



Legendary TIMES

September 2011

Volume 4, Issue 9

Official Newsletter of the Legend Oaks II Homeowners Association

EDITOR NOTES:



by Jim Turney

Progress? When we moved to Oak Hill 15 years ago, the 290 extension was under construction, Escarpment and Beckett ended just south of Davis, Convict Hill Road ended just west of Escarpment, Circle C was an infant, and William Cannon from 290 to Brodie had very few businesses. Now we have economic crises, privacy disappearing, little common courtesy, gridlock on 290/71, stalled growth plans, political stalemate, and I am sure you can add much more to this list.

How about some good news! We are still in the land of opportunity. Just look at all the new businesses on William Cannon and Slaughter, all the new development on 290 between Oak Hill and Dripping Springs. Look at the mushrooming of information and ecommerce on the internet. Washington politicians may have failed us, but we shall overcome! Oak Hill is flourishing.

To clarify a comment I made in the last issue, when we selected Peel to publish the newsletter we had a major change. There was a new format with added ads and articles, and a new LOHA2 editor. I know from experience that it is like pulling teeth to get news from and about LOHA2 members and committees. Peel has a firm publication schedule, and if content is not provided on time, they will fill the space with submitted articles. I know the previous editors did their best, but they needed more timely support from all of us. Kudos to both of them! Since Allison and I were editors for 3 years, back when we provided all the content and layout and controlled the schedule, maybe some of our ideas will be useful going forward. Let me hear your comments and suggestions. If you have items for publication, send them by the 10th for any following month.

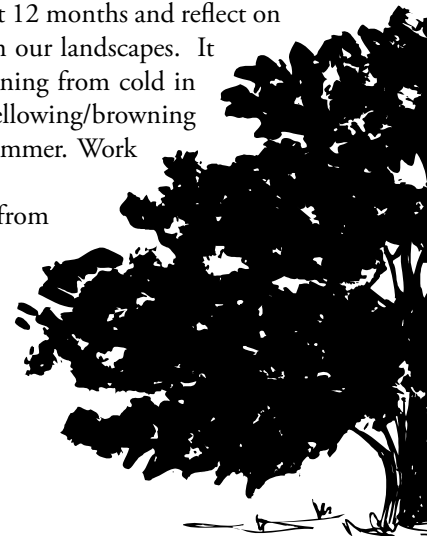
Trees are Struggling Too

Trees and specifically red oaks are struggling in the drought. Although many harmful organisms can co-exist within trees for many seasons, once there is a stressful situation, the trees begin to show signs of poor health and even death. As was reported right after the freeze of 2011, damage might not appear on trees for many months...until a hot, droughty situation, which is where we are at the moment. One of the problems is *Botryosphaeria* canker and dieback of trees and shrubs. This is an opportunistic fungus which causes disease on plants that are stressed. There is no proven strategy for prevention.

Another organism is *Xylella* or Bacterial Leaf Scorch. The vector for spread is several insects. Symptoms include marginal leaf scorch, declining vigor, dieback and sometimes death. One of the stress factors which favors this disease is drought. This pathogen attacks several different plant materials but red oak is one of them. *Liriodendron* is the NO-NO plant of the month.

Look over the past 12 months and reflect on its performance in our landscapes. It has suffered browning from cold in the winter and yellowing/browning from heat in the summer. Work to eliminate this groundcover from landscapes except in limited areas (shade) and limited numbers.

Debby Cole



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

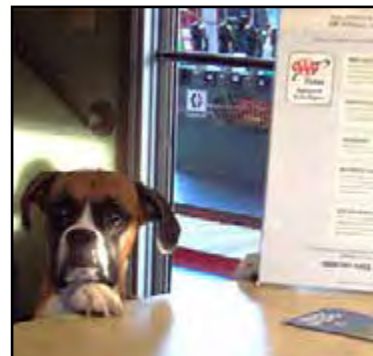
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RUNNING WITH YOUR BEST FRIEND

By Dr. Jim Turney

I see many folks on the pavement with a dog, some with two, a few even with three. Some also have child vehicles and dogs. One brave woman had twins and 2 dogs! There are several reasons for including a dog in your exercise program. First is added protection that a dog provides. Even a tiny dog might have a threatening bark. Second is that dogs love to run and it is a great form of exercise for your pet, especially if he or she needs to shed a few pounds. You also create a stronger bond. And finally, it can be a great motivating factor, if sometime you are considering not going out and your dog is tugging and barking a message "let's go".

Just because your pup likes to run around does not mean he or she is ready for runs or jogs with you. Know your breed. Not all breeds are cut out for running. Very small dogs may have a problem keeping pace, although they will try very hard, which may be harmful. Very large breeds have a problem with longer distances. Especially with puppies, and any dog that has not run for a long time, the first few times be sure to allow intervals of rest to build stamina and give muscles and joints

time to strengthen and rebuild. Check with your veterinarian if there seem to be any problems.

Plan ahead for how you are going to deal with distractions during the run. If you see something ahead that could be a potential problem, it may be best to cross over to the other side of the street.

If you happen to meet another dog, pay close attention to both dog's behavior. You may have to forcefully break contact if they show signs of tension.

Bring something with you to use to clean up after your dog, if elimination occurs. This is simply common courtesy, but also a health issue. For a longer run, especially if you carry liquid for yourself, bring some water for your dog. You may plan your route to include water sources for yourself. Be sure to remember doggy.

Running with your pet can be a positive and rewarding experience for both of you. Your dog may even turn out to be the best training partner you can have. Certainly the best listener.

Next month we plan to feature a local area runner. If you would like to be included, let me know – drjet@austin.rr.com.



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2 p—5 p

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WELCOME NEW NEIGHBORS!

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908 Telluride Trl	1/28/2011
8121 Siringo Pass	2/23/2011
6412 Zaddock Woods	3/14/2011
7616 Orrick Drive	3/14/2011
6015 Bel Fay Ln	3/15/2011
8209 Siringo Pass	3/15/2011

Hung	7140 Ridge Oak Rd	3/15/2011
Hasler	8206 Cheno Cortina	3/17/2011
Bohling & Barbara	6604 Convict Hill Rd	3/29/2011
Aguinek & Jennifer	6702 Debcoe Dr	4/27/2011
Martinhauk	7605 Shadowridge Run	4/29/2011
Carpenter	7519 Robert Kleburg	4/29/2011
Mata	6409 Nasoni Cove	5/25/2011

Julianne Lenhardt
Perker & Melissa Robinson
Edwin & Tara Thompson
Oxana & Alexander Protyagov
Benjamin Peirick & Jennifer Schmitt
Allison Wooley

6719 Poncha Pass	6/1/2011
6308 Zaddock Woods Dr	6/7/2011
6707 Debcoe Dr	6/27/2011
6811 Poncha Pass	6/30/2011
7029 Ridge Oak Drive	7/18/2011
8108 Siringo Pass	7/21/2011



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HOA MEETING

We have scheduled the Annual HOA meeting for Sept. 6th at 7pm. The meeting will take place at the ACC Pinnacle Building in room #303. ACC Pinnacle no longer allows meetings on Saturdays. Sign-in will be begin at 6:30 with the meeting starting promptly at 7pm. A letter will be mailed out to every home owner. We are working on the agenda for the meeting but this will be a very informative meeting with lots of updates to provide all home owners. Everyone that can is encouraged to please make the meeting or give a neighbor or board member your proxy. -Nikki Tate

COMPOSTING CLASS

The City has scheduled the class for Saturday, September 24th at 1pm. My husband and I are happy to host at our house. Email me directly if you are interested, and please ask any of your friends and family who are interested in coming to do the same.

Maura Thomas

maura@regainyourtime.com

Recreation Committee

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IS YOUR BABY SLEEPING SAFELY?

Robin Dwyer RN & Leanne Courtney RN

I have lived in Austin since 1994. When I moved in my neighborhood I had a five year old daughter and had another daughter soon after. The neighborhood at that time was fairly new with a lot of young families. I was seemingly unaware of the dangers of sleeping with my children in an adult bed or the dangers of my child sleeping in a crib with beautiful bedding, stuffed animals, plush blankets and toys that we all purchase when our children are born. I wanted to write this article for the residents to help and educate in hopes of preventing tragedies that I have investigated over the last seven years as my job as an Investigator for the Travis County Medical Examiner's Office. I want mothers and fathers as well as siblings, grandparents and babysitters to be aware of the dangers of unsafe sleep environments with babies and young children. This article is in no way discouraging breast feeding, bonding

or cuddling with your child. Babies should be placed alone on their back in a safety approved crib or bassinet for sleeping. This is the safest way for a baby to sleep to prevent accidental deaths by suffocation. Many times babies are placed in adult beds with thick comforters, pillow top bedding and many pillows. It is also not advisable to prop an infant on a couch with pillows. The infants can fall into crevices of the couch and also spaces between a headboard/sideboard.

Every year babies die from suffocation while they sleep. In Texas, on average, a baby dies every other day while bed-sharing with an adult or another child. These figures, researched by the Texas Department of Family and Protective Services, are alarming and the trend is increasing. According to the Texas State Child Fatality Review Team's 2009 Annual Report, 86% of accidental infant suffocation deaths were sleep-related, with

81% of these deaths occurring in an adult bed. Right here in Travis County, between 2008 and 2010, 43 babies suffocated in an unsafe sleep environment -- 74% died in an adult bed with 63% dying while bed-sharing. Last year 17 babies, the size of a kindergarten classroom, died of suffocation in an unsafe sleep environment.

Bed-sharing is a controversial topic and some groups promote the practice for the purposes of bonding, and more frequent and extended breast feeding. Research completed by the American Academy of Pediatrics Sudden Infant Death Task Force leads to their position that "there is growing evidence that bed-sharing, as practiced in the United States and other Western countries, is more hazardous than the infant sleeping on a separate sleep surface and, therefore, recommends that infants not bed-share

(Continued on Page 8)

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If so, then the recreation committee needs you!
If you would like to make your mark on the annual Christmas party or just continue the tradition, this is your chance. We have the names and numbers of all the previous vendors, so you don't have to start from scratch. Other recreation opportunities are optional, like an Easter egg hunt, pool parties, Halloween, or other meet and mingle activities. Please contact HOA president, Nikki Tate at nikkitate@gmail.com asap.
Amanda Hyde

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LEGENDARY TIMES

Is Your Baby Sleeping Safely? - (Continued from Page 6)

during sleep. Infants may be brought into bed for nursing or comforting but should be returned to their own crib or bassinet when the parent is ready to return to sleep. The infant should not be brought into bed when the parent is excessively tired or using medications or substances that could impair his or her alertness."

A few American Academy of Pediatrics recommendations:

- Babies should sleep in a separate safety approved crib or bassinet in the same room as the parent or caregiver. Bed-sharing is not recommended.
- Infants be placed on their back for every sleep (for naps and at night)
- Use a firm crib mattress made for the crib (there should not be greater than 2 fingers width or 1 inch between the mattress and the crib railing). If the baby leaves an indentation, then the mattress is not firm enough.
- The mattress should be covered by a fitted sheet leaving no wrinkles.
- Soft objects and loose bedding, such as pillows, quilts, stuffed toys, pillow-like bumper pads, sheep skins and blankets be kept out of the crib.
- Continue the "Back to Sleep" campaign. Parents should tell

others who care for their baby of these risk factors and how they want their baby to be placed to sleep.

Keeping babies safe during sleep is as easy as your ABC's. Your baby should sleep.....

A - Alone, on his or her B - Back, in a safety approved C - Crib (or bassinet), with the D - Dangers (soft bedding materials, stuffed toys, pillow, blankets, comforters, sheepskins, bumper pads, cords) E - Eliminated.

A good night's sleep is a safe night's sleep!

USEFUL WEBSITES:

<http://www.aap.org> (American Academy of Pediatrics)
<http://www.cdc.gov/SIDS> (Centers of Disease Control)
<http://www.nichd.nih.gov/SIDS> (National Institute of Child Health and Human Development)
www.co.travis.tx.us/medi



Infographic with water safety tips:

- CONSTANT VISUAL SUPERVISION
- LEARN TO SWIM
- WEAR LIFE JACKETS
- MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS
- KEEP BACKYARDS & BATHROOMS SAFE
- ALWAYS CHECK POOL/HOTTUB FIRST FOR MISSING CHILD
- LEARN CPR



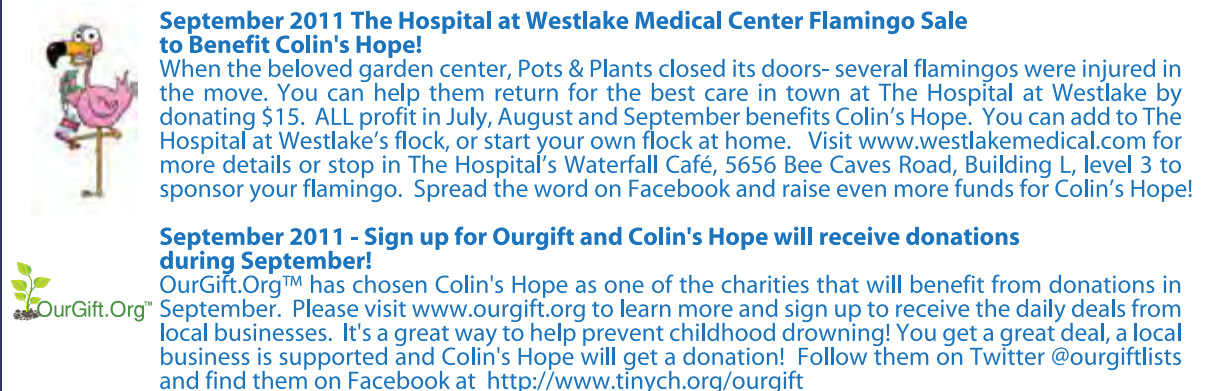
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Increasing water safety awareness and standards

More than 68 children have drowned in Texas this year...SO FAR! Please continue to be safe in and around the water. Drowning is PREVENTABLE!
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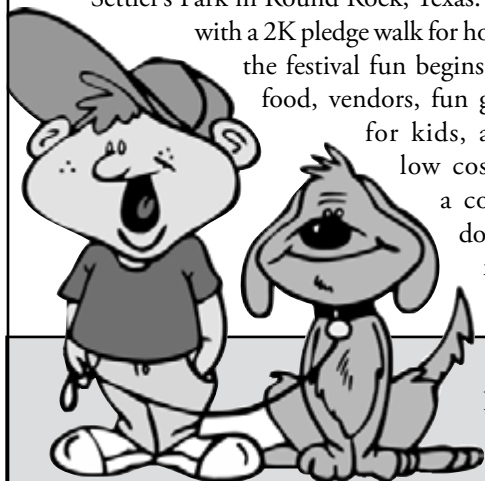
September 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!
When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope!

September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!
OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in September. Please visit www.ourgift.org to learn more and sign up to receive the daily deals from local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation! Follow them on Twitter @ourgiftlists and find them on Facebook at <http://www.tinych.org/ourgift>

Children who drown often do not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

9TH ANNUAL BARKTOBERFEST & PLEDGE WALK FOR HOMELESS PETS

Have a howling good time and help the Central Texas SPCA save homeless pets in our community. This year's event will be bigger and better than ever on Saturday, September 10th at Old Settler's Park in Round Rock, Texas. The morning starts with a 2K pledge walk for homeless pets and then the festival fun begins. We'll have music, food, vendors, fun games and activities for kids, activities for dogs, low cost microchipping, a costume contest for dogs and humans, and much more. The top fundraisers in the 2K pledge walk will win great prizes! Please visit www.centraltexaspcsa.com.



SUDOKU

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

LIFE'S HEALING CHOICES

SUNDAYS THIS FALL // 11 AM

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HEALTH BRIEFS - SEPTEMBER

EASE YOUR CHILD BACK INTO SCHOOL

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.
- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.

BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.

TEXAS EVENTS

September
2011

- 10-Oct. 1—AUSTIN:** Jan Heaton: Tranquillo Heaton, a watercolorist, is known for her rich and lyrical watercolors inspired by nature. Wally Workman Gallery www.wallyworkmangallery.com 512/472-7428
- 11—AUSTIN:** Austin Museum Day Enjoy local exhibits and activities at participating institutions. www.austinmuseums.org
- 11—GEORGETOWN:** Temple Symphony Orchestra Performance Begins at 4 p.m. Georgetown High School. www.gsstx.org
- 11—GRUENE:** Gospel Brunch with a Texas Twist Serves up gospel music with a mouth-watering buffet from 10:30 a.m. to noon. Advance tickets recommended. Gruene Hall www.gruenehall.com 830/629-5077
- 13—BURNET:** Moonlight Hike and Owl Prowl Meet at the amphitheater for a talk about owls and trail safety before venturing out for a hike on the Pecan Flats Trail to listen for owls. Bring closed-toed shoes and a flashlight. Inks Lake State Park. 512/793-2223
- 16-18—AUSTIN:** Austin City Limits Music Festival More than 130 local and nationally known music acts perform on eight stages. Headliners include Stevie Wonder, Kanye West, Coldplay and The Arcade Fire. Zilker Park. www.aclfestival.com
- 16-18—BROWNWOOD:** Reunion Celebration Features a midway, live entertainment, children's area, contests and concerts, with Eddie Money performing Friday night and Easton Corbin on Saturday. Downtown. www.celebratebrownwood.com 325/998-4636
- 17—BLANCO:** Market Day County Courthouse, 300 Main St. www.historicblanco.org/market_day.htm 830/833-2211
- 17—CEDAR PARK:** Bertram Flyer Steam Train Historic railroad operates vintage passenger cars on a three-hour journey from Cedar Park to Bertram and back. A short stop in Bertram offers a chance to tour the fully restored 1912 train depot. Cedar Park Depot. www.austinsteamtrain.org 512/477-8468
- 17—CEDAR PARK:** The Cattleman's Ball Killing Evening train ride includes box dinner, beer and wine, and a who-done-it mystery with the Capital City Mystery Players. Departs at 7 p.m. Cedar Park Depot. www.austinsteamtrain.org 512/477-8468
- 17—SAN MARCOS:** Junior Texas Water Safari This 16-mile water adventure provides a great opportunity for young canoeists and kayakers to gain experience in the water. San Marcos City Park. www.texaswatersafari.org 512/738-6607 or 512/392-6171
- 17-18—GRUENE:** Old Gruene Market Days Gruene Historic District. www.gruenemarketdays.com 830/832-1721
- 17-18—HONDO:** Medina County Fair Includes a 10 a.m. parade, live music, carnival, ranch rodeo, tractor pull, chili cook-off, and dancing to the music of the Charlie Lucas Band and The Bellamy Brothers on Saturday night. Medina County Fair Grounds. www.medinacountyfair.org 830/426-5406
- 18—BURNET:** Tri-Hard Triathlon Includes an 800-meter swim, 18-mile bike ride and 5K run at Inks Lake State Park. www.signmeupsports.com 512/756-6640
- 18-Dec. 31—AUSTIN:** Storied Past: Four Centuries of French Drawings from the Blanton Museum of Art Includes works by Jean-Baptiste Greuze and Francois Boucher. Blanton Museum of Art. www.blantonmuseum.org 512/471-7324
- 20—FREDERICKSBURG:** Oktoberfest Experience "oompah at its best" with bratwurst, cold beer, a parade and more. Features the Oktubafest, Chicken Dance Around the Square, dominoes tournament, sing-a-longs, three stages of live entertainment, arts and crafts, and kids' activities. Marktplatz. www.oktoberfestinfbg.com 830/997-4810
- 20-25—AUSTIN:** Rain: A Tribute to the Beatles The Long Center. www.broadwayacrossamerica.com/austin 800/731-7469
- 22-24—BIG LAKE:** 100-Year Celebration, 1911-2011 Celebration of the city's centennial features a 10 a.m. parade Saturday, street dance with music by Bobby Flores and the Yellow Rose Band, car show, arts and crafts, golf, pageant, horseshoe and washer tournaments, beard contest and more. Downtown. www.biglaketx.com 325/884-2511
- 22-29—AUSTIN:** Fantastic Fest Horror, sci-fi, fantasy and action movie fans unite each year in Austin for the largest genre film festival in the country. Alamo Drafthouse South Lamar and other venues. www.fantasticfest.com
- 22-Oct. 2—MARBLE FALLS:** Wait Until Dark This masterfully constructed thriller moves from one moment of suspense to another as a psychopath talks his way into the home of an unsuspecting blind woman. Community Theatre. www.hcct.org 830/798-8944
- 23-24—LLANO:** Llano River Outdoor Expo Features gold panning, rock hunting and more. Badu Park. www.llanoexpo.com 325/247-4137
- 23-24—TAYLOR:** Annual Taylor SPJST Barbecue Cook-Off Taylor SPJST Hall. www.taylorchamber.org 512/365-8485
- 23-25—BURNET:** A Day Out with Thomas Take a 25-minute ride with a full-size Thomas the Tank Engine, meet Sir Topham Hatt, and enjoy storytelling, live music, playing with Duplo blocks and more. Burnet Community Center. www.burnetcommunitycenter.org

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



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