



MAY 2019 VOLUME 12, ISSUE 5

A Newsletter for the Residents of Legend Oaks II

Alyssa Poole will be graduating from Bowie High School, May 31, 2019

She is planning on attending St. Edward's University in the fall.

Her parents Pat and Joy Poole are very proud of her accomplishments!

Congratulations Alyssa!



NEWSLETTER INFO

NEWSLETTER

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If anyone would like to join a committee, they can contact

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Attention Parents of Graduating Seniors

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to articles@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).



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Mosquitoes



Mosquitoes can not only be irritating by biting, but they also are able to transmit various diseases to humans and animals. They are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, Zika, dengue, yellow fever, malaria, and

filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs are laid on the surface of water or in dry locations that can be flooded by water. Eggs laid in dry locations can remain dormant for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which are non-feeding. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Many things can help to reduce mosquito problems around the home. Since three of the four life stages of mosquitoes are in or near water, it is best to eliminate all sources of standing water. Containers such as watering cans, buckets, and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters,

flowerpots, and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians, and fish.

Avoiding outdoor activities during peak mosquito hours is the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves, and long pants. Repellants containing active ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled.

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

GO GREEN

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The Y is here to help you make the most of the hot summer months ahead. Indoor and outdoor pools, all of your favorite group exercise classes, personal training programs and summer enrichment activities for kids are just few reasons to join the Y today. Plus, membership includes access to 8 area facilities so an escape from your normal routine is always in reach.

**Learn more and join today
at AustinYMCA.org**

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NATURE WATCH

DISTINCTLY DIFFERENT MILKWEEDS

by Jim and Lynne Weber

Much ado has been made of the more common and widespread milkweed species, but there are a handful of milkweed vines that are less common but more distinct, and just as useful as native host plants for Monarchs and related butterflies.

A fairly robust, twining vine 6 to 12 feet long growing in dry, light shade in thickets on rocky hillsides and woodland edges, Pearl Milkvine (*Matelea reticulata*) is best known for its heart-shaped leaves and flat, greenish-white flowers $\frac{1}{2}$ to $\frac{3}{4}$ of an inch across with pearly, iridescent centers. Also called Green Milkweed Vine, Net Vine Milkvine, and Netted Milkvine, its curious flowers have tiny white veins forming an intricate pattern on the surface of the petals, adding to their unusual look. In fact, *reticulata* refers to this pattern, which means 'resembling a net or network'. It blooms from April to July, especially in full sun, giving way to fairly large, interesting prickly follicles filled with seeds attached to silky threads. This native species is a host plant to Monarch butterflies.



Often mistaken for Pearl Milkvine is Plateau Milkvine (*Matelea edwardsensis*), endemic only to the Edwards Plateau of Central Texas. This uncommon vine shares the same twining habit of Pearl Milkvine, but its leaves, while similar, generally have a somewhat wavy edge, and its flowers are bell-shaped instead of flat. Additionally, its greenish-white flowers do not have a pearl center, and its petals are not solely reticulate-patterned, having parallel veins in their lower halves and centers, and

reticulate or networked veins only on the edges or margins. Blooming in April and May, this species can be found on gravelly soils in open woodlands, often climbing on other plants, and it is a native host plant for Queen butterflies.



Usually found in the chalky soils of pastures and open ground, Purple Milkvine (*Matelea biflora*) has low-growing stems that radiate along the ground from a woody rootstock, and along with its opposite, triangular leaves, are covered with long, spreading hairs. From March to June, pairs of star-shaped, five-petaled, dark purple-brown flowers rise from the base of the leaves, which gives this plant its other common name of Star Milkvine. While its trailing stems can

grow up to 2 feet long, it inhabits grassy areas and as such is often hidden and overlooked, except by Queen and Soldier butterflies that use it as their native host plant.

Named for a small town in Chihuahua, Mexico, Talayote (*Cynanchum racemosum*) or Milkweed Vine is a climber that grows to 15 to 20 feet in full sun to part shade, and is a native host plant for both Queen and Soldier butterflies. Talayote produces clusters of small cream and green flowers that are held above and among the heart-shaped leaves, blooming in the hotter months from summer into fall, and attracting a host of other small but beneficial pollinators. Growing only in Central, South, and West Texas in the United States, this vine produces plump, smooth follicles 3 inches long, filled with silk-topped seeds, often remaining on the vine well into winter.



Take the time to seek out and appreciate these lesser known members of the Milkweed family, as they are beautifully and distinctly different!

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



POSTURE TIPS FOR MOMS AND DADS

Mike McTague PT, DPT, OCS

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

LIFTING YOUR CHILD FROM THE FLOOR

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

CARRYING/HOLDING YOUR CHILD

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

PICKING UP TOYS FROM THE FLOOR

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

LIFTING YOUR CHILD OUT OF THE CRIB

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

PUSHING A STROLLER

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.



LEGEND OAKS

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| Krista Erskine* | 17 | ✓ | | ✓ | 512-496-1982 |
| Cameron Carr+* | 17 | ✓ | | | 512-587-2474 |
| Samantha Mariotti+ | 15 | ✓ | ✓ | ✓ | 512-516-5661 |
| Emily Norman | 18 | ✓ | ✓ | ✓ | 512-560-7934 |
| Alexis Hall* | 16 | ✓ | ✓ | ✓ | 512-433-6300 |
| Samantha Cooke* | 14 | ✓ | | ✓ | 512-774-0058 |
| Hannah Griesmer+* | 14 | ✓ | ✓ | ✓ | 512-547-9016 |
| Julia Schroeder+ | 13 | ✓ | | ✓ | 512-962-1931 |

+ CPR TRAINING / FIRST AID TRAINING * HAS REFERENCES

If you are a teenager and want to be included on the babysitter/pet sitter/house sitter list or if you are on this list and want to update your information, contact advertising@peelinc.com.

Your Community at Your Fingertips



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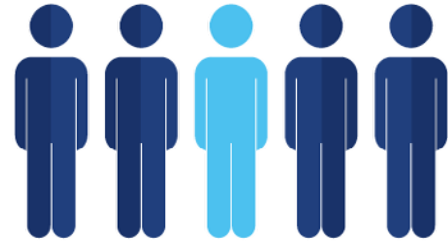
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SKIN CANCER

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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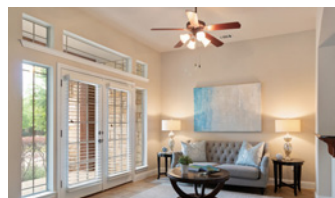
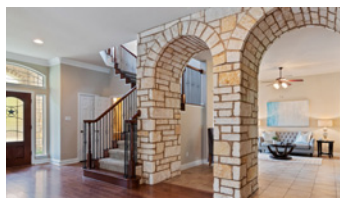
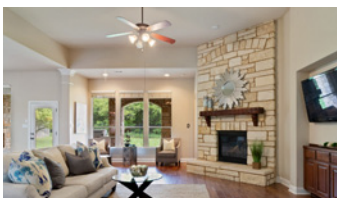
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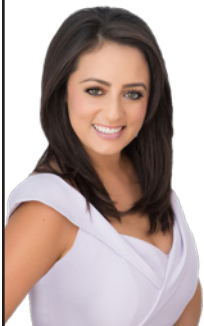
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