www.colinshope.org to find out where you can go on September 2nd to cheer on the swimmers.





Children who drown often do not scream, splash, or struggle. They can silently slip beneath the water, even with adults & lifeguards present.