



APRIL 2016 + VOLUME 9, ISSUE 4

A Newsletter for the Residents of Legend Oaks II



APRIL EDITORIAL

If you still have holes that need to be filled, grass that needs to be replaced, or broken sprinklers from the Karma invasion of our neighborhood, the person to contact is James Riggs (james.riggs@karmafieldservices.com).

In addition to Welcome New Neighbors and Teenage Babysitters, this issue of the newsletter includes an update from the Legend Oaks Neighborhood Association Board, two articles from Legend Oaks neighbors, and an article on Earth Day.

Thanks to the two neighbors who submitted articles! Do you have a concern or helpful advice that would be of interest to neighbors? If so, please consider writing an article for the newsletter. The newsletter is submitted to Peel a month in advance, so if you are sending information about an upcoming 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!

WELCOME New Neighbors!

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

Brian and Pamela Piatt
6805 Debcoe Dr.

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.

NEWSLETTER INFO

NEWSLETTER

Articleslegendoaks@peelinc.com

PUBLISHER

Peel, Inc.....www.PEELinc.com, 512-263-9181
Advertising.....advertising@PEELinc.com, 512-263-9181

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*If anyone would like to join a committee, they can contact
legendoaks2.nikkatate@gmail.com*

LOA2 Neighborhood News

Abigail Norman, Board of Directors LOA2

WELCOME to Maria Bergen (mariablegendoakshoa2@gmail.com) who has stepped in to fill Nikki Tate's place on the board.

Pool Updates

Maintenance

Residents may have noticed work happening at the pool in February. Our pool plaster was worn out and needed to be redone before the 2016 pool season. The board reviewed 3 bids and decided to move forward with Austin Pool Pros. Austin Pool Pros installed a quartz base that will be under warranty for 7 years, and will also be taking over responsibilities for the lifeguards and pool maintenance this year.

Pool Opening

As of the content deadline for the newsletter, the official pool opening date has not been set. With this warm weather, it may be early this year! Check NextDoor or the neighborhood Yahoo! group for an announcement on the official opening date. As a reminder, all residents will be required to sign the 2016 pool waiver before their pool key is activated for the season. The waiver will be posted online at <http://hoasites.goodwintx.com/loh/Home.aspx> under Amenity Access. To use the pool when lifeguards aren't present, residents must meet the requirements outlined in the pool rules AND sign the "Additional waiver to grant use of pool during non-guarded hours" portion of the waiver form.

Committee participation encouraged!

Have an improvement you would like to see in the neighborhood, or a great idea you want to implement? Consider joining a committee, or creating a new one. Working together is a great way to get involved in improving our neighborhood, and it doesn't have to be a huge time commitment.

Oak Wilt Awareness

There are still a few months left in Oak Wilt season. Try to avoid pruning your oak trees between February 1 and June 30. If you must prune due to storm damage or other, clean your pruning tools between each cut and immediately paint fresh wounds. If you are hiring a company, be sure to ask them about their policies. Visit <http://texasoakwilt.org/> for more information.

Tribute to Jim Turney

Longtime resident and creator and champion of Convict Hill Quarry Park, Dr. Jim Turney, passed away from cancer on Sunday, March 6. Dr. Turney spent many years dedicated to the ongoing enhancement of Convict Hill Quarry Park. For his many years of volunteer service to Legend Oaks and Oak Hill, Dr. Turney was recognized in May 2015 with a Service Award from the Legend Oaks Board of Directors, and in June 2015 he received a Distinguished Service Award from the Austin City Council.

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**Based on 2014 residential home sales through Austin Board of REALTORS.*

Five Healthy Choices You Can Make Right Now For A Healthier You

Kitt McKillop, ACE Certified Personal Trainer

I don't know if you can identify with this, but I would push myself in the evenings to stay up as late as I could to finish a task or a project. When my alarm went off in the morning, I would feel like I had just closed my eyes, and as though I was already running behind! It was not a good way to start the day! Here are some tips to help reduce stress and get better sleep, which is the foundation to a healthy lifestyle:

- Don't use electronics before you go to bed! According to the National Sleep Foundation, the light emitted from a smartphone or tablet is enough to disrupt our circadian rhythms (sleep pattern) and promote wakefulness, when we really should be trying to settle in to sleep. (<https://sleepfoundation.org/ask-the-expert/electronics-the-bedroom>)
- Replace sugary drinks with water. On average we should be drinking ½ to 1 oz. of water per pound of body weight every day. Water will jump start your metabolism and helps with proper kidney function. http://www.cnpp.usda.gov/sites/default/files/nutrition_insights_uploads/Insight27.pdf)
- Do some stretches in the morning:
 1. Sit on the side of your bed, arms straight out laterally, and draw small circles forward and then small circles backward. Some people refer to this as a "windmill." Circle your arms for three to five repetitions in each direction.
 2. Either sit on the side of your bed or in a chair, with your feet flat on the floor, or you can stand feet hip width apart. Turn your torso slowly to the right, come back to center, and turn slowly to the left, come back to center. Repeat three to five times.
 3. Finally, stand with your hands on your hips, feet hip width apart or slightly wider. Bend at your knees, in a squat, keeping your back straight, neck in a neutral position, eyes looking straight ahead. Only go down as far as you are comfortable. You can hold on to a side table for stability. Repeat this three to five times. If you experience any pain or discomfort, stop immediately and consult a medical professional.
- Deep Breathing Exercises- Deep breathing is great for relaxation throughout the day and is very simple to do. Here's how: Breathe in through your nose, filling up your lungs and allow your belly and your breast bone to expand out. Hold the breath for a count of four, and then release slowly out through your nose. Repeat three to five times. If you experience any pain or discomfort, stop immediately and consult a medical professional.
- Take a five-minute walk. It is recommended that adults between the ages of 18 - 64, get approximately 2½ hours exercise a week. That can feel like an overwhelming task for someone who is not used to daily, structured activity. So, start with something manageable, take a walk around your neighborhood in the evening, maybe after dinner, with your family or a neighbor. Start with five minutes, and then increase your time as it becomes more comfortable for you.

Not only are you getting exercise, you are spending quality face time with loved ones, an extra bonus! (<http://www.choosemyplate.gov/physical-activity-amount>)

That's it! There's your start! I would recommend keeping a journal about your changes, track not only what you are doing each day, but also how it is making you feel. I have a feeling you will be surprised!

About the author- I am a wife and mother with two children. The day-to-day grind of work/school/after school activities/homework/dinner, left me drained and stressed at the end of the week. I knew that exercise was a great stress reliever; however, I had never played sports as a kid, so I was extremely intimidated by the idea of working out in a gym and had no idea how to start any kind of work out program. I decided to try anyway and discovered an unknown passion. My workout time is my oasis. I became an ACE Certified Personal Trainer because I want share the gift of health with others who may have similar fears or intimidation. A healthy body and lifestyle are attainable for anyone who wants it. My goal is not to make you feel ashamed or judged. My goal is to help you figure out where you are, where you would like to be, and how to safely and effectively get there.

REGISTRATION NOW OPEN FOR SWIM LESSONS

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Hello, Neighbor!

Chances are pretty good that you don't know me. And I don't know you.

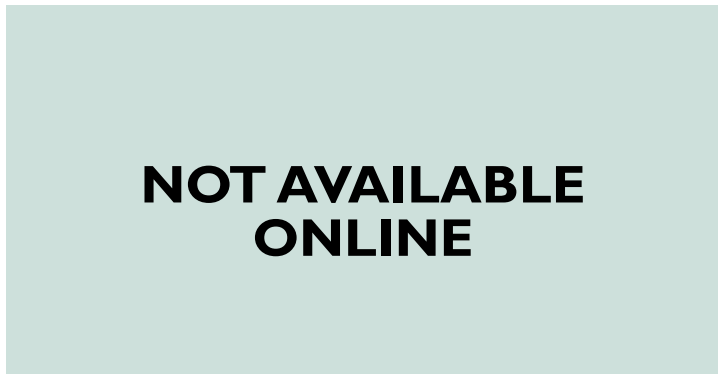
Some neighbors are outgoing, some not-so-much. I fall into the 2nd category.

I'm still a good neighbor, mind you. I say 'hello' to those I see. And herein lies the issue. I was brought up to say 'hello' or 'good morning' to people I pass. It's just ingrained in me. But it seems to me, when I pass a person on the street, I'm always the one who says "hi" first. And even at that, not everyone returns my greeting. I understand when two people are walking and in deep conversation; just a simple nod or wave still works.

Now this isn't an official statistic, but I'd say over 50% of the time someone doesn't greet me back or look at me. What's with averting our eyes? If you've been to smaller towns, you've experienced friendly people who make eye contact and offer a simple greeting. It's the right thing to do.

So I challenge you to say hello/nod/wave first on your walk, jog, or bike ride. Heck, even at the mailbox it's an ideal time to acknowledge a neighbor. You can bet I'll say 'hello' back.

Signed: Your Neighbor



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GO PAPERLESS**

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Earth Day

Janet Rourke

Earth Day is an annual worldwide event held on April 22 to demonstrate support for protection of the environment. It started in 1969. Peace activist John McConnell proposed a day to honor the earth and peace at a UNESCO conference in San Francisco to be celebrated on March 21, the first day of spring. A month later, U.S. Senator Gaylord Nelson held a separate Earth Day on April 22, as an environmental teach-in.

Twenty million Americans were activated, and the Clean Air Act, Clean Water Act, Endangered Species Act, and other legislation passed shortly thereafter. Denis Hayes, who was the original national coordinator in 1970, took it international in 1990 and organized events in 141 nations, making Earth Day the largest civic observance in the world. Nelson was awarded the Presidential Medal of Freedom Award in recognition of his work.

On the website www.earthday.org, you can find out how you can take action. Earth Day actions are pretty simple, you can: sign a petition to encourage government leaders to phase out carbon; eat less meat to reduce greenhouse emissions; compost kitchen waste, grass clippings, and leaves; switch to alternatives to reduce the amount of disposable plastics going to landfills; take an Ecological Footprint Quiz to learn how to reduce your impact on the planet; buy local produce; stop junk mail – save a tree; and sign a pledge to recycle electronic devices that are thrown in landfills and polluting the environment.

The Austin Earth Day Festival is being held on Saturday, April 23, from noon – 7 pm, at Browning Hanger, 4550 Mueller Central Drive. Asleep at the Wheel will provide the entertainment. A rally for Austin Zero Waste Goals will include an aerial photo. Informational sessions include: Greening Your Home: Easy Changes with Big Impact; Recycle: It Makes Cents; Climate Talks Now! Paris to Austin to??; Austin 2050: Green Tech Futurist Dreams; and Save the World with your Next Bite. There will also be vendors to explain how their products can help you become more Earth friendly!

Whether you go to the Earth Day Festival or do one or all of the activities on the Take Action page of the Earth Day website, let's remember on April 22 that our Earth is precious and needs everyone's help to sustain it for future generations!

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EXTENSION

Honey Bee Swarms

Honey bees are beneficial by producing honey, wax and pollinating crops. With warmer temperatures, honey bees are becoming more active and may soon begin to swarm.

Honey bee swarms look like a large clump of bees clustered together. The swarm may stay in a location from a few hours to a week. Swarms are produced as a part of the colony's reproductive process. An established colony produces a new queen, causing the old queen and half the worker bees to leave the colony to search for a new nesting location. Swarming honey bees are usually gentle and unlikely to sting. Swarms are not protecting their home, food or offspring. Scout bees are sent out from the swarm to search for a nesting site. Colonies produce comb and honey and are defensive. Bees from a colony are more likely to sting as they are guarding their home, food and offspring.

Sometimes, honey bee colonies can be found in wall voids, chimneys, attics or sheds. If bees are in a wall void, DO NOT block their entrance; this makes them search for another way to exit and could lead bees into the structure. To keep bees from entering a home, seal any holes found in walls where pipes enter the home, cracks in window framing, knotholes, weep holes, or cracks between wood and brick junctures.

While many enjoy having honey bees around, some people are severely allergic to their venom. This, along with other situations, such as bees located near sensitive areas (such as playgrounds) may require removal or even extermination of the bees.

People should NOT try remove or exterminate bees on their own. Beekeepers and pest control companies have equipment to carry out these jobs in a safe manner. The city or county does not provide bee removal services.

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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