



September 2014

Volume 7, Issue 9

A Newsletter for the Residents of Legend Oaks



Featuring the Lego Movie

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GriefShare

GriefShare (www.griefshare.org) will meet at Manchaca United Methodist Church, located at 1011 FM 1626, from 3:30-5:30 p.m. each Sunday beginning September 14, 2014. There is a \$15 charge for workbooks (scholarships available). GriefShare is a 13-week faith-based seminar and support group for people grieving the death of a loved one. It's a place where you can be around people who understand how you feel and the pain of your loss. You may begin the class at any point during the 13-week time frame. Call 512-970-6130 for further information.

Injury Prevention in Young Athletes

*By Brett Neilson and Mike McTague
Doctors of Physical Therapy, Orthopedic Certified Specialists*

As another fall sports season approaches, a major goal of the coaches, trainers, and parents is keeping the athletes healthy and contributing to their respective sports. However, injury is inevitable and part of the game. Pediatric athletes present with a variety of injuries, the most common being the overuse type like Osgood-Schlatter disease and stress fractures. These injuries occur due to excessive stress placed on bone, muscle and tendon tissue that are constantly growing and not always at the same rate. Risk factors for these injuries include asymmetry in joint flexibility/mobility and muscle strength, impaired balance, training and recovery errors, and previous injury. There is potential for many overuse injuries to be prevented by knowing and following a few simple principles.

Pre-participation physical exams can be helpful for identifying many of the risk factors mentioned previously. It is recommended that these exams should include at minimum an assessment of joint mobility and flexibility and muscle strength and flexibility, as well as a thorough review of the past medical history to determine if the student is even appropriate for athletics. Recently, functional screening tools have been developed to reveal asymmetries and imbalances during basic movement patterns that are the foundation for many of the movements required during sport.

Training and conditioning play a major role in injury prevention as well. The term "cultural deconditioning" has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game and computer use. So when the offseason ends and it's time to get out and enjoy the 105 degree Texas heat, the body is not ready to stand up to the stresses suddenly placed on the body. A way to combat this is to promote an active,

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(Continued from Cover...)

healthy lifestyle by putting down the Xbox controller and spending more time outside, taking part in offseason conditioning camps, or participating in local fitness classes.

A guideline known as the "10% rule" has also been developed to allow student athletes to transition back into sports activities. The idea is that the amount of training time, distance, repetitions, or load should not be increased by greater than 10% per week. For example, if a student is running 10 miles per week, they should not run more than 11 miles in the following week.

Knowing the signs and symptoms of overuse injuries is paramount. They are all too often written off as "growing pains" and are allowed to increase in severity, resulting in extensive time away from sport during the recovery process. Common signs and symptoms include pain that is persistent in nature, takes longer than usual to resolve, visible swelling, tenderness that can be localized to one area, and/or require interruption of normal athletic activities.

Finally, having an open-line of communication between the coaches, trainers, other health care professionals, parents, and athletes is imperative in injury prevention. Lack of or inconsistencies in the transfer of information between any of these parties can result in delayed access to proper prevention or treatment techniques and keep the athlete from performing at the highest possible level.

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Nature Watch

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Red-Tailed Hawk

RESIDENT RAPTORS

Raptors, or birds of prey such as eagles, hawks, falcons, and owls, are often birds that migrate in the spring and fall, but there are some species that remain in central Texas year round. The most common are the Red-tailed Hawk (*Buteo jamaicensis*), Red-shouldered Hawk (*Buteo lineatus*), and Crested Caracara (*Caracara cheriway*).

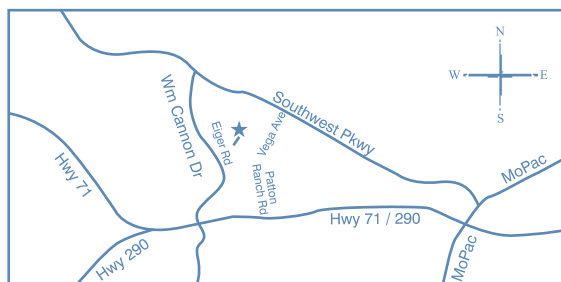
The most common hawk in North America, red-tailed hawks are often seen soaring above open fields or perched on highway utility poles eyes fixed on the ground to catch the movement of any potential prey. Most red-tailed hawks are rich brown above and pale below, with broad, rounded wings and a short, wide tail. On mature adults, the tail is pale below and cinnamon-red above, and on young birds, the tail is alternating bands of brown and cream. These hawks often have a streaked belly and on the underside of their wings, a dark bar extending from shoulder to wrist. Red-tails can be deceiving, however, as they can exhibit a wide variety of plumages.

Red-tailed hawks are amazingly adapted for life in the air. While one of the largest birds you'll ever see at up to 19 inches long with a wingspan topping out at 42 inches, the biggest females weigh in at only 3 pounds. When courting, these raptors put on an amazing aerial display, in which they soar in wide circles at a great height. The male will repeatedly dive steeply then shoot up again, and as he approaches the female from above, he will extend his legs and touch her briefly. When their talons clasp, they plummet in spirals toward the ground before pulling away. Usually mating for life, red-tailed hawks have been seen hunting as a pair, guarding opposite sides of the same tree to catch squirrels.

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Another common hawk in our area is the Red-shouldered Hawk, which is a medium-sized hawk that prefers riparian habitats over open fields. It has barred reddish-peachy underparts and a strongly black and white banded tail, with reddish shoulders and wing linings. In flight, these raptors can be identified by the pale crescent near their wingtips. Considered a hawk of the forest, this bird frequents creeks, rivers, and swamps, and hunts prey ranging from mice to frogs and snakes.



Red-Shouldered Hawk

Red-shouldered hawks return to the same nesting territory year after year, often rebuilding the previous year's nest. The male will enact a 'sky dance' as a mating display, where he soars while calling, then making a series of steep dives toward the female, climbs back up in wide spirals before rapidly diving to perch on the female's back. By the times they are five days old, nestling Red-shouldered hawks can shoot their feces over the edge of their nest, making the rearing job much easier for their parents.



The Crested Caracara

The Crested Caracara is a raptor in the falcon family, and is considered a tropical version of a vulture that reaches the United States only in Texas, Arizona, and Florida. Often seen at carrion along with black and turkey vultures, it is a bird of open grasslands. A large, long-legged bird, the caracara has a black body, pale neck, faint barring on the upper back and chest, and a black cap with a short crest. Its' tail is white-based with a wide black tip, and it has white patches at the ends of dark wings. A noble looking bird, the caracara is often commonly referred to as the 'Mexican eagle'.

SUDOKU

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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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TEXAS A&M AGRI LIFE EXTENSION **CICADA KILLERS**

Large wasps flying low over the lawn can be a common, and sometimes frightening, sight at this time of year. Things can get alarming when those wasps become territorial and fly around your head until you leave the area. These wasps are usually accompanied by holes in the yard or flower beds that are surrounded by small piles of dirt. The wasps are cicada killers and aren't anything to panic over.

Cicada killers are about 1 ½ inches long with a reddish-brown head and thorax and an abdomen that is black with yellow markings. Wings have a rusty tinge. The males can be aggressive and buzz near people, but males are unable to sting. Females are capable of stinging but are rarely aggressive towards humans or animals.

Females dig burrows in the ground and use these burrows as nesting areas. Females sting and paralyze cicadas, take them back to the burrow and then lay an egg upon it. When the egg hatches, the larvae feed upon the cicada provided.

Cicada killers usually do not warrant any control methods. They are actually beneficial insects that help to reduce populations of cicadas. If you feel that you must do something to manage them, you can sprinkle insecticidal dust around the opening of the burrow.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.



Fig. 1. Hole created by a cicada killer.

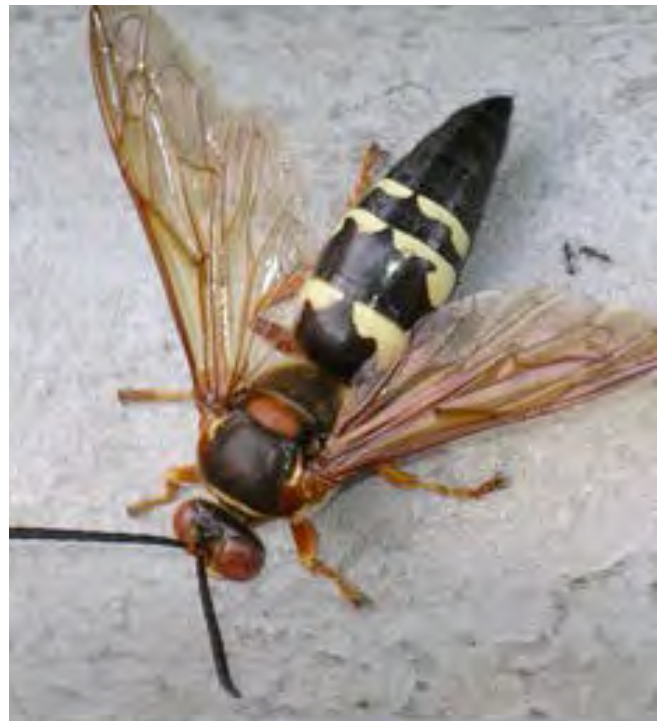


Fig. 2. Cicada killer.



Send Us Your *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to legendoaks@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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