



# *The* VOICE

A Newsletter for the  
Residents of Teravista

Volume 7, Issue 4

April 2017



## *Round Rock New Neighbors* **An Organization of Women Welcoming Women for Fun and Friendship**

*Join Us for Our 2017 Season*

Round Rock New Neighbors is a non-profit social club for women with over 180 members from Round Rock and surrounding communities. Since 1978, RRNN has been active in providing women the opportunities to come together and meet new friends and neighbors. The name may fool you, but you do not have to be new to the area to join the fun. We have new members who have lived in Round Rock for many years. All women are welcome!

Our general meetings are held on the second Wednesdays of each month September through May. We meet at the Williamson Conference Center located behind the Wingate Hotel on the frontage road of I-35, north of Hwy 79, starting at 10:30. Come join us for a great catered lunch and program. Reservations must be made by the Friday before the meeting. Cost is \$17.00 payable at the door for first time visitors.

*For more information, please call Jan Percy 512-810-3214*

## 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

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## The Lost and Found Lollapalooza

Calling all families! Join the National Center for Missing and Exploited Children, The Refuge Ranch and beLydia for a day of music, markets, food and carnival games...all to benefit the fight to keep children safe. On June 4, 2017 from 2pm until 7pm, Pecan Springs Ranch will become the Lost and Found Lollapalooza. All proceeds from the event help provide prevention education as well as rescue and restoration of victims of child trafficking. This G-rated event promises to be a safe, fun day for guests of all ages. Whether you want to create your own home cleaner, decorate a tee pee, play carnival games or just listen to live music and eat from the cool food trucks, the Lost and Found Lollapalooza has it all. You can even have your family's picture made, pull out your own fishing poles and fish the stocked pond or relax with a locally sourced refreshment. The marketplace will feature jewelry, children's books, freshly baked goodies, a coffee bar, festival gear and more. The National Center for Missing and Exploited Children will be on hand to help parents install mobile safety apps, and The Refuge Ranch will have tiles for painting that will eventually decorate the shelter being built. beLydia young entrepreneurs will be hosting their microbusinesses all day, too! Maybe a lemonade stand, maybe a sandal-making shop, perhaps wands and capes, these young fundraisers are working to raise money to keep their peers safe. Please join us for a wonderful, happy day that will benefit not only your family, but children throughout Central Texas and beyond. Tickets available online at Eventbrite. Contact [events@beLydia.org](mailto:events@beLydia.org) for more information or to become a donor or event sponsor.

**SAVE THE DATE**  
**TO KEEP KIDS SAFE!**



Sunday, June 4, 2017 | 2:00-7:00 PM

Pecan Springs Ranch

\$35 for 12+

\$20 for 3-11 years of age



# We Foster Here

Every child needs a champion to encourage their dreams.



## Be a Champion

Thousands of Texas children need a safe, loving home. These children have incredible potential, but they need a champion to encourage their dreams and prepare them for life's many successes.

## Upbring will Stand with You

Becoming a foster parent isn't the easiest thing you'll ever do. But it will deliver a lifetime of rewards, and you won't be alone. Upbring, the largest provider of children's services in Texas, offers all the support you need to create a brighter future for a child. Visit **WeFosterHere.org** today to learn more.



**WeFosterHere.org**

## How to Raise a Confident Child

*Neena Hamamcy, MA, LPC, LMFT*

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

### **Help Your Child Express and Embrace their Feelings**

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

### **Teach Ownership**

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good things follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parents trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

### **Create Experiences to Help Your Child Feel Successful**

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how others perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

### **Try to Understand and Heal your own Self-Worth Issues**

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

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# ASSASSIN & AMBUSH BUGS



Assassin and ambush bugs are predators and are considered beneficial insects. They are generalists that attack a variety of caterpillars, flies, and other bugs. These predators either stalk their prey or wait to ambush prey when they come to a plant. Prey is stabbed with tube-like mouthparts, paralyzed with a toxin, and body fluids sucked up.

Assassin and ambush bugs have 3 segmented piercing-sucking mouthparts. These bugs come in a variety of colors with assassin bugs usually being darker in color than ambush bugs. Assassin bugs also have a more elongated head compared to ambush bugs. Ambush bugs have thickened front legs used to capture and hold prey. Immatures, or nymphs, look similar to the adults but do not have fully developed wings. Eggs are usually deposited in masses

and are cylindrical in shape.

While most assassin bugs are beneficial, the kissing bug or cone-nose bug is considered a pest. Kissing bugs feed on blood of mammals, including humans.

For assassin bugs that are feeding on insects, control is not required. For more information on kissing bugs see this site <https://kissingbug.tamu.edu/>

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](http://www.urban-ipm.blogspot.com)

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## Give on Earth Day

Give 5% to Mother Earth is an annual Earth Day campaign that raises funds and awareness for local environmental nonprofits working to protect and preserve our natural resources in Central Texas.

Give 5 partners with more than 100 local businesses who pledge to donate 5% of sales on Friday, April 21st – in honor of Earth Day - to Give 5's 9 nonprofit beneficiaries, each of which is working to keep Austin clean, green, and healthy. This year's benefiting nonprofits

include: Hill Country Conservancy, Shoal Creek Conservancy, Austin Parks Foundation, Sustainable Food Center, Waller Creek Conservancy, Pease Park Conservancy, Treefolks, Friends of Barton Springs Pool, and Texas Campaign for the Environment Fund.

By patronizing Give 5's generous business partners on Earth Day, Austinites are helping to support these amazing causes! For a full list of participating businesses, please visit [www.austingive5.org](http://www.austingive5.org).





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## THE HOME SELECT TEAM MAKES ALL THE DIFFERENCE!