

The Caddie

February 2012

Volume 6, Issue 2

Official Publication of the Forest Creek Homeowners Association

Announcements, Accomplishments, and Accolades!

Congratulations: To Forest Creek residents Meghan Stabler and her partner Erin Abernathy who welcomed their baby girl, Edie Francesca to Texas. Born at St David's North Austin on December 30th 2011 at 10:54 pm, 7lb 5oz 21in.

Congratulations: To the 15 students in The Cedar Ridge Raider Band who competed in the TMEA Area D All State Auditions. The following students have been selected as a TMEA All State Musician - which places them in the top 2% of musicians in the entire state of Texas: Chris Valero, Alto Sax & Sean Yi, Percussion 1 student made first chair in the Area and is slated for All State: Kira Stein, Piccolo

The following were chosen as 1st alternates: Holly Burk, Bass Clarinet, Chris Kreger, Tenor Sax & Holly Roper, Flute.

The Raider Band placed the most students in an All State Band from The Round Rock ISD.....GO RAIDERS!!!!

Condolences: To the family of Kenneth N. Schaff. Kenneth N. Schaff, 53, of Hamlet Circle, passed away on Monday, January 9, 2012 from injuries sustained in a motorcycle accident in Luckenbach, Texas. Ken graduated from Michigan Technical University and was currently employed as the engineering director with Dell Computers for the past 7 years. Our thoughts and prayers go out to his Family and Friends. Those planning an expression of sympathy in Ken's name are asked to consider the charity of the donor's choice.



The Forest Creek Young Explorers

Would Like to Wish Every One in the Neighborhood a Very Happy Valentine's Day and an Exciting Mardi Gras!

FEBRUARY OBSERVANCES & FUN FACTS

- February 2011 is Observed as
- Black History Month
- National Children's Dental Health
- American Heart Month
- National Wise Health Consumer
- Parent Leadership Month
- Birthstone: Amethyst
- Fruit & Veggies for the Month of February
- Oranges
- Star Fruit
- Calabaza Squash
- Chayote Squash
- Bitter Melon
- February Flower Violet
- Astrological Signs Aquarius (till 18th) & Pisces (19th)

OTHER NOTABLE FEBRUARY DATES & EVENTS

- Feb. 2 Groundhog Day
- Feb 3 National Wear Red Day
- Feb. 5th Super Bowl
- Feb 14th Valentine's Day
- Feb 21st Mardi Gras

(Continued on Page 4)

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ADVERTISING INFORMATION

Please support the businesses that advertise in The Caddie. Their advertising dollars make it possible for all Forest Creek 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 8th of each month for the following month's newsletter.

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.



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One Man's Trash...

What can you do with plastic bottles filled with trash? Well, the Peace Corps and the non-profit Hug It Forward are using these eco-bricks to build schools in Guatemala. The plastic bottles are mortared into the concrete walls (just like standard bricks).

This project has fostered environmental awareness and community involvement. And the school children get a much-needed eco-friendly building they can be proud of. Now that's a win-win for everyone!

Bottle School projects have many benefits, including:

- Providing much needed educational infrastructure for poorer communities

- Cleaning the streets of non-biodegradable trash

- Teaching environmental awareness, recycling and proper trash management

- Fostering community leadership

- Teaching new skills that can be used to gain employment or on other community projects

- Spending capital within the local community

where the school is being built

Giving kids ownership of the school, because they build it with their own hands

Uniting communities, they come together as one during the project

Insulating walls with plastic bottles stuffed with inorganic trash was pioneered in Guatemala by the organization Pura Vida. Instead of the common cinder-block walls used in Central America, "eco-bricks" are stacked in between chicken wire, and covered in cement. The bottles are used solely as insulation; the buildings are supported by professionally built, structurally sound frames. This method of construction is both eco-friendly and economical, and independent structural analysis has testified to the strength and safety of the buildings.

In our first project in Granados, Guatemala, in October 2009, over 5,000 plastic bottles were used to build two classrooms, containing 2053lbs of trash and using 9720lbs of cement. 297 children and youth currently attend the

school, which serves a municipality of 13,860 people throughout 95.75 square miles.

Our vision is to enable communities across the world to build bottle schools, wherever there is a need. We curate the Bottle School Manual, an online step-by-step guide to building a bottle school. It's a wiki, so anybody can edit it and it's continually evolving - take a look, see what you think, and help us make it better!

For more info and to see how you can help go to hugitforward.org



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Mardi Gras




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Meridian School

Meridian School is now taking applications for 2012/2013, grades K-9. Information sessions are listed below. Please RSVP 24 hours in advance to assure a seat for all attendees.

MISSION STATEMENT

Meridian School will provide an invigorating educational environment that develops responsible citizens who can artfully navigate our complex world and enjoy a good life with others. Each student will engage in diverse investigations, disciplined inquiry, and integrated service learning to cultivate intercultural awareness, creativity and mental acuity.

Information Sessions are scheduled for New Families, Families new to MYP (Middle Years Program) & /DP (Diploma Program) Years. All sessions will be held on the Meridian campus.

Teacher supervised childcare will be available for children 3 and older with a



\$5.00 donation (no one will be turned away). RSVP to attend and to request childcare at admin@mwschool.org at least 24 hours in advance.

So that we may assure adequate seating and child care providers, please let us know how many adults and older students (6th grade and up recommended) will attend and how many children will need childcare.

- Jan 26, 2012 6:30 - 8:30 PM Facility Tour, Meridian Overview with PYP (Primary Years Program)
- Jan 31, 2012 6:30 - 8:00 PM Facility Tour, Middle Years Program and DP (focus

Diploma Program)

- Feb 16, 2012 6:30 - 8:30 PM Facility Tour, Meridian Overview with PYP
- Feb 21, 2012 6:30 - 8:00 PM Facility Tour, MYP and DP (focus DP)
- Feb 28, 2012 6:30 - 8:30 PM Facility Tour, Meridian Overview with PYP

Meridian is a public, tuition-free charter school funded through state and federal dollars like traditional schools. Open to all students who live within the boundaries of Williamson County in Central Texas, Meridian is the vehicle realized by several Williamson County families that worked together with the goal of offering an education that will bring a love of learning to the classroom for their children and yours.

Meridian School opened its doors August 30th to its first year of students and founding staff, and is located at 2555 North IH-35 | Round Rock, Texas 78664. Contact admin@mwschool.org for additional information.

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The Caddie



Cedar Ridge Band Boosters
2nd Annual Golf Tournament • Four Person Scramble

Saturday, April 28, 2012
Forest Creek Golf Club • Round Rock, TX



•• **Registration:** 12:00pm •• **Tee-Off:** 2:00pm
•• **Cost:** \$80pp (Discount for Teachers & Students)

18-holes of golf, cart, practice range, box lunch, goodie bag, awards dinner and chances to win many great prizes!

To register using PayPal or for more details please visit:
www.crrsraiderband.com or call (512) 294-2034

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to myenergyangel@aol.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.




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News from the Ridge

February 2	Guys and Dolls.....	RRISD Performing Arts Center	7:30 PM
February 3	Guys and Dolls.....	RRISD Performing Arts Center	7:30 PM
	Lady Raiders Basketbal	CRHS gymnasium.....	5:15 PM & 7:30 PM
	Lady Raiders Softball scrimmage	CRHS field	5:30 PM & 6:45 PM
	Lady Raiders Soccer.....	CRHS field	6 PM and 8 PM
February 4	Guys and Dolls.....	RRISD Performing Arts Center	7:30 PM
February 7	Men's Basketball	CRHS gymnasium	5:30 PM & 7:00 PM
	Men's Soccer	CRHS field	6 PM and 8 PM
February 10	Lady Raiders Softball scrimmage	CRHS fiel	5:00 PM & 7:00 PM
	Lady Raiders Soccer.....	CRHS field	6 PM and 8 PM
	Men's Basketball	CRHS gymnasium.....	5:30 PM & 7:00 PM
February 14	Men's Soccer	CRHS field	6 PM and 8 PM
February 17	Lady Raiders Soccer.....	CRHS field	6 PM and 8 PM
February 21	Lady Raiders Soccer.....	CRHS field	6 PM and 8 PM
February 23	Raider Band Fundraiser	Joe's Crab Shack.....	5 PM - 10 PM
February 24	Lady Raiders Softbal.....	CRHS field	5:00 PM & 7:00 PM
February 28	Men's Soccer	CRHS field	6 PM and 8 PM



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Heart Healthy Lifestyles

By: Concentra Urgent Care

APPROXIMATELY EVERY 60 SECONDS, AN AMERICAN WILL DIE FROM A CORONARY EVENT.

According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

What can you do to live heart healthy?

The AHA recommends:

EATING A HEALTHY DIET

- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat

EXERCISING REGULARLY

- 20-to-60 minutes per day, 3-to-5 times per week

• AVOIDING TOBACCO PRODUCTS AND TOBACCO SMOKE

• LIMITING YOUR ALCOHOL INTAKE

- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

*What should be included
in a family history?*

ANY KNOWN CONGENITAL OR HEREDITARY DISORDERS

MAJOR ILLNESSES

CHRONIC AILMENTS OR RISK FACTORS

- Smoking
- Obesity
- Alcohol problems

THE CAUSE & AGE OF DEATH OF

ANY DECEASED RELATIVES CHILDHOOD CONDITIONS

- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

*For more information on living a
heart healthy lifestyle, you can contact
your health care provider or visit the
American Heart Association's Web site
at: www.AmericanHeart.org.*



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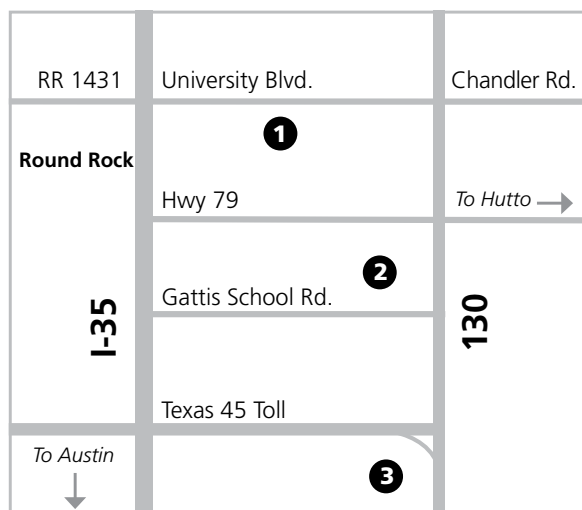
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New Years and Resolutions

By Hjalmar Perez, CPT, LMT and Q Estrada, CI-PT, MTI

So a New Year and again resolutions! Do we know the definition of a resolution? What lifestyle changes do I have to commit too? What are obstacles we have to work around that will challenge us to commit? These are probably questions that come across our mind, the day of the first of the year. Honestly, do we have to be ridged or just create enough awareness to give yourself the energy to move to the next step? We all want our resolutions to be manageable and easy to complete. Well, we are here to assist you one more time. Last time we talked about S.M.A.R.T, how this acronym should be your golden rule too completing your goals, in this case your resolutions.

So let's begin with the definition of the word: resolution. The American Heritage Dictionary has 14 statements to define resolution. I will only state 3; **1.** Firm determination. **2.** The act of resolving to do something. **3.** A course of action determined or decided upon. It seems, in our case, the 3rd is the most feasible. Let's face it; this is the toughest step in the process. Most of us need to sit and be methodical about taking action. This fulfills the how, what, when questions. What are yours?

With the start of any new endeavor, it's quite common to look at our lifestyle and look for areas we can improve on. One change I made several yrs ago was to not make a resolution. Yes, not to make a resolution. I decided to make a list of 6-12

things I wanted to complete or change throughout the year. All had to deal with a nutritional goal, a fitness goal and a spiritual goal. I even went as far as, adding some volunteer, community, self care goals...just in those you have six ideas. Now you can work on a list for the whole year. Take some time throughout the month to glance and stay on track...don't allow yourself to take two steps back. Now and again you might side steps but move forward. Take some quite time to glance at your list, to reflect on your journey and work towards fruition.

What obstacles will challenge you and how will you overcome them? Let's face it, there are going to be times when our Will will be challenged. Such things as our commitments to our family, our friends and our community will be barriers to overcome. The good news is, you have 365 days, 168 hrs per week and you only need a minimum of 30 to 45 minutes per week to 4 hrs per month to commit to one goal. Keep in mind, our resolutions should remain attainable and realistic. If you find there are too many goals, then scale back; reorganize and prioritize. No one likes feeling defeated. We do have the option to not put ourselves in the opportunity of failure.

This 2012, let's begin with a desire to set our course of action, to enjoy our journey to learn, to train, to maintain, to change; at all levels at all degrees. Also take time to reflect on positive changes; those that come from

our desire to change but also by the outcomes of our actions. As always, my business partner and I wish you balance, harmony, and good health. Be well be blessed.



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What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

What does it mean to have sensitive teeth?

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

What is the reason for sensitive teeth?

COMMON CAUSES OF TOOTH SENSITIVITY:

- **Over-brushing** – brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.
- **Cracked teeth** – a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.
- **Teeth grinding** – over time, grinding or clenching your teeth can erode enamel and expose dentin.
- **Gum disease** – gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.
- **Tooth whitening** – using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.
- **Age** – studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

How should I take care of my teeth if they are sensitive?

Tooth sensitivity is very treatable, no matter what the cause.

Here are a few remedies you can take advantage of at home:

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to address the problem.

Submitted by Dr. Flury

RECIPE OF THE MONTH

Paris Potatoes

5 cups potatoes, diced in ½" cubes
1 C sour cream
2 C creamed cottage cheese
1 C green onions & tops, finely chopped
½ tsp. garlic salt, optional
salt & pepper to taste
1 C shredded cheddar cheese

Parcook diced potatoes in boiling water until crispy tender. Drain, and combine potatoes with all ingredients except cheese. Baked in buttered 13 x 9" baking dish at 350° for 30 minutes or until sauce is bubbly. Sprinkle with cheese during last 10 minutes of baking time.



Earn Cash for Our School!

Forest Creek Elementary PTA is quickly approaching the Feb 24th deadline for Box Tops for Education winter submission. Please send in your clipped Box Tops with your child. Don't have children in Elementary school but would like to support kids and the school in our neighborhood? Feel free to drop them off at 4004 Lord Byron Circle in the basket at the door OR send them in with your favorite child on your block. The PTA also collects Campbell's Labels for Education, Tyson A+ 1-2-3 Strips, and Community Coffee Cash for Schools UPCs. Thanks for your support!

Karen Halsema

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Girl Scouts Celebrate their Centennial with the Year of the Girl

Juliette “Daisy” Gordon Low assembled 18 girls from Savannah, Georgia, on March 12, 1912, for a local Girl Scout meeting. She believed that all girls should be given the opportunity to develop physically, mentally, and spiritually. With the goal of bringing girls out of isolated home environments and into community service and the open air, Girl Scouts hiked, played basketball, went on camping trips, learned how to tell time by the stars, and studied first aid.

Within a few years, Daisy’s dream for a girl-centered organization was realized. Today, Girl Scouts marks its 100 year Anniversary and has declared 2012 the Year of the Girl: a celebration of girls, recognition of their leadership potential, and a commitment to creating a coalition of like-minded organizations and individuals in support of balanced leadership in the workplace and in communities across the country. For the past century, Girl Scouts has been the premier leadership organization for girls. With more than 50 million alumnae, the impact and role of Girl Scouts in this country and Texas is undeniable and far reaching.

DID YOU KNOW?

- 80% of women business owners were Girl Scouts
- 68% of female U.S. Members of Congress are Girl Scouts
- Virtually every female astronaut who has ever flown in space was a Girl Scout
- 80% of volunteerism in America comes from the efforts & inspiration of 50 million Grown-up Girl Scouts

Imagine a new generation of leaders who lead in an innovative way, stepping across barriers of class and ethnicity, guiding out of principle rather than pride, actively seeking out the work that needs to be done in the world and bringing boundless energy and enthusiasm to each challenge.

Girl Scouts of Central Texas strives to create an environment where girls can discover themselves and their values; a place where they can connect with others, push boundaries and test limits; a place where they can develop their leadership potential and take action; a place

that will serve as the launch pad for a successful life.

Girl Scouts of Central Texas provides girls a myriad of programs—from Science, Technology, Engineering, and Math (STEM) based learning experiences to educational travel programs (Destinations) for teen girls who might not otherwise experience life in other cultures. These opportunities are available to all girls, from all socio-economic backgrounds, including girls living in shelters, in housing projects, girls who have been incarcerated and girls whose mothers are incarcerated.

During the centennial year there will be a myriad of activities. Beginning with Cookie sales in January, these activities include a Capitol Sing-along (March 12th), a Camporee (April), a Leadership Conference (August), an interactive exhibit at the Texas State Fair (September-October) and culminates in a candlelit vigil in December to mark the beginning of the next 100 years. All present and former Girls Scouts are invited to attend.

The Girl Scout mission continues to be: build girls of courage, confidence and character, who make the world a better place. It is a movement that has been developing leaders for 100 years and will continue for 100 more.

*For more information visit
www.gsctx.org*



CROSSWORD PUZZLE

ACROSS

1. Tails
5. Tableland
9. Billy or nanny
10. Expressing dislike word
11. Capital of Norway
12. Dote
13. Eludes
15. Beverage
16. Crime
18. Crayon name
21. Cause of sickness
22. Merchant
26. Arc
28. Dwell
29. Ballerina skirts
30. Among
31. Dueling sword
32. Fly alone

DOWN

1. Id's counterparts
2. Eat
3. Painter of melting clocks
4. Breezy
5. Soil
6. Show emotions
7. Lark
8. In the lead
10. Fuss
14. Booths
17. City
18. Social position
19. Shred (2 wds.)
20. Having wings
23. Fancy car
24. Vile
25. Do it again
27. Regret

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to Celebrate?*

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**Want to make your
new year's resolution stick?**

CELEBRATE RECOVERY | Mondays @ 7:00 pm

Codependency Group

(for those with loved ones struggling with addiction)

Sexual Addiction Group *(men's group)*

Anger Open Share Group *(men's group)*

Chemical Addiction Groups *(men's & woman's groups)*

Women's Support Groups *(eating disorders, sexual addiction)*

HOPE, HEALTH, HEALING | Wednesdays @ 7:00 pm

Divorce Care

Safe People

Boundaries



SUNDAY WORSHIP @ 11 AM

BIBLE LIFE (all ages) @ 9:30 AM

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