



# The VOICE

A Newsletter for the  
Residents of Teravista

Volume 3, Issue 3

March 2013

## *A Focus on Healthy Snack Ideas*

*By: Concentra Urgent Care*

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar

For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of



Health and Human Services at: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

## 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

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### BASKETBALL CAMP FOR WOMEN OVER 45

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## Looking for Volunteers!

High School Students from 60 countries are arriving to our area this coming august and I am looking for volunteers to host them. You need to provide a bed and meals for the student. They have their own spending money and are fully insured. If you are interested in volunteering and making a dream of a teen come true please email or call.



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**Mark Rimmer**

Sales Representative

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community newsletters

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## CRIME PREVENTION FOR YOUR HOME

### Doors & Windows

- All exterior doors should be solid core or of metal construction.
- All entry doors should be equipped with a good quality deadbolt lock having a minimum of a one inch throw.
- A good quality double cylinder deadbolt lock should be used if there is glass within 40 inches of the lock. If using such a lock, be certain a key is readily available in case of emergency. In all cases, use a heavy duty strike plate with Number 12 gauge 3" woodscrews.
- All exit doors without side hinges should have their hinges pinned. Install a peephole with at least a 180 degree viewing area.
- Secure all sliding doors with an anti-lifting device and a secondary locking device, and install secondary locking devices on all windows.

### Exterior & Landscape

- Install lighting in areas around doors, walkway, and driveways.
- Use inexpensive timers to automatically turn the lights on and off at dusk and dawn. Do not leave ladders or tools outside. They can assist someone in gaining entry.
- Be certain your shrubs/trees do not hide your address & it is visible so if necessary, emergency personnel can find your home quickly.

### Alarm Systems

- Chose an reputable, well established company.
- Learn how to use your alarms system properly to reduce false alarms (fines can be assessed for false alarms).
- Do not write your alarm code/password on or near the alarm keypad. Put a warning sign on windows and entrances.
- Be certain your alarm call-back list is up-to-date.
- Additional Information
- Acknowledge all callers through locked doors and/or your peephole.
- Keep doors, windows and garage doors closed and locked, even when you're at home. Draw all curtains and shades at night to prevent viewing from the street.
- When traveling, keep your home looking lived-in by having the grass cut, mail and newspapers picked up and lights turned on and off with a timer.
- Before moving into a new house, re-key or change all exterior locks and also change the code to your garage opener.
- Engrave valuables with your Texas driver license (preceded by the letters "TX"). Engravers are inexpensive and are available in hardware departments.



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### TAX PROFESSIONAL

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### NO TIME FOR HOUSE CLEANING?

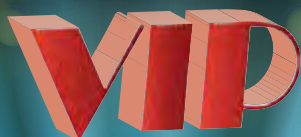
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[www.nataliesmaids.com](http://www.nataliesmaids.com).

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**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).

## DIRECTV is rolling out the RED CARPET



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## JOIN US FOR GOLF AND A GREAT CAUSE!

**DATE:** Tuesday, April 30th

11:00 am Registration - 1:00 pm Start

**LOCATION:** River Place Country Club

**FORMAT:** 4-person scramble

**COST:** \$165 per golfer\*

\*Includes lunch, dinner and lots of swag

Dinner provided by:

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Register online at:  
**[www.colinshope.org](http://www.colinshope.org)**

Questions about the event?  
**Contact Jancy Darling**  
[jancy.darling@colinshope.org](mailto:jancy.darling@colinshope.org)  
(512) 413-7641

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**Jennifer L. Kiening, D.D.S.**

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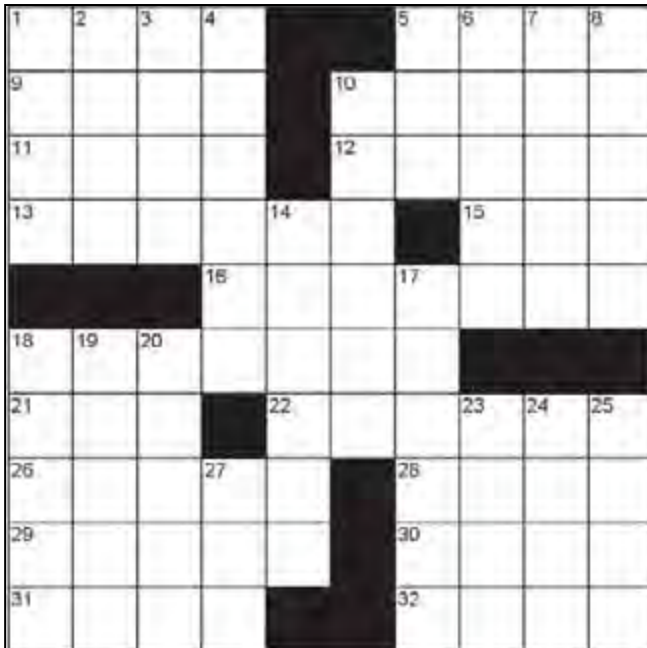
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## CROSSWORD PUZZLE



### ACROSS

1. Tails
5. Tableland
9. Billy or nanny
10. Expressing dislike word
11. Capital of Norway
12. Dote
13. Eludes
15. Beverage
16. Crime
18. Crayon name
21. Cause of sickness
22. Merchant
26. Arc
28. Dwell
29. Ballerina skirts
30. Among
31. Dueling sword
32. Fly alone

### DOWN

1. Id's counterparts
2. Eat
3. Painter of melting clocks
4. Breezy
5. Soil
6. Show emotions
7. Lark
8. In the lead
10. Fuss
14. Booths
17. City
18. Social position
19. Shred (2 wds.)
20. Having wings
23. Fancy car
24. Vile
25. Do it again
27. Regret

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



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## Teravista Market Analysis

NUMBER OF HOMES CURRENTLY ON THE MARKET

**66**



NUMBER OF HOMES SOLD IN THE LAST 90 DAYS

**51**



AVERAGE MARKETING TIME IN DAYS

**77**



AVERAGE LISTING PRICE PER SQUARE FOOT

**\$ 109.81**



AVERAGE SALES PRICE PER SQUARE FOOT

**\$ 95.85**



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