

McNeil High School Band to Host Annual Pancake Breakfast and Silent Auction



McNeil High School Band is hosting their annual pancake breakfast and silent auction fundraiser on Saturday, March 2, 2019 from 7:00-11:00am.



The location is St. Philip's United Methodist Church 16321 S. Great Oaks Drive. Tickets are \$6 each. Please come support the McNeil band and enjoy all you can eat pancakes, student ensemble performances, and our silent auction. For tickets please contact Kryn Contello at kcontello@gmail.com. Funds from the sale of tickets also support our feeder middle schools!

If you or your business would like to donate to our silent auction, please contact Lana Harris at the e-mail address below. We also have three presenting sponsorships available that give some great advertising exposure for your business. We can have a ticket sponsor (business logo and information will appear on the back of every single ticket), a sign sponsor (logo on yard signs placed the week before the breakfast), and a syrup sponsor (business logo and information will be displayed on every syrup bottle on every table at the breakfast). These presenting sponsors will also receive 10 tickets to the breakfast to share with family/employees, an ad on our placemats, slideshow ads incorporated into our popular slideshow that will be running throughout the morning, listing on our website and in concert programs, and a plaque (if requested) for your place of business. There are other sponsorships available as well. If you would like more information on sponsorship opportunities, please contact Lana Harris at fundraising@mcneilband.org.

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LEANDER ISD
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Preventing Violent Extremism



"Preventing Violent Extremism" is a conversational workshop with Pakistani-Canadian journalist / activist/ author Raheel Raza. She is the author of "Their Jihad..Not my Jihad". This event is free and open to anyone who is interested in issues related to human rights and media. It is hosted by the Austin Branch of

the American Association of University Women and Global Austin. It will be held on February 12, 2019, from 10:30 A.M. to noon at the Carver Branch Library located at 1161 Angelina St. in Austin.

Introducing Get to Know Your NEIGHBORS

We are all very fortunate to call Avery Ranch home. But, Avery Ranch 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 Avery Ranch a better place to live, please let us know. We would like to introduce them to your neighbors.

Email Kelly@peelinc.com to be featured in a future issue.

NOT AVAILABLE ONLINE

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Prevent Oak Wilt - Don't Prune Oaks Feb 1st - June 30th Information provided by Travis County Transportation & Natural Resources

Oak wilt has claimed the lives of thousands of trees in Central Texas and beyond. Majestic oaks play a large role in this region's beauty and identity; it would be hard to imagine the Hill Country without them. They are an iconic part of many local businesses and neighborhoods, providing shade, beauty, and higher property values. Following simple preventive measures can go a long way towards stopping the spread of this destructive disease.

From February through June, avoid all pruning or cutting of oaks - this is the high season for oak wilt transmission. Any wounds that occur from construction, vehicles, wind, etc., should be painted as soon as they're discovered – ideally within ½ hour of being cut – with commercial tree wound dressing or latex paint. That includes freshly cut stumps and surface roots.

Pruning is least risky during the coldest winter days and extended hot periods in mid to late summer. Any time you prune though, the Texas Forest Service recommends painting all wounds and sanitizing pruning equipment between trees using denatured methyl alcohol (shellac thinner), isopropyl alcohol, or a general purpose household disinfectant such as Lysol, Listerine or Pine-Sol. Household bleach is not recommended.

Red oaks, including Spanish (now Buckley) oak, Shumard oak and blackjack oak, are very susceptible to oak wilt and play a key role in the disease's transmission. Oak wilt is caused by the fungus Ceratocystis fagacearum, which spreads its spores from "fungal mats" that form under the tree's bark. These mats have a sweet, fruity smell that attracts insects, especially the sap-sucking nitidulid beetle. After feeding and breeding on the fungal mats, these beetles fly away covered in fungal spores. As they visit other oaks, they spread the fungus through open wounds in the bark. The nitidulid beetle is only about the size of a pinhead, but is capable of flying as far as a mile away. While red oaks are the most susceptible to oak wilt, all oaks can become infected.

Fungal mats usually form on standing trees, but can also develop on logs, stumps and fresh firewood cut from infected oaks. Make sure to remove and either burn or bury infected oaks to prevent mats from forming, and never store unseasoned wood from infected trees near healthy oaks.

The second way oak wilt can be transmitted is through the roots. Live oaks tend to grow together in dense mottes with interconnected roots, so the fungus can be transmitted easily among them. Oak wilt is occasionally transmitted through red oak roots as well, but the movement is slower and occurs over shorter distances than with live oaks. Root transmission can be prevented by cutting trenches four feet deep between infected and healthy trees, but by far the best option is to prevent infection in the first place.

So make sure NOT to prune oaks between February 1 and July 1, and ALWAYS paint wounds on oaks no matter what time of year it is. For more information on preventing and treating oak wilt, please visit texasoakwilt.org, the website of The Oak Wilt Information Partnership, a project of the Texas A&M Forest Service, the Forest Health Protection branch of the U.S. Department of Agriculture (USDA) Forest Service and the Lady Bird Johnson Wildflower Center in Austin.





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Ways to Clean Oil off a Driveway

Cat Litter

Put cat litter on the stain and rub it in. Let it sit for a while, then, sweep the cat litter up. Repeat at least once.

Peat Moss

Spread peat moss on the stain. Roll it over the stain.

Simple Green

Pour lots of Simple Green on the stain. Let the spot soak for a few hours. Wipe/rinse the area.



Liquid Tide

Cover the area with liquid Tide.

Pour ¼ cup of water on top of the Tide.

Use an old broom to scrub the area for about 5 minutes.

Wipe down the area and/or rinse it with a hose.

Repeat if necessary.

Oil-Removal Product

Go to local hardware store and ask for a product that will clean up the oil. Pour oil cleaner on the ground, rub a little with a rag and let it vaporize. Repeat if necessary.

Oxy Clean Laundry Spray

Spray generously with Oxy Clean laundry spray. Let this stand for a few minutes. Scrub with a stiff brush. Wipe with a paper towel or flush with hose.

Pour N Restore

Pour this white liquid on the oil stain. Let it dry into a powder and brush the powder away.

Call today for a complimentary consultation!





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ACUPUNCTURE

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most non-emergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

What is acupuncture?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

What to expect?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of Chinese manipulative therapy, consisting of massage, acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

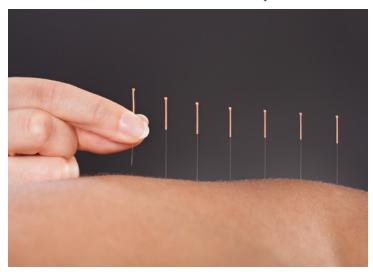
What about herbal medicine?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Traditionally, this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

What conditions can be treated?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight.

Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. Please refer to the Classical Ads of this newsletter for our detailed information or visit www.amaranthacupuncture.com.





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SKIN CANCER

THE SAD TRUTH

Every year, **5.4 million new cases** of skin cancer are diagnosed, making skin cancer more prevalent than any other cancer. 1 in 5 Americans will develop skin cancer in their life. The saddest part is that skin cancer is one of the most **easily preventable** and diagnosable cancers, and, if detected early, has one of the highest treatment rates. Yet, the public is still ill-informed on such a common cancer.



WHAT CAN YOU DO TO REDUCE YOUR RISK

PROTECT

Apply sunscreen and wear long-sleeves & hats under the sun.





PREVENT

Avoid direct sun exposure between the hours of 11:00 am and 4:00 pm. Never use tanning beds.



DETECT

Look out for abnormal moles or skin patches on your skin and regularly get physical examinations.











Oddly shaped, discolored, large, and evolving moles are potentially malignant



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