



MARCH 2017 VOLUME 10, ISSUE 3

A Newsletter for the Residents of Legend Oaks II

## March Editorial



This month's newsletter includes articles on teen dating relationships and things to do with your kids on spring break.

Have you noticed that the lanes at the intersection of Convict Hill and Escarpment have been restriped to provide dedicated left, through, and right traffic lanes? Thanks Ellen Troxclair and City of Austin!

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](mailto:janetrourke@sbcglobal.net)) by the 10th of the month. Thanks for your help!

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." ~ Dr. Seuss  
(Contributed by Manjula Lannan)

## Welcome New Neighbors!

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

6503 Cheno Cortina - Cove Eric & Emily Stahl

6900 Poncha Pass - Thomas H. & Jan M. Likens

7216 Quimper Lane - Tracy Carlson & Laura Cope

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](mailto: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](http://www.nextdoor.com) and enter your address. You will automatically be subscribed to Legend Oaks 2.

## Help Your Teen Have a Healthy Dating Relationship

*By Amanda Robinson, LPC, RPT*

It's a startling reality that one out of three adolescents will experience physical, sexual, or emotional abuse from a dating partner, and only one-third of them will tell someone else about it. Many times, they themselves don't realize that it's a problem. Enduring dating violence at such a young age puts teens at risk for later developing mental health or substance abuse problems, and makes them more likely to experience domestic violence again in the future.

For these reasons, it's highly important that parents openly discuss the concept of healthy and unhealthy relationships with their teenagers, and help them understand what warning signs to watch for. Here are some suggestions to help get you started:

**Have an ongoing conversation** – there's no need for a formal sit-down lecture. Take advantage of opportunities as they naturally come up. Point out examples of both healthy and unhealthy relationship behaviors you see in television, movies, and even your own past. It's ideal to have both parents present for these talks, if possible.

**Give your child room to share their own opinions and beliefs about dating** – it will be more meaningful to them if they feel part of the conversation. Coming across as a lecturer will make them less likely to seek your advice and support in the future. Some talking points to consider:

*(Continued on Page 2)*

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## NEWSLETTER INFO

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### 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](mailto: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)*

- What would you want in a partner? What are your “deal-breakers”?
- Have you witnessed any unhealthy relationships among your friends or classmates? What did you see that you thought was unhealthy?

- How would you know if you were in an unsafe relationship? How do you think you would feel? What would you do?

- What do you think makes up a healthy relationship?

- What have you liked/disliked about previous partners or relationships?

**Reinforce that dating should be fun** – while it’s perfectly normal (and healthy) to have disagreements with one’s partner, they should definitely be balanced with fun and uplifting times. The relationship should never make your child question their worth as a person.

**Talk realistically about sex** – delineate both the pros and cons, and again, allow your teen to give their input. Yes, the conversation can be awkward, but sex is a frequent component of romantic relationships, and the topic should not be ignored. Remember to discuss responsibilities and the importance of respect – for both parties.

*Emphasize that your teen always has the right to say no to anything they feel uncomfortable with.*

**Keep it cool** – when there are differing viewpoints on a controversial topic, the discussion could start to get heated. If you can see that your teen is becoming frustrated and reacting defensively, back off. You want to be seen as a source of understanding, and they won’t engage with you if their walls are up. Try it again another time.

**Discuss red flags** – talk about the signs of an unhealthy relationship with your teen. Emphasize that they can always come to you to talk things through, and reassure them that you’ll listen and respect their choices. **Red flags:**

- Partner constantly wants to know where you are and who you’re with
- Partner tries to keep you from spending time with friends and family
- Partner treats other people or animals with disrespect or cruelty
- Partner blames you for relationship conflicts
- Partner tells you how to dress or behave, or how to spend your time
- Partner puts you down a lot, even in a “joking” way
- Partner harasses you to do things that you feel uncomfortable with

**Provide useful resources** – Love is Respect offers a wealth of information for both parents and teens, including quizzes to help your child determine whether their relationship is healthy and affirming.

Above all else, it’s MOST important for you to listen and provide understanding in these conversations. Your teen will get more out of the connection with you than they will from a particular piece of wisdom or statistic. Remember, teenagers will not respect adults’ ideas and viewpoints unless they feel we respect theirs.

If you suspect that your teen may be in an unhealthy relationship, visit Love is Respect to find tips for helping your teen, or make an appointment with a knowledgeable therapist at Austin Family Counseling. For safety-planning, information, and support, The National Domestic Violence hotline is also a helpful resource.

**Resources:** [www.thehotline.org](http://www.thehotline.org)

To read more articles by Austin Family Counseling therapists, go to <http://austinfamilycounseling.com/our-blog/>.

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## Spring Break WITH THE FUN Kids

WONDERING WHAT TO DO WITH  
YOUR KIDS DURING SPRING  
BREAK OR ON THE WEEKENDS?  
*HERE ARE SOME SUGGESTIONS.*

### EVENTS

Family friendly events at South by Southwest  
([do512.com/familysxsw](http://do512.com/familysxsw))

**Rodeo Austin** – fair, stock show, wild west show, kidstown – petting  
zoo, pony rides ([rodeoaustin.com](http://rodeoaustin.com))

### OUTSIDE ADVENTURES

**Picnic and Hike** on one of the many hiking trails  
([www.austintexas.gov/page/trail-directory](http://www.austintexas.gov/page/trail-directory))

**Sweet Berry Farm** ([sweetberryfarm.com/](http://sweetberryfarm.com/)) in Marble Falls – pick  
strawberries, berry bounce, sand art, train (pie happy hour at the  
Bluebonnet Cafe is 3-5 pm ([www.bluebonnetcafe.net](http://www.bluebonnetcafe.net)))

**Austin Zoo** ([austinzoo.org](http://austinzoo.org))

**Laguna Gloria - Art Free-For-All**, March 11 from 11 am - 3 pm – a  
free, family-friendly open house  
([www.thecontemporaryaustin.org/event/art-free-for-all-2017/-/](http://www.thecontemporaryaustin.org/event/art-free-for-all-2017/-/))

*If it's raining:*

**Austin Nature and Science Center**

([www.austintexas.gov/department/austin-nature-and-science-center](http://www.austintexas.gov/department/austin-nature-and-science-center))

**Storytime at the Austin Public Library**

([library.austintexas.gov/events/search](http://library.austintexas.gov/events/search))

**The Hill Country Science Mill in Johnson City** ([sciencemill.org](http://sciencemill.org))

**The Bullock Museum** - daily hands-on activities during spring break,  
10 am - noon ([thestoryoftexas.com](http://thestoryoftexas.com))

**The Thinkery** ([thinkeryaustin.org](http://thinkeryaustin.org))

**The Blanton Museum of Art** ([blantonmuseum.org](http://blantonmuseum.org))

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## Kidz Maze Mania

Help the knight get through the maze and kill the fire breathing dragon!



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- Sites in Travis, Hays and Bastrop counties
- 5 days a week
- Financial assistance is available



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