FOREST CREEK FORUM

November 2015 Volume 9, Issue 11

ROUND ROCK NEW NEIGHBORS

Women Welcoming Women for Fun and Friendship

Whether you are a newcomer or have lived here for years WE WELCOME YOU! Ideal for empty nesters or women who have left the work place and are looking to get back to a social life. We enjoy monthly luncheons with a speaker or program of interest.

Our next luncheon is November 11, 2015. Our program will be a Fall Fashion Show by Cato of Round Rock. We have an endless list of interest groups: Movies, board and games, food groups, community volunteer activities and more.

Many activities take place during tne day and some activities include couples. Please visit our website at www.rrnewneighbors.org for more information and to see our newsletter. Or call Traci Clegg, Membership Chair at 512-992-1069

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NEWSLETTER INFO

NEWSLETTER

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SAVE THE DATE

25th ANNIVERSARY OF "EASB LIVE!' TO RAISE FUNDS FOR NEONATAL INTENSIVE CARE UNIT (NICU) AT SETON MEDICAL CENTER AUSTIN

The Elizabeth Ann Seton Board announces its annual benefit, EASB LIVE! TWENTY FIVE! at Camp Mabry, on Saturday, April 23, 2016 at 6 p.m.

Event chairs Elisabeth Anderson and Lesley Pitts anticipate another successful sell-out event to raise funds to support building and equipment needs for neonatal intensive care unit (NICU) and mother/baby services at Seton Medical Center Austin.

"Our board is excited that our work will maintain the utmost in care, including new equipment and enhanced surroundings for babies and their families in Seton's NICU," explained Elisabeth Anderson. "The community has been amazing in their support of EASB Live! for 25 years, and we can't wait to improve the lives of our very most vulnerable with this year's gala. What we are doing will give a baby the hope and help it needs to live, thrive and have a full life's story."

The 1,300 plus attendee event features a lively cocktail party, elegant dinner buffet, incredible auction packages, exciting live concert and "The Backyard" after-party, sponsored by Horizon Bank, hosting some of Austin's most craved food trucks, music and more. 2016 Sponsorships and tables begin at $4,000. Tickets start at $500.

"This year's Live Auction promises to offer items you simply can't buy anywhere else," added Lesley Pitts, Gala Co-Chair. Our little ones are our future, and ensuring them a successful beginning in life is motivation in itself for our board to knock it out of the park for our 25th anniversary."

The Elizabeth Ann Seton Board is dedicated to improving the lives of Central Texas communities by supporting the work and vision of the Daughters of Charity healthcare ministries through fundraising, education and community advocacy with The Seton Fund. The name honors America's first native born saint, Elizabeth Ann Seton, who founded the American branch of the Daughters of Charity in 1809.

To learn more visit http://www.setonfund.org/easb-live-2016, or contact Susan Hewlitt at 512.324.3275 – schewlitt@seton.org

Mealybugs

Mealybugs are pests of landscape plants and houseplants. They are often active during times of warm, dry weather, but can also become a problem indoors at any time of year. Infestations usually start at the base of stems and then spread from there as populations increase.

Mealybugs are a type of unarmored scale insect. They are sexually dimorphic (males & females look different). Males have wings while females remain wingless and nymph-like throughout their life. Females are oval, soft-bodied and covered with a white waxy powder.

These insects have piercing-sucking mouthparts which they use to penetrate plant tissue and suck out juices. This can lead to chlorosis (yellowing of the plant), wilting and distortion. With larger infestations, the insects may cause stunted growth, premature leaf drop or death of the plant. Mealybugs are also known for secreting honeydew, a sweet, sticky substance on which a fungus called *sooty mold may grow.

*Sooty mold is a fungus that grows on honeydew excretions. Sooty mold can indirectly harm the plant by covering plant surfaces and reducing the amount of sunlight that reaches plant tissues, resulting in reduction of photosynthesis.

Since all but male mealybugs are wingless, adult females have to be placed near a host plant for them to infest it. They can crawl short distances to plants. Immatures can be blown to new locations by the wind, move by water or be transported by animals.

Tips for mealybug management:

- Conserve beneficial insects; there are many insects that will feed on mealybugs or parasitize them
- **Use high pressure water sprays to dislodge the insects from the plant
- **Insecticidal soap
- **Horticultural oils
- **Insecticides labeled for mealybug control
- For severely infested plants, it may be best to throw the plant away and buy a new one

**If treating houseplants, move plants outside during treatment then move back inside once treatment has dried.

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

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Nature Watch: Gone to Seed

by Jim and Lynne Weber

Often used as an informal figure of speech meaning to deteriorate or go downhill, 'gone to seed' can have a negative connotation. But each seed contains a new beginning: a tiny plant just waiting for the right conditions such as water, warmth, and a good location, to germinate and grow. Seeds and seed heads form fascinating shapes, varying sizes, and intricate patterns, often adorning the fall and winter landscape.

Plants have many ways of dispersing their seeds, and most have evolved over millions of years. While the methods are tried and true, certain seeds have developed in very particular ways to take advantage of such methods, and some plants only release their seeds in response to specific triggers.

Wind helps seeds float or flutter away, often aided by seed structures such as thin wing extensions or long, feathery tails like those on the endemic Scarlet Clematis (Clematis texensis). Texas Bluebonnets (Lupinus sp.) employ the expulsion or explosion method, where the small, pebble-like seeds are forcibly expelled when the dried pods twist open in the warm sun. Gravity plays a part in many plants seed dispersals, where weighty seeds fall off the plant and roll to a new location. The best example of this are the round, heavy fruits that simply fall off a plant when ripe, such as those on Mexican Plum (Prunus mexicana) or Texas Persimmon (Diospyros texana). If the fruits have a tough outer shell, they may travel some distance from the parent plant, and if they have a soft skin, they may break open where they fall and scatter the seed or seeds within.

Some plants produce very light seeds, seeds with buoyant fluff, or seeds with air trapped in them, so they can float away from the parent plant that grows in or around water, like Common Buttonbush (Cephalanthus occidentalis) or Black Willow (Salix nigra). Others employ the assistance of animals, which can come in the form of seed or fruit eating (where the seed can pass undigested through the animal), seed caching or burying, or seed transportation. Often unbeknownst to the animal, seeds can be covered with tiny hooks or spines that catch on a passing animal's fur, and eventually rubbed off in another location. Common examples include Cedar Waxwings and American Robins eating juniper and yaupon berries, both ground

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The Forum

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and tree squirrels eating and caching acorns, and many animals (including humans) that emerge from the wilds carrying the seeds of Beggarsticks (Bidens sp).

This fall and winter, let the seeds linger! Not only do they provide much needed food for wildlife, but leaving them allows for some beautiful and mysterious patterns in your winter landscape, and the promise of renewing the cycle of life that begins again each spring!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our book, Nature Watch Austin (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.

SUDOKU

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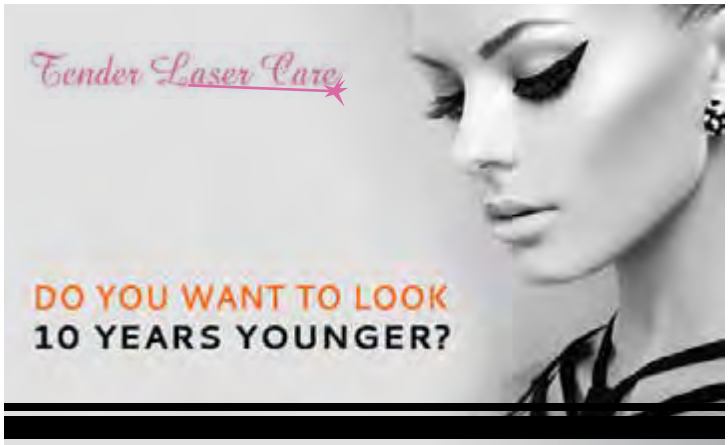

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Adding Yoga to Workout Regime Can Improve Health

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being,said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.

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