



## Can I give my dog Thanksgiving scraps?

*Submitted by Kristen West*

We know it's tempting, but most Thanksgiving scraps are not safest treat for your pets. Cooked turkey bones are a big no-no as they can splinter and result in a trip to pet ER. Additionally, overindulging your pet in other fatty foods can lead to stomach upset, diarrhea or even life-threatening pancreatitis. Other items to avoid are onion, sage, garlic ... and please, don't ever give your pet alcohol.

If you can't turn away from those puppy-dog eyes, a bite or two of pet-safe veggies like plain broccoli, sweet potato or carrots, or a small taste of plain turkey is usually OK. Put the treats in a Kong or other puzzle toy while you sit down to eat with your family so that your furry begger is happily preoccupied!



## Secret Santa Gift Program

Would you like to help us make the holidays brighter for hundreds of Central Texas foster children! Secret Santa is a special holiday gift program of the Adoption Coalition of Texas (ACT) helping Child Protective Services and foster families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa this year and purchase holiday gifts for a Central Texas foster child, please email your name, email address and contact phone number to [ACTSecretSanta@gmail.com](mailto:ACTSecretSanta@gmail.com). The gift drop-off days will be at several Austin-area locations on Wednesday through Saturday, December 5 – 8, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details. Last year, thanks to the kindness of people like you, we brought smiles to the faces of more than 350 foster children!

The Adoption Coalition is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for abused and neglected children waiting for adoption. These are usually older children, sibling groups and children with special needs. For information about ACT and adoption, visit [www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.org).

# The Forum

## NEWSLETTER INFO

### NEWSLETTER

Editor .....forestcreek@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.

## SUDOKU

View answers online at [www.peelinc.com](http://www.peelinc.com)

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

© 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.



- \* 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](mailto: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](http://www.forestcreekvet.com)*

*- Full Service Animal Hospital*

*- Boarding*

*- Grooming*

*- Vaccines*

*- Surgical facilities*

*- Dentals and other preventative care*

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

# Tennis Tips

By USPTA/PTR Master Professional  
**Fernando Velasco**

## HOW TO HIT A ONE-HANDED BACKHAND

In previous newsletters, I offered tips on how to hit a Forehand and a Two-Handed Backhand. In this issue, I will give you instructions on how to execute a one-handed backhand for a right hander. This stroke is still used by many league and tournament players since it gives players a wider range of reach and flexibility to hit slices and drop shots.

**Step 1: Ready position:** The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is on the throat of the racket. The left hand is holding the racket slightly tighter than the right hand. Feet are shoulder width apart and the body is in good balance.

**Step 2: Back swing:** When the opponent's ball is headed to the backhand side, the left hand takes the racket back and the right hand changes the grip with one quarter turn placing the index knuckle at the upper ridge of the handle. The body should start taking the racket back before the ball bounces. Notice the turn of the upper body and the right foot leading the left foot. Eyes are still focused on the incoming ball.

**Step 3: Point of Contact:** The eyes now shift toward the point of contact which should be about 12-18 inches in front of the right foot.



The right hand is holding the racket tight. The racket has made contact with the ball and weight of the player has shifted toward the point of contact. It is important to keep the right shoulder closed and not open the left hip too early. Flexing the right knee will allow more flexibility and power on the ball.

**Step 4: Follow Through:** Once the racket has made contact with the ball, both of the arms need to be extended for better balance. The right arm should be straight and the follow through upwards above the head.

*Look for next Issue: The Forehand Volley*

**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 Professional Partner in 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

NOT AVAILABLE  
ONLINE

## BUSINESS CLASSIFIEDS

Pets At Heart conveniently located in Lake Forest offers professional In- Home Dog Boarding, Doggie Daycare and Pet Sitting Services. We are dedicated to providing the very best care for your pets. Insured & Bonded. Call Nora at 512-689-6502. Visit our website [petsatheart4you.com](http://petsatheart4you.com)

## 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](mailto: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](http://www.PEELinc.com).



BEE CAVE  
STORE  
NOW OPEN!

Come visit us at one of our Austin area locations.

### WE SERVICE ALL FOREIGN & DOMESTIC CARS

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

- Complete auto repair & maintenance to maintain your new car warranty
- Convenient hours & while you wait service
- Servicing all makes and models including Mercedes, BMW, Volvo & Lexus
- Texas state inspection certified
- Towing available
- Shuttle to home/work
- 24 month/24,000 mile warranty

PRESENT THIS AD FOR

**15% OFF**

ANY REGULARLY  
PRICED SERVICE

OFFERS EXPIRE 12/31/12 Most Cars / Non Synthetic or diesel

OIL CHANGE

**\$16.99**

WITH FREE TIRE  
ROTATION



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  
family dentistry

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



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

512.218.0172  
[www.renwickfamilydentistry.com](http://www.renwickfamilydentistry.com)



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

## Why Knowing About Kilowatt-Hours Can Help You Save Money

By Chris Lee

Let's all admit it - we've all taken electricity for granted. As soon as we were young enough to reach the light switch to turn on the lights, we've never thought about electricity since it's been integrated into our lives as a basic necessity. By understanding a little bit about a Kilowatt-Hour (kWh) of electricity use, you'll more easily measure and compare the costs to operate your appliances in order to figure out how you can save some money.

The concept of kWh is difficult to visualize since most of us have forgotten the details of our high-school physics class (for those of us that actually took high school physics). Power, energy, time?...how can we define kWh? If you turned on twenty 100-watt lightbulbs in your house and left them on for 1 hour, you would have used 2 kWh (20 lightbulbs x 100w x 1 hour = 2000 watt-hours). And if you used your clothes dryer for an hour and your dryer is rated at 5000 watts, then you used 5 kWh (5000w x 1 hour). While each family uses electricity differently based on their living habits, here's a website that will give you an idea on

energy use of common household appliances. Caution: the dollar figures used in this chart are based on \$.07 per kWh instead of their typical \$.10 per kWh in Texas:

[www.glendalewaterandpower.com/rates/appliance\\_operating\\_costs.aspx](http://www.glendalewaterandpower.com/rates/appliance_operating_costs.aspx) (Shortened: <http://goo.gl/kCeLA>)

So if you looked at your energy bill, you'll see that you're paying for the amount of kWh's that you and your family use. By knowing the concept of kWh you'll be able to more easily correlate your energy use to your energy bill and therefore be able to do more to save money. To help you save energy and therefore more money, here are some resources with helpful energy saving tips:

[www.takealoadofftexas.com/index.aspx?id=energy-efficiency-tips](http://www.takealoadofftexas.com/index.aspx?id=energy-efficiency-tips)  
(<http://goo.gl/meydE>)

[http://energy.gov/sites/prod/files/energy\\_savers.pdf](http://energy.gov/sites/prod/files/energy_savers.pdf) (<http://goo.gl/u3fuE>)

I hope you've understood the basics of a Kilowatt-Hour and how it's measured to help you see your energy usage. If you have any questions about this, please ping me at [leec89@gmail.com](mailto:leec89@gmail.com).

## 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](http://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®

## STAY *Sun* SMART

### *Skin Cancer Screenings, Prevention Tips*

By Adam J. Mamelak MD, FRCPC, FAAD

Skin cancer is on the rise, affecting more Americans over the past three decades than all other cancers combined, according to the Skin Cancer Foundation. The good news is that you can do much to prevent it.

"The danger in skin cancer is gravest when it goes undetected," says Dr. Adam Mamelak of Sanova Dermatology in Austin. "It is extremely treatable, and in a large sense preventable when caught early."

To help reduce your risk, follow these sun-smart practices.

#### 7 WAYS TO REDUCE SKIN CANCER RISK:

**1. See your physician every year for a professional skin exam.** Regular total-body checkups are the best way to make sure your skin is healthy and stays that way. The American Academy of Dermatology recommends annual skin exams. You can receive a FREE skin cancer screening through 2012 at Sanova Dermatology, 12319 N. Mopac in Austin. To schedule your free screening, call (512) 837-3376; no purchase or insurance coverage is necessary.

**2. Avoid tanning and UV tanning booths.** Even occasional sunbed use almost triples your chances of developing melanoma, the deadliest form of skin cancer. Young people – including teenagers – are especially sensitive to the ultraviolet radiation from tanning booths.

**3. Seek the shade and do not burn.** Stay in the shade especially between the hours of 10 a.m. and 4 p.m., when the sun's

rays are often strongest. Avoid getting burned; even a single sunburn increases your risk of developing melanoma.

**4. Cover up with clothing and UV-blocking sunglasses.**

Protect your skin with densely woven and bright- or dark-colored fabrics, which offer the best defense. Wear a hat with a brim of 3" or greater to protect the face. Use wraparound sunglasses that block 99-100% of the sun's UV rays, which helps prevent cataracts and melanomas of the eye.

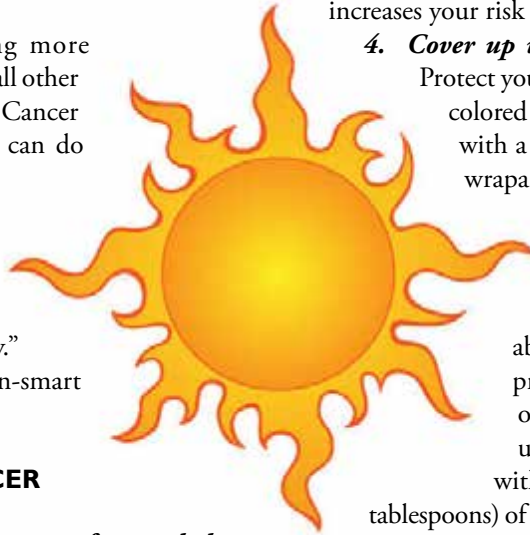
**5. Use a broad spectrum (UVA/UVB) sunscreen.**

Every day, year-round, use broad spectrum sunscreen with UVA and UVB protection and an SPF (Sun Protection Factor) of 15 or higher. For extended outdoor activity, use a water-resistant broad-spectrum sunscreen with an SPF of 30 or more. Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every 40-80 minutes or immediately after swimming or excessive sweating.

**6. Help protect children from sun damage.** Keep newborns out of the sun, since their skin possesses little melanin, the pigment that provides some sun protection. Sunscreen should be used on babies over the age of six months. Make sure your children are well-protected with clothing, hats, sunscreen and sunglasses. Ask the pediatrician to examine your child's skin thoroughly as part of a yearly check-up – especially important for those with fair skin, light eyes and hair, and those with a family history of skin cancer.

**7. Examine your skin head-to-toe each month.** Look for skin changes and let your doctor know about any sore that does not heal or spot that changes in size, texture or color.

*Adapted from the Skin Cancer Foundation*



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](mailto:pgillia@austin.rr.com)

[www.homeselect360.com](http://www.homeselect360.com)



*The Right REALTOR Makes All the Difference!*

# The Forum

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.

## The Forest Creek Forum *is online*

*Go green.  
Go paperless.*

Sign up to receive The Forest Creek Forum in your inbox. Visit [PEELinc.com](http://PEELinc.com) for details.



## We solve all the pieces to the puzzle.

Call Today to Get Started On All Your Printing Needs.

# 512-263-9181

LOCALLY OWNED & OPERATED  
308 Meadowlark St. • Lakeway, TX 78734



**PEEL, INC.**  
printing & publishing  
EXPERIENCE MATTERS doing business for 30+ years.



**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

FC



**PEEL, INC.**  
community newsletters

[www.peelinc.com](http://www.peelinc.com)  
**512.263.9181**