



The VOICE

A Newsletter for the
Residents of Teravista

Volume 6, Issue 8

August 2016

Round Rock New Neighbors

An organization of Women welcoming Women for Fun and Friendship

Whether you are a newcomer or have lived here for years WE WELCOME YOU! We are of all ages!! Ideal for empty nesters or women who have left the work place and are looking to get back to a social life. We enjoy monthly luncheons with a speaker or program of interest.

During the summer we are having summer coffees for our members and guests. These are at member's homes and are a time for fellowship, no agenda. We have coffee and simple breakfast fair and meet each other. It is a great venue for women who want to see what RRNN is "all about". Our August coffee is on August 10th from 10 am until

noon, The place is the home of Jan Percy, 1909 Oak Forest Drive in Round Rock. For more info contact Traci Clegg at 512-992-1069

We have many groups: Card and game groups, gardening, Wine Tasting, Foodies, Antiquing, Hiking, Movie, Photo, Potluck, Safari, Walking and Caring Hands. There is something for everyone. Many activities take place during the day and some activities include couples. Please visit our website at www.rrnewneighbors.org for more information and to see our newsletter. Or call Jan Percy, 512-810-3214, Membership Chair for information.



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Williamson Co. Sheriff's Dept.....	512-864-8282
.....Select option 1 twice to get directly to dispatch	
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

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EVERY SECOND COUNTS



BE PREPARED!

GET CPR AND FIRST AID TRAINING

By:  HOPEcpr

Who: Adults & Children 12 or older

When: August 21st from 2pm - 4:30pm

Where: Hawaiian Falls Water Park

Aloha Events Center

18500 N SH-130

Pflugerville, TX 78660

How: Sign up at www.hope4minds.org
(limited space)

Cost: Free. Suggested donation of \$5 per person
to HOPE4MINDS

Certification: \$20 for CPR (starts at 2:00pm)
\$10 for First Aid (arrive at 3:00pm)
\$25 for CPR and First Aid
Certification is through the American
Safety Health Institute (paid day of)

**Each year 1 in 500
school-age children
receive a brain injury
serious enough to be
hospitalized.**

**Every day, about
10 people die from an
accidental drowning.**

PRESENTED BY:



For more information, contact ronda@hope4minds.org

HOPE4MINDS is a public charity organized to foster hope and enrich the lives of children with an acquired brain injury through support and education.

Dead spots in the lawn? Look for chinch bugs....

Chinch bugs often appear in Texas lawns during hot, dry conditions. Usually damage starts in sunny locations or near driveway and sidewalk areas. Damage appears as irregular dead patches in the lawn surrounded by yellowing or dying grass. Chinch bug damage can be mistaken for other lawn problems like white grubs or fungal diseases, so confirmation of chinch bug activity is needed before choosing proper treatment.

So how do you tell if you have chinch bugs? The easiest way is to look for the insects. One way to look is to cut both ends out of a can, push it into the ground using a twisting motion and then fill the can with water for about 10 minutes and wait for any bugs to float to the top. Another way would be to get down on your hands and knees and part the grass to look for the insects. For both methods, samples should be taken in the damaged (yellowed grass), not dead, grass areas.

Chinch bugs are small (about 1/5 of an inch as adults; immatures are smaller). Adults are black with white wings containing triangular markings. Nymphs, or immatures, are yellowish or pinkish with a light colored band across their body. Nymphs do not have fully developed wings.

Treatment is usually a liquid or granular formulation. Liquid formulations are often bottles that attach to the end of the garden hose or concentrates that you mix with water in a tank sprayer. Granular formulations are applied with push spreaders and need to be watered in after treatment.

Treatment should be applied to the area where damage is occurring and several feet out from the damaged area; the entire yard does not have to be treated. All label instructions should be read and followed before and during the treatment.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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STRESS, HORMONES, AND BELLY FAT

**Are You at Your Wit's End
Trying to Get Rid of it?**

**Presented by leading
wellness expert**

Jimmy Yen, L. Ac.

FREE DINNER

**Immediately following our FREE
training seminar entitled**

"Stress, Hormones, and Belly Fat"



August 16, 2016 6-8pm

**Morelia Mexican Grille 2400 South I H 35
Suite 160 Round Rock, TX 78717**

**R.S.V.P at 512.260.1710 Seating is limited.
AchieveIntegrativeHealth.com**

You will learn how Hormone Imbalances can affect your sleep cycles, carbohydrate cravings, and fat burning-Why "Counting Calories" doesn't work with belly fat-Learn the Biggest Mistake that people make with exercise that prevents weight loss. WHAT REALLY WORKS for permanent loss of belly fat & bulges. Safely, Healthfully!

NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER

COLIN
HOLST

61 Texas children have already fatally drowned in 2016

DROWNING IS PREVENTABLE

THESE WATER SAFETY TIPS CAN SAVE LIVES



**WATCH KIDS & KEEP
IN ARM'S REACH**



**LEARN
TO SWIM**



**WEAR
LIFE JACKETS**



**MULTIPLE BARRIERS
AROUND WATER**



**KEEP YOUR
HOME SAFER**



**CHECK WATER
SOURCES FIRST**



**PRACTICE DRAIN
SAFETY**



**BE SAFER IN
OPEN WATER**



**LEARN
CPR**

BECOME a Water Guardian for your child

TAKE the Water Safety Quiz

www.colinshope.org/quiz

PREVENT drowning



LEARN more at www.colinshope.org

TENNIS TIPS

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



How to execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Jill Schmidt, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position: When Jill is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Back Swing: Once Jill realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight

on her right foot and will be ready to step forward to meet the ball

Step 3: The Point of Contact: Jill now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 4: The Extension of the Point of Contact: Jill is now directing the ball toward the opponent’s court. Her eyes have now shifted toward her target and her body weight is now fully in front of her left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 5: The Follow Through: Once Jill has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her right elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return



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Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

Weight Training + Protein: Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

Long Distance Running + Carbohydrates: For long workouts, the performance edge goes to people who have the most glycogen (the

stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

Aerobics, Kickboxing and Spinning + Fat: For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

Yoga and Pilates + Complex Carbohydrates: The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.



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