

February 2012 Volume 5, Issue 2

A Newsletter for the Residents of Legend Oaks

# **DANCE XPLOSION**

Shady Hollow Dancers Announcement

Your Shady Hollow neighbors encourage you to support the arts and attend their February 11th all-star dance performance, "BRAVO!" 4 of your neighbors are members of the youth dance companies at Dance Xplosion, the dance studio with locations in Escarpment Village near Starbucks and Bank of America. BRAVO! is the exciting annual showcase for the dance companies. Choreographed to many of the greatest hits ever to play on the radio, you will be dazzled by the talents of 46 of Austin's finest young dancers. From jazz to tap, lyrical to musical theatre, this year's BRAVO! show will have you singing and moving your feet in your seat!

BRAVO! is appropriate for all ages. Tickets are \$10 each and 100% of the proceeds support the dance companies. You can purchase tickets at Dance Xplosion, at the box office, or by contacting one of your Circle C dancers/neighbors (highly encouraged).

#### **SHOWTIME & LOCATION**

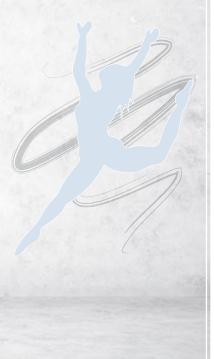
Saturday, February 11, 2012 6pm-8pm Hays Performing Arts Center

Directions from Shady Hollow: Brodie Lane south for 5 minutes until the light at FM1626, turn right onto FM1626 and travel south on FM1626 for 10 minutes, Hays PAC is on the right/west side of FM1626)**Shady Hollow Performers***contact* for tickets.

- Grace (Diana Dawson, mom): 512-282-0256
- Erin (Karee Ellis, mom): 512-292-9844
- Kaitlyn (Vikki Goodwin, mom): 512-426-9090Emerson (Walker Taylor, mom): 512-484-8212
- www.DanceXplosionAustin.com
- 512-301-9222

About the Dancers: Dance Xplosion Companies are formed of select dancers who desire to perform, compete and train at a more intense level, all while forming long-lasting friendships and becoming part of a close knit family. Dance styles include jazz, lyrical/contemporary, tap, hip-hop, musical theater and/or ballet. Each year Company members perform at numerous community events, attend several competitions, and challenge themselves at conventions and workshops where they learn from the country's top dance instructors. Importantly, Dance Xplosion's Company Members grow daily as dancers and as individuals.





# **NEWSLETTER INFO**

#### **NEWSLETTER**

Articles .....legendoaks@peelinc.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. 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

# **APD REPRESENTATIVES**

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# **GRIEF SHARE**

Submitted by Nancy Zaloga

GriefShare (www.griefshare.org) will meet at Manchaca United Methodist Church located at 1011 FM 1626, each Sunday beginning January 22, 2011, from 3-5 p.m. There is a \$15 charge for a workbook (scholarships available). GriefShare is a 13-week faith-based seminar and support group for people grieving the death of a loved one. It's a place where you can be around people who understand how you feel and the pain of your loss. You may begin the class at any point during the 13-week time frame. Led by Nancy Zaloga and Ginny Lee. Call 280-3469 for further information.

# **Teenage Job Seekers**

+-First Aid Training

#### **Attention Teenagers**

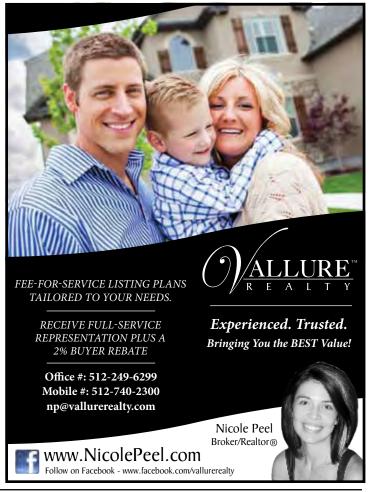
The **Teenage Job Seekers** listing service is offered free of charge to all The Legendary Times teenagers seeking work. Submit your name and information to *legendoaks@peelinc.com* by the 9<sup>th</sup> of the month!

#### Classified Ads

-CPR Training

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Legend Oaks residents, limit 30 words, please e-mail <a href="mailto:legendoaks@peelinc.com">legendoaks@peelinc.com</a>.

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.



#### FEBRUARY EVENTS

at the Wildflower Center

#### SIGN UP FOR GO NATIVE U

Spring is just around the corner and this is the year you should learn about gardening with native plants adapted to our crazy Texas climate. Classes start March 17 with discounts for Wildflower Center members and those who take all six classes. Registration information at www.wildflower.org

#### LIVING WITNESS: OUTSTANDING TREES OF TEXAS

#### Through March 11

Ralph Yznaga's photographic odyssey in search of great historic Texas trees is on display in the McDermott Learning Center.



### **BREAST CANCER AWARE-**

Breast Cancer Awareness and Tennis Event, Rally For The Cure, benefiting Susan G Komen non-profit will take place on Saturday February 4 from 9-Noon at the Barton Creek Country Club. Andy Roddick and the University of Texas Girls Tennis Team will be providing exhibition matches and teaching clinics for the whole family. Light breakfast and prizes for all who attend!! 25\$. To RSVP, please call 512/329-4008 by February 3, 2012.





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# WHERE GREAT THINGS BEGIN

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- FREE Child Watch while exercising
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# AUSTIN NEWCOMERS - CLUB -

#### **FEBRUARY LUNCHEON**

Austin Newcomers Club is a non-profit social and recreational organization of 500 member- households celebrating is 60th year. It is dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends.

The February luncheon speaker will be Daris Word Hale, who was a lecturer and researcher in Tanzania as a Fulbright Scholar from the United States for the 2010-2011 academic year. She taught music at Makumira University in Arusha, and collaborated with East African composers to create new music for western orchestral instruments. Just freshly repatriated, Daris teaches music at Texas State University, and is a bassoonist in the Austin Symphony Orchestra and Austin Lyric Opera Orchestra. She is a founding member of the international touring groups Wild Basin Winds and Trio 488 which have released four albums.

- When and Where: Wednesday, February?, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00. Reservations are required.
- Time: 11 a.m. Social Hour, Luncheon begins at noon.
- For Luncheon Reservations Email: LuncheonDirector@ AustinNewcomers.com
- **WELCOME BACK!** To the 67 members who enjoyed the ANC Western Carribbean Cruise in January.
- MARK YOUR CALENDAR for our March ??Luncheon Speaker, Austin Police Chief Art Asavado

To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: www. AustinNewcomers.com.



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# CHEERS for Children

Mardi Gras Style

#### WINE, SCOTCH AND FOOD TASTING

- February 23, 2012 6:30 9:00pm
- Twin Creeks Country Club
- Benefits Dell Children's Medical Center

Northwest Austin Circle of Friends presents our 13th Annual CHEERS for Children event benefiting Dell Children's Medical Center of Central Texas. This exciting event, a premier wine, scotch, and food tasting, will be held Thursday, February 23, 2012, 6:30 to 9:00 pm at Twin Creeks Country Club (3201 Twin Creeks Club Drive, Cedar Park, 78613), nestled in the lovely hill country setting between northwest Austin and Cedar Park.

Your are invited to join us for a fun and exciting Mardi Gras celebration filled with premier wines, single malt scotches, delicious cuisine from local restaurants, funky jazz music on the veranda and complimentary Mardi Gras beads - all included in the ticket price as well as live and silent auctions with unique and tempting items. Don your masks and costumes (if you dare), and join the fun – all for a good cause!

> Tickets are \$55 in advance (\$65 at the door). 100% of funds raised benefit Dell Children's Medical Center and are directed to The Texas Child Study Center, the mental health program at DCMC.

For more information or to purchase tickets online go to DellChildrensCircleofFriends.org (listed under "upcoming events") or contact Elliott Weir, Chairman NWA COF, at eweir@ austin.rr.com or 922-2231.



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# New Year and Resolutions

By Hjalmar Perez, CPT, LMT and Q Estrada, CI-PT, MTI

So a New Year and again resolutions! Do we know the definition of a resolution? What lifestyle changes do I have to commit too? What are obstacles we have to work around that will challenge us to commit? These are probably questions that come across our mind, the day of the first of the year. Honestly, do we have to be rigid or just create enough awareness to give yourself the energy to move to the next step? We all want our resolutions to be manageable and easy to complete. Well, we are here to assist you one more time. Last time we talked about S.M.A.R.T, how this acronym should be your golden rule to completing your goals, in this case your resolutions.

So let's begin with the definition of the word: resolution. The American Heritage Dictionary has 14 statements to define resolution. I will only state 3; 1. Firm determination. 2. The act of resolving to do something. 3. A course of action determined or decided upon. It seems, in our case, the 3rd is the most feasible. Let's face it; this is the toughest step in the process. Most of us need to sit and be methodical about taking action. This fulfills the how, what, when questions. What are yours?

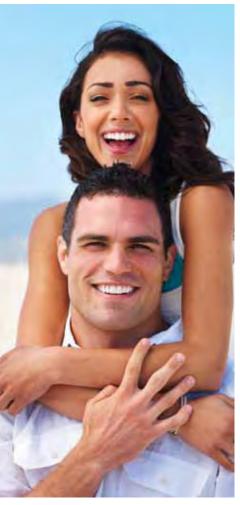
With the start of any new endeavor, it's quite common to look at our lifestyle and look for areas we can improve on. One change I made several yrs ago was to not make a resolution. Yes, not to make a resolution. I decided to make a list of 6-12

things I wanted to complete or change throughout the year. All had to deal with a nutritional goal, a fitness goal and a spiritual goal. I even went as far as, adding some volunteer, community, self care goals...just in those you have six ideas. Now you can work on a list for the whole year. Take some time throughout the month to glance and stay on track...don't allow yourself to take two steps back. Now and again you might side steps but move forward. Take some quite time to glance at your list, to reflect on your journey and work towards fruition.

What obstacles will challenge you and how will you overcome them? Let's face it, there are going to be times when our Will will be challenged. Such things as our commitments to our family, our friends and our community will be barriers to overcome. The good news is, you have 365 days, 168 hrs per week and you only need a minimum of 30 to 45 minutes per week to 4 hrs per month to commit to one goal. Keep in mind, our resolutions should remain attainable and realistic. If you find there are too many goals, then scale back; reorganize and prioritize. No one likes feeling defeated. We do have the option to not put ourselves in the opportunity of failure.

This 2012, let's begin with a desire to set our course of action, to enjoy our journey to learn, to train, to maintain, to change; at all levels at all degrees. Also take time to reflect on positive changes; those that come from

our desire to change but also by the outcomes of our actions. As always, my business partner and I wish you balance, harmony, and good health. Be well be blessed.



Advertise Your Business Here 888-687-6444

# GIRL SCOUTS CELEBRATE THEIR CENTENNIAL WITH THE YEAR OF THE GIRL

Juliette "Daisy" Gordon Low assembled 18 girls from Savannah, Georgia, on March 12, 1912, for a local Girl Scout meeting. She believed that all girls should be given the opportunity to develop physically, mentally, and spiritually. With the goal of bringing girls out of isolated home environments and into community service and the open air, Girl Scouts hiked, played basketball, went on camping trips, learned how to tell time by the stars, and studied first aid.

Within a few years, Daisy's dream for a girl-centered organization was realized. Today, Girl Scouts marks it's 100 year Anniversary and has declared 2012 the Year of the Girl: a celebration of girls, recognition of their leadership potential, and a commitment to creating a coalition of like-minded organizations and individuals in support of balanced leadership in the workplace and in communities across the country. For the past century, Girl Scouts has been the premier leadership organization for girls. With more than 50 million alumnae, the impact and role of Girl Scouts in this country and Texas is undeniable and far reaching.

#### **DID YOU KNOW?**

- 80% of women business owners were Girl Scouts
- 68% of female U.S. Members of Congress are Girl Scouts
- Virtually every female astronaut who has ever flown in space was a Girl Scout
- 80% of volunteerism in America comes from the efforts & inspiration of 50 million Grown-up Girl Scouts

Imagine a new generation of leaders who lead in an innovative way, stepping across barriers of class and ethnicity, guiding out of principle rather than pride, actively seeking out the work that needs to be done in the world and bringing boundless energy and enthusiasm to each challenge.

Girl Scouts of Central Texas strives to create an environment where girls can discover themselves and their values; a place where they can connect with others, push boundaries and test limits; a place where they can develop their leadership potential and take action; a place

that will serve as the launch pad for a successful life.

Girl Scouts of Central Texas provides girls a myriad of programs—from Science, Technology, Engineering, and Math (STEM) based learning experiences to educational travel programs (Destinations) for teen girls who might not otherwise experience life in other cultures. These opportunities are available to all girls, from all socioeconomic backgrounds, including girls living in shelters, in housing projects, girls who have been incarcerated and girls whose mothers are incarcerated.

During the centennial year there will be a myriad of activities. Beginning with Cookie sales in January, these activities include a Capitol Sing-along (March 12th), a Camporee (April), a Leadership

Conference (August), an interactive exhibit at the Texas State Fair (September-October) and culminates in a candlelit vigil in December to mark the beginning of the next 100 years. All present and former Girls Scouts are invited to attend.

The Girl Scout mission continues to be: build girls of courage, confidence and character, who make the world a better place. It is a movement that has been developing leaders for 100 years and will continue for 100 more.

For more information visit www.gsctx.org











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