



The VOICE

A Newsletter for the Residents of Teravista

Volume 8, Issue 2

February 2018

THE VOICE

*A Newsletter
for the Teravista
Community*

The Voice is a monthly newsletter mailed to all Teravista residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



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



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

How can I get in Ski-Shape?

*By Kelly Cunningham,
MD, Sports Medicine specialist*

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

Muscle training, Stamina & Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

Austin, Texas, 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

Cirque Italia Is Thrilled To Present Their Newest And Greatest Creation – Aquatic Spectacular. You Don't Want To Miss Its Debut In Austin, Tx!!

What comes to mind when you hear the phrase “Aquatic Spectacular”? Water, entertainment, excitement.....? You can expect all these things and so much more from the brand new themed Cirque Italia production with its perfectly fitting new title. After six years of enhancements, a rigorous casting selection, and countless performances nationwide, this newest form of Cirque Italia’s innovative and unique “traveling circus” spectacular production is set to be its finest to date.

Aquatic Spectacular came to life all thanks to its imaginative creator Manuel Rebecchi, along with invaluable direction and production management by Chanté DeMoustes. Cirque Italia’s brand-new theme show is an artistic blend of human abilities, technology and the element of water. This one-of-a-kind production combines water fountains, jet-skis, pirates, and more in a fun filled atmosphere all ages are sure to enjoy.

Performers from all over the world have been brought together under the enchanted spiral of the white and blue big top. The merging of their astonishing skills with the poetic element of water has led to the creation of a truly unforgettable experience. Cirque Italia has managed to create a beautifully unique theatrical production by combining the gracefulness of the human body with the calming fluidity of water, along with bursts of power and excitement as well.

Aquatic Spectacular offers two hours of high-end entertainment. Beautiful aerialists dazzle and shimmer on a chandelier high above the ground, but they aren’t the only ones that will draw your eyes toward the sky. You can expect to see contortion in a bubble, a Venetian aerial duo, and even someone hula hooping while in the air. Don’t worry about getting your eyes checked, you aren’t seeing double; there are TWO lasermen. Duo jugglers, duo roller-skaters, the always breathtaking wheel of death.....the list goes on and on. It is even possible for a pre-historic dinosaur to make an appearance. Let your imagination wander, because anything is possible in this new whimsical production.

One might be concerned that such a spectacular entertainment opportunity is out of his/her price range, but Cirque Italia is committed to bringing a Las Vegas quality production to your hometown at an affordable price. They also feature many special offers and promotions.

Cirque Italia continues to contribute to the modernization of the performing arts and the circus industry by abiding by a strict animal free policy.

For more information visit www.cirqueitalia.com and make sure to check all our social media accounts.

When: February 2-5 & 8-11

Where: 2901 S Capital of Texas Hwy, Austin, TX 78746

At: Barton Creek Square

Located: In the parking lot near Dillard’s

Under the grand, swirling White and Blue tent!

- February 2 Friday: 7:30pm
- February 3 Saturday: 1:30pm, 4:30pm, & 7:30pm
- February 4 Sunday: 1:30pm, 4:30pm, & 7:30pm
- February 5 Monday: 7:30pm
- February 8 Thursday: 7:30pm
- February 9 Friday: 7:30pm
- February 10 Saturday: 1:30pm, 4:30pm, & 7:30pm
- February 11 Sunday: 1:30pm, 4:30pm, & 7:30pm

Box office hours:

The box office opens on-site on Tuesday, the week of the show.

Non-show days: 10am – 6pm

On show days: 10am – 9pm

You can purchase tickets through our website (cirqueitalia.com/tickets) or by phone: (941) 704-8572. We also respond to text message.

CIRQUE ITALIA



Knowledge,
Integrity, &
Hard Work.

Paul & Jan Gillia



Do Not Pay 6% To Sell Your Home!

Our full service listings are now 4.5%

Simple Program: 1.5% to Listing Agent, 3% to Buyers Agent

Additional Savings for Veterans, First Responders & Teachers

Call or Text... **512-431-5900** • pgillia@austin.rr.com

The Home Select Team Makes All the Difference!

We Get Results!

High Definition
Photography

www.homeselect360.com

Talking BasebALZ, Fighting Memory Loss

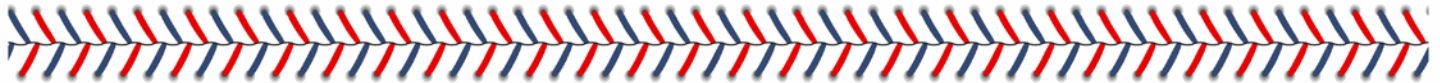
Jim Kenton has been a self-described “baseball geek” since the age of seven. He fondly recalls immersing himself in the world of baseball every summer of his childhood, glued to the radio listening to broadcasts of games, and racing to collect the latest baseball cards and magazines. Over a lifetime, Kenton’s knowledge of baseball has grown so vast that now he is using it to give back through a truly innovative program. Beginning on January 29, Jim and Alzheimer’s Texas will launch an effort to help people living with dementia reconnect with a lifetime of memories through conversations about a shared passion: baseball.

The program will provide a form of what’s called reminiscence therapy. While people with early-stage Alzheimer’s may have difficulty with their short-term memory, their long-term memories remain intact for many years. Through guided, focused reflection on a beloved childhood pastime like baseball, people with Alzheimer’s can explore and enjoy early life memories and reconnect with their essential sense of self. Additionally, the

group allows people to connect with supportive peers who share their interests and can relate to the experience of memory loss.

Research into reminiscence therapy is very promising and indicates that the simple act of sharing memories can have outcomes like improved mood, communication, and even functional ability. The practice can involve not only conversation, but interacting with sounds, smells, and sensory experiences that trigger long dormant memories.

The program will not only help participants reconnect with meaningful memories from childhood, but will also allow them to create new ones. The group is currently recruiting participants in the early stages of dementia with an interest in baseball. Meetings will be held on alternating Mondays starting January 29 from 11:00 am-12:30 pm at the Alzheimer’s Texas Office (3520 Executive Center Dr. #140, 78731). Lunch will be provided. A pre-screening interview is required to participate in the program, please contact 512-241-0420 x10 or vcardenas@txalz.org for more information and to schedule your interview.



Healthy Weight Loss!

\$50 Consultation Savings

Personal Coaching with Dr. Mary
www.IdealWeightTransformations.com



Mary E. White, M.S., D.C.
Applied Clinical Nutritionist
Dr. Mary lost 84 pounds!

Gentle, Holistic Chiropractic & Wellness Care
www.Place4Healing.com

206A Laurel Drive, 78664
512-248-8700

CAMP BOW WOW
DOGGY DAY CARE AND BOARDING

WHERE A DOG CAN BE A DOG.®

- Large Indoor & Outdoor Play Yards
- Spacious Cabins with Comfy Cots
- Fun & Safe All-Day Play
- Live Web Cams

50% Off* Your First Day of Day Care
Camp Bow Wow®

Austin | Spicewood | Cedar Park | Georgetown/Hutto
www.campbowwow.com/greater-austin

First time visits only. Must meet all entrance requirements including free interview visit. Offer cannot be combined with any other package or discount. Offer not valid on holidays. Coupon must accompany visit. Offer good only at Greater Austin Camp Bow Wow locations. Spicewood, Cedar Park and Georgetown/Hutto locations opening soon. CODE: Peel

NATURE WATCH

RASCALLY RACCOONS

by Jim and Lynne Weber

Although easily recognized by its bandit mask and ringed tail, the Northern Raccoon (*Procyon lotor*) is a widespread mammal but not often seen due to its nocturnal habits. It consumes a highly varied diet, is very intelligent and curious, and possesses a far greater manual dexterity and mental ability than cats and dogs, enough to defeat any but the most determined defense of garbage cans or home gardens. Much has been made of the intelligence of raccoons, with recent studies showing they are capable of remembering tasks for up to three years, possessing a mental acuity more closely approximating that of monkeys.

Denning above ground in tree cavities, chimneys and attics, underground in old burrows, storm sewers and crawl spaces, raccoons mate from February to August with 2 to 5 young (or kits) in each litter. Previously thought to be solitary, related females can share a common breeding territory, while unrelated males live together in small groups to guard their mating opportunities against potential rivals. Raccoons have a large array of over 50 vocalizations, including hissing, growling, purring, squealing, and chirping. They can run up to 15 mph, are efficient tree climbers, and can survive unharmed if dropped from heights of up to 40 feet. Raccoons are found throughout all regions in Texas, but they are seldom found far from water, which has an important influence on their distribution and breeding success.

Contrary to popular belief, raccoons do not wash everything they eat, but they do manipulate their food (appearing to wash it when water is available) in order to tactually experience the object rather than actually clean it. In fact, the word 'raccoon' was adopted into English from a now extinct language called Powhatan, which was spoken by the native peoples of Tidewater

Virginia, and translated to mean 'one who rubs, scrubs, and scratches with its hands.'

Raccoons exhibit rascally behavior by stealing food out of pet dishes, eating fish out of backyard ponds, and knocking over trash cans and scattering the contents. Additionally, they can carry and spread disease like rabies and parvovirus. However, since they are scavengers, they play an important role in keeping our ecosystems healthy by cleaning up carrion (keeping our surroundings sanitary), eating other species we humans consider pests (when numbers get out of control), and spreading the seeds of native

plants (by consuming berries and nuts).

You can do your part to keep their destructive behavior at bay by resolving conflicts compassionately. Contain available food sources by putting your trash out in the morning instead of the evening, feeding your pets indoors, and placing netting over ponds containing fish. Close all entry points to your home and other outdoor structures, so they are not used as dens to raise young. If a family of nesting raccoons is found in or around your home, they should not be removed until the end of nesting season in the fall. Separating the young from their mother will mean they will starve to death, and trapping and moving the family will



Northern Raccoon

likely result in death from resident raccoons, and is a Class C misdemeanor in Texas (this applies to transporting or selling live raccoons, coyotes, and foxes from, to, or within the state).

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](#) (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.

The Voice is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Voice contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



Full Service Print Shop Large Run - Short Run

BOOKLETS • BROCHURES • BUSINESS CARDS
EDDM POSTCARDS • NOTEPADS • FOLDERS
DOORHANGERS • HANG TAGS • LETTERHEAD
CALENDARS • POCKET POSTCARDS • POSTERS
RACK CARDS • TABLE TENTS • & MORE

512.263.9181
QualityPrintingOfAustin.com

MENTION THIS AD AND RECEIVE 20% OFF
EXPIRES 2/28/2018

Preventing Common Types of Neck and Back Pain

By Dr. Chad Adkins, Chiropractor

By far, one of the most common causes of neck and back pain in today's society is poor posture. We find in our chiropractic office that back pain often follows sitting or standing for a long period of time, bending repetitively or for too long, or lying down in a position of strain. Similarly, neck pain usually follows sitting for a long period of time such as on a drive or flight, working in a strained position such as over a computer, holding a phone in place for long, or lying down with the head in an awkward position.

Let's identify five common causes of neck and back pain and learn how to correct them.

1. Lifting is probably the biggest culprit of them all. Make sure that when lifting, you bend your knees, not your back. Lift with your legs, and hold objects close to your body. Try to avoid lifting objects over your head and no higher than chest high. When a load is too heavy, get help and plan ahead to avoid sudden load shifts. Most importantly, always be sure of your footing.

2. Improper walking and standing are the next-most-common reasons we see patients. Try to stand with weight equal on both feet, and do not shift your weight back and forth. Walk with good posture (walk tall), keeping your head high, chin tucked in, and toes straight ahead. Make sure to wear comfortable/supportive shoes, and try to avoid boots and high heels.

3. Remember for driving to move the seat forward to keep your knees bent and slightly higher than your hips. Sit straight up, and push the lumbar support as far out as it will go. Also, do not lean to one side or the other, and try to keep your weight balanced. Most importantly, keep your head against the rest and do not let it drift forward.

4. Sitting is another big issue we see in our office, especially with technology/computer-related jobs. Be sure to sit in a chair that is low enough for you to place both feet on the ground, with knees equal to or higher than your hips. You can also rest your feet on a stool if you can't reach the ground. Sit firmly against the back of the chair, and do not allow yourself to lean forward. I also recommend getting up about every thirty minutes.

5. Sleeping is something that may get overlooked, but it is very important since you spend a third of your life sleeping. A good night's sleep on a firm mattress is good for your health and your back. Sleep on your side with your knees bent and a small pillow between them or on your back with a pillow under your knees. Try to avoid sleeping on your stomach at all costs.

It is very important to learn and practice good posture and body mechanics. A straight, properly aligned back can help prevent unnecessary wear and tear on your discs and joints.



ATTENTION KIDS: SEND US YOUR MASTERPIECE!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club

308 Meadowlark St. Lakeway, TX 78734-4717

We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: January 31st

Be sure to include the following so we can let you know!

Name (first name, last initial): _____ Age: _____



TER



We are your concrete coating experts!

Turn your garage into a showroom!



Make Your Patio More Relaxing!



OUR COMPANY: Urbane coatings floor treatments turn blah into beautiful! We use the highest quality resin, stain or custom finish to create new floors for our clientele.

OUR EXPERIENCE: Whether the treatment is indoor, outdoor, new or refinished, residential or commercial, we've been there and done that over the last 15 years! We're the epoxy and cement floor coatings experts.

OUR MISSION: We provide the best value, service, consultation and quality solutions. We have been tried and tested and always outperform our competition. Our work is guaranteed and our quality can't be beat!



www.UrbaneConcreteCoatings.com
512.791.7453

concrete@UrbaneConcreteCoatings.com

FAMILY OWNED & OPERATED