



OCTOBER 2017 VOLUME 10, ISSUE 10

A Newsletter for the Residents of Legend Oaks II



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

Khalil Hakimattar	8102 Cheno Cortina Trail
& Katayoon Arvand	6200 Jumano Lane
John & Courtney Mikan	7513 Orrick Drive
Andrew Tisinger	6309 Zadock Woods Drive
James & Danielle Vachow	

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.

October Editorial

Janet Rourke

This month's newsletter includes articles on lessons learned from reading Ann Lander's column, family fun events for Halloween, benefits of qigong exercise, and how to protect yourself from floodwater mosquitoes.

Always wanted to write? Interested in being editor of this newsletter? I am resigning as of this month. I have taken a part-time position as an executive director of a small nonprofit and no longer have time to be editor of this newsletter. If you would like to try your hand at writing articles and coordinating the newsletter, contact one of the LOA2 board members.



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NEWSLETTER

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If anyone would like to join a committee, they can contact
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Lessons Learned from a Lifetime of Reading Ann Lander's Column

Author unknown

1. You are responsible for your own happiness. No one can diminish your happiness and self-esteem unless you give them permission to do so.
2. Reserve judgement until you know all the facts. Until then, keep your mouth shut if no useful purpose is served by your two cents worth.
3. Be grateful for your good health. Others around you may not be that fortunate.
4. Don't pass up the opportunity to tell people you care about them. You may never get another chance.
5. If you enjoy your work and your life, you are rich. If you aren't happy with either, then how can money help?
6. If you are having a rotten day, don't take it out on others. Simply say, "This too shall pass." This attitude can save a lot of relationships.
7. Don't be afraid to try something difficult and new.
8. You can respect and learn from people, even if you don't like them, because every person in the world knows something you don't.

Thanks to Manjula Lannan for passing along this information.



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LEGEND OAKS

FAMILY HALLOWEEN FUN IN AUSTIN

Boo at the Zoo

During October, Austin Zoo becomes a spooky Halloween town. You can dress up and ride around the zoo on a haunted train. The peacock barn is transformed into a haunted mansion that you can tour. There is a magical puppet show for those who don't want to be scared. Tickets are available on the Austin Zoo website.

Austin Zoo, Friday and Saturday nights in October, 6:30-9:00 pm; \$17.50 (austinzoo.org)

Spooktacular at the Bullock Museum

Calling all gamers. Morph into your favorite video game character and join the gaming fun at the Bullock Museum.

Bullock Museum, Oct. 27, 5-8 pm; Admission is free!

Viva La Vida 2017

34th Annual Festival & Parade Celebrating Day of the Dead

The Day of the Dead Grand Procession starts at noon in the 100-220

block of E. 4th Street in Austin. Then go to the festival (noon to 8 pm) at the Education Pavilion with hands-on art activities, artist demos, traditional foods, local artists and retail booths, low-rider exhibition, live music, and performances throughout the day. This year's festival honors Frida Kahlo.

Mexic-Arte Museum, Oct. 28, noon – 8 pm
(mexic-artemuseumevents.org)

Austin Steam Train – The Pumpkin Express

You can make riding the train an annual fall tradition! Leaving from Cedar Park, the Pumpkin Express takes you to Bertram, Texas, where you can step off the train and pick a pumpkin from the Depot Pumpkin Patch.

Austin Steam Train Association, Cedar Park, Oct. 29, 10 am. (tickets at public.whistletix.com)



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QIGONG EXERCISE

Qigong (pronounced chee-gun) combines meditative and physically active movements to create balance and strength in the body and a tranquil mind. It is a basic exercise system within Chinese medicine, one of the treatments used for cancer patients. If you google Qigong, you can find a lot of information on it.

A recent study (Aug. 2017) published in Complementary Therapies in Medicine Journal found that regularly doing Qigong exercise improved attention, brain processing speed, blood pressure, and maximal workload in middle-aged subjects.

In this study 12 subjects (5 males, 7 females) did 60 minutes of Qigong exercises 3 times a week for 8 weeks. They were tested at baseline and after 8 weeks for cognitive function, blood pressure and exercise performance. All areas showed improvement from baseline measures. The subjects then stopped doing Qigong for 12 weeks and were tested again. The results showed that all tested areas had returned to baseline levels.

The researchers concluded that the results of the study suggest that Qigong exercise improves attention, brain processing, blood pressure and maximal workload in middle-aged subjects, but only if they do it regularly.

There are a variety of places that offer Qigong classes in Austin. There are even Qigong meetup groups.

Thanks to Manjula Lannan for link to article.

**GO GREEN
GO PAPERLESS**



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S.W.I.N.G. Networking Group

THURSDAY, OCTOBER 19
LONG TERM CARE DISCUSSION

The Southwest Inclusive Networking Group will have a panel discussion addresses three areas of long term care needs. Caregiving, long term care facilities and paying for long term care.

Lynn Greenblatt, founder of the Caregiving Café, Kristina Frost, community outreach director of Legacy Oaks Assisted Living and Memory Care and Peter Berardino from Capital Strategies a member of the Mass Mutual Financial group and long term care specialist will lead the discussions.

We meet at Waterloo Ice House on Escarpment. The meeting is in the backroom, arrive by 8:15 a.m. and it ends at 9:30 a.m. No reservations are needed. There will be no cost to attend. Just come, have breakfast and participate in the discussion.

S.W.I.N.G. has 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 S.W.I.N.G.) at 512-695-2334 or peterberardino@gmail.com.

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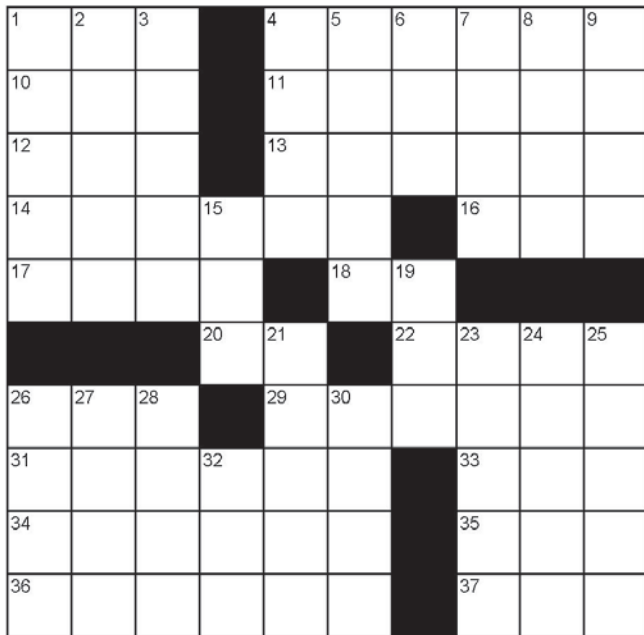


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community newsletters

CROSSWORD PUZZLE



ACROSS

1. Can
4. At sea
10. Maturity
11. Apt
12. Winter mo.
13. Cactus drug
14. Choose (2 wds.)
16. Long time
17. Tush
18. You
20. Hey!
22. Baby's "ball"
26. Fortify
29. Groove
31. Relating to the laity
33. Loose gown worn at mass
34. Accounts
35. Central Intelligence Agency
36. Stacking card game
37. Critical

DOWN

1. College field of study
2. Open mouthed
3. Rumormonger
4. Dog food brand
5. Zealous
6. Repose
7. Double-reed instrument
8. Singing voice
9. Adolescent
15. Saute
19. Move away
21. Toothbrush brand
23. Taken __ (shocked)
24. Negate
25. Treed (2 wds.)
26. Alack's partner
27. Standing
28. Short
30. Too
32. Hat

View answers online at www.peelinc.com

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Floodwater Mosquitoes



If you've been outside lately, you have most likely noticed the giant mosquitoes that seem to want to pick people up and carry them off. With recent weather conditions, floodwater mosquitoes have emerged in large numbers.

Floodwater mosquitoes lay their eggs above the water line in ponds, ditches, pastures, or other places where water collects. The eggs can remain in dry areas and when these areas are flooded the eggs hatch, leading to swarms of hungry mosquitoes. These mosquitoes are larger than mosquitoes we are used to and can swarm in high numbers.



While floodwater mosquitoes won't last forever, other mosquitoes called container breeding mosquitoes emerge when floodwaters begin to recede. Many of these species are ones that we are used to seeing around our homes.

Many things can help to reduce mosquito problems around the home. Eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with mosquito fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, Picaridin, IR3535, or oil of lemon eucalyptus can be effective to keep mosquitoes from biting when activities cannot be rescheduled.

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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