



ROUND ROCK *New Neighbors*

An organization of Women Welcoming Women for Fun and Friendship

Round Rock New Neighbors is a non-profit social club for women with over 180 members from Round Rock and surrounding communities. Since 1978, RRNN has been active in providing women the opportunities to come together and meet new friends and neighbors. The name may fool you, but you do not have to be new to the area to join the fun. We have new members who have lived in Round Rock for many years. All women are welcome!

Our general meetings are held on the second Wednesdays of each month September through May. We meet at the Williamson Conference Center located behind the Wingate Hotel on the frontage road of I-35, north of Hwy 79, starting at 10:30. Come join us for a great catered lunch and program. Reservations must be made by the Friday before the meeting. Cost is \$17.00 payable at the door for first time visitors.

For more information, please call Jan Percy 512-810-3214

The Forum

NEWSLETTER INFO

NEWSLETTER

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NEWSLETTER PUBLISHER

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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.



The Lost and Found Lollapalooza

Calling all families! Join the National Center for Missing and Exploited Children, The Refuge Ranch and beLydia for a day of music, markets, food and carnival games...all to benefit the fight to keep children safe. On June 4, 2017 from 2pm until 7pm, Pecan Springs Ranch will become the Lost and Found Lollapalooza. All proceeds from the event help provide prevention education as well as rescue and restoration of victims of child trafficking. This G-rated event promises to be a safe, fun day for guests of all ages. Whether you want to create your own home cleaner, decorate a tee pee, play carnival games or just listen to live music and eat from the cool food trucks, the Lost and Found Lollapalooza has it all. You can even have your family's picture made, pull out your own fishing poles and fish the stocked pond or relax with a locally sourced refreshment. The marketplace will feature jewelry, children's books, freshly baked goodies, a coffee bar, festival gear and more. The National Center for Missing and Exploited Children will be on hand to help parents install mobile safety apps, and The Refuge Ranch will have tiles for painting that will eventually decorate the shelter being built. beLydia young entrepreneurs will be hosting their microbusinesses all day, too! Maybe a lemonade stand, maybe a sandal-making shop, perhaps wands and capes, these young fundraisers are working to raise money to keep their peers safe. Please join us for a wonderful, happy day that will benefit not only your family, but children throughout Central Texas and beyond. Tickets available online at Eventbrite. Contact events@beLydia.org for more information or to become a donor or event sponsor.

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The graphic features a large, stylized number '5' with a bird inside the bottom curve, set against a teal background with white and yellow text.

Give 5% to Mother Earth is an annual Earth Day campaign that raises funds and awareness for local environmental nonprofits working to protect and preserve our natural resources in Central Texas.

Give 5 partners with more than 100 local businesses who pledge to donate 5% of sales on Friday, April 21st – in honor of Earth Day - to Give 5's 9 nonprofit beneficiaries, each of which is working to keep Austin clean, green, and healthy. This year's benefiting nonprofits include: Hill Country Conservancy, Shoal Creek Conservancy, Austin Parks Foundation, Sustainable Food Center, Waller Creek Conservancy, Pease Park Conservancy, Treefolks, Friends of Barton Springs Pool, and Texas Campaign for the Environment Fund.

By patronizing Give 5's generous business partners on Earth Day, Austinites are helping to support these amazing causes! For a full list of participating businesses, please visit:

www.austingive5.org

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The advertisement features a green and white color scheme with a silhouette of a dog and a cat on the left side.

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The advertisement shows a large wooden play structure with a slide and a swing set in a grassy field under a cloudy sky.

Eating Right Isn't Complicated

by Sharon Denny, MS, RDN

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes.

Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts panel on food labels for total fat and saturated fat.



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How to Raise a Confident Child

Neena Hamamcy, MA, LPC, LMFT

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

Help Your Child Express and Embrace their Feelings

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

Teach Ownership

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good things follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parents trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

Create Experiences to Help Your Child Feel Successful

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how others perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

Try to Understand and Heal your own Self-Worth Issues

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.



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"Over the years, I have had nine different occasions in four different states where I was involved in the purchase or the sale of a home, along with several different occasions where I was involved in the lease of a home, either as the landlord or the renter. In each of those cases there was interaction with one or more real estate brokers, agents, and / or property managers. Some were good, some not so good. But of all the experiences I've had Paul and Jan Gillia of Home Select Realty are the only brokers / agents that I would rate as truly outstanding. Before signing a listing contract with them we interviewed several different brokers /agents including the one advertising as the number one listing agent for the area. Paul and Jan listed our home at a 4.5% commission (every other agent we talked to wanted 6%) and within twenty days we had approximately 50 showings and a contract at 101.2% of the list price. This result was absolutely due to the way the home was marketed using the most professionally presented virtual tour and sales material I have ever seen. Additionally, they were there every step of the way providing advice and guidance, and were always available for questions 24/7. It's hard to find words that adequately express the appreciation of, and satisfaction with the service we received. I would recommend them without any reservation or equivocation whatsoever". Gerry C. Sold his home near Forest Creek Golf Course

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