

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!

You are cordially invited to attend one of our monthly luncheons and coffees. To find out more about these events and who to contact, please visit our website at www.rrnewneighbors.org

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.

NOT AVAILABLE
ONLINE

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 | 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 an 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 and Founder, Austin OrthoBiologics.

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



ABC Medical Center
Superior Medical Care for
Adults, Babies and Children

"Let our family treat your family."

Serving Forest Creek and surrounding areas since 2003

SPECIALIZING IN PEDIATRICS & FAMILY PRACTICE
Pediatric Healthcare / Physicals / Immunizations
Women's Healthcare / Urgent Illness

**FLU SHOTS
NOW
AVAILABLE!**

SE HABLA ESPAÑOL / ACCEPTING MOST INSURANCES / NOW TAKING NEW PATIENTS

512.310.9700 / 1750 Red Bud Lane / Round Rock, TX 78664



**GO GREEN
GO PAPERLESS**



**Sign up to
get this
newsletter
in your
inbox! Visit
peelinc.com
for details.**

TALKING BASEBALZ, FIGHTING MEMORY LOSS

Jim Kenton has been a self-described “baseball geek” since the age of seven. He fondly recalls immersing himself in the world of baseball every summer of his childhood, glued to the radio listening to broadcasts of games, and racing to collect the latest baseball cards and magazines. Over a lifetime, Kenton’s knowledge of baseball has grown so vast that now he is using it to give back through a truly innovative program. Beginning on January 29, Jim and Alzheimer’s Texas will launch an effort to help people living with dementia reconnect with a lifetime of memories through conversations about a shared passion: baseball.

The program will provide a form of what’s called reminiscence therapy. While people with early-stage Alzheimer’s may have difficulty with their short-term memory, their long-term memories remain intact for many years. Through guided, focused reflection on a beloved childhood pastime like baseball, people with Alzheimer’s can explore and enjoy early life memories and reconnect with their essential sense of self. Additionally, the group allows people to connect with supportive peers who share

their interests and can relate to the experience of memory loss.

Research into reminiscence therapy is very promising and indicates that the simple act of sharing memories can have outcomes like improved mood, communication, and even functional ability. The practice can involve not only conversation, but interacting with sounds, smells, and sensory experiences that trigger long dormant memories.

The program will not only help participants reconnect with meaningful memories from childhood, but will also allow them to create new ones. The group is currently recruiting participants in the early stages of dementia with an interest in baseball. Meetings will be held on alternating Mondays starting January 29 from 11:00 am-12:30 pm at the Alzheimer’s Texas Office (3520 Executive Center Dr. #140, 78731). Lunch will be provided. A pre-screening interview is required to participate in the program, please contact 512-241-0420 x10 or vcardenas@txalz.org for more information and to schedule your interview.



Forest Creek Animal Hospital

*Clifford H. Peck, D.V.M.
Amber Breclaw, D.V.M.
Lisa Byer, D.V.M.
Cole Carter, D.V.M.
Megan Marek, 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*

Healthy Weight Loss!

\$50 Consultation Savings

Personal Coaching with Dr. Mary
www.IdealWeightTransformations.com



Mary E. White, M.S., D.C.
Applied Clinical Nutritionist
Dr. Mary lost 84 pounds!

Gentle, Holistic Chiropractic & Wellness Care
www.Place4Healing.com

206A Laurel Drive, 78664

512-248-8700

NATURE WATCH

RASCALLY RACCOONS

by Jim and Lynne Weber

Although easily recognized by its bandit mask and ringed tail, the Northern Raccoon (*Procyon lotor*) is a widespread mammal but not often seen due to its nocturnal habits. It consumes a highly varied diet, is very intelligent and curious, and possesses a far greater manual dexterity and mental ability than cats and dogs, enough to defeat any but the most determined defense of garbage cans or home gardens. Much has been made of the intelligence of raccoons, with recent studies showing they are capable of remembering tasks for up to three years, possessing a mental acuity more closely approximating that of monkeys.

Denning above ground in tree cavities, chimneys and attics, underground in old burrows, storm sewers and crawl spaces, raccoons mate from February to August with 2 to 5 young (or kits) in each litter. Previously thought to be solitary, related females can share a common breeding territory, while unrelated males live together in small groups to guard their mating opportunities against potential rivals. Raccoons have a large array of over 50 vocalizations, including hissing, growling, purring, squealing, and chirping. They can run up to 15 mph, are efficient tree climbers, and can survive unharmed if dropped from heights of up to 40 feet. Raccoons are found throughout all regions in Texas, but they are seldom found far from water, which has an important influence on their distribution and breeding success.

Contrary to popular belief, raccoons do not wash everything they eat, but they do manipulate their food (appearing to wash it when water is available) in order to tactually experience the object rather than actually clean it. In fact, the word 'raccoon' was adopted into English from a now extinct language called Powhatan, which was spoken by the native peoples of Tidewater

Virginia, and translated to mean 'one who rubs, scrubs, and scratches with its hands.'

Raccoons exhibit rascally behavior by stealing food out of pet dishes, eating fish out of backyard ponds, and knocking over trash cans and scattering the contents. Additionally, they can carry and spread disease like rabies and parvovirus. However, since they are scavengers, they play an important role in keeping our ecosystems healthy by cleaning up carrion (keeping our surroundings sanitary), eating other species we humans consider pests (when numbers get out of control), and spreading the seeds of native

plants (by consuming berries and nuts).

You can do your part to keep their destructive behavior at bay by resolving conflicts compassionately. Contain available food sources by putting your trash out in the morning instead of the evening, feeding your pets indoors, and placing netting over ponds containing fish. Close all entry points to your home and other outdoor structures, so they are not used as dens to raise young. If a family of nesting raccoons is found in or around your home, they should not be removed until the end of nesting season in the fall. Separating the young from their mother will mean they will starve to death, and trapping and moving the family will



Northern Raccoon

likely result in death from resident raccoons, and is a Class C misdemeanor in Texas (this applies to transporting or selling live raccoons, coyotes, and foxes from, to, or within the state).

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

ALZHEIMER'S CAREGIVER SUPPORT GROUP

In Texas alone, roughly 1,270,000 caregivers provide an average of 20 hours a week of unpaid care for friends and loved ones. Caregiving is a demanding undertaking and results in high levels of stress. One core service of Alzheimer's Texas is to provide support to caregivers through volunteer facilitated support groups.

"These groups educate and inform participants about dementia and help caregivers develop methods and skills to solve problems," says Christian Wells, President of Alzheimer's Texas. "They encourage caregivers to maintain their own personal, physical and emotional health as well as providing peer guidance on how to care for the person with dementia."

At 7:00 pm on the third Tuesday of every month, caregivers in the Austin area can gather at Tarrytown Methodist to share their experiences in a safe, supportive environment. Meetings last about an hour and there is no charge to attend.

"We provide a safe, confidential space for caregivers to share what only other caregivers might understand," says Barbara Wiederaenders, facilitator at Tarrytown Methodist. "The mutual trust is precious and supportive."

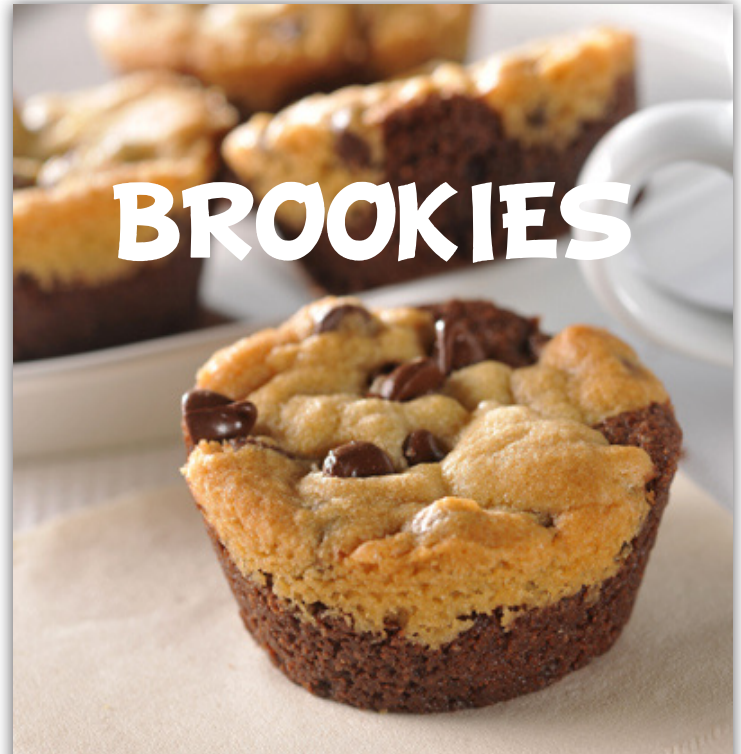
Event Details:

When: 3rd Tuesday of Every Month, at 7:00 pm

Where: Tarrytown Methodist, 2601 Exposition, Room 227, Austin, TX 78703

Contact: Barbara Wiederaenders, (512) 451-0684 or (512) 845-6117

To find out more information about this program, Alzheimer's disease or Alzheimer's Texas, email vcardenas@TXAlz.org or call (512) 241-0420.



INGREDIENTS:

- Brownie Mix and ingredients listed to make
- Packaged Chocolate Chip Cookie Dough

HOW TO MAKE:

1 scoop of brownie batter + 1 scoop of cookie dough in a muffin pan = brookies!

Make brownie and cookie mixes according to box directions. Bake as directed on box BUT start checking about half way through the directed time so your brownies stay moist (remember they are a smaller cook area when made as a muffin size and it will vary a little for each oven)

Suggestion: Bake on 350 degrees F for 20 minutes, but start checking around 12-15 minutes...Yum!!!



Knowledge,
Integrity, &
Hard Work.

Paul & Jan Gillia



Do Not Pay 6% To Sell Your Home!

Our full service listings are now 4.5%

Simple Program: 1.5% to Listing Agent, 3% to Buyers Agent

Additional Savings for Veterans, First Responders & Teachers

Call or Text... **512-431-5900 • pgillia@austin.rr.com**

The Home Select Team Makes All the Difference!

We Get Results!



High Definition
Photography

www.homeselect360.com

The Forum

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.

Meet Our Students

Hosting an international exchange student is a great way of opening the world to your children and teaching them about new cultures.

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Here are just some of the many students that are available for placement:

Abby from Denmark – loves being active in sports, nature and at the beach. She is a competitive swimmer and enjoys horseback riding.

Dominik from Switzerland – an open minded, uncomplicated boy, with a real interest in American sports

Maria from Norway – she describes herself as an outgoing, adventurous, mature, compassionate person.

Saana from Finland – she is both sympathetic and empathetic. She enjoys music and sports, and according to her bio – she has a great laugh!

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832-455-7881 or via email at vicki.stsfoundation@gmail.com.

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.



ADVERTISE
Your Business Here
Call 512.263.9181
for details

www.peelinc.com



ADVERTISE
YOUR BUSINESS
TO YOUR
NEIGHBORS

support your community newsletter

Nichole Taylor

ntaylor@peelinc.com • 512-263-9181
Sales Representative



ATTENTION KIDS: SEND US YOUR MASTERPIECE!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club

308 Meadowlark St. Lakeway, TX 78734-4717

We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: January 31st

Be sure to include the following so we can let you know!

Name (first name, last initial): _____ Age: _____



FC



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

FC



We are your concrete coating experts!

Turn your garage into a showroom!



**Make Your Patio
More Relaxing!**



OUR COMPANY: Urbane coatings floor treatments turn blah into beautiful! We use the highest quality resin, stain or custom finish to create new floors for our clientele.

OUR EXPERIENCE: Whether the treatment is indoor, outdoor, new or refinished, residential or commercial, we've been there and done that over the last 15 years! We're the epoxy and cement floor coatings experts.

OUR MISSION: We provide the best value, service, consultation and quality solutions. We have been tried and tested and always outperform our competition. Our work is guaranteed and our quality can't be beat!



www.UrbaneConcreteCoatings.com

512.791.7453

concrete@UrbaneConcreteCoatings.com

FAMILY OWNED & OPERATED