



The VOICE

A Newsletter for the
Residents of Teravista

Volume 5, Issue 7

July 2015

THE VOICE

*A Newsletter
for the Teravista
Community*

The Voice is a monthly newsletter mailed to all Teravista residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

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NATUREWATCH

IN THE BLINK OF AN EYE

by Jim and Lynne Weber

For many of us, the outdoor magic and mystery of summer nights was best embodied by the blink of fireflies or 'lightning bugs', which are neither flies nor bugs, but beetles. With over 170 species of fireflies in North America, and about 36 of those species in Texas, fireflies fall into three main genera: the Photuris, Photinus, and the Pyroctomena. The most common species in Texas is the Pennsylvania Firefly (*Photuris pennsylvanicus*), which ranges from the eastern U.S. to Kansas and into Texas.

Most likely to be spotted at night in fields and near wooded areas, the adult Pennsylvania Firefly's elytra (hardened forewings that form a protective covering over flight wings) are dark brown with yellowish margins and slanted stripes. The head is yellow around the sides and red in the middle, and their overall length is about half an inch. After mating, the female lays tiny, spherical eggs singly or in small groups in damp soil, around grass or moss, and they hatch in about 4 weeks. The larvae feed in the grass on slugs, snails, earthworms, and cutworms, and in this immature phase their light isn't visible unless they are turned over. They overwinter as larvae in small

chambers within the ground, waiting for the spring months when they pupate and emerge in early summer as adult fireflies, giving them an average lifespan of approximately two years.

Firefly mating is dependent on the female seeing the distinct flashes of a mate-seeking male, and each must find the exact right blinking pattern in order to mate successfully. Males begin flying after dark, emitting yellow or yellow-green flashes, some flying above the tree canopy. Interestingly, ambient light around a firefly's natural habitat decreases the chance it will find a mate. In order to rise to the challenge of producing offspring with artificial light around, fireflies must increase the intensity of the flashes they produce in order to be seen. This increased light emission decreases the stored energy supply in the firefly that would normally be used directly for reproduction. Artificial light also exposes the fireflies to nighttime predators, even when they are not blinking. This combination of effects from artificial light directly decreases the chance that fireflies will survive and mate.

Flashes of light can be emitted by both male and female fireflies, and can also be used for

(Continued on Page 2)

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Georgetown Police (Non Emergency).....	512-390-3510
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Round Rock Animal Control	512-218-5500
Georgetown Animal Control.....	512-930-3592

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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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TXU Energy	1-800-818-6132
AT&T	
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Repair.....	1-800-246-8464
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Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080

OTHER NUMBERS

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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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(Continued from Cover)

purposes other than mating. One additional use is to lure prey to them; in fact, females from the Photuris genus will often mimic the flashes of a female Photinus firefly, and a male Photinus that falls for it will quickly be devoured! Not all female fireflies are capable of flight, however, as some species are wingless and bear a strong resemblance to larvae rather than to adult males of the same species. Often, these types of fireflies are referred to as 'glowworms'.

The abundance of fireflies has been decreasing over the years, greatly challenged by both the increasing presence of artificial light



and the rapid development of our open fields and forests. As human light pollution and development continues to spread, fireflies just might disappear altogether, in a blink of an eye!

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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Hosting an Exchange Student

Did you ever wonder what hosting a foreign exchange student is about? Well here it is in a nutshell....

Hosting an exchange student is a great way to learn about another country and culture without leaving your home town. It provides a cultural exchange experience for the entire family while providing a student from another country with a slice of American life.

Hosting an exchange student is like adding an international branch to your family tree. Many host families develop lifelong friendships with their exchange students and keep in regular touch with them. Some even visit them in their home countries, or invite them back for weddings and graduations

Hosting an exchange student provides your family, your high school and your community with a direct window into another country and culture, providing an opportunity for

life-long learning.

Families of all shapes and sizes can host an international exchange student. We've had host families with young children, no children, high school aged children – as well as empty nesters and single parent households.

Ayusa is a non-profit based in San Francisco that promotes global learning and leadership through foreign exchange and study abroad programs for high school students from around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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Tennis Tips

["Tennis for Children 9-10 years old and under – Green Ball"]

By USPTA/PTR Master Professional - Owner, Manager and Director of Tennis, Grey Rock Tennis Club, Austin, TX



CAPTION 1



CAPTION 2



CAPTION 3

This series of Tennis Tips are focused on how to involve children of all ages learning to play tennis and offering tips to the parents on how to assist at home. In the last issue I offered advice for children 9-10 years old and under playing with the softer orange ball and on a 60' foot court. This issue, will focus on children 9 and 10 years old and under playing with the green soft ball and on a 78' foot regular size court.

Caption 1: Tennis Racket and balls: The children should be using rackets ranging in length from 25" to 27" long along with the green ball. These longer, lighter rackets and bouncier balls will make it easier for the child to control the swing and the point of contact with the ball. The appropriate racket to use will depend on the height of the child. Balls will bounce from 47" to 53", which is within the comfort zone for most children of that age.

Caption 2: Tennis Court: For those players ready to cover the regular size court, they will now be playing on a 78" x 36' tennis court. Lines are now painted regular white making it much easier to see the ball landing, especially while the opponents are serving. Players need to be physically ready to cover the entire court.

Caption 3: Make Tennis Your Kid's New Pick-Up Game: Just like any other sport or skill, repetition is the key to learning. Once basic skills are learned the child will:

- Receive Mind and Body Workout
- Develop Confidence and Character

- Encourage Self-Control and Discipline
- Improve Fitness and Focus
- Offer Both Individual and Team Play
- Encourage Cross-Training and Low Rate of Injury
- Teach Problem Solving and Sportsmanship

Children at this age are already playing points and are given tips on how to hit groundstrokes, volleys and serves with control. The USTA provides tournaments and leagues for children 10 and under using the green ball on the 78' courts. Matches are normally 4 game sets and they are encouraged to play round robins and/or consolation rounds.

Tips to parents:

1. Take your child to a tennis court and encourage them to drop the ball and hit it on their own.
2. Afterwards, feed the green balls from your own service line to them standing on the opposite service line. Feed the ball softly and with control. Make them move very slowly and with body control.
3. Have them stand on their base line and feed balls next to them. Later move to the service line and once successful, move to the opposite side of the net.

Look in the next Newsletter for: "Tips for children 11 years old and older – Yellow Ball". For more information about our programs and club information, you can visit us at www.greyrocktennis.com or call us at 512-301-8685.



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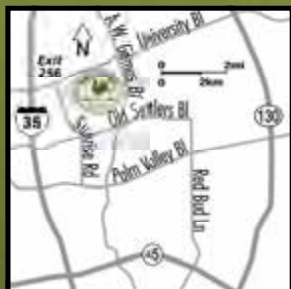
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THE DEDICATED RUNNER

Submitted by Steve Bernhardt

The heat is officially on in Central Texas, for the foreseeable future no matter the time of day it will be hot and often humid during our runs. Does this mean it's time to slow down, not run as often, or simply head indoors to the gym to run? If you are a dedicated runner none of these options sounds appealing. Fortunately none of them are necessary either if we take our time to understand how to acclimatize to the higher temperatures and take the necessary measures to run safely and comfortably under the bright Texas sun.

First, it takes our bodies about 7-10 days to begin to make the physiological adjustments needed to adapt to strenuous activity in the heat. Research has shown we can become fully acclimatized in 14-days based on spending at least one hour a day in the heat. During this time our blood plasma volume increases, sodium levels concentrate, and our core body temperature decreases. Keep in mind fitter runners usually adapt quicker, as well as younger runners often do better in the heat than older runners.

Next, dress properly to maximize evaporative heat loss. Wear clothing designed for running that does not hold moisture in the fabric (hydrophobic) and encourages evaporation. Our bodies cool as the heat is pulled away from us in our evaporating sweat. Avoid running in cotton as it holds the moisture in the fabric and makes wide scale evaporation nearly impossible. Running in a soaking wet cotton t-shirt is not cooling, it's basting. Also, don't forget a breathable hat to keep the sun off your head and sunglasses to fight off the negative effects of UV sunlight on your eyes.

Lastly, our sweat rate increases as our bodies adapt to the stress of running in higher temperatures, because of this we need to replenish our fluids in order to maintain our effort and vital bodily functions. Water is ok for shorter duration runs (30 minutes or less) but for longer efforts we need to add some electrolytes like sodium chloride, magnesium, and potassium. There are many well designed hydration products available that are tasty and effective, as well as several different ways to carry fluids while on your runs like a hand-held water bottle or waist belt. If you are worried about the comfort of carrying a bottle while running, trust me after a few days you'll hardly notice it and grow thankful for having it with you.

Just because it's hot and humid doesn't mean we have to stop doing what we love to do, run. Being patient and giving our bodies time to acclimatize is critical. Wearing the right clothing to protect ourselves for the sun and encourage evaporative cooling is a must. Fluid replacement in order to maintain proper hydration is necessary to avoid heat related illness due to overheating and dehydration. With care and attention to each of these areas you'll be on your way to accomplishing your running goals no matter what the Texas summer decides to throw at us.

CHOOSING A CAREGIVER FOR AN ELDERLY PERSON

The task of choosing a caregiver for an elderly person can seem intimidating, and often falls to a close friend or relative. Questions arise from how to vet the right person for the job, to choosing the best professional agency.

The first thing to consider is the type of services needed: whether the elderly person needs a companion type service, assistance with activities of daily living, or more skilled nursing needs. If the needs are for a companion, there might be a neighborhood friend available to fill the position. It's important to meet with the applicant to make sure there is a clear understanding of the job description, rate of pay and that there is an employment contract in place. This avoids any misunderstandings in the future.

If more assistance is needed with activities of daily living, such as bathing, dressing, eating and so on, it may be advisable to choose an agency that can provide trained personal. Make sure these employees are insured and bonded through the agency. These caregivers also engage in light housework activities, and it's also important to know if they will provide transportation for the client to doctor and other medical appointments if needed. Some agencies will provide transportation with a waiver, but if the caregiver is to use a family vehicle make sure that correct vehicle insurance is in place.

A trusted person representing the client should be present at the interview with the agency, and with the proposed caregiver to make sure that the person is a good fit. Make sure that the agency has performed a background check and that the caregiver has provided good references.

Cost is usually a key factor when choosing caregiver services, but the lowest priced services may not always be the best fit. It's always a good idea to shop around and compare agencies in your area.

Lastly it's very important that an outside person keep a watchful eye on the situation with a caregiver and elderly person, for possible abuse and neglect. The agency should be notified immediately of any problems. Unfortunately our seniors are vulnerable in our society and need help to stay safe.



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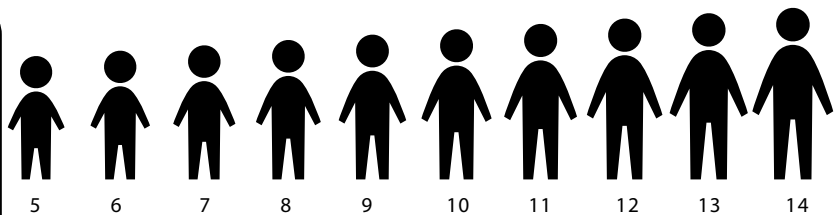
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