

FOREST CREEK

F O R U M

January 2014

Volume 8, Issue 1

BAG LADIES



NatureWatch
by Jim and Lynne Weber

While winter is the time of year when we hang man-made ornaments on our trees and shrubs to commemorate the holiday season, it is also the time of year when nature-made ornaments are most apparent in the landscape. These ornaments are as widely unique as snowflakes, and their appearance varies with the bits and pieces of leaves, twigs, and bark fragments woven into silken bags in a shingle-like fashion. They reveal themselves on the bare branches and limbs in winter, and they are created by female bagworms.

Members of the Psychidae family, there are about 1,350 species of bagworms worldwide, also commonly known as bagworm moths or bagmoths. Although different bagworm species vary slightly in habits and life cycle, bagworms spend the winter months in the egg stage sealed within the bags produced by females the previous fall. In late May to early June, very tiny caterpillars hatch, produce a silken strand by which the wind can carry them to new foliage (called 'ballooning'), and construct a tiny conical bag carried upright with them as they move. During leaf-feeding, the caterpillars emerge from the top of the bag and hang onto the host plant with their legs, sometimes aided with a silken thread. The bottom of the bag remains open to allow fecal material (called 'frass') to pass out of the bag.

By August or September, fully grown caterpillars have developed larger bags, and pupate within them. Seven to 10 days later, the pupae of the male moths work their way out of the bottom of the bag, and emerge from their pupal skin. These males have half-inch long clear wings, feathery antennae, hairy black bodies, and they spend their time seeking out a female to mate. Females, on the other hand, are immobile and stay in the larval stage, do not develop into moths, and remain inside the bags. After mating, the females produce a clutch of 500 to 1000 eggs inside their bodies and then die.

Bags vary in size, up to 2 inches long and about a half inch wide, and are spindle-shaped. They can be quite ornamental, covered in a somewhat patterned array of bits and pieces of plant matter. A wide range of broadleaf and evergreen trees and shrubs serve as hosts for bagworm species, including juniper, cedar elm, bald cypress, live oak, persimmon, sumac, sycamore, willow, yaupon, and native fruit and nut trees. Since these bags are composed of silk and plant materials, they are naturally camouflaged from predators such as birds and other insects. While birds can eat the egg-laden bodies of female bagworms after they have died, the eggs are very hard-shelled and can pass through the bird's digestive system unharmed. This represents yet another way to disperse bagworm species over a wide-ranging area, and helps in creating a whole new generation of bag ladies!



Bagworm in juniper



Bagworm in yaupon

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.



Advertise
Your Business
Here!
888.687.6444



GO GREEN
GO PAPERLESS

Sign up to
get this
newsletter
in your
inbox! Visit
peelinc.com
for details.



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

Bodyworks by Julie
Lake Forest Area Massage Therapist

Relax in Comfort

Julie Prewitt LMT BS

TX License #MT117693 Member AMTA

512-577-8873

bodyworksbyjulie@gmail.com

Come enjoy:

Organic Oils,
Lotions
and Sports
Creams

Warm up your
Valentine with a
80 Minute

HOT STONE MASSAGE

*includes aromatherapy

Gift certificates Available

\$100 value Now \$50
thru February only

By Appointment Only

Boat & RV Expo at Austin Convention Center



2014 AUSTIN BOAT & TRAVEL TRAILER SHOW

The 2014 Austin Boat & Travel Trailer Show will feature hundreds of watercraft and travel trailers from the top boat and RV dealers in Central Texas. Guests are invited to visit the Austin Convention Center to get a first look at 2014-model water craft and travel trailers on display, including wakeboard boats, cruisers, pontoons and fishing boats for water fun, and fifth wheels, truck campers and toy haulers for traveling in style. Other highlights include Bubble Runners, Kid's Catfish Tank and the Army Bass Anglers. This year's event also will offer Valet Parking for attendees.

Dates/Time:

- Thur., Jan. 16 – 12 p.m. – 9 p.m.
- Sat., Jan. 18 – 10 a.m. – 9 p.m.
- Fri., Jan. 17 – 12 p.m. – 9 p.m.
- Sun., Jan. 19 – 10 a.m. – 6 p.m.

For more information visit www.AustinBoatShow.com or contact Jennifer McKinney at 512-494-1128 or Jennifer.mckinney@austinboatshow.com.

2014 AUSTIN RV EXPO

The 2014 Austin RV Expo will feature over 200 recreational vehicles of all sizes and price ranges from the top RV dealers across Central Texas. Guests are invited to the Austin Convention Center to get a first look at 2014-model motor homes, pop-ups, travel trailers, truck campers, fifth wheels and green RVing R-Pods. The event, well timed for the kick off the vacation planning season, offers the perfect chance to explore the recreational vehicles firsthand and determine which one is right for your family needs.

Dates/Time:

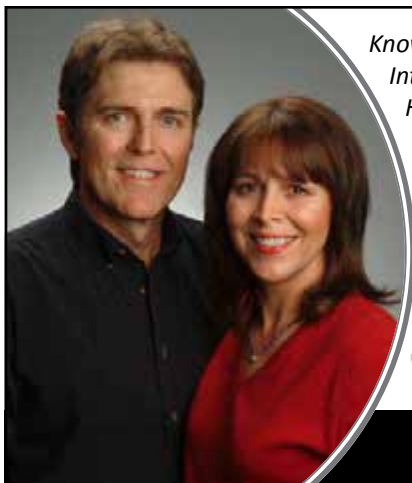
- Thur., Feb. 20 – noon – 8 p.m.
- Sat., Feb. 22 – 10 a.m. – 8 p.m.
- Fri., Feb. 21 – 10 a.m. – 8 p.m.
- Sun., Feb. 23 – 10 a.m. – 5 p.m.

For more information visit www.AustinRVExpo.com or contact Jennifer McKinney at 512-366-7135 or Jennifer.mckinney@austintrvexpo.com.



ADMISSION: Adults - \$8
Seniors Over 60 - \$4
Children 7-12 - \$4
Children 6 and Under – Free

LOCATION: Austin Convention Center
500 E. Cesar Chavez Street
Austin, TX 78701 (512-404-4000)



Knowledge,
Integrity, &
Hard Work.

Paul & Jan Gillia



Do Not Pay 6% To Sell Your Home!

Our full service listings are now **4.5%**. We get results!

Call or Email Before You List!

512-388-5454 • pgillia@austin.rr.com

www.homeselect360.com



The Home Select Team Makes All the Difference!

REACHING YOUR NEIGHBORS

and many others...

- Avery Ranch
- Barton Creek
- Bee Cave
- Bella Vista
- Belterra
- Canyon Creek
- Circle C Ranch
- Courtyard
- Davenport Ranch
- Forest Creek
- Highland Park West Balcones
- Hometown Kyle
- Hunter's Chase
- Jester Estates
- Lakeway
- Lakewood
- Legend Oaks II
- Long Canyon
- Lost Creek
- Meadows of Bushy Creek
- Meridian
- Pemberton Heights
- Plum Creek
- Prairie on the Creek
- Ranch at Brushy Creek
- River Place
- Round Rock Ranch
- Sendera
- Shady Hollow
- Sonoma
- Steiner Ranch
- Stone Canyon
- Tarrytown
- Teravista
- Travis Country West
- Twin Creeks
- Villages of Westen Oaks
- West Lake Hills
- Westside at Buttercup Creek
- Wood Glen

FOR ADVERTISING INFORMATION

Call Today 512-263-9181

www.PEELinc.com
advertising@PEELinc.com

PEEL, INC.
community newsletters



GOOD NEIGHBORS CAN BE GREAT FOR STRESS LEVELS

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

Socializing: With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

Pooled Resources: I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

Security: Knowing the people around you can bring a sense of security. If you need something—whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home—it's nice to know you can depend on those around you and they can depend on you.

Home Pride: Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood. Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

Get Out More: If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

Smile: It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

Talk To Your Elders: The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.

A FOCUS ON RESOLUTIONS

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.

BRENTWOOD CHRISTIAN SCHOOL

Learning with a Higher Purpose

512.835.5983

www.brentwoodchristian.org



SERVING THE AUSTIN AREA SINCE 1963

We would love for you to come tour our campus, visit with faculty, students, and administration, and learn more about our Christ-centered curriculum for Preschool through Grade 12. Learn how we teach our children to love God while providing them an exemplary education preparing them for their college experience. We would love to meet you!

ADMISSIONS OPEN HOUSE

Preschool - Grade 12
Sunday, February 2, 2014
2:00-4:00

Center for Science and the Arts, Bldg. F



- Kids Stuff -

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



The Story on Scars

Holly loved nothing more than riding her bike. But one day, she missed a curb and hit the pavement - splat! Now her knee was scraped and her elbow was cut. Her brother Darren helped Holly up and used his T-shirt to dab at the blood on her elbow. "Wow," he said, "You're probably going to have a huge scar."

WHAT EXACTLY IS A SCAR?

A scar is the pale pink, brown, or silvery patch of skin that grows in the place where you once had a cut, scrape, or sore. A scar is your skin's way of repairing itself from injury. Look at your skin. You probably have one or two scars already. Most people do. Why? Because a lot of things leave behind scars - from falls, like the one Holly had, to surgeries.

Scars are part of life and they show what you've been through. For some people, scars are special. A kid in your class might have a scar on his chest because he had heart surgery as a baby. Or you might have a scar from the chicken pox. Centuries ago, warriors showed off their scars as symbols of their bravery and to impress their friends with the exciting tales about how each one happened. Do any of your scars have a story?

HOW DO I GET A SCAR?

No matter what caused your scar, here's how your skin repaired the open wound. The skin sent a bunch of collagen (say: ka-leh-jen) - tough, white protein fibers that act like bridges - to reconnect the broken tissue. As the body did its healing work, a dry, temporary crust formed over the wound. This crust is called a scab.

The scab's job is to protect the wound as the damaged skin heals underneath. Eventually, a scab dries up and falls off on its own, leaving behind the repaired skin and, often, a scar.

A scar isn't always a sure thing, though. "It's not so much how deep or severe a wound is that determines whether a scar will form, but rather the location of the wound and that person's genetic [inherited] tendency to form scars," says Brian Flyer, a doctor from California.

In other words, certain people tend to get scars more easily, and scars are more likely to form after wounds on certain parts of the body.

HOW DO I PREVENT A SCAR?

Of course, the best way to prevent scars is to prevent wounds! You can reduce your chances of getting hurt by wearing kneepads, helmets, and other protective gear when you play sports, ride your bike, or go in-line skating. But even with protective gear, a person can still get hurt once in a while. If this happens, you can take steps to prevent or reduce scarring. You can help your skin heal itself by treating it well during the healing process.

How do you do that? Keep the wound covered as it heals so you can keep out bacteria and germs. Avoid picking at the scab because it tears at the collagen and could introduce germs into the wound. Some doctors say vitamin C (found in oranges and other citrus fruits) helps by speeding up the creation of new skin cells and the shedding of old ones. Also, some people believe rubbing vitamin E on the wound after the scab begins forming can aid the healing process. Your parent can talk to your doctor about whether you should try this.

SO LONG, SCARS!

Some scars fade over time. If yours doesn't and it bothers you, there are treatments that can make a scar less noticeable, such as skin-smoothing medicated creams, waterproof makeup, or even minor surgery. Talk to your parent and doctor to find out if any of these treatments would be right for you.

Sometimes the best medicine might just be to talk. Tell your parent or doctor what's bothering you about your scar and how you feel on the inside. Because when the inside feels good, the outside always seems to look better!

Updated and reviewed by: Patrice Hyde, MD • Date reviewed: January 2007

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

NOT AVAILABLE ONLINE

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.

SUDOKU

View answers online at www.peelinc.com

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

© 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

We look forward to helping you create your perfect home!





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

FC



LET US HELP YOU
GROW YOUR NEXT

**BIG
IDEA**



PEEL, INC.
printing & publishing

CONTACT US TODAY!

512.263.9181

OR VISIT

PEELINC.COM