

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

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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.

THEY LIVE WITH THAT CONSTANT REMINDER...THE EMPTY CHAIR

Campaign Overview

Our platform seeks to engage and inform the citizens of this country of our solidarity movement to honor our brave. This campaign's mission and purpose, is to show our gratitude to troops, veterans, law enforcement and their families, that we understand and appreciate the sacrifices they've made for the freedoms we're privileged to enjoy.

A representation of your heartfelt THANK YOU will be on display when wearing the Token of Appreciation pin. It's an impactful salient message that demonstrates our understanding of the difficulties and dangers those who protect and serve experience while keeping us safe. It allows for opportunities to show our gratitude to the unidentifiable (those not in uniform). We hope you'll join in this effort.

To kick start this campaign, we're orchestrating a Fund Raising Drive during the month of February. Share the Will is a nonprofit and recipient of 5,000 Tokens donated by Chasco Constructors. Our goal is to see Tokens of Appreciation on the shirts, coats and caps of many and raise upwards of \$25,000. Thank you Chasco, for making it possible in that

100% of every dollar received, will go towards the immediate needs of our military and or law enforcement members in our community.

We encourage you to give pause more than just a few days a year...our brave are on duty 24/7/365. We ultimately hope to bolster our military and law enforcement members confidence in how they're perceived by the people. Lastly, let us not forget the sacrifices of the loved ones...for they live with their constant reminder...the empty chair.

Wear your pin, show your appreciation and let it serve as YOUR constant reminder..... FREEDOM IS NOT FREE.

If this resonates with you and you'd like to participate in this fund raiser, we are seeking Ambassadors. A representative for each neighborhood would certainly optimize our organizational strategy and be instrumental in the success of achieving our goal.

Contact emails: Vikinggirl1010@gmail.com or Sharethewill@gmail.com Will Williams retired Sergeant was deployed 6 times, is retired, yet still serves...his community. Visit www.tokensfortroops.com for a list of local charities.

NEWSLETTER INFO

NEWSLETTER

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NEWSLETTER PUBLISHER

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

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

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TEENAGE JOB SEEKERS

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
Bragadeste, Alexa.....	16.....	•.....	•.....	•.....	•.....	512-965-0078
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

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!

Acupuncture

By: Yunguang Yang (Lily)

Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most non-emergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

WHAT IS ACUPUNCTURE?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

WHAT TO EXPECT?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of Chinese manipulative therapy, consisting of massage, acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

WHAT ABOUT HERBAL MEDICINE?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Traditionally, this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

WHAT CONDITIONS CAN BE TREATED?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for

(Continued on Page 3)



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(Continued from Page 2)

treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight. Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.



Interested in adoption for your family? The Adoption Collaborative of Central Texas is made up of organizations that are adoption focused and committed to raising awareness about the children in our communities that are awaiting families. The collaborative is driven by the mission of sharing the responsibility to strengthen the adoption community and build forever families. You can work with these agencies to become licensed to foster and/or certified to adopt. There are no fees to adopt from the foster care system regardless of which agency you work with. There is only one pool of children, and they are all in care of the state, every licensed agency has the ability to assist in adoption of any foster child in Texas. Child placing agencies are also foster care providers. The first step is to choose a child placing agency to begin your journey.

Learn more about starting the adoption process and the children waiting for forever families at www.heartgallerytexas.com.

Spirit of Hope Caregivers Support Group

For Caregivers of Dementia/Alzheimer's Family Members

Many caregivers are under high emotional stress due to the demands of caregiving. This can lead to anxiety, fear, doubt, feeling alone, isolated or stigmatized. Many caregivers are not aware of community resources available to them or feel uneasy in reaching out for help. The challenges of caregiving can be even more difficult if there are problems with thinking such as dementia involved. Support groups offer a safe and confidential place where you can get help with coping and problem-solving as you meet the daily challenges of caregiving a loved one with dementia/Alzheimer's. There is something tension relieving about being with others who share similar experiences and challenges as you do.

The Spirit of Hope Caregivers Support Group was birthed from the faith-based "God's Transforming Journey of Caregiving" Seminars in Leander, Texas in 2015. Several attendees felt a need to continue the bonding, information sharing, and support they had received on an on-going basis. I am pleased to offer this faith-based support group to caregivers of dementia/Alzheimer's family members in the Hill Country area. All are welcome!

I am a Licensed Clinical Social Worker by the Texas State Board of Social Worker Examiners, retired Professor of Social Work from the University of Mary Hardin-Baylor (2010), former caregiver, and facilitator of God's Transforming Journey of Caregiving Seminars.

The support group is held every third Monday of each month at Generations Church in Leander, Texas at 1461 E. Woodview Drive 78641 at 7:00-8:30 p.m. The small donation is \$10.00/month. You are not alone. We hope to see you there!



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NATUREWATCH: **WINTRY WONDERS**

by Jim and Lynne Weber

While our winter weather is milder than most, our thoughts often turn to visions of ice and snow. From first frost to ice storms to snow storms, these frozen precipitation events are sporadic in Central Texas, but when they occur, they can also be spectacular!

How does frost, this sparkling layer that sometimes covers the landscape, form? When the temperature of the air reaches a point where the water vapor in it can condense out into water, it is called the dew point. The frost point is when the dew point falls below freezing, and rather than producing dew, it creates frost. Consisting of tiny, spike-like crystal structures called 'spicules' that grow out from a solid surface, frost generally forms on surfaces that are colder than the surrounding air. Even the size of the crystals can

vary, depending upon the amount of time they took to grow, the relative changes in temperature, and the amount of water vapor available.

Cold air is denser than warm air, so quite often when night skies are clear and calm, lower areas become colder due to differences in elevation. Known as surface temperature inversion, this phenomenon forms 'frost pockets' or areas where frost forms first, due to cold air trapped against the ground. On such days, there can be a 40 to 50 degree difference in air temperature between dawn and early afternoon. Getting out early can reward you with a rare and wonderful spectacle of nature when something called 'hoar frost' is formed.

Referring to white ice crystals that are deposited on the ground or loosely attached to exposed objects such as leaves and branches, hoar frost forms on cold, clear nights when heat radiates out to the open sky faster than it can be replaced by nearby sources such as wind. This allows objects in the landscape to cool below the frost point of the surrounding air, and well below the freezing point of water. Hoar frost can form in low-lying cold air even when the air temperature a few feet above ground is well above freezing. The name 'hoar' comes from an Old English adjective meaning 'showing signs of old age', and refers to the frost making the vegetation look like it has grown white hair. When hoar frost forms on objects above the

surface, like branches and leaves, it has a feathery-like appearance and is specifically called air hoar.

Snow, on the other hand, is an entirely different matter. When a cold water droplet freezes onto a pollen or dust particle high in the sky, it creates an ice crystal. As this primary crystal falls toward the ground, more water vapor freezes on it, building new crystals that form the six characteristic arms of a snowflake. This process of crystallization builds in a symmetrical or patterned way, because it reflects the internal order of the water molecules as they arrange themselves in pre-determined spaces to form the six-sided snowflake.

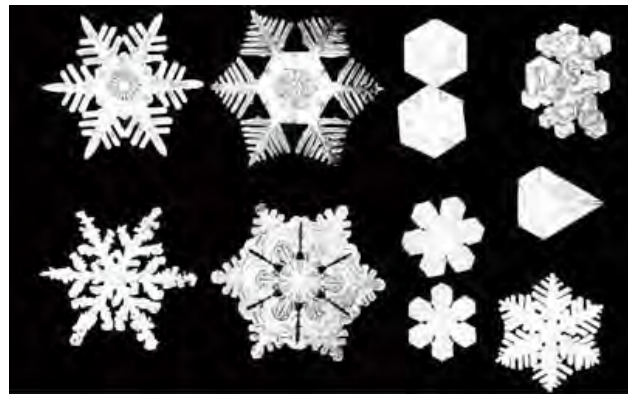
The most significant factor that determines the basic shape of the ice crystal is the temperature at which it forms, and to a lesser degree humidity. The intricate shape of a single arm of a snowflake is determined by these atmospheric conditions as the entire crystal falls. As slight changes in temperature and humidity occur minutes or even seconds later, a crystal that begin to grow in one way might then change and branch off in a new direction. Since all six arms of a snowflake experience the same changes in atmospheric conditions, they all grow identically. And since individual snowflakes encounter slightly different atmospheric conditions as they take different paths to the ground, they all tend to look unique, resembling everything from simple prisms and needles to intricately faceted plates and stellar dendrites.

On the surface, winter may seem as if nature is shutting down all around us, but take the time for a second look. Aside from the visual beauty they provide, the frozen forms of precipitation during the season are just another part of the ongoing cycle of life and renewal for our native plants and animals.

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



Hoar frost on barbed wire



Snow crystal forms

Timely Tips for February Gardeners

February may be the toughest gardening month. Thank goodness it's short. In Texas we do not know what kind of weather to expect from day to day or from day to night. Keep in mind that the average last freeze for our area is not until mid-March. Even so, many plants normally begin to show signs of growth in February, which makes it the perfect time, to get outside and work in the yard.

This is the perfect time to get your garden tools in good working order. So that when Spring arrives you are ready to plant those plants, mow the grass and prepare all those beds in preparation for a beautiful landscape.

Pruning is both an art and a necessary maintenance function. Most trees and shrubs can be lightly pruned at any time; however mid-winter is generally the best time for major pruning.

Summer flowering trees and shrubs should be pruned before buds begin to swell for Spring, generally they bloom on new growth; examples are crape myrtle, butterfly bush, spiraea and honeysuckle. If those seed heads on crepe myrtles bother you,

remove them this month. Just clip back the ends of the branches, do not destroy the beauty of the gracefully sculptured trunks by severe pruning. Please never top a crape myrtle. Spring flowering plants such as azalea, Carolina jessamine, wisteria, forsythia, and quince should not be pruned until after the blooms are spent.

February is the best time for pruning most roses. Remove any old and diseased canes then cut the remaining canes back by 50%. Make your cuts above a bud that faces away from the center of the plant.

Early to mid-February marks the time to apply a pre-emergent herbicide for lawns. These products kill germinating seed. A second application may be needed in late May or early June. Remember that the best defense against lawn weeds is a healthy, thick turf resulting from good management.

Trim back perennials and ornamental grasses before the new growth appears in Spring. Clean up around plants and mulch well to protect.

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6		1					4	5
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		4			6			
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			1			5	7	

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.

View answers online at www.peelinc.com

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco
Owner, Manager and Director of Tennis
Grey Rock Tennis Club, Austin, TX



In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, and the two handed backhand volley. In this issue, I will give you instructions on how to execute the serve, considered as the most important stroke, since the player has complete control of the game at this time. In these pictures, Adolfo Gonzalez, one of the tennis pros at the Grey Rock Tennis Club, demonstrates the proper form and technique for a right-handed player. For a left-handed player, the instructions will be the opposite hands.

Step 1: Ready Position: The body is sideways with the right hand holding the end of the racket in a forehand grip position and the left hand is holding the ball under the throat of the racket. The left arm is slightly straight and the ball is held with the thumb, index finger and middle finger. This allows for a consistent toss without using the wrist and/or elbow. Feet are a shoulder width apart and the body is in equal balance. For beginners, it is okay to change the grip slightly toward the forehand grip. As the player gets more advanced, the continental grip will be a better one to give more spin on the ball.

Step 2: Back Swing: The left arm comes down and the right

arm follows it. It is vital to slow down the motions to allow for both of the arms to have good balance in the front and behind the body. Notice that the hand is in the process of tossing the ball in front of the body and the left wrist is bent down. It is imperative to have a good consistent toss since it will dictate the success or failure of the serve.

Step 3: Point of contact: Once the player is ready to hit the ball, the right arm will force the racket toward the point of contact, while the left hand will come down toward the body. This allows for the "snap" of the wrist to accelerate and bring the ball down. Notice that the point of contact is slightly higher than the center of the racket. Eyes are still focused on the point of the contact and will be ready to look down as soon as the ball leaves the frame. The right hip is extended to allow the body to extend up.

Step 4: Follow Through: The racket speed will extend to the left side of the body. The right foot is coming forward and is pointing toward the net. The trunk is straight and eyes are focused on the direction of the ball. At this point the player will take the split step and will jump either behind the base line to rally with the opponent or will move toward the net to serve and volley.

Look for in the next Newsletter: The Half Volley



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