

LONG CANYON *Gazette*

AUGUST 2017

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 11, ISSUE 8

LITTLE FREE LIBRARY

Long Canyon families with children will be able to take advantage of a Curb Side Library this summer at 9408 Bell Mountain Drive, the residence of Stewart and Brandy Finnessey. The Finnessey's encourage everyone to stop by and participate, grab a book, add a book and enjoy. The initial round of books will be targeted at 3 years of age to pre-teen. The rules are simple. If you take a book, leave a book. With this exchange, the curb side library's inventory is likely to continuously change.

Last year about this time the Finnessey's along with their two boys moved into Long Canyon. Stewart, a 20 year veteran with the Austin Fire Department and Brandy a Real Estate Broker with Kuper Sotheby's International Real Estate are proud to call Long Canyon home. Wanting to become more involved in their new neighborhood and the onset to summer quickly approaching, the Finnessey's look forward to providing an activity for the kids of Long Canyon including their own.

The Finnessey children Ethan age 9 and Benjamin age 4, have discovered a love for reading and "want to share this passion with other children or friends in the community".

"If we are working in the yard when you stop by to check out a book from the library, don't be afraid to say hi and/or stay awhile" said Brandy Finnessey.



Lake Travis Retired Physicians to Meet in September

Lake Travis Retired Physicians will host Dr. Johnny Shane Ross on Wed., Sept. 6, from 11:30 a.m. to 1 p.m. at The Hills of Lakeway. Dr. Ross specializes in physical medicine a rehabilitation for Vibra Rehab Hospital of Lake Travis. His topic will be current concepts in inpatient acute rehab, and outpatient wound care and hyperbarics.

Retired physicians and their guests are welcome to attend. Reservations are required. Buffet lunch is Dutch treat at approximately \$20/pp. For information, contact Dr. Bill Evans, group chair, at 512-261-3536, or by email to club organizer Pat Evans, patevans39@gmail.com.



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CHINCH BUGS: NO EASY FIX

Author: Nathan Riggs

The heat and high temps of July and August aren't the only culprits that take a toll on your landscape and lawn. If your St. Augustine grass is looking sad and jaundiced, it may be under attack.

Summertime means a lot of different things to people — grillin', fun in the sun, barefoot walks in the lawn and other outdoor activities.

Unfortunately, the hot temperatures in July and August also have a daunting impact on local lawns and landscapes by creating water stress. When St. Augustine lawns in full sun become water stressed in July and August, they fall victim to attack by the Southern Chinch Bug (*Blissus insularis*).

Chinch bugs suck the sap from the grass at the point where the blade emerges from the runner, or rhizome. As they feed on the sap, chinch bugs release saliva into the wound, causing the grass to turn yellow and die.

This yellowing usually begins at a central point and radiates in a circular pattern outward as the chinch bugs expand their feeding area. St. Augustine grass is a chinch bug's favorite meal, but Bermuda and Zoysia grasses may be attacked as well.

Here are a couple of ways to test for chinch bugs in the affected area.

- Drench method: flood an area on the edge of the sick grass with a soapy solution (2 tablespoons of liquid soap to 1 gallon water). If chinch bugs are present, they will emerge from the grass to get away from the soapy water.

- Flotation method: take a metal can with both ends removed and push one end into the ground at the border of the sick grass. Slowly fill with water and see if chinch bugs float up. Repeat for several different areas.

Once you've determined chinch bugs are present, you must target the infestation. To reduce chinch bug populations, treat a 15-foot radius around the damaged area with a liquid insecticide approved for turf grasses. It is NOT NECESSARY to treat the entire yard because a) non-target beneficial insects will be adversely impacted by the treatment, and b) chinch bugs won't be present in the entire yard.

After treatment, you must PATIENTLY rehab the affected turf areas. Do not overwater your grass in an effort to get it back to health because the root system is still recovering from the chinch bug onslaught. Instead, water thoroughly, but infrequently to encourage a deeper, more drought-tolerant root system.

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INTRODUCING GET TO KNOW YOUR NEIGHBORS

We are all very fortunate to call Long Canyon home. But, Long Canyon is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Long Canyon a better place to live, please let us know. We would like to introduce them to your neighbors.



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How Would You Tell Your Child That You Have Cancer? Or Explain Why Dad Can't Give Piggyback Rides Anymore?

THREE TEXAS ORGANIZATIONS PARTNER TO OPEN SAN ANTONIO'S FIRST WONDERS & WORRIES – A THERAPEUTIC SPACE WHERE CHILDREN AGES 2-18 WHOSE PARENT IS SUFFERING A SERIOUS ILLNESS, CAN RECEIVE SUPPORT TO HELP THEM COPE

San Antonio physician Jeff Hallett knows a thing or two about talking to patients about illness. But when his wife, Robin, was diagnosed with breast cancer, they felt at a loss for how to tell their daughter, Rachel, aged 10.

"It doesn't matter your background or experience," Jeff Hallett, MD, said. "When you have to tell your child this kind of news, you want to do it the right way. And we didn't know how. So we called Wonders & Worries."

Wonders & Worries is an Austin-based nonprofit that teaches parents how to parent and kids how to cope during a parent's serious illness. It's the only program of its kind in the US, and first in San Antonio. It is the fifth office for the organization.

For the Halletts, they now have specialized support in their own backyard. "We have found Wonders & Worries to be a tremendous resource for us at a time when help is sorely needed," said Jeff Hallett, MD. "Robin and I can see that it has helped Rachel to cope with her mother's illness."

Since its inception in 2001, Wonders & Worries has served more than 6,500 family members in central Texas, and expects to reach about 100 San Antonio families in its first year. Services are offered free of charge and available in English and Spanish.

"The partnership between the START Center for Cancer Care, the Children's Bereavement Center of South Texas, and Wonders & Worries meets a growing need," said Pam Sparks, director of physician integration at the START Center. "Nearly 3 million children in the US are living with a parent who is battling or has survived cancer."

Executive director of Wonders & Worries, Alex Gabbi, agreed. "Austin doesn't have a monopoly on sick parents." Gabbi is not only the executive director, but also received services from Wonders & Worries when his late wife, Heather, was diagnosed with ovarian cancer. "I look at my three kids and know that our program works. My children are well-adjusted and thriving because of what they learned from Wonders & Worries."

Rounding out this innovative venture is the Children's Bereavement Center of South Texas. "We are honored to partner with two premier organizations that have a vision of healing and understand the impact that it has on children," said Marian Sokol, PhD, executive director for the Center.

Wonders & Worries co-founder, Meredith Cooper, praised the initiative for executing the vision she's had for the organization from the beginning. "This is another step towards all children and teenagers being able to reach their full potential despite a parent's illness," Cooper said.

Counseling and support groups are offered at the START Cancer Center location in the San Antonio Medical Center area. Referrals are welcome from physicians and families facing cancer, ALS, Parkinson's disease, MS and other serious diagnoses. For more information or to schedule an appointment, visit:

www.wondersandworries.org or call 210-736-4847, ext. 247.



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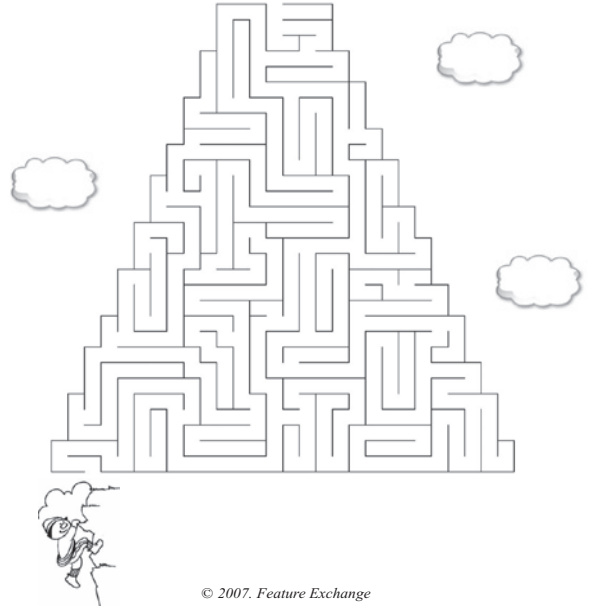
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NATURE WATCH

DISCOVERING BLACKLIGHTING

by Jim and Lynne Weber

Lepidoptera is the order of insects that includes both butterflies and moths. While over 180,000 species of these insects have been identified worldwide, recent estimates suggest that this order may have more species than previously thought, and is among the four most speciose orders, along with Hymenoptera (sawflies, wasps, bees, & ants), Diptera (true flies, mosquitoes, gnats, & midges), and Coleoptera (beetles). Of the approximately 180,000 known Lepidoptera species, some 160,000 are moths, with nearly 11,000 of them found in the United States, and many are yet to be described.

*Polyphemus Silk Moth*

With such huge numbers and such a diversity of species, how does one go about studying moths? A good place to start is while knowing that most moths are creatures of the night, they are also attracted to light.

The reason for this behavior is unknown, although one theory is that moths use a form of celestial navigation called transverse orientation. They attempt to maintain a constant angular relationship to a bright celestial light, like the moon. But since the moon is so far away, and the angle change is negligible, the moth appears to travel in a straight line. This theory is tested when moths fly near much closer sources of light, such as a porch light or a campfire. The angle to the light source changes constantly as the moth flies by, so the moth instinctively attempts to correct it by turning toward the light, thereby producing its erratic, sometimes circular flight.

One way for the moth to keep a constant angle to a stationary light

source is by becoming stationary itself, effectively being 'trapped' by the light rather than 'attracted' to it. Those interested in studying moths have taken advantage of this fact, and have developed a method called blacklighting to attract and photograph moths. The first step is to set up a light source, and either an ultraviolet light (also known as a blacklight) or a mercury vapor light can be used. Mercury vapor is now the preferred source, as it provides a different spectrum of light than a blacklight, although a blacklight emits a broader spectrum of light. Moths can see waves of light that humans cannot, so providing them with different spectrums will generally produce the greatest response. The light is carefully hung or positioned in front a vertical white sheet, which the light bounces off to produce a big, concentrated, glowing mass, while providing a safe surface for the moths to land.

*Small Heterocampa Moth*

The blacklighting setup is positioned out of the wind and typically near a boundary between wooded and open areas. The light is turned on at dusk and left on all night, as different species of moths are most active at different times. After taking the desired photographs with a digital SLR with a macro lens and flash, the light is turned off and the sheet is given a vigorous shake to scatter the remaining moths. After all that was done to 'capture' them with light for observation and photography, it would be a shame for them to become easy morning quarry for insect-eating birds or other predators!

*Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our books, *Nature Watch Austin* and *Nature Watch Big Bend* (both published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.*

*Imperial Moth*



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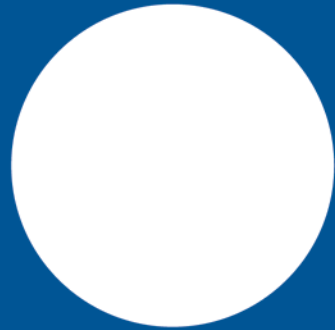
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