



SEPTEMBER 2017 VOLUME 10, ISSUE 9

A Newsletter for the Residents of Legend Oaks II

September Editorial

Janet Rourke



School has started and, hopefully, cooler weather and lovely fall colors will be here soon!

This month's newsletter includes articles on iron deficiency, a pest on lovely Monarch butterflies and what to do about it, and uses around the house for hydrogen peroxide. Plus information on teenage job seekers has been updated.

Do you have a concern or helpful advice that would be of interest to neighbors? If so, please consider writing an article for the newsletter. The newsletter is submitted to Peel a month in advance, so if you are sending information about an upcoming event, it needs to occur at least two months in the future. Send any articles to Janet Rourke (janetrourke@sbcglobal.net) by the 10th of the month. Thanks for your help!

WELCOME!



According to the Legend Oaks 2 Homeowners Association, the following new neighbors moved into the neighborhood in July:

Steven Roy	6505 Billy Bonney Pass
Patricia Abernathy	6400 Convict Hill Road
Hassan & Carmen Johnson	6552 Convict Hill Road
Heath & Emily Prince	7609 Shadowridge Run
Amy Jean Escalera	6809 Telluride Trail

Everything you need to know about the Homeowners Association can be found at <http://hoasites.goodwintx.com/loh/Home.aspx> - bylaws, how to get a pool pass, meeting minutes, payment instructions for HOA dues, architectural change forms, ...

Want to know what is going on right now in the neighborhood? Subscribe to:

Legend Oaks 2 Digest – Email legendoaksneighbors-subscribe@yahoogroups.com. In order for your request to be approved, you need to include your street address.

Nextdoor Legend Oaks 2 – Go to www.nextdoor.com and enter your address. You will automatically be subscribed to Legend Oaks 2.

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ADVERTISING INFORMATION

Please support the businesses that advertise in the Legend Oaks newsletter. Their advertising dollars make it possible for all Legend Oaks II residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

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NEWSLETTER COMMITTEE:

Janet Rourke.....janetrourke@sbcglobal.net

If anyone would like to join a committee, they can contact

Legendoaks2.nikkiatate@gmail.com

IRON DEFICIENCY

Do you feel sluggish and have no energy? Are your nails brittle or soft or curve in like spoons? Do you have a poor attention span and feel cold most of the time? You may be deficient in iron.

There are two types of iron: heme and non-heme. Heme iron comes from red meat, poultry, and fish. Non-heme iron comes from fruits and vegetables like prunes, raisins, figs, apricots, bananas, walnuts, hazelnuts, kelp, beans, lentils, dark leafy greens, asparagus, buckwheat and peaches.

Vitamin C helps you absorb iron. Most fruits and vegetables contain vitamin C. If you are eating meat, include fruits and vegetables with your meal.

If you are considering an iron supplement, check your vitamin formulation for the type of iron it contains. Iron sulfate found in many supplements is irritating to the stomach. Iron glycinate, iron fumarate, and iron gluconate are less likely to irritate your digestive tract and cause constipation.

When taking a supplement, be careful not to take too much. Excessive amounts can increase the risk of heart disease.

Thanks to Manjula Lannan for the link to this information.

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TEXAS A&M AGRI LIFE EXTENSION

Monarchs and OE

The protozoan parasite *Ophryocystis elektroscirrha* (OE) infects monarch and queen butterflies. It is an obligate parasite and requires a host to live within and to grow and multiply. It was first discovered in the 1960's infecting monarchs in Florida. Since then, it's been found in monarch populations across the world. It is thought that the parasite has co-evolved with monarchs.

There are three major populations of monarchs in the United States - one east of the Rocky Mountains that winters in Central Mexico and migrate north into the US and Canada; another west of the Rocky mountains that overwinters on the coast of California; the third population are non-migratory and can breed year round in areas such as Florida, Texas and Hawaii. All three populations are infected with OE.



Monarchs infected with OE will have spores wedged between the scales on their body, with the greatest concentration usually occurring on the abdomen. The spores are very small and require a microscope to see.

Female monarchs pass OE spores onto their offspring when they lay eggs. When caterpillars emerge from the egg, they eat the egg shell ingesting the spores. When spores reach the midgut of the insect, they break open and release protozoan parasites. The protozoans move through the gut lining to the epidermis where they reproduce asexually (divides multiple times increasing the number of protozoans). In the butterfly chrysalis stage, the protozoans go through sexual reproduction (again

increasing the number of protozoans). Spores form so the emerging butterfly is covered in spores. Spores can also be scattered onto milkweed from butterflies laying eggs or feeding on nectar. Spores on the milkweed can be consumed by caterpillars as they eat foliage.

Once butterflies are infected, they do not recover. OE does not grow or reproduce on the adults; spores remain dormant until they are ingested by a caterpillar.

Infected pupae have dark blotches 2-3 days before emergence. Adults that are heavily infected often have problems emerging from the chrysalis and some may die before emerging. Others that do emerge may fall to the ground before their wings are expanded leading to them dying quickly. Many infected monarchs look healthy, so the only way to determine infection is by looking for spores.

What can you do? Check monarchs for spores and destroy any you find that are infected. I know this seems harsh, but infected monarchs further spread the protozoa and kill more butterflies in later generations. Cut down milkweed several times per year to get rid of any possible spores that may be on the plants and to encourage new, healthy growth.

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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USES FOR HYDROGEN PEROXIDE

Hydrogen peroxide is a cheap, non-toxic chemical that has many uses around the home:

1. Clean your wooden cutting board by cleaning with hydrogen peroxide and vinegar.
2. Remove bacteria from vegetables by spraying them with hydrogen peroxide and letting it soak in for five minutes. Then rinse and dry vegetables.
3. Soak sponges for 15 minutes in equal parts hydrogen peroxide and warm water, then rinse.
4. Get red wine, blood, and other stains out of clothing by wetting the stain with warm water, then squirting the stain with liquid detergent and hydrogen peroxide. Rub gently and rinse out. Keep doing this until the stain is gone.
5. Remove stains from stone and tile countertops by combining hydrogen peroxide with flour to form a thick paste. Apply to stain. Let sit overnight covered in plastic wrap. Rinse off the next morning.

Thanks to Manjula Lannan for the link to this information.



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

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At least 63 Texas children have lost their lives to a fatal drowning this year.*

Take our Water Safety Quiz. www.colinshope.org/quiz

September 10: Colin's Hope Kids Triathlon

Colin's Hope will host the annual Kids Tri on Sunday, September 10. The event is limited to 400 athletes, and will close quickly! For more information visit www.colinshope.org

September 24: Colin's Hope Got2Swim

Looking for our annual Got2Swim? Join Colin's Hope and Open Water Planet on Sunday, September 24 for a 10K solo, 2, or 3 person relay on Lake Travis!



Thank you to our sponsors, donors, and volunteers for their year round support!

A special thank you to Peel, Inc. Their support helps us to raise water safety awareness to prevent children from drowning.

*Source: Texas DFPS, Watch Kids Around Water

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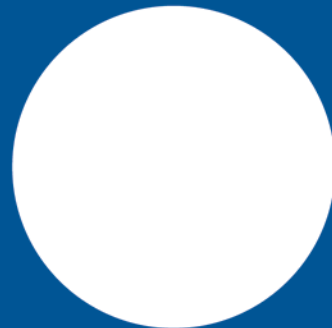
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