



FEBRUARY 2017 VOLUME 10, ISSUE 2

A Newsletter for the Residents of Legend Oaks II

Happy Valentine's Day

February Editorial

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, these new neighbors moved into the neighborhood in December:

KEVIN AND YUN CHUNYANG
6728 PONCHA PASS

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.

The MIND Diet

By Janet Rourke



Worried about getting Alzheimer's Disease? The MIND diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) takes two proven diets – DASH and Mediterranean – and modifies them to include foods that have been proven to protect brain health – green leafy vegetables, other vegetables, berries, and seafood. Saturated fat is limited

because it has been shown to have deleterious effects on dementia.

The MIND diet was developed by Martha Clare Morris, a nutritional epidemiologist at Rush University Medical Center. She and her team followed the food intake of 923 Chicago-area seniors for nearly a decade. They found that the longer people had followed the MIND diet patterns, the less risk they appeared to have to get Alzheimer's. Even people who made "modest" changes to their diets had less risk of developing Alzheimer's. The study found the MIND diet lowered Alzheimer's risk by about 35 percent for people who followed it moderately well and up to 53 percent for those who adhered to it rigorously.

MIND DIET

The MIND diet recommends eating 10 healthy foods daily and avoiding five types of foods. The healthy foods include vegetables, particularly green leafy vegetables; berries, especially blueberries; nuts; beans; red wine; whole grains; fish; poultry; and olive oil.

The five unhealthy foods to avoid most of the time are fried or fast food; red meats; cheeses; butter and stick margarine; and pastries and sweets.

MEDITERRANEAN DIET

The Mediterranean diet emphasizes eating primarily plant-based foods in as natural a way as possible - fruits and vegetables,

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NEWSLETTER INFO

NEWSLETTER

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ADVERTISING INFORMATION

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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(Continued from Cover)

whole grains, legumes and nuts; replacing butter (saturated fat) with healthy fats, such as olive oil and canola oil, and using herbs and spices instead of salt to flavor foods. Research suggests that the benefits of eating a Mediterranean diet include improved weight loss, better control of blood glucose levels, reduced risk of depression, reduced levels of inflammation, and reduced risk of cancer and Parkinson's disease.

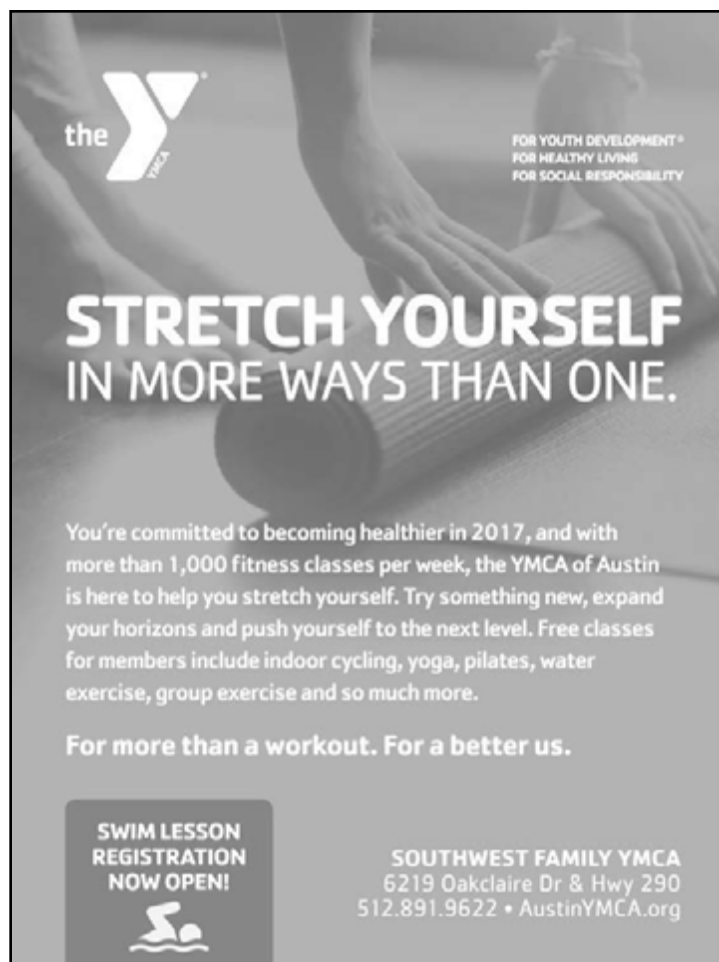
DASH DIET

The DASH diet was designed to help treat or prevent high blood pressure (hypertension). It encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium. The DASH diet includes lots of whole grains; fruits; vegetables; low-fat dairy products; some fish, poultry, and legumes; and encourages small amounts of nuts and seeds a few times a week. You can eat red meat, sweets and fats in small amounts. The DASH diet is low in saturated fat, cholesterol, and total fat. It lowers blood pressure and is in line with dietary recommendations to prevent osteoporosis, cancer, heart disease, stroke, and diabetes.

COMPARISON OF MIND, DASH, AND MEDITERRANEAN DIETS

When the MIND diet was compared to the DASH and Mediterranean diets, the results were similar if the diets were

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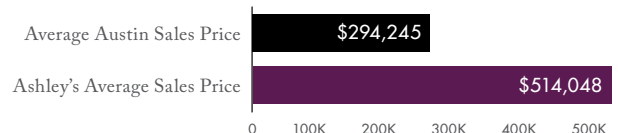


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Gardening Tips - February

By Janet Rourke

It's almost spring and time to get your yard ready. Here are some things you can do this month:

Get a soil test.

Apply compost and fertilizer.

Prune and fertilize roses in mid-February.

Prune immature fruit trees if needed. Spray apples, peaches, pears, and plums with fungicide when buds begin to swell.

Shear hedges and hardy shrubs/herbs to shape and retard growth.

Cut woody perennials down to 12" segments. When new growth appears at base, cut old stems to the ground.

Pull up weeds. To control future weeds, apply corn gluten.

Cut asters and chrysanthemums to rosettes.

Now is not the time to prune red oaks and live oaks unless damaged. If you do need to prune, spray wounds with clear varnish.

Happy gardening!

For more information and a list of what to plant this month, check out www.klru.org/ctg/resource/february-to-do-list/
www.naturalgardeneraustin.com/what-to-do-in-february.html

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(Continued from Page 2)

strictly followed. A high adherence to the diets reduced the risk of Alzheimer's by 39 percent on the DASH diet and 54 percent on the Mediterranean. However, the participants obtained very little benefit from the DASH and Mediterranean diets if their adherence was moderate rather than strict.

WILL YOU LOSE WEIGHT ON THE MIND DIET?

Possibly if you avoid whole dairy products, pastries, sweets, and fried foods. Maintaining a healthy weight is important for brain health. Other studies suggest physical activity may help protect the brain. Moderate intensity activity, like brisk walking, or muscle-strengthening activities each day may not only help you lose weight, but also help your brain!

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