



AUGUST 2017 VOLUME 10, ISSUE 8

A Newsletter for the Residents of Legend Oaks II

August Editorial

Janet Rourke



I hope you are enjoying the dog days of summer! At this point, I'm looking forward to cooler weather, fall colors, pumpkins, and Halloween!

This month's newsletter includes articles on the benefits of laughter, the many uses of baking soda, and what chiggers are and how to deal with them.

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 June:

Danon Beres & Rachel Bukowski	7509 Corrie Cove
Robert & Judi O'Brien	6401 Rotan Drive
Jeffrey & April Mitchell	6902 Telluride Trail

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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*If anyone would like to join a committee, they can contact
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Benefits of Laughing

What makes you laugh? Funny movies, youtube videos, cute kittens and puppies, your kids? Did you know that laughter is good for you? It eases pain and suffering and gives you a sense of well-being. One doctor has found that on the days one of the nurses dresses up in a clown costume and tries to cheer up patients, the night staff report dispensing less pain medication.

Researchers from the University of California found that laughter lowers blood pressure, reduces stress hormone levels, works your abs, improves cardiac health, boosts T-cells (specialized immune cells), triggers release of endorphins (natural painkillers), and produces a general sense of well-being.

The Mayo Clinic recommends laughter as a way to stimulate your heart, lungs, and muscles, soothe tension, improve your immune system, relieve pain, and improve your mood.

You can even lose weight by laughing. A researcher at Vanderbilt University conducted a small study and found that 10-15 minutes of laughter burns approximately 50 calories.

There are even laugh therapists, a laughter online university, and laughter yoga classes! If you can't find something to laugh about, check youtube – there are a variety of laughter classes!

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"CHIGGERS"



Chiggers are the immature stage of a mite. They climb onto people walking through infested areas, crawl upwards, and wander around the body seeking a good site to settle

down and feed. Feeding preference for these mites is in areas where skin is thinnest or where clothing fits tightly, such as the ankles, waist, behind the knees, and the groin area.

Chiggers do not burrow into skin as many people believe, so "smothering" them with nail polish is useless. When chiggers feed, they inject a digestive enzyme that breaks down skin cells which are then eaten. Itching and redness is caused by our body reacting to the enzymes injected into our skin. Itching typically begins 3-6 hours after being bitten, peaks at 24 hours, and can last up to two weeks.

The best way to avoid getting chiggers is to avoid infested areas. Since this is not always possible, here are some other things to try:

- Wear protective clothing- tightly woven items that fit loosely; including long sleeves & pants; shoes or boots
- Tuck pant legs into boots
- Avoid sitting on the ground
- Remove & launder clothing ASAP after being in infested areas
- Shower/ bathe after being in an infested area; scrub vigorously with a washcloth
- Use an insect repellent with DEET or picaridin

To treat chigger infestations around the home try the following:

- Keeping lawn trimmed
- Maintain vegetation; do not allow weeds to grow up & keep brush cleared
- Targeted residual pesticide sprays, usually pyrethroids

For chigger bites:

- Do not scratch pustules; opening pustule might lead to infection
- Oral antihistamines or topical anti-itch creams to relieve itching sensation

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

The Many Uses of Baking Soda

Did you know baking soda can be used for more than just cooking? In an article entitled "51 Fantastic Uses for Baking Soda," Melissa Breyer comes up with a variety of uses for baking soda. Why baking soda? It is kind to the environment and to you! Conventional cleaners and personal care products can expose you and our water systems to an array of toxins. Baking soda can stand in for many of these products.

So, what can you do with baking soda?

You can make toothpaste, soak dentures and retainers, use as a facial scrub and deodorant, treat itchy bites/skins, make a gentle liquid soap, use as a hair rinse, ...

Around the house, you can clean with baking soda, freshen sponges, polish silver, boost your liquid laundry detergent, remove oil and grease stains, deodorize – refrigerators, cutting boards, trashcans, drains, cat boxes, You can even extinguish fires with baking soda.

For information on how to do all these things, go to <http://www.care2.com/greenliving/51-fantastic-uses-for-baking-soda.html>.

Article link submitted by Manjula Lannan.



**SUMMER'S STILL HERE...
AND SO ARE SWIM LESSONS AT THE Y**

Summer may be winding down, but families are still hitting the water to cool off. That's why it's never too late to learn how to swim. And the YMCA is here with classes available year-round to keep kids safe.

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Alzheimer's Texas

Alzheimer's Texas (txalz.org) is an organization that provides information, referrals, and a variety of support programs for those with Alzheimer's disease and related dementias and for their caregivers. It is a tax-exempt organization and has served Central Texas since 1982.

Alzheimer's Texas has several upcoming events:

Aug. 17 – Travis County Alzheimer's Walk Kick Off Party, 4:30 – 7 pm – food, drinks, conversation. Register to walk and get to know your fellow walkers. RSVP walk@txalz.org or call 512-241-0420 ext. 10.

August 24 - Kitchen Table Conversations Education Series. This 3-class series will teach you about end of life issues, making end of life decisions, and honoring loved one's wishes. The class is from 11-1pm and a light lunch is provided. Registration is required – call 512-241-0420 or register online at www.talz.org under classes.

Aug. 31 – Kick off party for Alzheimer's Walk at Camp Mabry

Sept. 14 – Reminiscing Roundtable: Frank Sinatra, 10 am – noon, refreshments provided – call 512-241-0420 to register

Oct. 7-26th Annual Travis County Alzheimer's Walk @ Camp Mabry

Alzheimer's Texas offers a variety of classes, conferences, newsletters, support groups, and respite care. For more information, check www.txalz.org website.



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The Minimalist Gardener

By Flint Sage

Trees: Mature trees and bushes will need an inch of water every one to two weeks to just stay alive. If your trees are in lawns, you will need to add a bit more water, as they are competing with the lawn for moisture. Younger trees will need even more water to keep their roots in moist soil. Do a slow soaking a few feet from the trunk to a foot or two beyond the canopy (outermost leaves). Summer is not a good month to plant trees or bushes because they need nearly daily watering.

Lawns: Arrange to keep the mower clippings on the lawn. There are few arguments for bagging clippings.

Vegetables: August is the time to plant southern peas, okra, and peppers. In general, though, it is the worst month to plant most things as it is too hot!

Fall Color: If you want fall color, this is the time to plant marigolds and petunias. If using seeds, start them in a shady part of the yard. They will need daily water.

Mulch: Mulch keeps water in, keeps the heat out, and significantly reduces the need for weeding. Keep mulch six inches or so away from the tree and bush trunks. Lay down a minimum of three thicknesses of newspapers under the mulch. Wet the papers to keep them from blowing away before mulching.

Roses: Expect roses to look quite bad by late summer. In August, cut back between 1/4 and 1/3 of the bush. Fertilize each rose with 1/2 pound of ammonium sulfate in mid-August. Distribute the fertilizer around the drip line. If no blooms appear in the first week of September, add a second application. Water thoroughly after pruning and fertilizing.



We tried Chinese Okra this year (photo). We had some huge ones that got lost in the abundant large leaves. These plants remind me of Kudzu. They are vines that try to cover everything. We removed them before they covered the entire State. We probably won't plant them next year.

Fruit Trees: According to Texas Gardener Magazine, this is the month to stop fertilizing all fruit trees.

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ONLINE**

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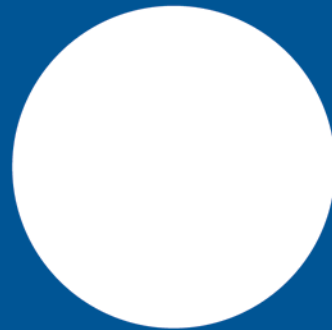
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