



AUGUST 2016

VOLUME 9, ISSUE 8

A Newsletter for the Residents of Legend Oaks II

August EDITORIAL

Janet Rourke

This month's newsletter updates information on teenage babysitters and new neighbors.

An article on Labor Day explains how this holiday started. A 12-step plan to improve your health is described in Integrated Nutrition. And you can learn how to identify and get rid of chinch bugs in an article from the Extension Service.

Austin is a compassionate city – this was declared by the City Council back in April. Are you curious about what this means? If so, read the article on Compassion Neighborhood Watch! You can also find out about "Peace Day Austin" in September.

Just a reminder: If you've got gunky looking stuff in your bird bath, it's probably mosquito eggs. By dumping out and refilling bird baths frequently, we can keep the mosquito population down in the neighborhood. This applies to any standing water in your yard.

The city recently included a flyer in the electric bill that said it is the homeowner's responsibility to keep public right of ways (streets and sidewalks) clear of tree limbs, plants, and other vegetation. Tree branches should be trimmed 8 feet above the sidewalk and 14 feet above the street.

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:

Mooliman Lightfoot

Aaron Coffey

Shawn & Stephanie Stoller

Carl J. & Kristin A. Eller

Steve & Sylvia Crossland

Michael V Croy.

Paul & Esther Rollins

8206 Cheno Cortina Trail

6500 Clay Allison Pass

6710 Debcoe Drive

6604 Oasis Drive

7100 Quimper Lane

8003 Siringo Pass

6311 Zadock Woods Drive

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.

NEWSLETTER INFO

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Labor Day

By Janet Rourke

Lar Day is the first Monday in September. It honors the American Labor movement and the contributions workers have made to the strength, prosperity, and well-being of our country.

During the mid to late 19th century trade union and labor movements grew around the world. These movements demanded better working conditions, an 8-hour work day, and stopping child labor. To celebrate workers, trade unionists proposed a day be set aside to celebrate labor. In 1887, Oregon was the first state to make Labor Day a holiday. By the time it became a federal holiday in 1894, 30 U.S. states officially celebrated Labor Day.

The Pullman Strike precipitated legislation to declare Labor Day a national holiday. Railroad workers across the nation went on strike for better working conditions, causing a halt in passenger and freight traffic and stopping mail delivery. President Grover Cleveland called in the Army and US Marshalls Service to bring the strike to a halt. Violence broke out in many cities, people were killed, and the strike collapsed. At the end of the strike, the U.S. Congress unanimously voted to approve legislation to make Labor Day a national holiday, and President Cleveland signed it into law six days later.

The first proposal for the celebration of Labor Day included a street parade followed by a festival for workers and their families. This became the pattern for Labor Day celebrations. Speeches by prominent figures came later.

Labor Day not only celebrates working men and women and their contributions, it also signifies the unofficial end of summer. School starts, fall sports begin, and many retailers hold large sales. It used to be the last day it was acceptable to wear white or seersucker clothing, although this fashion dictate seems to have been disregarded in recent years. The weather starts to get cooler, leaves change color, sunflowers are in full bloom, pumpkins are harvested, and the fall/winter holidays are just around the corner. It is my favorite time of the year!

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

INTEGRATIVE NUTRITION

By Janet Rourke

I'm into nutrition - I read everything I can find on nutrition. One of the books I've read recently that seems to put it all together in an easy to understand way is Integrative Nutrition by Joshua Rosenthal.

In the book, Rosenthal talks about bio-individuality. This means is that the diet that works for me won't necessarily work for you. He talks about paying attention to how your body reacts to different foods. How do you feel right after eating a food? How do you feel two hours later? What foods make you feel light and energetic? What foods make you feel sleepy and sluggish. Use this as a guide to determine the best diet for you.

Rosenthal talks about processed foods and how they impact our bodies, gives a description of the different types of diets that are out there – advantages and disadvantages, explains what cravings mean, and gives a 12 step diet plan to improve your overall health.

Rosenthal's 12 step plan:

- Drink more water. (Most people don't drink enough water. Dehydration can be the underlying cause of some conditions.)
- Practice cooking at home. (You can control what goes in the food you eat if you cook it from scratch at home.)
- Experiment with whole grains. (Whole grains provide nutrients we need and have been the central element of diets since we settled into agrarian communities.)
- Increase sweet vegetables. (Instead of processed sugar, add naturally sweet carrots, beets, sweet potatoes, ... to your diet.)
- Increase leafy green vegetables. (Greens (lettuces, chard, collards, kale, ...) provide many nutrients and strengthen our circulatory and respiratory systems. Experiment with greens and add the ones you like to your diet.)
- Experiment with protein. (How much and what type do you need to make you feel good. Check how you feel after eating different proteins. Finding the optimum protein intake for your individual body is the key to a balanced, healthy life.)
- Eat less meat, dairy, sugar and junk foods; consume less coffee, alcohol and tobacco. (Most people feel more energized when these foods are reduced in their diet.)
- Develop easy and reliable habits to nurture your body. (What makes you feel nurtured? A massage, bubble bath, meditation, morning coffee in a quiet house, ... Find ways to do the things that make you feel nurtured on a daily basis.)
- Have healthy relationships that support you. (Think about what you need. Find ways to love and nurture yourself, then express your needs to others. Let go of (or reduce contact with) relationships that don't serve you.)
- Find physical activity you enjoy and do it regularly. (Don't enjoy working out at the gym? Think about what you loved to do as a child – bike, hike, jump on a trampoline – and try to incorporate these activities in your life. Don't have time to work out? Think of ways you can get more exercise in the things you do every day – take

the stairs instead of an elevator, park further away from your office, the grocery store, the library... Daily movement is important for digestion, assimilation, circulation, and respiration.)

- Find work you love or a way to love the work you have. (Do you need to rearrange your work space, be more organized, avoid certain co-workers? Can you make your work more interesting?)
- Develop a spiritual practice. (It may mean embracing the religion of your birth, exploring new religions that you find more meaningful, or just taking a walk in nature and connecting with the universe.)

The 12 steps are general principles – you can find them recommended in many different sources. Rosenthal says you don't have to make apply all these steps at once. Or even make all of them. Just by choosing to make one change, you may notice a significant improvement in your energy level and general health. As your energy level improves, you may want to make another change. The 12 steps are not a short-term diet, they are long-term lifestyle changes that can help you have a happier, healthier life.



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Neighborhood Compassion Watch!

By Lesa Walker, MD, MPH, Founder, Compassionate Austin Movement

What does it mean to be a compassionate neighborhood? Our City Council has designated Austin as a Compassionate City by the Resolution passed April 14, 2016. Now what do we do in our neighborhoods to own and strengthen that identity?

Join in the "Neighborhood Compassion Watch"! Send in your responses to the question: "What does it mean to be a compassionate neighborhood? We want your stories of compassionate action, your goals and resolutions for good, your comments to inspire. Share them with us! We need to support and mobilize the positive! Sure, we can identify the needs we have, but let's add to that a constructive action that can help meet that need. Compassion exists in 3 key dimensions: caring for others, self, and the Earth. Do you have a recycling goal? Share it and inspire others to join you in that goal. What do you see happening in your neighborhood that makes you smile? Share it and encourage more of it. What has a school, library, business, or organization done in your neighborhood that shows compassionate action? Share it and honor the value that this brings to the neighborhood. These are just some examples of what you can share. Our day to day compassionate actions are important!

Let's create a thriving neighborhood of 3D Compassion! Send your responses, stories, comments, words of inspiration to Compassionate Austin at compassionateaustin@gmail.com. Be sure to identify your neighborhood in your email! We may be able to publish them in this newsletter or on the Compassionate Austin website or Facebook page. Also, we are looking for stories that we can highlight in Citizen Communications at Austin City Council meetings.

Breaking News! The "Peace Day Austin" celebration is coming up in September! From September 11-21, Austin celebrates the International Day of Peace and the 11 Days of Global Unity. Let's make Peace Day Austin and the 11 Days of Global Unity part of our homes and our neighborhood! Let's live peace and compassion! The Global Unity Games offer a simple and free way for you to get involved. Register NOW to access information and resources to engage your family, your neighbors and your community. Go to the Compassion Games website to sign up: <http://compassiongames.org/global-unity-games/>. From September 11-21, share what you discover in our Neighborhood Compassion Watch on the global

(Continued on Page 6)



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LEGEND OAKS

(Continued from Page 5)

Compassion Map! Let's put our neighborhood and Austin on the map!! Act locally and impact globally! The Peace Day Austin website has more information: www.peacedayaustin.org.

Announcement! Open invitation for the "3D CAM" Project (3D Compassionate Austin Mobilization) "Youth Ambassadors Program" and also student internship opportunities. Go to the Compassionate Austin website for more info: www.compassionateaustin.org. Let's engage youth from our neighborhood in creating a better neighborhood, a better Austin, and a better world!

Research shows the personal and community benefits of strengthening our compassion skills. We grow stronger in what we practice! Let's bring 3D compassion to life! We ALL are Compassionate Austin! Find out more at: www.compassionateaustin.org.

13 Things Your Dog Can Teach You

- When loved ones come home, always run to greet them.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Run, romp, and play daily.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout - run right back out and make friends.
- Delight in the simple joy of a long walk.
- Eat with gusto and enthusiasm. Stop when you have had enough.
- Be loyal.
- Never pretend to be something you are not.
- If what you want lies buried, dig until you find it.



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