



# The VOICE

A Newsletter for the  
Residents of Teravista

Volume 4, Issue 4

April 2014

## BLOOD PRESSURE

TAKE CONTROL OF THE SILENT KILLER



High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy

reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.

## 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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## Empty Nest Chance To Chase Forgotten Dreams

Middle age woes are hard enough to deal with, but throw in empty nest syndrome and it is a recipe for potential depression. Psychologists at Baylor College of Medicine in Houston say not to look at it as an ending, but as the beginning of a new stage in life with more time to travel, develop new hobbies, rediscover forgotten dreams and get to know your spouse all over again.

"Parents have channeled all of their energy into their children for so long they may not know what to do with their time once they leave," said Dr. James Bray, associate professor of family and community medicine at BCM.

Empty nest syndrome often leads to divorce, but parents should assume that leaving your spouse will make the unhappiness go away.

"Marriage takes time and energy, so make the effort to get reacquainted," Bray said.

Talk with friends to reevaluate goals and take note of some lifelong dreams you haven't had time to accomplish, said Bray. There may be more time to take dance classes, travel, exercise or go back to college to retool skills. The empty nest transition usually lasts six months to a year, depending on how well parents can adjust to their newly found freedom.



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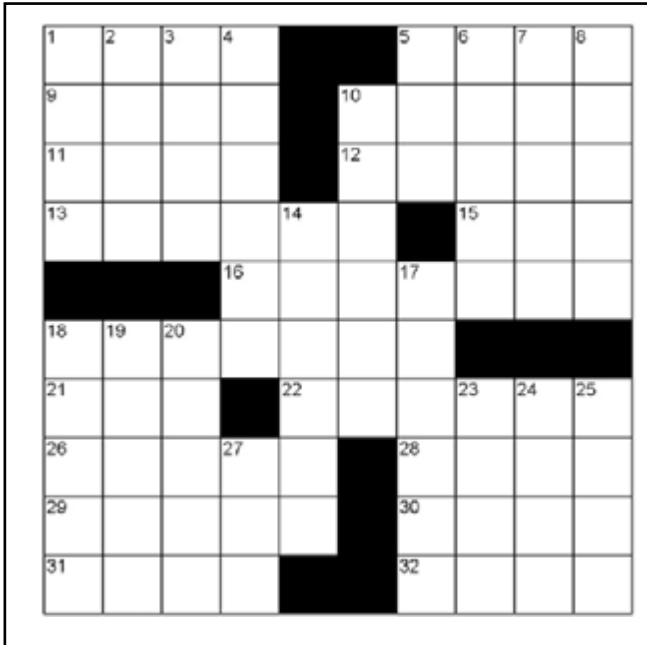
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**smiles**  
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## CROSSWORD PUZZLE



### ACROSS

1. Grabs
5. Capital of Western Samoa
9. Healing plant
10. Canned chili brand
11. Baby powder
12. Howdy
13. Mexican food brand
15. Billion years
16. Smash
18. In abundance
21. Scarf
22. Prejudice
26. Living
28. National capital
29. Fathers
30. Margarine
31. Entertainer
32. Nightly tv show

### DOWN

1. North Atlantic Treaty Organization
2. Winged
3. Fastening device
4. What the confederates tried to do
5. Dined
6. Whiter
7. Ice house
8. Hurting
10. Brand of soda
14. Literature
17. Baron
18. Embarrass
19. Crippling disease
20. Dens
23. Island
24. Killed
25. Cow noises
27. Animal doctor

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# THE VOICE

## Sugar, Heart & Life

A program called Sugar, Heart and Life: A Guide to Living with Diabetes is available for people dealing with the disease. The interactive and fun program developed by Baylor College of Medicine's department of family and community medicine offers information on how individuals with type 2 diabetes can manage their diabetes. The SHL program includes recipes, practical tips and games on diet, exercise, and medication. The program allows users to follow a year in the life of the Gonzalez family as they learn more about managing diabetes and help them make decisions that will keep their family healthy.

All diabetes management recommendations contained in this program are consistent with clinical practice recommendations of the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases. Recipe Box was adapted from heart healthy recipes from the National Heart, Lung, and Blood Institute.

*Sugar, Heart and Life can be found at  
[www.bcm.edu/shl](http://www.bcm.edu/shl).*

## SUDOKU

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			7		6			5

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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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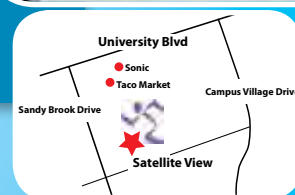
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