

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

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

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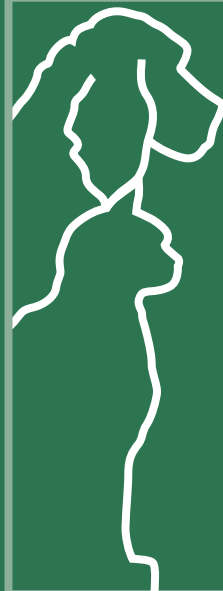
NOT AVAILABLE
ONLINE

INTRODUCING "Get To Know Your Neighbors"

We are all very fortunate to call Forest Creek home. But, Forest Creek is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Forest Creek a better place to live, please let us know. We would like to introduce them to your neighbors.



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Keep Your Pet Anxiety Free this July 4th

By Dr. Stacy Mozisek, Firehouse Animal Health Center

The 4th of July is a day to celebrate with barbecues, baseball games and, of course, fireworks. It's also one of the busiest days of the year for veterinarians and animal shelters because of fireworks.

Loud noises can trigger dogs' nervous systems causing a flight response, which is why lots of dogs run away on the 4th of July. Also, because dogs have sensitive hearing, loud bangs and pops can cause stress and anxiety attacks, which can lead to destructive actions in otherwise well-behaved dogs.

To help alleviate the stress of fireworks on dogs, here are eight tips to keep your pets safe while celebrating Independence Day.

- Prepare ahead of time. If you think your pet will have an issue, don't wait until the last minute to call your vet to discuss anxiety medications or sedatives. Starting a new medication on the same day as an event is never a safe idea because occasionally, some medications can cause the reverse effect or have no effect at all for some animals. In addition, stocks of these specialized medications can run low or be on backorder around holidays.
- Do not keep your dog outside, and if possible, keep your dog in a kennel. It creates a safe space for them as dogs have been known to jump through windows and glass doors as a response to fireworks.
- Consider boarding your pet if you will be out at a party. Sometimes being at home alone with the loud noises can turn a well-behaved dog into a destructive one or cause long-term behavioral issues.
- Turn on a white noise machine or the television to drown out the sound of fireworks and noisemakers.
- Purchase a ThunderShirt, which are designed to "swaddle" your dog, making them feel more secure.
- If you're having a party, make sure your pet is well-secured, not afraid of the fireworks, and comfortable with the sounds of crowds. If your pet suffers from anxiety due to loud noises, consider boarding or ask a friend to pet sit.
- If pets are present while you're setting off fireworks, make sure they stay a safe distance away. Dogs' and cats' hearing is extremely sensitive and can be damaged by the loud bangs. Also, dogs have been known to "fetch" lit fireworks which can cause serious burns and even death.
- Make sure your pet's microchip or collar tags are up-to-date so it's easy to track you down if he or she runs away scared during a fireworks display.

Fireworks don't have to be a source of anxiety for pet owners. By following these simple tips, you can ensure that both you and your fur-babies will experience a fun and relaxing 4th of July celebration.

For more information about Firehouse Animal Health Center, please visit www.firehouseaustin.com or call 512.765.9009.

Water Conservation

Tips of the Month:

1. Install an instant water heater near your kitchen sink so you don't have to run the water while it heats up. This also reduces energy costs.
2. Setting cooling systems and water softeners for a minimum number of refills saves both water and chemicals, plus more on utility bills.

INDOOR PLANTS



Unless you have a sunroom or greenhouse, the biggest dilemma of having plants indoors is providing them with enough light. Even if you have windows, they may be less than ideal if they're facing in a direction that gets little sun, or if they're shaded by a tree or porch overhang. Plants suffering from light deprivation are often lanky, with pale or yellowed leaves.

Luckily, you can lend a helping hand with artificial lighting. The best type of artificial light is fluorescent. Incandescent light doesn't provide the right kind of light for optimal growth, and it also produces lots of heat, which can burn your plants. Fluorescent light comes in several varieties: the standard ones, which you can find at any hardware store or home improvement center, are fine for growing small plants such as African violets, but for larger plants, go for higher-output fluorescents, which emit much more light and can be found at most well-equipped garden centers or through mail-order gardening supply catalogs. Bear in mind, too:

- * When growing plants under artificial light, choose those that prefer low to medium sunlight.

- * Keep your plants very close to the light source - no more than 6 to 12 inches away. The intensity of light diminishes drastically the farther away you move from it. To increase intensity, add more fluorescent tubes, grouped together.

- * Rearrange your plants regularly around their light source to ensure that they all receive equal exposure. The greatest amount of light is emitted from the center of a fluorescent tube.

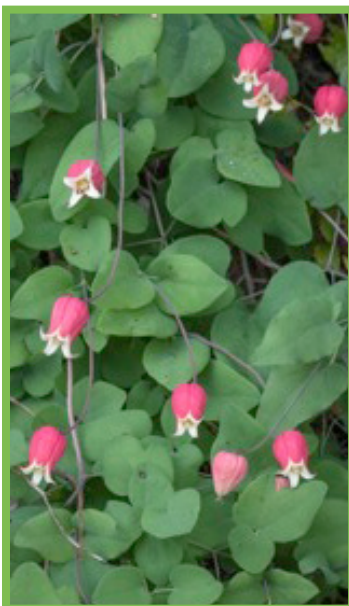
- * Leave the lights on 14 to 16 hours each day. A couple of hours daily won't suffice. But don't leave the lights on all the time; plants need periods of darkness for rest.

Native vines for landscaping are not only drought-resistant and ornamental, but they can also provide food and shelter for wildlife. In our area, these vines include certain species of passionvine, clematis, and honeysuckle.



Yellow Passionvine

A more delicate species is Yellow Passionvine (*Passiflora lutea*), a trailing vine with more modest three-lobed leaves and small but elaborate yellow-green flowers that turn into dark blue berries. All of these passionvines are host plants for the caterpillars of Gulf Fritillary, Variegated Fritillary, Julia Heliconian, and Zebra Heliconian butterflies.



Scarlet Clematis

One of the most common native passionvines is Maypop or Purple Passion Flower (*Passiflora incarnata*), a herbaceous vine up to 25 feet long that climbs via tendrils, has three-lobed dark green leaves, and intricate, showy purple flowers that turn into hollow yellow fruits. Corona de Cristo (*Passiflora foetida*) is a fast-growing, climbing or creeping vine with three to five lobed leaves that give off a pungent odor when crushed, and complex white to pale pink or purple-tinged flowers that give way to reddish fruits surrounded

While there are many cultivated varieties of clematis available, the native ones include Scarlet Clematis (*Clematis texensis*) and Purple Leatherflower (*Clematis pitcheri*). A slightly woody vine growing to about 9 feet, Scarlet Clematis has thick, leather-like, red, bell-shaped flowers followed by a feathery ball of plumed seeds. It is very drought tolerant and is native only to the southeastern Edwards Plateau region. Purple Leatherflower is a climbing vine growing to 10 feet, with opposite leaves divided into

3 to 5 pairs of leaflets, and nodding, urn-shaped, long-lasting purple flowers. Both of these native clematis species offer cover and food for seed-eating birds and small mammals.



White Bush Honeysuckle

Honeysuckle is another widely cultivated plant with numerous garden varieties, but two native species that thrive in our area include Coral Honeysuckle (*Lonicera sempervirens*) and White Bush Honeysuckle (*Lonicera albiflora*). With its trumpet-like red-orange blooms, twining habit, and paired green leaves, Coral Honeysuckle is a high-climbing vine, and is the host plant for caterpillars of the Spring Azure butterfly and Snowberry Clearwing moth. White Bush Honeysuckle is a trailing vine, with rounded to oval olive-green leaves and white to yellowish-white flowers, that prefers hot, rocky places like our limestone outcrops and cliffs. Both of these honeysuckle species provide nectar for hummingbirds, bees, butterflies, and other beneficial insects.

With such wonderful choices, isn't it time you add these native vines to your wildscape? They provide exceptional beauty for humans, act as adornments for your garden structures, and provide important sources of food and shelter for many different types of native wildlife!

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 two books, *Nature Watch Austin* & *Nature Watch Big Bend*, both published by Texas A&M University Press, and our blog at: naturewatchaustin.blogspot.com.

CORRECTION: Last month's column included the wrong photographs. Peel Publishing regrets the error.

3-Meat Pizza Ring



Preparation: 20 minutes Cook Time: 20 minutes Serves: 8

Ingredients

- 1 lb. Italian Sausage
- 1 (15 oz.) can pizza sauce, divided
- 2 garlic cloves, crushed
- 1 1/2 c. shredded pizza cheese
- 1/2 c. diced Canadian bacon
- 1/2 c. chopped pepperoni
- 2 (8 oz.) tubes refrigerated crescent rolls

Instructions

1. Preheat oven to 375 degrees.
2. In a large skillet over medium heat cook sausage and garlic until no longer pink. Drain grease off. Stir in 1/2 c. pizza sauce, pepperoni, Canadian bacon and 1 c. pizza cheese.
3. Unroll crescent dough and separate into triangles. Arrange triangles on a 14 inch ungreased pizza pan with points toward the outside and wide ends overlapping at the center, leaving a 4 inch opening in the center. Press overlapping dough to seal.
4. Spoon the mixture onto the wide ends of the triangles. Fold pointed ends of triangles over filling, tucking points under to form a ring. The filling will be visible.
5. Baked for 12-15 minutes or until the crescents are golden brown. Sprinkle with remaining cheese. Bake 5 minutes longer or until cheese is melted. Serve with remaining pizza sauce.

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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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