



## **Los Trancos Woods & Vista Verde** **Newsletter – December '20 & January '21**

### **A Ticker Parade of Ticks**

*Editor's Note: Many of us have noticed a plethora of ticks out there now that it has rained. Adult ticks are more active in the winter-spring months on the North Coast of California, although nymphs in the spring are more likely to transmit disease, because they are small and not be found. Here is good basic information.*

It generally requires a minimum of 17 - 36 hrs. of attachment for the tick to transmit Lyme organisms. The tick must get its mouth parts deep enough through the dermis. If you just went hiking in the afternoon, and find a tick that evening —do not worry. If it is attached for less than 17 hrs., you are not at risk. Growing up in Minnesota, us kids learned to do tick checks before bedtime — ticks are often found in hard-to-see areas such as the groin, armpit or back of the hairline. After a hike, get a family member or partner to check these areas for you. When they first attach, before feeding, adult deer ticks are the size of a sesame seed and nymphs are the size of a poppy seed. So you have to look closely.

If you find a tick, gently pull it off (using your fingers or a pair of tweezers) by pulling it straight out, not at an angle or twisting. Save the tick in a plastic bag or Tupperware (no water or alcohol which denatures it). Bring it to San Mateo County Public Health Lab, [www.smchealth.org/lyme-disease-tick-testing](http://www.smchealth.org/lyme-disease-tick-testing), for identification (free) and testing (\$25). Keep in mind, not all ticks carry the Lyme bacterium. If the tick is an *Ixodes scapularis* or *pacificus* (commonly known as deer tick or black legged tick), it may carry Lyme disease — the risk depends on what specific area or trail you are hiking on. The risk of Lyme positive ticks on some trails in Wunderlich Park in Woodside is ~ 2-3%. In other areas of the County, the percentage of infected ticks may be as high as 20%. If the tick tests Lyme-positive, then it is recommended to take doxycycline 200 mg one time dose within ~72 hrs. of the tick's attachment.

Symptoms of Lyme disease (most common - fever, chills, muscle or joint pain) generally do not start until 7-14 days after a bite (or even 2-21 days). If you develop symptoms, I do not advocate a blood test, just take 14 days of doxycycline or amoxicillin. The blood test may not be accurate in early stage Lyme disease. A reaction at the site of the bite within 12-72 hrs. is more likely an inflammatory response to the bite/mouth parts and usually does not require antibiotics, just warm compresses, unless you see a bulls-eye rash which is a sign of Lyme infection.

<https://www.cdc.gov/lyme/resources/FS-Guidance-for-Clinicians-Patients-after-TickBite-508.pdf>

*Submitted by Dr. Carol Kemper*

### **The Year of the Garden**

During this stressful time we need to get out of our hovels, excuse me - mansions, and what better way to do that but to garden! And what better time of year to plant natives than now. Late fall and early winter is the perfect time to get those natives in the ground to take full advantage of the dormant period and winter rains to water the plants in. Then enjoy the glorious new growth that will pop out in spring. Knowing that droughts are going to be a way of life for us here in the Bay Area, we can prepare by keeping our yards filled with naturally drought tolerant natives. Peruse our very own Seed Library, see "Neighborhood Notes."

For planning purposes, check out the following websites with a plethora of info on natives to attract birds - [audubon.org/native-plants](http://audubon.org/native-plants), or butterflies - [laspilitas.com/butterflylist.htm](http://laspilitas.com/butterflylist.htm), or bees - [laspilitas.com/wildlife/California\\_Bumble\\_bees.html](http://laspilitas.com/wildlife/California_Bumble_bees.html), or Calif. Native Plant Society - [cnps.org/gardening](http://cnps.org/gardening). Stress less-garden more!

## **Los Trancos County Maintenance District - Community Advisory Committee (CAC)**

The CAC has worked with the Woodside Fire Protection District to establish programs that reduce fire danger in our community, resulting in the home hardening rebate program, extra chipper days, and fuel load reduction activities. We have been continuing to pursue additional opportunities, working in close cooperation with Don Bullard, Fire Marshall. We would appreciate your ideas for additional things that could be done to lower our fire risk even further. Please contact any of the CAC Board members with your thoughts.

We hope all stay healthy and happy. The Los Trancos County Maintenance District (LTCMD) CAC exists to advise and offer feedback to DPW and WFPD and to inform the community about LTCMD sponsored programs. Feel free to contact any of us on the CAC: Jerry Hearn, Ken Kormanak, Amanda Lee (Co-Chair), Claudia Mazzetti, David Smernoff, Bill Tagg and Tom Thayer (Co-Chair). Our email addresses and phone numbers are listed in the Community Resource Guide.

*Submitted by Tom Thayer, Co-Chair of CAC*

## **Neighborhood Notes**



**-NEW! A Free Seed Library!** Located between 1196 & 1204 Los Trancos Rd. Just like a Little Free Book Library, this library welcomes you to take seeds and if you have some seeds put them in. Right now it is filled with native seeds for pollinator rich plants and some vegetable seeds. If you have some dried native or vegetable seeds to share, just pack them in an envelope with the common name/scientific name and if you know the growing requirements, include those. Let's make our neighborhood a haven for bees, butterflies, hummingbirds, beetles, and us! Thank you, Julia and Martin!

- Thank you **Dog Poop Bag Elves!** Someone has taken up the job of filling the holder at the entrance to our trails on Old Spanish Trail. I believe the old elf moved away over the summer. The other two holders also have some neighborhood elves. If you catch them in the act, be sure to thank them.
- **Finally** Gene Hunner gets to report some **rain**: October. - 0.0", November - 1.8", season-to-date - 1.9.
- The annual **Styrofoam Recycling Drive, 3-10 Jan.**, is put on by Ladera Community Church for the local communities. Be sure to collect your clean, white, block or sheet Styrofoam and bring it to the church. GreenWaste does NOT accept Styrofoam in your recycling bin and keeping it out of the landfill is definitely the preferred alternative.

## **2020-21 Community Resource Guide**

If you have any changes to the listings please contact Linda at [dreynight@aol.com](mailto:dreynight@aol.com).

### **Community Associations' Web Sites**

Web site addresses are:

<http://lostrancoswoods.org/>

<http://www.vistaverdepv.org>

To subscribe to group e-mail lists:

[vltw+subscribe@groups.io](mailto:vltw+subscribe@groups.io)

[VistaVerdeCommunityAssoc-subscribe@yahoogroups.com](mailto:VistaVerdeCommunityAssoc-subscribe@yahoogroups.com).

*Thank you, Jerry Jensen & Rob Kalman for maintaining web sites*