

Legendary TIMES

August 2011

Volume 4, Issue 8

Official Newsletter of the Legend Oaks II Homeowners Association

Introducing THE EDITOR

As I was saying before the interruption...You may remember I was newsletter editor before LOHA2 switched to Peel (at my suggestion). I collected much of the news, and Allison Finch did all the type and graphics preparation and dealing with printers and Post Office. We had no advertising and only HOA funding. With Peel, all graphics, printing, mailing, and much of the text, was provided for us. However, the job of editor slipped to very little actual LOHA2 news. With your help, I hope to change this. I am contacting all committee members to request information about current activities in association, pool, landscape, finance, maintenance, and recreation programs. We should be listing new owners as homes change hands. We should note information about new children, jobs, businesses, family changes, etc. Please let me know of anything you would like to share with our community.

You may also know me as a runner. I walk/run twice daily with my 2 Airedale dogs, 100 miles per month, almost all within LOHA2 streets. I live across the street from Convict Hill Park and see dozens, maybe hundreds of people on the sidewalks, many with dogs and/or child carriers. I plan to include a monthly item about run/walk for health. There are numerous publications for serious runners, but I want this to be for "the rest of us" who are not into competition, possibly including interviews with some of our neighbors. Stay tuned!

*Dr. Jim Turney 512-825-1254
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Run Walk LOHA2 OAK HILL

This is the first of a planned series on pedestrian activity and health in our neighborhood. I have an ideal location for observing, across from Quarry Park, halfway up Convict Hill from Escarpment Blvd. There are dozens, maybe hundreds of people on this route. Since I am regularly (twice daily) on this street, as well as down Escarpment and through other streets in LOHA2 and many others, I see and am familiar with many of these people. It is my intention to interview some of them and report their stories about what motivates them to be on the pavement. Most of them appear to be in great health, although some may be exercising to lose weight. Whatever the reason, I applaud them all for their diligence.

My primary reason is health, although enjoying the exercise is part of it. I am 78, and have survived 3 major physical near-fatal threats. My overall condition has been the lifesaver in all of them. I do not wish this experience for anyone, but you never know what life could send your way. Good health is always a benefit, no matter the circumstances. I intend to pass on some of the ideas and actions that I have included in almost 40 years of running, ranging from diet to shoes, foot and leg mechanics, distance, time and heart monitoring, pets, and attitude. I want to get input from others on the sidewalk, and from anyone with thoughts and/or ideas on the subject.

Let me hear from you!

Dr. Jim Turney drjet@austin.rr.com 512-825-1254

IN THIS ISSUE

- 3..... How's Your "Brisketiquette?"
- 4..... Going 100 Percent Organic Not Feasible?
- 6..... Will My Child Be Ready for Elementary School?
- 7..... August Events at the Wildflower Center

LEGENDARY TIMES

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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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HOW'S YOUR "BRISKETIQUETTE?"

Submitted by Marisol Foster and Courtney Duncan

With the summer vacation in full swing, the kids out of school, and noodles floating in the pool, it's no doubt the grill is staying fired up. But...before you kick off the flip-flops, here are a few barbecue etiquette tips to ensure your grill fest goes down as the best on the block. Wait. Barbecue etiquette, you say? Yes, it exists.

1. If you're invited to a barbecue party thrown by an individual/family, avoid showing up empty-handed. A side of coleslaw, apple pie, or pitcher of lemonade will do the trick.

2. A barbecue is an informal affair – no need to worry about which fork and knife to use. Go ahead and use your fingers in lieu of utensils. Larger pieces of food, however, should be cut with a knife and fork. No need to get medieval on us.

3. If you're like many people who wonder what is the proper way to squeeze a lemon slice and a lemon wedge? Well, here is the answer: if it is a slice, don't squeeze it-just drop it in the glass. If it is a wedge, cup your hand over it to prevent squirting, and squeeze it into the glass. Who likes lemon pulp in the eye? Not me.

4. Corn on the cob vs. man. For most people, eating corn on the cob is one of life's biggest challenges. Okay, well, maybe it's just a challenge. The best way to approach a hot cob: simply, butter a few rows of corn at a time, hold the corn firmly by the ends with two hands (or use corn

skewers), and eat a few rows at a time from left to right. If you prefer to skip the bite-off-the-cob approach, you may also cut kernels off of the cob with a knife, cutting in a vertical, downward manner.

5. Similar to corn on the cob, ribs are meant to be eaten with your hands. Given their messy nature, however, it's important to have napkins on hand. For this barbecue favorite, bibs are not necessary.

6. Sauce is boss, unless it isn't offered. While Texans are usually proud of their barbecue sauce, some barbecue purists prefer no sauce to appreciate the natural, smoked flavor of the meat. Ask for sauce only when you know it's available, or if your child requests it.

7. Grilled shrimp can be easy to eat or take a little work, depending on how it is served. As a general rule of thumb, if the shrimp has the tail on, you can use your fingers. Tails off, use a fork!

8. When hosting a large group, be sure to have a wide variety of food options for vegetarians and children.

9. To pick or not to pick? Your teeth that is. Often times, meat can be tricky to eat and require some dental maintenance. At every expense, avoid removing food from your teeth in public. Toothpicks may be used, but only in private. So what should you do if you notice someone else in the same predicament? Be discreet, but do tell.

10. Last and not least, respect the

griller's domain. If the host/griller has samples to offer, he/she will do so. Never assume you may help yourself to try what "smells good."

Now that the fundamentals are covered, what's for lunch?

This article was contributed by the National League of Junior Cotillions – Travis County, a contemporary etiquette, social skills and dance training program that serves 6th, 7th and 8th grade students in Austin. A parent informational session will be held on Tuesday, August 9th at the Lakeway Resort and Wednesday, August 10th at Barton Creek Country Club. Classes will commence in September 2011. To RSVP for the informational session or learn more about the program, contact Directors, Marisol Foster or Courtney Duncan at 512.369.8302, or duncan.foster@nljc.com. Class enrollment is limited, but registration is now available online at www.nljc.com/chapter/westaustin or www.nljc.com/chapter/lakeway.



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GOING 100 PERCENT ORGANIC NOT FEASIBLE?

By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including

developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest

amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- | | |
|--------------------------|----------------------------|
| 1. Apples | 7. Grapes (imported) |
| 2. Celery | 8. Sweet bell peppers |
| 3. Strawberries | 9. Potatoes |
| 4. Peaches | 10. Blueberries (domestic) |
| 5. Spinach | 11. Lettuce |
| 6. Nectarines (imported) | 12. Kale/collard greens |

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

(Continued on Page 5)

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Going 100 Percent Organic... - (Continued from Page 4)

- | | |
|---------------|--------------------------|
| 1. Onions | 6. Sweet peas |
| 2. Sweet Corn | 7. Mangoes |
| 3. Pineapples | 8. Eggplant |
| 4. Avocado | 9. Cantaloupe (domestic) |
| 5. Asparagus | 10. Kiwi |

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.

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LEGENDARY TIMES

WILL MY CHILD BE READY FOR ELEMENTARY SCHOOL?

Submitted by: Brandi Muse

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

"Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor,

social-emotional, creative and academic skills," said Brandi Muse, of Primrose School at Summerwood. "It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed."

- **Academics:** Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- **Technology:** In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.

- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- **Music and Art:** Young children naturally engage in "art," or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- **Social-Emotional Development:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.



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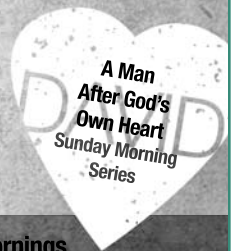
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ART EXHIBITS

Through August 21

Catherine Flowers' intricate and colorful paintings on silk are in the McDermott Learning Center and T.J. Mabrey's elegant marble sculptures of water images are in the gardens.

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Friday through Sunday, August 19 through 21

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