

## 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](http://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](http://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](http://www.rrnewneighbors.org)

## 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

Editor .....forestcreek@peelinc.com

### NEWSLETTER PUBLISHER

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

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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**

## SUNDARA MEMORY CARE HOSTS LEWY BODY DEMENTIA CAREGIVER SUPPORT GROUP

In Texas alone, roughly 1.3 million caregivers provide an average of 20 hours a week of unpaid care for friends and loved ones with Alzheimer's or related dementia. Caregiving is a demanding undertaking and results in such high levels of stress that 65 percent of caregivers will have a major health crisis before their loved ones die of the disease.

Many people think that Alzheimer's is the only type of dementia and that one type of support group will suffice, but Sarah Hyde-Williams understands that is not the case, which is why she started the North Austin Lewy Body support group, for those struggling with caregiving for a loved one with this type of dementia.

"Our support group truly focuses on education and support," said Sarah Hyde-Williams, Support Group Leader. "Our participants can expect an understanding counselor's heart when coming to our group. I will truly focus on hearing the participant and validating their feelings whatever it may be on a given day."

Sarah has been leading support groups both in mental health and dementia worlds for 15 years and Kelly Hudson, co-facilitator of the support group and owner of Sundara Memory Care has been in the dementia field for over 25 years. With their knowledge and compassion, they are able to provide valuable support for caregivers.

"These groups educate and inform participants about dementia and help caregivers develop methods and skills to solve problems," says Christian Wells, President of the 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."

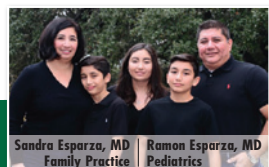
Sarah Hyde-Williams hosts the group at Sundara Memory Care in Round Rock, TX the second Monday of every month at 6 p.m.

When: 2nd Monday of every month at 6:00 p.m.

Where: Sundara Memory Care, 1000 Rusk Rd. Round Rock, TX 78665

Contact: Sarah Hyde-Williams (832) 794- 8810

For more information about support groups offered in Central Texas call (512) 241-0420 or visit [www.txalz.org](http://www.txalz.org).



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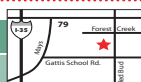
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## PARTNERSHIPS FOR CHILDREN

Sometimes, the seemingly smallest items can make the biggest difference in a child's life. That's where the Rainbow Room comes in. It's our 24/7 resource center located in the CPS offices where caseworkers can come to gather essential items for children who are in crisis. We stock everything from toiletries to clothing to car seats. Thanks to the donations we receive, we're able to serve more than 650 children every month. But our need continues to grow. By donating to the Rainbow Room, you'll make an immediate and powerful difference in these children's safety, health, and comfort. Whether it's a teddy bear or a toothbrush, every item that you donate matters. To schedule a time to drop off donations, contact Marcus at [marcus@partnershipsforchildren.org](mailto:marcus@partnershipsforchildren.org) or 512-834-4756.



**The Rainbow Room** is a 247 resource center located in the Child Protective Services office where caseworkers can gather new and essential items needed for the kids in their caseload whose lives are in crisis. The Rainbow Room is in constant need of brand new items for the more than 700 children it serves each month.

Click on *donate items* on our homepage  
[www.partnershipsforchildren.org](http://www.partnershipsforchildren.org)

### Items Needed:

- diapers/pull ups (all sizes)
- baby wipes
- shampoo/body wash
- rash cream
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- pack 'n' plays
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## Forest Creek Animal Hospital

**Clifford H. Peck, D.V.M.**

**Amber Breclaw, D.V.M.**

**Cole Carter, D.V.M.**

**Megan Marek, D.V.M.**

2715 Red Bud Lane  
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## Blue Diamond Montessori Center

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## ***NatureWatch***

*by Jim and Lynne Weber*

### **WHIPTAILS & RACERUNNERS**



***Common Spotted Whiptail***

Small to medium-sized slender lizards, whiptails and racerunners can be distinguished from other lizard species by their generally granular dorsal (topside) scales, larger rectangular ventral (underside) scales arranged in transverse rows, long tails, and forked, snake-like tongues. Additionally, these species belong to the genus *Aspidoscelis*, from the Greek *aspidō* or 'shield' and *skelos* or 'leg', relating to their well-developed limbs that enable them to sprint at rapid speeds. Terrestrial and diurnal, these lizards are primarily carnivorous or insectivorous, actively foraging for food while temperatures are warm, and quickly skirting between objects for cover. Of the 22 species occurring in the southwest, Central Texas is home to the Common Spotted Whiptail (*Aspidoscelis gularis*) and Six-lined Racerunner (*Aspidoscelis sexlineata*).

The Common Spotted Whiptail has a brownish-green body with 7 to 8 longitudinal yellowish-white stripes and similarly colored spots in the margins. Its tail is up to twice the length of its body, reaching a total length of just about 12 inches. It is found in prairies, grasslands, rocky hillsides, dense thickets, and canyon bottoms, often near water. Males are larger than females, having a red, orange, or pinkish throat and sometimes a blue or light blue belly. Females have a white or cream-colored underside, and lay 1 to 8 eggs in July, typically in a separate chamber of their underground burrow, sometimes as deep as 11 inches. These lizards scare easily and often retreat in a straight line, but can best be viewed from April through August when their insect prey are most abundant.

Just over 10 inches long, the Six-lined Racerunner has seven light dorsal stripes with a greenish wash on the head and upper body that



***Six-lined Racerunner***

fades to brown posteriorly. Males may also have a blue throat and belly, and juveniles often have more distinct stripes, lack the green wash, but have a bright blue tail. Females lay clutches of 1 to 6 eggs from May to August. Associated more with sandy soils, this lizard can occupy a wide variety of habitats, including grasslands, riverbanks, floodplains, and juniper woodlands. Spiders and grasshoppers are their chief prey, and adults actively forage during the day, but as summer temperatures rise by July, their activity becomes bimodal, peaking in the morning and late afternoon to avoid the hottest parts of the day.

Like many lizards, whiptails and racerunners have developed the ability to allow the tail to break free of the body when grasped by a predator. Called tail autonomy, this process involves wriggling the detached tail to distract the predator while the lizard itself is able to escape. Complex adaptations have evolved to enable the tail to be released along a series of fracture planes, which usually occur through weakened vertebrae, and not between them. Most amazingly, these species also have the ability to regenerate the tail, albeit slowly, so it can be lost again if necessary.

Send your nature-related questions to [naturewatch@austin.rr.com](mailto: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](http://naturewatchaustin.blogspot.com).

# The Forum

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Neighbors**

**Mark Rimmer**

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community newsletters

## SPIDER MITES

It's hot. It's dry. It's time for spider mites. Spider mites are very small to microscopic in size and depending on how good your eyesight is, you may not be able to see them without a good hand lens or microscope.

While spider mites are not insects- they are arachnids and more closely related to spiders than insects- they are pests in the landscape. Most spider mites produce a webbing around their colony. It starts on the underside of leaves and will expand out as the population increases.

Feeding can cause leaves to discolor, creating a speckled appearance on foliage. With severe infestations, leaves discolor to a silver or bronze color which may result in leaves dropping from the plant. While mites feed on the underside of leaves, damage is more apparent on the tops.

Spider mites lay their eggs along the leaf vein during the growing season. Eggs are round and large in size when compared to adult mites. Some species of spider mites peak during warmer months of the year while others become more active in the cooler months of the year. The mites are able to develop more quickly when temperatures are warmer, with some spider mites going from egg to adult in less than 1 week. Spider mites thrive in dry conditions while their natural enemies require more humid conditions. Dry conditions allow spider mite populations to grow with little predation or parasitism that would help to keep the population at an acceptable level.

There are many predatory arthropods that feed on spider mites. Some of these include predatory mites, spider mite destroyers (a type of ladybug), minute pirate bugs, big-eyed bugs, and predatory thrips. Proper watering of plants may help to reduce spider mite outbreaks as it can reduce stress brought on by drought. Using strong jets of water directed on plants can also help to dislodge spider mites. Miticides or acaricides can be used to manage spider mite outbreaks. Look for active ingredients such as horticultural oils (watch temperature when you use oils), insecticidal soaps, spinosad, abamectin, bifenthrin, dimethoate, or acephate.

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](http://www.urban-ipm.blogspot.com)

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## NATIONAL SURVEY REVEALS ROOF DAMAGE IS ONE OF THE TOP ISSUES THAT STRESS OUT AMERICAN HOMEOWNERS

Roof damage is among the top 3 stressful issues for homeowners next to burst pipes and flood damage according to a new national survey by Owens Corning Roofing. While a roof is one of the most important items protecting most American's single largest financial investment, 69% of homeowners admitted to rarely, if ever, looking at their roof or hiring a professional to do so in advance of unpredictable weather seasons. Nationwide, the survey also found that 70% say the cost of repairs would be taxing, but only 29% of homeowners have money set aside to address unexpected roof damage.

Specific to Austin, the survey found that 40% of Austin homeowners admit they don't currently have money set aside to repair or replace unexpected roof damage and yet in the last three years only 3% say they always check or have their roofs checked before the start of a season that typically brings bad weather.

"Understanding the importance of checking their roofs and knowing the basics of roof maintenance and damage can help ensure homeowners are better prepared for upcoming weather," says Tracy Sanders and Luke Evans of Sanders Roofing and Exteriors. "It can literally make a huge financial impact for you and your family."

### Checking the Condition of a Roof

According to Tracy Sanders and Luke Evans, there are a few simple steps Austin homeowners can take to identify issues and make sure their roof is ready for upcoming weather: WIN (Walk the Attic, Inspect Your Ceilings, Note Outside Changes).

#### Walk the attic:

Often, early warning signs of current or future roof problems are visible in your attic long before they become apparent from the inside or the outside. Look for daylight coming from around any of the roof penetrations (e.g. chimney, soil pipe, vents, etc.) and check for any signs of moisture or staining on the underside wood of your roof including mold.

#### Inspect ceilings:

The first and simplest check that you likely do without even noticing it, is to occasionally inspect the ceilings in the rooms on the highest level of your home. Check for staining or discoloration on the ceilings of these rooms and hallways, especially during or after heavy precipitation.

#### Note outside changes:

At the start of each new season you should conduct an external visual inspection of your roof from the ground. Things to look for include: curling, blistering, damaged or missing shingles; missing granules including circular shapes; sagging shingle rows; moss or discoloration; and shiny shingles. IMPORTANT: A close-up inspection of your roof is recommended at least once a year, but if you are uncomfortable, inexperienced or have any doubts about your or your spouse's ability to do this safely, you should not try this and should call a professional roofing contractor instead.

### Importance of a Certified Contractor

According to the survey, more than 54% of American homeowners

say that finding a contractor they could trust would be stressful – in fact, it is so crucial that most homeowners (75%) said they would be willing to pay more money to find a contractor they could trust. The survey also found that for three quarters of Americans (75%), the single most important sign to know if a contractor can be trusted was a certification by a national roofing manufacturer.

To find a trustworthy local roofing contractor, Owens Corning recommends the following:

- If someone says your entire roof needs to be replaced, but you are unsure, get a second opinion, especially on newer roofs
- Check to make sure that the contractor is fully insured and make sure you get proof
- Confirm that a contractor carries valid state & local licenses and fully understands local knowledge of codes
- Check that the contractor is affiliated/certified by a trusted national roofing manufacturer
- Make sure the contractor has good standing with the Better Business Bureau; you can find out by visiting <https://www.bbb.org/en/us/search/>
- Looking for a trustworthy and reliable contractor in your area, but don't know where to start? Visit <https://www.sandersroofs.com/> or, for a list of additional reliable, vetted independent contractors in your area, visit [www.owenscorning.com/roofing/contractors](http://www.owenscorning.com/roofing/contractors).

### About Owens Corning

Owens Corning (NYSE: OC) develops, manufactures, and markets insulation, roofing, and fiberglass composites. Global in scope and human in scale, the company's market-leading businesses use their deep expertise in materials, manufacturing, and building science to develop products and systems that save energy and improve comfort in commercial and residential buildings. Through its glass reinforcements business, the company makes thousands of products lighter, stronger, and more durable. Ultimately, Owens Corning people and products make the world a better place. Based in Toledo, Ohio, Owens Corning posted 2017 sales of \$6.4 billion and employs 19,000 people in 37 countries. It has been a Fortune 500® company for 63 consecutive years. For more information, please visit [www.owenscorning.com/](http://www.owenscorning.com/).

### About Sanders Roofing and Exteriors

Sanders Roofing & Exteriors has been pushing the limits for the past 10 years to become the most reliable roofing company in all of Central Texas. Tracy and Kim Sanders and Luke and Michele Evans are the operators of Sanders Roofing & Exteriors, overseeing its day-to-day success. As a family owned and operated company, much of our business comes from referrals. If we don't do our job to your satisfaction then you won't recommend us to your family, friends, and neighbors – and everyone loses! We promise quality workmanship and products for every job, and our customers can testify to the high standards we maintain. Sanders Roofing & Exteriors is a proud Owens Corning "Platinum Preferred Contractor". For more information, visit <https://www.sandersroofs.com/>.



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