

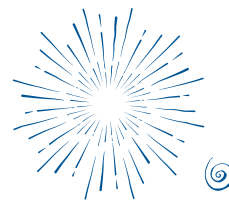


JANUARY 2017 VOLUME 10, ISSUE 1

A Newsletter for the Residents of Legend Oaks II



WELCOME NEW NEIGHBORS!



According to the Legend Oaks 2 Homeowners Association, three new neighbors moved into the neighborhood in November:

Matthew George & Jennifer Camden	6133 Jumano Lane
Kevin Shunk & Denise Thompson	6906 Telluride Trail
Arthur & Roberta DiBenedetto	6418 Zadock Woods Dr.

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:

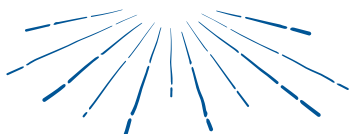
Legend Oaks 2 Digest – Email legendoaksneighbors-subscribe@yahoogroups.com. In order for your request to be approved, you need to include your street address.

Nextdoor Legend Oaks 2 – Go to www.nextdoor.com and enter your address. You will automatically be subscribed to Legend Oaks 2.



JANUARY EDITORIAL

Janet Rourke



Happy New Year!

This month's newsletter includes articles on new beginnings, peanut butter, diaper drive, and fungus gnats.

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!

NEWSLETTER INFO

NEWSLETTER

Articleslegendoaks@peelinc.com

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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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New Beginnings

By Janet Rourke

Happy New Year! Resolution time, right? Back in October there was an article on decluttering your home. If decluttering your home is one of your resolutions, this article is for you. The Feng Shui folks tell us that decluttering allows good things to flow into your life. Get rid of the old and bring in the new! Sound good? Just in case you didn't read the article or you need a reminder, here are a few tips to make the job easier:

- Make a list of all areas that need to be decluttered. Each day (week/month) declutter one item on the list.
- Set aside 5 minutes each day to declutter – maybe it's the top of your desk, a drawer, your linen closet. For big projects like your closet – break it into 5 minute pieces – your shoes, one rack, the shelves, ...
- Look at each room in your house. What would you change or get rid of If you were going to have your boss, minister, club members ... over to your house? (Yikes - a LOT, right?)
- For those seldom used items, ask yourself if you see yourself using it in the future and how much it would cost to replace if you ever need it again. If the cost is minimal or you don't see a future need, get rid of it. If it is a sentimental item, take a picture of it before you find it a new home.
- Turn all the hangers in your closet in the reverse direction. After you wear an item, turn the hanger in the correct direction. After a couple of months, you'll have a clear picture of what you wear and what you can pass along.

The Sad news is the job NEVER ENDS! The good news is it is much easier to stay on top of clutter if you declutter on a regular basis. Like maybe every night pick up and put up. (I've been trying this and it makes a difference.)

Declutter Your Emotional Baggage

Everyone has emotional clutter. It's natural. The important thing is to recognize and get rid of it so it doesn't keep you from seeing and taking the opportunities that are right in front of you.

Tips to deal with emotional clutter.

- **Forgive yourself and others** – Who needs to be forgiven in your life? What would you tell your child if the same thing happened to him or her? Then apply that to your life.
- **Don't beat yourself up over past experiences.** Think about what you learned from the situation and how to handle it better in the future. Then move on!
- **Address your fears!** What are you afraid of? Not having enough money; losing your job, home, or family; getting old? Once you figure out your fears, make a plan to deal with them. Do you need to cut back on spending? Put more in savings? Take a course that prepares you for a different career? Work on issues with your spouse or children? Exercise more? Eat less?
- **Stop procrastinating.** Ask yourself if this is something you really want to do. If so, make a list of each thing you need to do to make it happen. Work your way down the list – maybe do one thing a day/week. Eventually, you will get it done.
- **Be grateful.** See the good in the bad. Maybe not getting that job allowed you to go back to school and get a better job. Or you get to spend more time with your family. Joyce Meyer said this well - "It's hard to have a positive life with a negative mind."

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Peanut Butter

By Janet Rourke

Did you know that peanut butter is surprisingly good for your health?

Eating peanuts and peanut butter can lead to weight loss by suppressing hunger and can lower your risk of getting heart disease, colon cancer, gallstones, Alzheimer's Disease, and type 2 diabetes. Peanuts are high in niacin, potassium and healthy monosaturated fats.

When buying peanut butter, check the label and get the ones with no hydrogenated fats or added sugar. The peanut oils and solids will separate, so turn it upside down. The oils and solids will remix. Store it in the refrigerator.

The following recipe is so easy to make and is great for breakfast, snacks, putting in lunch kits, ...

Peanut Butter Balls

- 1 cup oats, ground (I ground mine in coffee grinder)
- ½ cup flaxseed, ground
- ½ cup peanut butter
- 1/3 cup honey
- ½ cup raisins (can substitute chocolate chips)
- ½ cup coconut

Mix together all ingredients until a dough forms. Roll dough into bite-size balls. Place in storage container with wax paper between layers. Refrigerate about an hour. Enjoy.

To store, place in ziplock bag or storage container. Good in refrigerator up to 3 weeks and in freezer up to 6 months.

*Information from an article in Care2 by Diana Herrington
article submitted by Manjula Lannan.*

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LEGEND OAKS

Fungus Gnats

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Fungus gnats often become a problem in homes due to an overwatering problem. Since this time of year can bring poinsettias or other plants into the home, fungus gnats are a pest to watch for.

Fungus gnat adults are small, black, long-legged flies with long antennae. Most adults are about 1/16 an inch but some can get up to 1/2 an inch. They are weak fliers and generally remain near potted plants, growing media, foliage or leaf litter.

Larvae, or immatures, have a black head capsule and long whitish body without legs. They feed on organic matter such as mulch, compost, grass clippings, plant roots and fungi. When conditions are very moist, fungus gnat larvae can become abundant and may leave slime trails on media that looks similar to trails left by snails or slugs.

While these gnats are a nuisance they are fairly easy to manage. Indoors, it is a good idea to use yellow sticky cards as a monitoring tool. Potato pieces may also be used as a monitoring tool for fungus gnats. To do this, imbed a peeled potato cube into media and inspect the underside of the potato and the media directly below it twice a week for fungus gnat larvae.

To manage fungus gnat populations, work on reducing excessively

moist conditions. Avoid overwatering and make sure that there is good drainage. The surface of container soil should be allowed to dry before watering again.

If using compost, make sure that items have been fully composted. Compost piles should be turned regularly and kept away from doors or windows. Inspect all doors, windows, vents and screens for a good seal to reduce the number of gnats that may enter a structure.

Bacillus thuringiensis var. israelensis or the nematode Steinernema feltiae can be applied in containers to control larvae. Either spray on the media or apply as a soil drench. Biologicals work best when they are applied early in an infestation. If a population is already large, they may not provide the control desired.

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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DIAPER DRIVE

By Dr. Beverly Hamilton

One in four children in the Austin area live in poverty. The tiniest members of our community don't care yet about toys but they might know what it's like to not have enough diapers. Diapers are not covered under assistance programs and cost \$800-\$1,000 per year. This price tag means some families have to decide between paying their rent or paying for diapers. A national study showed that 1 in 12 mothers reported leaving their baby in a soiled diaper longer than necessary due to limited resources.

The founder of Austin Diaper Bank, Beverly Hamilton, started the diaper bank out of her spare bedroom after learning this sad fact. Now the organization has grown exponentially and occupies a modest warehouse on Burnet Road in north Austin. Austin Diaper Bank helps make sure that Central Texas families have the diapers they need to keep babies healthy. By working with a network of over 40 partner agencies, the diaper bank serves thousands of people from Georgetown to San Marcos.

The diaper bank is a grassroots community effort, largely donation driven and volunteer run. To directly help babies in Central Texas, you can host a a diaper drive, donate much needed funds, provide diapers (larger sizes are especially in demand) or volunteer. Individuals and groups can spend time in the warehouse sorting, counting and bundling diapers for distribution to the community. The littlest Central Texans thank you.

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