

Round Rock New Neighbors

AN ORGANIZATION OF 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 have an endless list of interest groups: Movies, wine tasting, board and games, food groups, shopping groups, community volunteer activities and more. We enjoy monthly luncheons with a speaker or program of interest.

Our next luncheon is March 9, 2016. Our program will be a

Spring Fashion Show by Chico's. We will serve a luncheon of Chicken Parmesan with Tiramisu for dessert. Sounds like a great afternoon! You are welcome to join us as a guest and meet our members.

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

AUSTIN'S LIVE MUSIC

RUNNING EVENT

TAKING PLACE ON APRIL 3

North Austin is home to the Austin 10/20, the only race in town that can truly claim to be Austin's Live Music Running Event. The 5th Annual Austin 10/20 is a family friendly race that will be held on April 3 at the Domain. The 10 mile running and walking event will have 20 stages of live music along the course and a Headliner Concert featuring Grammy nominated rock band Fastball at the Finish. Over 5,000 participants are expected to attend.

From local bands, to local prize money, to a featured local charity (Capital Area Food Bank of Texas), the Austin 10/20 showcases all things that make Austin the best city in Texas.

Since the beginning of the Austin 10/20 in 2012, over 400 local bands have applied to play at the annual race but only twenty of the best can be selected each year. These talented bands are positioned every half mile along the route to keep athletes motivated and rocking as they move along.

Last year's winner Kenneth Rotich covered the race course in just 49:27. Runner up Erik Stanley was right on his heels finishing just a second behind in 49:28. Stanley was also the Travis County

Champion and the winner of a special prize money purse available to the top five local male and female finishers.

Don't let the fast times discourage you as athletes of all abilities are welcomed and encouraged to participate. In addition to tons of music, the Austin 10/20 offers plenty of course support – water stations, cold towel stations, cheer zones and porta-pottie locations along the route to make race day enjoyable for everyone. The generous three hour time limit allows for walkers to participate.

Waiting at the Finish Line for all participants is a dazzling finisher medal and a rock 'n' roll Post Race Party with free beer (must be 21 or older). Rock band and Austin trio, Fastball will take the Main Stage at 10:30 AM. Friends and Family are welcome to cheer on their runners and stay for the Finish Line Concert.

The Austin 10/20 is sponsored by Third Base Sports Bar, Corner Bakery Café and Lyft. Turnkey Operations produces the race and is based in Austin, TX.

To learn more about the Austin 10/20 or to register for the race, visit Austin1020.com.

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.

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

*CPR Training +First Aid Training #Red Cross Babysitting Cert.

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!

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.

Quality

PRINTING COMPANY



Call today for more info
512.263.9181
QualityPrintingOfAustin.com



Sandra Esparza, MD
Family Practice

Ramon Esparza, MD
Pediatrics

ABC Medical Center

Superior Medical Care for
Adults, Babies and Children

"Let our family treat your family."

Serving Forest Creek and
surrounding areas for over 10 years.

Specializing in Pediatrics & Family Practice.
 Pediatric Healthcare, Physicals,
 Women's Healthcare, Immunizations
 and Urgent Illness

Se habla español
 Accepting most insurances, now taking new patients

(512) 310-9700
 1750 Red Bud Lane
 Round Rock, TX 78664

HOPE4MINDS Amplifies Hope for Children with Acquired Brain Injury with \$10,000 Matching Grant from DOCUmentation

Volunteers and Donors to Kick Off 2016 Amplify Austin Fundraising Campaign at The Dogwood on March 8th



HOPE4MINDS, an Austin-based nonprofit that provides charitable support to Texas families of children with an

acquired brain injury, aims to raise \$30,000 in its 2016 Amplify Austin campaign that kicks off at 5:30 p.m. on Tuesday, March 8, at The Dogwood, 715 W. 6th Street in Austin. The Kickoff Party goes until 10 p.m. with live music from The Fixer & the Flaw & Mike Reardon Blues and complimentary appetizers from 6 to 7 p.m. The Dogwood will generously donate 10% of all alcohol and food sales to HOPE4MINDS during the party.

DOCUmentation, a leading provider of business technology solutions from printing to document management systems, will match donations to HOPE4MINDS up to \$10,000. HOPE4MINDS is supported by more than a dozen individual fundraisers of all ages through Amplify Austin's website. Learn how to make a donation by searching "HOPE4MINDS" at www.ilivewheregivehere.org/amplify-austin or go to www.hope4minds.org.

Since 2012, HOPE4MINDS has provided more than \$296,000 in services to families. They help families pay for things such as therapy, treatments, equipment, and home renovations that are not covered or only partially covered by insurance. They have a monthly support group in Austin, along with a Parents-4-Parents Support Program. They also offer CPR/First Aid Trainings and Concussion Baseline Screenings in the Austin area.

"HOPE4MINDS is truly changing the lives of the families it supports and our team wants others to know about the incredible impact they are having on kids' lives," says Denise Bodman, Real Estate Advisor for Engel & Völkers who has supported HOPE4MINDS as a donor and volunteer since its inception in 2011. "Amplify Austin is a unique opportunity to rally our community to learn what HOPE4MINDS is all about and to rally our community behind their cause."

According to The Center for Head Injury Services, approximately 1 in 500 school-age children each year receive a head injury severe enough to be hospitalized. Although families are eligible for state and federal financial support, funding is limited, and families are forced to pay for medical care on their own. A child who survives a head injury face a wide range of conditions, including short-term memory loss, a decline in functions such as reasoning, judgment, and synthesizing information; anomia, or difficulty with words, as well as visual disturbances. Other effects may include ataxia, or a lack of coordination; apraxia, or an inability to coordinate a familiar movements such as brushing teeth, combing hair, using eating utensils; spasticity, rigidity and myoclonus, disorders which can include a tendency toward jerky motions and trembling; and quadriparesis, a weakness of the arms and legs.

The HOPE4MINDS mission is to foster hope and enrich the lives of children with an acquired brain injury through support and education. For more information, visit www.hope4minds.org.



Knowledge,
Integrity, &
Hard Work.

Paul & Jan Gillia



2015 Five Star Professional as seen in Texas Monthly Magazine

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! Co-Brokers always receive 3%



512-388-5454 • pgillia@austin.rr.com

www.homeselect360.com



The Home Select Team Makes All the Difference!

XERISCAPE

Before you nix the xeriscape, know this: it doesn't mean you have to convert your lawn to a rock garden. Nor do you have to go cold turkey on turfgrass. But you do have to keep seven principles in mind.

www.gardenstylesanantonio.com

Coined in 1981 by Denver Water, xeriscape (xeris is Greek for dry) refers to the principles of matching low maintenance landscape with low water usage.

Xeriscape is not just rocks, cactus, agaves, synthetic turf, decomposed granite and rain barrels, although these could all be components of a xeriscape. A xeriscape in its simplest form is minimal lawn, native flowering perennials and shrubs with no more than two inches of mulch, and pervious patios or decks.

THERE ARE SEVEN PRINCIPLES OF XERISCAPE. THEY INCLUDE:

1. Planning and design
2. Soil amendment
3. Efficient irrigation
4. Appropriate plant selection
5. Mulch

6. Limited turf areas
7. Appropriate maintenance

Now let's look at what these principles really mean.

PLANNING AND DESIGN

Always begin with a plan. Consider aspect, shade, slope, soil, and existing and desired species. Always have in the back of your mind the goal of one third lawn, one third beds and one third pervious patio or deck.

SOIL AMENDMENTS

Soil holds moisture. The more soil, the less supplemental water needed. One way to increase water holding capacity is compost. Add one inch of compost to the soil. Expanded shale, while not organic, is excellent for heavy clay soils.

EFFICIENT IRRIGATION

Of course, the most efficient irrigation is rain. But the second best is a hose. Let this sink in — an in-ground irrigation system will use 50 percent more water (70 percent in the summer) than a hose-end

(Continued on Page 5)

One Company, Two Great Services!

Whether traveling for business or with your family, to the airport or around town, you deserve a safe, friendly driver, a comfortable vehicle, technology that makes your life easier, and most of all confidence and peace of mind that your ride will show up as reserved. Book online today!

SuperShuttle.com
ExecuCar.com



**SAVE 10%
ONLINE USING
CODE: K333F**

Good for AUS airport transfers

(Continued from Page 4)

sprinkler or hand held hose. Which do you think does a better job of conserving water?

APPROPRIATE PLANT SELECTION

Pick a good shade tree or two. Enjoy some native plants or ones well-adapted to our area. An extensive list of options is available at GardenStyleSA.com.

MULCH

Two inches of mulch, whether organic like woodchips or river rock, is sufficient. Xeric plants prefer limited mulch.

LIMITED TURF

It's really simple. Lawns uses an excessive amount water. Therefore, reduce the size of lawns. The recommendation of weekly mowing suddenly becomes much easier.

APPROPRIATE MAINTENANCE

Excessive pruning and fertilization does more harm than good. Just keep it simple – mow weekly, prune perennials no more than three times a year, prune trees once every five years and fertilize once a year or use compost in spring and fall.

SUDOKU

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

View answers online at www.peelinc.com

© 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.



Reid's

Cleaners & Laundry

DEDICATED TO QUALITY & SERVICE

Home delivery also available in the area

**3750 Gattis School Road
512.244.9911**

\$1.79 Laundered Shirts
With Dry Cleaning

*Must present coupon at drop off
Expires 06.30.2016

50% OFF
YOUR FIRST MONTH
OF HOME PICK UP & DELIVERY
SERVICES.

**REID'S HOME
PICK UP & DELIVERY**

Are you a Cheap, Thrifty or Frugal?

Webster's.com says: "Cheap = stingy or miserly." Example...do you water down hydrogen peroxide to make it go farther? Do your own dental work? Time yourself when opening the fridge? You might be frugal if you save leftover bars of soap in a jar with water to make your own soft soap. (OK, I'll confess to trying this one, but with dismal success.) "Frugal = not wasteful and careful." The word "thrifty" sounds even better than "frugal" and has a tremendously positive definition. Noted at Webster's.com as Thrifty = "Successful, wisely economical". As you hunt and experience the thrill of shopping at a resale/thrift stores, think to yourself "I am thrifty! I am successful! I am wisely economical" and laugh all the way to the bank. At times in my life, I have been all three.

The perception of thrift stores several years ago was that many smelled like old socks and Fritos. What you can expect to find in most of today's shops are cheerful, eager volunteers or staff, a daily change of inventory, clean fitting rooms, thrifty pricing, lots of used coffee mugs, and stores offering sales.

Some of the items I have found at local stores are. New Prada scarf--\$1.00, Fossil Leather purse new with tag--\$3.00, New Suede Pants with bead embellishments --\$7.99 and Whoohoo!,

they sported a new \$230 tag. Genuine Brighton purses and shoes have been purchased too.

I have been shopping thrift for years and have developed the following:

Ten Successful and Wisely Economical Thrift Store Tips to save time AND money:

- Always take donations to drop off if you are planning to bring some things home. Simultaneously bring out and bring in and always clean up your clutter. Make a detailed list for taxes.
- Find a thrift store by your home, visit frequently and check out store websites for sale calendars. Inventory changes daily.
- Have a list when you go in to the store. The clothing in most thrift stores is sorted by color not size. Don't become overwhelmed. If it was super quick to find a deal, wouldn't everyone be doing it?
- Don't buy clothing if it doesn't fit. This is a frugal thing to do. Are you really going to lose 5-10 pounds?
- Wear bike shorts and slip on shoes for quick changes.
- Look outside the box. You'll need to shop when people are cleaning out their closets and not when retail stores would typically have

(Continued on Page 7)



- * 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!



Forest Creek Animal Hospital

*Clifford H. Peck, D.V.M.
Amber Breclaw, D.V.M.
Lisa Labry-Byer, D.V.M.
Cole Carter, 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*

(Continued from Page 6)

sales. Shop June through September for long underwear and seek out Hawaiian Shirts in November. Housewares, baby items, toys and furniture are good finds at any month. I feel the best time to shop is second or third week of June, and second or third week of January when de-cluttering typically occurs.

- Buy essential wardrobe pieces
- Black turtle neck sweater
- Hawaiian shirt
- Purses
- Jackets, Scour through tons of women's dress and denim jackets.
- Pants that fit. Seek moderate sportswear labels if you are a label snob. Chicos, Liz Claiborne, Banana Republic can be found at \$7.99 vs \$60.00.
- Silk Black Tank Top--easy to find after Christmas.
- Western Shirt. We ARE in Texas. Someone is always having a party or Go Western Day in February/March Look for shirts in April- Summer.
- Ties. Find a good funeral tie or ripe, ugly tie for about \$2.00 instead of \$20++.
- Try to find someone in the aisle to brag about what you have found, but to avoid spreading the word about your thrift store gold mines,

just call it a "boutique near your home" when talking to friends.

- Play right. Don't take more than the recommended items in the dressing rooms and put back what you don't want.

- Take everything to a \$1.75 cleaners on the same day. This feels like you have been shopping retail. Be "frugal" and buy many clothes that are machine washable, but find yourself a "good, but cheap" dry cleaners.

The National Thrift Shop Day will be August 21st. Yes, it even has its own "day", but I personally think every day is a great thrift store day--Good luck.



ENT & ALLERGY CENTER OF AUSTIN

Comprehensive Care for Pediatrics and Adults

Allergy Testing

Allergy Shots and Sublingual Drops

Nasal and Sinus Issues

Ear and Hearing Problems

Vertigo and Dizziness

Sleep Apnea and Snoring

Throat and Voice Disorders

Audiology

Hearing Aids

Head and Neck Surgery



Cedar out, Oak in!

Allergies are a year round problem for central Texas!
Sublingual therapy drops custom blended to meet
YOUR allergy needs.

\$175 for 3 month supply...Less than \$2 per day

Now open Monday-Friday

4112 Links Lane, Suite 204 in Forest Creek Medical Center

Also convenient locations in Cedar Park and Westlake

512-328-7722 • www.austinentmd.com

Dr. Karen Stierman | Dr. Russell Briggs | Dr. Kevin Taheri



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