

Pruning Guidelines for Prevention of Oak Wilt in Texas

## **NOW IS THE TIME TO PRUNE YOUR OAK TREES**

Oak wilt, caused by the fungus Ceratocystis fagacearum, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from treeto-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February1 through June 30).
   Reasons to prune in the spring include:

- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- To repair damaged limbs (from storms or other anomalies)
- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30. Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.



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#### A Newsletter for Meridian residents

The Monitor is a monthly newsletter mailed to all Meridian residents. Each newsletter is 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 activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www. PEELinc.com or you can email it <a href="mailto:meridian@peelinc.com">meridian@peelinc.com</a>. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

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### BREAST CANCER: IMPORTANCE OF EARLY DETECTION

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:
  - Having started menstrual periods at a young age
  - Having a first child after age 30

By: Concentra Urgent Care

- Use of hormone replacement therapy
- · Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons Screening is vital because early stages of the familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- · Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- · Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: http://nbcam.org/



### SET SIMPLE NUTRITIONAL GOALS

Many people make it a goal to lose weight through diet and exercise. But a nutrition expert at Baylor College of Medicine suggests that goals should be about more than just weight loss.

"Beyond weight loss, set goals to improve the one thing that only you can do – take care of the body you have been given," said Roberta Anding, registered dietitian at BCM.

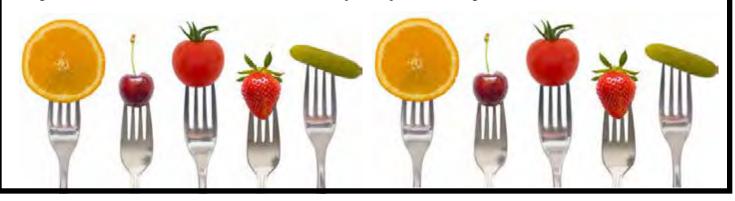
One way to do this is by adopting some simple nutritional strategies, Anding said. These include:

• Set goals to eat breakfast, such as oatmeal, fruit and milk. This keeps

you from being hungry throughout the day.

- Plan to add more fruits and vegetables to your diet. Fill half your plate with fruits and veggies.
- Choose lean protein. Look for meats that have the words "loin" and "round" in their names.
- Consume fat-free or low-fat dairy.

"Although the scale may not show the results in the short run, subtle changes like a gradual drop in cholesterol and blood pressure are possible," Anding said.











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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 9/4/2013. Texas License # 515586.
In some cases new construction and FSBO homes are not included in the MLS data and therefore are not represented. Data is deemed accurate but not guaranteed.

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