



MARCH 2016 + VOLUME 9, ISSUE 3

A Newsletter for the Residents of Legend Oaks II

MARCH EDITORIAL

The installation of ATT GigaPower has swept through the neighborhood. Hopefully, by the time this newsletter comes out, the holes in your front yard haven been fixed. If you still have holes that need to be filled, grass that needs to be replaced, or broken sprinklers, the person to contact is James Riggs (james.riggs@karmafieldservices.com) with Karma. He is very responsive and will get whatever fixed very quickly. I emailed him about a broken sprinkler head and it was fixed the next day.

In addition to Welcome New Neighbors, Teenage Babysitters, and Who to Call, this issue of the newsletter includes articles on Texas Independence Day, acupuncture, the Zika virus, and xeriscape.

Do you know why we celebrate March 2 as Texas Independence Day? A bit of the history of why Texas broke ties with Mexico, became an independent nation, and later joined the United States, along with links for further information, are included in this article.

Have you ever wondered about acupuncture? The article on acupuncture describes the benefits, answers the question - does it hurt, and gives the main objectives of acupuncture treatment.

Have you heard about the Zika virus invading Texas? The article on the Zika virus describes how the virus is transmitted, symptoms of Zika infection, and how to protect yourself and your family from being infected.

With the City Council looking at continuing once a week watering to protect our water resources, are you considering getting a more water-wise yard? The Xeriscape article describes the seven principles of xeriscape that may help in converting your yard.

Can you help support this newsletter? We need neighbors to submit articles. Some ideas for articles might include: What are

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WELCOME New Neighbors!

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

Chaoguo Wang
6625 Oasis Dr

Erin Kyle Ellison
6707 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@yahoo.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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Please support the businesses that advertise in the Legend Oaks newsletter. 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.

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the neighborhood issues that concern you? Is there an upcoming event in the neighborhood or at a local school that you want neighbors to know about? If you are a yoga teacher, massage therapist, acupuncturist, exercise trainer..., what are the benefits and how can you incorporate these items into your life? If you are a gardener or a landscaper, how about an article on converting your yard to use less water? If you are a historian or just like to do research, can you write an article on the history of the area, a historical event, or why we celebrate a holiday? Teachers – how about an article on fun things to do with your kids to help them learn, how you can turn anything into a learning event, or how to get your kids to do their homework would help a lot of parents and grandparents? Or write an article on anything you think might be of interest to neighbors. The only no-no is writing an article that is an advertisement for a particular product or business. If you are not a writer, submit the information and we will write it up. The newsletter is submitted to Peel a month in advance of coming out, so if you are sending information about an event, it needs to occur at least two months in the future. Send any articles to Janet Rourke (janetrourke@sbcglobal.net) by the 5th of the month. Thanks for your help!

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Texas Independence Day - March 2

Texas Independence Day was celebrated on March 2. Why do Texans celebrate this day? Below is a summary of a speech given by Dr. Stephen Harvey, professor of history at Victoria College at an Independence Day celebration.

On March 2, 1836, 59 Texans signed the document declaring independence from Mexico. Many settlers had moved to Texas under the Mexican Constitution of 1824, which granted the head of household over 4600 acres of land to help settle Texas. Under this constitution, Mexican citizens had a republican form of government and most power resided at the state and local level. In 1835, General Santa Anna declared himself a dictator and revoked the Constitution of 1824. Many living in Texas (both settlers from the U.S. and Texas Mexicans, were loyal to the Constitution of 1824 and took up arms against Santa Anna's regime. As the Texas Declaration of Independence was being drafted, Santa Anna was storming the walls of the Alamo. The battle of Goliad followed days later, wiping out the Goliad garrison. On April 21, General Sam Houston swept the Mexican camp at San Jacinto and captured Santa Anna. This was the decisive battle in favor of independence. Texas became a sovereign nation and remained so for almost ten years. Texas joined the United States of America in 1845.

Dr. Harvey gives two reasons why Texans should stop for a moment every March 2 to reflect on the meaning of Texas Independence Day:

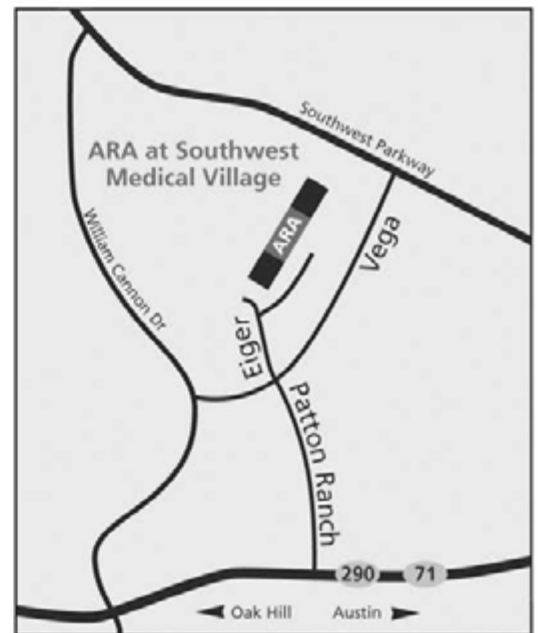
"The first reason is historical - this day marks the creation of the Republic of Texas. For almost a decade Texas existed as a sovereign nation. It exchanged foreign ministers with other countries; it had a national army and navy (though neither was especially effective); it maintained a national currency (though, to be sure, the money was never worth much). When Texas joined the Union in 1845, it did so as a nation and thus demanded rights not accorded to mere territories. By order of Joint Resolution of the U.S. Congress, Texas retained possession of its public lands. So large was the landmass of Texas, the same resolution allowed Texas to divide into as many as five states. In 1850 Texans did, in fact, sell a portion part their western holdings to pay off the debt incurred during the Republic period. Since then, however, they have been reluctant to part with even so much as an inch of their sacred soil - the resolution notwithstanding. Texas nationalism has proved stronger than political expediency.

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The second reason is psychological, perhaps even spiritual. The Republic of Texas was an ephemeral empire. Like the spring bluebonnets, it bloomed, blossomed, and blanchd with the sands of time. But also like the state flower, its scent lingers in the hearts and imaginations of every Texan. A moment ago I referred to Texas nationalism. Many outside the state would, no doubt, find that remarkably pretentious, but those who live here understand the truth of it. Texas existed as a nation for ten years; Texans got used to the idea; and nationalism is a difficult habit to break. The novelist John Steinbeck perhaps said it best:

"Texas is a state of mind. Texas is an obsession. Above all, Texas is a nation in every sense of the word."

March 2 is a day to celebrate our distinctiveness. Not that we are better than folks from other states, but just because we are different.

In response to whether Tejanos should celebrate Texas' separation from Mexico, Dr. Harvey has this to say:

"You bet! Even as early as 1835 Tejanos were distinctive from other Mexicans. The ranching culture that developed in Texas produced its own clothing, its own music, its own customs, and its own food. Gringos call it "Mexican food," but all one has to do

to put the lie to that assertion is to eat the food in the interior - or try to. It is rather bland and not nearly as good as the Tejano food (we might as well call it what it really is) right here at home. We sometimes call it Tex-Mex, but in truth, it's all Tex and precious little Mex. It is found nowhere else on earth. How many things might we say that of? Tejano music is not Mexican; it is not American. It is Texan and is found nowhere else on earth. Tejanos also speak a variety of Spanish called Tex-Mex. But try using it in Mexico City, or worse yet, in Seville. Again, it is a unique language and is found nowhere else on earth. Truth is if you're a Texan - be you brown, black, white, yellow, or red - you don't rightly belong anywhere else. Steinbeck nailed that too. "A Texan outside of Texas is a foreigner," he observed. That applies to Tejanos as much as, probably more than, other Texans. After all, whose family has lived here the longest?"

To read Dr. Harvey's entire Independence Day speech, go to <http://www.texianlegacy.com/march2.html>

To read the Texas Declaration of Independence document, go to <http://www.lsjunction.com/docs/tdoi.htm>



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Why Acupuncture?

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
 2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
 3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
 4. Patients prefer a natural, holistic medical approach to healthcare.
- Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

DOES IT HURT?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may

not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

WHAT ARE THE MAIN OBJECTIVES OF ACUPUNCTURE TREATMENT?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.

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WHAT DOES THE WORLD HEALTH ORGANIZATION SAY ABOUT ACUPUNCTURE?

The World Health Organization (WHO) updated their list of conditions, symptoms or illnesses that may be treatable with acupuncture. The list of indications for acupuncture includes over 100 conditions, including lower back pain, neck pain, sciatica, tennis elbow, knee pain, periarthritis of the shoulder, sprains, facial pain, headache, dental pain, temporomandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus, morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, biliary colic, depression, acute epigastralgia, peptic ulcer, acute and chronic gastritis, etc.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.

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