

Editorial - November

Two new neighbors moved to our neighborhood. Welcome! Jim Turney has returned from Thailand. He gives a brief history of the newsletter and Quarry Park, and talks about his future plans.

Suzanne Johnson describes plans for this year's Holiday in the Park 2015. It is in the planning stages and she is looking for volunteers to help.

Jim Turney describes how Quarry Park is getting spruced up. We all know the traditional story about the First Thanksgiving, but do you know how Thanksgiving became a national holiday? Check out the article on Thanksgiving History.

Are you plagued with mealybugs on your outside plants? Wizzie Brown with Texas AgriLife Extension Service tells you how to get rid of them.

Welcome New Neighbors!

According to the Legend Oaks 2 Homeowners Association, the following new neighbors moved into the neighborhood:

Lynher Ramirez and Ryan Lance Burns 6704 Telluride Trail Please 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 right now 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.



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Editor Goodbye

We built our house on Convict Hill Rd. in 1998, and just about ended the development of LOHA2. The house, and the area, and me, have aged since then.

We started editing the newsletter in 2003, taking over from founder James Hinshaw. Allison Finch did all copy, and I did most of the writing. We had the copy printed (some expense), then labeled and mailed (big expense). Then Peel offered free newsletters! All we had to do was provide copy. Allison was starting to have family, so she resigned, and I was ready to stop, so I resigned. We had a series of editors who produced copy for Peel to print and mail, along with their local advertising, which paid for the newsletter. I stepped back in when we ran out of editors, but stopped after my wife had her first stroke. She died, and I returned, until I left the US for a time. I am now about to relocate to an independent senior center in San Marcos, so this is good bye forever.

The best related feature of being editor then, I was also in the process of developing the land designated as Quarry Park, which started as completely undeveloped space, into a usable public neighborhood park. I was able to call for volunteer help for work days, and report on progress. This resulted in one of the final newsletters in that series, May 2007, reporting the dedication ceremony for the park, featuring Lloyd Doggett as speaker and Linda Bolton as MC, and including many officials from the city. Our publication of the newsletter stopped soon after.

We had a long time LOHA2 board president at that time, Mary Mendoza. Having a long time president, like Mary and now Nikki, is a great advantage, providing unique perspective and continuity to board decisions. I have enjoyed working with both!

I will still be watching. One daughter lives on Wagon Train Rd., so I will visit often. I will have the same email, drjet33@gmail.com if you care to contact.

Jim Turney

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Holiday in the **Park 2015**

Mark your calendars! This year's Holiday in the Park party is set for Saturday, December 12 from 4-6 pm at the park next to our pool.

This is always such a great time to hang out with our neighbors, visit with SANTA, and run around and play.

This year we will have face painting, the snowman "snow" machine (it was a pretty big hit last year), a giant inflatable slide, hot cocoa, treats, and more ...

If you would like to volunteer or add something to the event, just let Suzanne know. You can reach her at stoprope@gmail.com





Thanksgiving History

by Janet Rourke

Although Thanksgiving is credited to pilgrims and Wampanoag Indians in 1621, giving thanks has been a tradition in Native Americans and European cultures since ancient times.

The states of Florida, Texas, Maine, and Virginia each declared itself as the site of the First Thanksgiving, with historical documents to support their claims. Explorers and colonists had celebrations and ceremonies of thanksgiving before the Mayflower arrived. These were isolated celebrations – long before the establishment of the American holiday.

The pilgrims and Wampanoag became identified with the First Thanksgiving from a letter written by Edward Winslow to a friend in England. In the letter, he described a harvest celebration to give thanks. This letter was reprinted without permission in the pamphlet Mourt's Relation. The pamphlet was lost during the Colonial period, but resurfaced in Philadelphia around 1820.

The American Thanksgiving also had roots in the faith practices of Puritan New England, where fasts and thanksgivings never fell on a Sunday. Thanksgiving became a regular event by the middle of the 17th century in the New England colonies, declared each autumn by the individual colonies. By the 1700s, Thanksgiving was spread across the country by Yankee emigrants moving westward and by the popular press.

The Continental Congress proclaimed the first national Thanksgiving in 1777 during the Revolutionary War. Presidents Washington, Adams, and Monroe continued to proclaim national Thanksgivings. Thomas Jefferson abolished the official practice when he became president. The custom was limited to state observances. By 1850, almost every state and territory celebrated Thanksgiving.

Sarah Josepha Hale, editor of the popular women's magazine Godey's Lady's Book, began a relentless campaign in 1827 to reinstate the holiday. She finally succeeded in convincing President Lincoln in 1863 that a national Thanksgiving might unite a war-torn country. He declared two national Thanksgivings that year, one on August 6 to celebrate the victory at Gettysburg and one on the last Thursday in November. He did not make the holiday a fixed annual event.

In 1939, Franklin Delano Roosevelt lengthened the Christmas shopping season by declaring Thanksgiving to be the next-to-last Thursday in November. In 1941, Congress permanently established the holiday as the fourth Thursday in November.

The classic Thanksgiving menu of turkey, cranberry, root vegetables, and pumpkin pie was based on the New England fall harvest. As the holiday spread across the country, local cooks modified the menu by what they liked to eat and by what was available to eat. Southern cooking had a tremendous impact on the current Thanksgiving menu, adding cornbread dressing, sweet potato casserole, ambrosia, pecan pie, and fruit cobblers.

As we gather for Thanksgiving this year, don't forget to remember those early settlers and Native Americans who gave thanks for their bountiful fall harvest, Sarah Hale for campaigning for it to be a national holiday, and the many Presidents who carried on the tradition and declared it a holiday. We are so lucky to have this wonderful celebration in our American culture!

Convict Hill Quarry Park

September 26th was National Public Lands Day, and we had a load of mulch provided and delivered to Quarry Park by the Parks Department. Our group of dedicated volunteers, many of them repeaters, spread and raked all the mulch in two hours! They also cut growth over the trails and removed weeds.

The park should have looked wonderful, but it did not! The mulch that was delivered was very bad. It was not from fresh wood, so it was not red, and it contained bits of plastic. Dark mulch made the trails look shabby. We pointed this out to the Parks Department, and they agreed to provide a new supply of double-grind fresh mulch.

So on October 24th, we had another work day. We spread the new mulch over the shabby mulch, and lined rocks around a new area near the center and added mulch. We will later install a bench. This will provide a new area for enjoyment and relaxation in the park. I invite you to enjoy the results.

Many people and dogs visit the park daily. I doubt if many appreciate how recently this park was created, and that all work and amenities have been provided by volunteers and donations. Be sure to respond when we call for volunteers in the future! Jim Turney



Mealybugs



Mealybugs are pests of landscape plants and houseplants. They are often active during times of warm, dry weather, but can also become a

problem indoors at any time of year. Infestations usually start at the base of stems and then spread from there as populations increase.

Mealybugs are a type of unarmored scale insect. They are sexually dimorphic (males & females look different). Males have wings while females remain wingless and nymph-like throughout their life. Females are oval, soft-bodied and covered with a white waxy powder.

These insects have piercing-sucking mouthparts which they use to penetrate plant tissue and suck out juices. This can lead to chlorosis (yellowing of the plant), wilting and distortion. With larger infestations, the insects may cause stunted growth, premature leaf drop or death of the plant. Mealybugs are also known for secreting honeydew, a sweet, sticky substance on which a fungus called *sooty mold may grow.

*Sooty mold is a fungus that grows on honeydew excretions. Sooty mold can indirectly harm the plant by covering plant surfaces and reducing the amount of sunlight that reaches plant tissues, resulting in reduction of photosynthesis.

Since all but male mealybugs are wingless, adult females have to be placed near a host plant for them to infest it. They can crawl short distances to plants. Immatures can be blown to new locations by the wind, move by water or be transported by animals.

Tips for mealybug management:

- Conserve beneficial insects; there are many insects that will feed on mealybugs or parasitize them
- **Use high pressure water sprays to dislodge the insects from the plant
- **Insecticidal soap
- **Horticultural oils
- **Insecticides labeled for mealybug control
- For severely infested plants, it may be best to throw the plant away and buy a new one

**If treating houseplants, move plants outside during treatment then move back inside once treatment has dried.

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.com

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THINGS YOUR BURGLAR WON'T TELL YOU:

_Of course I look familiar. I was just here last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.

_Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was there, I unlatched the back window to make my return a little easier.

_Love those flowers. That tells me you have taste...and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.

_Yes, I really do look for newspapers piled up on the driveway. And, I might leave a pizza flyer on your front door to see how long it takes you to remove it.

_If decorative glass if part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.

_A good security company alarms the window over the sink. It also includes the windows on the second floor, which often access the master bedroom (and your jewelry). It's not a bad idea to put motion detectors up there too.

_It's raining, you're fumbling with your umbrella and you forget to lock your door.... understandable. But, understand this: I don't take a day off because of bad weather.

_I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. Don't take me up on it!

_Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table and the medicine cabinet.

_You're right — I may not have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me!

_A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while out of town, search the internet for a device that works on a timer and simulates the flickering glow of a real television.

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MORE THINGS A BURGLAR WON'T TELL YOU:

_Sometimes I carry a clipboard. Sometimes I dress like a lawn guy and carry a rake. I do my best to never, ever look like a crook.

_The two things I hate most: loud dogs and noisy neighbors.

_I'll break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he'll stop what he's doing and wait to hear it again. If he doesn't hear it again, he'll just go back to what he was doing. It's human nature.

_I'm not complaining, but why would you pay all that money for a fancy alarm system and leave your house without setting it?

_I love looking in your windows. I'm looking for signs that you're not home and for the flat screen TVs and gaming systems I'd like. I'll drive or walk through your neighborhood at night, before you close the blinds, just to pick my targets.

_Avoid announcing your vacation on your Facebook page or other social media. It's easier than you think to look up your address.

_To you, leaving the window open just a crack during the day is a way to let in a little fresh air. To me, it's an invitation.

_If you don't answer when I knock, I try the door. Occasionally I hit the jackpot and walk right in!

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BREAST CANCER

Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- · Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- · Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: http://nbcam.org/

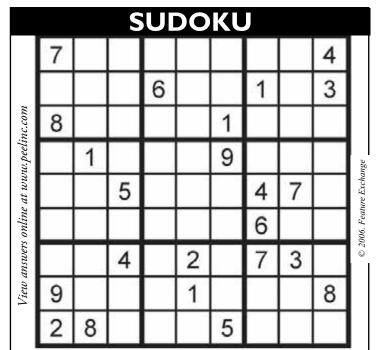


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Adding Yoga to Workout Regime Can Improve Health

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.





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