



The VOICE

A Newsletter for the
Residents of Teravista

Volume 7, Issue 10

October 2017

Round Rock New Neighbors

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!

You are cordially invited to attend one of our monthly luncheons and coffees. To find out more about these events and who to contact, please visit our website at www.rrnewneighbors.org



26th ANNUAL ALZHEIMER'S TEXAS WALK OCTOBER 7th @ CAMP MABRY



9/15/17 –This year marks the 26th Annual Alzheimer's Walk for support, care, and research hosted by Alzheimer's Texas. The walk will be held on the morning of October 7 at Camp Mabry in Austin, Texas. Alzheimer's Texas, a local nonprofit organization serving Central Texas for 35 years, separated from the National Alzheimer's Association in

January 2016. As a result, 100% of the funds raised will remain local to be used here in Central Texas. Along with the new logo, Alzheimer's Texas changed its signature colors to blue and gold.

"We are, and always have been, deeply committed to providing families in Central Texas with compassionate services that are relevant to their needs, like our caregiver support groups and great educational programs," says Christian Wells, President of Alzheimer's Texas. "When people walk with us on October 7th, they know that they are supporting the services they value and will directly touch the people living with Alzheimer's in Central Texas."

The 2017 Honorary Family is The Amos Family. The Amos Family Team has participated in the event for several years and is led by family member, Sharhonda Broaders. "The Walk has always been a fun local event, but now more than ever it is an opportunity for Central Texans to get together to celebrate the difference we're making on a local level, for those affected by Alzheimer's, like the Amos Family," says Wells.

The Alzheimer's Texas Walk will be held Saturday, October 7 at Camp Mabry, with check-in beginning at 8:30 am. There are two

(Continued on Page 2)

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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(Continued from Cover)

scenic routes for Walkers to enjoy, a 1-mile course and a 2.5-mile course. In addition to the Walk, the event will feature food, music, activities for kids, prizes, and more. All participants who raise \$50 or more will receive a free event T-shirt. Teams who raise the most money and have the most members are recognized along with top fundraisers. To learn more and register for the 2017 Alzheimer's Texas Walk and keep your fundraising dollars for Alzheimer's local, visit www.txalz.org/walk.

MAKE SURE YOUR HALLOWEEN HAS MORE TREATS THAN TRICKS

Halloween is supposed to be a night filled with fun and candy, but sadly the American Automobile Association (AAA) says October 31st is the second deadliest day of the year for pedestrians. Toni Odumosu, M.D., who practices at the Memorial Hermann Convenient Care Center, says parents and kids should follow these safety tips to make their Halloween a safe and enjoyable night.

1. **Walk safely.** Make sure children travel in groups, utilize sidewalks when available, and look both ways when crossing the street. Parents should accompany trick-or-treaters under the age of 12. Those children allowed to walk without an adult should stick to areas where they are familiar with their surroundings.

2. **Keep costumes creative and safe.** Ill-fitting costumes or masks that make it difficult to see can be a recipe for an injury. Make sure costumes aren't too long and opt for face paint rather than masks, if possible. If the mask is a must, make sure your child can see in all directions when it is worn.

3. **Consider your accessories.** Children should not carry sharp objects or anything that could be mistaken for a weapon.

4. **Stay well lit.** Whether you trick-or-treat before the sun goes down, or carry flashlights, it is important that cars and other groups can see you. Consider putting reflective tape on dark-colored costumes.

5. **Check the candy.** Children are eager to tear into their loot, but parents should sort through the candy at the end of the night. Throw away anything that is not in its original wrapper. Children under the age of four should not consume hard or sticky candy, so that should be taken out as well.

"I also caution parents against allowing sugar overload. Kids want to eat their entire collection of candy in one day, but they will regret it later. Ration the candy to avoid stomach aches. Some dentists also offer "trade-in" programs where kids can swap the sugary treats for toys. I know it may be a hard sell for parents, but remind kids who make the swap that they can celebrate Halloween year-round with their new toy" encourages Dr. Odumosu.



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SHARE YOUR AMERICA

What if you didn't have chocolate chip cookies, Dr. Pepper, corndogs or *gasp* Tex-Mex food or Whataburger? These are just some of the things that we take for granted every day. Imagine having a whole year to experience new foods, a new culture, a whole new life! That's what hosting an exchange student is all about!

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Hosting is a great way to learn about the student's culture as well, perhaps even learn a few new words in a new language. It's a way of opening a new world to your children as well. Most importantly, it's a way of making the world just a little bit smaller, so that we can all live in peace and harmony together.

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832-455-7881 or via email at vicki.stsfoundation@gmail.com.

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.



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NATURE WATCH

SNOUTBREAK!

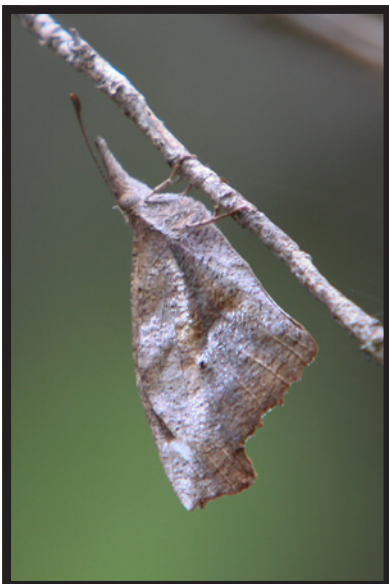
by Jim and Lynne Weber

The change from late summer into early fall can trigger some unusual natural events, and at this time of year in Central Texas, we can often see periodic population explosions of the American Snout butterfly.



American Snout Butterfly

Often mistaken for migrating Monarch butterflies, the American Snout (*Libytheana carinenta*) is a medium-sized butterfly with a brown upperside, wings orange at the base, and white spots near the tips of the forewings. Its underside is a mottled grayish-brown pattern, much like a dried, dead leaf. Snouts are named for their elongated mouthparts, and when they hang from the underside of a branch, which they most often do, their 'snout' resembles the stem or 'petiole' of a leaf and their folded wings appear to be the dead leaf itself. It's the perfect camouflage for defense against avian predators.



American Snout Camouflage

In the caterpillar stage, snouts are dark green with yellow stripes along the top and sides of their body, with two small, black tubercles on the top of their thorax. These caterpillars feed on all hackberry species, but they prefer spiny hackberry. While Austin is at the northernmost boundary of this plant's range, it is close enough that we get to experience a 'snoutbreak.' After a good rain, spiny hackberry plants (also known as granjeno or desert hackberry) grow numerous new leaves. In response, the snout butterfly

lays its eggs on these new leaves, which provides the fuel for a significant number of its caterpillars. In Texas, it only takes 12 days to go from egg to caterpillar to adult butterfly.



Spiny Hackberry

development/reproduction and decreased metabolism in response to the adverse environmental conditions. This condition reverses when the rains arrive and trigger the third factor, new growth on the spiny hackberry host plants. Female snouts will only lay eggs on this prolific new growth, and coupled with the lack of parasites, this creates a population boom.

Most often, 'snoutbreaks' occur in South Texas and Mexico, where the spiny hackberry is plentiful. However, one of the largest recorded snout emergences occurred in late September of 1921, when over the course of 18 days more than 6 billion southeasterly-bound snout butterflies flew over San Marcos to the Rio Grande River. That's an estimated 25 million per minute! While not every year is quite that spectacular, keep your eyes open this time of year, about two weeks after a rain, and you should see region-wide migrations of snout butterflies as they waft by in pretty impressive numbers.

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our books, [Nature Watch Austin](#) and [Nature Watch Big Bend](#) (both published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.

The ecology behind this event is related to several factors. First, the population of snouts is positively correlated to the intensity and duration of dry periods that immediately precede significant rains. These droughts seem to greatly diminish parasites that can harm and kill snout larvae. Second, adult snouts wait out these long, dry periods by remaining in 'reproductive diapause', a state of arrested

BREAST CANCER

Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

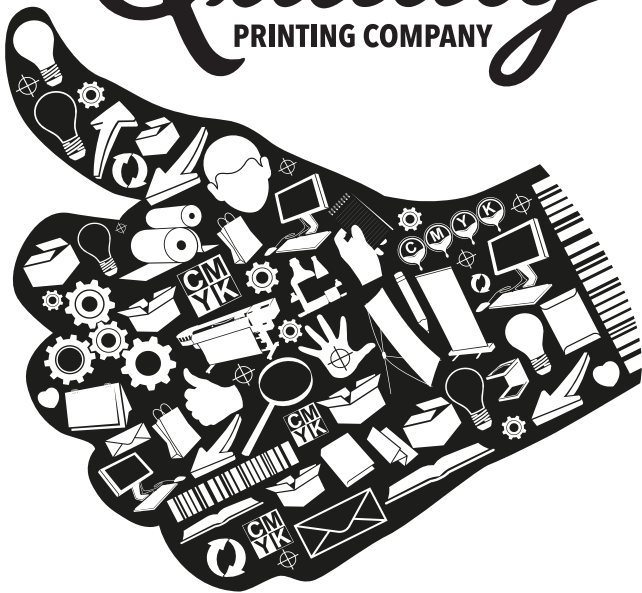
Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>

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