



The VOICE

A Newsletter for the Residents of Teravista

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January 2015

10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT IN THE NEW YEAR

Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.



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Ambulance	911
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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

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AT&T	
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OTHER NUMBERS

City of Round Rock.....	512-218-5400
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City of Georgetown.....	512-930-3652
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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
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Recipe of the Month Chicken Enchilada Soup

Sauté in large pan:

- 1 small onion, chopped
- 1 clove garlic, crushed
- 2 Tbs. vegetable oil

Add & simmer 1 hour:

- 1 - 4 oz. can chopped chilis, undrained
- 1 - 14 ½ oz. can beef broth
- 1 - 14 ½ oz. can chicken broth
- 1 - 10 ¾ oz. cream chicken soup
- 1 - 6 ¾ oz. can chicken
- 1 ½ cup water
- 1 Tbs. steak sauce
- 2 tsp. Worcestershire sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/8 tsp. pepper

Then add and simmer for 10 more minutes:

- 3 cups shredded cheese
- paprika
- 6 corn tortillas, cut in 1/2" strips

Serve with tortilla chips.

Submit your recipes to info@peelinc.com.

TEXAS A&M AGRILIFE

Fruit flies can become a problem at any time of year because they are attracted to ripe or fermenting fruit. Fruit flies can be brought into the home from ripe fruits or vegetables picked from the garden or items purchased at the grocery store.

Adults are small (about 1/8 of an inch) and usually have red eyes. The front portion of the body is tan while the back portion is dark brown or black. If given the opportunity, females can lay up to 500 eggs. Larvae feed near the surface of fermenting foods or other organic matter.

Prevention is the best way to deal with fruit flies. Do not purchase over ripened fruit or vegetables. Fruit and vegetables should be eaten in a timely manner or stored in the refrigerator. If storage in the refrigerator is not an option because you are ripening the item, place it in a paper bag and use a clothespin or chip clip to close the bag. All recyclables should be rinsed thoroughly before placing them into the recycling bin. The recycling bin and garbage can should be cleaned out on a regular basis to eliminate any spilled material.

FRUIT FLYS

To eliminate a fruit fly infestation, all sources must be located and eliminated. Insecticides will not help if sources are not eliminated. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling notebook paper and place the funnel into a jar that contains a small amount of apple cider vinegar in the bottom.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.



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Jeffrey L. Tucker, P.E., a registered professional engineer in Texas, has been involved in structural design, inspection and repair of houses and apartments since 1965. He is uniquely qualified to perform structural analyses of wood frame structures and slab foundations; to inspect and offer assurance of structural integrity and/or repair recommendations and details.



EMPOWERING AUSTIN HOMELESS

by Kathleen Highsmith

On Tuesday, August 26th 2014, the Texas State Enactus class started for the Fall semester and I started to see the difference this group makes in central Texas. Enactus students continually work on projects that benefit the community and also help individuals to help themselves.

One of the main goals of Enactus is to empower people through our projects. My favorite project that does just that is Mobile Loaves and Fishes, which is currently building sustainable housing for the homeless in Austin. Along with housing we also provide the homeless with employment by helping them sell crafts and frozen treats during the many festivals in and around Austin. Our ultimate goal with Mobile Loaves and Fishes is to help build a set of skills that the homeless can use to find steady work and help get them off the streets. Enactus is all about helping people help themselves and as an Enactus student I have learned some valuable lessons and grown as an individual while doing just that.

Enactus is a global, non-profit organization that is literally

changing the world through highly dedicated student teams on more than 1600 university campuses in 40 countries. Enactus offers these students the opportunity to develop leadership, teamwork, and communication skills through learning, practicing and teaching the principles of free enterprise, thereby improving the standard of living for millions in the process.

Texas State Enactus is one of the leading collegiate teams within the United States. Enactus has been helping others achieve their dreams through free enterprise education for more than 25 years. Today, Enactus is the world's prominent and largest university-based free enterprise organization.

If you would like to learn more about Enactus please visit the Enactus website, <http://www.business.txstate.edu/sife/>, or contact Sam Walton Fellow, Vicki West at vw03@txstate.edu or 512-245-3224, Enactus President, Chelsea Watkins at ccw40@txstate.edu or 281-757-7854, or Kathleen Highsmith at kah160@txstate.edu or 512-466-3000.



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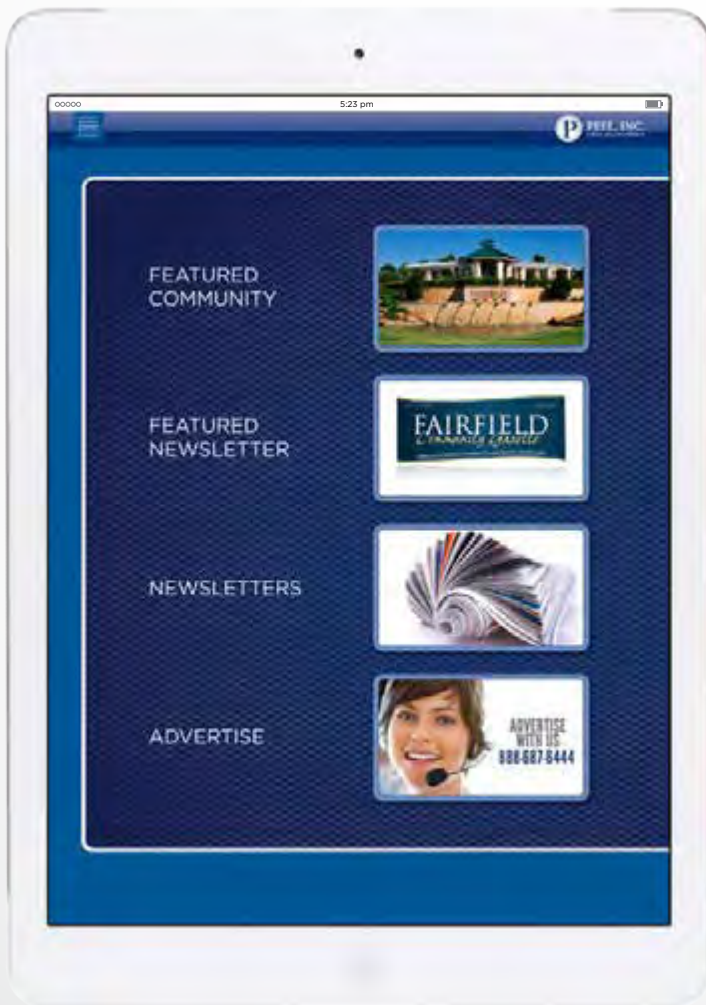


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NATUREWATCH *by Jim and Lynne Weber*

As temperatures cool further and autumn turns to winter, our thoughts turn to visions of ice and snow. From first frost to ice storms to snow storms, these frozen precipitation events are sporadic in Central Texas, but when they occur, they can also be spectacular!

How does frost, this sparkling layer that sometimes covers the landscape, form? When the temperature of the air reaches a point where the water vapor in it can condense out into water, it is called the dew point. The frost point is when the dew point falls below freezing, and rather than producing dew, it creates frost. Consisting of tiny, spike-like crystal structures called 'spicules' that grow out from a solid surface, frost generally forms on surfaces that are colder than the surrounding air. Even the size of the crystals can vary, depending upon the amount of time they took to grow, the relative changes in temperature, and the amount of water vapor available.

Cold air is denser than warm air, so quite often when night skies are clear and calm, lower areas become colder due to differences in elevation. Known as surface temperature inversion, this phenomenon forms 'frost pockets' or areas where frost forms first, due to cold air trapped against the ground. On such days, there can be a 40 to 50 degree difference in air temperature between dawn and early afternoon. Getting out early can reward you with a rare and wonderful spectacle of nature when something called 'hoar frost' is formed.

Referring to white ice crystals that are deposited on the ground or loosely attached to exposed objects such as leaves and branches, hoar frost forms on cold, clear nights when heat radiates out to the open sky faster than it can be replaced by nearby sources such as wind. This allows objects in the landscape to cool below the frost point of the surrounding air, and well below the freezing point of water. Hoar frost can form in low-lying cold air even when the air temperature a few feet above ground is well above freezing. The name 'hoar' comes from an Old English adjective meaning 'showing signs of old age', and refers to the frost making the vegetation look like it has grown white hair. When hoar frost forms on objects above the surface, like branches and leaves, it has a feathery-like appearance and is specifically called air hoar.

Snow, on the other hand, is an entirely different matter. When a cold water droplet freezes onto a pollen or dust particle high in the sky, it creates an ice crystal. As this primary crystal falls toward the ground, more water vapor freezes on it, building new crystals that form the six characteristic arms of a snowflake. This process of crystallization builds in a symmetrical or patterned way, because it reflects the internal order of the water molecules as they arrange themselves in pre-determined spaces to form the six-sided snowflake.

The most significant factor that determines the basic shape of the ice crystal is the temperature at which it forms, and to a lesser degree humidity. The intricate shape of a single arm of a snowflake is determined by these atmospheric conditions as the entire crystal falls. As slight changes in



Hoar frost on barbed wire



Snow crystal forms

temperature and humidity occur minutes or even seconds later, a crystal that begin to grow in one way might then change and branch off in a new direction. Since all six arms of a snowflake experience the same changes in atmospheric conditions, they all grow identically. And since individual snowflakes encounter slightly different atmospheric conditions as they take different paths to the ground, they all tend to look unique, resembling everything from simple prisms and needles to intricately faceted plates and stellar dendrites.

On the surface, winter may seem as if nature is shutting down around us, but take the time for a second look. Aside from the visual beauty they provide, the frosts and snows of the season are just another part of the ongoing cycle of life and renewal for our native plants and animals.

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. Check out our blog at naturewatchaustin.blogspot.com if you enjoy reading these articles!



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