



## LOS TRANCOS WOODS & VISTA VERDE Newsletter – February/March 2012

### TICKer Tape of Symptoms

To start with, everyone is fond of their blood, and I doubt anyone wants to unknowingly give it away to freeloaders. To boot these freeloaders, called ticks, sometimes give something back which is not welcome. Diseases, such as Lyme disease, ehrlichiosis, babesiosis, bartonella, tularemia (rare), and Rocky Mountain spotted fever (rare), can result from tick bites in California. In 2005 our hiking trails were surveyed for Western Black Legged ticks infected by Lyme disease by the San Mateo County Vector Control staff. Their results came back with a 3% infection rate in both the adults and the nymphs. They did not check for infection with other tick-borne diseases.

We have two predominant types of ticks up here in the woods, the American Dog Tick and the Western Black Legged Tick. Both can carry diseases. The Dog Tick tends to be the larger of the two, about the size of an eraser on a pencil, including its 8 legs and brown body. It is flat top to bottom unless engorged with blood. The Black Legged Tick is slightly smaller, has a black head and “shield” body that is dark red-brown, 8 legs, and again is flat unless engorged. Adult ticks are easy to identify; however the nymphs, or babies, which are about the size of a poppy seed with 8 legs, appear all black unless seen under a microscope.

Although you can get a tick bite anytime of year, the springtime is the most likely. The ticks are fairly easy to remove with a tick puller, and the model that I highly recommend is the Pro-Tick Remedy found at many outdoor stores. Without a tick puller, use a good pair of tweezers, grasp the tick as close to your skin as possible, and pull straight out without twisting. You want to get the whole body and head out; otherwise, you risk a skin reaction to the parts left behind. The nymphal ticks are trickier to remove, since they are so small. To avoid tick bites in the first place, stay on trails, do not contact downed wood or leaves, wear light colored clothing, and check for ticks frequently.

What should you do if you are bitten by a tick? First off remove it. If you suspect it is the Western Black Legged tick and has been attached for more than 8 hours, then you can have the tick tested for Lyme disease by the San Mateo County Health Lab, 225 37<sup>th</sup> Ave., Rm. 113, San Mateo, 573-2500 for \$25. If it has been attached for less than 8 hours, it is unlikely the tick had time to pass on the Lyme disease. To properly store the tick for a test, put a tissue moistened with water in a zip-lock baggie, put the tick on the tissue and zip it closed. Always note on your calendar when you removed a tick and which kind of tick it is for future reference in case you get sick.

Now here is a partial list of the ticker tape of symptoms:

Lyme disease – red rash, sometimes with a white center (note: almost all tick bites have a small non-expanding red rash at the site of the bite), flu-like symptoms, joint pain, facial paralysis, etc.  
Ehrlichiosis – sudden high fever, fatigue.  
Tularemia – flu-like symptoms, diarrhea, weakness.  
Rocky Mountain spotted fever – sudden onset of fever, red spotted rash on palms and soles of feet.  
Babesiosis – high fever, chills, nausea.  
Bartonella – fever, swollen glands, streaked rash

Bottom line is that you should check with your doctor if you suspect any infection. There are tests available. For further information refer to these web sites:

[www.smcmad.org/tick\\_borne\\_diseases.htm](http://www.smcmad.org/tick_borne_diseases.htm), [www.lymedisease.org/lyme101/ticks/about\\_ticks.html](http://www.lymedisease.org/lyme101/ticks/about_ticks.html),  
[www.cdc.gov/ticks/](http://www.cdc.gov/ticks/).

*Submitted by Linda Drey-Nightingale, who had a daughter with Lyme disease*

*(Note: I just removed a nymphal tick on my hand from petting a neighbor's dog. Be aware.)*

## **Los Trancos County Water District**

The LTCWD is holding a Special Meeting regarding the management of district lands on, Sunday, February 5, 2012, 11 AM in front of the red shed on Lake Road. Please come and learn about what we are planning for the lands.

*Submitted by Claudia Mazzetti, Board Member of LTCWB*

## **Special Memories of Ann Gage**

On the evening of January 20th, 2012, Ann Kathryn Weatherup Gage, passed away peacefully in her sleep after dealing with cancer. From the very beginning of her time in Vista Verde (1974-2012) Ann's positive energy could be seen and felt. Ann possessed that unique ability to work magic with children, and it was very apparent in her job as a speech therapist, in teaching children to quilt, and later in her volunteer work as Court Appointed Special Advocate for foster children. Many will remember Ann not only for her award winning quilts, but also for all the baby quilts she lovingly made and gave. Ann used her energy to nurture not only the sheep and chickens that she had, but also those housebound neighbors whom she delivered Meal-on-Wheels to. Her presence will always remain in the many hearts and lives in which she made a positive difference. The community sends their condolences to Stan and the children.

*Submitted by Mike and Sharon Ward, Stan Gage, and Linda Drey-Nightingale*

## **Neighborhood Notes**

- Our local folk are busy explorers. Check this out.  
Kayaking San Francisco Bay to Santa Barbara: Back in '91, outdoor adventure pals **Charlie Krenz** and **Jeff Traum** set out on the first leg of their dream kayaking trip: their goal - to paddle the circumference of San Francisco Bay and the coastline south to Santa Barbara in a series of 1-3 day outings. They successfully completed this trip last October. Charlie and Jeff will give a free presentation about gear, skills, planning, great local places to paddle and coastal natural and cultural history. Register at [www.rei.com/stores](http://www.rei.com/stores). Seating may be available at the door.  
7 pm–8:30 pm, Wednesday, March 7 at REI San Carlos  
7 pm–8:30 pm, Thursday, March 22 at REI Mountain View  
7 pm–8:30 pm, Wednesday, March 28 at REI San Francisco
- **Emory Scott Hartzell** was born in a frenzy in December 2011 at 5 lbs. 11 oz. Proud parents, Hadley and Noel Hartzell, left the house at 9 p.m., and Emory made her appearance at Stanford Hospital at 10:15 p.m. The staff told Noel that before they have a second child he needs to go to birthing classes and pay close attention. Welcome to the neighborhood, Emory!
- The latest and greatest **rainfall data** from Gene Hunner is: Dec. – .1", Jan. – 4.9", total for the season – 9.4". Thank you, Gene.

## **Community Associations' Web Sites**

The web site addresses are:

<http://lostrancoswoods.org/>  
<http://www.vistaverdepv.org> NEW

The group e-mail list is:

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

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