



# The VOICE

A Newsletter for the  
Residents of Teravista

Volume 7, Issue 1

January 2017

## Round Rock New Neighbors

An organization of Women welcoming  
Women for Fun and Friendship

*Join us for Our 2016-2017 Season*

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.

We will be returning to our regular meeting venue at Fern Bluff Community Center, 7320 Wyoming Springs Drive, and Round Rock. Doors open at 10:30 am, meeting at 11:10 am, luncheon at 11:40 am and program at 12:15 pm.

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](http://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

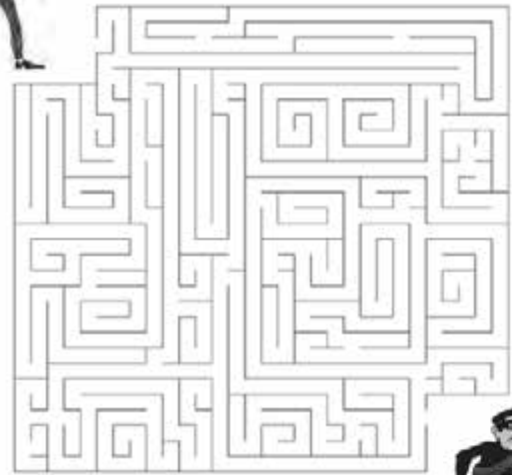
City of Round Rock.....	512-218-5400
Round Rock Community Library .....	512-218-7000
Round Rock Parks and Recreation .....	512-218-5540
City of Georgetown.....	512-930-3652
Georgetown Public Library .....	512-930-3551
Georgetown Municipal Airport .....	512-930-3666
Georgetown Parks and Recreation .....	512-930-3595
Teravista Golf and Ranch House .....	512-651-9850
Teravista Residents Club .....	512-310-7421

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## Hitting the slopes this ski season?

### Keep in mind these tips to preventing injuries on the slopes.

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries in Austin recreational athletes of all ages and abilities.

For 15 years, as a traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of injuries in these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is

#### **"How can I avoid hurting myself on the ski slopes?"**

So what do I tell recreational skiers about staying healthy on the hill?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginko biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude. Early trip moderation equals a better mountain experience!

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

#### **The best way to protect yourself from ski injury is:**

- **Get in good "ski-shape"**  
6 weeks of strength and some aerobic training will suffice
- **Ski within your limits**
- **Stay relaxed, focused & well hydrated**
- **Watch out for that last, fatigued run of the afternoon**
- **If you fall, fall forward and throw your hands in front of you**  
it's proven that less knee and shoulder injuries occur in the forward lean of a fall.
- **And always, always, wear a helmet!**

Before you ski, take time to take stock of your physical condition, especially your knee, shoulder and hip joints. Pre-trip aches and pains will not make for an enjoyable ski trip!

*Written by Kelly Cunningham, MD Orthopedic Specialist and Founder, Austin OrthoBiologics Sports Medicine Clinic*

*Austin resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.*



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## TREE CAVITIES

I took some time to go over the articles of the past couple of years. I have covered many topics that I commonly deal with during consults with clients regarding their trees. This month and next month I will cover three related concerns that I address at just about every appointment: tree cavities/hollows, and next month -fungi that grow on trees and rot that they cause. I hope the next three articles will effectively demonstrate the relationship between them.

It is very common for trees to be hollow to some degree – especially if they are of considerable size and age. In most cases, it is a result of one primary, precipitating event – lightning. Other precipitating events can be wind sheering of large branches, improper pruning of large branches and unhealed deer rubs on trees when they were young.

Regardless of the cause, the present question is: Now that there is a cavity - What is to be done? Some “home remedies” I’ve come across in my years of caring for trees are quite interesting – from filling them with rocks (maybe as much of a way to get rid of the rocks from view as a tree remedy), concrete, filling them with expanding foam, and mechanically removing everything inside the tree possible.

First, it is critical to not do any of the first three in any circumstance! There are many reasons for this, but the principle one is that what will result is more moisture will remain inside the tree for longer, facilitating rot. Rot is by far the worst debilitator of tree health and structural integrity. As with most cases, Mother nature knows best – air flow is the best way for moisture to dissipate. Removing non-structurally assisting material in the cavity (i.e. organic litter: rotting wood, leaves, sticks, squirrel stashes, etc.) will help by eliminating those objects which will sponge and hold moisture in the hollow longer. Do not try to pry out hard heartwood though by any means. In those cases where a proportional and moderate-sized drill hole can assist with air flow and future water drainage from a cavity, as well as also function as a port for evacuation of organic litter by water-flushing of the cavity (least intrusive, damaging means of cleaning decades of litter out at once I’ve found and employ regularly), in some cases a drilling injury is warranted. To keep out animals from the cavity – a chicken wire mesh with stout fence staples holding it in place will work quite effectively.

The goal of cavity “repair” is to allow the tree a better environment to slow the rot – thereby enabling the tree’s response of wound wood and callus growth, as well as changing the density and location of its new growth in order to compensate for the changes in wind pressure resistance resulting from its cavity.

*Questions or comments this article or previous articles have generated, may be directed to me at: [kevin@arborcareandconsulting.com](mailto:kevin@arborcareandconsulting.com)*

## Neighborhood Compassion Watch!

### COMPASSION IS ACTION

Let's each of us make it our mission to bring positive change and solutions to our own lives, our communities, and our world. Let's sustain our hope for a better world through personal action.

Start a compassion jar or box in your home. Challenge yourself and your family members to seek out and discover compassion in your home, neighborhood, school, and workplace (acts of kindness, service, respect, love, acceptance, generosity, hope, peace, gratitude, forgiveness, and caretaking of the Earth). Pay close attention and discover these acts in yourself and others. Recognize these acts by dropping a note or a marble or pebble into the jar or box. See how full it gets. Find a time to share with each other what you discover.

Share your stories here and we'll publish them [www.peelinc.com/residentsArticleSubmit.php](http://www.peelinc.com/residentsArticleSubmit.php). Also, share via social media with the hashtag #compassionup.

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