

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

Editorforestcreek@peelinc.com

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Peel, Inc.www.PEELinc.com, 512-263-9181

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ALZHEIMER'S TEXAS



27TH ANNUAL ALZHEIMER'S TEXAS WALK, OCTOBER 6, CAMP MABRY

"What's Raised Here, Stays Here! 100% Local!"

Austin, TX – This year marks the 27th Annual Alzheimer's Walk for support, care, and research hosted by Alzheimer's Texas. The walk will be held on the morning of October 6 at Camp Mabry in Austin, Texas. Alzheimer's Texas, a local nonprofit organization serving Central Texas for 36 years, separated from the National Alzheimer's Association in January 2016. As a result, 100% of the funds raised will remain local to be used here in Central Texas.

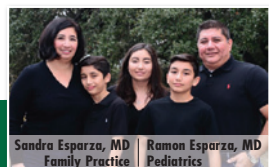
"We are, and always have been, deeply committed to providing families in Central Texas with compassionate services that are relevant to their needs, like our caregiver support groups and great educational programs," says Christian Wells, President of Alzheimer's Texas. "When people walk with us on October 6th, they know that they are supporting the services they value and will directly touch the people living with Alzheimer's in Central Texas."

The Alzheimer's Texas Walk is an opportunity for Central Texans' to get together and celebrate the difference we're making on a local level, for those affected by Alzheimer's and to bring the community together. One of the many supporters of Alzheimer's Texas, Valerie Vogt Sills, Gold Star Walker for Alzheimer's Texas, walks for her mother who was diagnosed with this terrible disease in her late sixties. Valerie has walked with Alzheimer's Texas for the past 14 years raising more than \$23,000 to help support programs for the families and caregivers dealing with this disease and to ultimately help find a cure for Alzheimer's.

"When the Alzheimer's groups split, I chose to support Alzheimer's Texas rather than the national organization because I know that the money will go to help out local and state programs," says Valerie Vogt Sills, Gold Star Walker for Alzheimer's Texas. "I lost my mom to Alzheimer's in 2009 and have been walking in her memory since then to help others dealing with this disease."

The Alzheimer's Texas Walk will be held Saturday, October 6 at the Camp Mabry, with check-in beginning at 8:15 am. There are two scenic routes for Walkers to enjoy, a 1-mile course and a 2.5-mile course. In addition to the Walk, the event will feature food,

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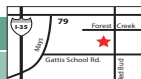
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live music, activities for kids, prizes, and more. All participants who raise \$50 or more will receive a free event T-shirt.

In addition to joining the cause as an individual walker or starting a team, you can also support through corporate sponsorships at various levels. Corporate Regional support is provided by Westminster, ABC Home and Commercial services, Silverado Memory Care, Arden Courts, Querencia, and many more.

To learn more and register for the 2017 Alzheimer's Texas Walk and to keep your fundraising dollars for Alzheimer's local, visit www.txalz.org/walk or call (512) 241-0420.

About Alzheimer's Texas

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhancing care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour help line, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit www.txalz.org.

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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.rnnewneighbors.org



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The Forum

MOSQUITO REPELLENTS

TEXAS A&M AGRI LIFE EXTENSION

As mosquito season is ramping up, everyone is (hopefully) aware of possible disease transmission by mosquitoes. It is important that you protect yourself when spending time outside.

Activity times for mosquitoes can vary. Most people are familiar with the four D's- DRAIN (standing water), DEET (wear some repellent), DUSK & DAWN (stay indoors during dusk and dawn to avoid peak populations) and DRESS (wear long sleeves and long pants). While this is still good advice, it may be a good idea to spread the dress and repellent advice for anytime you spend time outdoors.

When outside, wear long pants and a long sleeved shirt in light colors to reduce the number of mosquitoes that can reach your skin. Repellent should only be applied to clothing and exposed skin. Do not apply repellent underneath clothing! If you want to apply repellent to your face, spray your hands with repellent and rub it onto your face. Do not spray repellent directly into your face or near eyes or mouth. Make sure to apply repellent outdoors. Do not allow children to handle repellents. Wash hands before eating, smoking or using the restroom.

The Center for Disease Control (CDC) recommends using a product registered with the EPA (Environmental Protection Agency) containing one of the following active ingredients: DEET, picaridin, IR3535 and some of the products containing oil of lemon eucalyptus.

DEET, also known N,N-diethyl-m-toluamide or N,N-dimethylbenzamide, was developed by the U.S. Army in 1946 to protect soldiers in insect-infested areas. Pesticides containing DEET have been used by the general public since 1957. Products containing DEET should not be used on children younger than 2 months of age (read the label and check with your pediatrician if you have questions). DEET has a slight odor and may have a greasy feel to some people. It may damage plastic, rubber, vinyl or synthetic fabrics. DEET may be irritating to the eyes and skin for some people. DEET comes in a wide variety of concentrations, so choose the one that will work best for your situation.

Picaridin was first made in the 1980's and resembles a natural compound called piperine (which is found in plants used to produce black pepper). Picaridin has been used in Europe and Australia for many years, but has only been in the U.S. since 2005. Picaridin is non-greasy and is odorless.

IR-3535, or 3-[N-Butyl-N- acetyl]-aminopropionic acid, ethyl ester, was developed in the mid- 1970's and became registered for

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use in the U.S. in 1999. It is registered as a biopesticide by the EPA because it is functionally identical to a naturally occurring substance (an amino-acid). It may dissolve or damage plastics and may be irritating to the eyes.

Oil of lemon eucalyptus (OLE) or PMD (para-menthane-3,8-diols) are essentially the same thing; PMD is the synthesized (lab created) version of oil of lemon eucalyptus. "Pure" or "essential" oil of lemon eucalyptus is not labeled as a repellent and has not undergone testing and should not be used as a repellent product. OLE/PMD has been on the market in the U.S. since 2002. OLE/PMD should not be used on children younger than 3 years of age. The natural product (OLE) has known allergens within it while the synthetic version (PMD) has less of a risk to allergens. This product is classified as a biopesticide. OLE/PMD has a varying range of residual, some offering about 20 minutes of protection while other products may last up to two hours.

Many factors play into how long a repellent will last for a person. Some of these are:

- The concentration (or percent of active ingredient) of the product. You can find the percentage on the product label.
- Person's attractiveness. Some people are more attractive to mosquitoes than others (and no scientific research has proven that it is because of eating garlic, taking vitamin B, using tobacco products, etc.). A person's genetic code plays a large part on what makes a person so attractive to mosquitoes.
- Frequency and uniformity of application. In other words, how often is the repellent applied and how good of coverage did you get?
- Activity level of the person. The more active the person is, the more sweat they produce which can cause the repellent to wash off the surface of the skin.

As a word of caution, there are products that combine sunscreen and insect repellent. The CDC recommends that if you need sunscreen and repellent, that you choose two separate products. Sunscreen should be applied more often than repellents.

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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Girls Empowerment Network's campGEN Summer Camps Inspire Central Texas Girls in Grades 3 – 8 to Own and Use Their Power

This summer the Girls Empowerment Network will host a two-part campGEN Summer Camp Series with weeklong summer camp sessions for girls entering grades 3-8.

campGEN girls participate in interactive workshops that are designed to help girls feel more confident as they navigate girlhood. The program engages Girls Empowerment Network's girl experts and female role models as camp counselors. The two-part Summer Camp Series for girls entering grades 3-8 includes:

- campGEN – Part 1, held June 18-22, kicks off with "Own My Power." This camp focuses on building confidence and self-love. Girls will explore stress management, identity, self-compassion and body positivity. Activities include yoga, art and craft projects, writing, talent shows and games.

- campGEN – Part 2, held July 16-20, continues the conversation with "Use My Power." Girls will focus on using their confidence to advocate for themselves and others. Girls will explore and practice confident communication, advocacy, healthy friendships and values. Activities include role playing, skits, a fun community advocacy project, and games.

"Our entire team is excited to invest our time and energy into programming that makes campGEN summer camp fun and an experience to remember," says Caroline Crawford, program director. "This year our summer camps build on one another, and we see girls signing up for both sessions soon once they learn to OWN their power, then they can put it into practice and USE their power. We know they'll walk away with a strong sense of self and be ready for another school year."

Network (GEN) helps girls discover they are powerful people. Through school-based programs and community events for girls, parents and schools, GEN ignites power in girls ages 8 – 18 by teaching them skills to thrive and believe in their ability to be unstoppable. campGEN was created to expand Girls Empowerment Network's services that empower girls to navigate the challenges of girlhood.

Both campGEN summer camp sessions will be held in Downtown Austin at First Baptist Church, located at 901 Trinity Street, Austin, TX 78701, Monday-Friday, 8:30 a.m. – 4 p.m. Drop off begins at 8:00 a.m. and aftercare is available until 5 p.m. for \$50. Each five-day session costs \$330.

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