



# The VOICE

A Newsletter for the Residents of Teravista

Volume 1, Issue 10

December 2011

## Secret Santa Gift Program

**Secret Santa** is a special holiday gift program of the Adoption Coalition of Texas helping Child Protective Services and Foster Families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa and purchase Christmas gifts for a Central Texas foster child, please email your name, email address and contact phone number to [ACTSecretSanta@gmail.com](mailto:ACTSecretSanta@gmail.com). The gift drop-off days at four Austin-area locations are Wednesday-Saturday, December 7th-10th, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details.

*Thank you for helping make the holidays brighter for Central Texas foster children!*

The Adoption Coalition of Texas is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for older children, sibling groups and children with special needs.

*For more information, visit [www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.org).*



## Keeping Children Safe on Holiday Road Trips

As millions of families prepare for their annual holiday road trips, Texans In Motion at Scott & White Healthcare would like to encourage parents and caregivers to keep safety in mind as they travel. The National Highway Traffic Safety Administration estimates that three out of four car seats are improperly installed.

### FOLLOWING ARE SOME TIPS TO ENSURE THAT YOUR CHILD IS RIDING SAFE:

- ALWAYS Buckle Up no matter if the trip is long or just a quick ride into town.
- Keep your child in the back seat at least through age 12.
- The best car seat is the one that fits your child, vehicle and budget.
- Read car seat and vehicle instruction manuals to ensure proper installation.
- Safety seats should move no more than 1" from the car seat's belt path.
- Harnesses should be snug with the retainer clip at chest level.
- Booster seats are highly recommended for fourth to seventh graders who are under 4'9" tall and may not fit the adult seat belt.

Keeping these simple tips in mind may not reduce backseat sibling squabbles, but will help increase peace of mind when it comes to your child's safety.

Texans In Motion is an injury prevention program sponsored by the Trauma Center at Scott & White Healthcare, in cooperation with the Texas Department of Transportation. The program serves 11 Central Texas counties and focuses on child passenger safety. Our mission is to increase child passenger safety restraint use and reduce the number of deaths and injuries to children in motor vehicle crashes through educational programs, activities and check-up events. Staff is certified under part of the National

*(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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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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Customer Service.....	512-485-5555
Repairs.....	512-485-5080

## OTHER NUMBERS

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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)

Highway Traffic Safety Administration's National Standardized Child Passenger Safety Training Program.

All services provided by Texans In Motion at Scott & White Healthcare are FREE. For more information about car seats or to find a car seat inspection event in your area, please contact Texans In Motion at Scott & White Healthcare at 512-336-3423 or 512-509-0200 or visit [sw.org](http://sw.org).

*Do You Have Reason  
to Celebrate?*

We want to hear from you! Email [teravista@PEELinc.com](mailto:teravista@PEELinc.com)  
to let the community know!

## SUDOKU

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	2	1			8			

View answers online at [www.peelinc.com](http://www.peelinc.com)

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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*Jeffrey L. Tucker, P.E., a registered professional engineer in Texas, has been involved in structural design, inspection and repair of houses and apartments since 1965. He is uniquely qualified to perform structural analyses of wood frame structures and slab foundations; to inspect and offer assurance of structural integrity and/or repair recommendations and details.*

## NatureWatch - Silent Flight

by Jim and Lynne Weber

One of the most unique adaptations in the natural world is the silent flight of owls. Their primary flight feathers have comb-like leading edges, which break down the turbulence created by air flowing over their wings and allow these birds to fly with great stealth.

The Barred Owl (*Strix varia*) goes by many other common names, but is probably best known as the 'hoot owl', due to its call ('who cooks for you, who cooks for you all'). This owl prefers to live in large blocks of forest, especially near water, and in our area is most often found near the Colorado River and its associated lakes and streams. The only typical owl in the eastern United States with brown eyes instead of yellow, the Barred Owl has a pale face, dark rings around its eyes, and a yellow beak. Its head is round and lacks any ear tufts, and its body is a light gray-brown mottled by horizontal barring on its chest and lengthwise streaks on its belly.

A medium-sized owl at 17 to 19 inches tall with a 40-plus inch wingspan, the Barred Owl has been expanding its range westward in the last century. Like the Eastern Screech Owl, its main predator is the Great Horned Owl, and although they often live in the same area, they will avoid overlapping territories. They eat small mammals, birds, and invertebrates, as well as amphibians and reptiles, and often wade into water to catch crayfish, fish, and turtles. In fact, the belly feathers of some barred owls are tinged pink, most likely due to the amount of crayfish in their diet.

Barred Owls typically nest in cavities of deciduous trees, use open nests made by larger animals such as hawks, crows, or squirrels, and even man-made nest boxes. Although they are permanent residents, they may wander after the nesting season, often coming back the following year to reuse the same nesting site. In Central Texas, 2 to 4 eggs are laid in January, with hatching occurring in 4 weeks and the young fledging 4 to 5 weeks later. Hunting occurs largely at dusk and dawn, by waiting on a perch and swooping down on prey. Of all the owls in Texas, however, the Barred Owl is the one most likely to be active during the day, especially when hunting for food to feed hungry chicks.

The most widely distributed owl in the world and the most widespread of all birds is the Barn Owl (*Tyto alba*). With a white or mostly white underside, lightly spotted breast, dark eyes and a heart-shaped, white face surrounded by a tawny halo, its scientific name literally means 'white owl', but it is also known as ghost owl, death owl, and demon owl due to its appearance and eerily silent flight. Long legs, a round head with no ear tufts, and drawn-out, hissing scream for a call add to the image conjured up by its common names.

Found in open habitats such as grasslands, marshes, and agricultural fields, this owl hunts at night by flying low over the ground, looked for small mammals. While it has excellent low-light vision, it is its ability to

locate prey by sound alone that sets it apart from any other animal species. With a 12-15 inch length and a 40-50 inch wingspan, the Barn Owl is one of the few bird species where the female is showier than the male. Having a reddish chest marked by more numerous spots, those females that are heavily spotted appear to be more successful at mating, raising chicks, and resisting typical parasites and diseases.

Barn Owls can breed up to few times per year, depending on the food supply. During courtship, both the male and the female screech, and the male will then conduct what is known as a 'moth flight', where he hovers in front of the perched female with his long legs dangling, for several seconds. Barn Owl pairs typically remain together as long as both are alive. Their clutch size can vary widely from 2-18 eggs, which are laid in nest cups made from shredded owl pellets. These owls use both man-made structures such as nest boxes and buildings, or natural cavities in trees and cliffs, for locating their nests.

*Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them.*



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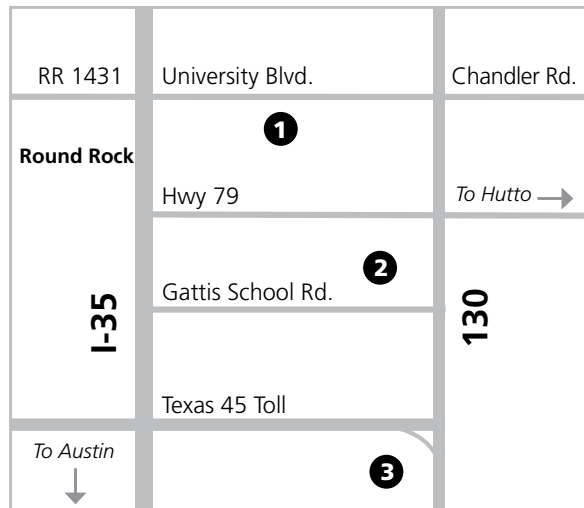
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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



You lean over to whisper something to your friend and you can tell by the look on your friend's face that something is up. Could it be your breath? Maybe you shouldn't have put extra onions on your hamburger at lunch. What's a kid with smelly breath to do?

The good news is that bad breath happens to everyone once in a while. Let's find out how to detect it, prevent it, and even treat it.

## What's That Smell?

Bad breath is the common name for the medical condition known as halitosis (say: hal-uh-toe-sis). Many different things can cause halitosis — from not brushing your teeth to certain medical conditions.

Sometimes, a person's bad breath can blow you away — and he or she may not realize there's a problem. There are tactful (nice) ways of letting someone know about bad breath. You could offer mints or sugarless gum without having to say anything.

If you need to tell a friend he or she has bad breath, you could say that you understand foods can cause bad breath because you've had it before yourself. By letting someone know that bad breath isn't something unusual, you'll make the person feel more comfortable and less embarrassed about accepting your piece of chewing gum.

If you suspect your own breath is foul, ask someone who will give you an honest answer without making fun of you. (Just don't ask your brother or sister — they just might tell you your breath stinks even when it doesn't!) Although everyone gets bad breath sometimes, if you have bad breath a lot, you may need to visit your dentist or doctor.

## What Causes Bad Breath?

Here are three common causes of bad breath:

- foods and drinks, such as garlic, onions, cheese, orange juice, and soda
- poor dental hygiene (say: hi-jeen), meaning you don't brush and floss as you should
- smoking and other tobacco use

Poor oral hygiene leads to bad breath because when you

leave food particles in your mouth, these pieces of food can rot and start to smell. The food particles may begin to collect bacteria, which can be smelly, too. Plus, by not brushing your teeth regularly, plaque (a sticky, colorless film) builds up on your teeth. Plaque is a great place for bacteria to live and yet another reason why breath can turn foul.

## Preventing Smelly Breath

So what's a kid to do? Don't smoke or use tobacco products, of course. And take care of your mouth by brushing your teeth at least twice a day and flossing once a day. Brush your tongue, too, because bacteria can grow there. Flossing once a day helps get rid of particles wedged between your teeth. Also, visit your dentist twice a year for regular checkups and cleanings.

Not only will you get a thorough cleaning, the dentist will look around your mouth for any potential problems, including those that can affect breath. For example, gum disease, also known as periodontal (say: per-ee-uh-don-tul) disease, can cause bad breath and damage your teeth.

If you're concerned about bad breath, tell your doctor or dentist. But don't be surprised if he or she leans in and take a big whiff! Smell is one way doctors and dentists can help figure out what's causing the problem. The way a person's breath smells can be a clue to what's wrong. For instance, if someone has uncontrolled diabetes, his or her breath might smell like acetone (the same stuff that's in nail polish remover).

If you have bad breath all the time and the reason can't be determined by your dentist, he or she may refer you to a doctor to make sure there is no other medical condition that could be causing it. Sometimes sinus problems, and rarely liver or kidney problems, can cause bad breath.

Usually, there's a less complicated reason for a kid's bad breath — like what you had for lunch. So keep up with your brushing and flossing and you should be breathing easy — and odor free!

Reviewed by: Lisa A. Goss, RDH, BS, and Charlie J. Inga, DDS

Date reviewed: September 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



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