



The

A Newsletter for the
Residents of Teravista

VOICE

Volume 3, Issue 7

July 2013

PROTECT EYES THIS SUMMER

Take precautionary measures to protect your eyes during the summer to prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

"Ultraviolet light, or UV exposure, has been linked to the development of macular degeneration, cataracts and other vision-loss problems," said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM.

Baze offered tips you can practice to help protect your eyes from sun damage this summer.

- The more the sunglasses wrap around and shield your eyes and the skin around the eyes, the more protection you have.
- Sunglasses need to provide 99 to 100 percent UV protection.
- Sunblock is a must, including the skin around the eyes.
- A broad-brimmed hat can add extra protection.

If you have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority during the summer, she said.



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

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.

NOTIME 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.

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.



laboom
FITNESS

Zumba Fitness® - Voted best Zumba in ATX on KVUE.com
 Booty Barre® - Only Booty Barre classes offered in RR
 R.I.P.P.E.D - The one stop body shock
 Personal Training
 Only studio with Signaflex Sports Flooring

www.laboomfitness.com
 2720 N. Mays St. #150
 Round Rock, TX 78664
 512-900-2707

Mention this ad and get 10% off (new clients only)



**ADVERTISE
YOUR
BUSINESS 888-687-6444**

Physical Symptoms Could Be Sign Of Depression

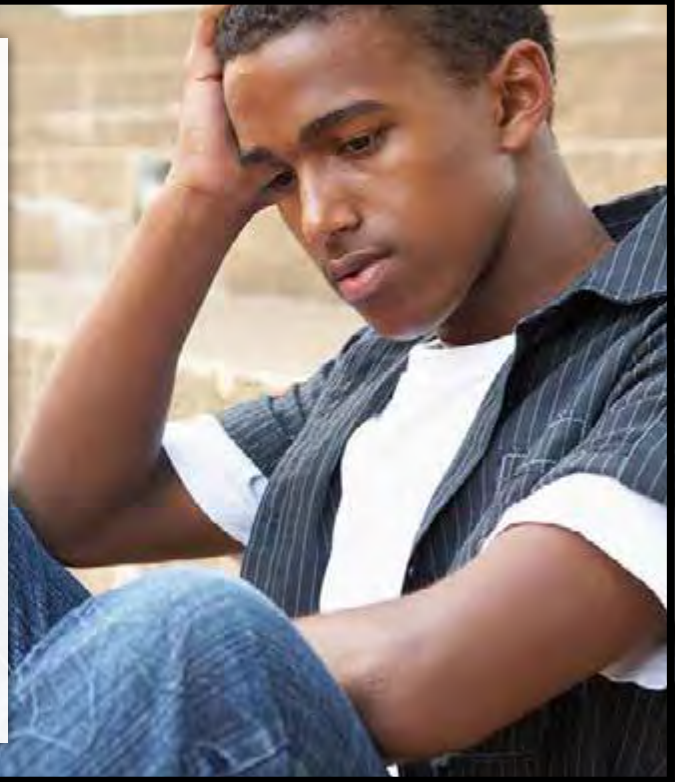
Depression and chronic mood disorders can manifest themselves through physical symptoms, said an expert at Baylor College of Medicine.

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.



ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

Support Your Community Newsletter

Mark Rimmer

Sales Representative

512-751-8812

markrimmer@PEELinc.com



PEEL, INC.
community newsletters

www.PEELinc.com 512-263-9181

SINGLE SOURCE CHORE 1 MastersSM PROPERTY MAINTENANCE CONCIERGE



The one-stop property maintenance, management and repair concierge service for your **home** or **business**.

- ✓ One call.
- ✓ One contact.
- ✓ One bill.

At Your Service!

(855) MY-CHORES

www.mychoremasters.com

THE VOICE

It Really is a Small World After All

By Vicki Milana

This past school year has been an eventful one for twenty-two Houston area Ayusa families. In August 2012, these families opened their hearts and their homes to foreign exchange students from around the world. During the 2012-2013 school year, we had eleven countries represented in our area, some of the countries included were Germany, Brazil, Italy, Lebanon, China, Japan and Tunisia. The Ayusa foreign exchange student program is a great way to enrich not only the lives of your family members, but that of the folks in your community and the student themselves. "Both my wife and I have been hosting for the past five years and have enjoyed every minute of it!" says Theodore Odom of Pearland, Texas. "My wife and I have no children, so we are able to bring the students in for the full year and be their Host Parents. We believe it's a way of giving back. This year's student, Ina Zyfi of Albania has had a great time meeting new people, making new friends and volunteering her time to a local dachshund rescue."

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a 501(c)(3) not for profit organization. "The key requirements for a host family are

to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

"Our students really love giving back to the community", says Heather Wells, the Houston area Senior Regional Director. "One of our students, Nesrine Mbarek of Tunisia, participated in over 300 hours of community service. She was actually one of three students who won a trip for her community service and also attended a US Department of State "Teaching English as a Second Language" conference in April for her hard work. Other students have worked in food banks and have given presentations on their home countries in their schools."

This year, Ayusa is sponsoring over 900 students from 60 different countries in the United States. Volunteer host families are needed in our area to house these students for the 2013-2014 school year. The families need only provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program.

If you are interested in hosting an exchange student, please visit the Ayusa website at www.ayusa.org and complete the on-line application. You can view the students that are available for placement by clicking on the View Student Profiles on the home page. Help make this a memorable year for both your children and the prospective students. You'll be glad you did!

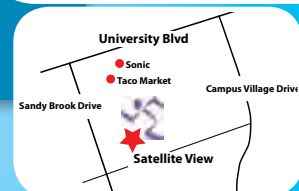


ANYTIME FITNESS ROUND ROCK

24-Hour Access / Co-Ed Facility / Always Clean and Safe

Limited Membership • State-of-the-Art Equipment • Weekly Boot Camps
• On-Demand Fitness Classes • Just Minutes From Home • Access To
over 2100 Locations • Upbeat Atmosphere • Built-in Cardio TVs •
Private Bathrooms/Showers • Personal Training • TRX • Tanning

NEWSLETTER SPECIAL FOR JULY:
Mention this newsletter and sign up for
only \$5! Receive **FREE** fitness orientation
AND nutrition consultation with sign up



512.813.2380



1150 Satellite View, Round Rock, TX 78665
[.com/AnytimeFitnessRoundRock](http://www.AnytimeFitnessRoundRock.com)

Quality Of Meals Should Not Change During Summer

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don't skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated - water is the best and healthiest way to stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.



Your Other Family Doctor

gtvet.com

Quality care in a family environment

In-House Laboratory • Ultrasound • Laser Therapy • Complete Medical and Surgical Services • Comprehensive Dentistry • Vaccinations • Boarding • New Patients Welcome

Monday - Friday: 7:30AM - 5:30PM

Saturday: 8:30AM - 12:00PM

Phone: (512) 863-3563 Fax: (512) 863-4224
2707 South Austin Avenue, Georgetown, TX 78626

DIRECTV is rolling out the RED CARPET

VIP Pricing exclusively for Residents

DIRECTV
Prices starting at
\$29.99

*FREE 5 tuner Genie HD/DVR
Instant rebate on all packages
Record, watch and playback in
HD from any room*

*FREE Installation
Up to 3 FREE additional
HD client boxes
FREE HBO, Cinemax, Starz
& Showtime for 3 months*

Mention this ad for your VIP deal.
CALL NOW!

1.888.799.0512



THE VOICE

The Voice is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Voice contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

NOT AVAILABLE ONLINE

ADVERTISING INFO

Please support the advertisers that make The Voice possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.



Jennifer L. Kiening, D.D.S.

Little Smiles is a Contracted Provider of:

**Metlife
Humana
Aetna
Ameritas
Principal
Guardian**

We Honor All Other Dental PPO Plans

Call us today to set up an appointment!

You're Invited!
LITTLE SMILES
Grand Opening Party
Friday, March 22nd from 4 p.m. - 7 p.m.

- ★ Food & Treats
- ★ Raffle Prizes
- ★ Face Painting
- ★ Bouncy House
- ★ Balloon Animals
- ★ Dunking Booth with Dr. Jenny!

Free Admission for the whole family!

New Location Now Open!

Parents Welcomed In Our Treatment Rooms
Emergencies Seen on Same Day
State-of-the-Art Office with TV's at Every Chair



205 Denali Pass Suite A, Cedar Park, TX 78613 | 512.218.1500 | www.DrJennySmiles.com

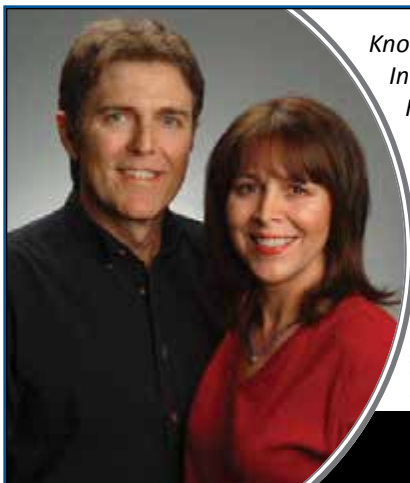
SEND US YOUR

Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to shadowcreekranch@peelinc.com. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.



*Knowledge,
Integrity, &
Hard Work.*

Paul & Jan Gillia



Do Not Pay 6% To Sell Your Home!

Our full service listings are now **4.5%**. We Also Do Leasing.

Call or Email Before You List!

512-388-5454 • pgillia@austin.rr.com

www.homeselect360.com



The Home Select Team Makes All the Difference!



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

TER



Personal Service ~ Proven Results

Joseph & Dora Aubin



Teravista Market Analysis

NUMBER OF HOMES CURRENTLY ON THE MARKET	83	▲
NUMBER OF HOMES SOLD IN THE LAST 90 DAYS	55	▲
AVERAGE MARKETING TIME IN DAYS	69	▲
AVERAGE LISTING PRICE PER SQUARE FOOT	\$ 108.94	▲
AVERAGE SALES PRICE PER SQUARE FOOT	\$ 97.54	▲

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!***

Joseph & Dora Aubin

Cell: 512-563-7093

810 South Main • Georgetown

www.JPaulAubin.com

J. Paul Aubin

REAL ESTATE

512-930-7775