



# Twin Creeks TRIBUNE

July 2009

Volume 2, Issue 7

Official Publication of the Twin Creeks Homeowner's Association

## Humane Society of Williamson County *Celebrating 30 Years of Saving Lives in Our Community on August 9, 2009*

Join the Humane Society of Williamson County to celebrate its 30th Anniversary with a huge family friendly party and adoption reunion on their 22 acres site at 10930 E. Crystal Falls Parkway in Leander on Sunday on August 9, 2009 from 12:00 to 5:00. This is their biggest party yet with live music (bands to be announced), animal demonstrations, contests, food/drink and vendors selling great wares for you and your furry friend. This is a kid friendly event that will have face painting, a coloring contest, inflatable jumpers and a craft table to make cat toys for some of our feline residents.

Since its founding by volunteers in 1979, the Humane Society of Williamson County ("HSWC") remains dedicated to their mission to improve the lives of pets and people in the always growing Williamson County and to ensure no adoptable pet is euthanized. This is accomplished through three vital services; a "no-kill" adoption facility working to end pet homelessness, a monthly low-cost vaccination clinic and weekly spay/neuter surgeries available to the public of Central Texas.

The capability to reduce pet homelessness is possible through the combined efforts of the HSWC as a "no-kill" facility promoting high volume adoptions and pet owners taking advantage of its low cost services such as the spay/neuter clinics. These are held every Tuesday and Thursday by appointment and a space can be reserved for your pet at (512) 260-3602 x 105.

No longer the county intake facility, the HSWC receives no government subsidy and relies on the assistance of volunteers and is funded by generous donations, grants and fees for services rendered.

**There are many ways people can get involved with the shelter and make a positive impact on the animals' lives:**

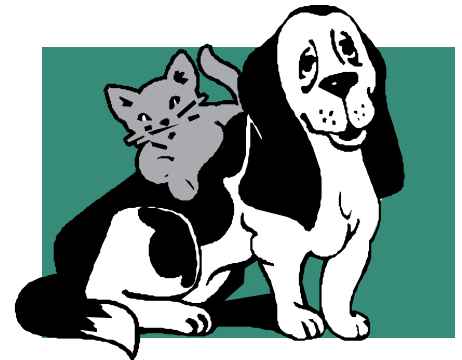
- **Adopt.** In partnership with regional animal shelters, rescue groups and owner surrenders the HSWC is working to eliminate pet homelessness by being a high volume, "no-kill" adoption facility

that provides a home for many animals that would be at risk for euthanasia and helps them connect with their forever families. Animals are available for adoption Tuesday through Sunday at their Crystal Falls Parkway location in Leander.

- **Donate.** The HSWC counts on community support to continue their life-saving programs and monetary donations are greatly appreciated. You can donate in one of two ways; an unrestricted cash gift or replenishing our Abby Angel Fund, money reserved for animals arriving at the shelter in need of veterinary attention for which no budgeted funds are available. We also appreciate assistance with our Wish List of animal, veterinary, office and general shelter supplies. Links to donate and our wish list can be viewed on our website [www.hswc.net](http://www.hswc.net).
- **Become a volunteer.** No time commitment is too small and there is always something to be done that will suit your interests. The HSWC is fortunate to have a very involved and committed group of volunteers assisting with daily shelter activities, fostering animals or contributing to off-site adoptions or fundraising events. To learn more about becoming a volunteer, please call the Volunteer Coordinator at (512) 260-3602 extension 102.

**Mark your calendar to join HSWC on August 9th to celebrate 30 years of saving lives in the community.**

*Humane Society of  
Williamson County  
10930 E. Crystal Falls  
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(512) 260-3602  
[www.hswc.net](http://www.hswc.net)*



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Please support the businesses that advertise in the Twin Creeks Tribune. Their advertising dollars make it possible for all Twin Creeks residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

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*The Brumley Family  
2503 Terlingua Dr. - The Enclave*

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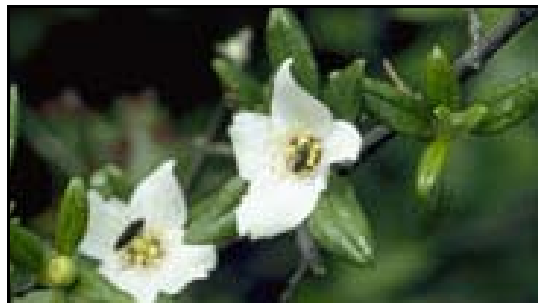
Do your part for Cedar Park's water source. Water before 10 a.m. or after 7 p.m. as needed on your designated watering days. Odd-numbered addresses: Wednesdays & Saturdays.

Even-numbered addresses: Thursdays & Sundays. All commercial customers: Tuesdays & Fridays.

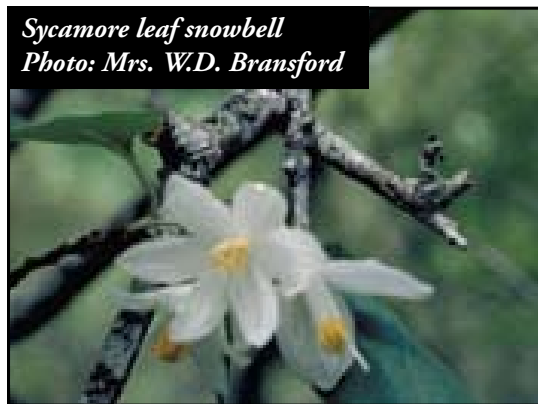


Find more water-saving tips at [WaterIQ.org](http://WaterIQ.org)





*Canyon mock orange*  
Photo: Mrs. W.D. Bransford



*Sycamore leaf snowbell*  
Photo: Mrs. W.D. Bransford

## Nature Watch

*By Jim and Lynne Weber*

### Signature Plants

The hill country of central Texas is defined as an environmental ecoregion, which means it contains a certain set of plants and animals whose presence indicates specific conditions such as temperature range, rainfall, food supply, and physical characteristics of the land. This set of species, called indicator or signature species, can be among the most sensitive in a region, acting as an early warning of changing conditions to monitoring biologists. There are several signature plant species found on the Edwards Plateau, many of which are common, and several that are quite rare.

Found only in 5 Texas counties (Blanco, Comal, Hayes, Kendall, and Travis), canyon mock orange is a rare low shrub with small glossy green leaves and fragrant white blossoms. It grows near springs, among boulders and on bluffs in shady, moist canyons. Endemic to the hill country, this plant is almost identical to a more common but still uncommon species called Texas mock orange, which occurs in Bandera, Edwards, Real, and Uvalde counties. Aside from slight geographic differences in location, the key to properly identifying each species lies in the hairs that cover the lower leaf surface – canyon mock orange has only short straight hairs and Texas mock orange has a mix of short straight hairs and long tangled hairs. Listed as a state “species of concern” due to its declining numbers, canyon mock orange is in need of environmental protection.

One of the most beautiful and uncommon shrubs found only on the Edwards Plateau is the sycamore leaf snowbell. A sprawling, irregular, deciduous shrub, it grows on or

*(Continued on Page 5)*

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## Nature Watch - (Continued from Page 4)

under steep bluffs near creeks, offering showy white bell-shaped flowers in the spring and large green leaves with angular projections in the summer, turning to bright yellow in the fall. As a larval host plant, its leaves offer food for the caterpillars of tiger swallowtail butterflies. Several protection efforts by concerned citizens and botanists to propagate this plant are occurring on private lands.

Once scattered throughout central Texas, the bracted twist-flower is now a rare plant, likely due to the combined effect of picking and over-grazing. Found on rocky, wooded slopes it grows 2-4 feet tall, with a base of long, lobed green leaves that become shorter and more rounded as they travel up the stem. Striking violet-purple multi-flower spikes 4-10 inches tall grace the plant in late spring, with each individual flower having a small bract or leaf at its base.

Climbing on shrubs and small trees and found in a variety of environments, the uncommon bracted passion flower vine is yet another native jewel of the hill country. While its pale yellow-green flowers are small at only one inch across, they exhibit the typical intricacy of passion flower structure. Smooth, deeply lobed green leaves provide food to zebra longwing and gulf fritillary caterpillars, but also frequently sport tiny yellow spots, presumably to mimic butterfly eggs and discourage excessive egg laying.

While the signature plant species described above are rare and unique on their own, together they help define the true nature of the Texas hill country. Monitoring and preserving them is not only good for the sake of maintaining biological diversity and understanding changing environmental conditions, but for the future beauty of our ecoregion as well.

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them.



*Bracted twist-flower*  
Photo: Mrs. W.D. Bransford



*Bracted passion flower*  
Photo: Joseph A. Marcus



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## Recipe of the Month

### Ice Cream



Milk	1 can Eagle Brand
4 eggs, beaten	1 carton whipping cream
2 C sugar	1 T vanilla
2 T cornstarch	



Combine sugar and cornstarch. In heavy saucepan combine about 2 cups milk, sugar/cornstarch mixture and beaten eggs. Cook until thick, stirring constantly. Pour into freezer can. Add Eagle Brand, whipping cream, vanilla, and enough milk to fill.



*If you would like to submit YOUR recipe email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

## Meet Michael

DOB: 08/1993



Michael is a loving and thoughtful young man. He is sensitive and funny. Michael has a good sense of humor and a good attitude. He enjoys video games, summer camps, go cart racing, fishing, baseball and anything having to do with cars. He hopes to become a chef or work with cars someday. He currently participates in special education and tries really hard in school. He attends Catholic church and his religion is very important to him. Michael is a baseball player and hopes to continue this sport once he is adopted. Michael will capture your heart with his thoughtful ways, playful spirit, and his desire to be loved. He's adventurous and an absolute blast to be around.



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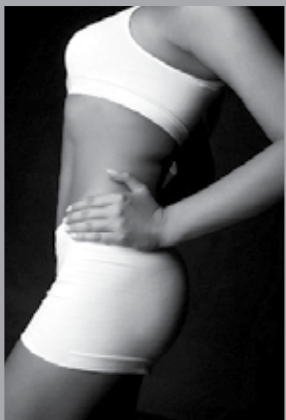


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## Health Briefs

Baylor College of Medicine

### GOOD NIGHT'S SLEEP IMPORTANT TO WOMEN'S HEART HEALTH

Getting a good night's rest may help women minimize their risk of developing heart disease.

"Research has shown a link between sleep disturbances and the risk of developing heart disease," said Dr. Bhuvana Muthuswamy, assistant professor of medicine at BCM. \

**Women need about eight hours of sleep a night, said Muthuswamy. That's easier said than done and may require key behavioral changes, including:**

- Maintain a regular sleep/wake time
- Exercise regularly, but avoid exercising three hours prior to bedtime
- Finish eating two to three hours prior to bedtime
- Avoid caffeine and chocolate about six to eight hours prior to bedtime
- Restrict fluids, especially alcohol, close to bedtime

But most important is eliminating stress, according to Muthuswamy. "Approximately half of all sleep problems are attributed to stress," she said. "Relax with a good book, music or a bath before bedtime."

### MINOR STROKES HARDLY HARMLESS

No one is at zero risk for stroke, which explains why it is vital to know the signs and understand how to decrease the chance of experiencing one.

**Warning signs include:**

- Sudden numbness or weakness affecting the face, arm or leg, especially on one side of the body
- Sudden difficulty in speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

It's important to seek immediate emergency care if a person experiences these symptoms because current therapies for stroke must be applied within a few hours, according to neurologists at Baylor College of Medicine.

Good cardiovascular health habits greatly reduce the risk of stroke. Hypertension and diabetes must be recognized and treated. Smoking, obesity and lack of exercise all increase the risk of stroke, but that risk is reduced when a person modifies those habits.

*(Continued on Page 9)*



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## Health Briefs - (Continued from Page 8)

### DON'T LET SWIMMER'S EAR RUIN YOUR SUMMER

If you've ever had swimmer's ear, chances are you've wanted to pull the plug on the pain.

Swimmer's ear is an inflammation of the outer ear that is most often caused by the accumulation of excess moisture from swimming or daily showering, explained Dr. Jeffrey Vrabec, associate professor of otorhinolaryngology at Baylor College of Medicine.

Symptoms include swelling, redness, itching, muffled hearing and/or discharge from the ear. Antibiotic drops are used to treat the condition, and pain can be lessened by applying a warm cloth to the ear or by using a heating pad.

### *Prevention is possible. Vrabec recommends the following:*

- Wear earplugs and a cap when swimming.
- Use alcohol-based drops before and after swimming and showering.
- Use a hairdryer to dry the ear canal to prevent water build-up and infection.
- After getting out of the shower or pool, lie down on the affected ear to help remove excess water.
- Do not use cotton swabs to remove excess water from the ear.

### REGAINING A HEALTHY LIVER, ONE POUND AT A TIME

For those suffering from cirrhosis of the liver resulting from nonalcoholic fatty liver disease, each pound lost is a step toward regaining your health, say doctors at Baylor College of Medicine in Houston.

"It's important for people to understand that cirrhosis can be caused by obesity in adults and children," said Dr. John Vierling, professor of medicine and surgery at BCM and director of Baylor Liver Health. "Very often people think it is only associated with over consumption of alcohol or viral hepatitis."

Reaching a healthy weight is one way to reverse damage to the liver. For many people the thought of having to lose 100 to 200 pounds is daunting, but Vierling said even losing 10 percent of your body weight can help the liver begin to heal.

Cirrhosis is a condition associated with dense scarring and regenerating nodules on the liver. It can result from a number of illnesses, including alcoholic and viral hepatitis, autoimmune and metabolic liver diseases. Nonalcoholic fatty liver disease causes cirrhosis when a large amount of fat accumulates in the liver in the presence of damaging inflammation.

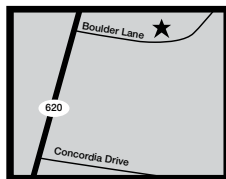


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Twin Creeks Homeowner's Association Newsletter - July 2009 9

# Great Hills Baptist Church

## SUMMER ACTIVITIES

Children's Fine Art Workshop | **July 6-10**

Veggie Tales Day Camp | **July 27-31**

Middle / High School Camps at  
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## July Events at the Lady Bird Johnson Wildflower Center

**INDEPENDENCE DAY - Wildflower Center is closed.**

**NATURE NIGHTS - 6 to 9 p.m. Thursdays in July**

Talks, crafts, hikes and fun for the family. \$1 admission and free to members and Eco-Explorers. Fossils, July 9; Birds of prey, July 16; Bees, July 23; Water ecology, July 30.

**THE ORIGAMI DIVA - July 9 through October 4**

An intricate installation of origami by Austin artist Joan Son in the McDermott Learning Center. Origami merchandise in the store.

**BOOK SIGNING - 1 to 4 p.m. Saturday, July 11**

Terry Thompson-Anderson signs *The Texas Hill Country: A Food and Wine Lover's Paradise*, in the store.

**LADY BIRD JOHNSON TRIBUTE DAY - 9 a.m. to 5:30 Sunday, July 26**

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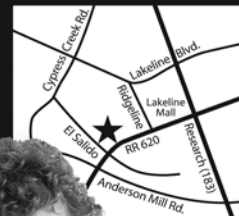
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