



AUGUST 2019 VOLUME 12, ISSUE 08

A Newsletter for the Residents of Legend Oaks II

SWING NETWORKING GROUP

Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 14 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.com.



Bowie PTSA Bulldogs & Hotdogs

Bowie PTSA proudly presents 2019 Bulldogs & Hot Dogs community event on Sat., Sept. 14 from 5-8 p.m. in the Bowie Courtyard, featuring games and activities for all ages. Admission is free. Bring your checkbooks for your Bowie Bulldog spirit wear and accessories and support clubs and teams as they raise funds for their school year. Bulldogs & Hotdogs is one way that Bowie PTSA brings together parents, students and administrators to support our school all year long. We also host teacher appreciation events; senior scholarships; our annual Build Up Bowie campus improvement campaigns; Reflections art program; an annual Homecoming Dance, and Bowie Cares, a program with Bowie Counseling to provide toiletries and necessities to students in need. Follow us on FB at @BowiePTSA or www.bowieptsa.org.



NEWSLETTER INFO

NEWSLETTER

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PUBLISHER

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

Advertisingadvertising@PEELinc.com, 512-263-9181

ADVERTISING INFORMATION

Please support the businesses that advertise in the Legend Oaks newsletter. Their advertising dollars make it possible for all Legend Oaks II residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

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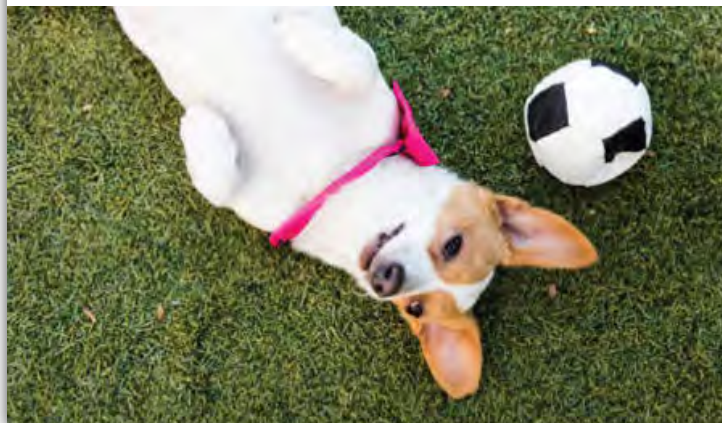
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Tawny Crazy Ants



The Tawny Crazy Ant, also known in Texas as the Raspberry Crazy Ant, was originally discovered by pest management professional Tom Raspberry (hence the name) in Harris County in 2002. Since then, the ants have been distributed to other parts of the state via people, plants, materials, and other things and are currently confirmed in 40 Texas counties.

Distribution map of Texas counties with confirmed presence of tawny crazy ants (in red).

Tawny crazy ants are about 1/8" and orangish-brown in color. With a good hand lens or microscope, you can see 12 segmented antennae, 1 node, and a circle of hairs at the tip of the abdomen. These ants can be confused with other ants, so if you are unsure of what you have check with your local Extension office.

Tawny crazy ants have a cyclical population level throughout the year with populations peaking in late summer, decreasing in the fall and then beginning to build again in the spring. Tawny crazy ants are capable of biting, but do NOT sting like fire ants. They are mostly nuisance pests, but can reach extraordinary population levels (in the millions) and can become a problem if they get into electrical equipment. Tawny crazy ants do not have nests or mounds like fire ants; they tend to nest under things-rocks, landscape timbers, flowerpots, etc.

For more information on this particular ant species go to <http://urbanentomology.tamu.edu/ants/raspberry.html>

Treatment Options

- Removing harborage areas- fallen limbs, rocks, leaf litter, etc. These ants will nest under pretty much anything on the ground, so you may want to remove anything that is not necessary.

- Alter moisture conditions (crazy ants prefer moist, humid conditions)- reduce watering, repair any water leaks, and improve drainage

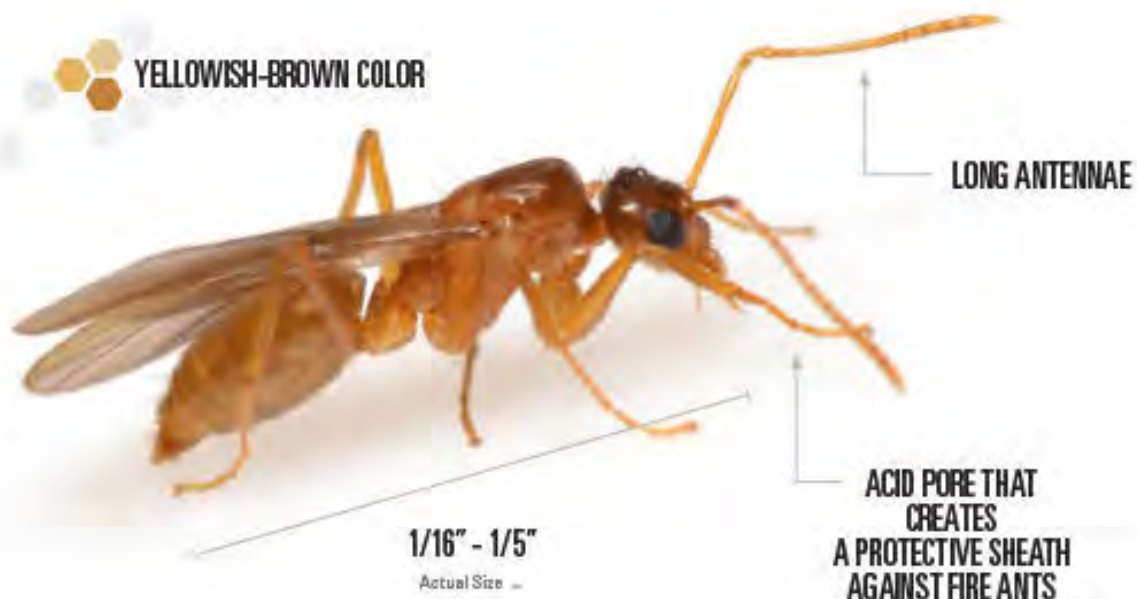
- Eliminate honeydew producers from area. Crazy ants tend honeydew producers such as aphids, whiteflies, hoppers, mealybugs and scale insects.

- Use pesticide sprays to treat infested areas- under rocks, along landscape edging, etc. Pesticide sprays can also be used to create a barrier around the outside of the home. Piles of dead ants may build up in treated areas. If this occurs, remove dead ants to keep the pesticide barrier maintained.

- Hire a pest management professional (PMP). PMPs have access to pesticides that are unavailable to homeowners for tawny crazy ant treatment and they also have experience dealing with pest problems regularly.

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

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.



NATURE WATCH

by Jim and Lynne Weber

Night Bloomers

Many night blooming flowers have white or light-colored blossoms, a strong fragrance (although not always to human noses), and are open by night and close by day. These flowers are extremely important nectar sources for pollinators, and they are attracted to these flowers' nectar mainly by scent. Two of our best night blooming native plants are Berlandier's Trumpets (*Acleisanthes obtusa*) and Jimsonweed (*Datura wrightii*).

Also known as Vine Four O'Clock, Berlandier's Trumpets is an upright perennial herb or climbing vine up to 6 feet long, easily controlled but often clambering over shrubs and small trees if left unchecked. Its opposite, bright green leaves are triangular shaped, about 1.5 inches long, with slightly wavy edges. But it is its white to light pink trumpet-shaped flowers, about 2 inches long, that bloom from April to December, producing a fragrant scent when open at night. Berlandier's Trumpet does well in full sun to part shade, is drought tolerant, and easy to grow and maintain.

Jimsonweed is a 3 to 6 foot tall stoutly branched herb, with alternate, coarse, large gray-green leaves that are broad at the base

and pointed at the tip. While its foliage is often described as rank-smelling, its flowers are sweetly fragrant white trumpets, up to 8 inches long, sometimes tinged with purple at the edges. It blooms from May to November, and its flowers close during the heat of the day. The fruit of this plant is a very distinctive spiny, globular capsule up to 1.5 inches in diameter, which opens fully when ripe. Jimsonweed has several other common names such as Sacred Thorn-apple, Angel Trumpet, Devil's Trumpet, and Sacred Datura. Some of these names refer to its use as a hallucinogen in Native American ceremonies, but it is important to note that all parts of this plant are toxic to humans.

Both of these native night blooming species attract several species of Sphinx moths (sometimes known as hawkmoths or hummingbird moths) as well as other pollinating insects such as long-tongued bees, butterflies, and hummingbirds. But it is the Jimsonweed that has mastered the art of mutualism. While it is common for this plant to benefit from its relationship with the Carolina Sphinx (*Manduca sexta*) in the form of pollination, in turn it provides nectar for the adult moth and is the host plant for the moth's caterpillars. These large caterpillars (known to gardeners as 'hornworms'), consume many or all of the Jimsonweed's leaves. But the plant is prepared for the attack, storing resources in its massive root enabling it to produce more leaves. In effect, it grows its own pollinators to ensure its reproductive success!

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.



Berlandier's Trumpet



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Tips for Packing a Healthy School Lunch

by Stephany Pando, *cooksmarkets.com*, edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. 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!



We're in the Neighborhood

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LEGEND OAKS

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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 (sand palafox), Ray Mathews (yellow bells) and Joanna Wojtkowiak (MITW)

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!

SAND PALAFOX (PALAFOXIA HOOKERIANA)

If Jimi Hendrix had been a plant enthusiast, perhaps he would have written "Pala-foxy Lady" instead of "Foxy Lady." OK, maybe that's more Weird Al territory, but sand palafox is undeniably cute and covetable. Think of it from a gardener's perspective and sing it out: "I wanna take you home / I won't do you no harm, no / You've got to be all mine, all mine / Ooh, palafoxy lady." See what we mean? This drought-tolerant annual looks at brutal summers through rose-colored glasses — or shall we say rose-colored petals? Both ray and disc petals of this member of the Aster family are a lovely sweetheart pink. Known to spruce up Texas sand dunes (and used ornamentally in meadows and rocky areas), Palafoxia hookeriana provides nectar for butterflies and blooms from June through October. Find them turning heads (but hopefully not breaking hearts) in our Theme Gardens.



YELLOW BELLS (TECOMA STANS)

Yellow bells are an unsung neighborhood superstar. You've certainly seen them adding sunny yellow beauty to yards across Texas, and that's something to sing — er, ring — out about! This perennial shrub, which is also known as esperanza (Spanish for "hope"), grows in full sun with little water and blooms from April through November. It brings a pleasant pop of color to hillsides and canyons in the wild, but it's probably best known as a common landscaping plant in Texas, the Southwest and parts of Florida. Replace non-native hedges with this bright and cheerful alternative that's likely to attract hummingbirds and butterflies. Or use Tecoma stans to add feathery foliage and height (up to 12 feet!) to rock gardens. This is one versatile native; let it ring freely throughout the land.

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



MOVIES **IN THE** Wild

Make the end of summer a lot cooler with our August movies series, presented in collaboration with Alamo Drafthouse Cinema. Pack a blanket or enjoy the soft grass of the Family Garden Play Lawn and watch fun feature films under the open sky. Aug. 1, 8, 15 & 22, 6:30 - 10:30 p.m. Entry included with admission; admission is free for members. More info at wildflower.org/featured-events



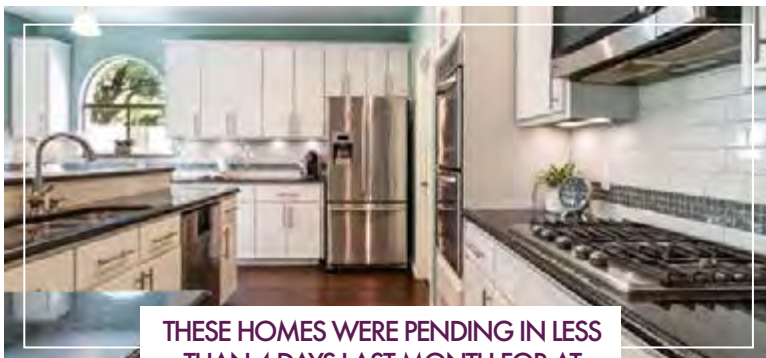


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