



# The VOICE

A Newsletter for the  
Residents of Teravista

Volume 2, Issue 3

March 2012

## ORAL HEALTH UPDATE

IT MAY NOT BE “JUST A TOOTHACHE”.

Going to the dentist may not be on the top of your To Do list, but if you're experiencing dental pain, a trip to the dentist may be just what you need. If you have a toothache that lasts more than one or two days, you notice swelling around a tooth, bleeding, or experience severe pain or fever, it's time to make an appointment with the dentist as soon as possible. A thorough examination and diagnosis is important to prevent more serious complications to your teeth, jaw, and gums. Dental decay and gum disease are progressive in nature. Early diagnosis is essential to a quicker and easier treatment.

### THERE ARE SEVERAL CAUSES OF DENTAL PAIN, INCLUDING:

- Tooth decay affecting the enamel and the dentin, or inner layer of the tooth
- Tooth abscess caused by severe tooth decay or a trauma causing an infection at the root of the tooth or between the gum and tooth
- Damage to existing fillings due to pressure from chewing, grinding, or clenching
- Teeth grinding that causes fracturing, loosening, and excessive wear
- A fractured tooth from a traumatic dental injury
- Infected gums as a result of gingivitis or gum disease (periodontitis)

During your exam, your dentist will typically ask about the nature of your dental pain, when it started, and if anything makes it better or worse. Then, your dentist will conduct a physical examination of your mouth, teeth, gums, jaws, tongue, and throat. X-rays and other tests may be recommended, depending on what the dentist suspects is causing your toothache.

Once your dentist has determined the cause of your dental pain, you will be presented with treatment options. If a cavity is causing your pain, a simple filling may do the trick. However, if there is an infection that has spread to the tooth's nerve, a root canal may be necessary. An antibiotic may also be prescribed if you have swelling of the jaw or a fever.

### DENTAL PAIN IS PREVENTABLE!

Because most toothaches are caused by decay, practicing good oral hygiene is the easiest way to prevent dental pain. This includes brushing and flossing every day and visiting your dentist for professional cleanings and checkups on the schedule determined by the Dental Hygienist. In addition, eating a healthy, balanced diet that is low in sugar will not only help you prevent cavities but will improve your body's overall health.

*Submitted by Dr. Flury*



# 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

Round Rock ISD .....	512-464-5000
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

## UTILITIES

Atmos Energy.....	1-888-286-6700
TXU Energy .....	1-800-818-6132
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080

## OTHER NUMBERS

City of Round Rock.....	512-218-5400
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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## ADOPTION COALITION



Bianca is an amazing child and is hoping for a Forever Family that will take care of her unconditionally. She loves to smile and laugh. She likes Tinkerbell and other Disney characters. She has beautiful, long hair and enjoys having someone brush it for her.

Bianca has started to draw and color using hand-over-hand guidance by her caregivers. She receives occupational, physical and speech therapy at school. She requires 24 hour care and supervision due to her special needs. Bianca needs a family that will take care of her and love her forever.

*For more information about Bianca, contact at the Adoption Coalition of Texas at (512) 301-2825 or [info@adopttexas.org](mailto:info@adopttexas.org).*

[WWW.ADOPTIONCOALITION.ORG](http://WWW.ADOPTIONCOALITION.ORG)



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## St. Patrick's Day Facts

1. St. Patrick is the patron saint of Ireland, although he was born in Britain, around 385AD. His parents Calpurnius and Conchessa were Roman citizens living in either Scotland or Wales, according to different versions of his story.
2. As a boy of 14 he was captured and taken to Ireland where he spent six years in slavery herding sheep. He returned to Ireland in his 30s as a missionary among the Celtic pagans.
3. Legend has it that he used the native shamrock as a symbol of the holy trinity when preaching and brought the Latin alphabet to Ireland.
4. Miracles attributed to him include the driving of serpents out of Ireland. However, evidence suggests post-glacial Ireland never had any snakes in the first place.
5. Wearing green, eating green food and even drinking green beer, is said to commemorate St Patrick's use of the shamrock - although blue was the original colour of his vestments.
6. St Patrick was said to have proclaimed that everyone should have a drop of the "hard stuff" on his feast day after chastising an innkeeper who served a short measure of whiskey. In the custom known as "drowning the shamrock", the shamrock that has been worn on a lapel or hat is put in the last drink of the evening.
7. Popular Irish toasts on St Patrick's Day, include: may the roof above us never fall in, and may we friends beneath it never fall out.
8. St. Patrick's Day was first celebrated in America in Boston, Massachusetts, in 1737. Around 34 million modern Americans claim Irish ancestry.
9. It is believed that St Patrick died on March 17 in 461AD. It is a national holiday in Ireland, and on the island of Montserrat in the Caribbean, which was founded by Irish refugees. It is a bank holiday in Northern Ireland and a provincial holiday in the Canadian province of Newfoundland.
10. Dublin has a parade that attracts hundreds of thousands of people, while in Chicago the river is dyed green for a few hours. The biggest parade is normally held in New York, while the largest celebration in the southern hemisphere is in Sydney, Australia.



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**Monday March 5th**

**6:30 - 9:00 PM**

**Rib Eating Contest 7:30 - 7:45 PM**

- ★ Round Rock I-35: Round Rock High School
- ★ 620 Four Points: Vandegrift High School
- ★ 360 South: Westlake High School
- ★ 183 North: *Defending Champions* Anderson High School
- ★ Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"
- ★ Help local high school teams as they compete for the "Rudy's Golden Rib Trophy" for most ribs eaten!
- ★ High school contest 7:30- 7:45 PM.

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 11:00 am Registration - 1:00 pm Start  
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## A Focus On Body Mass Index

### KNOWING YOUR NUMBERS MEANS KNOWING YOUR RISK

*By: Concentra Urgent Care*

Overweight and obese refer to ranges of weight that are considered unhealthy for a given height. Being overweight can lead to obesity, and obesity is defined as having too much body fat. Excess fat, especially around your waist, may put a strain on your heart and can lead to serious health problems such as: Type 2 diabetes, heart disease, high blood pressure, sleep apnea, varicose veins, and other chronic conditions.

Body Mass Index (BMI) is a number calculated using your weight and height. Knowing your BMI is one simple way to determine if your weight is putting you at risk for health problems.

#### HOW TO CALCULATE YOUR BMI

**Your BMI estimates how much you should weigh based on your height.**

*Here's how to calculate it:*

- Multiply your weight in pounds by 703.
- Divide that answer by your height in inches.
- Divide that answer by your height in inches again.

#### HOW TO CALCULATE YOUR WAIST CIRCUMFERENCE

You can easily measure your own your waist circumference to determine if you are storing too much body fat in your abdomen:

- Place a cloth measuring tape around your bare abdomen just above your hip bones (do not use your belly button as a guide).
- Make sure the tape is horizontal all the way around, and snug (but not pulling your skin in).
- Breathe normally, and read the measurement.

#### BMI CATEGORY FOR ADULTS

Below 18.5.....	Underweight
18.5 - 24.9.....	Healthy
25.0 - 29.9.....	Overweight
Over 30 .....	Obese

Women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches may have a higher risk for developing diabetes or heart disease.

Lowering your BMI or waist circumference by just a small amount may lower your risk significantly. You can decrease these numbers by exercising regularly and eating a healthy diet. For more information about BMI or waist circumference, contact your health care provider or visit the National Heart Lung and Blood Institute at [www.nhlbisupport.com](http://www.nhlbisupport.com)

## Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

### SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

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