

The Caddie

February 2011

Volume 5, Issue 2

Official Publication of the Forest Creek Homeowners Association

Grow Healthy in 2011

Unity Park Community Garden Announces Spring Garden Plots Available

Community garden plots are available in time for spring planting at Unity Park Community Garden in Round Rock.

Anyone throughout the area can now rent garden plots or take gardening classes at the new site located on Gattis School Road in Round Rock. The spring garden season begins February 1 and goes through July 31. The garden has 42 beds of various sizes which are available for rental for a low seasonal or annual rate. The all-organic community garden also grows local produce to supply the Round Rock Area Serving Center and its clients.

Unity Park Community Garden is also a great place to meet other gardeners of all skill levels, learn the latest in organic gardening practices and give back to the community while enjoying your own crop of fresh vegetables. Access to water and a community tool shed with hand tools to use in the community garden are also available to those renting a plot.

Launched last year by a group of local residents with a vision of locally-grown sustainable food, Unity Park Community Garden has already been recognized with several national and local grants for its efforts to bring fresh produce and organic gardening practices to the community.

For more information about Unity Park Community Garden or to rent a plot visit www.UnityParkCG.org.



A Valentine Poem for my Sweetheart!

All I Need Is.....

A mellow space in time and your sweet fire...
Raining down on me, lighting my desire.

Some cool red wine to wet these lips that
echo with your kiss; And tremble with
delight at the promise of such bliss!

The cradle of your arms to rock my fears
to sleep as I drown ; In warm emotion,
running swift and deep.

Something to hold onto while you blow my
mind away ; Far beyond oblivion, where
dreams and wishes stay.

A gentle breeze from Heaven to fan our
passions burning ; And dry the mist created
by the sating of our yearning!

Lasting Love to land on when you float me
back to earth, Two hearts that share the
secret of what life is really worth!

Angel Donato

The best and most beautiful things in the
world cannot be seen or even touched. They
must be felt with the heart. -Helen Keller
HAPPY VALENTINES DAY!

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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Forest Creek residents, limit 30 words, please e-mail myenergyangel@aol.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

All You Need is Love

How can we show love for family, friends, neighbors and Planet Earth?

- Fill the green recycling bin with aluminum, tin, glass, plastic and cardboard. Leave it curbside every other Tuesday.
- Take your newspapers and junk mail to the Forest Creek Elementary Recycling Dumpsters located in the school parking lot. (The students directly benefit from the profits.)
- Support your local farming community by purchasing seasonal organic produce at the Farmers Market, and then make a romantic dinner for your sweetheart.
- Carry a bag when walking along Forest Creek Drive to pick up cans and bottles for recycling. You get healthy from the exercise and Forest Creek becomes even lovelier!



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Important City Of Round Rock Contact Info:

Want to report a non working streetlight?

<http://www.oncorgroup.com/community/streetlights/default.aspx>

Need City of Round Rock Non-Emergency Services?

Here are some phone numbers to report road repairs, water/wastewater issues, Parks and Recreation issues, etc.

- Street Repairs: 218-5555 or 218-6641
- Street Repairs (after hours): 218-5555
- Parks and Recreation – 218-5540 and press '0' for operator
- Police Department – 218-5500 (non emergency) For Emergencies Dial 911

Public Sex Offender Links:

- The Association periodically receives information that registered sex offenders are living in or near our neighborhood. Because the Association has no monitoring or policing authority when it comes to people moving in and out of the neighborhood, we encourage those who are interested to check the State of Texas registered sex offender index at www.txdps.state.tx.us or the City of Round Rock link at www.roundrocktexas.gov/docs/publicsexof.pdf.

Drink to me only with thine eyes,
And I will pledge with mine;
Or leave a kiss but in the cup,
And I'll not look for wine.
- Ben Jonson



The Forest Creek Wine Club is gearing up for another exciting year of Cork-popping camaraderie! We have a few openings left for Hosting a Tastingit is a great way to have a party without the expense.... the Club supplies the glasses and the guests bring the wine and appetizers!

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PROJECT GRAD



Have you ever heard about Project Grad and wondered what the heck it is all about? We, the presidents of each RRISD Project Grad for the graduating Class of

2011, have discovered that many 2011 seniors, underclassmen, parents and community/business members don't know what it is all about! Each RRISD High School has an organization, comprised mostly of parents of seniors who will graduate this May 28th, 2011. It is on this day that many graduated Seniors make some choices that put not only their life, but the lives of others in jeopardy. Project Grad is all about raising funds to provide a safe and fun, drug-free and alcohol-free all night lock-in on the night of graduation. Each High School secures a location for the lock in and begins to raise the money needed to pay for the event. It all began many years ago in another

state when a graduated senior decided to drink and drive. The result was deadly for the senior and the other members involved in the accident. Statistics have proven that the all night lock ins held around the country on the night of Graduation have decreased the number of accidents involving graduated seniors.

Why write about this? How does this article affect you? You live in a community that supports 5 High Schools (4 currently with seniors). On May 28th, that is a lot of seniors out on the town looking to celebrate. We, the presidents, ask that you take a look at our websites and see if there is a way for you to participate. For Stony Point: www.sphsprojectgrad.com, for Round Rock: www.rhspdp.org, for McNeil: www.mcneilpg.com, for Westwood: www.whsprojectgrad.org. While each school works independently towards reaching their financial goal, there is one event where we all work together. On March 5th, at the Dell Diamond beginning at 8:00 am, the 7th Annual Round Rock ISD Project Graduation 5K run/walk with a Kid's K that starts around 9 am will be held. We would love to have you join us. For more information, please check our websites or www.runtex.com. It is a fun event for families or individuals and it benefits EVERYONE! Mark your calendars and hope to see you there!

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7th Annual Round Rock ISD Project Graduation 5K

Dell Diamond, 3400 E. Palm Valley Rd., Round Rock, Texas, Saturday, March 5th, 2011 8:00am

The Project Graduation 5K is a fundraiser to benefit all four Round Rock high schools and their graduating seniors. Race morning will feature a chip timed 5K run/walk with 5 year age group awards, Kids' K, sponsor booths, and tons of fun! Paved two loop course! Challenge your family, friends, and classmates to come out and compete for a good cause. The Round Rock Express is hosting the 5k at the Dell Diamond. The day will be full of special activities in and around Dell Diamond, so plan on staying around after the race for family fun events.

Project Graduation is an all-night lock in party held the night

of graduation, so seniors have a safe place to celebrate and be with friends. Proceeds from the race will be split between the participating Project Graduation committees from Round Rock, McNeil, Stony Point and Westwood High Schools.

Registration

5K participants \$20 online, includes a race packet and t-shirt (guaranteed t-shirt for entries received by 2/20, after that while supplies last). Online registration ends Thursday, March 3rd. Entry fee increases to \$25 on Feb 28th. Entry increases to \$30 on race day, March 5th. All RRISD students & employees receive a \$5 discount. All Georgetown and

Austin Running Club members receive a \$1 discount. Find our booth at the Austin Marathon Expo on Fri, 2/19 or Sat, 2/20 and register in person (cash or check) for only \$15!

Kids' K

Kids' K is free and donations are appreciated. Registration for Kids' K is on race day only. Parent or guardian signature required. Participants will receive a participation ribbon. Kids' K starts at 9am.

Awards

Presented to top overall male and female runners and top three in 5 year age categories from 10 and under to 70+. No duplication of awards. Over 80 awards to be given out!

Packet Pick-up

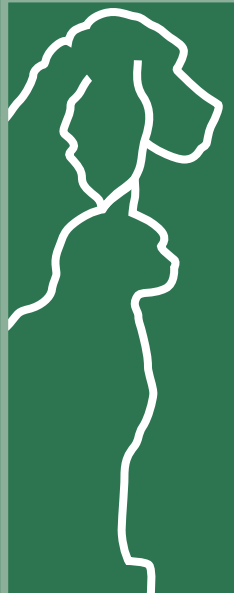
- Thursday, March 3rd at the Dell Diamond Rail yard from 10am-5pm;
- Friday, March 4th at the Dell Diamond Rail yard from 10am-5pm;
- Saturday, March 5th at Dell Diamond from 6:30am-7:45am

Sponsors

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Contact: Bill Schroeder
Contact Phone: 512-724-3774
Registration: www.runtex.com

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- In 1913, Wyoming ratified the 16th Amendment, providing the three-quarter majority of states necessary to amend the Constitution. The 16th Amendment gave Congress the authority to enact an income tax. That same year, the first Form 1040 appeared after Congress levied a 1 percent tax on net personal incomes above \$3,000 with a 6 percent surtax on incomes of more than \$500,000.
- In 1918, during World War I, the top rate of the income tax rose to 77 percent to help finance the war effort. It dropped sharply in the post-war years, down to 24 percent in 1929, and rose again during the Depression. During World War II, Congress introduced payroll withholding and quarterly tax payments.”
- You can find the rest of IRSs history and the answers to all of your 2010 Tax filing questions @ www.irs.gov.
- The IRS is extending its tax filing deadline to April 18 because of a holiday observed in the District of Columbia.

The Neighborhood Marquee *Wants YOU*

Forest Creek residents are invited to share your special announcements (birthdays, anniversaries, births, etc.) and have them showcased on the neighborhood marquee! Requests will be taken on a first-come-first-serve basis and be limited to 2 per day. E-mail Stephanie at thedohertys4@austin.rr.com with your announcement today!

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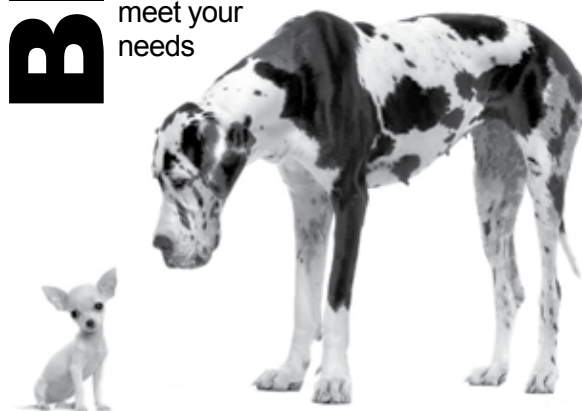
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Tips for Enjoying Networking Events

By Amy Wolfgang, M.Ed.

Many of us know someone who is in the midst of a job search. They may be looking for their first job after graduating, a new job after being laid off, or a totally new career. Job seekers use many different avenues to find a job but one of the most effective is networking. It is one thing to speak with your neighbor about opportunities at his or her company but, eventually, many job seekers will need to utilize different networking events.

Great opportunities are found at networking events but, at the same time, they can be intimidating because we may not know anyone

there. Networking events can strike fear in many people, even those with outgoing personalities, so here are a few tips on how to make networking events more pleasant, less overwhelming and more productive.

Tip 1: Take a Deep Breath

Remember that many people are uncomfortable at networking events. It is much more prevalent than you probably know. With that said, go into the event with a relaxed and positive frame of mind. Identify how you relax – taking deep breaths, visualizing a positive experience, etc. Employ those methods before you enter the networking event.

Tip 2: Appear Approachable

Smile! If you have a smile on your face, others will be encouraged to speak with you. Other open body language you should employ includes:

- keeping your arms uncrossed
- standing up straight (don't slouch)
- making eye contact with those around you

While you are at the event, take notice of others' body language. See if you can tell what aspect of their body language makes them look either approachable or closed off. That will help you with your own body language.



(Continued on Page 9)

Karen Halsema

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Tips for Enjoying Networking Events - (Continued from Page 8)

Tip 3: Utilize the Event Activities

The toughest networking scenario is when you don't know anyone at the event and go by yourself. In this case, try to use the activities or functions at the event to your advantage. Does the event have a bar or buffet? Once you are in the food or beverage line, begin speaking to someone also in line. Are you at an art gallery? Approach a piece of art and chat about it with someone else who is also looking at it. It's much easier to speak to people when you already have some common ground.

Networking isn't easy and intimidates many people, however, it can lead to a powerful advantage over other job hunters! Hopefully the tips above give you the confidence to attend networking events. Who knows, you might really enjoy meeting new people and be surprised at the doors it opens for you!

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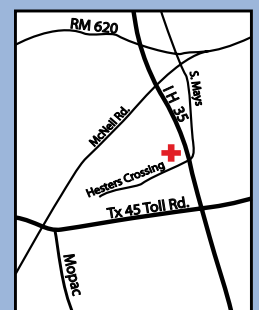
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The Caddie

Fitting in Fitness: Making Time for Exercise

By Sarah S. Jordan, MS

Finding time for exercise can be an ongoing challenge in our busy lives. We know that exercise will benefit our bodies and minds in many ways and that we should do it. But actually finding the time and making it happen can be difficult.

Here are a few tips to help you fit in fitness in the New Year.

- Remember that any movement is better than none. If you only have 15 minutes each day to go for a power walk, those 15 minutes will equal 105 minutes (almost two hours) by the end of the week, 420 minutes (seven hours) of exercise each month and 91 hours of exercise a year! Small things can add up to big victories over time.
- Find what works for you. For some people, a gym membership is very convenient. For others, it may not be convenient to their location, budget, job, or family. If that is the case, see if your neighborhood has any exercise groups, hire a personal trainer that will come to you, or start your own lunchtime workout group for added camaraderie and accountability.
- Schedule exercise into your week. Workouts are much more likely to happen if we put them in our calendars. Schedule workouts as you would important business meetings or doctor appointments.
- Remember that sometimes, the hardest thing to get is going. Many times, just getting our shoes on and getting out the door is the hardest part of a workout. Once we are moving, endorphins kick in and we feel great for moving.
- Make use of the early hours. I used to dread getting up at 5:20 every morning. But now I love it, because after I get ready for work, it guarantees me a few minutes to myself before anyone else is awake. Similarly, getting workouts in before the busy day kicks off ensures that they happen, and the day will be better because of it.
- Take the kids along. My baby and I have logged countless hours with the jogging stroller. But I know that if I didn't take him with me, the majority of those workouts would have never happened. Pack up the kids and remember that pushing the kids will mean more calories burned.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.
- Make the time that you do have count. If you have just thirty minutes three days a week, step up the intensity of those workouts to get the most you can for your time. Add intervals and hills, or find a fitness class or DVD that offers a combination of cardio and strength training.

*Wishing you a
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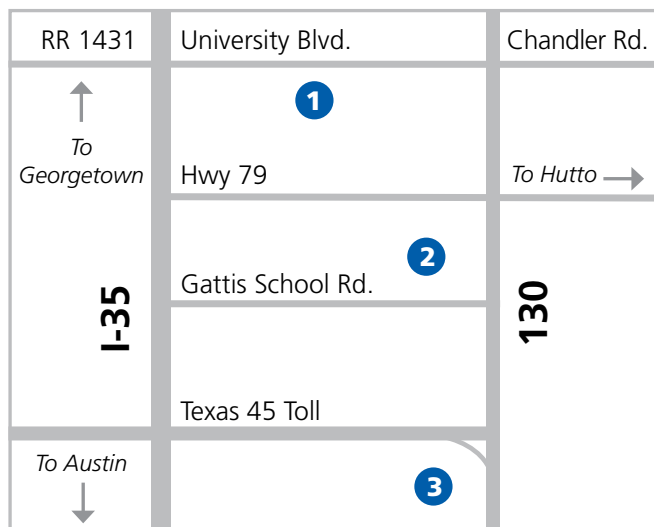


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