

The Clippings

July 2015 Volume 3, Issue 7

CICADAS



TEXAS A&M AGRI LIFE EXTENSION



Cicadas are fairly large insects but can vary in size with some growing over 1 ½ inches. Color may also vary depending upon species, but many are brown or green. All cicadas have bulging eyes and, on adults, wings that are held roof-like over the body. The wings are semi-transparent with thick wing veins. The majority of their life cycle is spent underground.

Cicadas have 2-5 year life cycles and appear in Texas in mid to late summer. Females insert egg clusters into branches of trees using their saw-like ovipositor (egg laying structure). Eggs hatch after about 6 weeks and small nymphs drop to the ground where they burrow into the soil. Nymphs feed on sap of tree roots with their piercing-sucking mouthparts. After becoming fully developed, nymphs emerge from

the ground at night and climb onto nearby objects such as tree trunk, plants, fences, etc. Adult cicadas emerge from the last nymphal stage leaving behind the exuviae (cast skin). Adults can live 5-6 weeks.

Male cicadas are well known for their “song”. They rest on a tree and produce a whining sound to attract females. The sound is produced by two vibrating membranes on the side of the abdomen. Females do not “sing”. Adults feed on juices from tender twigs, but usually do not cause lasting harm to the plant from feeding.

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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Fit and Fun

Health Tips for You and Your Children

By: *Concentra Urgent Care*

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or

soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.



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Hosting An Exchange Student

Did you ever wonder what hosting a foreign exchange student is about? Well here it is in a nutshell....

Hosting an exchange student is a great way to learn about another country and culture without leaving your home town. It provides a cultural exchange experience for the entire family while providing a student from another country with a slice of American life.

Hosting an exchange student is like adding an international branch to your family tree. Many host families develop lifelong friendships with their exchange students and keep in regular touch with them. Some even visit them in their home countries, or invite them back for weddings and graduations

Hosting an exchange student provides your family, your high school and your community with a direct window into another country and culture, providing an opportunity for life-long learning.

Families of all shapes and sizes can host an international exchange student. We've had host families with young children, no children, high school aged children – as well as empty nesters and single parent households.

Ayusa is a non-profit based in San Francisco that promotes global learning and leadership through foreign exchange and study abroad programs for high school students from around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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View answers online at www.peelinc.com

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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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Will My Child be Ready for Elementary School?

By: Paula Morgan, Owner, Primrose School at Lake Houston
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More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. The best programs go beyond helping children master basic academic skills by supporting their development as happy, confident, well-rounded individuals.

Studies show that from birth to age 5, growth in all areas of development is rapid. Children form strong neural connections during this time as a result of their experiences with everyone and everything they encounter. The quality of those early interactions determines how children will continue to learn and form relationships, which strongly influences their future success and happiness. "Informed parents look for preschool, pre-K and kindergarten programs that take a balanced approach to developing motor, social-emotional, creative and academic skills," said Dr. Gloria Julius, vice president of education and professional development for Primrose Schools. "It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed." children create a make-believe town in the desert out of rocks, boxes, and their imaginations. Read the book with your children and then challenge them to create their own town with materials they find in the backyard.

- **Academics:** It's important to go beyond a concentration on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in all language skills, including listening, speaking, reading and writing.
- **Technology:** In today's technology-rich world, children need to have a grasp on technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.
- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- **Music and Art:** Young children naturally engage in "art" or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they are also promoting cognitive and emotional development.
- **Social-Emotional Development:** Preschool programs should focus on supporting the development of social and life skills, as well as executive function. Research shows that executive functioning skills help children establish positive relationships and make a successful transition to elementary school.

Will your child be ready to enter elementary school? Selecting the right child care or preschool program is a critical step in helping your child succeed. Plan to tour schools at least one year in advance so you have plenty of time to apply and enroll your child.

For more parenting tips, visit our 360 Parenting blog at www.PrimroseSchools.com/360Parenting.

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SUMMER FUN ... WATER SAFETY

I think it's safe to state that we're happy all the torrential downpours have stopped. Clear skies and warm water means fun in the sun. Like most, I love to spend my summers on the beach, in the boat, or relaxing in the backyard swimming pool. Unfortunately too many kids drown each year. "Child drowning" is a term we'd all like to see go away.

Make Water Safety Your Priority

Last year they reported that 15 kids had drowned in Texas through May. Sadly enough, that # is up to 16 in 2015. If we don't take incredible care to protect our youth that number will have doubled by time you receive this in July. Statistically, this number will continue to increase through August. The best thing a parent can do to help your family stay safe is to enroll the kids in swim lessons. Many swim instructors register at the Red Cross Training Support Center at 1-800-RED-CROSS or email them at support@redcrosstraining.org for more information.

Here are some quick tips to improve your child's safety:

- *Swim in designated areas that are supervised by lifeguards*
- *Always swim with a buddy, never alone.*
- *Never leave a child unattended near water and do not trust your child's safety to another child.*
- *Have young and inexperienced children wear life jackets around water*
- *Establish rules for the kids and stick to them*

I think we can all agree that nothing is more precious than our children. By working together we can make a real difference.

My housing report is straightforward. The market is still hot. Demand is high, home prices continue to rise, interest rates are incredibly low, and my team and I are primed to help you in the home selling/buying process. For a free home value analysis send us an email, a text, or give us a call. We'd love to be of help.



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