



OCTOBER 2018 VOLUME II, ISSUE IO

A Newsletter for the Residents of Legend Oaks II

Meet Team of Local Mystery Authors

Readers of mystery novels will have a chance to meet the authors of the latest Crispin Leads thriller on Saturday, October 20, 2018, from 6:00 to 8:00 p.m. at Book People.

Digging up the Dead, by Meredith Lee follows on the heels of the 2017 award-winning debut novel, Shrouded. Meredith Lee is the pen name for the Austin-based writing team of Sue Meredith Cleveland and Dixie Lee Evatt. Digging Up the Dead finds the young scholar, Crispin Leads, in Egypt where she dodges murderers and outwits con artists while tracking down the truth behind dark family secrets and ancient curses surrounding the tomb of King Tut.

Copies of the book will be on sale for \$16.99, plus tax. The authors will talk about the inspiration for their latest novel and sign copies of the book. The book is already receiving pre-publication praise. Jennifer Love Hewitt, New York Times best-selling author says of the heroine, "The authors had me rooting for her from the first heart stopping scene to the last heartbreaking moment." The mystery was a finalist in the 2018 Writers' League of Texas Manuscript Contest. Book People is located 603 North Lamar, Austin 78703.

The book will go on sale on Amazon on October 15, 2018.

About the Authors

Meredith Lee is the pen name for the Austin-based writing team of Sue Meredith Cleveland and Dixie Lee Evatt. Their process includes research trips to foreign counties to sample wine and food and, when required, the occasional dramatic performance of a scene to make sure it "works."

SUE MEREDITH CLEVELAND, Author and Artist

Sue is an award-winning artist who has worked in multiple media including oil, watercolor and fiber. Her earliest publications include articles advocating childbirth education and humanizing hospital care. Two mysteries that Sue collaborated on with Dixie were finalists in the 2017 and 2018 Writers' League of Texas Manuscript contests. One Slip Over the Line, Sue's work-in-progress Young Adult novel, was a 2015 finalist in the Cynthia Leitich Smith Writing Mentor Award. Sue's essays, literary memoir pieces, and short stories have been featured in award winning literary journals, magazines, and blogs. Sue has written two pre-published Middle Grade novels: A Shadow Over Silver and Blue Water Over Dark Secrets.

DIXIE LEE EVATT, Writer and Word-Wrangler

A former political writer for the Austin American-Statesman, Dixie later taught writing at the S.I. Newhouse School of Public Communication at Syracuse University. While there she published a book, along with colleagues, on the communication practices of small organizations, Thinking Big. Staying Small. When she teamed up with Sue to write fiction, they sold a screenplay treatment to a Hollywood producer. Although the movie was never made, they used the seed money to found ThirtyNineStars, their publishing company. They also produced a second screenplay based on the life of a Waco schoolteacher who was imprisoned in World War I because of his German heritage and his work with early radio broadcasting. That screenplay, Wireless, was a finalist for the Chesterfield Writer's Film Project in 2003.

More information can be found at www.meredithlee.net

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Kids' Fall Allergies

By Aaron Williams, Pharmacist

School is in session, and just like clockwork your 8-year-old starts sneezing, sniffing, and snorting—not to mention clearing her throat and blowing her nose like there's no tomorrow. Chances are it's allergies—the immune system's reaction to a substance that would normally be quite harmless. Up to 40% of children in the U.S. have nasal allergies.

Outdoor allergens, also known as hay fever or seasonal allergies often bring images of springtime sufferers. In the fall, however, outdoor allergens such as ragweed and tumbleweed may also release tiny pollen and wreak major havoc—especially in the morning.

But that's not all. In the fall, your child begins spending more time inside at school and friends' homes. That's when many indoor allergens may also rear their ugly heads such as: Dust mites, Mold, Animal allergens, clothing and toys made or stuffed with animal hair or latex in rubber gloves, toys, balloons or elastic in clothing.

You don't have a lot of control over indoor allergens at school. But there certainly are some things you can do to protect your child. Here's a small sample of steps you can take:

- Use air conditioners and keep windows closed in your car and at home and change HVAC filters regularly to reduce exposure to pollen.
- Have your child avoid playing in piles of dead leaves to avoid mold allergies.
- Reduce mold growth in the home by fixing leaky plumbing, removing bathroom carpets and control indoor humidity.
- Vacuum upholstered furniture and wash linens weekly and other bedding every 1 to 2 weeks in hot water.
- Limit stuffed animals in the bedroom.
- Replace pillows every 2 to 3 years.
- Encase pillows, mattresses, and comforters in special covers that keep dust mites out

Avoiding triggers is the best way to prevent the symptoms of allergies. But keep in mind that it can take 3-6 months to see an improvement in symptoms once indoor triggers are removed.

Sometimes avoiding triggers is not enough to control symptoms. Before you stock up on loads of over-the-counter medicine, however, swing by and have a talk with me. I can point you to products in our store and guide you on their use. Also, make sure to have a conversation with your child's pediatrician. Sometimes allergy testing or prescription medications are sometimes needed to bring relief.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

Power for Parkinson's

The Power for Parkinson's Circle C "Move & Shout" exercise class has relocated to the Circle C Community Center. Previously held in Spero Rehab at 5401 La Crosse Ave., the relocation will give the class more space for the growing number of participants and caregivers.

Power for Parkinson's offers free exercise classes to people who suffer from the Parkinson's Disease as well as their caretakers. Lauren Lewis leads the Move & Shout class. For class schedules and more information, please visit www.powerforparkinsons.org.

New location:

Mondays at 1-2pm

No cost to attend

Circle C Community Center

7817 La Crosse Ave.

Austin, TX 78739






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The Rainbow Room is a 247 resource center located in the Child Protective Services office where caseworkers can gather new and essential items needed for the kids in their caseload whose lives are in crisis. The Rainbow Room is in constant need of brand new items for the more than 700 children it serves each month.

Click on **donate items** on our homepage
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HALLOWEEN HEALTH AND SAFETY TIPS

by Centers for Disease Control and Prevention

Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

GOING TRICK-OR-TREATING?

- Swords, knives, and other costume accessories should be short, soft, and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.
- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- Look both ways before crossing the street. Use crosswalks wherever possible.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.



EXPECTING TRICK-OR-TREATERS OR PARTY GUESTS??

Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For guests, offer a variety of fruits and vegetables.

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Tips for Packing a Healthy School Lunch

Packing lunches for your back-to-schoolers is no easy task. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it. However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).
- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!

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NATURE WATCH

LOVELY LONGWINGS

by Jim and Lynne Weber



Zebra Heliconian

Longwing butterflies, also known as Heliconians, are brightly colored, tropical butterflies with long forewings that are now regarded as close relatives of the fritillaries. Their caterpillars feed on species of passionvine, which contain poisonous chemicals that render the adult butterflies noxious to predators. As such, the bold patterns on many of these butterflies are aposematic, defined as a 'warning coloration' designed to ward off predators. The result is a butterfly that can live for several months, far longer than most other butterflies.

The most common longwings in our area are the Zebra Heliconian (*Heliconius charithonia*), Julia Heliconian (*Dryas julia*), and Gulf Fritillary (*Agraulis vanillae*). The bold black and pale yellow stripes on the wings of the Zebra Heliconian, vibrant above but paler below, are unmistakable. Its flight is slow with shallow, almost shaky wingbeats, through open woodlands. Adults gather in late afternoon to roost communally as additional protection against predators. Its wingspan can reach up to 4 inches, and they are commonly seen in the fall.

With fast, direct flight and shallow wingbeats, Julia males are mostly bright orange above, with the female a more subdued orange with a black forewing band. Wingspan reaches just over 3.5 inches, and they are brown to dull orange below with no spots. Its distinctive shape and lack of markings make it easily recognizable, especially during its peak flight season in the fall. Curiously, these butterflies have been observed to land on the eyes of turtles and caimans, irritating them enough to sip on the tears they produce.

While the Gulf Fritillary is also an orange-colored longwing butterfly, it tends to be deeper in color, and has dark streaks and spots on the forewing, some white ringed in black and others solid black. Its underside is brown, but covered in many elongated, iridescent silver spots. With a wingspan up to 3.75 inches, this longwing can

fly year round, and adults often overwinter. Both male and female Gulf Fritillaries possess certain defensive glands located on their abdomens. When these butterflies sense a predator is close or they suddenly get disturbed, these glands emit a distinct and distasteful odor, typically causing the predator to leave them alone.

In spite of their unpalatable characteristics as prey, these longwings are some of the most beautiful and desirable butterflies to be observed in our area. Here's hoping your garden is graced by them!

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*, *Nature Watch Big Bend*, and *Native Host Plants for Texas Butterflies* (all published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Julia Heliconian



Gulf Fritillary



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