



March 2011

Volume 4, Issue 3

Official Newsletter of the Legend Oaks II Homeowners Association

CONVICT HILL QUARRY PARK CLEANUP

Most of you know the history of our park. If not, you can get a flyer at the entrance, or contact me for a copy by e-mail. You also may know that I have not been physically able to organize volunteers for regular work days to perform needed cleanup. The Austin Parks Department has done some work on the curbside areas, but they have extremely limited resources for more effort.

You may know that the Austin Parks Foundation, who have given us major financial support, sponsors an annual "It's My Park Day", which organizes groups of volunteers from all over the city for work in parks all over the city. This year, the date is March 5. I plan to lead a group in Quarry Park, and invite you all to support. Visit <http://austinparks.org/itsmypark.html> for information and to sign up for the event. Show the Foundation and Austin Parks that we support this park that so many of our neighbors visit. Living across the street, I see an increasing number of visitors, some frequent. We all benefit from having this gem in Legend Oaks.

Please sign up, either by e-mail to me or on the APF's website, which will allow us to provide enough tools and other support items so that all can be productive. There is a sign and flyers at the entrance for more information. We already have a 5th grade class signed up.

*Thank you, Jim Turney
drjet@austin.rr.com*

CONSIDERING HOME IMPROVEMENTS?

Spring is around the corner, which often brings thoughts of home cleaning, repairs, and renovations.

If you are considering changing paint colors or making other alterations to the exterior of your home, please review and complete an Architectural Control Committee Approval Application prior to commencing work on your property. This form can be found on the Legend Oaks II community website at <http://www.legendoaks2.org> and on Goodwin Management's website at <http://loh.goodwintx.com>, along with other HOA information and forms.

HOA QUARTERLY MEETING

The second quarter Legend Oaks II HOA meeting will be held at 10:00 a.m. on Saturday, March 19, 2011, by the pool at the community park. Please bring a chair or blanket to sit on. We look forward to your attendance and participation.

TIPS FOR MASTERING THE FARMERS' MARKET

By Melanie Dragger, M.Com.

Many people are taking steps to improve their health and the environment by eating organically grown and raised foods. Although some people are selecting organic items at their local grocery store, farmers' markets are becoming increasingly popular. Over the past year, according to the Department of Agriculture, the number of farmers' markets in the U.S. increased by 858, or 16 percent, from 5,274 in 2009 to 6,132 in 2010. When the USDA first began tracking farmers' markets in 1994, there were only 1,755 markets.

Outside of growing your own produce and raising your own livestock, shopping at a farmers' market is the best way to obtain fresh, local, and seasonal fruits, vegetables, and herbs, as well as farm-fresh eggs, meat, poultry, and dairy products. Many farmers' markets also offer artisan breads, honey, and seasonal jams, jellies, and preserves.

BELOW ARE TIPS TO HELP YOU MASTER YOUR LOCAL FARMERS' MARKET:

1. Do Your Research – Before heading to the market, research what produce is in season in your area. All products sold at a farmers' market may not be organic, and some organic products sold may not be certified, so familiarize yourself with the organic certification process and product labeling. Information on the USDA's National Organic Program can be found at <http://www.ams.usda.gov/nop>.
2. Bring Your Own Containers – Although some vendors may have bags and boxes available for customers, bringing your own

(Continued on Page 3)

LEGENDARY TIMES

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ADVERTISING INFORMATION

Please support the businesses that advertise in the Legendary Times. 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.

Don't want to wait for the mail?

View the current issue of the Legendary Times on the 1st day of each month at www.PEELinc.com



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Mastering the Farmers Market-

(Continued from the Cover)

- containers is the best way to ensure you will be able to transport and protect your purchases properly. Additionally, recycling containers helps the environment by reducing the number of natural resources used to produce new ones.
3. Bring Cash – Swing by your bank or ATM before hitting the farmers' market. Most vendors do not accept checks or credit cards. Bring small bills, because it may be difficult for some vendors to make change.
 4. Go Early or Go Late – The best items usually go first, so try to get to the market early. However, before making a purchase, take a quick trip down the aisles, because prices can vary greatly among vendors. If you can't make it to the market when it first opens, go at the end of the market day to catch deals from vendors trying to unload their remaining products.
 5. Speak with Vendors – Shopping at a farmers' market allows you an opportunity to speak

directly with growers and farmers. Not familiar with Swiss chard? Looking for a new way to prepare eggplant? Most vendors love to share their knowledge, including discussing their production methods, providing storage and transportation advice, and sharing recipes and cooking tips.

Buying organic products at your local farmers' market offers numerous benefits, including boosting the local economy, reducing the amount of toxic chemicals that enter your body and the environment, and decreasing the amount of fossil fuels used to transport products to consumers. However, organic products can be more expensive than conventionally grown and raised products, and some organic products may be difficult to find in some areas. If going 100% organic is not feasible, use the following list as a guide. According to the 2010 report of the Environmental Working Group, a non-profit organization specializing in research and advocacy related to public health and the environment, these 12 fruits and vegetables consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- | | |
|-----------------|-------------------------|
| 1. Celery | 7. Sweet Bell Peppers |
| 2. Peaches | 8. Spinach |
| 3. Strawberries | 9. Cherries |
| 4. Apples | 10. Kale/Collard Greens |
| 5. Blueberries | 11. Potatoes |
| (domestic) | 12. Grapes (imported) |
| 6. Nectarines | |



The EWG's annual ranking of produce pesticide contamination is based on its analysis of tests conducted by the USDA and the federal Food and Drug Administration. More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>.

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LEGENDARY TIMES

Austin Newcomers Club March 2011 Luncheon

Austin Newcomers is a social organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Join us at our monthly luncheon as well as take the opportunity to learn about and become involved in many varied fun Interest groups.

Time: 11:00 AM Social - 12 Noon Luncheon

Date: March 16, 2011

(Reservations required by Thursday, March 10th)

For luncheon reservations e-mail

LuncheonDirector@AustinNewcomers.com or call Diane

Israelson at 512.467.4979. For other Newcomers information

visit www.austinnewcomers.com or call 512.314.5100.

Leadership Austin

Central Texas is rapidly changing. Austin is doubling in size every 20 years, and the demographics of the city are shifting. As the city grows and changes, there is a need for qualified, engaged leaders who can help solve the challenging problems facing the city.

Leadership Austin is a non-profit organization where people of diverse backgrounds and experience come together to learn about



civic leadership, engage in meaningful dialogue about important public issues, and collaborate to make a difference in Central Texas. It seeks out and prepares leaders for positions of public and private decision-making and fosters community involvement and the exercise of civic responsibility. Since 1979, thousands of individuals have graduated from its programs enhancing their leadership skills.

Of the many programs offered by this non-profit, one named "Experience Austin" specifically deals with Austin. It provides an

(Continued on Page 5)

A graphic featuring puzzle pieces forming a map of Texas. One puzzle piece in the center contains a large, stylized letter 'P' inside a circle. The background is a light gray, and the puzzle pieces are in various shades of gray and black.

HOW ARE YOUR SOCIAL NETWORKING SKILLS?

Follow Peel, Inc. Community
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www.peelinc.com/Facebook

The Facebook logo, which is a white lowercase 'f' inside a dark gray square.

Austin Newcomers Club- (Continued from Page 4)

interactive orientation to the city and introduces participants to Austin's issues, icons, and institutions, and also to the people actively involved in creating solutions.

The program includes behind the scenes tours and introductions to leaders in local government, as well as economic, education, healthcare, and the arts and entertainment communities. This program is geared to those who are new to Austin or want to become more deeply engaged with all that Austin has to offer.

Heather McKissick, President and CEO of Leadership Austin, will speak to us about the organization's programs and will highlight key issues impacting the city. She will also tell us how we can become more involved.

Heather is an organizational development and communication specialist with specific expertise in leadership development, change management, and workgroup facilitation. She has extensive experience in a variety of interrelated fields including, organizational development (former Director, Organizational Development and Education, Seton Healthcare Network), communication and employee relations in a public utility (Lower Colorado River Authority), global communications in the private sector (Motorola), and education and curriculum development (former Assistant Dean, St. Edward's University).

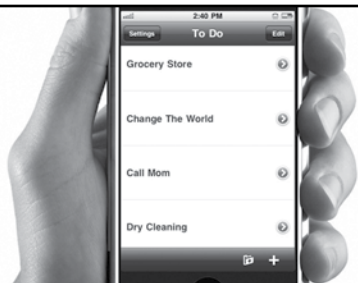
HOA WEBSITE

Did you know that Legend Oaks 2 has our very own website? This is an informational site designed and maintained by one of our residents, Larry Juergens.

The site address is www.legendoaks2.org, and currently contains association information, including contacts with phone numbers and email addresses, links to the PDF versions of the newsletters, and an events calendar and classified section where members can post happenings and items for sale, rent, or trade. Submissions can be made through Larry at larry.juergens@gmail.com.

Please check out the site and send any submissions or suggestions to Larry at the address above.

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to-do list this
month?



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Are Your Investments Getting Enough Exercise?

Now that spring is here, you may find it easier to get outside to run, bike or take part in other physical pursuits that you enjoy. As you know, the more active you are, the more efficiently your body will work. And the same can hold true for your investments — the more exercise they get, the more potential to work on your behalf.

Just how do investments get “exercise”? Through lots of activity. And you can keep your investments active in at least two ways: through systematic investing and through dividend reinvestment. Let’s take a look at both these techniques.

When you engage in systematic investing, commonly called “dollar cost averaging,” you are continuously putting your money “in motion.” Essentially, you put the same amount of money into the same investments at regular intervals. So, for example, you might decide to invest \$100 per month, in Company ABC stock. To impose this investment discipline on yourself, you could even have the money sent directly from your checking or savings account.

Of course, since the price of ABC stock, like that of all stocks, is constantly changing, your \$100 investment will buy different numbers of shares each month. This can work to your advantage, because when the stock price of ABC goes down, your \$100 will buy more shares. When the price goes up, you’ll automatically be a smart enough “shopper” to buy fewer shares, just as you’d typically buy less of something when its price goes up.

Over time, systematic investing typically results in an average cost per share that’s lower than it would be if you were to make sporadic lump sum investments. If you can lower the cost of investing, this may help boost your investment returns. This also can be an effective way to fund your retirement account(s) each year. (Keep in mind, though, that even systematic investing can’t guarantee a profit or prevent a loss in declining markets. Also, you’ll need to have the financial resources available to keep investing through up and down markets.)

Dividend reinvestment is similar to systematic investing in that it allows you to build more shares of an investment. But when you reinvest dividends, you don’t even have to take money from other sources to increase your shares — you simply have to request that a stock or a mutual fund, instead of paying you a dividend in cash, reinvest the dividend right back into that same stock or mutual fund. It’s an effortless way of adding shares. Similar to dollar-cost averaging, dividend reinvestment imposes an investment discipline on you — you automatically keep putting money in the market during up and down periods. (Keep in mind that dividends can be increased, decreased or totally eliminated)

Exercising your investment dollars in these ways can help you go a long way toward keeping your portfolio in good shape — enabling you to make healthy progress toward your important long-term goals.

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