



Legendary TIMES


March 2012

Volume 5, Issue 3

A Newsletter for the Residents of Legend Oaks

COMMUNITY GARAGE SALE

Save, Save, Save & have fun, too!



Come and find clothes, household items, furniture, office and school items, toys, and more. To give you that extra energy to keep shopping, we also have a concession stand with drinks, breakfast, and home-baked goods. Proceeds benefit the youth of our congregation and other causes and outreach ministries. All unsold items will be donated to other charities

If you have items you would like to donate, take to church after 2pm on 22nd or all day on 23rd or call 280-4533 for further assistance.

Fundraising Event to Help BRING STATE-OF-THE-ART EQUIPMENT TO SETON SOUTHWEST HOSPITAL

An unforgettable evening of live music, games, delicious food and unique auctions awaits you on Sunday, April 29th at the 2012 Seton Southwest Goala. This year's Goala will be held at the Terrace Club in Dripping Springs, 2600 East Highway 290, from 6 to 9 p.m.

Some of Austin's most elite athletic legends will be there, including Olympic swimming champion Garrett Weber-Gale. By becoming a sponsor, not only will you have an opportunity to enjoy a wonderful event, but you'll also help Southwest Austin's own area hospital better serve the community. Proceeds from the Seton Southwest Goala will go toward the purchase of digital mammography equipment – the very latest in technology designed to help detect breast cancer. Won't you help Seton Southwest further enhance the quality care it provides its patients? For more information on how you can become a sponsor, contact Terry Lord at setonswgoala@gmail.com or Allison Cook at (512) 324-3005.

HOST AN EXCHANGE STUDENT

*Get the thrill of cultural exchange
without the cost of travel!*

iE International Student Exchange is seeking host homes for high school exchange students from around the world. We are seeking couples, singles, or families who are willing to open their home to one special exchange student for one semester or for the entire 2010-2011 school year. You will be amazed to find what you gain from the experience, as well as what you give: the chance for one international student to have a lifechanging encounter! This is a great opportunity to connect with someone from another culture. All you need to host is a spare bed and an open heart!

*Contact Katie Robinson,
Local Coordinator for Austin
512-538-8080 or
k.leigh.robinson@gmail.com.*

NEWSLETTER INFO

NEWSLETTER

Articleslegendoaks@peelinc.com

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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.

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

BUSINESS CLASSIFIEDS

TAKE A LOAD OFF! Ever outsourced laundry? Only four minutes to do your wash – two minutes to drop off, and two minutes to pick up. We wash, dry and fold to save you valuable time. WashDayLaundry.com. Two convenient locations.

Classified Ads

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 legendoaks@peelinc.com.

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.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UNLIMITED POSSIBILITIES

The Southwest Family YMCA offers **unlimited possibilities** for Fitness, Child Care, Sports, Camp, Group Exercise, Swimming, Arts & Humanities, Dance, Senior Programs and more. Y member benefits include:

- **FREE** Youth Programs
- **FREE** Family & Group Exercise classes
- **FREE** Child Watch while exercising
- **FREE** Active Older Adult programs

Plus discounts on sports leagues, camps & swim lessons

**Spring Break & Summer Camp
Registration Open**

SOUTHWEST FAMILY YMCA
6219 Oakclaire @ Hwy. 290
AustinYMCA.org • 891-YMCA



Happy St. Patrick's Day!

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A FOCUS ON BODY MASS INDEX KNOWING YOUR NUMBERS MEANS KNOWING YOUR RISK

By: Concentra Urgent Care

Overweight and obese refer to ranges of weight that are considered unhealthy for a given height. Being overweight can lead to obesity, and obesity is defined as having too much body fat. Excess fat, especially around your waist, may put a strain on your heart and can lead to serious health problems such as: Type 2 diabetes, heart disease, high blood pressure, sleep apnea, varicose veins, and other chronic conditions.

Body Mass Index (BMI) is a number calculated using your weight and height. Knowing your BMI is one simple way to determine if your weight is putting you at risk for health problems.

HOW TO CALCULATE YOUR BMI

Your BMI estimates how much you should weigh based on your height.

Here's how to calculate it:

- Multiply your weight in pounds by 703.
- Divide that answer by your height in inches.
- Divide that answer by your height in inches again.

How to Calculate Your Waist Circumference

You can easily measure your own your waist circumference to determine if you are storing too much body fat in your abdomen:

- Place a cloth measuring tape around your bare abdomen just above your hip bones (do not use your belly button as a guide).
- Make sure the tape is horizontal all the way around, and snug (but not pulling your skin in).
- Breathe normally, and read the measurement.

BMI CATEGORY FOR ADULTS

Below 18.5.....Underweight
18.5 - 24.9..... Healthy
25.0 - 29.9.....Overweight
Over 30..... Obese

Women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches may have a higher risk for developing diabetes or heart disease.

Lowering your BMI or waist circumference by just a small amount may lower your risk significantly. You can decrease these numbers by exercising regularly and eating a healthy diet. For more information about BMI or waist circumference, contact your health care provider or visit the National Heart Lung and Blood Institute at www.nhlbisupport.com

Neighbors Helping Neighbors Based in Circle C

Bishops Air Control March Special

Free Installation - TACLA26781C

With Purchase of a new high efficiency heating and cooling system.

Purchase a new system from us and we will install it at no additional cost. Call us for details today!

(Restrictions may apply, offer valid only in the month of March on high efficient (14 Seer and above) systems purchased from Bishop's from March 1st thru 31st 2012. Must be complete system; furnace, condensing unit, evaporator coil, and all associated parts and supplies needed. Permit fees and tax are not included in this offer.)



- Get your maintenance contract now for your spring check up!
- A maintenance contract entitles you to the following:
- Two 15 Point checkups, one in the Spring to inspect the A/C and one in the Fall to inspect the heater.
- 15% off parts and labor for the length of your contract.
- No charge for diagnostic calls. This saves you \$90. (There will be a \$25 dispatch fee)

Cost per year:

- \$189.99 for the first unit
- \$49.99 for each additional unit

Call the office to schedule your appointment today!
We also install, repair, and maintain commercial HVAC and cooking equipment!

877-413-2653
512-257-2653



**JOIN US FOR GOLF
AND A GREAT CAUSE!**

DATE: Wednesday, April 18th
11:00 am Registration - 1:00 pm Start
LOCATION: Flintrock Falls Golf Course
FORMAT: 4-person scramble
COST: \$165 per golfer*

*Includes lunch, dinner, shirt & goodie bag

Please join us for the 4th annual
Colin's Hope Classic charity golf tournament
and help prevent childhood drownings.

Special Guest Emcee will be **Bob Fonseca**
of the 93.7 KLBJ FM Dudley & Bob Morning Show

Honorary Chairs
Olympic Swimmers:
Brendan Hansen and **Garrett Weber-Gale**
City of Lakeway Chief of Police: **Todd Radford**

Register online now at:
www.colinshope.org



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where children do not drown

WWW.COLINSHOPE.ORG

AUSTIN NEWCOMERS CLUB MARCH LUNCHEON

**THE MARCH LUNCHEON SPEAKER WILL BE
AUSTIN POLICE CHIEF ART ACEVEDO**

Art Acevedo serves as the eighth Police Chief in the 84-year history of the Austin Police Department and is the first Hispanic to lead the City's police force. With more than two decades of law enforcement experience, he oversees a department that employs approximately 2,100 sworn officers and civilian personnel. With the consolidation of the Austin Police Department and the Austin Public Safety and Emergency Management Department in January 2009, Acevedo is now responsible for all municipal law enforcement in the City of Austin, including Austin-Bergstrom International Airport, parks, and municipal courts.

Chief Acevedo began his professional career in law enforcement with the California Highway Patrol in 1986, bringing a well-established commitment to community outreach and coalition building to Austin. He strives to establish strong community relationships throughout the city with the goal of strengthening the relationship between the people of Austin and their Police Department. Chief Acevedo leads by example with a strong sense of community involvement through his own personal time and resources.

Born in Havana, Cuba, Acevedo migrated to the United States with his family in 1968 in search of freedom and the opportunities to be found in America. He grew up in California, and earned his Bachelor of Science degree, with departmental honors, in Public Administration from the University of La Verne. He is married to Tanya and is the father of three children, Melissa, Matthew and Jake. Appointed Austin Police Chief in July 2007, Chief Acevedo believes in the spirit of our community and the commitment to excellence demonstrated by the men and women he leads.

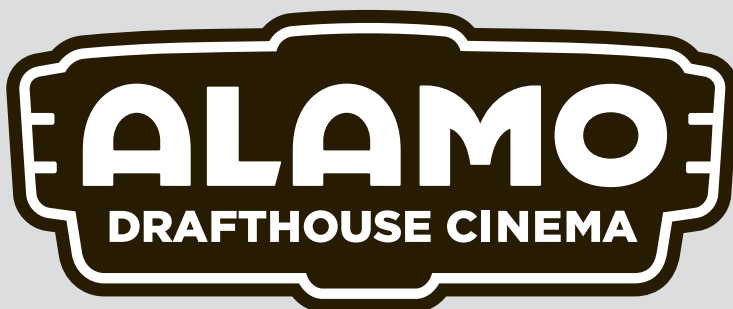
When & Where: Wednesday, March 21, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00 - *Reservations are required.*

Time: 11:30a.m. socializing,
Luncheon begins at noon

For Luncheon Reservations: Email:
LuncheonDirector@AustinNewcomers.com



Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. 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



Alamo Slaughter Lane OPENS MARCH 8th

You are exclusively invited to attend the Alamo "Sneak Preview" event leading up to the opening: March 4, March 5 and March 6

\$2 movie tickets for the "Sneak Preview" available ONLINE ONLY beginning February 22nd, on a first-come, first-served basis. (Hurry, they sell out fast.)

DRAFFHOUSE.COM/AUSTIN

Enjoy half-price food and full-price alcoholic beverages!

5701 W. Slaughter Lane
512.861.7060
draffhouse.com



Slaughter Lane Alamo will be offering all of your Alamo favorites like Sing-Alongs, Quote-Alongs, Feasts and Master Pancake Events. Visit draffhouse.com for events and listings.

Reserve the Alamo for your next event!

From birthday parties to office meetings, the Alamo Cinema & 400 Rabbits bar are the perfect venues for your event! Rent out a theater and customize your show with specialized or themed menus, for breakfast, lunch or dinner. (Capacities vary from 32 to 134 people.)



The 400 Rabbits OPENS MARCH 8th (inside Alamo Slaughter Ln.)

**Craft tequilas, signature cocktails, fine wines,
select beers and authentic mexican food.**



512.861.7069 • 400rabbitsbar.com



LEGENDARY TIMES

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LIGHT IT UP BLUE IN APRIL

By *Connie Ripley*

People all over Austin and the World will change lights to blue, dress blue, eat blue, drink blue and even paint fingernails blue beginning on April 2. April is Autism Awareness Month and Autism Speaks is celebrating by turning the World (and Austin) blue for the month. This is the first year Austin will turn blue in a big way. In 2007, the United Nations adopted a resolution to make April 2nd World Autism Awareness Day. Autism Speaks created Light It Up Blue (LIUB) to create awareness for the month.

Austin TV and radio talk shows will be airing LIUB segments and contests. Numerous buildings like the 2nd Street Business District, the Four Seasons Hotel, the 360 Condos, the Amli Downtown and on 2nd Street, Home Away, west 6th Street Lounges and many more will be going blue. School campuses will be decorated, plus children and faculty will wear blue. Neighborhood Associations and organizations will turn blue. Blue events will flood the Greater Austin area like the Blue Bash, Blue Martinis and Manicures, a golf tournament, a Blue Bingo and Burger Bash, a Blue Easter Egg Hunt, a UT sorority sponsored Blue Ball and much more.

Autism is becoming an epidemic with no known cause or cure. If the current trend continues, half the children born in the United States by 2046 will be diagnosed with autism. Our school districts are already "bending" under the load since 70% of people with autism are under 18. When these children become adults, what will happen? Many will have to be cared for throughout adulthood.

Autism robs families of the child they thought they had, since, although some are born with it, many regress around ages 1 to 3. The child loses speech, does not make eye contact, tantrums frequently and seems to be unreachable in his own little world. A diagnosis of Autism Spectrum Disorder (ASD) is devastating for parents. Every 15 minutes a parent hears this diagnosis! Not only have they "lost" a child, but their entire life is immediately changed. Money and time involved in treating autism is staggering—not to mention the emotional pull of every single day. Last year over 1,800 iconic landmarks turned blue for April from Niagara Falls, Rockefeller Center, the New York Stock Exchange and the Empire State Building in New York to Christ the Redeemer Statue in Brazil. Buildings all over the world like the Cairo Tower in Egypt, the Hungarian Parliament and the Sydney Opera House in Australia turned blue. This year the number will top 2,000. Help fight the spread of autism. Create awareness by changing your exterior home bulbs to blue, wearing blue, painting your nails blue, decorating your child's school in blue, etc.

The 2012 Autism Speaks National Poster Child for the United States and Canada is a Greater Austin kindergarten student—a great feat for our area! Let's show what we can do to make Austin blue!



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- ★ **Enjoy \$20 "All You Can Eat" St Louis Ribs**
- ★ **Supporting Habitat for Humanity**
- ★ **Cheer on your local High School as they compete in Rib Eating Contest!"**

Monday March 5th

6:30 - 9:00 PM

Rib Eating Contest 7:30 - 7:45 PM

- ★ Round Rock I-35: Round Rock High School
- ★ 620 Four Points: Vandegrift High School
- ★ 360 South: Westlake High School
- ★ 183 North: *Defending Champions* Anderson High School
- ★ **Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"**
- ★ Help local high school teams as they compete for the **"Rudy's Golden Rib Trophy"** for most ribs eaten!
- ★ High school contest 7:30- 7:45 PM.

At all 4 Austin
Rudy's
locations



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