



The VOICE

A Newsletter for the
Residents of Teravista

Volume I, Issue 7

September 2011



Health Briefs - September

EASE YOUR CHILD BACK INTO SCHOOL



Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.
- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.

BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's

vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will

be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

(Continued on Page 3)

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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 teravista@peelinc.com. The deadline is the 9th of the month prior to the issue.

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Health Briefs - (Continued from Cover Page)

TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.

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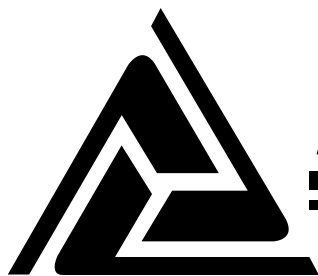
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NATUREWATCH SN-OUTBREAK!

by Jim and Lynne Weber

The change from late summer into early fall can trigger some unusual natural events, and at this time of year in Central Texas, we can often see periodic population explosions of the American Snout butterfly.

Often mistaken for migrating Monarch butterflies, the American Snout (*Libythea carinenta*) is a medium-sized butterfly with a brown upperside, wings orange at the base, and white spots near the tips of the forewings. Their underside is a mottled grayish-brown pattern, much like a dried, dead leaf. Snouts are named for their elongated mouthparts, and when they hang from the underside of a branch, which they most often do, their 'snout' resembles the stem or 'petiole' of a leaf and their folded wings appear to be the dead leaf itself. It's the perfect camouflage for defense against avian predators.

In the caterpillar stage, snouts are dark green with yellow stripes along the top and sides of their body, with two small, black tubercles on the top of their thorax. These caterpillars feed on all hackberry species, but they prefer spiny hackberry. While Austin is at the northernmost boundary of this plant's range, it is close enough that we get to experience a 'sn-outbreak.' After a good rain, spiny hackberry plants (also known as granjeno or desert hackberry) grow numerous new leaves. In response, the snout butterfly lays its eggs on these new leaves,

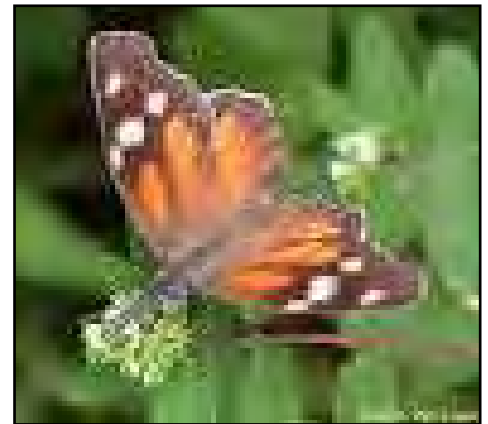
which provides the fuel for a significant number of its caterpillars. In Texas, it only takes 12 days to go from egg to caterpillar to adult butterfly.

The ecology behind this event is related to several factors. First, the population of snouts is positively correlated to the intensity and duration of dry periods that immediately precede significant rains. These droughts seem to greatly diminish parasites that can harm and kill snout larvae. Second, adult snouts wait out these long, dry periods by remaining in 'reproductive diapause', a state of arrested development/reproduction and decreased metabolism in response to the adverse environmental conditions. This condition reverses when the rains arrive and trigger the third factor, new growth on the spiny hackberry host plants. Female snouts will only lay eggs on this prolific new growth, and coupled with the lack of parasites, this creates a population boom.

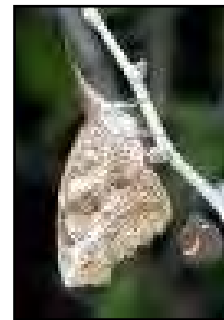
Most often, sn-outbreaks occur in South Texas and Mexico, where the spiny hackberry is plentiful. However, one of the largest recorded snout emergences occurred in late September of 1921, when over the course of 18 days more than 6 billion southeasterly-bound snout butterflies flew over San Marcos to the Rio Grande River. That's an estimated 25 million per minute! While not every year is quite that spectacular, keep your eyes

open about two weeks after a rain, and you should see region-wide migrations of snout butterflies as they waft by in pretty impressive numbers.

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, to be published in October by Texas A&M University Press.



Above: American Snout – upperside



Left: American Snout – underside

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Immunizations **Not Just for Kids**

By- Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

VACCINE	RECOMMENDED SCHEDULE
INFLUENZA:	Yearly, especially if at risk
MENINGOCOCCAL:	One dose, age 11-12 or 13-18 if not previously immunized
TETANUS-DIPHTHERIA/TETANUS-DIPHTHERIA-PERTUSSIS:	One dose, age 11-12, then booster every 10 years
HUMAN PAPILLOMA VIRUS: (FEMALES ONLY)	Three doses, age 11-26
MEASLES - MUMPS - RUBELLA:	If born after 1956, one or two doses if never immunized up to age 65
PNEUMOCOCCAL:	One dose, at or after age 65
VARICELLA (CHICKEN POX):	Two doses if no prior infection or immunization received
ZOSTER (SHINGLES):	One dose, at or after age 60

Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

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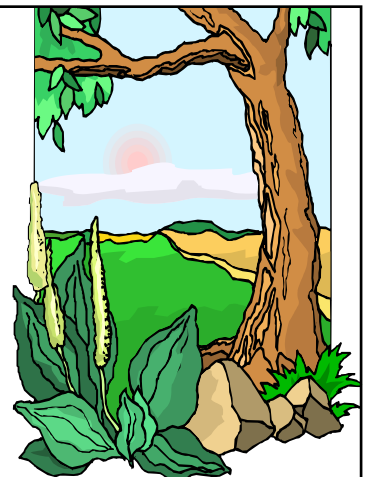
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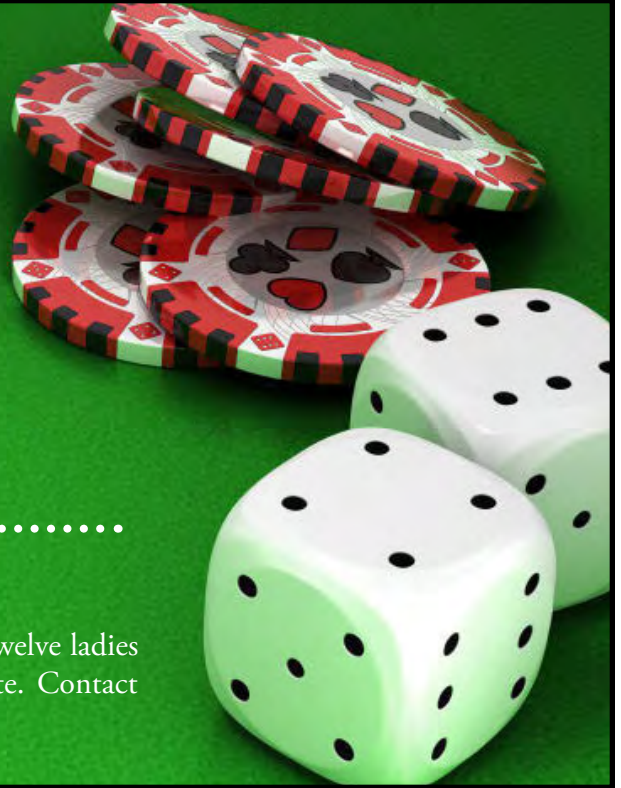
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The Teravista Poker Club (T.P.C.) will meet every First Thursday of the month. The doors of the Teravista Club House will be open at 7:30 pm. The poker game (tournament style) will start 8:00 pm.

THE REMAINING SCHEDULE FOR 2011 SHOULD BE AS FOLLOW: May 5th; June 2nd; July 7th; August 4th; September 1st; October 6th; November 3rd; December 1st

See you there. Louis El-Deir



Bunco Anyone?

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Recipe of the Month **TORTILLA SOUP**

Combine oleo and flour. Brown. Add broth, tomatoets, chilies, chicken, chili powderr, cumin, garlic salt. Simmer for 1 hour. Saute onion and chips. Add to soup. Pour over cheese and avocados. Optional: Add sour cream.

Enjoy!

Ingredients

- 1 Onion, chopped
- ¼ Cup oleo
- ¼ Cup flour
- 6 cans chicken broth
- 3-4 chicken breasts; cooked and chopped
- 2 - 4 oz. cans chopped green chilies
- 1 can diced Rotel tomatoes or 1 can diced tomatoes
- 2 T chili powder
- 2 tsp. garlic salt
- 1 T Cumin
- 8 Corn tortilla chips, cut up
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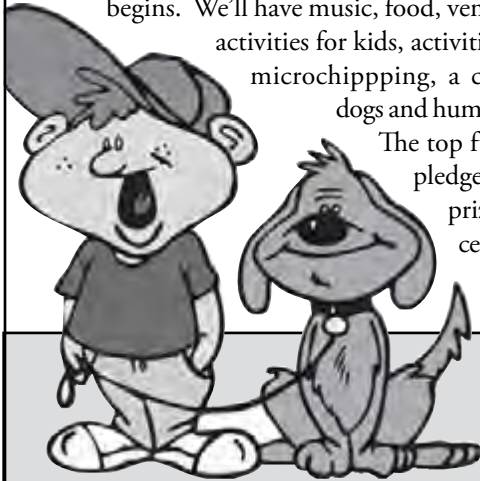
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9th Annual Barktoberfest & PLEDGE WALK FOR HOMELESS PETS

Have a howling good time and help the Central Texas SPCA save homeless pets in our community. This year's event will be bigger and better than ever on Saturday, September 10th at Old Settler's Park in Round Rock, Texas. The morning starts with a 2K pledge walk for homeless pets and then the festival fun begins. We'll have music, food, vendors, fun games and activities for kids, activities for dogs, low cost microchipping, a costume contest for dogs and humans, and much more.

The top fundraisers in the 2K pledge walk will win great prizes! Please visit www.centraltexasspca.org for more information.



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- 10-Oct. 1—AUSTIN:** Jan Heaton: Tranquillo Heaton, a watercolorist, is known for her rich and lyrical watercolors inspired by nature. Wally Workman Gallery www.wallyworkmangallery.com 512/472-7428
- 11—AUSTIN:** Austin Museum Day Enjoy local exhibits and activities at participating institutions. www.austinmuseums.org
- 11—GEORGETOWN:** Temple Symphony Orchestra Performance Begins at 4 p.m. Georgetown High School. www.gsstx.org
- 11—GRUENE:** Gospel Brunch with a Texas Twist Serves up gospel music with a mouth-watering buffet from 10:30 a.m. to noon. Advance tickets recommended. Gruene Hall www.gruenehall.com 830/629-5077
- 13—BURNET:** Moonlight Hike and Owl Prowl Meet at the amphitheater for a talk about owls and trail safety before venturing out for a hike on the Pecan Flats Trail to listen for owls. Bring closed-toed shoes and a flashlight. Inks Lake State Park. 512/793-2223
- 16-18—AUSTIN:** Austin City Limits Music Festival More than 130 local and nationally known music acts perform on eight stages. Headliners include Stevie Wonder, Kanye West, Coldplay and The Arcade Fire. Zilker Park. www.aclfestival.com
- 16-18—BROWNWOOD:** Reunion Celebration Features a midway, live entertainment, children's area, contests and concerts, with Eddie Money performing Friday night and Easton Corbin on Saturday. Downtown. www.celebratebrownwood.com 325/998-4636
- 17—BLANCO:** Market Day County Courthouse, 300 Main St. www.historicblanco.org/market_day.htm 830/833-2211
- 17—CEDAR PARK:** Bertram Flyer Steam Train Historic railroad operates vintage passenger cars on a three-hour journey from Cedar Park to Bertram and back. A short stop in Bertram offers a chance to tour the fully restored 1912 train depot. Cedar Park Depot. www.austinsteamtrain.org 512/477-8468
- 17—CEDAR PARK:** The Cattleman's Ball Killing Evening train ride includes box dinner, beer and wine, and a who-done-it mystery with the Capital City Mystery Players. Departs at 7 p.m. Cedar Park Depot. www.austinsteamtrain.org 512/477-8468
- 17—SAN MARCOS:** Junior Texas Water Safari This 16-mile water adventure provides a great opportunity for young canoeists and kayakers to gain experience in the water. San Marcos City Park. www.texaswatersafari.org 512/738-6607 or 512/392-6171
- 17-18—GRUENE:** Old Gruene Market Days Gruene Historic District. www.gruenemarketdays.com 830/832-1721
- 17-18—HONDO:** Medina County Fair Includes a 10 a.m. parade, live music, carnival, ranch rodeo, tractor pull, chili cook-off, and dancing to the music of the Charlie Lucas Band and The Bellamy Brothers on Saturday night. Medina County Fair Grounds. www.medinacountyfair.org 830/426-5406
- 18—BURNET:** Tri-Hard Triathlon Includes an 800-meter swim, 18-mile bike ride and 5K run at Inks Lake State Park. www.signmeupsports.com 512/756-6640
- 18-Dec. 31—AUSTIN:** Storied Past: Four Centuries of French Drawings from the Blanton Museum of Art Includes works by Jean-Baptiste Greuze and Francois Boucher. Blanton Museum of Art. www.blantonmuseum.org 512/471-7324
- 20—FREDERICKSBURG:** Oktoberfest Experience "oompah at its best" with bratwurst, cold beer, a parade and more. Features the Oktubafest, Chicken Dance Around the Square, dominoes tournament, sing-a-longs, three stages of live entertainment, arts and crafts, and kids' activities. Marktplatz. www.oktoberfestinfbg.com 830/997-4810
- 20-25—AUSTIN:** Rain: A Tribute to the Beatles The Long Center. www.broadwayacrossamerica.com/austin 800/731-7469
- 22-24—BIG LAKE:** 100-Year Celebration, 1911–2011 Celebration of the city's centennial features a 10 a.m. parade Saturday, street dance with music by Bobby Flores and the Yellow Rose Band, car show, arts and crafts, golf, pageant, horseshoe and washer tournaments, beard contest and more. Downtown. www.biglaketx.com 325/884-2511
- 22-29—AUSTIN:** Fantastic Fest Horror, sci-fi, fantasy and action movie fans unite each year in Austin for the largest genre film festival in the country. Alamo Drafthouse South Lamar and other venues. www.fantasticfest.com
- 22-Oct. 2—MARBLE FALLS:** Wait Until Dark This masterfully constructed thriller moves from one moment of suspense to another as a psychopath talks his way into the home of an unsuspecting blind woman. Community Theatre. www.hcct.org 830/798-8944
- 23-24—LLANO:** Llano River Outdoor Expo Features gold panning, rock hunting and more. Badu Park. www.llanoexpo.com 325/247-4137
- 23-24—TAYLOR:** Annual Taylor SPJST Barbecue Cook-Off Taylor SPJST Hall. www.taylorchamber.org 512/365-8485
- 23-25—BURNET:** A Day Out with Thomas Take a 25-minute ride with a full-size Thomas the Tank Engine, meet Sir Topham Hatt, and enjoy storytelling, live music, playing with Duplo blocks and more. Burnet Community Center. www.austinsteamtrain.org 512/439-1009

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REACHING YOUR NEIGHBORS

and many others...

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Granada Hills
Hidden Glen
Highland Park West Balcones
Highpointe
Jester Estates
Lakeline Ranch
Lakeway
Lakewood
Laurel Oaks NA
Legend Oaks II
Long Canyon
Lost Creek
Mayfield Ranch
Meadows of Bushy Creek
Pemberton Heights
Plum Creek
Ranch at Brushy Creek
River Place
Sendera
Shady Hollow
Sonoma
Steiner Ranch
Stone Canyon
Teravista
Travis Country West
Twin Creeks
Villages of Westen Oaks
Vista Oaks
Vista Ridge
Westcreek
Westminster Glen
Westside at Buttercup Creek
Wood Glen

HOUSTON

Blackhorse Ranch
Bridgeland
Chelsea Harbour
Coles Crossing
Copperfield
Cypress Mill
Cypress Point
Eagle Springs
Enchanted Valley
Fairfield
Fairwood
Harvest Bend The Village
Lakemont
Lakes of Fairhaven
Lakes of Rosehill
Lakes of Savannah
Lakes on Eldridge
Lakes on Eldridge North
Lakewood Grove
Legends Ranch
Longwood
North Lake Forest
Riata Ranch
Shadow Creek Ranch
Silverlake
Steeplechase
Stone Gate
Summerwood
Village Creek
Villages of NorthPointe
Willowbridge
Willowlake
Willow Pointe
Winchester Country
Winchester Trails
Windermere Lakes
Woodedge Village
Wortham Villages

DALLAS FT. WORTH

Brook Meadows
Timarron
Woodland Hills

SAN ANTONIO

Alamo Heights
Cross Mountain Ranch
Mountain Lodge
Olmos Park
Rivermist
Springwood
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The Dominion
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SUPERVISION**



LEARN TO SWIM



WEAR LIFE JACKETS



**MULTIPLE BARRIERS ON
ALL POOLS & HOTTUBS**



**KEEP BACKYARDS &
BATHROOMS SAFE**



**ALWAYS CHECK
POOL/HOTTUB
FIRST FOR
MISSING CHILD**



LEARN CPR



COLIN'S HOPE

Increasing water safety awareness and standards



**More than 68 children have drowned
in Texas this year...SO FAR! Please
continue to be safe in and around the
water. Drowning is PREVENTABLE!**

Source: Texas Department of Family and Protective Services

Colin's Hope would like to thank Peel, Inc. and all of our partners and volunteers for helping to raise water safety awareness this summer! It is still hot in Texas, so we ask you to please continue spreading the message that **DROWNING IS PREVENTABLE!** Together, we can greatly reduce the number of drownings in Texas by following simple water safety tips. You can find those tips at www.colinshope.org

For more information,
check out our website at

www.colinshope.org



JOIN US IN HAVING A SAFE SUMMER IN THE WATER!



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!



OurGift.Org™

September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!

OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in September. Please visit www.ourgift.org to learn more and sign up to receive the daily deals from local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation!



October 1 - Colin's CrossFit Challenge

CrossFit Lakeway is hosting a community event from 8:00am-10:00am at BACKWOODS in the Hill Country Galleria to benefit Colin's Hope. The Crossfit Challenge will be open to all fitness levels. There are Beginner / Intermediate / Advanced divisions and prizes will be awarded to 1st and 2nd place in each division. Registration is \$30. For more information or to sign up, please visit www.crossfitlakeway.com or call 512-689-3798. Help us Prevent Drowning...One workout at a time!

Download a
QRcode App
on your phone
& scan me!



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