



The VOICE

A Newsletter for the
Residents of Teravista

Volume 7, Issue II

November 2017



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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Peel, Inc.	512-263-9181
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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

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THANKSGIVING CORN CASSEROLE



NEED:

- 9 x 13 pan
- 2 cans cream corn
- 2 cans sweet corn (drained)
- 16 oz sour cream
- 2 sticks butter (melted)
- 2 packs of 6oz Texas Style Honey Sweet cornbread mix (you can find it at Kroger's in the baking section)
- 1 teaspoon of sugar

DIRECTIONS:

Heat oven to 350

The easiest and fast clean up way is to mix all ingredients in the pan. Start with the cornbread mix then add the melted butter, cream corn, sweet corn (drained), sour cream and sugar. Mix it all up until it has a creamy whipped look.

Place in the oven for about 60-90 mins or until golden brown all over. It will have a slight firm but creamy texture to it, not cake or cornbread like and not runny either.

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PROVIDING HABITAT FOR THE MONARCH BUTTERFLY

Submitted by LaJuan Tucker, City of Austin and Johanna Arendt, Travis County



Over the past few years, Texas has boasted some of the highest growth rates in the country. Central Texas has seen increased development, urbanization, and economic growth. Natural landscapes are quickly being converted to roadways, housing, and retail.

These dramatic shifts in the landscape are having a significant impact on wildlife. Water sources are being paved over or polluted with runoff. Agricultural lands and native grasslands that provide nesting and foraging sites for birds are increasingly replaced with houses and gas stations. Wildlife now must cross roadways and travel longer distances to find food, shelter, and mates.

There are, however, many ways that residents can help wildlife in urban and suburban landscapes. Balconies, parks, greenbelts, school yards, and backyards are just a few of the places that can provide important resources for wildlife.

One species that especially needs our help is the monarch butterfly (*Danaus plexippus*). This iconic butterfly is most famous for its long migrations and its beautiful orange and black markings. Unfortunately, research shows that overall monarch numbers are on the decline. Here in Central Texas, we encounter the monarch butterfly during both its northern and southern migrations, which puts us in a unique position to assist with conservation efforts.

Learn more on November 8, when LaJuan Tucker will be giving a presentation about backyard wildlife at Concordia University. Join us at 6:30pm in Room C270 for a fun, informative program.

HOW YOU CAN HELP

Provide monarch habitat essentials: food, water, shelter, and a place to raise their young in parks, yards and open spaces.

Provide native milkweed, the “host plant” for the monarch larvae:

Antelope horn (*Asclepias asperula*)

Green milkweed (*Asclepias viridis*)

Texas milkweed (*Asclepias texana*)

Find more at https://www.wildflower.org/collections/collection.php?collection=centex_milkweed

Plant native, butterfly-friendly flowers that provide nectar sources for adult butterflies: <http://xerces.org/monarch-nectar-plant-guide-southern-plains/>

Supervise pets and children when outdoors to ensure they do not harm wildlife visitors.

Control imported fire ant populations in your yard. Fire ants are predators of monarch eggs and caterpillars.

Use pesticides sparingly or avoid using them altogether. These harmful chemicals are thought to have a negative effect on both milkweed and the butterflies themselves.

THE MONARCH'S LIFE CYCLE

The monarch butterfly's journey is well documented in NOVA's *Journey of the Butterflies*. This petite insect, weighing no more than 0.75 grams, starts off as a tiny egg on a milkweed plant. Milkweed is the monarch's “host” plant -- they lay eggs only on that type of plant. Once the eggs hatch, monarch caterpillars begin to eat the milkweed and sequester the cardenolides found there. Cardenolides are poisonous to most vertebrates, making the monarch repugnant to predators. The bright orange and black coloration the butterfly has after metamorphosis advertises to predators their poisonous nature.

While the adult monarch is brightly colored, the caterpillar blends in by taking on the colors of its host plant, with beautiful bands of green, yellow, white, and black. In this larval stage, monarchs molt several times as they grow. After its final growth phase, the caterpillar begins its preparation for pupation. Most monarchs will stay in pupation from 9 to 15 days, depending on ambient temperatures. Once the wing muscles have developed, the chrysalis turns clear, exposing the coloration for which the butterfly is famed.

After emerging from the chrysalis, the monarch fuses its proboscis, which it will use to suck nectar from flowers, and waits for its wings to dry. If the monarch is located in North America, it will soon begin a journey of around 3,000 miles to overwintering locations in California, Mexico and other southwestern states. How the monarch butterfly makes such a tremendous journey is still a mystery. Some believe that earth's magnetic fields assist the monarch in navigation. Others believe that the angle of the sun during different seasons gives them clues. Once they arrive at their overwintering grounds, the monarchs wait for the weather to warm up again before the next generation makes the journey back north.

Although a single generation will make the 3,000-mile flight south, the journey back northward is made by four successive generations. Central Texas is in the bottle neck of the monarch's flight path. Both northbound and southbound monarchs fly through Texas on their way in and out of Mexico. Because of our location in the monarch's flight path, local residents have a unique opportunity to help the monarch on their spectacular journey.

As the Central Texas population continues to grow, so can our responsibility to make sure urban and suburban places serve not only as economic growth centers, but also as havens for wildlife such as the monarch butterfly.

References: Oberhauser Karen S. and Michelle J Solensky ed.

The Monarch Butterfly: Biology and Conservation. New

York: Cornell University Press. 2004. Print

About the author: LaJuan Tucker is the Program Coordinator for the City of Austin's Wildlife Austin Program. This program advocates for the creation and conservation of public spaces as critical sources of wildlife habitat and opportunities to connect the community back to nature. LaJuan also administers the Mayor's Monarch Pledge for the City of Austin, is a Habitat Steward Host™ and a Landscape for Life Trainer™.

THE VOICE

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FREE EDUCATIONAL CAREGIVER SERIES PROVIDED BY ALZHEIMER'S TEXAS

During the months of November and December, Alzheimer's Texas will be holding free seminars for individuals who need guidance to take care of someone suffering from Alzheimer's or related dementia.

Lead by Steve Catoe, Certified PAC Trainer and Certified Validation Worker, these seminars provide complementary caregiver education on topics particular to caring for someone with Alzheimer's disease or related dementia. All sessions will be held at the Alzheimer's Texas office, 3520 Executive Center Drive, Suite 140, Austin, TX, 78731. Following are the dates and topics of each session:

Tuesday, Nov 14th 6:00 – 7:15pm Part I

Introduction to Alzheimer's: ALZ 101

What is Alzheimer's, Diagnosis and treatments, Stages, How to cope

Tuesday, November 21st 2:00 – 4:00pm Part II

Behaviors and Communication

Preserving Dignity and Sexuality, Agitation, Combativeness, Hallucinations, Communication Techniques

Tuesday, November 28th 2:00 – 4:00pm Part III

Activities of Daily Living

Bathing, Eating, Dressing, Toileting, Hydration and Nutrition, Safety, Driving, Activities

Tuesday, December 5th 2:00 – 4:00pm Part IV

Care for the Caregiver

Getting support, Adjustment and Grief, Caregiving Issues, Communicating with Family and Physicians

Registration is required due to limited class size. Please call (512) 241-0420 or email Victoria, vcardenas@txalz.org if you would like to attend.

ABOUT ALZHEIMER'S TEXAS

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhancing care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour help line, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit www.txalz.org.

NATURE WATCH

A THISTLE EPISTLE

by Jim and Lynne Weber



A Mexican Yellow butterfly nectaring on a Texas Thistle.

As one of the most wrongly maligned and misunderstood group of wildflowers, native thistles have never been truly embraced, not even by wildscape gardeners or habitat restoration practitioners. While these plants play a significant role in our ecosystems, they have been a direct casualty of habitat loss, first by plow-based agriculture and followed by the continual development of roads and cities. Further, recent invasions of non-native, exotic thistle species and the inability to discern them from the superficially similar native species, have contributed to their unjustified reputation and ongoing demise.

Native thistles are a beautiful and important group of plants, with subtle blue-green foliage, fascinating stem and leaf architecture, and long-lasting pastel blooms that nourish many species of insects and birds. The nectar they produce is utilized by many species of bees, wasps, butterflies, moths, flies, beetles, spiders, katydids, and hummingbirds, which demonstrates the wide diversity of animals supported by native thistle flowers. In late summer and early fall, they are an essential nectar source for migrating Monarch butterflies. Their persistent seed heads provide the favorite food of goldfinches (both Lesser and American) and other songbirds such as the Carolina Chickadee, and the silky fluff attached to mature seeds is used to line their nests in the spring.

While there are many plants with spines that are erroneously called 'thistles', true thistles belong to the genus *Cirsium*. Of the 62 native species in North America, the most important species in our area are the Texas Thistle (*Cirsium texanum*) and the Yellow Thistle (*Cirsium horridulum*). The Texas Thistle, also called Southern Thistle or Gray Woolly Twintip, is an upright, unbranched or sparingly branched plant, 2 to 6.5 feet tall, with

grayish-green foliage that is spiny and woolly-white below. Violet-pink to deep lavender-rose composite flower heads top the stems from April to August, and are surrounded by bracts that bear a silvery strip down the middle. Texas Thistle is also the larval host plant for the Painted Lady and Mylitta Crescent butterflies. Yellow Thistle, as perhaps foreshadowed by its scientific name, has a host of other, undeserved common names such as Horrid Thistle and Terrible Thistle. It has a branching, densely hairy stem rising from a 2 foot wide basal rosette, 1 to



The blooms of the Yellow Thistle are surrounded by a whorl of spiny bracts.

5.5 feet tall, with long grayish-green spiny leaves and several large flower heads. Blooming May to August, these composite flower heads are up to 3 inches wide, surrounded by a whorl of spiny, hairy, leaf like bracts, and are frequently red-purple, pink, or white instead of the namesake yellow. In the first year of growth this plant remains a low-lying rosette, and 'bolts' in the spring of the following year to reach its full height. Yellow Thistle is an excellent attractant for Sphinx moths and is the larval host plant for the Little Metalmark and Painted Lady butterflies.

It's time to bring back our native thistles, so this fall consider planting them in your wildscape. These species have evolved with our native pollinators in our natural habitats over thousands of years. As a result, they benefit us by helping to sustain a healthy ecoweb, protecting our water quality, sequestering carbon in our soils, and adding a sublime beauty and structure to our landscapes. And that's our epistle to the thistle!

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.



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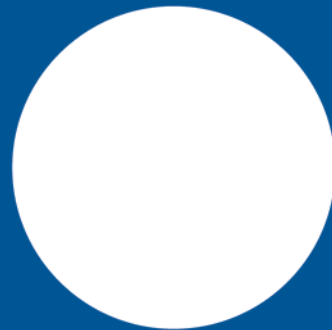
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