



AUGUST 2018 VOLUME II, ISSUE 8

A Newsletter for the Residents of Legend Oaks II

Back to School Tips from the American Academy of Pediatrics

The following health and safety tips are from the American Academy of Pediatrics (AAP). Feel free to excerpt these tips or use them in their entirety in any print or broadcast story, with acknowledgment of source.

MAKING THE FIRST DAY EASIER

- Parents should remember that they need not wait until the first day of class to ask for help. Schools are open to address any concerns a parent or child might have, including the specific needs of a child, over the summer. The best time to get help might be one to two weeks before school opens.

- Many children become nervous about new situations, including changing to a new school, classroom or teacher. This may occur at any age. If your child seems nervous, it can be helpful to rehearse entry into the new situation. Take them to visit the new school or classroom before the first day of school. Remind them that there are probably a lot of students who are uneasy about the first day of school. Teachers know that students are nervous and will make an extra effort to make sure everyone feels as comfortable as possible. If your child seems nervous, ask them what they are worried about and help them problem solve ways to master the new situation.

- Point out the positive aspects of starting school to create positive anticipation about the first day of class. They will see old friends and meet new ones. Talk with them about positive experiences they may have had in the past at school or with other groups of children.

- Find another child in the neighborhood with whom your child can walk to school or ride on the bus.

- If it is a new school for your child, attend any available orientations and take an opportunity to tour the school before the first day. Bring the child to school a few days prior to class to play on the playground and get comfortable in the new environment.

- If you feel it is needed, drive your child (or walk with her) to school and pick her up on the first day, and get there early on the first day to cut down on unnecessary stress.

- Make sure to touch base with your child's new teacher at the beginning or end of the day so the teacher knows how much you want to be supportive of your child's school experience.

- Consider starting your child on their school sleep/wake schedule a week or so ahead of time so that time change is not a factor on their first couple of days at school.



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Head Lice

Head lice can become a problem brought home from summer camp or during the school year. These insects are small, tan to gray, and wingless. Eggs, also called nits, are glued to the hair shaft near the scalp. Nits are dark in color until they have hatched and turn white. It takes 7-11 days for eggs to hatch. Females lay 3-5 eggs each day and live from 7-10 days.

Head lice reside on the hairy part of the head. If they drop off, they only live for about 2 days. They are incapable of surviving on pets and are not known to transmit any diseases from person to person.

Several states, including Texas, now have what are being called "super lice". Essentially these lice are resistant to pesticides commonly found in over the counter lice treatments. If you are using an over the counter treatment for lice and they are not dying, then you need to see a physician. Doctors are able to prescribe other treatments that can kill the lice.

To manage lice:

1. Use an effective treatment. Head louse shampoos contain insecticides so they must be used properly and with care. Wash the infested person's hair in a sink or basin so insecticide does not come into contact with other parts of the body. The person shampooing should wear rubber gloves. Do NOT use off label products such as flea & tick shampoo, other insecticides, or gasoline. Only treat the infested person(s), but check everyone in the household.

2. Hair combing is an extremely important step in controlling head lice. Shampoos may not kill all eggs, so thorough combing can help remove eggs from the hair shaft. Wet hair and use a special metal louse comb to comb through small sections of hair. Remove debris from the comb with a tissue and place it in a plastic bag that can be sealed and disposed of when you are finished combing through all hair. Hair should be combed daily until no more lice or nits are found.

3. Clothing and bedding of the infested person should be washed in hot, soapy water at the same time as the treatment. If items cannot be washed, try dry cleaning. For items that cannot be laundered, place them in a sealed plastic bag in the freezer for at least 24 hours.

4. It's important to contact anyone your child has had close contact with to let them know of the head louse infestation. This can help everyone manage the problem at the same time so there is less chance of reinfestation occurring.

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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Invasive Species in Austin

Texas Invasive Plant and Pest Council – Lady Bird Johnson Wildflower Center, UT-Austin

We Need Your Help to Stop the Spread!

There are many things you can do to help stem the tide of invasive species. One of the most effective ways to manage invasive species is for recreationalists such as boaters, fishermen, pet owners, and gardeners to Take Action. Here are some easy everyday things you can do to meet the Invasive Species Challenge:

BOATERS AND ANGLERS

You can “Stop Aquatic Hitchhikers” by following these tips for preventing the transportation of aquatic invasive species:

• CLEAN, DRAIN AND DRY YOUR BOAT, TRAILER AND GEAR EVERY TIME YOU LEAVE A BODY OF WATER!

- Inspect your boat, trailer and gear and remove all plants, animals and foreign objects from hulls, propellers, intakes, trailers, and gear before leaving a launch area.

- Drain all water from your boat, including the motor, bilge, livewells and bait buckets before leaving a lake.

- Wash your boat, trailer and other equipment before traveling to a new waterway.

- If you are leaving a water body that is known to have zebra mussels, leave your boat and trailer out of the water for at least a week or wash it at a commercial car wash using high-pressure, hot (140 degrees F) soapy water to kill microscopic zebra mussel larvae that may be hitching a ride.

- Never transport water, animals, or plants from one waterbody to another -- either intentionally or accidentally! Do not release live fish, including bait, into a new body of water.

- Anglers should be sure to remove material from and wash all fishing tackle, downriggers and lines to prevent spreading small, larval forms of aquatic invaders.

- Before leaving any body of water, examine all your equipment, boats, trailers, clothing, boots, buckets etc and remove any visible plants, fish or animals. Remove mud and dirt and even the smallest plant fragments.

- Whether you have obtained bait at a store or from another body of water, do not release unused bait into the waters you are fishing. If you do not plan to use the bait in the future, dump the bait in a trashcan or on the land, far enough away from the water that it cannot impact this resource. Also, be aware of any bait regulations, because in some waters, it is illegal to use live bait

PET, AQUARIUM AND WATER GARDEN OWNERS

If you have acquired an undesirable pet or fish species for your aquarium or water garden, it is important not to release these plants or animals into the environment. Follow these tips for aquarium hobbyists and backyard pond owners.

- Buy from reputable dealers, whose non-native pets are properly labeled, legally imported, and not harboring foreign pests and diseases.

- Don't release aquarium fish, other animals, or plants of any kind into a natural body of water. Some ornamental fish can and have

established themselves in the wild and have a negative impact on native species. Lionfish and the algae eater, *Plecostomus*, are examples.

- Don't release pets into the wild. Cats prey on small mammals and birds, and some pet amphibians and reptiles can impact native species and carry diseases.

- When you and your pet are in an area with known invasive plants, be sure to remove all seeds from your clothing and your pet's fur before traveling to a new place.

TRAVELERS, HIKERS, BIKERS, BIRDERS, AND CAMPERS

If you engage in terrestrial recreational activities like camping, hiking, biking or birding, take care not to be an unwitting vehicle of dispersion.

- Don't transport items such as fire wood, hay, soil, or sod from one area to another. They may contain seeds, diseases, insects, or other potentially invasive organisms that are not yet found in Texas.

- Prevent carrying invasive species on your cars, bicycles and motorcycles. Check vehicles for seeds and pieces of plants.

- Wash your boots and socks before you hike in a new area. Invasive weed seeds are common hitchhikers.

- Abide by local laws to prevent the spread of serious insect pests (like the Emerald Ash Borer), weeds (like Cogongrass), and diseases (like Oak Wilt).

GARDENERS

Not all non-native species are bad, but some plants that look lovely in your garden might be harmful invaders that will make their way into natural areas. Learn to be plantwise for some easy tips on how to manage your garden to preserve the unique qualities of neighboring wildlands.

- If you don't know it, don't grow it!

- Avoid exotic plants that self seed and show up outside of your garden.

- If you see your local nursery selling invasive plants or seeds, let them know about your concerns.

- Landscape and garden with plants native to your area. Visit the Lady Bird Johnson Wildflower Center's Native Plant Information Network for resources to help with creating low-maintenance and colorful native plant gardens.

More information can be found online at <https://texasinvasives.org>



GAZPACHO

- 1 18-oz can tomato juice
- 1 tablespoon parsley flakes
- 1 15-oz can tomato sauce
- 3 tablespoons wine vinegar
- $\frac{3}{4}$ cup finely cut celery
- 2 tablespoons olive oil
- $\frac{3}{4}$ cup finely chopped cucumber
- 1 teaspoon salt
- $\frac{1}{2}$ cup finely chopped onion
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ cup chopped avocado
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- $\frac{1}{4}$ cup finely chopped green pepper
- $\frac{1}{8}$ teaspoon garlic powder
- 5 or 6 drops Tabasco sauce

Combine all ingredients and mix well. Cover and refrigerate overnight. Serve cold with toasted garlic rounds.



HELPING YOU LIVE BETTER

The YMCA of Austin is here to help active older adults live better and enjoy life more. Whether you're looking to remain fit, recover from an injury, relieve arthritis pain, or you just want to connect and have fun with your peers, the Y is the perfect place to start.

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What's In Season At The Wildflower Center

Submitted by Amy McCullough, Lady Bird Johnson Wildflower Center,
Photography by Wildflower Center

Here's what's likely to be blooming, fruiting or setting seed in Central Texas this time of year. Look for these native plants around town, at the Wildflower Center and perhaps in your own backyard!

BLACKFOOT DAISY (MELAMPODIUM LEUCANTHUM)



Love the look of a low mound of flowers spilling over a rocky ledge? So do we, and short-and-stout blackfoot daisy does the trick. This charming member of the aster family spans areas at least twice as wide as it is tall (about 6 inches), covering a lot of ground with plentiful white blooms. *Melampodium leucanthum* can take the heat; flourishes in dry, gravelly soil; and makes a lovely plant for garden edges. It's easy to confuse with white zinnia (*Zinnia acerosa*), but blackfoot daisy has more white ray petals (8 to 13 versus 4 to 7). The name "blackfoot" is said to refer to the dark bases of stems, against which this perennial's flowers really pop. It can bloom from March through November and attracts bees and butterflies. You know what they say: Good things come in small, low-growing packages.

TEXAS GAYFEATHER (LIATRIS PUNCTATA VAR. MUCRONATA)



Our craftier wildflower fans have probably heard of "chenille stems," an alternate name for pipe cleaners. It's not a bad alias for plants in the genus *Liatris*, either, known commonly as gayfeathers. These purple perennials bloom long and tall, jutting velvety spikes of color into gardens and not asking for much in return: Texas gayfeather (a common *Liatris* 'round these parts) is heat and drought tolerant, loves full sun, and thrives in limy, rocky soils. As if that weren't enough, it brings in the butterflies. Also known as Texas blazing star (probably due its cometlike appearance), *Liatris punctata* var. *mucronata* looks even more like wands of chenille once it's gone to seed — this is one plant that can't stop / won't stop when it comes to looking fluffy.

Find these plants at the Wildflower Center and learn more about them at: wildflower.org/plants-main

ATTN:ASPIRING PLANT NERDS

The Wildflower Center has plenty to offer those feeling back-to-school ambition: Our fall classes include everything from native plant gardening and plant ID walks to foraging for edible plants and stop-motion nature animation. Come on over and learn something new. More info at wildflower.org/learn.

SUDOKU

View answers online at www.peelinc.com

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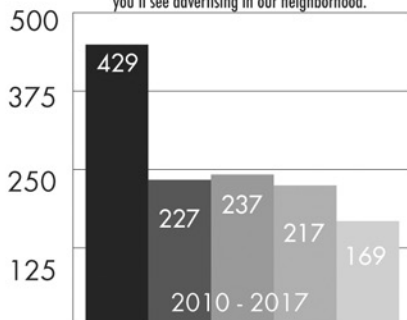
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