

The Gazette

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Resolutions for Fitness

In 2017 many of our neighbors will make New Year's Resolutions to get in shape. And Village of Western Oaks offers so many ways to pursue an active lifestyle. Whether you're going to be walking, running, or cycling around the neighborhood, consider checking out the latest tools and gadgets designed to keep you safe on the road to fitness.



shoes. Nathan Lightspur Shoe Lights retail in many stores for around \$20 each, and the batteries are replaceable.



Reflective items make it easy for drivers to see you when you're exercising outdoors. You can easily find a wide range of reflective items, such as vests and headlamps. An unique way to ensure you'll be seen without sacrificing comfort is to use reflective bands that fit right onto your running or cycling

Many people have concerns with personal safety while they're exercising alone outdoors. One way to feel comfortable is to wear a Personal Alarm on your wrist. If you pull the pin out, the alarm makes a loud noise which is audible for 1,000 feet. This is designed to scare the potential attacker off and alert bystanders that help is needed. These retail for around \$20.



a water bottle. But there are belts that hold water bottles specifically designed for athletes which are great options too.

With a little attention to the options available to make your exercise of choice safe, you'll be healthy and fit in 2017!

Hydration is always a concern when you're working out. For \$30-80, you can purchase a hydration backpack or belt that will contain enough water to quench your thirst. The backpack system has a flexible tube, kind of like a straw, that allows you to drink without having to handle



HAPPY NEW YEAR! 2017

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845

SCHOOLS

Elementary	
Clayton.....	512-841-9200
Kiker.....	512-414-2584
Mills	512-841-2400
Patton	512-414-1780
Middle	
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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IT'S ANOTHER NEW YEAR...

“Happy New Year!” That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. But the day celebrated as New Year’s Day in modern America was not always January 1.

ANCIENT NEW YEARS: The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring). The beginning of spring is a logical time to start a new year. After all, it is the season of rebirth, of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical nor agricultural significance. It is purely arbitrary. The Babylonian new year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year’s Eve festivities pale in comparison. The Romans continued to observe the new year in late March, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun. In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the new year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the new year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

THE CHURCH’S VIEW OF NEW YEAR CELEBRATIONS:

Although in the first centuries AD the Romans continued celebrating the new year, the early Catholic Church condemned the festivities as paganism. But as Christianity became more widespread, the early church began having its own religious observances concurrently with many of the pagan celebrations, and New Year’s Day was no different. New Years is still observed as the Feast of Christ’s Circumcision by some denominations. During the Middle Ages, the Church remained opposed to celebrating New Years. January 1 has been celebrated as a holiday by Western nations for only about the past 400 years.

NEW YEAR TRADITIONS: Other traditions of the season include the making of New Year’s resolutions. That tradition also dates back to the early Babylonians. Popular modern resolutions might include the promise to lose weight or quit smoking. The early Babylonian’s most popular resolution was to return borrowed farm equipment. The tradition of using a baby to signify the new year was begun in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth.

AULD LANG SYNE: The song, “Auld Lang Syne,” is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year. At least partially written by Robert Burns in the 1700’s, it was first published in 1796 after Burns’ death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scotch tune, “Auld Lang Syne” literally means “old long ago,” or simply, “the good old days.”

TEXAS A&M AgriLIFE FUNGUS GNATS

Fungus gnats often become a problem in homes due to an overwatering problem. Since this time of year can bring poinsettias or other plants into the home, fungus gnats are a pest to watch for.

Fungus gnat adults are small, black, long-legged flies with long antennae. Most adults are about 1/16 an inch but some can get up to 1/2 an inch. They are weak fliers and generally remain near potted plants, growing media, foliage or leaf litter.

Larvae, or immatures, have a black head capsule and long whitish body without legs. They feed on organic matter such as mulch, compost, grass clippings, plant roots and fungi. When conditions are very moist, fungus gnat larvae can become abundant and may leave slime trails on media that looks similar to trails left by snails or slugs.

While these gnats are a nuisance they are fairly easy to manage.

Indoors, it is a good idea to use yellow sticky cards as a monitoring tool. Potato pieces may also be used as a monitoring tool for fungus gnats. To do this, imbed a peeled potato cube into media and inspect the underside of the potato and the media directly below it twice a week for fungus gnat larvae.

To manage fungus gnat populations, work on reducing excessively moist conditions. Avoid overwatering and make sure that there is good drainage. The surface of container soil should be allowed to dry before watering again.

If using compost, make sure that items have been fully composted. Compost piles should be turned regularly and kept away from doors or windows. Inspect all doors, windows, vents and screens for a good seal to reduce the number of gnats that may enter a structure.

Bacillus thuringiensis var. *israelensis* or the nematode *Steinernema feltiae* can be applied in containers to control larvae. Either spray on the media or apply as a soil drench. Biologicals work best when they are applied early in an infestation. If a population is already large, they may not provide the control desired.

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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TREE CAVITIES

I took some time to go over the articles of the past couple of years. I have covered many topics that I commonly deal with during consults with clients regarding their trees. This month and next month I will cover three related concerns that I address at just about every appointment: tree cavities/hollows, and next month -fungi that grow on trees and rot that they cause. I hope the next three articles will effectively demonstrate the relationship between them.

It is very common for trees to be hollow to some degree – especially if they are of considerable size and age. In most cases, it is a result of one primary, precipitating event – lightning. Other precipitating events can be wind sheering of large branches, improper pruning of large branches and unhealed deer rubs on trees when they were young.

Regardless of the cause, the present question is: Now that there is a cavity - What is to be done? Some “home remedies” I’ve come across in my years of caring for trees are quite interesting – from filling them with rocks (maybe as much of a way to get rid of the rocks from view as a tree remedy), concrete, filling them with expanding foam, and mechanically removing everything inside the tree possible.

First, it is critical to not do any of the first three in any circumstance! There are many reasons for this, but the principle one is that what will result is more moisture will remain inside the tree for longer, facilitating rot. Rot is by far the worst debilitator of tree health and structural

integrity. As with most cases, Mother nature knows best – air flow is the best way for moisture to dissipate. Removing non-structurally assisting material in the cavity (i.e. organic litter: rotting wood, leaves, sticks, squirrel stashes, etc.) will help by eliminating those objects which will sponge and hold moisture in the hollow longer. Do not try to pry out hard heartwood though by any means. In those cases where a proportional and moderate-sized drill hole can assist with air flow and future water drainage from a cavity, as well as also function as a port for evacuation of organic litter by water-flushing of the cavity (least intrusive, damaging means of cleaning decades of litter out at once I’ve found and employ regularly), in some cases a drilling injury is warranted. To keep out animals from the cavity – a chicken wire mesh with stout fence staples holding it in place will work quite effectively.

The goal of cavity “repair” is to allow the tree a better environment to slow the rot – thereby enabling the tree’s response of wound wood and callus growth, as well as changing the density and location of its new growth in order to compensate for the changes in wind pressure resistance resulting from its cavity.

Questions or comments this article or previous articles have generated, may be directed to me at:

kevin@arborcareandconsulting.com

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WINTER TIPS

Preparedness is paramount when it comes to road trips year-round, and hitting the road for a long drive during winter months is no exception. With an increased risk of potential driving hazards like sleet, snow, strong winds and frigid temperatures, it's a good idea to think about ways to ensure you'll travel safely.

Consider the following tips when preparing for your winter road trip:

- Invest in an emergency kit for your vehicle. Available at most major retailers, these kits are relatively inexpensive and contain items like flares, booster cables, flashlights, ponchos and first aid supplies for minor injuries.
- Develop a contingency plan. Create a strategy for dealing with a flat tire, vehicle accident, dead battery or other potential travel delays. Keep a hard-copy list of people or businesses to contact for help should you need it.
- Stay in touch. Check in with a designated contact during your journey with updates on your location, delays encountered or unexpected situations that require longer travel time. When driving, remember always to pull off the road before using your cell phone.
- Check the local weather report before heading out. Winter weather can be tricky and forecasts aren't always accurate. You can double check your destination's weather history on a variety of websites to determine typical conditions to expect in that area during your travels.
- Store warm clothes and blankets in your vehicle. Be prepared to stay warm if you're stuck for extended periods by keeping a blanket or two in your car. Also, pack a small travel case with snow boots, socks, gloves, a scarf, hat and heavy sweater in case you need to leave your vehicle.
- Review your travel route without GPS. Read through detailed driving directions, including alternate routes, so you know your options. Also consider keeping a map handy in case your navigation system is compromised during your trip.

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