

SENDERA

Volume 9, Number 12

December 2014
Sendera Homeowner's Association

Official Community Newsletter

Sendera Recreation Committee News **MARK YOUR CALENDARS**

Submitted by Suzann Vera

A Monstrous Thank You to Angie, Stephanie, Peggy & Jillian for judging the **Annual Halloween Decorating Contest** this year on Friday October 31, 2014. The winners are.....

4729 Tello Path - Beatty & Walter
4415 Tello Path - The Prewitts
4416 Tello Path - The Tso Family
4428 Chickasaw Ct - The Harrells
4504 Norman Trail - The Wangs
4521 Norman Trail - The Pulidos
4513 Norman Trail - The Ferraros
8909 Whitworth Loop The Haile Family
8921 Lanna Bluff Loop The Johnson Family
4506 Corran Ferry Loop The Kendall Family
8720 Barrow Glen Loop The Leo Family (Mike & Patty)

8908 West Hove Loop The O'Bryan Family
8829 Whitworth Loop The Rodriguez Family
9101 Whitworth Loop The Valdez Family
9415 Collazo The Alemans
4316 Companeros The Remenys
4301 Companeros The Lees
4605 Walsall loop The Mooks
4408 Walsall Loop- The Chadwicks
4332 Bremner The Jenkersons
4315 Bremner The Gallegros Family



Christmas Decorating Contest

The annual Christmas Decorating Contest will take place on Friday December 19th at dusk. Special awards will be given to the best decorated homes and the winners will be featured in an upcoming newsletter and on the website. To enter the contest, please have your lights on! Judges needed! Contact Suzann suzannchili@sbglobal.net

sbglobal.net

Join us for Christmas Caroling and/or bicycling to see the lights on Friday December 19th. Practice starts at 6pm with caroling beginning at 6:30pm. Meet at 8817 Whitworth Loop. All levels of cyclists and singers are welcome. Cookies and hot chocolate to follow.

The Sendera Recreation Committee has up to date information through social media:

Sendera website

<http://www.senderahoa.org/>

Nextdoor Sendera

<https://senderaaustin.nextdoor.com>

Sendera HOA Facebook page

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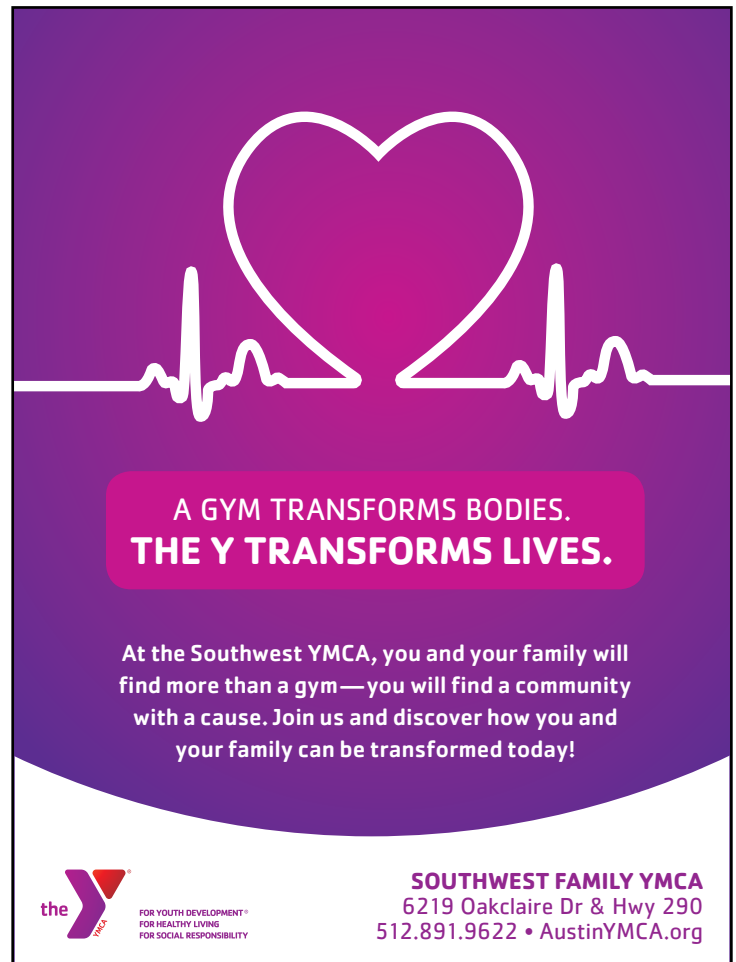
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Irrigation System on Davis Lane Extension?

If you've driven down Davis/Deer Lane to Brodie, you may have noticed what looks like an irrigation system sitting on top of the ground in the median and along the sidewalks. To find out why this area was being watered, a call was placed to 311 and the question was referred to the City of Austin's Transportation Department.

Jessica Salinas responded that this was a temporary irrigation system that would be used only until the planting in the median were established. She further explained that this type of irrigation may be used in areas greater than five feet for restoration or revegetation and would remain only until the area is established. She felt the installation along the sidewalks was probably in error and only the median would actually receive temporary irrigation.

Another inquiry was placed concerning street lights along Davis from Copano to the new extension. At the publication deadline, no answer had been received.

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GERMAN COCKROACHES

German cockroaches are most commonly found within homes and commercial food establishments, usually in the kitchen. The adults are about ½ inch long, tan and have two dark stripes above the head. The females will carry the egg case protruding from the abdomen until the day before hatching. The nymphs, or baby cockroaches, look similar to the adults, but are smaller and without fully developed wings.

German cockroaches may enter buildings through infested boxes, grocery bags, furniture and dried pet food. They may also enter around loose-fitting doors and windows as well as through sewer lines, attics, and where pipes penetrate the structure. Cockroaches are associated with filth, but even well-maintained structures can become infested.

German cockroaches are active at night, and are usually only visible during the day if they are disturbed or there is a severe infestation. They like to rest in tight, dark spaces such as under or inside cupboards, behind loose baseboards or in bathrooms. They are omnivores, feeding plant and animal products such as meats, starchy



foods, baked goods, leather, book bindings and wallpaper paste.

Inspection is important to any cockroach control program. Identify the type of cockroach and their location. Eliminate indoor

(Continued on Page 5)

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German Cockroaches (Continued from Page 4)

hiding places such as paper or cardboard. Sticky traps can help to reduce cockroach populations without the use of chemical. Place traps against walls near cockroach feeding and hiding areas.

Some type of chemical control will be needed to eliminate cockroach infestations. Baits are a combination of toxicants and food attractant. Baits should be placed in areas where cockroaches are known to feed. Residual sprays are available in ready-to-use containers or concentrates that are mixed with water. Sprays are fast and easy to apply. Dust treatments should be used in cracks and crevices, wall voids, under refrigerators or around pipes. Dusts should be applied in a light, even coat that is barely visible. Do not apply dust or residual sprays to areas that have bait.

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



Please remember to pick up after your pets and “scoop the poop”

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CT LUNG SCREENING SAVES LIVES

By Dr. Amy Salinas, Radiologist, Austin Radiological Association

Smoking is believed to cause up to 90% of lung cancer cases – and lung cancer is the leading cause of cancer death in both men and women in the United States. The good news is that CT lung screening for high-risk people can reduce deaths from lung cancer by 20% compared to chest x-ray.

What is CT lung screening?

Computed tomography (CT) lung screening is a simple radiological test done on people that are completely symptom free as a way of finding cancer before there are any indications. CT can distinguish between normal and diseased tissue based on changes in size, shape and appearance of the tissue. A CT lung screening can detect cancerous lung nodules at an early stage when they are more treatable, increasing survival chances.

The best way to prevent lung cancer is to never smoke or stop smoking now. If you are still smoking, talk to your doctor about ways to help you quit smoking.

Am I a candidate for CT lung screening?

Austin Radiological Association and the American Lung

Association recommend CT lung screening if you are:

- a current or former smoker
- and from 55 to 75 years old
- and with a smoking history of at least 30 pack years (this means one pack a day for 30 years, two packs a day for 15 years, etc.)

Together, these factors put you in the highest risk group for lung cancer and screening is recommended for you. If you do not fall into this group, consult with your doctor to see if you might benefit from CT lung screening.

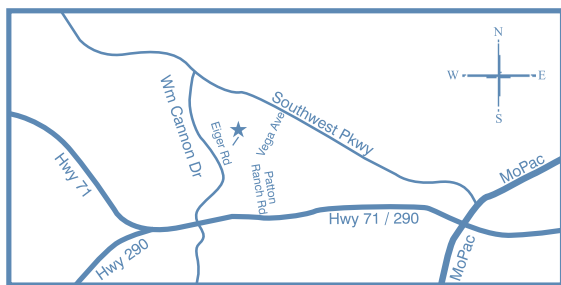
What are the risks?

CT scans do involve exposure to radiation (x-rays). But radiology is advancing rapidly and new low-dose CT scanners allow for an up to 60% reduction in radiation dose with improved image quality. Research has consistently shown that potential detrimental outcomes from CT are related to the undiagnosed or underlying medical condition that CT will detect rather than from the minimal radiation exposure of CT.

Now more than ever, CT lung screening for high-risk people is very much worth it.



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