



FOREST CREEK

F O R U M

June 2012

Volume 6, Issue 6



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SUMMER
from Forest Creek

The Forum

NEWSLETTER INFO

NEWSLETTER

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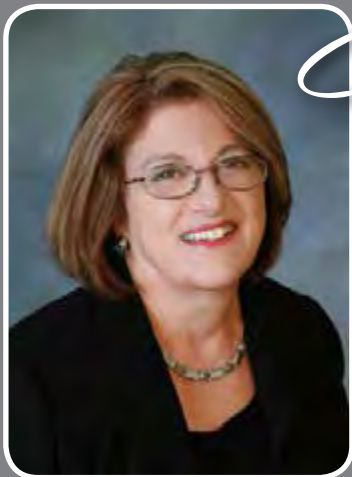
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Recipe of the Month

Ready-to-Go Chili

(5-6 servings)

- 1 lb. lean ground beef
- 1 medium onion, chopped
- 2 cans(15 ozs ea.) pinto beans, undrained
- 1 can(28 ozs) diced tomatoes, undrained
- 1 can(15 ozs) tomato sauce
- 1 can(4 ozs) chopped green chilis, undrained
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon black pepper

1. In a large soup pot, brown the ground beef and onion over medium-high heat for 5 to 7 minutes.

2. Add the remaining ingredients, reduce the heat to medium-low, and cook for 1 hour, or until the chili has thickened, stirring occasionally.

Note: Add a little hot pepper sauce or cayenne pepper if you like a spicier chili. Serve in bowls topped with all the classic chili fixin's like shredded cheese, sour cream, chopped onion, or sliced jalapeno peppers.

Enjoy

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TEXAS EVENTS

June 2012

1, 8, 15, 22, 29—BANDERA: Twin Elm Ranch Rodeo Watch bull riding and favorite rodeo events. Includes a calf scramble and mutton busting for children. Twin Elm Guest Ranch. www.twinelmranch.com 830/796-3628

1, 8, 15, 22, 29—PIPE CREEK: Summer Buckle Series Rodeo Begins at 8 p.m. Lightning Ranch on F.M. 1283. www.lightningranch.com 830/535-4096

1-July 15—SAN MARCOS: Rick Riordan's World of Myth and Mystery Exhibition showcases archives of best-selling San Antonio author Rick Riordan, who created several young-adult series: Percy Jackson and the Olympians, the Kane Chronicles and the Heroes of Olympus. The Wittliff Collections, seventh floor of the Albert B. Alkek Library on the campus of Texas State University. www.thewittliffcollections.txstate.edu 512/245-2313

1-July 29—AUSTIN: The King James Bible: Its History and Influence Four centuries after its first printing in 1611, the King James Bible remains one of the most influential books in the English language. This exhibition including notable Bibles and

examples of modern book design featuring biblical texts is the most comprehensive display of Bibles and related materials in the Harry Ransom Center's history. At 21st Street and Guadalupe. www.hrc.utexas.edu

1-Aug. 5—SAN MARCOS: Face to Face: Portraits from the Photography Collection More than 50 photos bring viewers face-to-face with a study in portraiture—from the famous to the homeless—in the permanent holdings of Texas State's Wittliff Collections. Seventh floor of the Albert B. Alkek Library at Texas State University. www.thewittliffcollections.txstate.edu 512/245-2313

1-Aug. 5—SAN MARCOS: Timeless Mexico: The Photographs of Hugo Brehme Features more than 100 of Hugo Brehme's masterful photos of early 20th-century Mexico. The Wittliff Collections, seventh floor of the Alkek Library at Texas State University. www.thewittliffcollections.txstate.edu 512/245-2313

1-Aug. 19—AUSTIN: The First Picture Shows: Historic Austin

(Continued on Page 9)



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Texas Events - (Continued from Page 8)

Movie Houses Exhibit explores the many film venues throughout Austin's history. Austin History Center. <http://library.austintexas.gov> 512/974-7480 830/510-9515

2, 9, 16, 23, 30—BANDERA: Cowboys on Main Features a Western display in front of the Bandera County Courthouse and strolling entertainers on Main Street. Hours are 1–4 p.m. Main Street. www.banderacowboycapital.com 800/364-3833

2, 9, 16, 23, 30—CEDAR PARK: Bertram Flyer Historic railroad operates vintage passenger cars on three-hour journeys from Cedar Park to the historic 1912 train station in Bertram and back. Cedar Park Depot, 401 E. Whitestone Blvd. www.austinsteamtrain.org 512/477-8468

2, 16, 30—KYLE: Stock Car Racing at Thunderhill Raceway 24801 I-35. www.thunderhillraceway.com

2-Aug. 19—AUSTIN: Origami Nature Art by Robert J. Lang Enjoy more than 20 works including a turtle crafted from a single piece of paper, a hummingbird sipping from a flower and giant sculptures that are several feet across. Lady Bird Johnson Wildflower Center. www.wildflower.org 512/232-0100

5, 19—BOERNE: Abendkonzerte Enjoy an evening concert with the Boerne Concert Band. Begins at 7:30 p.m. Main Plaza. www.ci.boerne.tx.us 830/248-1543

8, 22—PFLUGERVILLE: Music in the Park Pfluger Park. www.cityofpflugerville.com/musicinthepark 512/990-6350

8-23—INGRAM: Doo Wop Wed Widing Hood The Point Outdoor Theatre. www.hcaf.com 830/367-5121

8-29—KERRVILLE: Destinations Juried competition of Texas college students' artwork. Arts Foundation, 120 Point Theatre Road. 830/367-5120

9-10, 30-July 1—FREDERICKSBURG: Pacific Combat Living History Program Living-history demos cover WWII weaponry, clothing, training and tactics of U.S. and Japanese military. Programs begin at 10:30 a.m., 1 p.m. and 3:30 p.m. National Museum of the Pacific War Combat Zone. www.pacificwarmuseum.org 830/997-8600

9, 23—BOERNE: Cibolo Songs and Stories Concert Bring a chair or blanket and picnic while listening to live music under stars and oak trees. Cibolo Nature Center Stage. www.cibolo.org 830/249-4616

9, 23—CEDAR PARK: Twilight Flyer Enjoy the magic of a train ride after dark. Includes a boxed meal. Departs at 6 p.m. and includes a brief stop at the historic 1912 Bertram train depot before proceeding to Burnet and back. Cedar Park Depot. www.austinsteamtrain.org 512/477-8468

14-16—STONEWALL: Stonewall Peach JAMboree and Rodeo

(Continued on Page 10)

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The Forum

Texas Events - (Continued from Page 9)

This 50th annual event celebrates the peach harvest with rodeo and bull riding events, dancing, live music, parade, contests, peach judging, a pageant, children's activities and more. 250 Peach St. www.stonewalltexas.com 830/644-2735

15—UVALDE: Stargazing Party Bring a lawn chair, insect repellent and small flashlight. Fort Inge Park. E-mail: astr0al3x@uvaldeleadernews.com 830/934-2271

15-16—BROWNWOOD: Juneteenth Celebration Enjoy live entertainment, vendors, a baseball games, children's activities and a Saturday night concert by The Rob Holbert Group. Cecil Holman Park. www.brownwoodjuneteenth.com 325/646-8188

15-17—BOERNE: Berges Fest Annual celebration of German heritage features a parade, dance, carnival, live music, games and vendors. Main Plaza and downtown. www.bergesfest.com 830/428-8778

15-17—FREDERICKSBURG: Trade Days Includes more than 350 vendors, acres of antiques, collectibles, biergarten and live music. Seven miles east of town off U.S. 290. www.fbgtradedays.com 830/990-4900

16—CEDAR PARK: The Holy Ghost Revival Meeting Murder Features dinner and a mystery presented by the Capital City Mystery Players. Austin Steam Train. www.austinsteamtrain.org

512/477-8468

16-17—GRUENE: Old Gruene Market Days Nearly 100 vendors offer crafts and Texas foods. Gruene Historic District. www.gruenemarketdays.com 830/832-1721

17—AUSTIN: Father's Day Concert in the Park Features marches, Broadway show tunes and band classics. Begins at 7:30 p.m. Zilker Hillside Theater. www.austinsymphonicband.org 512/345-7420

17—PFLUGERVILLE: Lake Pflugerville Triathlon Lake Pflugerville, 18216 Weiss Lane. www.lakepflugervilletri.com

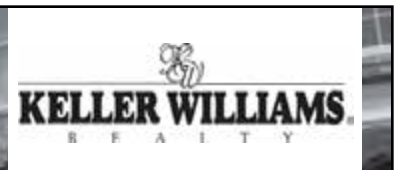
21—GRUENE: Come and Taste It Three wines from top wineries in the state and surrounding regions are featured each month, along with live music, food samples, giveaways and more. Grapevine Texas Wine Bar. www.grapevineingruene.com 830/606-0093

21, 28—AUSTIN: Nature Nights Expert-guided programs offers families the opportunity to explore nature in the Texas. Also enjoy short hikes, crafts and other hands-on activities. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. www.wildflower.org 512/232-0100

22—KERRVILLE: Bobby Flores and The Yellow Rose Band in Concert Begins at 7:30 p.m. Kathleen C. Cailloux Theater, 910 Main St. www.caillouxtheater.com 830/285-9781

22-23—TAYLOR: Annual Rodeo Association Tractor Pull The

(Continued on Page 11)



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The Forum

Texas Events - (Continued from Page 10)

2012 Outlaw Summer Tour brings "Thunder In The Dirt" to the Taylor Rodeo Arena with monster tractors going head-to-head in various competitions. East Williamson County Events Center. www.taylorrodeo.com 512/864-5898

22-24—CEDAR PARK: Cedar Park Rodeo Cedar Park Center. www.cedarparkcenter.com 512/600-5000

23—FREDERICKSBURG: Roots Music Series Live swing music concert is hosted by the Pioneer Museum. Starts at 6:30 p.m. www.pioneermuseum.net/roots-music

23—KERRVILLE: Kerr County Market Day Hours are 9 a.m.—3 p.m. 700 Main St. www.kerrmarketdays.org 830/895-7524

24—FREDERICKSBURG: PCAA Concert in the Park Features the Fritz Morquecho Tejano Band. Adelsverein Halle at the Marktplatz, West Main Street at North Adams. E-mail: visitorinfo@fbgtx.org 830/997-6523

29—KERRVILLE: Elision Saxophone Quartet Begins at 7:30 p.m. Kathleen C. Cailloux Theater. www.caillouxtheater.com 830/285-9781

29-30—LLANO: Rock'n' Riverfest Includes children's fishing, vendors, jeep crawls and fireworks. Badu Park. www.llanochamber.com



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PILLBUGS

Pillbugs, or roly-polys, are crustaceans, closely related to crayfish and shrimp. These terrestrial creatures must live in moist environments to be able to survive on land. While they may sometimes invade homes in large numbers, they are a nuisance pest and do not bite, sting, transmit diseases or cause physical damage to the home or its contents.

Pillbugs are 1/4- 1/2" with dark grey coloring. Their oval bodies are convex above and either flat or concave underneath. Pillbugs have seven pairs of legs and two pairs of antennae and roll up into a ball when disturbed.

Pillbugs are scavengers, feeding mainly on decaying organic matter. They may occasionally feed on young, tender plants, but damage is typically not significant. They can be found under mulch, flower pots, compost, stones or other items resting on the ground.

They often invade crawl spaces and homes at ground level with common points of entry being door thresholds and expansion joints. When these pests are seen indoors, there is usually a large population breeding on the outside of the home near the foundation. Since pillbugs require moisture, they do not survive indoors for more than a few days unless there are very moist or damp conditions.

To manage infestations of these home invaders, rely on sanitation and exclusion techniques. Repair or replace door thresholds and seal expansion joints where pillbugs may be entering the structure. Move any piles of debris away from the foundation of the home. If there are flowerbeds by the foundation, turn the mulch to allow it dry out to make the area uninhabitable. Any leaky faucets or air conditioning units should be repaired to eliminate moisture buildup near the foundation.

Pesticides are not usually needed indoors to manage these occasional invaders. They soon die on their own from lack of moisture. The pests can be swept up using a broom and dustpan or a vacuum and disposed of. Outdoors, you may choose a pesticide to treat mulched areas or other areas that may be harboring large populations. Look for products labeled for pillbugs, sowbugs or isopods.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com. The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas AgriLife Extension Service or the Texas AgriLife Research is implied. Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.

The Forum

TENNIS TIPS



Q: I have taken some beginner lessons and I am ready to start practicing. What is the best way?

A: Starting to play tennis, is like learning to swim or riding a bike. You need to start slowly and gain confidence over time. I suggest acquiring some used tennis balls from a club (we have plenty at our club), and start hitting them back and forth from the service line to service line. New balls are much too lively and if you only use three balls, you will end up spending more time chasing them than hitting them.

Q: What about playing with my children?

A: If your child is between ages 4-11 and has taken some tennis lessons in an organized program, more than likely they were accustomed to playing with softer "QuickStart" balls and transitional rackets. Children need to learn to execute the stroke properly without thinking about the court and the net. I usually begin with children of these ages, stroking a ball against a fence or windscreen. Later on once they learn to make contact with the ball, I bring them close to the net onto the actual tennis court, and I have them hit the balls being fed.

Q: If I am the feeder of the balls, where should I stand?

A: Most tennis coaches now, spend a great deal of teaching standing next to the players feeding them balls from both behind and from the side, next to the player. This way, the player hitting the ball, learns to adjust to the ball without having to do a great deal of running. When I see a player becoming more confident with making contact with the ball and clearing the net, I will begin feeding the balls to them from the other side of the net. The player should start hitting the balls from the service line, and move further towards the baseline as he succeeds hitting the balls with more control.

Q: When is time to rally back and forth?

A: Once the player is adept to hit both forehands and backhands with consistency, when the ball is being fed from the opposite side near the service line, I then will move back to the baseline and start to rally back and forth. I normally let the student start the rally, making sure that he is executing the stroke properly. Also, safety calls for the basket or extra balls to be clear his path on his side of the court.

Q: How should I practice the serve?

A: One of the most difficult shots of tennis to master is the serve. Also, it is the easiest one to practice, because a player can practice it alone. I suggest using many tennis balls and begin by first serving from the service line and proceed to move back toward the base line until success is achieved with getting the ball in the proper service box. If practicing with a partner, one can be serving, while the other practices returning serve.

Q: How about playing points?

A: If players are familiar with the traditional scoring system, I suggest playing regular games. For practice purpose, I encourage my students to play using the table tennis scoring system. Serve five balls, and then allow the opponent to serve five. Change sides every 10 points. This way, a player learns to play the point, rather than the game. First to achieve 21 points wins.

Make sure you wear light clothes, drink lots of fluid and have a great time learning and practicing the "game of a lifetime!"

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A FOCUS ON EYE HEALTH AND SAFETY FOR YOUR FAMILY

By: Concentra Urgent Care

ADULT EYE HEALTH

Maintaining a healthy lifestyle is an important part of preserving good eye health. Keys to healthy vision include:

- Avoiding smoking
- Eating a balanced diet, rich in dark green vegetables and foods that contain zinc, vitamins C and E, and beta-carotene
- Staying active
- Controlling your blood pressure
- Protecting your eyes from the sun by wearing eyewear that absorbs UV rays and brimmed hats or caps
- Staying current with periodic eye exams as recommended by your doctor if you have diabetes or other chronic conditions that can affect your vision

SIGNS OF PROBLEMS

See your doctor if you experience any of the following:

- Unusual trouble adjusting to the dark
- Difficulty focusing on objects
- Squinting due light sensitivity
- Change in color of iris (colored part of your eye)
- Red, crusty, or swollen eyelids
- Recurring pain around eyes
- Double vision
- Dark spots or floaters in vision
- Distorted or wavy lines/edges
- Watery eyes
- Itchy or burning dry eyes
- Seeing spots or ghost-like images

CHILD EYE HEALTH

Newborns should be checked for inherited eye problems at the time of delivery. Between six and twelve months, infants' eyes should be checked again by a health care professional. At three to four years old, children should start getting their eyes checked at regular intervals.

EYE INJURIES

The most common causes of eye injuries in children are: misuse of toys, everyday objects, and tools (forks and knives, pens and pencils, garden tools), falls, contact with harmful household products (detergents, cleaning supplies, paint, glue), and car accidents. The best ways to avoid these types of injuries are to properly baby proof your home, read all warnings and instructions on toys, and be sure your children are properly secured in infant carriers and car seats.

Seek immediate medical attention if your child:

- has obvious pain or trouble seeing
- has a cut or torn eyelid
- does not move one eye as well as the other
- has one eye that sticks out compared to the other
- has an unusual pupil size or shape
- has blood in the clear part of the eye
- has something in the eye that cannot be easily removed

For more information on taking care of your family's sight, visit Prevent Blindness America at www.preventblindness.org or The National Eye Institute at <http://iisee.nei.nih.gov>.

DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Colin's Hope Upcoming Events Calendar

June: Water Safety Walk - Packet Stuffing and Distribution

June 7: Eat, Drink & Shop for Colin's Hope at
Point of Origin Gift Boutique in Lakeway, 5-7pm

June 16: Colin's Hope Got2Swim the Pure Austin Quarry

July 21: UltiFit Challenge #2 at Reveille Peak Ranch

September 16: Colin's Hope Kids Triathlon - registration opens June 1st

**Volunteer
Signup - Register
COLINSHOPE.ORG**



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SUPERVISION**



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ALL POOLS & HOTTUBS**



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