

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.



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.

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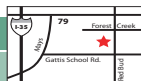
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Alzheimer's Caregiver Support Group

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.

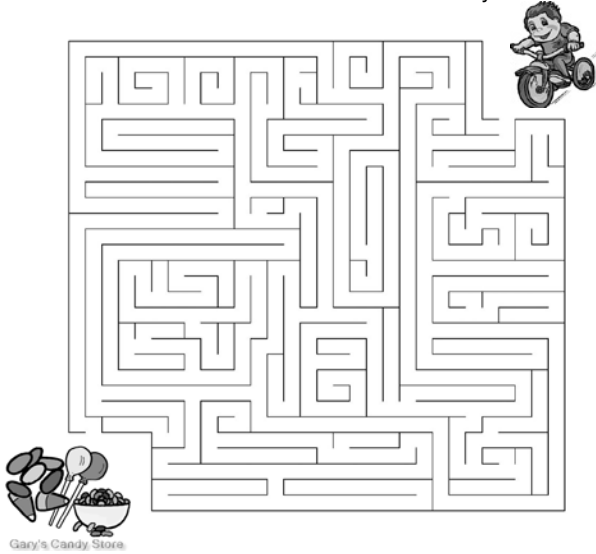
ROUND ROCK NEW NEIGHBORS

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

Kidz Maze Mania

Johnny's mom gave Johnny his allowance, since he was a good boy and did all of his chores. Help Johnny get to the candy store where he can spend his allowance on some candy.



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APRIL IS PARKINSON'S AWARENESS MONTH

If you or a loved one has recently been diagnosed with Parkinson's Disease, please check out our free, daily exercise classes. From South Austin to Central Austin and Round Rock to Lakeway, we offer a wide variety of exercise classes that are designed to help you manage the effects of Parkinson's. Studies show that daily exercise helps waylay the effects of this disease. Care partners welcome (also for free!). For more information visit www.powerforparkinsons.org.



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TACO DELIGHT

1 lb. ground beef	1 tsp. oregano
1 large onion, chopped	1 tsp. cumin
1 clove garlic	½ tsp. brown sugar
1 can tomato sauce	½ tsp. salt
1 can tomato paste (plus 3 cans water)	
½ tsp. pepper	1 tsp. chili powder
1 pkg. taco mix	½ small pkg. cooked Minute Rice

Brown ground beef; add onion and garlic and cook until tender. Add all other ingredients except rice. Simmer for 30 minutes.

In separate dishes, serve the following:

Fritos	Diced tomatoes
Shredded lettuce	Chopped onion
Diced olives	Grated cheese
Taco sauce	Sour cream

Use Fritos for first layer on each individual's plate. Add meat mixture. Top with other ingredients as desired by each individual.



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NATURE WATCH

LITTLE ARMORED ONE

by Jim and Lynne Weber

Spanish for 'little armored one', the armadillo is one of the most interesting mammals in North America. All but one of the 20 different species of armadillo live in Latin America, but the Nine-banded Armadillo (*Dasypus novemcinctus*) makes its home as far north as Texas (except for the western Trans-Pecos), Oklahoma, and Louisiana. In fact, this armadillo is the official state small mammal of Texas!



Nine-banded Armadillo

A cat-sized, insect-eating mammal, armadillos have bony plates that cover their back, head, legs, and tail, protecting them from predators. No other living mammal wears such a shell, but contrary to popular belief, the Nine-banded Armadillo cannot roll into a ball and encase itself with its shell. Only the Three-banded Armadillo can accomplish this, by curling its head and back feet inward and contorting its shell as protection. No amount of armor can protect them from the cold, however, and because of their low metabolic rate and lack of fur and body fat stores, cold weather can wipe out whole populations of these little creatures.

Armadillos have a pointy snout and small eyes, and are prolific diggers. They dig for food and dig many burrows, mostly along creekbeds in Central Texas, and they do not survive in areas where the soil is too hard to dig. Armadillos spend up to 16 hours a day digging, mainly active in the dawn and dusk hours, looking for beetles, ants, termites, and other insects. Their eyesight is quite poor, but they use their keen sense of smell to locate food, and utilize their long, sticky tongues to grasp berries, caterpillars, grubs, fungi, and sometimes even carrion.

Armadillos are quite fond of water, visiting water holes and streams to drink, feed, and even take mud baths. Their specific gravity is high, which means they normally ride low in the water when swimming. For short water crossings, they often just walk underwater across the bottom, but for deeper and longer crossings they voluntarily ingest air to inflate themselves and increase their buoyancy by retaining the air in their digestive tract!

Armadillos are thought to be a pair during the breeding season, sharing the same burrow. Due to their bony shells and the underside location of their genitalia, copulation occurs with the female lying on her back. While breeding occurs in July, the embryo remains in a dormant state until November. Always of the same sex, identical quadruplets develop from the single egg, and four young are born in a grass-lined burrow in March.

While the Nine-banded Armadillo is a unique mammal whose range is expanding northward, there is reason to be concerned about their conservation status in Texas. Encroaching human civilization, overgrazing, and progressive climatic change may be keeping them on the move, and many mammalogists agree that armadillos are rare at best when compared to populations of a few years ago. This decline also appears to be correlated with increasing populations of feral hogs, as well as the propensity for people to make trinkets from armadillo shells. Perhaps our state motto should read 'Don't Mess with Texas Armadillos!'

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.



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LADYBIRD BEETLES

TEXAS A&M
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Ladybird beetles, also known as ladybugs, are beneficial insects that can help eat pests in the landscape. While they help to control various soft-bodied insect pests, they are best known for eating aphids in the adult and larval stage. One ladybug can eat up to 5,000 aphids during its lifetime. Ladybugs may supplement their diet with flower nectar and honeydew in times when prey is scarce.



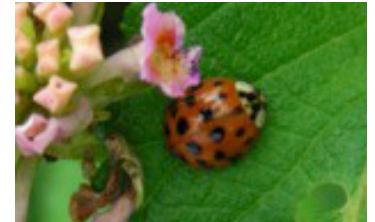
Ladybug eggs



Ladybug larva



Ladybug pupa



Ladybug adult

Ladybugs have a complete life cycle with four life stages- egg, larva, pupa, and adult. Adults come in a variety of sizes and colors. They are oval with a domed body shape, are brightly colored, and have contrasting markings. After mating, female adults lay eggs in clusters on plants, usually near aphids, mealybugs, or scale insects. The eggs are yellowish-orange and look like footballs sitting up on end. Larvae emerge from eggs to feed on the insects that are found nearby. Larvae are alligator-shaped, and often greyish-black with bright markings. Larvae feed on insect prey for several weeks before pupating on the plant. The pupae are non-feeding, non-moving, and are unprotected by a cocoon.

To conserve the ladybugs that you find in your landscape, learn to recognize all stages of the beetles. Make wise pesticide choices and target use to specific areas. Add plants that can provide pollen and nectar for the beetles to supplement their diet.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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