

THE FOREST CREEK FORUM

*A Newsletter
for the Forest Creek
Community*

The Forest Creek forum is a monthly newsletter mailed to all Forest Creek residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



Round Rock New Neighbors

**WE ARE CELEBRATING THE DECEMBER HOLIDAYS
WITH THE AUSTIN HARMONY CHORUS
THE DATE IS DECEMBER 9TH, 2015 – 10:30 AM UNTIL ABOUT 1:30 PM
AT BRUSHY CREEK COMMUNITY CENTER 16318 GREAT OAKS DRIVE, ROUND ROCK**

Whether you are a newcomer or have lived here for years WE WELCOME YOU! We are of all ages!! 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.

Many activities take place during the 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 for information.

"SPRINGTAILS"



Springtails are very small, jumping insects that can sometimes become a problem inside homes. Springtails are usually found in areas of moisture, so indoors they may be located near potted plants, sinks, bath tubs or kitchen compost areas. These insects are typically found outside in gardens, near swimming pools or near where there is excessive moisture or standing water.

Springtails are small (about 1/16 of an inch long), wingless and come in various colors. These insects have a "tail" that latches into a space on the underside of the body that they can use to "jump" several inches into the air.

Springtails are considered a nuisance insect, but some may chew on roots and leaves of sapling plants. They usually do not cause enough damage to warrant control measures to be taken. If you have springtails in your home it points to a moisture problem that should be fixed.

Options for helping reduce springtail problems:

- Remove excessive mulch and/ or leaf litter near the home
- Change watering schedule to reduce the amount of moisture near the home
- Use fans or dehumidifiers to reduce moisture indoors
- Seal cracks, crevices, pipe & wire penetrations on the outside of the home
- Replace or repair any screening on doors and windows that is damaged
- Replace weather stripping around doors and windows that does not provide a good seal
- Suck up any indoor infestations with a vacuum

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 Forum

NEWSLETTER INFO

NEWSLETTER

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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.

TEENAGE JOB SEEKERS

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Fulp, Madison#.....	18.....	512-289-4546
Fulp, Kylie*+.....	15.....	512-289-4546
Germany, Grace.....	13.....	512-845-5821
Leal, Alana.....	14.....	246-9105
M, Audrey.....	15.....	512-238-1365
Matingou, Cyrena*+.....	13.....	404-698-5272
Pena, Myka.....	15.....	971-7333
Phillips, Marissa.....	15.....	785-9710
Rink, Ethan.....	13.....	614-743-0461
Rodriguez, McKenzie.....	12.....	512-626-2097
Sanders, Mackinsey.....	16.....	289-9969
Taylor, Tristen.....	15.....	512-921-6375
Tucker, Savanna.....	14.....	512-375-2581

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Attention Teenagers

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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.



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NATUREWATCH BY JIM AND LYNNE WEBER

FABULOUS FOXES

Members of the Canidae family are all dog-like mammals, and in the United States that includes wolves, coyotes, domestic dogs, and true foxes. They are adapted to running swiftly over open terrain, and typically have long muzzles, upright ears, bushy tails, and teeth that can crack bones. The family is further divided into two tribes, with the wolves, coyotes, and dogs in the Canini tribe, and the true foxes in the Vulpini tribe. In central Texas, two species of true foxes exist, the native Common Gray Fox (*Urocyon cinereoargenteus*) and the introduced Red Fox (*Vulpes vulpes*).

Most active at night, and sometimes in late afternoon or early morning, the Gray Fox is a medium-sized fox with grayish upperparts, tawny sides, and reddish-brown legs. It has a whitish throat with a distinct black patch on the sides of its muzzle and lower jaw. Often confused with the Red Fox, the main distinction is the black tip on the tail and the fact that it is found throughout Texas. Gray Foxes are adept tree climbers, highly unusual for Canids, and they use their rounded claws to ascend trees much like bears. Once up in the canopy, they can hunt birds, escape predators, bask in the sun, or jump from branch to branch like a cat.

Also active at night, and frequently at dawn and dusk, the Red Fox is similar in size to the Gray Fox, but differs mainly in its coloring. While its typical coloration is generally rusty red, this fox can exhibit several other color forms, from black to silvery gray, but it always has a pattern of darker fur along the spine and down across each shoulder blade, forming a cross. The most distinct difference from the Gray Fox is the bushier tail that ends in a white tip. The Red Fox is found throughout most but not all of Texas, absent from the far western and southern portions of the state. Not native to Texas, it was introduced for sport around 1895 in the eastern and central regions.

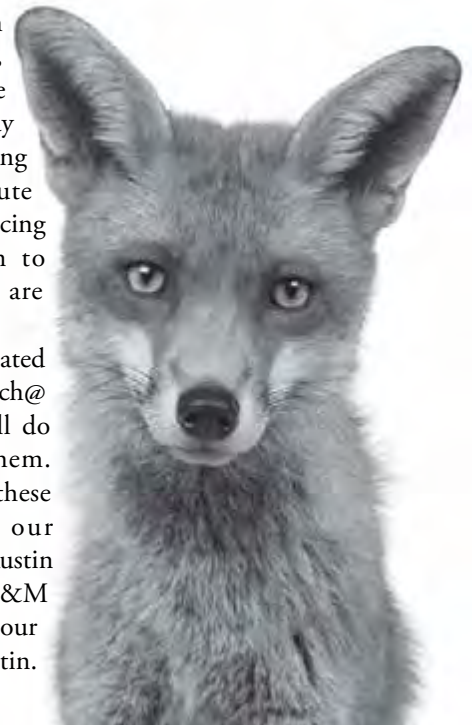
Both species of fox are social animals, and their primary unit consists of a family with an adult male (or Reynard or dog), adult

female (or vixen), and the juveniles (or kits, cubs, or pups) that were born that year. These foxes are thought to mate for life, with breeding beginning in December and extending into February. They can use a variety of places for denning sites, but most commonly they reuse underground burrows dug by other animals. Both the male and female care for and feed their young, and their diets consist of small mammals, birds, berries, and occasionally insects.

Foxes are usually seen in mixed woodlands and edges of forests, and while hunting they often use old roads or open trails while traveling the same routes.

Their activity peaks with the activity of their prey, and if you get the chance to watch the cunning way in which they hunt, using their night vision, acute hearing, and high pouncing attacks, you'll begin to understand why they are called fabulous foxes!

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.



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10 Easy Ways to Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests. Employ these effective tips:

1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.

2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.

3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of procedures.

4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.

7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.

“HOW CAN I GET IN SKI-SHAPE?”

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases: Muscle training, Stamina, and Agility.

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using “interval” periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are “ski-adaptive” sports. “Ski-specific” training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

By Kelly Cunningham, MD, Sports Medicine specialist
Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society



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Protect Your Home From Freezing Weather

Wrap all exposed pipes located outside or in unheated areas of the home. Remove garden hoses from outside faucets. Cover vents around the foundation of your home.

Know where your property owner's cut-off valve is located and how to use it. The valve is located adjacent to the water meter box under a 6" metal lid.

IN SUB-FREEZING WEATHER

Drip outside faucets 24 hours a day (5 drops per minute). This is not necessary unless temperatures are expected to be 28 degrees or below for at least 4 hours. (Be sure to turn off the faucets after the threat of freezing weather.) Open cabinet doors under sinks adjacent to outside walls. In unheated garages, shut off water to washing machines. Water softeners should be drained and protected from freezing temperatures. In sustained sub-freezing

weather, let water drip slowly from inside faucets. Take extra precautions to protect pipes that have frozen in the past.

IF YOU ARE NOT GOING TO BE HOME:

Shut water off at the property owner's cut-off valve. Drain all outside water faucets if your house will be unoccupied for several days (leave outside faucets open). Or, leave home heating system on at a low setting. Open cabinet doors under sinks adjacent to outside walls.

Renters and tenants may be responsible for personal property damage caused by broken water pipes during severe weather conditions. Residents should contact property management/landlord or maintenance personnel to locate property owner's cut-off valve and find ways to avoid pipe breakage during a freeze.



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