

By the time you read this, I will be starting a new life in a new land, Pattaya Beach, Thailand. See http:// pattayaexpatsclub.info/ for some pictures/videos of the location. I have a part interest in an online business there, and will be active with it. Since it is international and on line, it can be performed from anywhere there is internet access, and I have been working with it for more than a year.

We built our home on Convict Hill Road 17 years ago, and I have been involved with Legend Oaks, Quarry Park, ACC, and the church most of that time. But since my wife died almost two years ago I have become more and more lonely and depressed. So when

my partner in Thailand invited me to come there, I accepted. He is American also, and another partner there is Australian. There is a large English-speaking Expats group there, with Sunday breakfast meetings of as many as 500 people! Not going as a stranger to a strange land!

I expect that some of you will say good luck, and some will say good riddance! This is my 3rd time as newsletter editor, and if no one volunteers it may be the end of the letter. Maybe it is time, since there are other, much faster ways to communicate to the HOA. Even 2-way asynchronous communication.

I have lived all over the country, also in Germany. Austin has some features I have really enjoyed, such as the music scene. But the political bickering and lack of growth in transportation are a real problem. In fact, politics in general in the US have deteriorated. It will be interesting to see how these issues play out in another land.

I will still be available online drjet33@gmail.com. Happy to hear from you!

June is the month to clean up and replant container plants, and top them with a light layer of mulch.

It's time to plant annuals, like zinnias, sunflowers, periwinkles, and portulaca, perennials, vines, semitropicals, like Pride of Barbados, tropical plants, succulents, lilies, cannas, caladiums, and ornamental grasses. You can plant basil, oregano, thyme, and other summer herbs, cantaloupe, pumpkin, squash, and okra.

Don't prune red oaks and live oaks unless damaged, then spray immediately with clear varnish. You do not need to apply pruning paint to other trees. Dead head flowering plants and cut back fall blooming perennials like asters. If you haven't already done so, prune spring bloomers.

Succulents and spring blooming bulbs can be moved and/or

Foliar feed flowers and vegetables with liquid seaweed. Fertilize bougainvillea and citrus with a high nitrogen fertilizer.

Ladybugs and green lacewings feed on aphids. If they don't take care of an aphid infestation (look for a sooty mold on plants), spray the plant with a blast of water, making sure to get the underside of the leaves. Do not compost damaged leaves - put them in the trash

Mown lawns high. Try not to remove more than 1/3 of the top when you mow. Leave clippings on the lawn to naturally fertilize.

Weeds – Pull weeds as you see them coming up or mow them down before they seed to prevent them coming back next year.

Check soil moisture before you water to avoid root rot. Water deeply, then let the soil dry out. Even if we are getting some rain, check the soil to see if it is wet at least three inches deep to make sure new plant roots have water.

This information was taken from Central Texas Gardener – June To Do List.

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NEWSLETTER INFO

NEWSLETTER

Articleslegendoaks@peelinc.com

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City Council Watch June

Our district 8 city council member, Ellen Troxclair, spoke and voted against the resolution of a long term transportation plan that would allow up to four additional lanes to be built on South Mopac without considering other options to solve our transportation problems.

If you want to get in touch with Ellen Troxclair, her mailing address is P.O. Box 91812, Austin, TX, 78709. Her phone number is 512-978-2108. You can email her at www.austintexas.gov/email/ellentroxclair. She is holding district office hours at various restaurants in the district on the last Friday of the month from 4 to 6 pm. For up-to-date information on what she is doing, follow her on her Facebook page – www.facebook.com/EllenTroxclair



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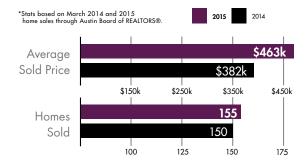
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Counseling and Its Meaning in Society

By: Angelica Beker, LPC-Intern Supervised by Lora Ferguson, LPC-S

Do you or someone you know have a negative view of counseling? On the flip side, how many people do you know who have a positive view of counseling? I am guessing the numbers are about half and half. Counseling certainly has a certain stigma in our society. This could be due to a number of things including cultural views, media, age, and experiences – to name a few. Let's take a moment to sort these out one by one.

Cultural views: Each culture certainly has its own views regarding counseling. In some cultures, talk therapy is seen as completely acceptable and almost expected when you have an unbiased individual to listen to your personal concerns. Sometimes, it can be normal to have a therapist, just like it could be to have a personal trainer, doctor, or other common professionals. However, in other cultures, therapy can be seen as a sign of weakness. This can be due to the fact that in some cultures, your personal business

stays your personal business. As such, talking to a therapist is not acceptable and you work out your concerns on your own or solely within the home.

Media: As a therapist, I often get very angry with the way that media portrays therapists. Therapists are seen as flowy clothes wearing weirdos, who get personally intertwined with their clients and over-step boundaries (in every which way possible). Too often, movies and TV shows do not show therapists following the ethical practice standards that real-life therapists abide by on a daily basis. As a young adult (putting my title as a therapist aside), I can completely see why media can give therapists are bad representation in that people may not take therapists seriously or trust them with their personal business. They seem like "weird shrinks," which is not the most inviting to the average human being.

Age: This can certainly be a factor in whether an individual may choose to come to counseling or not. Often times, the trend can be that those of the older generation are less likely to attend counseling, whereas those of the younger generation are more open to the idea. Due to the sensitive nature of counseling, it is understandable that this may be the trend as older generations were raised in a society where personal business was kept

personal. On the other hand, the younger generation lives in a time where everyone and anyone can know their personal business, especially with the rise of social media.

Experiences: Some people have been to therapy before. Some have not. Maybe those who have been before had a negative experience, which can understandably negatively shadow their views on counseling. Those who have never been may have no idea what to expect, which can naturally raise anxiety levels and make one less likely to see

a therapist due to the uncertainty.

Counseling is a very vulnerable experience. It is understandable that counseling may not be for everyone, but it can and has changed lives. Because April is Counseling Awareness Month, I challenge you to take a moment and think about any of the above listed points. Do any of them stand out to you? Do you relate to any? If so, in what way? Counseling may not be for everyone, but open mindedness can be such a positive factor when considering whether you are in need of talking to a helping professional. There are times when having someone listen to us vent can be a very relieving experience! Society can have a big impact on our decisions, but it is important to take a moment to dig deep and think about what you as an individual are in need of.

Until next time, be well!

NOT AVAILABLE ONLINE



The Internet of Things Home Wireless Security

By Nikki Tate

The "Internet of Things" - where just about everything is connected to the internet - is coming fast and furious. For a lot of us, it's already here and we may not even be aware of it. And, our personal privacy in our homes may be disappearing fast.

Samsung[®] has a new television that allows you to operate it with just voice commands. Pretty cool, right? In order to "activate" this new feature you have to agree (in the very, very small print) to allow Samsung® to record your viewing activity and your spoken words which they can then transmit to advertisers or whomever else they choose to. You gave them your permission to do this as well in that fine print. That's right - your TV could actually record what you say and transmit it to a third party.

Amazon® has a new Siri-like speaker that can add items to your shopping cart with just a voice command. Sounds convenient, but now Amazon has a recording of your voice stored on their servers.

Let's looks at how this new frontier is already in our homes, from our televisions to our refrigerators to our smart phones, and a few things we can do about it to keep our personal information from getting stolen from within our very own homes.

BUT WHAT ARE THE REAL RISKS?

Every day there's a new story in the press about some famous person's private life that suddenly isn't so private anymore.

Anything in your home that connects to the internet can be hacked, usually fairly easily with the right equipment and software that is readily available for free on the internet.

In essence, your home network is only as secure as the security settings of the weakest device connected to it.

In the article "9 Household Items That Could Be Spying on You," Credit.com looks at nine different devices around the home that could be used to access information.

Wireless home security systems that aren't even connected to the internet can be just as vulnerable. The article, "How Thieves Can Hack and Disable Your Home Alarm System" from WIRED can give you more information about this very important issue.

The key problem is that the companies that are building these new internet connected devices and systems for the home often times build in zero security or firewall software into them. Hackers can simply bypass your WiFi's security settings by accessing one of these devices directly, mimicking the device to your WiFi's router and then accessing your network from the inside.

(Continued on Page 6)

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LEGEND OAKS

(Continued from Page 5)

If you can control the thermostat in your 'smart home' or start your car with an app from anywhere in the world so can a hacker.

SO WHAT CAN I DO?

Robert Siciliano, in the article "6 Ways to Protect Your Internet of Things from Hackers," lists six fairly easy steps you can take to help secure your home's network.

By far the easiest thing to do is to limit the amount of devices and systems in your home that are connected to the internet.

If that's not possible make sure you complete all of the security settings in each device by confirming with the installer or checking the manufacturer's website.

Hackers are looking for the points of least resistance. Even small steps can motivate them to move on further down the block looking for their next victim.

Links to the articles:

9 Household Items that Could Be Spying on You, Credit.com News, http://blog.credit.com/2013/08/household-items-spying/

How Thieves Can Hack and Disable Your Home Alarm System, WIRED, http://www.wired.com/2014/07/hacking-home-alarms/

6 Ways to Protect Your Internet of Things from Hackers, Robert Siciliano, Personal Security and Identify Theft Expert, http://robertsiciliano.com/blog/2014/09/14/6-ways-to-protect-your-internet-of-things-from-hackers/

Welcome New Neighbors

According to the Legend Oaks 2 Homeowners Association, the following new neighbors joined the neighborhood in April:

Chad & Jillian Johnston, 6705 Debcoe Drive Hundley & Emily Watson Nicolas, 6105 Jumano Lane Jeffrey & Jennifer Benner, 6113 Jumano Lane Michael & Jennifer Dunn, 6800 La Concha Cove Andrew & Allison Barger, 6803 La Concha Cove QL Jerry & Betty Hood, 7200 Quimper Lane Be sure to welcome these new neighbors to our neighborhood!

Everything you need to know about the Homeowners Association can be found at http://hoasites.goodwintx.com/loh/Home. aspx - bylaws, how to get a pool pass, meeting minutes, payment instructions for HOA dues, architectural change forms, ...

Want to know what is going on in the neighborhood? Subscribe to:

Legend Oaks 2 Digest – Email legendoaksneighbors-subscribe@yahoogroups.com. In order for your request to be approved, you need to include your street address.

Nextdoor Legend Oaks 2 – Go to www.nextdoor.com and enter your address. You will automatically be subscribed to Legend Oaks 2.



Frandparents ORNER

Grandkids & Touch Screens

BY JANET ROURKE

Do your grandkids play with touchscreen devices? Are you wondering if it is good for them? According to an article on Grandparents.com, the jury is still out on this subject and we might not know the answer for years or maybe decades.

We do know from general studies that excessive time in front of a television takes away from face-to-face interaction, which is key to cognitive development. The American Academy of Pediatrics recommends creating screen-free areas in your home and encouraging kids to spend more time in activities that encourage them to use their imagination and moving their bodies — indoor and outdoor play, reading, etc.

A study done at the Cohen Children's Medical Center of New York specifically on touchscreen devices and young children found there was no significant difference in testing scores in children 0-3 who used touchscreen devices to play educational games and those who did not use touchscreen devices. But they found that children who played noneducational games on the touchscreen devices had lower verbal scores, suggesting that mindless gaming may slow development.

So, how do grandparents handle touchscreen devices when taking care of grandkids?

ONE EXPERT SUGGESTS:

- Sit down with the child while they are playing with the touchscreen. Talk about what they are seeing and doing while they play. Talk to them afterwards about what they saw, heard, or did.
- Take an active part in choosing apps they use when they are with you. Choose those that are developmentally appropriate and well matched to their interest and ability.
- Balancie touchscreen play with other activities. Be sure to spend an equal or greater amount of time playing, reading, and doing other fun things together.

To read the entire article, go to http://www.grandparents.com/grandkids/kids-and-technology/touch-screen-technology



Pool News

The 2015 pool waiver is now posted on the Goodwin site. The pool waiver MUST be signed before your pool key will be activated for the 2015 swim season. This applies to all residents, even if you have signed a waiver in previous years. Please follow the instructions below to fill out the waiver for your household.

- 1. Visit http://hoasites.goodwintx.com/loh/Home.aspx
- 2. Click on "Amenity Access Information" in the left navigation to download the waiver to your computer.
 - 3. Open the PDF and fill out the form fields. Read carefully!
 - 4. Email the completed form to AmenityAccess@Goodwintx.com.

NOTE: If you already have a pool key, be sure to include the number in the appropriate place on the form to avoid being charged for a replacement key.

The 2015 Pool Rules are also posted to the Goodwin site under "Amenity Rules". By signing the waiver, you are agreeing to abide by the rules, so please review. The pool will open for the season for NON-GUARDED access Saturday, April 18. Anyone who has signed the additional waiver portion of the form above and meets the access requirements outlined in the rules will have access 7 days a week from 6am-10pm. We will begin to have lifeguards on weekends later in the Spring and then 7 days a week after AISD lets out for the summer.





A FOCUS ON PHYSICAL ACTIVITY

Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

- 1. Any physical activity is better than no physical activity
- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
 - 2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
- 3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- · You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

TEXAS A&M

FOUR-LINED PLANT BUGS



Four-lined plant bugs are brightly colored. Nymphs (immatures) are red while older nymphs start to have wing pads with yellow and black stripes. Adults have fully developed wings that are yellow and black striped. Adults look similar to, and may be mistaken for, striped cucumber beetles.

These insects have piercing-sucking mouthparts which they use to suck out plant juices. The plant bugs suck out chlorophyll and leave a "window" between the upper and lower epidermis of the leaf. Damage appears as white, dark or translucent spots of foliage and is sometimes mistaken for fungal damage. Feeding may also cause curling and browning. Fortunately, damage is mostly cosmetic, but if you are trying to eat the foliage of the damaged plant it may become a problem.

it's getting too hot to use oil formulations) or pyrethrins. If that doesn't work then try a residual contact product. For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.

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The insects feed on a wide variety of hosts, including fruits and vegetables, annuals and perennials and woody plants. When disturbed, the insects are fairly good at hiding. They either crawl to the underside

If you feel the need to manage these insects, try insecticidal soap. If that doesn't work, you can try azadirachtin (neem- concentrate, not oil;

of the leaves or drop to the ground to hide among foliage.





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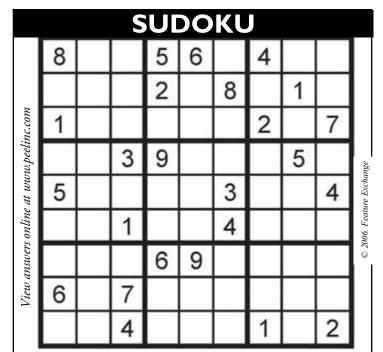
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.





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LO



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