



FEBRUARY 2019 VOLUME 12, ISSUE 2

A Newsletter for the Residents of Legend Oaks II

## Camp Scholarship



Know a science-minded student who is looking for adventure this summer? Try Aquatic Science Adventure Camp at Texas State! The Barton Springs/Edwards Aquifer Conservation District (BSEACD) in partnership with our permittees offers scholarships to help send motivated students for a week of water-related

fun: SCUBA diving, rafting, caving, hiking, science and more!

**Scholarship Amount: either \$599 or \$349, depending**

**Application Deadline: Tuesday, March 26, 2019**

**(before 5:00 pm)**

The applications and essays for the 2019 Camp Scholarship program for the Aquatic Science Adventure Camp will be due Tuesday, March 26, 2019. This year's program is expected to provide \$599 scholarships to the week-long, overnight Aquatic Science Adventure Camp (Note: Parent responsible for providing \$150 camp deposit fee, which will be needed to hold the child's spot.) and \$349 scholarships to the 5-Day Aquatic Science Adventure Camp (Note: All \$349 paid for by BSEACD.) Interested students must submit an application and a 1-page essay/artwork entitled "Why I want to attend the Aquatic Science Adventure Camp!"

Scholarship winner selections will be merit-based; only completed applications with essays/artwork will be eligible. Details & application: <https://bseacd.org/education/scholarships/#camp>



## ACUPUNCTURE

*By: Yunguang Yang (Liby), 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".

*(Continued on Page 2)*

## NEWSLETTER INFO

### NEWSLETTER

Articles .....legendoaks@peelinc.com

### PUBLISHER

Peel, Inc.....www.PEELinc.com, 512-263-9181

Advertising .....advertising@PEELinc.com, 512-263-9181

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*(Continued from Cover Page)*

### 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](http://www.amaranthacupuncture.com).



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State Farm, Home Office, Bloomington, IL



## 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](http://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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## Flour Beetles

– Wizzie Brown, Texas AgriLife Extension Service



There are two types of flour beetles that may be encountered in the home – red and confused. These beetles are small (about 1/8" in length), reddish-brown to brown in color with a somewhat flattened body. Adults can be long-lived and survive up to 3 years.

To tell the difference between the two, you would need to look closely at the tip of the antennae; red flour beetles have a distinct 3-segmented club while confused flour beetles have a gradually formed 4-segmented club. Fortunately, you don't really need to get that detailed in identification to manage them as they feed on similar foods and are often found in the same areas.

Flour beetles feed on grain dust and milled grains, but can also feed on undamaged grains. In homes they may be found in cereals, flour, pasta, dried beans, chocolate, nuts, herbs, spices, crackers, dried pet food, dried flowers and cake mix. With large populations of the insects, they may cause a foul taste and odor to infested products due to a secretion from their scent glands.

Red flour beetles are able to fly while confused flour beetles cannot, so it is possible for them to move to different areas of the house. If you are having a problem with flour beetles, but cannot locate the source in your pantry, check other areas of the home such as where pet food is stored or areas with dried flowers or potpourri. Sometimes people see flour beetles during or after they have had a rodent infestation because the beetles can eat grain that may be in rodent baits or eat food from rodent nests where food was stored.

Management tips:

- Inspect all food items and get rid of anything infested. If you do not want to throw away infested food, you can either put it in the freezer for a week or heat it in the oven at 200 degrees for 2-3 hours to kill off insects.
- Clean all pantry areas, making sure to get any grain dust out of cracks and crevices. Use a cleaning solution after all debris is removed. Seal any cracks where grain dust may accumulate with a sealant product.
- Do not buy damaged or expired items from the grocery store.
- Use products promptly. If you go away for a period of time (a week or more), store items in the freezer.

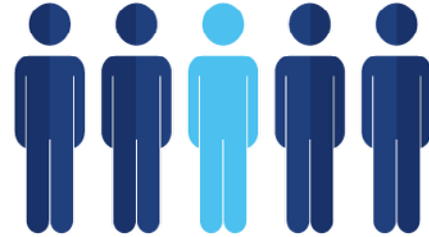
For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

# 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



# NATURE WATCH

## CHORUS OF THE CRANES

by Jim and Lynne Weber



*Adult Sandhill Crane*

A sure sign that spring is on the way is the sound of loud, rolling, rattling calls of migrating Sandhill Cranes (*Antigone canadensis*) as they fly overhead. High above, their V formation is sometimes barely visible due to their travel at up to 12,000 feet in elevation. Large flocks of these cranes can travel up to 500 miles in one day, destined for their breeding grounds in the northern US states and into Alaska and Canada.

Sandhill cranes are large, tall birds with slate gray feather often tinged with a rusty wash, crimson caps, long necks and legs, and a short tail covered in a drooping feather 'bustle.' Adults grow to be 4 feet tall with almost 80-inch wingspans. While often described as gangly, they are known for their graceful and energetic dancing displays, where they stretch their wings, pump their heads, and bow and leap to attract a mate. Sandhill cranes mate for life, which can be as long as two or three decades, and they stay with their mates year-round. They defend themselves from aerial predators by jumping and kicking, and from land predators by hissing with wings open and performing stabbing motions with their pointed bills.

While sandhill cranes breed and forage in open prairies, grasslands, and wetlands, they prefer places with standing water. They generally begin arriving in Texas in November, and spend their days feeding in irrigated croplands and wetlands, and roosting on shallow lakes or rivers at night. By early February, these birds are ready to start their journey north to their breeding grounds.

The sandhill cranes that winter in Texas have often traveled 3,000 miles or more, and their return journey north is fueled by their omnivorous diet of seeds, grains, berries, tubers, amphibians, insects, and small rodents. Congregating at both fall and spring migration and at winter sites, groups of these birds can number into the thousands.

The unique tone of the sandhill crane's call is a product of their anatomy. Their long tracheas or windpipes coil into their sternum and help to produce sounds with a lower pitch and rich harmonics, which is often amplified by their habit of traveling in numbers. While it is this distinct rattling, croaking sound that accompanies their journeys, these cranes can also communicate by making moaning, hissing, purring, snoring, and trilling sounds.

As markers of seasonal change, sandhill cranes are among the most ancient of the world's birds. A crane fossil, identical to the structure to the modern sandhill crane, was discovered in Nebraska and estimated to be several million years old. Watching large flocks of these birds gather at night or take flight at dawn, is a wondrous sight. Hearing the chorus of the cranes as they migrate overhead tells us that spring is on the way!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto: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](http://naturewatchaustin.blogspot.com).

To view the Nature Watch article go to [Peelinc.com](http://Peelinc.com) and click on Jester Warbler February 2019.



*Flying Sandhill Cranes*

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