

THE VILLAGE

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NEWS FOR THE RESIDENTS OF THE VILLAGES AT WESTERN OAKS AND LEGEND OAKS I

Community Wide Effort Against Fire Ants

Starting the "Two-Step Method" in April 2015

Article co-authored by Stephanie Simmons (Village at Western Oaks Resident) and Wizzie Brown (Texas A&M AgriLife Extension Service)

Most, if not all, of us seem to participate in a never-ending battle against the invasive red fire ants that sneak into our lawns, viciously stinging our unsuspecting children, pets and guests!

Since most fire ant control methods are performed by individual property owners, there is often rapid re-infestation from an untreated neighbor's property. Essentially, as a community, we are pushing the ants from one lawn to the next 'untreated' lawn, until they eventually return to our lawn again. Ugh!

The only way to win the war against these invasive fire ants, not just these never-ending battles, is for each of us strike the ants at the same time! By joining forces as a community to collectively treat ALL of our lawns on specific dates, re-invasion boundaries can be pushed further out, causing a longer period of time to elapse before fire ants move back into the our area.

With help from Texas A&M AgriLife Extension Service, we will be participating in a community wide fire ant suppression program, and using the "Two-Step Method". This method consists of a broadcast bait treatment twice a year, once in the spring and once in the fall. Spot treatment of individual mounds that require immediate attention can occur anytime.

Fire ant baiting can provide around 90% suppression for 6-18 months. Very little chemical is placed into the environment when using baits. Most baits are broadcast at a rate of 1- 1 ½ pounds per acre.

Studies show that having a community wide invasive fire ant

management approach can reduce the number of fire ants within our community, reduce the amount of money we collectively spend on fire ant management and reduce the amount of chemicals we place into the environment. Also, with the invasive fire ants gone, native ants can return, helping to restore the native ecosystem.

Our first scheduled date this spring is Saturday, April 11th, 2015. Contingency dates are scheduled in case rain or if the forecast for the temperature is less than 65 or greater than 95 degrees F on the primary treatment date. Saturday, April 18th will be the first contingency date, and the 25th is the second contingency date.

To help each of us prepare for the community wide ant strike, an entomologist from Texas A&M AgriLife Extension Service will provide a talk, along with a Q&A session in March, 2015. Date, time and location are TBD. Look on NextDoor for an event posting when these details are available.

Attendees will receive instructions on: 1) how the "Two-Step Method" works; 2) how to identify the presence of the invasive fire ant; 3) the appropriate fire ant bait products to purchase; 4) tips on using baits. The talk will conclude with an open Q&A session.

The Texas A&M AgriLife Extension Service office will also be performing a 'before and after' red fire ant count to help us understand how effective our collective efforts are. That's pretty exciting!

For more information prior to the talk, feel free to reference this link for the relevant material: <http://fireant.tamu.edu/>



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Ambulance	911
Sheriff – Non-Emergency	512-974-0845

SCHOOLS

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Clayton.....	512-841-9200
Kiker.....	512-414-2584
Mills	512-841-2400
Patton	512-414-1780
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Bailey.....	512-414-4990
Small.....	512-841-6700
Gorzycki	512-841-8600
High School	
Austin	512-414-2505
Bowie.....	512-414-5247

UTILITIES

Water/Wastewater	
City of Austin.....	512-972-0101
City of Austin (billing)	512-494-9400
Emergency	512-972-1000
Texas State Gas	
Customer Service	1-800-700-2443
Gas related emergency.....	1-800-959-5325
Pedernales Electric Cooperative	
New service, billing	512-219-2602
Problems	512-219-2628
ATT/SBC Telephone	
New Service	1-800-288-2020
Repair	1-800-246-8464
Billing	1-800-288-2020
Allied Waste	512-247-5647
Time Warner Cable.....	512-485-5555

OTHER NUMBERS

Oak Hill Postal Station.....	1-800-275-8777
City of Austin	
Dead Animal Collection.....	512-494-9400
Abandoned/Disabled Vehicles	512-974-8119
Stop Sign Missing/Damaged	512-974-2000
Street Light Outage (report pole#).....	512-505-7617

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GriefShare (www.griefshare.org) will meet at Manchaca United Methodist Church, located at 1011 FM 1626, from 2:00 - 4:00 p.m. each Sunday beginning March 8, 2015. 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.



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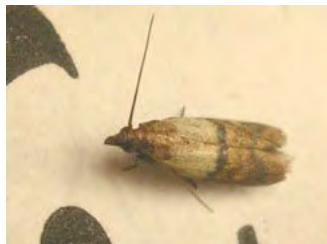
TEXAS A&M AGRI LIFE EXTENSION

Indianmeal moths can be found in dogfood, birdseed, cereals, dried fruit, nuts, powdered milk and candy. Adults are small with grayish wings tipped in copper. Larvae are creamy yellow to yellow-green to pink and often crawl along pantry walls. Spun pupal cases are often found along corners and edges of wall areas.

To eliminate a pantry pest problem, the first step is to locate and remove all infested items. Removing infested items is the easy part; finding the infestation is not always so simple. Begin with the oldest food items, usually in the back of the pantry. Inspect everything, including unopened food items since these can also be a source. If you find an infested item, do not stop your inspection, more than one item may be infested.

Throw away infested items. If you don't feel that you can throw away

INDIANMEAL MOTHS



food, place the infested food in a zip-top plastic bag and place it in the freezer for about 5-7 days or spread the infested food item on a baking sheet and bake at 250 degrees for 4-6 hours to kill any insects. Once all the insects are dead, you can sift the food item or pick out the insects. Of course, you can always just leave the insects in the food and get a little more protein with your meal!

It is extremely important to find the source, and not all pantry pest infestations come from the pantry. Check rooms for items such as dried, decorative peppers, dried flowers, potpourri or rice heating packs.

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

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Apple Cake

- 3 medium apples, peeled & thinly sliced
- 1/4 Cup plus 1 tablespoon sugar
- 1 tablespoon plus 2 teaspoons cinnamon
- 3 cups flour
- 2 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 4 eggs, beaten
- 1 cup vegetable oil
- 1/4 cup orange juice
- 1 tablespoon vanilla

Combine first 3 ingredients, tossing well. Set aside. Combine flour, 2 cups sugar, baking powder, and salt in a large mixing bowl. Combine next 4 ingredients; add to flour mixture, mixing well. Pour 1/3 of batter into a greased and floured 10 inch tube pan. Top with half of the thinly sliced apples, leaving a 1/2" margin around center and sides. Repeat layering, ending with batter on top. Bake at 350° for 1 hour or until a wooden pick comes out clean. Cool in pan 10-15 minutes; then remove from pan. Let cool completely. Sprinkle with powdered sugar, if desired.

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FITNESSCORNER THE CORE OF THE MATTER

We've all been trained to work our "abs" to look thinner and because everyone is supposed to do crunches! But the truth is our core is so critical to our entire body's health, performance and level of pain and the abs are just a component of a larger, sophisticated piece made up of also the glutes, hips, sides and back muscles (think spinal stabilizers). And a strong core isn't just so we can look good, but it's instrumental to our balance, how we move, sit and more.

Pain in the back and other body parts could be a warning sign that key stabilizer muscles are imbalanced, inflexible or unconditioned to do their job well. In this modern society where many of us sit for prolonged periods for work, school or in flight, it is crucial that we're aware of our core's role in everything we do and that we work hard to maximize its strength now and as we age.

A flexible and strong core is necessary for:

- Less injury and pain overall
- Better day to day life performance (shoveling, carrying groceries, navigating slippery terrain)
- Improved athletic performance and efficiency
- Balance
- Looking tighter
- Posture

The absolute best way to get a strong core is through full body, functional fitness that trains the core to work well in conjunction with the entire body. Crunches will give you abdominal endurance and some strength in the front region, but planks, Pilates, loaded squats, kettlebells and other exercises introducing instability and imbalance will get the job done much more efficiently and effectively as they work the entire core (and they are likely more fun, too!).

If you have questions about how to get on the right track, do some research and work with a trainer who will design a plan that is right for you.

To your core health!

your core

includes your abdominals,
all the muscles in your hips,
and the muscles that run up
and down your back.



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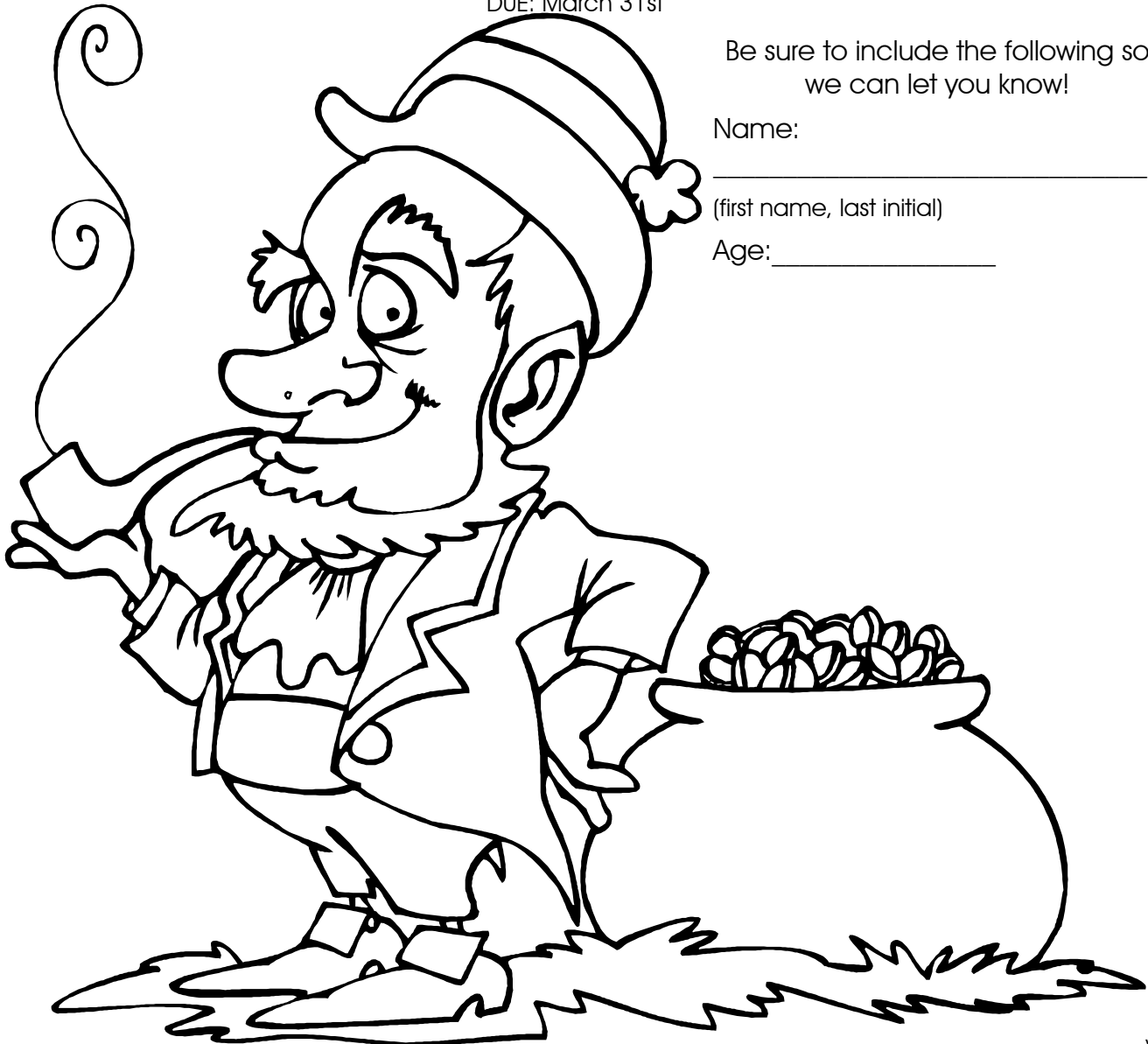
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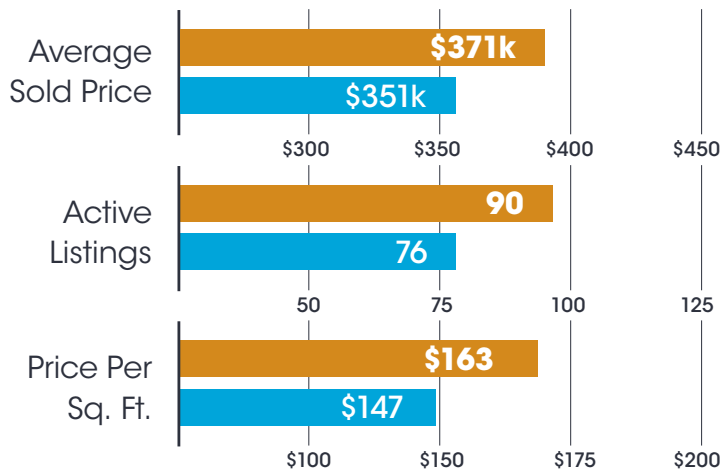
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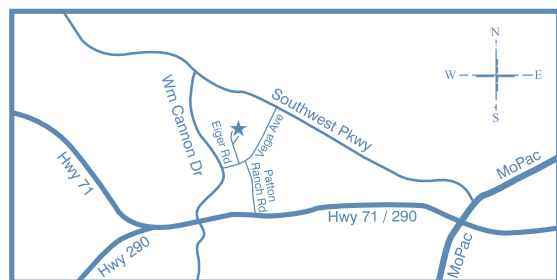
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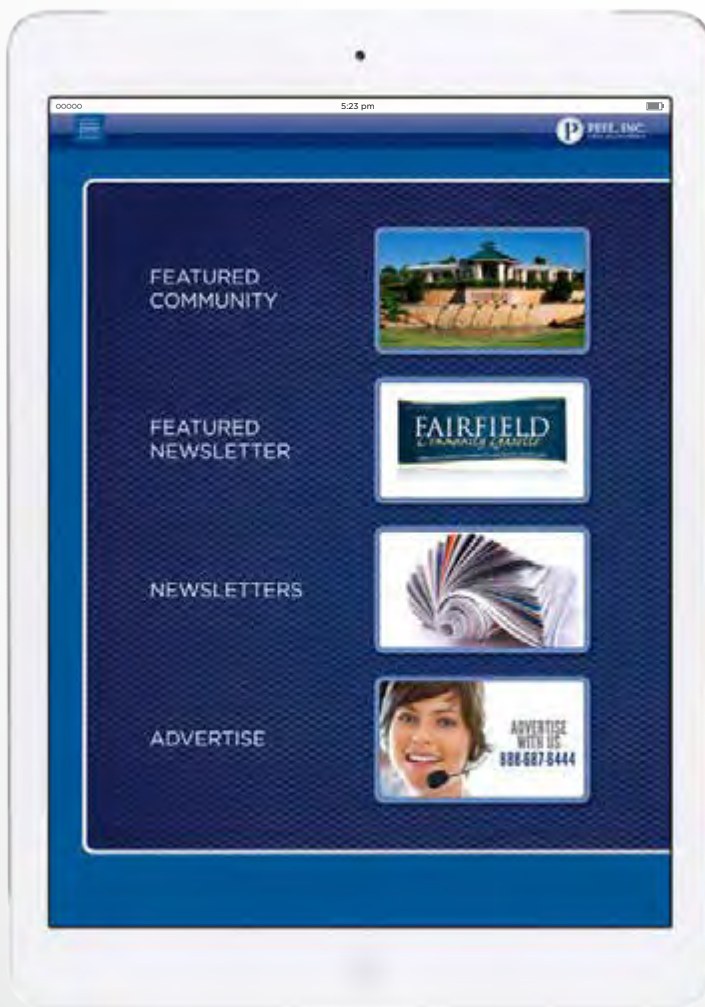
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