



JULY 2017 VOLUME 10, ISSUE 7

A Newsletter for the Residents of Legend Oaks II

July Editorial

Janet Rourke



Happy belated 4th of July! This month's newsletter includes an update on city matters from our City Council representative, Ellen Troxclair, and articles on how to save your brain and live longer, and why we need to put down electronics and read a book, magazine, or newspaper.

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!



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

Robert Schultz	8209 Cheno Cortina Trail
Fred Hsueh	6608 Convict Hill Road
Kelly Kristopher	6737 Poncha Pass
Darlene Austin	6740 Poncha Pass
Doris Boyd	6309 Zadock Woods Drive

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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NEWSLETTER COMMITTEE:

Janet Rourke.....janetrourke@sbcglobal.net

If anyone would like to join a committee, they can contact

Legendoaks2.nikkiatate@gmail.com

City Update

Ellen Troxclair, City Council Representative, District 8

Ellen Troxclair's May update included the following information:

Homestead Exemption – It looks like there are not enough votes this year to give homeowners a 20% break on their city taxes within 4 years. Currently the homestead exemption is 8%.

Hotel Occupancy Tax – Ellen passed a resolution in January to create the Visitor Impact Task Force to explore how the city's Hotel Occupancy tax (15%) revenue is spent to benefit tourism in Austin. This tax is expected to generate more than \$90 million this year. Right now, this money is divided between the Austin Convention Center, Austin Convention & Visitor's Bureau, and the city's cultural arts program. Ellen wants to make sure this money is being spent as effectively as possible. The task force recommendations were due at the end of May.

CodeNext Mapping Event – Ellen and her staff held an event at Austin Community College on May 16th to educate members of District 8 about what the map means to us and to allow constituent feedback to City staff.

Corridor Study for Slaughter Lane, William Cannon, and Brodie Lane Meetings – The transportation department hosted three public meetings in May to get feedback on the studies. Those not able to attend could submit a survey.

Budget Meeting and Survey – A meeting was held on June 3rd at Austin Pizza Garden to get input on the city budget. Those not able to attend could submit a survey.

CapMetro – Ellen partnered with CapMetro to add two additional bus trips in the morning and evening to route 111 in southwest Austin. Fares were lowered by 50 cents, making the new fare \$1.25, resulting in increased ridership on these routes. Right now, morning buses leave at 6:30, 7:00, and 7:30 am. In August, an 8:15 departure will be added. Evening buses leave San Jacinto and 24th at 4:30, 5:00, and 5:30 pm. A 6:15 departure will be added in August.

You can follow Ellen Troxclair on Facebook and Twitter.



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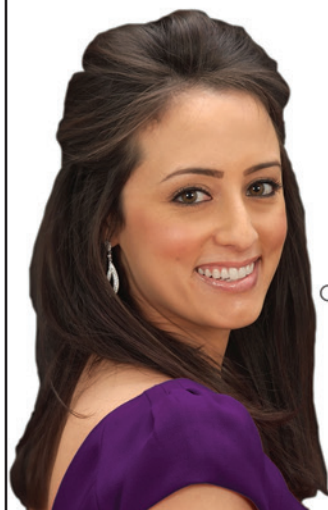
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**Austin Business Journal*

***Based on 2016 ABOR data*



Why Read?

These days, when we have television, Youtube, Netflix, Hulu, ... why read? You can watch everything –from the news to sports to your favorite movie. Are there any benefits to reading rather than watching?

Yes! Reading provides a number of health benefits you can't get any other way. When you read, you have to concentrate. You have to follow a storyline. Your imagination is activated. You are tuned in to the information. In brief, you give your brain a workout!

If you are reading a good book, you can live the story, getting caught up in the actions and emotions of the characters. If it is exciting, you may find your heart racing, reading faster to find out what happens. If it is emotional, you may find yourself laughing or crying along with the characters. You may even find you change your life or opinions based on what happens to the characters. Reading allows you to do things in your mind you might never get to do in real life – travel to other countries or universes, be an astronaut, actor, or sports figure, fall in love with a character or way of life, try out a profession or career, and/or live the life of someone in a different culture or stage in life.

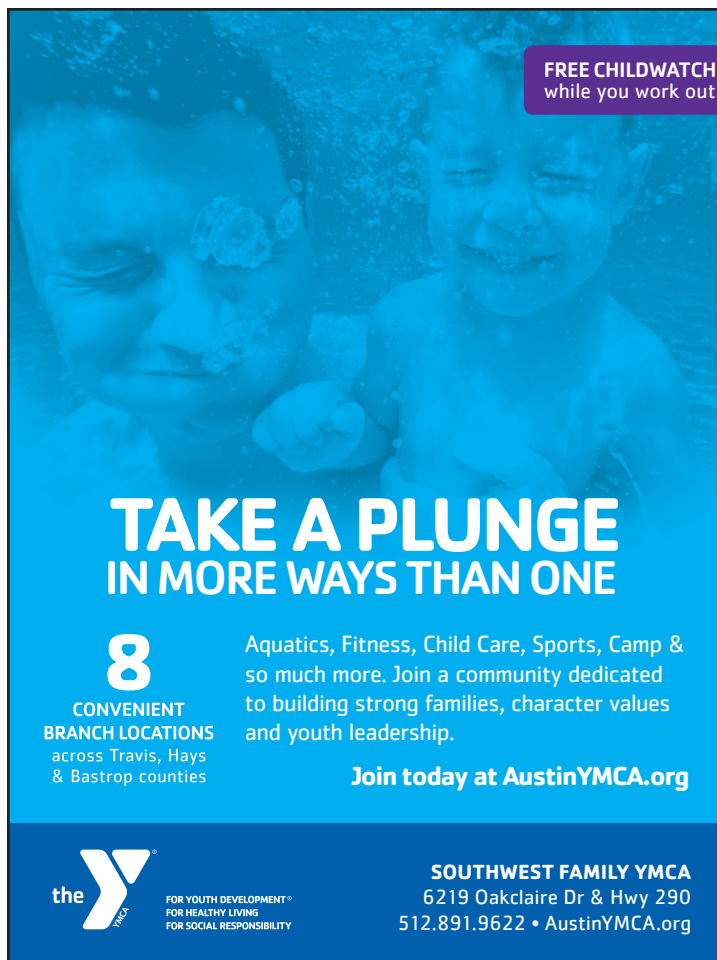
When watching a show or movie, you are a spectator. Although

you can get caught up in the characters' lives, you don't experience it firsthand the way you do when you read. Because we are constantly bombarded with information, our brains tune out the parts that are not relevant to us. When reading, you are tuned in to the information to all the information. That doesn't mean you won't occasionally drift off when reading, but if you do, you will have to go back and reread the information to know what is going on.

Reading can increase a person's ability to concentrate and focus, slow memory loss, and make life more interesting. Even better, you don't need any fancy equipment or technology, just a good, old-fashioned book to take any adventure you want!

Are there people in your life who are not able to read because of failing eyesight? Try reading to them. Reading will benefit both of you and stimulate discussion. You might learn more about their past, hear about adventures they've had that the book brings to mind, and develop a better relationship with them. Having someone read to them may alleviate their boredom and depression - common problems for people with physical impairments that limit their activity.

Thanks to Manjula Lannan for providing resources for this article.



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REAL ESTATE LENDER

Save Your Brain

Ways to Live Longer

Did you know your brain needs to be worked out, just like the rest of your body? Your brain doesn't have to wither as you age – it just needs exercise!

So what are some things you can do to reduce your chances of having memory loss in old age?

1. Exercise your brain - read, play games, do crafts, web surf on your computer – do anything that makes you think.

A study of people between 70 and 89 found that people who exercised their brains had a 30-50% decreased risk of developing memory loss. Those who participated in social activities and read magazines in middle age had a 40% decreased risk of developing memory loss. On the downside, those who watched more TV were 50% more likely to develop memory loss.

2. Exercise your body regularly – 30 minutes 4-5 days a week

Researchers at the University of South Carolina found that mice who exercised increased the mitochondrial development in their brains – revitalizing the brain. Researchers at Pitt School of Medicine found that monkeys who exercised regularly performed faster on cognitive function tests and had greater blood volume in the brain's motor cortex than sedentary controls.

3. Eat healthy – particularly fish and green leafy vegetables

A study in Neurology found eating green, leafy vegetables slowed mental decline in people aged 65 and older. Those eating three servings a day reduced their rate of decline by 40%.

Leafy greens include spinach, collard greens, Swiss chard, kale...

A Finish study found people over 65 who ate broiled or baked fish high in omega-3 fatty acids had a 26% lower risk for developing dementia than those who ate no fish. Foods high in omega-3s include Atlantic salmon, canned white tuna, Pacific herring, halibut, walnuts, kiwi, soybeans, flaxseed oil, and pumpkin seeds.

Noticing a pattern here? Eating good food and exercising both body and brain seem to be the cure for a lot of ailments! Add in fun and socializing and you've got a plan for living a long, healthy life!

Thanks to Manjula Lannan for providing resources for this article.

SWING

Networking Group

Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 8 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.com.

All-Ages Summer Spritzer

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of July!**

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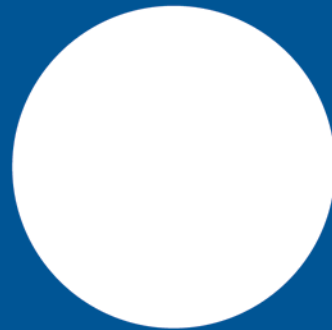
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