

Bullying: What To Watch *Helping Parents Understand the Signs*

Has your child suddenly had declining grades or unexplained injuries? Have they purposely been trying to avoid school? They could be the victims of bullying.

“Bullying is a widespread problem among children, especially teenagers,” says Beth Nauert, M.D., a Texas pediatrician. “Bullying should always be taken very seriously by parents, educators, and the authorities.”

BULLYING SIGNS

Children who are bullied are repeatedly exposed to aggressive, negative actions on the part of one or more other persons, and have difficulty defending themselves, says Dr. Nauert.

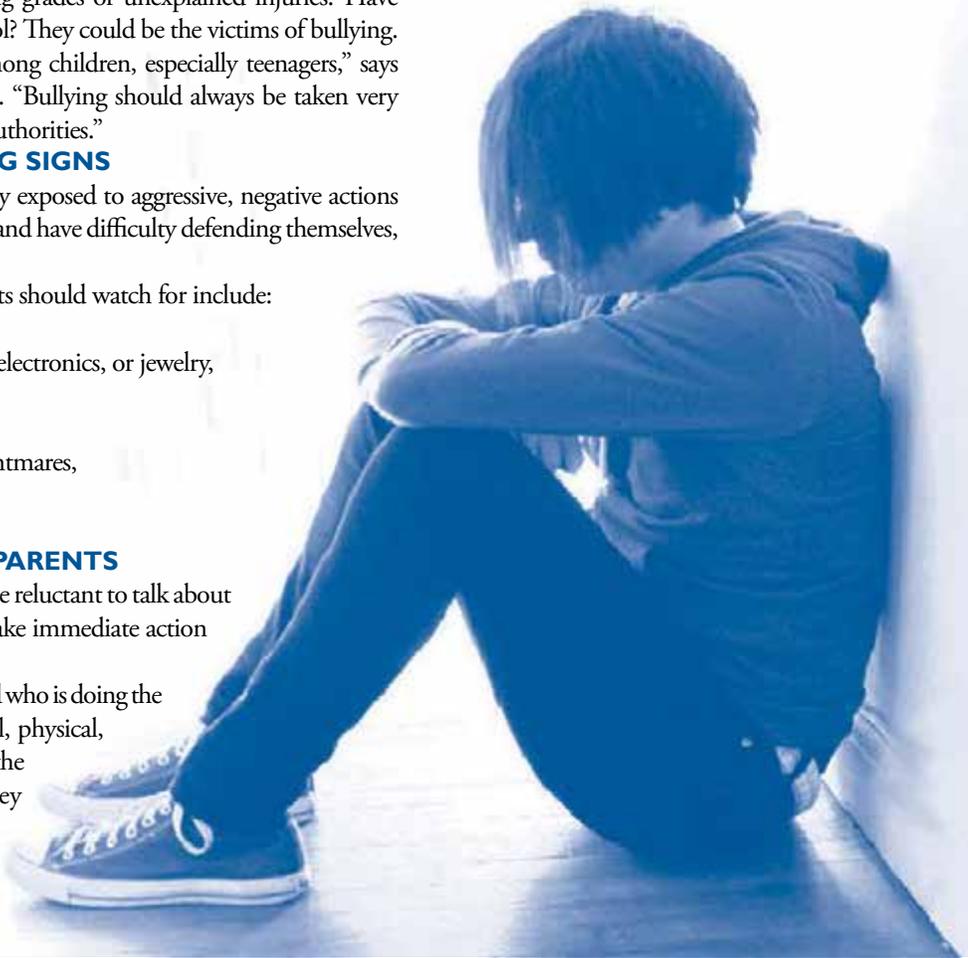
Some clear signs of bullying that parents should watch for include:

- unexplainable injuries,
- lost or destroyed clothing, books, electronics, or jewelry,
- feeling sick or faking illness,
- changes in eating habit,
- difficulty sleeping or frequent nightmares,
- not wanting to go to school,
- running away from home.

ACTION PLAN FOR PARENTS

Because children who are bullied may be reluctant to talk about it, parents who suspect bullying should take immediate action to help their children, says Dr. Nauert.

“Parents need to find out from their child who is doing the bullying, whether the bullying was verbal, physical, or cyberbullying, and where and when the bullying is happening,” she says. “They should then speak with their teacher, principal, school administrators, or local law enforcement.”



October is National Bullying Prevention Month

The Forum

NEWSLETTER INFO

NEWSLETTER

Editorforestcreek@peelinc.com

NEWSLETTER PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181

Advertising.....advertising@PEELinc.com, 512-263-9181

ADVERTISING INFORMATION

Please support the businesses that advertise in The Forum. Their advertising dollars make it possible for all Forest Creek residents to receive the monthly newsletter at no charge. 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.

The Forum 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 Forum's 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.



- * Repaints - Interior, exterior, and much more
- * Free on-site estimates
- * Established company for 17 years
- * BBB member
- * Painting, staining, and popcorn ceiling removal

Please contact Robby Chapman at 512-632-5990 with D&W Painting, Inc. or by email - robby@dwpainting.com

We look forward to helping you create your perfect home!



Forest Creek Animal Hospital

*Clifford H. Peck, D.V.M.
Amber Breclaw, D.V.M.
Lisa LaBry, D.V.M.
Amy Kunze, D.V.M.*

*2715 Red Bud Lane
Round Rock, TX 78664
512.238.PETS [7387]
www.forestcreekvet.com*

- Full Service Animal Hospital
- Boarding
- Grooming
- Vaccines
- Surgical facilities
- Dentals and other preventative care

*Monday-Friday 7-7
Saturday 8-12*

SUDOKU

		2			8	6	7
			5	4	2		9
				7			
5							6
7				1			
	4			8	7		
	9	3	8				4
		5		1		3	
							1

View answers online at www.peelinc.com

© 2006, Feature Exchange

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

BUSINESS CLASSIFIEDS

NO TIME FOR HOUSE CLEANING?

Paying too much for house cleaning? Call Natalie's Maid Service for a free estimate at 512-771-3060. Affordable prices * Quality Work *Supplies Furnished * Bonded * Call now for a free estimate and \$15.00 off your first clean.

www.nataliesmaids.com.



Photo by Lourdes Imaging
Sandra Esparza, MD Family Practice Ramon Esparza, MD Pediatrics



ABC Medical Center

Superior Medical Care for Adults, Babies and Children

"Let our family treat your family."

Serving Forest Creek and surrounding areas for over 9 years.

Specializing in Pediatrics and Family Practice.

Pediatric Healthcare, Physicals, Women's Healthcare, Immunizations and Urgent Illness
Se habla espanol

Accepting most insurances, now taking new patients



(512) 310-9700
1750 Red Bud Lane
Round Rock, TX 78664

MYRNA HALL, REALTOR

Helping You
Make the Best Move
with Exceptional Marketing
& Superior Service!

3011 IH 35 North
Round Rock, TX 78664

512.507.6554

myrna.hall33@gmail.com

www.jbgoodwin.com

MULTIMILLION DOLLAR PRODUCER

CERTIFIED TRANSFEREE SPECIALIST

SENIOR REAL ESTATE SPECIALIST

JBGoodwin
REALTORS
"Your Finest Investment is Your Future"

**YOUR FOREST CREEK NEIGHBOR
WORKING FOR YOU!**



Whether you are buying, selling, renting or leasing, I am here for you locally, across the country and around the world.

The Forum

**ADVERTISE
YOUR HERE
BUSINESS 888-687-6444**

TEENAGE JOB SEEKERS

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
Alana Leal	14	•	•	•	•	246-9105
Myka Pena	14	•	•	•	•	971-7333
Marissa Phillips	12	•	•	•	•	785-9710
Ryan Phillips	17	•	•	•	•	905-0435

***CPR Training +First Aid Training #Red Cross Babysitting Cert.**

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Forest Creek teenagers seeking work. Submit your name and information to forestcreek@peelinc.com by the 15th of the month!

The Forest Creek Forum

is online

*Go green.
Go paperless.*

Sign up to receive The Forest Creek Forum in your inbox. Visit PEELinc.com for details.

carx
TIRE & AUTO

A+ Rating Since 1971

CELEBRATE OUR NEW STORE OPENING IN BEE CAVE
13925 W. Hwy 71
Bee Cave, TX 78738
512-263-2600

Come visit us at one of our Austin area locations.
WE SERVICE ALL FOREIGN & DOMESTIC CARS

PRESENT THIS AD FOR
15% OFF
ANY REGULARLY PRICED SERVICE

OIL CHANGE OR A/C CHECK
\$16.99

OFFERS EXPIRE 12/12/12
Includes up to 5 quarts of 5W30 or 10W30.
Specialty filters, diesel, synthetic blends or other weights extra. Freon, dye and recharge extra if needed. For most cars. See manager for details.

Store hours all locations:
7 am - 7 pm M-F
7 am - 6 pm Saturday

Complete auto service to maintain your new car warranty.

Like us on Facebook
<https://www.facebook.com/carxaustin>

NOW OPEN!

13925 W. Hwy. 71 Bee Cave, TX 78738 512-263-2600	11700 Anderson Mill Austin, TX 78750 512-258-3400	16410 FM 620 Round Rock, TX 78681 512-310-5900	1009 FM 685 Pflugerville, TX 78660 512-252-7500	2009 RR 620 STE 530 Lakeway, TX 78734 512-266-0404
--	---	--	---	--

Renwick

Eva Renwick, D.D.S.
Forest Creek Resident

family dentistry

COMPREHENSIVE & COSMETIC DENTISTRY | NEW PATIENTS WELCOME | MOST INSURANCE ACCEPTED | STATE-OF-THE-ART TECHNOLOGY | NITROUS OXIDE AVAILABLE

512.218.0172
www.renwickfamilydentistry.com

VISA MasterCard American Express Discover

CareCredit
Patient Payment Plans

2051 GATTIS SCHOOL ROAD, SUITE 150
ROUND ROCK, TX 78664
(LOCATED IN THE RANDALL'S SHOPPING CENTER, CLOSE TO DELL)



WE INSTALL
SUNROOMS
ROOM ADDITIONS & PERGOLAS



We also install **Patio Covers, Enclosed Porches & add Window Walls** under existing porches.

FOR A LIMITED TIME ONLY: GET
50% OFF
INSTALLATION COSTS*

ON ANY STATEWIDE REMODELING SUNROOM PURCHASE!

* Some limits apply. Minimum purchase required. Exp. 10/31/12.

Call us today to setup a
FREE, in-home consultation!
512-501-1578
StatewideRemodeling.com

Stop by our new showroom & check out complete, full-size displays of all of our products!

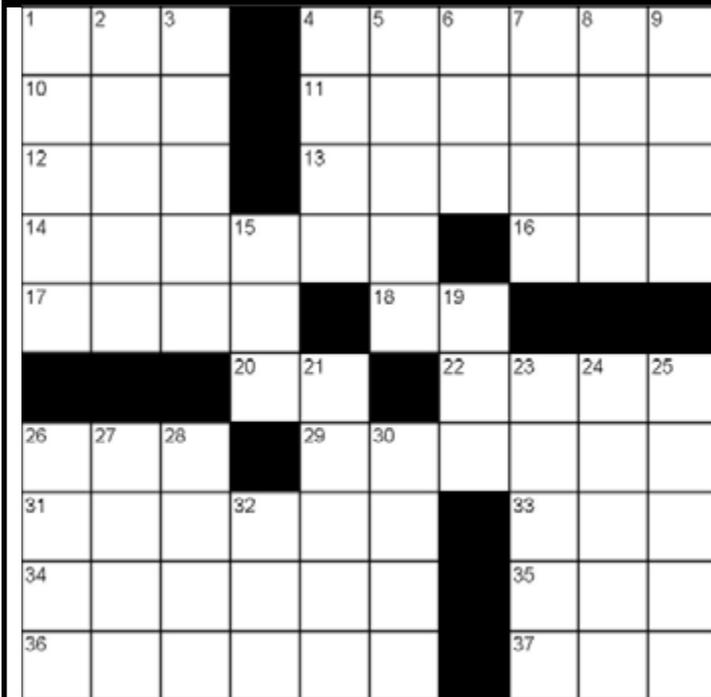
NEW SHOWROOM
2209A Rutland Drive, Ste 100
Austin, Texas 78758

100% Financing
available (with approved credit)



*Some limits apply. Minimum order required. Cannot be combined with other offers. Offers have time limits, ask your representative for details. Offers not good on previous sales. Offers expire 10/31/2012.

CROSSWORD PUZZLE



ACROSS

1. Legume
4. Rolled up paper
10. Carry
11. Irrational fear
12. Wing
13. Animal disease
14. Gentle breeze
16. Eastern Time
17. Region
18. Military policeman (abbr.)
20. Deutschmark (abbr.)
22. Meat alternative
26. Slumber
29. Bayer's competitor
31. Pilot
33. Pull
34. Seed remover
35. East northeast
36. Gully
37. Little bit

DOWN

1. Shopping mall
2. Swiss mathematician
3. Open
4. Energetic
5. Amulet
6. Fleece
7. Off-Broadway award
8. Fish stories
9. Endure
15. Held
19. School group
21. Nautical "friend"
23. Eight
24. Female singer ___ Apple
25. Single
26. Space ship builders
27. Declare positively
28. Landing
30. Roman emperor
32. Hoopla

View answers online at www.peelinc.com

© 2006. Feature Exchange

Why choose Primrose?[®]

Just ask a mom.

“Primrose taught my son things that are just being taught in kindergarten, but he knew them already – letter sounds, counting, math, addition, subtraction.”

— Joseph's Mom, Primrose Parent

Primrose School of Round Rock at Forest Creek

3313 Forest Creek Drive
Round Rock, TX 78664

512.828.5777

primroserratforestcreek.com

Educational Child Care for Infants through
Private Kindergarten and After School



Each Primrose School is a privately owned and operated franchise. Primrose, Primrose Schools, and The Leader in Educational Child Care are trademarks of Primrose School Franchising Company. ©2011 Primrose School Franchising Company. All rights reserved.

**Enroll today and receive
two weeks tuition credit!**



Primrose Schools[®]

The Leader in Educational Child Care[®]

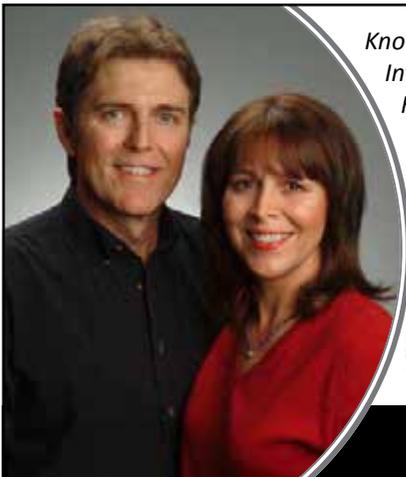


HALLOWEEN IS COMING

DRIVE SLOWLY

OCTOBER 31

Please drive slowly and watch out for
“TRICK-or-TREATERS” on Wednesday, October 31st!!



*Knowledge,
Integrity, &
Hard Work.*

Paul & Jan Gillia



Do Not Pay 6% To Sell Your Home!

Our full service listings are now **4.5%**. We Also Do Leasing.

Call or Email Before You List!

512-388-5454 • pgillia@austin.rr.com

www.homeselect360.com



The Right REALTOR Makes All the Difference!

The Forum

Halloween Tips

PORCH LIGHTS - a porch light on means fair game for Trick-Or-Treating. If you are not distributing candy or are done for the evening, please turn your lights off. And Trick-Or-Treaters...if you see a porch light off, be respectful and move on to the next illuminated house.

HELLO? - Knock or ring the bell no more than twice. If the door isn't answered within a minute despite the porch light being on, assume you've gotten one of those folks who didn't read Tip 1.

FRIGHTENING LIMITS - If you are the person who wants to jump out of the coffin tucked in the corner of your front porch, please make sure that the age of the 'victim' is appropriate. While pee will wash off concrete, you might ruin the night for a dressed up 2 year-old princess.

WALKING - Stay on sidewalks or pathways. Don't take short cuts through lawns or flowerbeds.

Manners matter - Saying "Trick-or-Treat" before and "Thank You" afterward is a small price for collecting free candy on Halloween.

GAME OVER - Don't Trick-or-Treat after 9pm. Families with children or older people may well be in bed after that.

TRAFFICKING - Vehicles: drive extra slow and look for kids. Chaperones/Kids: Stay off roads as much as possible.

BLINDED BY THE LIGHT - Glow sticks, reflectors, flashlights - all are good to make your kids visible to anyone who fails at Tip 6.

FLAME OFF!! - Jack-o-lanterns/candles set a spooky mood, but open flames near dangling costume sleeves and flammable accessories is dangerous. Consider battery-powered tea lights.

THANKS... - If you're going to give out goodies to Trick-or-Treaters, buy individually wrapped treats. Save special homemade goodies and fresh fruit as presents for the folks you know rather than strangers who are coming to your door Trick-or-Treating.

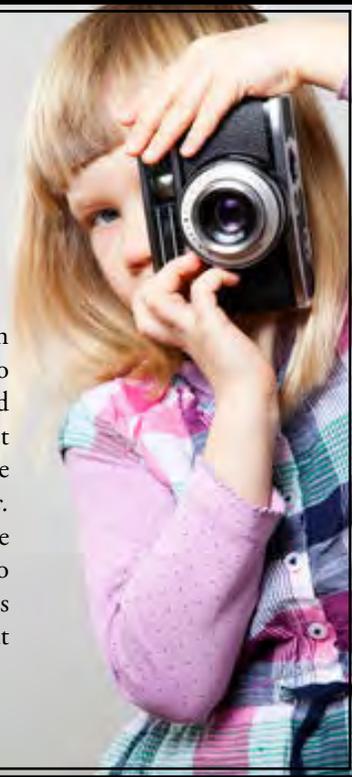
R-E-S-P-E-C-T - Not everyone celebrates the holiday, or celebrates it in the same way you do. We live in a community with diverse beliefs and views. Please show respect as you yourself would want to be respected.

DON'T SCARE THE LITTLE ONES TOO BADLY! - If you've got a really creepy costume to answer the door, or you decorate your house from sidewalk to front porch in graveyard chic - remember that what can be delightfully frightening to older kids and adults can terrify toddlers and young kids. Before jumping out of bushes, screaming when you open doors or leaping out of fake coffins at Trick-or-Treaters, take a quick glance to make sure they're of an appropriate age-group to enjoy such a scare. Save the best frights for those who can really appreciate them. You'll have more fun, and the parents of the little kids will be grateful. Having to take home a hysterical Trick-or-Treater who has been scared witless on their first time out is no fun for anyone.



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 forestcreek@peelinc.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.



Lesko's Lens Photography

Capturing life's moments, one photo at a time...

Senior portraits
Family portraits
Event photography
Pet portraits
Gallery photography

Book your Christmas card sitting today!
Appointments now available.



www.facebook.com/LeskosLens
klesko@austin.rr.com
512-484-7610

A subsidiary of LoneStar Yankee Communications

End of Summer Home Maintenance Tips

Submitted by Eric Hegwer

As the weather begins to cool in Central Texas, and the brutally hot days of August are behind us, now is the time to take care of all those little items that you've been putting off in favor of staying inside your air conditioned living room.

Each of these projects is inexpensive, easy, and you can easily accomplish several in a weekend.

LANDSCAPING

Pull up some weeds, lay down some mulch, and prune back the plants. Hire some neighbor kids to rake the leaves. The end of the summer is also a great time to fertilize for the fall/winter dormant season for native Texas plants.

CLEAN GUTTERS AND DOWNSPOUTS

Clogged gutters can overflow, potentially causing damage to the wood fascia around your home. Cleaning your gutters is easy, but does involve climbing up a ladder and scooping out some gross stuff. If you aren't comfortable with heights or don't know how to use a ladder, hire a pro. Scoop out the dirt, leaves, and debris, and wash everything clean with water from a hose.

OUTDOOR PAINTING AND TOUCHUPS

Walk around your house and look for any areas that need touch ups, are peeling, or look rough. Carefully scrape or sand the area, prime, and paint with the matching color to complete the repair.

CAULKING AND SEALING

Check key areas around windows and doors for gaps. Cracks can cause leaks and higher energy bills and can be easily repaired with caulk or expanding foam. Also, check for loose trim boards, and re-attach them as necessary.

ASPHALT AND CONCRETE REPAIR

To prevent shifting and tilting of driveways and sidewalks, reseal asphalt every two years and fill cracks in concrete with epoxy.

Maintaining your home doesn't have to be difficult. Especially when you catch problems early and fix them. In doing so, you will increase your home's value and prevent costly repairs down the road. If you aren't able to do this work yourself, hire a professional or inquire with your neighborhood HOA to see if any able bodied neighbors can help.

He's a Little Bit Country...

SHE'S ROCK 'N ROLL.

Together they are a Powerful combination!

Whoever said "opposites attract" must have had **Steve and Cindy Crawford** in mind. Her "**Rock & Roll**" approach to getting things done and his laid back "**Country Style**" customer service makes them one of Round Rock's most preferred real estate teams!

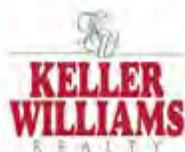
By pooling their extensive knowledge and expertise, Steve & Cindy have created a powerful partnership and make buying, selling or investing in real estate both fun and profitable! So, if you are in the market to make a move, don't settle for less...turn to this powerful, comprehensive combination of determination, expertise and commitment! *We specialize in Forest Creek & Lake Forest!*

Call us for all of your real estate needs!



Steve-Team Asst. - Cindy-Realtor®

Cindy Crawford Homes



A "HouseSold" Name

Cindy Crawford, REALTOR®

Relocation Specialist, PSC

CindyCrawford@KW.com

(512)217-8990

Visit our website at:

www.CindyCrawfordHomes.com

Each office is independently owned and operated.

- Kids Stuff -

Section for Kids with news, puzzles, games and more!

HALLOWEEN

Boo! What are you going to be for Halloween? Sometimes, it can be fun to dress up as a group. Maybe your brothers, sisters, friends - or even parents - will want to join in the fun. Here are some costume ideas for groups of two or more.

- sun and moon
- winter, spring, summer, and fall
- salt and pepper shakers
- a toothbrush and a tube of toothpaste
- cop and robber
- doctor and patient
- veterinarian and animal (dog, cat, or bunny)
- fireman and fire dog (dalmatian)
- fisherman and fish
- squirrel and nut
- teacher and student
- pilgrim and Indian (or turkey!)
- prince and princess (or king and queen)
- cowboy and horse (or cowboy and cowgirl)
- dog and bone (Arf! Arf!)
- Santa and elf (or Mrs. Claus)
- macaroni and cheese
- Flopsy, Mopsy, and Cottontail (from Peter Rabbit)
- Dorothy, the Tin Man, the Scarecrow, the Lion, and Toto (from the Wizard of Oz)
- Sonny and Cher (ask your parents!)
- vampire and bat
- burger and fries
- peanut butter and jelly
- three blind mice
- three little bears
- three little pigs



And no matter what you dress up as, please be safe while you're haunting the neighborhood!

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

CALL US TODAY

Adult and Youth Leagues *forming now*
Adult and Youth Drop-Ins

(512) 251-7500

Wednesday (Noon-3pm) **Friday** (6-10pm)
Saturday (Noon-4pm & 5-9pm) **Sunday** (4-6pm)



*All ages
welcome!*

**INLINE
HOCKEY**



*We Rent
Inline Skates
& Quads!*

**ROLLER
SKATING**

Corporate Events

*Team Building
Power Luncheon
Team Sports
Morale Booster*



ASA
AUSTIN SPORTS ARENA



**BIRTHDAY
PARTIES**

*Roller Skating Parties
start at \$9.99*
Sports Party starts at \$14.99

*18,000+
Sq.Ft. Facility*

Arcade Air Hockey Big-Screen TV's



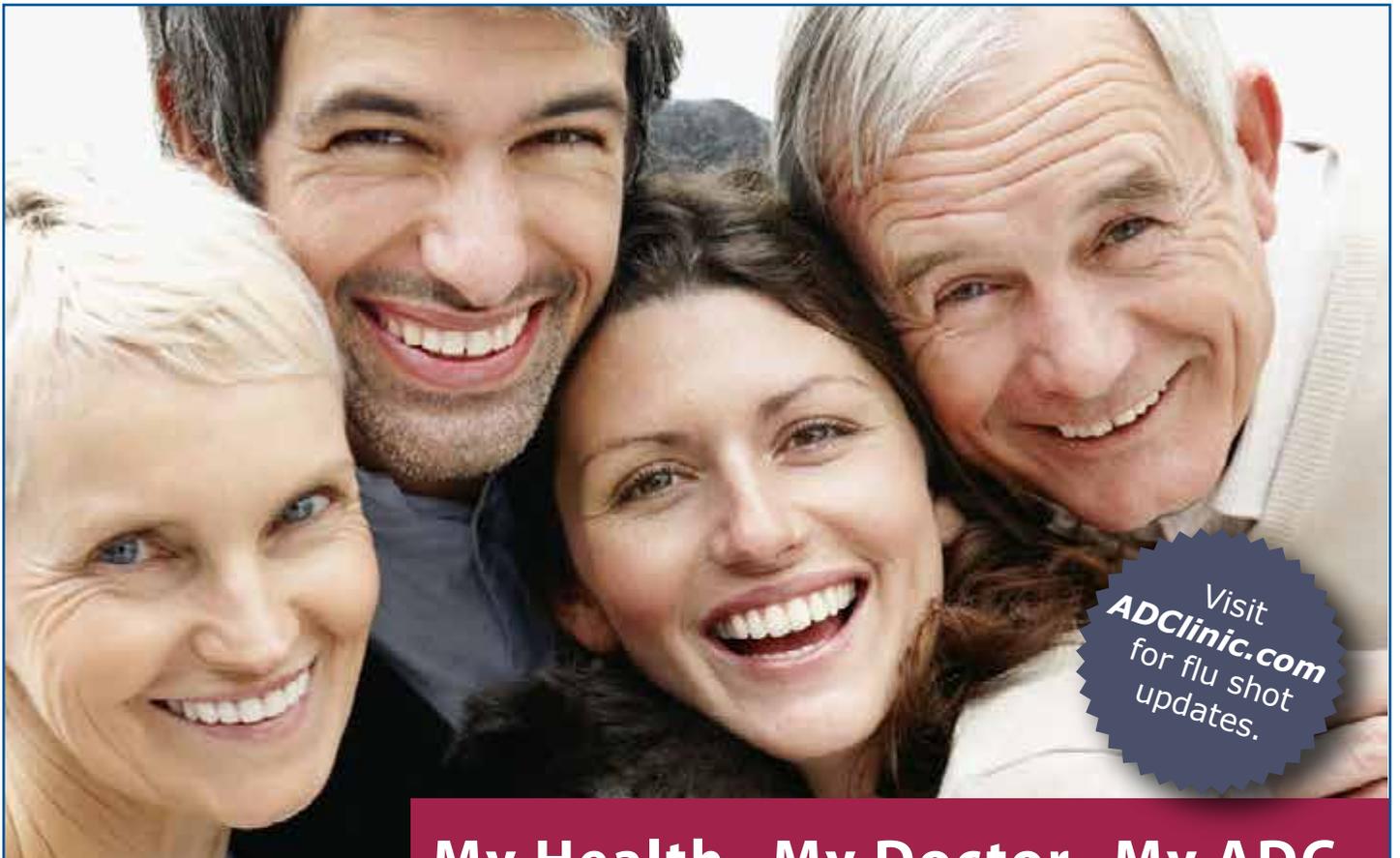
3918 GATTIS SCHOOL ROAD

www.AustinSportsArena.com

*Thank you for making Austin Sports Arena the
#1 location in Central Texas for Roller Skating,
Birthday Parties, Fundraisers, and Inline Hockey!*

**REDEEM THIS COUPON FOR FREE QUAD SKATE
RENTALS FOR THE ENTIRE FAMILY OR RECEIVE
10% OFF YOUR NEXT BIRTHDAY PARTY!
ONE USE PER FAMILY!**

*Call (512) 251-7500 or Email Info@AustinSportsArena.com
3918 Gattis School Road, Round Rock Texas 78664*



Visit
ADClinic.com
for flu shot
updates.

My Health. My Doctor. My ADC.

ADC Main
12221 MoPac Expwy N.
Internal Medicine
2nd floor, South
3rd floor, North

ADC Cedar Bend
2400 Cedar Bend Dr.
EasyCare Adults & Teens
Family Practice

Immunizations are not just for kids. Adults should receive a flu shot each year and those over 65 years should discuss getting a pneumonia shot with their doctor. If you are unsure about which immunizations you need, ask your doctor, or visit *ADClinic.com* for more information.



The Austin Diagnostic Clinic
512-901-1111 • *ADClinic.com*