



# The VOICE

A Newsletter for the Residents of Teravista

Volume 1, Issue 8 October 2011

## Health Briefs OCTOBER 2011



### **TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK**

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

### **VITAMIN C PROTECTS, MAINTAINS HEALTHY BONE MASS**

Vitamin C plays an important role in maintaining bone mass - promoting

the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the healthy bone equation but studies show that it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

### **SLEEPING PILLS NOT EASY ANSWER**

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most

common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they have other side effects, including dry eyes and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

### **BEST BETS IN BEVERAGES FOR KIDS**

When your kids need something to drink, reconsider reaching for that juice box. It's

*(Continued on Page 3)*

# IMPORTANT NUMBERS

## EMERGENCY NUMBERS

|  |              |
|--|--------------|
| EMERGENCY .....                        | 911          |
| Fire.....                              | 911          |
| Ambulance.....                         | 911          |
| Round Rock Police (Non Emergency)..... | 512-218-5515 |
| Georgetown Police (Non Emergency)..... | 512-390-3510 |
| Travis County Animal Control.....      | 512-972-6060 |
| Round Rock Animal Control.....         | 512-218-5500 |
| Georgetown Animal Control.....         | 512-930-3592 |

## SCHOOLS

|                                  |              |
|----------------------------------|--------------|
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| Teravista Elementary School..... | 512-704-0500 |
| Hopewell Middle School.....      | 512-464-5200 |
| Stony Point High School.....     | 512-428-7000 |
| Georgetown ISD.....              | 512-943-5000 |
| Carver Elementary School.....    | 512-943-5070 |
| Pickett Elementary School.....   | 512-943-5050 |
| Tippit Middle School.....        | 512-943-5040 |
| Georgetown High School.....      | 512-943-5100 |

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| Repair.....           | 1-800-246-8464 |
| Billing.....          | 1-800-858-7928 |
| Time Warner Cable     |                |
| Customer Service..... | 512-485-5555   |
| Repairs.....          | 512-485-5080   |

## OTHER NUMBERS

|                                       |              |
|---------------------------------------|--------------|
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| Round Rock Community Library .....    | 512-218-7000 |
| Round Rock Parks and Recreation ..... | 512-218-5540 |
| City of Georgetown.....               | 512-930-3652 |
| Georgetown Public Library .....       | 512-930-3551 |
| Georgetown Municipal Airport .....    | 512-930-3666 |
| Georgetown Parks and Recreation ..... | 512-930-3595 |
| Teravista Golf and Ranch House .....  | 512-651-9850 |
| Teravista Residents Club .....        | 512-310-7421 |

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## Health Briefs - (Continued from Cover Page)

easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

*Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.*

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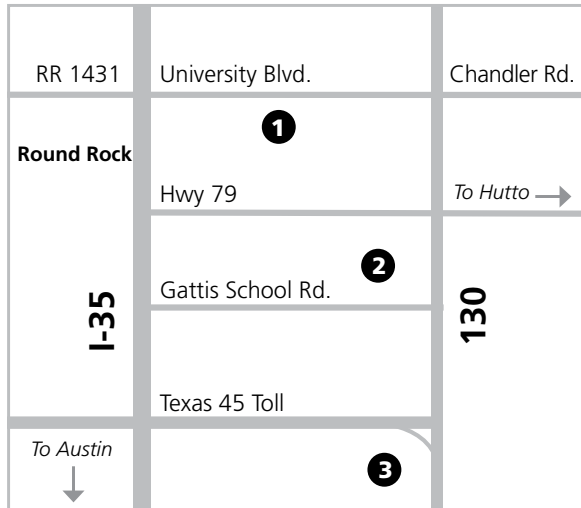
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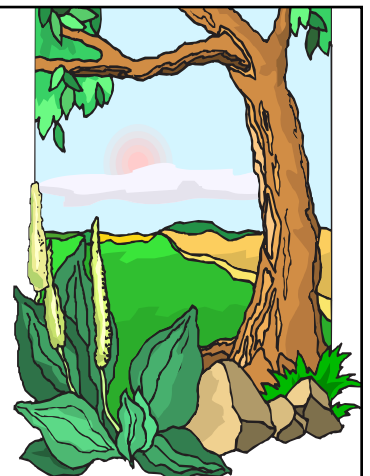
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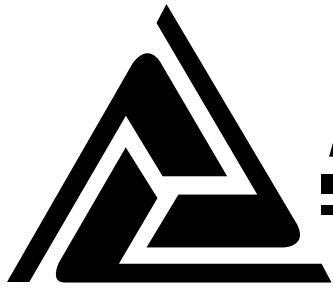
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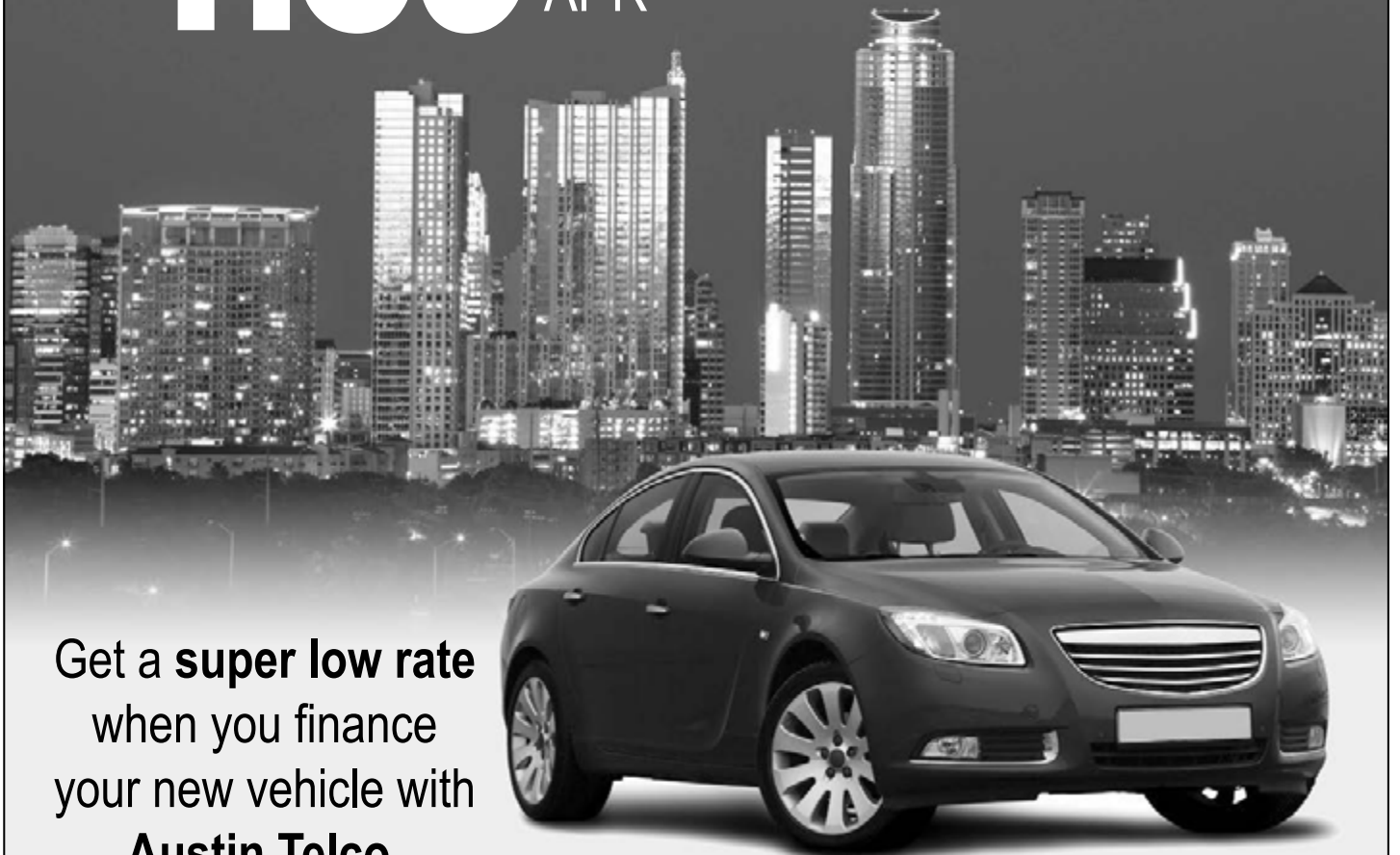
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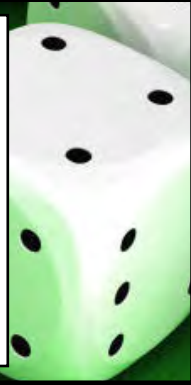


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## Recipe of the Month

### Neiman-Marcus Cookies

(RECIPE MAY BE HALVED.)

### Ingredients

- |                          |                               |
|--------------------------|-------------------------------|
| 2 cups butter            | 2 tsp. baking soda            |
| 5 cups blended oatmeal** | 2 tsp. vanilla                |
| 2 cups brown sugar       | 2 tsp. baking powder          |
| 4 cups flour             | 1- 8 oz. Hershey bar (grated) |
| 2 cups sugar             | 24 oz. chocolate chips        |
| 1 tsp. salt              | 3 cups chopped nuts           |
| 4 eggs                   | (your choice)                 |

Measure oatmeal and blend in blender to a fine powder. Preheat oven to 375°. Cream butter and sugars. Add eggs and vanilla. Gradually add oatmeal, flour, salt, baking soda, and baking powder. Stir in Hershey bar, chocolate chips, and nuts. Roll into balls and place two" apart on an ungreased cookie sheet. Bake for 10-12 minutes. Makes 112 cookies.

#### FOR MARFA LIGHT COOKIES:

In place of the 24 oz. chocolate chips and the Hershey bar, replace with 32 oz. of a combination of vanilla chips, semi-sweet chocolate chips, and milk chocolate chips.

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