



# The VOICE

A Newsletter for the Residents of Teravista

Volume 3, Issue 2

February 2013

## Heart Healthy Lifestyles

*By: Concentra Urgent Care*



Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

### **WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:**

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
  - Women: 1 drink per day (maximum)
  - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in

heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

### **WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?**

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

*For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at [www.AmericanHeart.org](http://www.AmericanHeart.org).*

## 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

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
Article Submissions .....	teravista@peelinc.com
Advertising.....	advertising@peelinc.com

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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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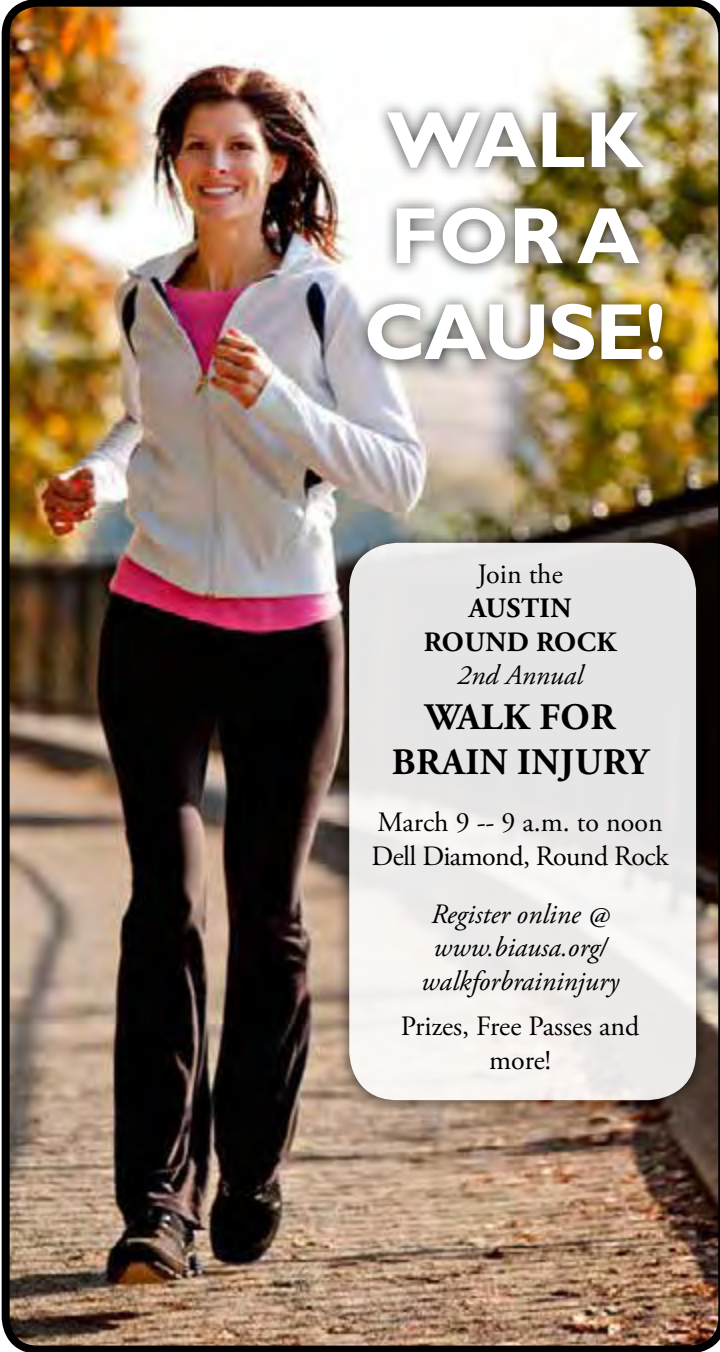
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March 9 -- 9 a.m. to noon  
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www.biausa.org/  
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**Tuesday 1-3:30pm**  
Beginner/Intermediate DAY class

**Tuesday 5:30-7:30pm**  
Beginner/Intermediate NIGHT class  
\$15.00 off 1st Month  
For NEW student only  
(must bring coupon)

*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!

## BUSINESS CLASSIFIEDS

### TAX PROFESSIONAL

Enrolled Agent, available in Teravista for your income tax questions, tax preparation service, or responding to IRS letters, as well as setting up your business books and payroll. Come to my home office in Teravista or I will bring laptop to your location. Very reasonable charges. Phone: 512-716-0440.

### NO TIME FOR HOUSE CLEANING?

Paying too much for house cleaning? Call Natalie's Maid Service for a free estimate at 512-771-3060. Affordable prices  
\* Quality Work \*Supplies Furnished \* Bonded \* Call now for a free estimate and \$15.00 off your first clean.  
[www.nataliesmaids.com](http://www.nataliesmaids.com).

### Classified Ads

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).



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FINAL Deadline for ordering is March 17<sup>th</sup>, 2013



Boys Scouts of America  
Troop 27, Round Rock, Texas



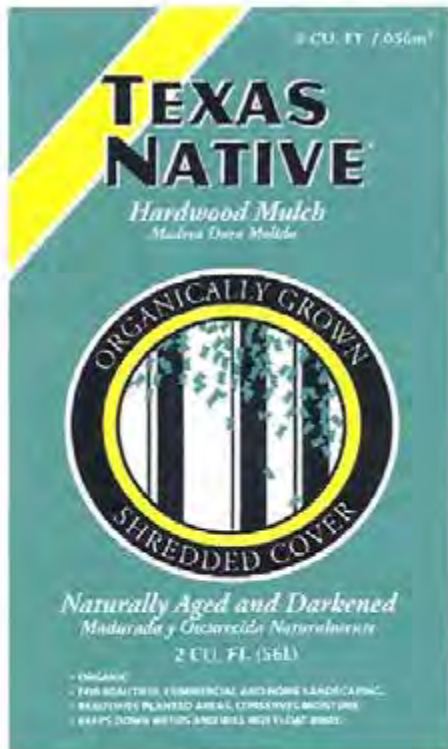
## 10<sup>TH</sup> ANNUAL MULCH SALE

- \* Annual fundraiser for Troop 27.
- \* Proceeds go toward funding BSA Troop 27 programs throughout the year.
- \* Helps scouts pay for summer camp and personal camping gear.

**FREE DELIVERY  
TO TERAVISTA!**

The Boy Scouts will even  
**SPREAD** your mulch for  
**\$1.50 per bag!**

(If you purchase spreading, you will be contacted to  
schedule spreading after mulch is delivered.  
Mulch cannot be spread the day of delivery.)



**Delivery dates are on Saturdays, 3/16 & 3/30**  
To receive the 3/16 delivery date, you must order by March 3.  
The last day to order is March 17.

### Pricing:

5-15 bags.....\$4.15/bag  
16-35 bags.....\$4.00/bag  
36-64 bags.....\$3.85/bag  
65+ bags.....\$3.75/ bag

5 bag minimum purchase  
**FREE Delivery!**

**SCOUT NAME: ROGER CULP**

**CONTACT VIA EMAIL: [dwc1023@hotmail.com](mailto:dwc1023@hotmail.com)**

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- \* Adds nutrients as it decomposes.
- \* Each bag covers 12 sq ft at 2" deep.

**THANK YOU FOR YOUR SUPPORT!**

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## 3rd Annual Tuesday February 26th

**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: *Defending Champions* Westlake High School
- ★ 183 North: 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!

*20 "All you can eat for St. Louis Ribs only. All drinks, sides, desserts, and other meats are at regular price and are not part of charitable proceeds. Please no sharing of "All you can eat St. Louis Ribs" - it's for a good cause folks! Offer not included for take home orders.*

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## Teravista Market Analysis

NUMBER OF HOMES CURRENTLY ON THE MARKET	65	↑
NUMBER OF HOMES SOLD IN THE LAST 90 DAYS	46	↓
AVERAGE MARKETING TIME IN DAYS	76	↑
AVERAGE LISTING PRICE PER SQUARE FOOT	\$ 109.12	↑
AVERAGE SALES PRICE PER SQUARE FOOT	\$ 94.26	↓

We know Teravista - For a market analysis specifically for YOU, call Joseph at 512-563-7093

***If you are buying or selling in Teravista,  
call the experts!***

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