



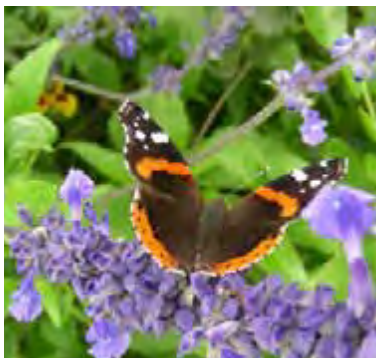
APRIL 2020 VOLUME 13, ISSUE 4

A Newsletter for the Residents of Legend Oaks II

## TEXAS A&M AGRILIFE EXTENSION: POLLINATORS



are not aggressive and many are stingless, so people should not be afraid of them.



feeding; nectar plants are needed for adult feeding; and overwintering sites are needed for various stages.



There are many animal pollinators with most of those being insects. Probably the most well-known of pollinator insects are bees and more specifically, honey bees. Honey bees are pollinators, but only make up a small portion of the bee population around the world. Most bees are solitary and nest in the ground. Solitary bees

Butterflies and moths are also important pollinators. Unfortunately, due to habitat destruction and other factors, their populations are on the decline. If you want to provide habitat for butterflies and moths, you need to ensure to fulfill the requirements of all life stages. Host plants are needed for egg laying and caterpillar

Flies are an often overlooked pollinator. With their poor reputation for carrying diseases, many people consider flies to be pests. Flies can be beneficial by fitting into food webs, breaking down waste material, feeding on other insects (some species), and pollinating plants

(including some food crops such as apples and peppers).

### Ideas to help conserve pollinators:

- Plant native plants that provide nectar blooms spring, summer, and fall
- Provide a variety of colors

*(Continued on Page 2)*

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### 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](mailto:advertising@PEELinc.com). The advertising deadline is the 8th of each month for the following month's newsletter.

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*(Continued from Cover)*

- Provide a variety of flower/ bloom shapes
- Provide multiple levels of plants (groundcover, shrubs, trees, etc.)
- Plant in clumps of the same plant to make it easier for pollinators to find
- Reduce turf and replace with flowering plants
- Plant native bunch grasses to provide food and shelter for insects
- Allow fallen leaves to remain on property to provide shelter
- Create areas of bare soil for ground nesting bees (choose sunny areas that will provide dry soil)
- Use IPM (integrated pest management) to reduce pesticide use
- Provide water in a SAFE manner for insects
- Use shallow dishes with rocks, stones, sand, or some substrate to allow insects to drink without drowning

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)

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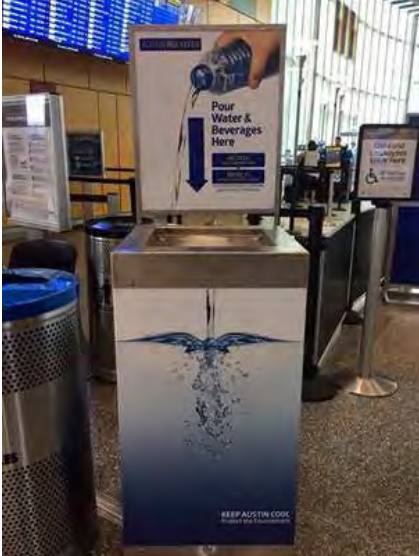


## LETTUCE RECYCLE!

by Dena Houston

### RECYCLING AT AUSTIN-BERGSTROM INTERNATIONAL AIRPORT – PART I

There are many recycling challenges in our great city, one of which is recycling at Austin-Bergstrom International Airport (ABIA). I was very privileged to meet B. J. Carpenter, the Sustainability Program Coordinator at the airport. He shared with me some of the wonderful initiatives in the field of recycling and reuse that are happening at ABIA.



• **POUR IT OUT** – Bottles and cans with liquid in them are not recyclable. The liquid in them contaminates the recycling stream and ruins the other recyclable materials. To make it convenient to recycle bottles at the airport, there are four “pour it out” receptacles currently provided at the front of the three security checkpoints. Two receptacles are at the largest - Check Point One – and one at each of

the other two. These receptacles provide a place for passengers to empty liquids from a bottle or can and then either place it in a nearby recycling bin or carry it through security to refill in the secured area.

• **FOOD RESCUE** – So much food goes to waste in our great land. ABIA has taken some wonderful steps to rescue unused food from the concessionaires. The “food rescue” program began on March 1, 2017. Currently, Bradford Airport Logistics picks up the food from the terminal and transports it to their warehouse at the airport. The food is then picked up three days a week by Keep Austin Fed volunteers and taken to several Austin organizations that provide meals to the hungry. In 2019, 12,000 pounds of food was collected at ABIA. This food provided 10,000 meals.

#### QUESTIONS FROM OUR READERS:

What do I do with old trophies? Austin Creative Reuse Center will take these. Please call ahead to be sure they have room on their shelves. Here is their website: <https://www.austincreativereuse.org/>

**HOW DO I RECYCLE PLASTIC BAGS FROM SOIL AND COMPOST?** Plastic bags designed to hold weight (soil, compost, litter and fertilizer) are treated with special polymers and this treatment makes these bags not recyclable. They must go into your trash can. Also, frozen food bags and pre-washed salad mix bags are also specially treated to keep food fresh and must be thrown into the trash can.

### PLEASE REMEMBER: When In Doubt, Throw It Out!

Here is an informative City of Austin recycling website: <http://www.austintexas.gov/what-do-i-do>.

Stay tuned for future tips that will include creative ways to recycle or reuse. If you have any questions or recycling ideas, please send them to: [recycling@hpwbana.org](mailto:recycling@hpwbana.org).



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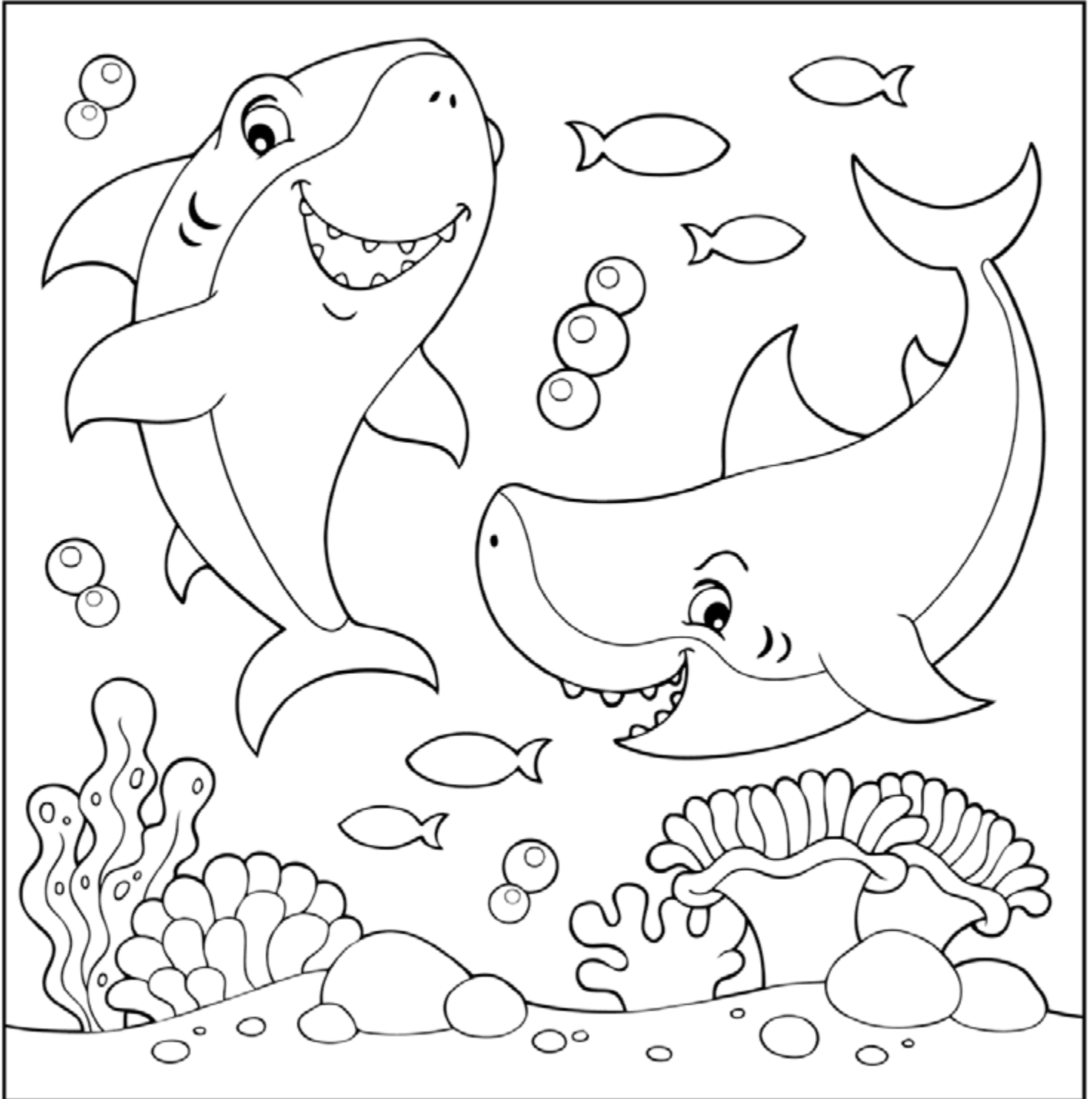
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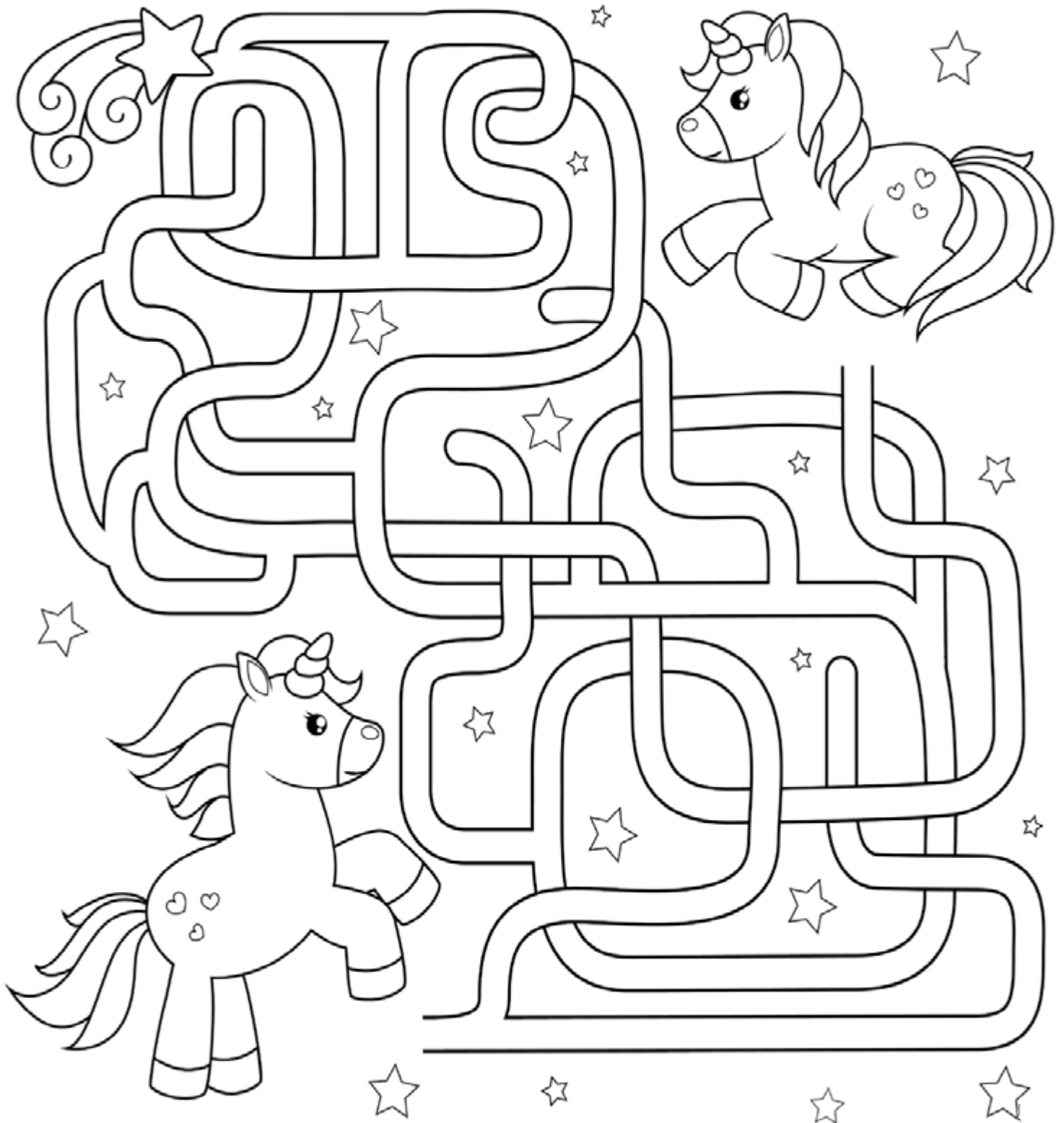
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# CAN YOU HELP ME FIND MY WAY HOME?





## Wash Your Hands

### *Reducing Spread of Disease While at Home and Work*

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands.

From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

#### WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change a diaper or clean up after children
- Handle an animal or animal waste

#### HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:


- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

#### WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.

#### FOR MORE INFORMATION

To learn more about how washing hands regularly can help prevent disease, ask your health care provider, or visit the CDC's creative Web site dedicated to raising awareness of the importance of hand washing at [www.henrythehand.com](http://www.henrythehand.com).





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