

# SENDERA

Volume 9, Number 9

September 2014  
Sendera Homeowner's Association

## Official Community Newsletter

# DISTRICT 8 CANDIDATES RESPOND TO SENDERA HOA QUESTIONS

**Question: What is your position on the newly approved \$1 billion urban rail plan?**

ELIZA MAY

While I recognize the need to move more people, the proposed urban rail project is not a solution that is a good fit for taxpayers in District 8. The project is too expensive, will do nothing to ease traffic congestion in the southwest but will straddle us with additional tax increases.

By 2020, according to the Austin Statesman, the added annual tab bill resulting from the sale of bonds on a \$200,000 home would be \$153, a 15% increase over the current bill. We need a comprehensive plan that includes transportation solutions for the southwest community, with timelines and projected cost estimates. A comprehensive plan will address Austin transportation needs as a whole, project timelines and expenses.

Most importantly, the plan will have been vetted before the affected communities. Working in collaboration with all taxing authorities, the proposed project can be more systematically proposed to the public for approval. I will not support the urban rail plan.

DARRELL PIERCE

Based on the rapid growth Austin is experiencing, City Council should continue to explore all transportation options including an urban rail plan that is regional in scope and driven by an overall timeline. The proposed urban rail plan can provide one option for meeting some of our transportation needs with the understanding that it must be connected to a regional plan that moves riders from various parts of our region including District 8. Additional pressure should be placed on the city to provide voters with a clear regional plan on where and when additional rail lines will be connected to Southwest Austin and ensure the proposed financial contingencies are only used where necessary. The following key points are additional reasons to consider urban rail as one viable option in our transportation toolbox:

- For urban rail to be financially possible a federal grant will be sought to cover half of the costs.

- The construction of urban rail will create local jobs and an estimated 6:1 ratio of private development along the route due to public investment.
- It is estimated that urban rail will generate 45 million annual property and sales tax revenue for the city of Austin that could create an opportunity for supporting a phased in homestead tax exemption.
- It is forecasted that urban rail will generate 16,000 to 20,000 average daily boardings and remove 6,100 to 8,300 cars off the road each day.

ED SCRUGGS

In light of our current tax and affordability crisis – I do not believe we can afford to approve the bond required to build the proposed urban rail system. While I am a firm believer in mass transit, the current proposal is flawed and the planning process incomplete. For example, Project Connect has not yet addressed the concerns of the southwest commuter in any meaningful way. We should demand these issues be acknowledged and addressed before agreeing to fund the plan.

ELLEN TROXCLAIRE

The current rail plan is incredibly expensive for a relatively short route, it will not address traffic congestion, and it remains unclear how the yearly maintenance and operations costs will be funded. For comparison, Project Connect estimates that the rail plan would cost \$150 million per mile and would move up to 20,000 people per day, which is less than 1/3 of 1% of the region's 6 million trips per day. Meanwhile, a new Mopac lane costs less than \$20 million per mile and would move 50,000 people per day. According to the proposal, the projections are dependent on a future increase in ridership, meaning they do not expect the plan to take cars off the road now. The route from East Riverside to Highland Mall, would not serve the main commuter areas of the City that struggle the most with gridlocked traffic.

If built, the rail line will cost up to \$20 million per year to operate and maintain above and beyond the initial bond, yet the plan does not

*(Continued on Page 4)*

## BOARD OF DIRECTORS

2012-2013

Todd Moore ..... President  
atmoore22@att.net..... 512-417-7946  
Sally Iwanski ..... Vice President  
.....siwanski3minis@gmail.com  
Angie Flores ..... Treasurer  
tejana87@yahoo.com..... 512-496-7356  
Ron Urias ..... Secretary  
rurias@farmersagent.com..... 512-923-1988  
Tom Franke..... Director at Large  
thefrankesr@att.net..... 512-623-0267

## COMMITTEE CHAIRS

2012-2013

### ARCHITECTURAL

Tom Franke..... Co-chair  
.....thefrankesr@att.net, 512-623-0267  
Ron Urias..... Co-chair  
.....rurias@farmersagent.com, 512-923-1988

### NEWSLETTER EDITOR

Pamela Kurburski..... pkgardensong@austin.rr.com  
..... 512-940-8430

### POOL

Ron Urias..... rurias@farmersagent.com  
..... 512-923-1988

### RECREATION

Suzann Vera..... suzannchili@sbcglobal.net  
..... 512-291-0714

### WEBMASTER

Sally Iwanski..... siwanski3minis@gmail.com

### SECURITY

Ron Urias..... rurias@farmersagent.com  
..... 512-923-1988

At no time will any source be allowed to use The Sendera Newsletter's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Pine Brook Periodical is exclusively for the private use of the Pine Brook HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## ASSOC. MANAGER

Judy Phelps, Community Association Manager  
Pioneer Real Estate Services  
611 S. Congress Ave, Suite 510; Austin, TX 78704  
Phone: 512-447-4496 x125 • Cell: 512-300-8147  
Fax: 512-443-3757  
judy@pioneeraustin.com  
PioneerAustin.com

## HOA WEB SITE

Sendera HOA Web Site: [www.senderahoa.com](http://www.senderahoa.com)

## NEWSLETTER INFO

### NEWSLETTER PUBLISHER

Peel, Inc. .... 512-263-9181  
Article Submissions ..... [www.peelinc.com](http://www.peelinc.com)  
Advertising..... advertising@PEELinc.com



## UNLOCK THEIR POTENTIAL

The Southwest Y is here to help your child get the skills they need to grow on and off the field.

### FALL YOUTH SPORTS

- Soccer • Baseball
- Volleyball (8 weeks)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Registration **NOW OPEN**

**SIGN UP TODAY!**

### SOUTHWEST FAMILY YMCA

6219 Oakclaire Dr & Hwy 290 | 512.891.9622 | [AustinYMCA.org](http://AustinYMCA.org)

# Recreation Committee Announcement

*Submitted by Suzann Vera*

A Recreation Committee meeting will be held Saturday September 13th at 10am at the pool to plan Fall 2014 and early Spring 2015 events. We are looking for new event ideas as well as input regarding current events. Volunteers are needed! If you like to plan and participate in neighborhood events please plan to attend. No help is too small!

The Sendera neighborhood garage sale will be held Friday October 3rd and Saturday October 4th from 8:00-1:00. An ad will be placed in the Austin American Statesman and on Craig's List. If you plan to participate on one or both days, simply be set up by 8am. Participants are asked to hang at least one poster somewhere in the neighborhood to help advertise.

Cowan Carnival is Saturday October 25th! Enjoy games, food booths, train rides, slides, petting zoo and more! Proceeds go to the school for enrichment programs!

Halloween Decorating contest is Friday October 31. Fifteen small prizes will be awarded to the top best decorated homes by volunteer judges. Addresses and family name will appear in the following newsletter.



**PEGGY  
WEST PROPERTIES**



Need a Realtor?

Why not call Sendera's  
**TOP SELLING** agent?

Madeline lists and sells more  
homes than any other agents.  
She will get the job done!

Specializing in Sendera and a  
**resident since 1998**

**Madeline Mansen, Realtor®**

Madeline@PeggyWest.com

(512) 291-4400

[www.PeggyWest.com](http://www.PeggyWest.com)

## **District 8 Candidates** (Continued from Cover Page)

identify how this cost is going to be covered (past knowing that the additional burden will be paid by taxpayers). I cannot say in good faith that I am concerned affordability and then support huge bond proposal that will greatly increase our cost of living.

### **Question: Where do you think a new high school should be built and why?**

ELIZA MAY

The southwest community needs a new high school to help with the over enrollment problems experienced at Bowie High School. The problem of over enrollment at Bowie is related to the AISD's policy which allows the transfer of students from other schools. A more pressing rational is that of a growing school age census found in the boundary of the school attendance zone for Bowie. Our area will continue to see growth with young families making up a significant part of this growth. We must support the future workforce of District 8.

DARRELL PIERCE

To address overcrowding at Bowie High School and Akins High School, the community should be engaged to determine if it is in our best Austin interest to build two new schools or build one specialty

high school. At such time, efforts should be made to identify property that can be purchased in both south and southwest Austin, a south central location to support one specialty school. In the short term, high schools in the area that are under-utilized should be explored for creating a specialty high school or magnet type educational opportunities that would relieve some of the over utilization at aforementioned both high schools.

ED SCRUGGS

While we work to remedy the issues faced by AISD, I believe a new high school should be constructed in the southwest to relieve the overcrowding at Bowie. We voted for the bond purchase the land in 2008 – and the district should follow through on that commitment. The exact location is not as important as whether the attendance zone offers Bowie meaningful relief. I also believe AISD should look to open a magnet school (such as a LASA south) within an existing facility south of the river. This move has the potential to also provide Bowie with the relief it so desperately needs.

ELLEN TROXCLAIRE

We are in desperate need of a new high school in Southwest Austin.

(Continued on Page 5)

## Did You Know?

**Consider These Home Improvements  
and Receive a Rebate Check From  
Austin Energy Financing Available at  
0% Interest for 60 Months:**

- Heating or AC System Replacement
- Weatherization, Duct Sealing & Repair or Replacement
- Blow In Attic Insulation
- Solar Screens
- Air Balance for more overall comfort



Call 512.440.0123

[www.climatemechanical.com](http://www.climatemechanical.com)



**Receive \$15 Off Your Next Service  
When You Present This Coupon**

### AUSTIN ENERGY SPECIALS

A FREE Home Energy Analysis  
Can Determine How  
You Can Lower Your Utility Bill.

**Check Rebates up  
to \$2,750  
Available  
Coupled With  
0% Interest For 60  
Months.**

• See dealer for complete program details. Rebates vary based on qualifying purchases. Financing available with approved credit.





## **District 8 Candidates** (Continued from Page 4)

Bowie is already overcrowded and there is no room to accommodate the continued growth in the area. Additionally, having families in Southwest Austin commute to Austin High is not only incredibly inconvenient, but also contributes to our traffic issues on Mopac. Considering that voters passed a bond years ago to buy land for a new high school, I urge the school board to take action as soon as possible.

### **Question: How can we assure our children will be able to afford to live in Austin?**

ELIZA MAY

As a Council, decisions are made regarding the types of industries that the city will promote, the type of jobs that they create, and cost of living that these industries will bring with them.

Council decisions regarding economic development packages for large scale corporations have contributed to exacerbated growth and the accelerated tax increases. The consequences of Council policies have led to higher rents and a housing market that is pricing the middle class out. The city is dangerously becoming a city available only to the higher income, furthering the concern over affordability.

If we enact the tax reform by instituting the tax relief for homeowners I propose, in addition to working to build middle class

housing stock, improving on the regulation process for building permits and conduct an independent audit of city spending to rid out duplication, fraud and waste we can focus on affordability for the generations to follow.

DARRELL PIERCE

There are several strategies to explore for making Austin more affordable for ourselves and the future of our children. I will work to implement the following strategies:

- Phasing in a city-wide homestead property tax exemption.
- Streamlining the current commercial and residential permitting process that will reduce cost currently passed on to renters and homeowners.
- Ensuring our utility bills only reflect costs related to utilities and any funds transferred to the general revenue fund should only be for administrative and financial services that support the utilities operations.
- Diversifying our economic development portfolio with low and no-tech industries that will provide career opportunities for people who decide to pursue a certificate or technical trade versus a traditional four year institution of higher learning.

(Continued on Page 6)



## PREMIER INTERNISTS

# YOUR FAMILY. OUR TEAM. GOOD HEALTH.



**Dr. Anumeha Kohli**

**4534 Westgate Blvd., Ste 108**

(Westgate and HWY 290 Intersection, across Westgate from Central Market)

**IMMEDIATE APPOINTMENTS • PREVENTATIVE SERVICES  
ADULTS WITH COMPLEX DISEASES • ADULT PHYSICALS**

**OPEN TO MOST INSURANCE PLANS  
INCLUDING MEDICARE**



**Dr. Gurneet Kohli**

## NOW ACCEPTING NEW PATIENTS

**[512] 892-7076 >>> WWW.PFPDOCS.COM**

## *District 8 Candidates (Continued from Page 5)*

ED SCRUGGS

As mentioned above, it is becoming increasingly difficult for families to live here – and the impact of this is becoming increasingly evident. For example, while many public schools in District 8 (especially Bowie High School) battle overcrowding, others are under-enrolled. In fact, the latest statistics from AISD indicate overall district enrollment is declining. This is a harbinger of very difficult choices ahead. A large, urban district losing children suffers financially. Combine this with soaring re-capture payments AISD is forced to make under the state's "Robin Hood" funding system – and the district's ability to tackle lingering overcrowding and maintenance issues is jeopardized.

Many of us know neighbors who have moved or are considering a move due to both affordability and education issues. It is easy to see how this turns into a downward spiral. That's why I believe it is critical for the city, county and AISD work together to right the ship. We should offer to assist in the search for a new school superintendent, help promote public / private partnerships and fast-track the code review and permitting process for school construction projects. It's also critical that we put real teeth in a joint governmental task force in order to tackle the social and educational challenges of children throughout the city. Most importantly, if lobbying the legislature during the next

session fails to change the school funding formula, we should consider taking part in a joint lawsuit aimed at obtaining equitable changes in the funding formula.

ELLEN TROXCLAIRE

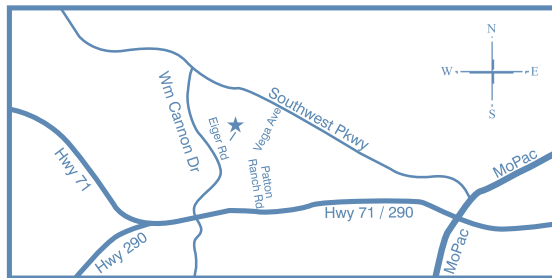
The cost of living is rising faster than salaries in Austin, leading to a serious affordability issue. Balancing the quality of life with the cost of living starts with responsible, transparent spending. The City must prioritize basic city services, including police, fire, and EMS, as well as funding for road infrastructure. Things such as Austin Energy rate increases and constant bond proposals, despite the fact that the City is bringing in more revenue than ever, are a direct result of inefficient spending decisions.

Additionally, our permitting and zoning codes are incredibly complicated and expensive, which increases the costs of doing business here. Those costs are ultimately passed on to consumers in the form of higher product prices. Building delays are contributing to our housing shortage, pushing home and rental prices up.

The new council will be responsible for approving updated development codes, and we must ensure that they are clear, concise, and fair. These things, in addition to reigning in property taxes, will give much needed relief to Austin residents.



Comprehensive  
Convenient  
Consistent



- ✓ PRIMARY CARE
- ✓ SPECIALISTS
- ✓ LAB
- ✓ IMAGING
- ✓ PHARMACY

Southwest Medical Village offers patients the highest quality care in an innovative, integrated medical community.

[swmedicalvillage.com](http://swmedicalvillage.com)

## One Community Caring For Your Health.

5625 EIGER RD. AUSTIN, TX 78735

# A Focus on Backpack Safety Tips for Your Family

By: Concentra Urgent Care

## WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed. Wear the backpack over the strongest mid-back muscles. Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

## LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

## PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints.

Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the

back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

## WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

## THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

## HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at [www.apta.org](http://www.apta.org).





**NOT AVAILABLE  
ONLINE**

## SUDOKU

View answers online at [www.peelinc.com](http://www.peelinc.com)

						7	5	
		4	6	2				8
		7		1				
	9				6	5	1	
	3				8	4		
	2				5		4	
	5	3				6		
		8		4	2			

© 2006, Feature Exchange

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.

# Recover from Summer

INTRODUCTORY ONE HOUR  
**MASSAGE OR FACIAL** \$**49<sup>95</sup>\***  
AN \$89.95 VALUE!

**\$10 OFF\*\*** BRING IN THIS AD AND RECEIVE  
**Hot Stone Massage or an Exceptional Facial**

**Austin | 512-910-7770**  
4301 W. William Cannon  
Behind Jared Jewelry

**Avery Ranch | 512-982-9738**  
10526 W. Parmer Lane  
Behind CVS Pharmacy

\*Introductory offers valid for first time visit only. Not valid for gift cards. Sessions include time for consultation and dressing. Rates and services may vary by location. Offers may not be combined. \*\*\$10 off valid on one hour hot stone massage or an exceptional facial. Independently owned and operated. ©2014 Hand & Stone Corp.

**HAND & STONE**  
MASSAGE AND FACIAL SPA

Open 7 days | Extended Hours | Walk-ins Welcome

[handandstone.com](http://handandstone.com)



# NatureWatch

by Jim and  
Lynne Weber

## 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.

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 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 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'.

As winter approaches and many other raptor species migrate south, keep an eye to the sky for those that stay -- our resident raptors!

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 blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com).

Red-tailed  
Hawk



Red-shouldered  
Hawk



Crested  
Caracara



# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



If you've ever played outside, chances are you've been bugged by insects or other crawly creatures. Maybe unwelcome ants joined you at a picnic in the park or a bee buzzed around your head while you were playing catch. None of this may have bothered you — unless you were bitten or stung. Ouch! It's enough to make you stay indoors. But the outdoors can still be a great place to play if you know a little bit more about insects.

## WHY DO BUGS BITE OR STING?

Insects like bees, wasps, and hornets and other creatures like spiders and scorpions usually attack when they feel like they're in danger. Sometimes they are protecting their territory, web, or nest.

Other insects, such as mosquitoes and ticks, suck blood in order to survive. The female mosquito needs blood so that she can lay her eggs. (The male mosquito does not bite at all!)

Ticks are parasites, which means they live on other animals and need to suck blood to live.

## WHAT ARE BUG BITES AND STINGS?

Insects and other bugs can inject venom (say: veh-num) into your skin when they bite or sting you. Usually, venom is like soap in your eyes — it doesn't really hurt you, but it's not very comfortable. It will make a small, itchy bump no bigger than a pea form on your skin. When you scratch, your skin becomes red and more itchy.

A tick bite can cause a red rash that looks a little like a bull's-eye (this may take as long as a week, or even more). In the case of bee stings, the area becomes swollen and a stinger might be left in the skin.

## DOES IT HURT?

In most cases bug bites are not serious and only hurt for a little while. The itching is the most irritating part of most bites and stings. Some bites or stings, such as a bite from a scorpion or a black widow spider, may require a trip to the emergency department. But this doesn't happen very often. An adult will know whether this trip is necessary.

## WHAT SHOULD YOU DO?

If anything bites or stings you, make sure you let an adult know. He or she will look at the bite or sting to see what needs to be done.

If a mosquito bites you, try not to scratch. It's hard sometimes, but scratching will make the itch worse and can cause the bite to swell, bleed, or get infected.

If you are stung by a bee, an adult can help you get the stinger out quickly. Have an adult wash the area with soap and water, and apply ice to the sting on and off for the first 24 hours. An antihistamine, which is a type of medicine, can help stop the itching, pain, and swelling. Acetaminophen can also help stop the sting from hurting. Hydrocortisone creams and calamine lotions can be helpful to take away the itch. An adult will decide what medicine is best for you.

## TICK TALK

If you find a tick on you, don't try to remove it yourself. Get an adult to help you. He or she will grab the tick with tweezers as close to your skin as possible and pull it off in one smooth motion.

Once the tick is removed, save it by storing it in a small container or a sealable plastic bag. Don't try to crush it in your hands. Your doctor may want to see this tick later.

## WHEN TO GET HELP

Some people have an allergic (say: uh-ler-jik) reaction to the venom that certain insects, such as bees, inject. If you have trouble breathing, break out in hives (hives are red bumps that show up on your skin), or feel like you are going to throw up after a bee or wasp has stung you, you could be having an allergic reaction. Tell an adult right away so that you can go to the emergency department.

Once you know you are allergic to bee stings, your doctor will provide you with a special kit. The kit is called an epinephrine kit and will contain a shot of epinephrine (say: eh-pih-neh-frin). You will need this shot if a bee stings you. You should keep this kit with you at all times, especially when you are outside. Make sure an adult is close by to give you the shot if you need it.

## STOPPING THE STINGING

You can keep from getting stung by staying away from bee or wasp nests. Keep sweet-smelling food or drink covered when you are eating outdoors. And don't swat at flying insects — it just makes them angry, causing them to bite or sting.

If you go hiking, wear a long-sleeved shirt and pants tucked into your socks and shoes to avoid ticks. And always have an adult check you for ticks if you've been playing in the woods. The best way to avoid being bitten by spiders or scorpions is to avoid places where they like to make their homes, like woodpiles.

Playing outside is a lot of fun — bugs or no bugs. With a little bit of care, you can have fun even when the insects come marching in!

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



# Ellen TROXCLAIR

FOR AUSTIN CITY COUNCIL

## Common Sense Leadership *for Southwest Austin*



### Reduce Property Taxes

We must use tools such as a city homestead exemption and lowering the tax rate in order to provide financial relief for homeowners immediately.



### Improve Transportation

Traffic solutions start with increasing our road capacity and quickly completing projects such as the overpass at Slaughter and the Y at Oak Hill.



### Balance Quality and Cost of Living

Demanding efficient and responsible spending will allow us to fund important community services while reducing the cost of living and doing business in Austin.

**City Hall desperately needs proven common sense leadership to guide Austin into the future.**

***Learn more:* [EllenforAustin.com](http://EllenforAustin.com)**

Paid for by Ellen Troxclair for Austin, Treasurer Leslie Robnett. This campaign has not agreed to comply with the contribution and expenditure limits of the Austin Fair Campaign Chapter.





PEEL, INC.

308 Meadowlark St.  
Lakeway, TX 78734-4717

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

SN

# DROWNING IS FAST & SILENT KEEP KIDS IN ARM'S REACH



COLIN'S HOPE

WATER SAFETY TIPS AT  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)

2014

September  
Calendar

Volunteer - Donate  
[COLINSHOPE.ORG](http://COLINSHOPE.ORG)

**At least 50 Texas children have fatally drowned this year.\***

Keep your children and families safer in, near and around all bodies of water.

**Take our Water Safety Quiz.** [www.colinshope.org/quiz/](http://www.colinshope.org/quiz/)

**Sept. 14th:** Colin's Hope Kid's Tri! Registration is now open. [www.tinych.org/KidsTri](http://www.tinych.org/KidsTri)

**Ongoing:** Volunteers needed to distribute water safety packets. [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed. [www.tinych.org/AthleteAmbassador](http://www.tinych.org/AthleteAmbassador)

**Ongoing:** Colin's Hope Community Ambassadors needed. [info@colinshope.org](mailto:info@colinshope.org)

\*Source: Texas DFPS, Watch Kids Around Water



## LAYERS OF PROTECTION CAN PREVENT DROWNING



CONSTANT  
VISUAL  
SUPERVISION



LEARN  
TO  
SWIM



WEAR  
LIFE  
JACKETS



MULTIPLE  
BARRIERS  
TO WATER



KEEP BACKYARDS  
& BATHROOMS  
SAFER



CHECK POOL  
& HOT TUB  
FIRST



STAY AWAY  
FROM  
DRAINS



BE SAFER  
AT THE  
BEACH



LEARN CPR  
& REFRESH  
SKILLS YEARLY