



MAY 2018 VOLUME II, ISSUE 5

A Newsletter for the Residents of Legend Oaks II

GIRLS EMPOWERMENT NETWORK'S CAMPGEN SUMMER CAMPS INSPIRE CENTRAL TEXAS GIRLS IN GRADES 3 – 8 TO OWN AND USE THEIR POWER



This summer the Girls Empowerment Network will host a two-part campGEN Summer Camp Series with weeklong summer camp sessions for girls entering grades 3-8.

campGEN girls participate in interactive workshops that are designed to help girls feel more confident as they navigate girlhood. The program engages Girls Empowerment Network's girl experts and female role models as camp counselors. The two-part Summer Camp Series for girls entering grades 3-8 includes:

- campGEN – Part 1, held June 18-22, kicks off with "Own My Power." This camp focuses on building confidence and self-love. Girls will explore stress management, identity, self-compassion and body positivity. Activities include yoga, art and craft projects, writing, talent shows and games.
- campGEN – Part 2, held July 16-20, continues the conversation with "Use My Power." Girls will focus on using their confidence to advocate for themselves

and others. Girls will explore and practice confident communication, advocacy, healthy friendships and values. Activities include role playing, skits, a fun community advocacy project, and games.

"Our entire team is excited to invest our time and energy into programming that makes campGEN summer camp fun and an experience to remember," says Caroline Crawford, program director. "This year our summer camps build on one another, and we see girls signing up for both sessions soon once they learn to OWN their power, then they can put it into practice and USE their power. We know they'll walk away with a strong sense of self and be ready for another school year."

Network (GEN) helps girls discover they are powerful people. Through school-based programs and community events for girls, parents and schools, GEN ignites power in girls ages 8 – 18 by teaching them skills to thrive and believe in their ability to be unstoppable. campGEN was created to expand Girls Empowerment Network's services that empower girls to navigate the challenges of girlhood.

Both campGEN summer camp sessions will be held in Downtown Austin at First Baptist Church, located at 901 Trinity Street, Austin, TX 78701, Monday-Friday, 8:30 a.m. – 4 p.m. Drop off begins at 8:00 a.m. and aftercare is available until 5 p.m. for \$50. Each five-day session costs \$330.

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ALZHEIMER'S TEXAS



27TH ANNUAL ALZHEIMER'S TEXAS WALK - OCTOBER 6 - CAMP MABRY

"What's Raised Here, Stays Here! 100% Local!"

This year marks the 27th Annual Alzheimer's Walk for support, care, and research hosted by Alzheimer's Texas. The walk will be held on the morning of October 6 at Camp Mabry in Austin, Texas. Alzheimer's Texas, a local nonprofit organization serving Central Texas for 36 years, separated from the National Alzheimer's Association in January 2016. As a result, 100% of the funds raised will remain local to be used here in Central Texas.

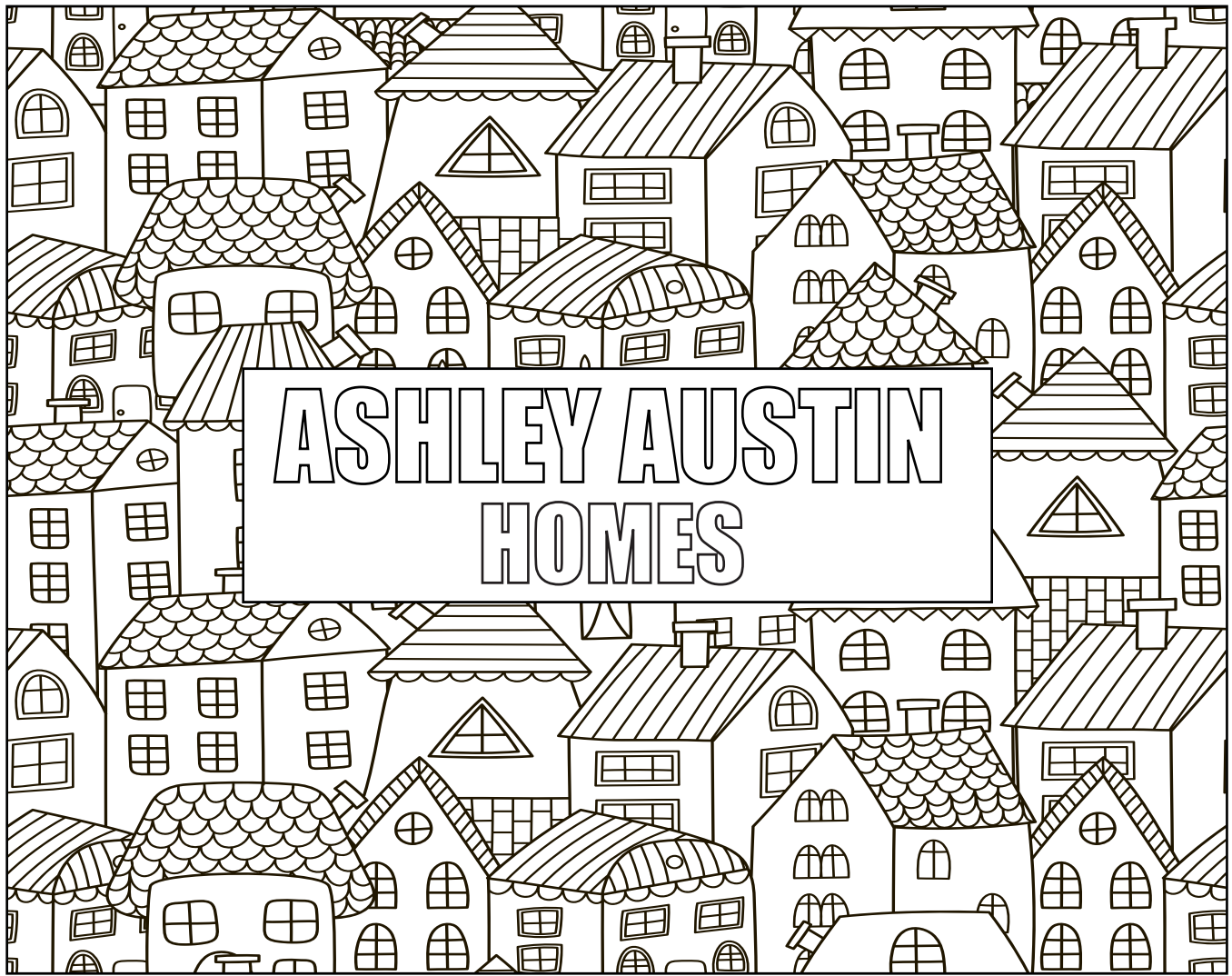
"We are, and always have been, deeply committed to providing families in Central Texas with compassionate services that are relevant to their needs, like our caregiver support groups and great educational programs," says Christian Wells, President of Alzheimer's Texas. "When people walk with us on October 6th, they know that they are supporting the services they value and will directly touch the people living with Alzheimer's in Central Texas."

The Alzheimer's Texas Walk is an opportunity for Central Texans' to get together and celebrate the difference we're making on a local level, for those affected by Alzheimer's and to bring the community together. One of the many supporters of Alzheimer's Texas, Valerie Vogt Sills, Gold Star Walker for Alzheimer's Texas, walks for her mother who was diagnosed with this terrible disease in her late sixties. Valerie has walked with Alzheimer's Texas for the past 14 years raising more than \$23,000 to help support programs for the families and caregivers dealing with this disease and to ultimately help find a cure for Alzheimer's.

"When the Alzheimer's groups split, I chose to support Alzheimer's Texas rather than the national organization because I know that the money will go to help out local and state programs," says Valerie Vogt Sills, Gold Star Walker for Alzheimer's Texas. "I lost my mom to Alzheimer's in 2009 and have been walking in her memory since then to help others dealing with this disease."

The Alzheimer's Texas Walk will be held Saturday, October 6 at the Camp Mabry, with check-in beginning at 8:15 am. There are two scenic routes for Walkers to enjoy, a 1-mile course and a 2.5-mile course. In addition to the Walk, the event will feature food, live music, activities for kids, prizes, and more. All participants who raise \$50 or more will receive a free event T-shirt.

(Continued on Page 4)



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4. Winner will be announced
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(Continued from Page 2)

In addition to joining the cause as an individual walker or starting a team, you can also support through corporate sponsorships at various levels. Corporate Regional support is provided by Westminster, ABC Home and Commercial services, Silverado Memory Care, Arden Courts, Querencia, and many more.

To learn more and register for the 2017 Alzheimer's Texas Walk and to keep your fundraising dollars for Alzheimer's local, visit www.txalz.org/walk or call (512) 241-0420.

About Alzheimer's Texas

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhancing care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour help line, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit www.txalz.org.



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NATURE WATCH

BLAZING BEETLES

by Jim and Lynne Weber



'Big Sand Tiger Beetle

an unusual form of pursuit where they alternatively sprint quickly toward their prey then stop and visually reorient, eventually running down their target. In fact, some tiger beetles can run at a blazing speed of 5 mph, and are considered one of the fastest running land animals for their size!

Tiger beetles are believed to be closely related to ground beetles, but they differ in terms of their proportions. Tiger beetles are about one inch long on average, with a head wider than its thorax, which is located between the head and the abdomen. They also have large bulging eyes, long spindly legs, and oversized sickle-shaped mandibles to grab prey and devour it on the spot. Tiger beetles are important predators in the insect world, feeding on a wide variety of ants, beetles, grasshopper nymphs, flies, and spiders. They are most often found in sandy areas, stream edges, clay banks, and woodland paths. Many are active in the daytime, and the colors and patterns on their oblong elytra (or wing covers) are often iridescent and striking.

Some of the more common tiger beetles in our area include members of the *Cicindela* genus, which comes from the Latin and means 'glowworm', referring to the fact that most of these



Festive Tiger Beetle

Over 2500 species and subspecies of tiger beetles are currently described worldwide, with more than 45 species occurring in Texas. Tiger beetles get their name from their cat-like predatory behavior, performing

species have metallic, flashy elytra. In Eastern and Central Texas, the Big Sand Tiger Beetle (*Cicindela formosa*) and Festive Tiger Beetle (*Cicindela scutellaris*) prefer the dry sandy areas of post oak woodlands. The Big Sand Tiger Beetle has luminous reddish-purple elytra with irregular white marks around the edges and the Festive Tiger Beetle's elytra are iridescent reddish-bronze to purple to



Six-spotted Tiger Beetle

blue-green or blue-black with reduced or absent spotting. Both species can be sighted late spring into fall. Abundant along water edges, the Ocellated Tiger Beetle (*Cicindela ocellata*) is most active in the summer, and can be identified by its bronze elytra speckled with 8 cream-colored spots (4 on each elytra). Ocellated means having one or more ocelli, or eye-like markings. The Six-spotted Tiger Beetle (*Cicindela sexguttata*) is the probably the most commonly observed species on dirt paths in grassy areas seldom far from woods, and has brilliant green elytra with typically six white spots on the lower half (3 on each elytra).

Tiger beetles are also excellent indicators of environmental quality and are often studied as bioindicators. Many require undisturbed sandy areas and specific microclimates for their burrows. With rapid urbanization and human disturbance of natural areas, these blazing beetles have fewer places to live and survive. They are very sensitive to changes in the environment, and are among the first species to react to pesticides, misuse of natural habitat, and climate change.

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* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Ocellated Tiger Beetle

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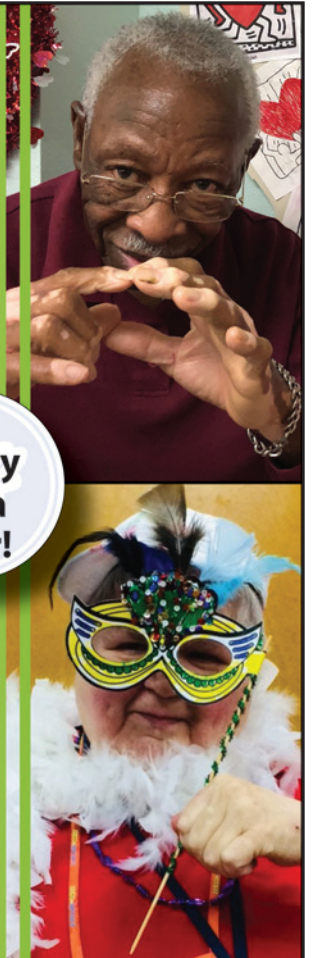
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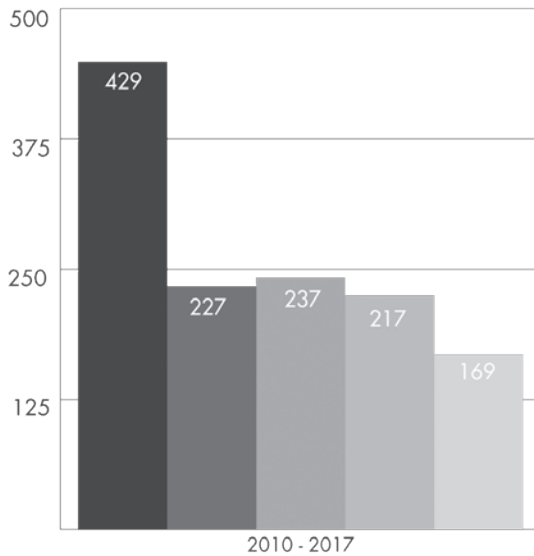
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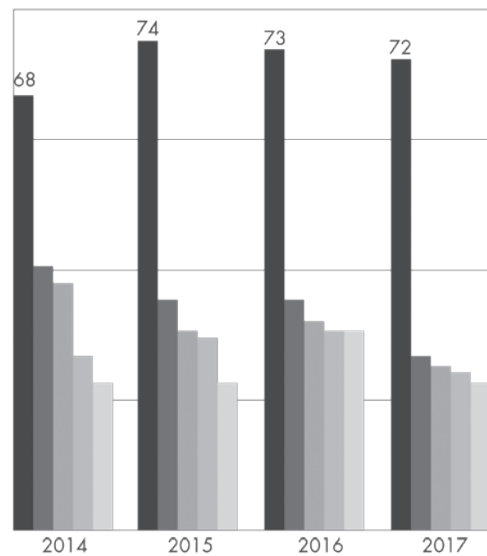
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