



April 2011

Volume 4, Issue 4

Official Newsletter of the Legend Oaks II Homeowners Association

## 7 HABITS OF HIGHLY EFFECTIVE BUSINESS E-MAIL COMMUNICATIONS

*By Melanie Dragger, M. Com.*

Much of today's business communication takes place by e-mail. Every communication sent by a member of an organization conveys an image of that organization, so it is important to remain professional, courteous, and effective in your e-mail communications.

- 1. **Use standard capitalization.** Avoid writing in all capital letters. Writing in all capital letters is equivalent to screaming.
- 2. **Use standard spelling.** Avoid using shorthand text, such as "b4" (before), "thx" (thanks), and "lol" (laughing out loud). Proofread and run the spell checker before sending your e-mail.
- 3. **Use standard punctuation.** Limit use of the exclamation mark to those statements that truly warrant its use. Avoid using multiple punctuation marks for emphasis.
- 4. **Avoid including emotion icons.** In addition to being unprofessional, using emotion icons (often called emoticons) in business writing, such as smiling or winking faces, can cause miscommunication.
- 5. **Limit use of the high-priority flag.** Reserve marking your e-mails as high priority for those that are truly urgent or need a quick response.
- 6. **Use meaningful subject lines.** Craft subject lines that convey a message to the recipient regarding the contents of your e-mail. This will assist the recipient in prioritizing, organizing, and locating their e-mails.
- 7. **Avoid forwarding chain e-mails.** In addition to being potentially unsafe, chain e-mails can be annoying to the recipient.

Overall, remaining professional and courteous, regardless of the means of your communication, will be the most effective and give the best impression of your company.

## CONSIDERING HOME IMPROVEMENTS?

Spring 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.

## LEGEND OAKS II HOMEOWNERS ASSOCIATION'S

### Easter EGGSTRAVAGANZA

WHEN: Saturday, April 23, 2011

WHERE: Park at the Pool

TIME: 3:00 p.m.

*Over 2,000 Easter Eggs for the kids!*

*Hop . . . Hop . . . Hop . . . on out for a fun time!*

For more information, contact the Recreation Committee at 512.301.0515. (In the event of rain, this event will be held on April 24th at 3 p.m.)



# LEGENDARY TIMES

## ASSOCIATION INFO

### HOA DIRECTORS

Nikki Tate, Board President .....nikkiatate@gmail.com  
Scott Strance..... scott\_strance@yahoo.com  
Darryl Pruett ..... gdmpruett3@gmail.com

### NEWSLETTER COMMITTEE

Melanie Dragger..... info@melaniedragger.com

### POOL COMMITTEE

Carrie Leonard ..... bpcmleonard@yahoo.com  
Caryn Crull ..... c\_crull@hotmail.com  
Darryl Pruett ..... gdmpruett3@gmail.com  
Eric Clemons.....eric.clemons@sbcglobal.net  
Farhad Madani ..... fmadani@sbcglobal.net  
Jane Prince Maclean ..... janepm@gmail.com  
Jonathon Mayor ..... scatadelik@yahoo.com  
Leanne Green ..... leannezgreen@gmail.com  
Maura Thomas ..... maura@regainyourtime.com  
Scott Strance..... scott\_strance@yahoo.com  
Shawn Thomas..... shawnpthomas@gmail.com

### LANDSCAPE COMMITTEE

Craig Powell ..... craig@powelllandscapedesign.com  
Darryl Pruett ..... gdmpruett3@gmail.com  
Doug Mitchell ..... happydawn1@yahoo.com  
Eric Thompson..... Eric\_Thompson@amat.com  
Leanne Green ..... leannezgreen@gmail.com  
Michael Schwartz ..... kazafox1@hotmail.com  
Robyn Czarnecki ..... robyncz@yahoo.com  
Scott Strance..... scott\_strance@yahoo.com  
Susan Farley..... susanfarley@hotmail.com  
Vanessa Gallagher..... vmlynn@hotmail.com

### FINANCE COMMITTEE

Billy Mutschler.....billy@thedimestorepoets.com  
Cameron Van Noy..... cvannoy12@yahoo.com  
Darryl Pruett ..... gdmpruett3@gmail.com  
David Rockwell ..... davidrockwell@gmail.com  
Nathan Shilling ..... nathan\_shilling@yahoo.com  
Russ Fallon ..... russF53@gmail.com  
Scott Strance..... scott\_strance@yahoo.com

### MAINTENANCE COMMITTEE:

Jeff Treichel.....jefftreichel@gmail.com

### RECREATION COMMITTEE:

Amanda Hyde, Co-chair..... hyde.clan@gmail.com  
Lisa Clemons, Co-chair .....eric.clemons@sbcglobal.net  
Members: Amy Tillman, Nikki Tate, Shari Vars, Vanessa Gallagher

### LO YAHOO GROUP

<http://groups.yahoo.com/group/legendoaksneighbors>

## APD REPRESENTATIVES

### OFFICER ZACH LAHOOD

(covers north of Convict Hill toward William Cannon)  
Desk 512.974.4415 / email: Zachary.lahood@ci.austin.tx.us

### OFFICER JOSH VISI

(covers south of Convict Hill toward Slaughter)  
Desk 512.974.4260 / email: Joshua.visi@ci.austin.tx.us

## NEWSLETTER INFO

### EDITOR

Nikki Tate .....nikkiatate@gmail.com

### PUBLISHER

Peel, Inc..... www.PEELinc.com, 512-263-9181  
Advertising .....advertising@PEELinc.com, 512-263-9181

### 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](mailto:advertising@PEELinc.com). The advertising deadline is the 8th day 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](http://www.PEELinc.com)



**Lee Ann LaBorde, Agent**  
8400 Brodie Lane, Suite 105  
Austin, TX 78745  
Bus: (512) 276-8252  
[www.leeannlaborde.net](http://www.leeannlaborde.net)  
Hablamos Español

**Being  
there  
is why  
I'm here.**

Get discounts up to

**40%**

I'm always looking for ways to make your car insurance dollars work harder. **Like a good neighbor, State Farm is there.®**  
CALL FOR A QUOTE 24/7



**State Farm™**

P090106 04/09 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

## Austin Newcomers Club April 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: April 20, 2011**

**(Reservations required by Thursday, April 14th)**

**For Luncheon Reservations email: [LuncheonDirector@AustinNewcomers.com](mailto:LuncheonDirector@AustinNewcomers.com) or Diane Israelson 512-467-4979**

**For other Newcomers information**

**visit [www.austinnewcomers.com](http://www.austinnewcomers.com) or call 512-314-5100**

### JIM COMER: WHEN ROLES REVERSE

Jim Comer's parents were independent, capable people, people who met life's challenges head-on with diligence and good humor. Then one day, literally overnight, they couldn't do it anymore. Jim's bestselling book *When Roles Reverse* is the story of how he returned home to Texas to pay back his parents for the love and support they showed him.

"I was an adult with my own life, and I hadn't lived in Texas for years. I knew nothing about nursing the elderly. As I got off the plane to become a caregiver to my parents for the first time, I realized 'I

don't know how to do this!' ... I'd heard that children don't come with an owner's manual – neither do parents!"

Parenting his parents was a life-changing choice that has led to a successful speaking career, a rediscovery of real family values and much else. His goal is to encourage families to plan ahead, talk about the difficult decisions and help adult children realize that they can handle the challenges of care-giving and find great joy in showing up for their parents.

Jim has spoken to corporations, associations, conventions and churches from Los Angeles to Cancun to Halifax, Nova Scotia. His keynote talks include *Parenting Your Parents*, *You are the Message*, *How Not to Speak Like a Geek*, and the story of his years as a struggling actor in New York.

His articles have appeared in *The Reader's Digest*, and on the op-ed pages of the *New York Times*, *Washington Post*, *Los Angeles Times* and *Austin-American-Statesman*. Jim has written jokes for Joan Rivers and Phyllis Diller and a monologue for Bob Hope. He has also had many acting roles and been on many TV shows. Jim is a member of the National Speakers Association and was named Member of the Year in 2004 for the Heart of Texas Chapter. He is also active in non-profit work in the area of ending hunger and preventable childhood diseases



**waxing**  
THE STUDIO

The Waxing Studio (Austin's Brazilian Waxing Specialists)  
3601 W William Cannon Dr #125 512.775.2169  
2110 South Lamar Blvd 512.284.6000

**Get Waxed!**  
Only at the Waxing Studio.  
Bring a copy of this ad in for a  
half price Eyebrow Wax  
(normally \$18) at any of our  
Austin locations.

**COUPON  
FOR YOU**

**Find out more at [keepaustinwaxed.com](http://keepaustinwaxed.com)** Ask about our crystal body tattoos!



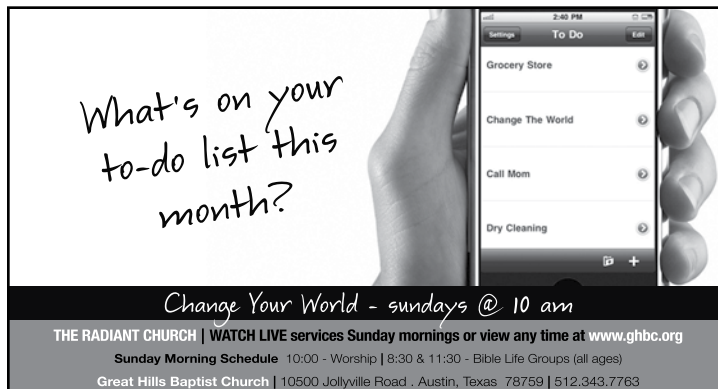
# LEGENDARY TIMES

## 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](http://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](mailto:larry.juergens@gmail.com).

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



What's on your to-do list this month?

Change Your World - sundays @ 10 am

THE RADIANT CHURCH | WATCH LIVE services Sunday mornings or view any time at [www.ghbc.org](http://www.ghbc.org)  
Sunday Morning Schedule 10:00 - Worship | 8:30 & 11:30 - Bible Life Groups (all ages)  
Great Hills Baptist Church | 10500 Jollyville Road - Austin, Texas 78759 | 512.343.7763

## Free Household Document SHREDDING

With the increased awareness of identity theft, it is more important than ever to carefully dispose of personal records such as credit card statements and checking account records. ARMA and the City of Austin Solid Waste Services are sponsoring a free "Shred Day." Mark your calendar for Saturday, April 16, 8:00 a.m. to 1:30 p.m. at the Austin High School parking lot. Households can bring up five boxes of paper records for shredding. Mobile shredding trucks will be on site to shred all materials. Please make sure your records are paper only (no hard plastics, no plastic bags, electronic media or three-ring binders) and are not wet. In lieu of a fee - monetary donations will be accepted for the Capital Area Food Bank.

For more details regarding the free household shredding, e-mail [Jannette.goodall@ci.austin.tx.us](mailto:Jannette.goodall@ci.austin.tx.us)



EVOLVE PERSONAL FITNESS & GYM.....WHERE TRANSFORMATION HAPPENS.

**SOUTH AUSTIN'S PREMIER PERSONAL TRAINING STUDIO AND GYM**  
7 DAY FREE PASS, LIMITED TIME OFFER

Grand Opening April 30th! See you there!

- Experienced Personal Training
- Customized Wellness & Nutritional Programs
- Indoor/Outdoor Fitness Bootcamps
- Individual & group Yoga Classes
- On-site Muscle Activation Therapy
- Independent Personal Trainers Welcome!

**EVOLVE**  
PERSONAL FITNESS & GYM  
5716 WEST HWY. 290  
AUSTIN, TX 78735 :: 512-358-8433  
[WWW.EVOLVEPERSONALFITNESS.COM](http://WWW.EVOLVEPERSONALFITNESS.COM)



**BETTER GRADES!**

*it's Easy!*

1. Enroll now
2. Build skills
3. Confident, happy kid

**FREE Examination**  
No Registration Fee  
\$100 Tuition Credit!!  
(\$300 total value)

**OXFORD** Since 1984  
**LEARNING**

892-READ (7323)

[www.oxfordlearning.com](http://www.oxfordlearning.com) • [cd.austinsouth@oxfordlearning.com](mailto:cd.austinsouth@oxfordlearning.com)  
Reading | Writing | Spelling | Math | Study Skills | Homework Support

William Cannon Dr. | Moyle | Bracke Ln.  
4301 W. William Cannon  
Suite 220-B (2nd floor)  
(In The Shops at Arbor Trail)

## Tips to Turn Your Walk Into a Workout

By Sarah S. Jordan, MS

Walking is a great mode of exercise because it requires no equipment, it is low-impact, and something that many people can do regardless of their fitness level or experience.

### Benefits of Walking

Any movement is good movement and the same is true for walking. Like other forms of exercise, walking can help you improve cholesterol levels, lower blood pressure, control weight, improve mood, decrease stress, and it also provides numerous other health benefits. Here are some tips to turning your walk into a workout.

### Get the Goods

Proper footwear is essential for any kind of exercise. It is important to select shoes with good arch support and soles that absorb shock and provide cushioning. If you are unsure about fit, Austin has several local shoe stores that will personally fit you to a new pair of sneakers.

Choose clothing that is comfortable to move in and that you feel good wearing. Dress in layers if the weather is cool so that you can adjust as needed during your workout. And take a bottle of water

along so that you can hydrate along the way. You may find that taking an iPod along will help keep you motivated.

### Walking for Fitness: Proper Speed and Technique

Although the act of walking is simple, walking for fitness takes more effort, attention to speed, and technique. In order to get the most out of your walking workout, the speed should be brisk and above your "stroll in the park" comfort level. Also, your heart rate should be elevated. A good estimate: 10 - 15 heartbeats in a 6-second pulse count. (Multiply that number by 10 to get heartbeats per minute.) Strike the ground with the heel and drive off from heel-to-toe in order to effectively engage the muscles of your lower-body.

A few minutes after starting your walking workout, take a moment to stretch the calves, quadriceps, and hamstrings. Hold stretches for several seconds (with no bouncing) on each side. After your workout, reward your muscles and improve flexibility by taking a few minutes to stretch. Hold stretches longer here because muscles are warm and can make gains in flexibility at this point.

*(Continued on Page 6)*

## Time for a new AC system?

Not sure if your current system will get you through the coming seasons? Call us for a **Summer Special System Check-Up**. We'll evaluate your system's condition and recommend any needed repairs or replacement. Already know you need a new system? Get a **FREE Comfort Consultation** with each complete System Replacement!



**Hot air, cold air. Call us...We're there!**

**Air Conditioning • Heating • Refrigeration**

**(512) 257-COLD (2653)**

**Toll-free (877) 413-COLD (2653)**

Servicing all make and models! TACLA26781C

**www.bishopac.com** SB Services, LLC



### STAY COOL AND SAVE MONEY!

**Energy Savings \$125.00**  
Maintenance Agreement

**\*\$125 for first unit. \$75 for each additional unit**

Service includes -  
· Two maintenance visits  
· 15-point - AC System  
· 15-point - Heating

Plus enjoy a 15% DISCOUNT  
on Parts & Labor during  
the agreement year.

Exp. 04/30/11

**Summer Special \$64.99**  
Per System Check-Up

Service includes Start up heating and check:

· Safety lock outs · Inspect heat exchanger  
· Electric motors · Gas Valve operation  
· CO testing · General Safety inspection

Exp. 04/30/11

**\$500 OFF**

a complete  
**System Replacement**  
with a  
**Comfort Consultation**

Exp. 04/30/11

**Stop Wasting**

**Energy Heating your Attic!**  
**Call today for**  
**a Heating Duct Inspection!**

Exp. 04/30/11



# LEGENDARY TIMES

## Tips to Turn Your Walk Into A Workout -

(Continued from Page 5)

### Just Getting Started?

If you are new to exercise, it is important to check with your doctor before starting an exercise program. Start slowly and gain confidence before adding distance. For example, you might try walking 10 minutes in one direction and 10 minutes back. Slowly build up to 15 minutes in one direction and 15 minutes back. Over time, build up to 2-3 miles or 40-60 minutes of walking at a brisk pace most days of the week.

### A Seasoned Walker?

If you have been walking for quite some time, you may be looking for something new to add to your walking workout. With a few quick additions, you can further challenge and tone muscles and increase the intensity of your workouts.

- **Add speed.** Turn your walk into a speed walk. Engage the arms and the core muscles.
- **Incorporate intervals.** Walk for five minutes. Do an interval for two minutes. Repeat. Intervals can include things like walking lunges, moving side squats, push-ups, and jogging.
- **Hit the hills.** Adding an incline will increase intensity in a hurry!
- **Add resistance.** Use a weighted backpack or vest. Or push your child in the stroller. I did not realize just how much weight I was

pushing when I exercise with my son until I did the math recently. He is 25 pounds, and the stroller is 15. That extra 40 pounds adds great intensity (and a whole lot of cuteness) to my workouts!

---

*If this is the year that you have devoted to improving health, walking is a great way to start! Remember... "The journey of a thousand miles begins with a single step."*

---



concept

design

print

We solve all the pieces to the puzzle.

Call Today to Get Started  
On All Your Printing Needs.

1-888-687-6444 ext. 23

EXPERIENCE MATTERS doing business for 30+ years.

Quality

PRINTING COMPANY



**At no time** will any source be allowed to use the Legendary Times Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Legend Oaks II Homeowner's Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Legend Oaks II Homeowner's Association residents only.


**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## NOT AVAILABLE ONLINE



# AUSTIN TELCO

FEDERAL CREDIT UNION

[WWW.ATFCU.ORG](http://WWW.ATFCU.ORG) 302.5555

**Low Rate Mortgage Loans**  
Contact our mortgage specialist, 512.302.5555 x7388

Is 10 minutes of  
your time worth  
**\$1,200?**

Refinance your auto loan  
with Austin Telco.  
A rate reduction of 2%  
could save you \$1,200 over  
the life of the loan.<sup>1</sup>

<sup>1</sup>Example based on a \$20,000 loan  
for 66 months at 3.35% vs. 5.35%.



**Automobile Loans**  
New Vehicles  
**2.85%\***  
Up to 48 Months  
Used or Refinanced  
**3.35%\***  
Up to 60 Months

**Home Equity Loans**  
**4.15%\*** **4.45%\***  
5 Year Fixed Rate 10 Year Fixed Rate

**21 Metro Locations**  
Free Checking - 250+ Free ATMs

 **Follow Us**  
[twitter.com/austintelco](https://twitter.com/austintelco)



\*Annual Percentage Rate. All rates are expressed "as low as". Actual rate may vary depending on credit qualifications. Rates and terms are subject to change without notice. Austin Telco Federal Credit Union is federally insured to at least \$250,000 per member by the National Credit Union Administration.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ENSURE A BRIGHTER FUTURE

Join the **NEW Southwest Family Y**  
and receive a **FREE** specialty  
class\* and **FREE** personal  
training session.

\*incl. Swim Lessons, Youth Sports  
& more, up to \$60 in value



**FREE Event**  
**Healthy Kids Day**  
**Sat, April 16**  
**10am-1pm**

**Southwest Family YMCA**  
6219 Oakclaire Dr. & Hwy. 290  
891-YMCA • [www.AustinYMCA.org](http://www.AustinYMCA.org)



**PEEL, INC.**

308 Meadowlark St.  
Lakeway, TX 78734-4717

PRSRT STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

LO



**CONSTANT VISUAL  
SUPERVISION**



**LEARN TO SWIM**



**WEAR LIFE JACKETS**



**MULTIPLE BARRIERS ON  
ALL POOLS & SPAS**



**KEEP BACKYARDS &  
BATHROOMS SAFE**



**ALWAYS CHECK POOL/SPA  
FIRST FOR MISSING CHILD**



**LEARN CPR**



# COLIN'S HOPE

*Increasing water safety awareness and standards*

**BE SAFE IN THE WATER  
& HAVE THE  
BEST SUMMER EVER!**



**Join us in getting ready for a safe summer in the water!**

**Colin's Hope Community Water Safety Splash and Walk  
Saturday, April 30th 10AM-3PM**

The whole family can splash into our Water Safety Challenge and Life jacket Swim or try out a Stand Up Paddle Board at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens.) Volunteers are also needed to pick up and distribute water safety packets to homes in zip codes that have high incidences of drowning. This is a great family or group volunteer activity. Email [alissa.magrum@colinshope.org](mailto:alissa.magrum@colinshope.org) to volunteer. Together, we can prevent drowning and save lives.

**Colin's Hope Night at Eastside Movies in the Park  
Tuesday, May 3rd, Doors open at 6PM, Movie at sundown**

Join us at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens) for a screening of Whale Rider. Bring your family and friends to enjoy the movie under the stars.

**Colin's Hope Day at Schlitterbahn-New Braunfels  
Saturday, May 21st**

Join us for a day to promote Water Safety and Drowning Prevention at Schlitterbahn-New Braunfels! Special tickets are available from Colin's Hope. Email [alissa.magrum@colinshope.org](mailto:alissa.magrum@colinshope.org) for more information.

**For more information, visit our website at [www.colinshope.org](http://www.colinshope.org)**