



JUNE 2016

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VOLUME 9, ISSUE 6

A Newsletter for the Residents of Legend Oaks II

JUNE EDITORIAL

Janet Rourke

Happy Father's Day!

This month's newsletter includes an article on Nutrition Basics submitted by neighbor Kitt McKilliop.

Anonymous Neighbor submitted an article on being Dog Friendly. (I have to admit I have one of those yappy dogs Anonymous talks about in her article. I can't control her barking if someone comes to my door or there is a squirrel in my backyard. She just looks at me like I'm crazy when I say "No bark!" Fortunately, she only barks until the squirrel moves on to the next yard or I bring her in the house.)

Need fun things to do with your kids this summer? Check out the article on Summer Fun with Your Kids.

Wizzie Brown with the Texas AgriLife Extension Service has submitted an article on Fleas and how to manage them. There is also an article on local non-profits that could use your help.

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 10th 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:

Casey & Claire Billy
6808 La Concha Cove

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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Nutrition Basics

Kitt McKillop, ACE certified Personal Trainer

As personal trainer, one of the questions I get asked most frequently is about nutrition. Nutrition is the key component to a healthy mind and body; cardio, strength training, and other physical activities complement a healthy diet, but if you don't have a healthy diet as your foundation, you will not have success achieving the health goals you may have in mind. In this article, I will break down the basics of a good nutritional foundation. As a personal trainer, it is within my scope of practice to be able to discuss general nutrition information and education; however, consulting your physician or a registered dietitian for specific dietary requirements or meal planning is always recommended.

The building blocks of nutrition are the macronutrients- carbohydrates, protein, and fat, and micronutrients- vitamins and minerals, combined with appropriate hydration.

Macronutrients:

- Carbohydrates, the body's preferred fuel source, break down into sugar. Carbs have gotten a bad rep with recent diets; however, carbs aren't the bad guys, it's really when you eat too many carbs that the body converts the sugars into fat for long-term storage - that is where things can get a little out of hand. Carbs are found in breads, pastas, cereals, fruits, and vegetables. The best way to provide your body with important carbohydrates is via a combination of whole grains, brown rice, and fruits and vegetables.
- Protein forms the brain, nervous system, blood, muscle, skin, and hair. It transports important vitamins, minerals, fats, and oxygen throughout the body. Antibodies are made from protein. Animal products and soy are the only sources of complete protein (containing all the essential amino acids.) We can obtain complete proteins by mixing and matching complementary plant protein sources.
- Fat performs critical functions within the body, including insulation, cell structure, nerve transmission, vitamin absorption, and hormone production. Like carbohydrates, fat has a pretty bad reputation, largely due to American's over consumption of fat. It is important to stay away from saturated fat and trans fats, which lead to clogging arteries and increased risk for heart disease. Instead try to use more monounsaturated fats (olive, canola and peanut oils) and polyunsaturated fats (corn, safflower, soybean oil, and cold water fish).
- Micronutrients are nutrients needed in small amounts, but when we are consuming the proper amounts, they are key to optimal health and body function.
- Vitamins - We need 13 different vitamins, all of which are found in foods. Eating a wide variety of fruits and vegetables can provide you with the vitamins we need. Eating a variety of colors or "eat the rainbow" is a good rule of thumb, dark greens, purples, oranges and reds provide us with a wide variety of benefits.
- Minerals regulate enzymes, maintain acid-base balance and

(Continued on Page 5)

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ASHLEY AUSTIN
HOMES

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

LEGEND OAKS

(Continued from Page 4)

assist with strength and growth. Minerals can be found naturally occurring in the body, like sodium, calcium and iron, etc., as well as, in food.

Water- As you have read in my previous articles, water is as critical as oxygen. It is the single largest component of the human body, comprising 50 to 70% of our body weight. Water regulates our body temperature, protects our organs, and helps with nutrient absorption.

Now that we understand the building blocks of nutrition, what's next? It is important to really understand your starting point. I always recommend for clients who are starting out to keep a food log, without thinking about it too much, just write down everything you eat and drink in a day, do this for a minimum of 3 days. Next, identify where the majority of your calories are coming from, are they mostly grain carbs, and fat or are you consuming too many sugary beverages? The challenge is finding a way to replace some of the less healthy items, with more healthy choices, in a way that will feel sustainable for you. The U.S. government recommends that Americans eat 9 servings of fruits and vegetables a day. I would imagine that that is difficult for a lot of us. What I recommend is imagine drawing a line down the center of your plate, one half should be fruits and vegetables, and the other side should be divided into half, one side is protein and the other is a grain.

You can utilize the website: www.choosemyplate.gov to help you determine your specific calorie needs and for food and nutrition resources. This website provides you with lists of healthy food combinations. I also recommend downloading a food tracker app to your smartphone, some of them will allow you to scan barcodes of food packages, to help you determine how that food will fit into your daily caloric intake.

Start with small changes, I recommend choosing one meal (breakfast, lunch or dinner) and focus on making changes to that meal, try to stick to that new meal for a week, then focus on the next meal. In addition, if you have a habit of drinking sodas or sugary drinks, replace one a day with water, add some lemon, lime, cucumber or mint to your water to make it less boring. And as always, keep moving!

References:

www.choosemyplate.gov

http://health.gov/dietaryguidelines/2015/resources/DGA_Recommendations-At-A-Glance.pdf

Ace's Essentials of Exercise Science for Fitness Professionals, Copyright 2010, 2011, 2012 American Council on Exercise



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Summer Fun with Your Kids

Janet Rourke

Looking for fun things to do with your kids this summer? Check out the following:

Austin Zoo (austinzoo.org)

10807 Rawhide Trail, Austin 78736, 512-288-1490

Non-profit zoo with over 350 rescued animals - lions, tigers, monkeys, and reptiles. Includes a petting zoo with goats, deer, sheep, and llamas. A 20-minute train ride allows you to see emus, alpacas, and longhorns.

Austin Steam Train Association

(www.austinsteamtrain.org) 401 East Whitestone Blvd, Austin 78613 512-477-8468

Ride a real vintage passenger train. Trip takes about 3 hours. Themed rides offered throughout the year.

Blazer Tag Adventure Center (www.blazertag.com)

1701 W. Ben White Blvd, Austin, 512-462-0202

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Chapparral Ice Center (www.chapparralice.com)

2525 Anderson Lane, Austin, 78757 512-451-5012

Indoor ice-skating rink. Skate rental available. Free one-time 30-minute introductory class for beginners age 6 & up on Saturdays at noon.

Dinosaur Park (www.thedinopark.com)

893 Union Chapel Road, Cedar Creek, TX 78612 512-321-6262

Realistic life-size dinosaurs in a park setting. The walk through the park takes about 45 minutes. Bring a picnic, as there is not a concession stand.

Jourdan-Bachman Pioneer Farms (www.pioneerfarms.org)

11418 Sprinkle Cut Off Road, Austin 78754 512-837-1215

Living history museum that shows what farm life was like in the 1800s.

Jump USA Trampoline Park (www.jumpusapark.com)

10601 N. Lamar Blvd, Austin 78753 512-838-6200

40,000 square feet indoor sports and recreation center. Large trampoline, dodge ball court, indoor pool with floating hamster balls, bounce houses, and game arcade.

Kiddie Acres (www.kiddieacres.com)

4800 Howard Lane, Austin 78728 512-255-4131

Old fashioned amusement park on 5 acres. Includes carousel rides, Ferris wheel, pony rides, miniature train, 18-hole miniature golf course. Geared to toddlers and young children.

Millennium Youth Entertainment Complex (www.myec.net)

1156 Hargrave St. Austin 78702 512-472-6932

Owned by City of Austin, 154-seat movie theater, 16 lane glow-in-the-dark bowling alley, video arcade area, food court, 12,500 foot roller skating rink.

Mt. Playmore (mtplaymore.com)

13609 North IH 35, Austin, 78753, 512-989-8886

3000 foot playscape, arcade, restaurant with healthy food choices. Large toddler only area with age appropriate toys, activities, and play elements.

Playland Skating Center (playlandskatecenter.net)

8822 McCann Dr., Austin, 78757 512-452-1901

Largest roller skating rink in Austin. Wooden skating rink with light show, fog machine, disco ball, and sound system. Admission includes skate rental. Includes indoor playground.

Thinkery Austin Children's Museum (thinkeryaustin.org)

1830 Simond Ave., Austin, 78723 512-469-6200

Museum that helps kids learn with hands-on exhibits. Activities to interest kids from infants to 11 years old. Special play areas for infants and toddlers.

Texas Memorial Museum (tmm.utexas.edu)

2400 Trinity St., Austin, 78705 512-471-1604

Natural history museum located close to LBJ Library. Includes dinosaurs and fossils, Texas wildlife, and gems and minerals. It has a gift shop with lots of fun and interesting gifts for kids.



**NOT AVAILABLE
ONLINE**

Dog Friendly

Anonymous Neighbor

I like dogs. Though I don't currently own a dog, I still like dogs. I just travel too much and couldn't do that to a dog. I know they can be the ideal family member - loyal, caring, and therapeutic.

But here's the thing: If you have a dog, you need to remember that your dog doesn't know me. When you walk your dog, please put your body between your dog and me. I was jogging with my brother once. We passed a neighbor's dog, who looked at me, but bit through my brother's shirt and broke skin.

Have I been bitten before? Twice. Once when jogging, once when riding a bike. Both times I had stitches. So you can imagine that even though I like dogs, I'm not very trusting of them, even when their owner says, "Oh, she doesn't bite."

When did it become acceptable to let our dogs bark nonstop? I've seen folks having a conversation on the street while holding onto the leash of their dogs and just talking louder over the barking. And barking dogs in our neighborhood is a given. But do dog owners eventually no longer hear their dog barking in the backyard? There's a neighbor who lets their dog stay in the backyard and bark at everyone going to the mailbox or walking past their backyard fence. Then there's the neighbor who keeps her window open and lets the dog sit by it and bark nonstop. Surely dogs can be trained to give a warning and then cease.

Don't we have a leash law? I understand dogs need to stretch their legs, and there are places for that. But our local neighborhood parks and trails are not those places. Countless times I'll be on a trail and a dog runs up to me. When a dog is running at you, you don't have time to see if it is friendly. It would be a shame if a dog was maced because the owner wasn't responsible enough to have the dog on a leash. I don't blame the dog; I blame the owner.

Just the other day I was jogging in the neighborhood and someone was in his garage. His dog ran out of the garage and into the street where I was jogging. She ran right at me. I yelled, "call your dog," but the owner said, "Oh she doesn't bite." How do I know that when the dog is running towards me?

And dogs in restaurants and stores? If you need to bring your dog with you to a restaurant, Home Depot, Academy, ..., please keep them on a leash and don't let them bark at me. I get enough of that going to my mailbox.



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Fleas



Fleas are ectoparasites and females require a blood meal to produce eggs. After feeding on a host, females can produce about 30-50 eggs per day

that fall off the host animal and into carpeting or other areas of the home or outside in areas where the animal frequents. Larvae feed on organic matter as well as partially digested blood excreted by the adult fleas. After fleas pupate, they hatch out of the cocoon in about 2 weeks, but pupae can remain dormant for up to 5 months waiting for a host.

A proper flea management program has two parts- managing fleas on any pets and managing fleas in the environment. A veterinarian should be consulted about flea control for pets; there are numerous products on the market that work well. Grooming the animal with a flea comb or bathing can help reduce flea numbers. When you find fleas on a pet, you most likely will need to treat the pet, inside the home and the yard. Treatment should be targeted to areas where the pet likes to hang out.

Fleas found in and around homes that do not have pets may be coming from wildlife. The attic and crawl spaces should be inspected to see if wildlife has moved into the area, bringing fleas with them. Wildlife should be removed with traps and the area treated with an insecticide labeled for fleas. After wildlife is removed, the area should be sealed so that wildlife cannot move in again.

It is also possible for new homeowners with no pets to have fleas. This usually results from previous owners having pets. Fleas can remain dormant for several months and become active again when they sense vibrations from hosts.

Inside, vacuum regularly, getting under furniture and along baseboards to reduce flea eggs, larvae and pupae. Place the vacuum bag in a sealed plastic bag and throw away in an outdoor garbage can at least once a week so fleas do not hatch out and re-infest the home. Wash pet bedding in hot water. Bathe pets regularly and use a flea comb to remove fleas. Avoid walking pets in known flea infested areas.

Outside, pesticide treatments should target areas where pets frequent. Full sun areas do not need to be treated as fleas will not remain in these areas.

When treating for fleas, you need to treat at least two times. The second treatment should occur 10-14 days after the initial treatment.

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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Extension programs serve people of all ages regardless of race, color, religion, sex, national origin, age, disability, genetic information or veteran status.



Helping Our Neighbors This Summer

Many neighbors across Central Texas can use an extra hand. These simple acts of kindness can make the world of difference for a mom, senior, or child. Find an organization that you can do good for today, such as these four local non-profits:

SafePlace- This shelter for women and children who are escaping abuse can use many things you likely have hiding unused in a closet or cabinet. For example, clean out your shoes, clothing, purses, wallets, twin sheets/blankets, and even dishes and flatware. You can deliver these items to 1515-A Grove Blvd. Check their website for hours: www.safeaustin.org.

Any Baby Can - With a variety of programs, classes and support groups for children and families, Any Baby Can can use help with supplies, including copy paper (white and color), preschool art supplies, gently new or used nursery equipment, high chairs, educational toys, and even safety gates. More information can be found at <http://anybabycan.org/contact-us/>.

Austin Diaper Bank - This organization accepts diapers of all kinds and sizes, even opened packages, and provides them to over 45 different social service agencies across Central Texas. They also accept new packages of wipes and diaper creams. Children and seniors benefit with this gift of good health. There are several drop-off locations around the metro area: <http://www.austindiapers.org/p/drop-off-locations.html>

AGE of Central Texas' Health Equipment Lending Program (HELP) - Unneeded medical equipment can be transformative when it is passed on. The HELP program loans a variety of health and mobility equipment for free to seniors and those in need. Some of the most in-demand items are wheelchairs, shower chairs, and adult incontinence products. For more information, including their hours, check their website: <http://www.ageofcentraltx.org/help.php>.



The Heart Gallery

At ages 13 and 14, Tikia and Lamound have found themselves searching for an adoptive family. Tikia and Lamound want to be engaged in something fun and meaningful, and they want to feel like they're part of something. Whether singing, dancing, playing outside, or going on adventures, Tikia and Lamound's vibrant energy will light up a room. Tikia and Lamound are looking to expand their bonds of love with a forever family.

The Heart Gallery of Central Texas is a project designed to promote and encourage adoptions from foster care and to provide an opportunity for waiting children to be discovered by potential families. There are no fees to adopt from the foster care system regardless of which agency you work with. There is only one pool of children, and they are all in CPS care, every licensed agency has the ability to assist in adoption of any foster child in Texas. Learn more here: www.heartgallerytexas.com



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Bring the World into Your Home



Ayusa International, a non-profit organization that has promoted global learning and leadership through high school student cultural exchanges for more than 35 years, is launching its annual search for families in Houston and the surrounding area interested in hosting international students for the 2016-2017 school year.

Ayusa host families who volunteer to open their home to exchange students contribute to the global community as public diplomats for greater international understanding. Each host family and student creates a lasting relationship that spans the cultural differences between their two nations.

The Bray Family from Houston has been hosting two students this year, Mahau from France and Genzo from Japan. Both students have been attending Mayde Creek High School this year. The Brays have six children of their own but feel that hosting exchange students is “probably one of the best decisions our family has ever made,” according to host mom April Bray. “[The students] quickly become a part of your family and it's always a great feeling to see their eyes light up when they experience something for the first time or hear the excitement in their voices when they tell you about a new friend they made at school. Your children also get to gain another brother or sister and it's always fun to see them trying to learn your exchange student's language or customs. For us, there is no greater feeling than watching our exchange students succeed and grow and being able to share our culture and learn more about theirs.”

The students have also been having a wonderful experience with the Bray family. Genzo shares, “My host family is so nice to me and I feel like this family is the home I can go back to. They make me feel like I'm loved by them. Of course you can share your culture and learn the language but more importantly, you can experience the other family that you love.” His exchange “sister” Mahau says, “It's crazy how much you can love people you didn't know 10 months before. Every day they make my exchange year super great. I consider them like a member of my family. They are the reason why I enjoyed every single day of my new life.”

Ayusa works with diverse families who are interested in hosting an international student of high school age. Families without children, empty nesters, military families, retirees, and single people are all welcome. Ayusa families come from all over the country and reside in rural, suburban and urban communities.

“Houston is a popular destination for Ayusa exchange students in the U.S.,” says Heather Wells, Ayusa Regional Manager for the Southwest. “Host families love to share the diversity and history of Houston. It's such a fun area to live in, with activities and things for students to experience, from music and sports to outdoor activities and delicious Tex-Mex!” She continues, “If you have ever wanted to learn about a new culture while sharing life in America, I encourage you to give us a call or check out our website to learn more about how you can create an international friendship that lasts a lifetime!”

Host families provide the exchange student with three meals a day and a bedroom (private or shared). A professionally trained Ayusa representative supports each host family, student, and local school throughout the program year. Ayusa's exchange students are 15-18 years old and come from more than 60 countries around the world. Students are fully insured, bring their own spending money, and are proficient in English.

How to Host an International Student

Interested families can learn more about the program and available exchange students and request additional information by visiting <http://www.ayusa.org> or calling 1-888-552-9872.

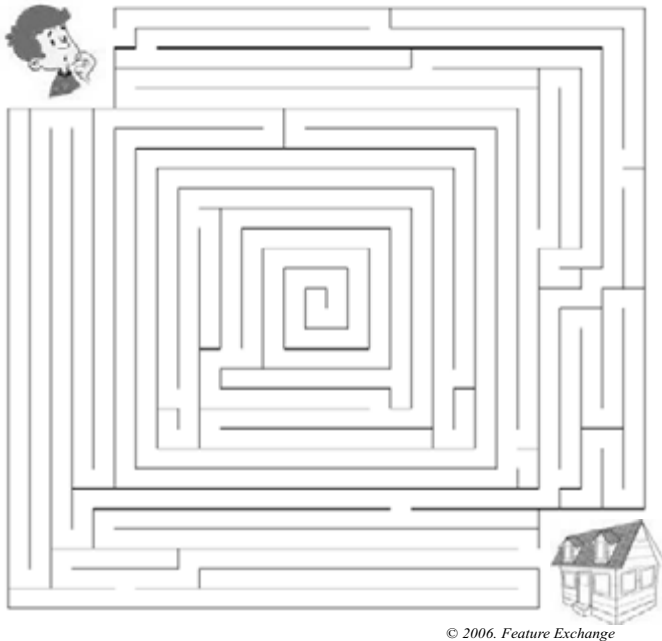
The process to apply is simple. Families complete the online application, which includes questions about themselves and local high school, references, and a background check. The local Ayusa Community Representative conducts an in-home interview. They can also help each family with any questions they may have about the application or process.

After families are fully approved, they can select the Ayusa student they would like to host.

LEGEND OAKS

Kidz Maze Mania

Help Johnny find his way home!



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