



NOVEMBER 2018 VOLUME II, ISSUE II

A Newsletter for the Residents of Legend Oaks II

RELAY LIVE - AUSTIN

Saturday, November 10, 2018

Please help the American Cancer Society finish the fight against cancer.

Please join us at the American Cancer Society's 1st annual Relay LIVE - Austin concert series. Please join us for a night filled with live music, food, drinks, games, activities, and a survivor celebration. With your support, help the American Cancer Society save lives, celebrate lives, and lead the fight for a world without cancer.

The American Cancer Society is working to finish the fight against every cancer in every community. We are the largest private, not-for-profit funder of cancer research in the United States, investing more than \$4 billion since 1946. Thanks in part to our contributions, more than 1.5 million lives have been saved in the US in the past two decades. Now, that is a reason to celebrate, so please join us. We hope to see you at this cancer fighting music series!

About Us

For more than a 100 years, The American Cancer Society has been leading the fight to end cancer. With your support, we have helped usher in an era where more people survive cancer than ever before. By translating our research findings into action, we've seen a 20% decline in US cancer death rates since the early 1990s. Join us to help finish the fight.



NEWSLETTER INFO

NEWSLETTER

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APD REPRESENTATIVES

OFFICER JEFFREY BINDER

(covers north of Convict Hill toward William Cannon)

Desk 512.974.4415 / email: Jeffrey.Binder@austintexas.gov

OFFICER JOSH VISI

(covers south of Convict Hill toward Slaughter)

Desk 512.974.4260 / email: Joshua.visi@ci.austin.tx.us

ASSOCIATION CONTACTS

BOARD OF DIRECTORS:

President - Duane Pietsch512-431-7467

.....legendoaks2hoa.duane@gmail.com

Secretary - Maria Bergen.....919-230-3248

.....mariablegendoakshoa2@gmail.com

Director - Nikki Tate.....512-700-1795

.....Legendoaks2.nikkiate@gmail.com

POOL COMMITTEE:

.....poolcommittee.legendoaks2@gmail.com

RECREATION COMMITTEE:

Suzanne Johnson.....stoprope@gmail.com

FINANCE COMMITTEE:

Jeffrey Stukuls

Cameron Von Noy

LANDSCAPING COMMITTEE:

Craig Powell.....craig@powelllandscapedesign.com

*If anyone would like to join a committee, they can contact
Legendoaks2.nikkiate@gmail.com*

2018 Thundercloud Subs Turkey Trot November 22, 2018 9:30-11AM

This year marks the 28th anniversary of the ThunderCloud Subs Turkey Trot on Thanksgiving morning, November 22, 2018. The largest five-mile run in Texas and one of the largest Turkey Trots in the nation with nearly 20,000 participants, the ThunderCloud Subs Turkey Trot is Austin's beloved Thanksgiving Day tradition benefiting Caritas of Austin.

The event takes place at the Long Center for Performing Arts and includes a five-mile run (timed or untimed), one-mile walk, and Kids' K. All registrations include a T-shirt and run guide. In addition, the ThunderCloud Subs Turkey Trot features live music, post-run snacks, children's activities, fundraising opportunities, a raffle with a new car from First Texas Honda as the grand prize, team challenges, fun costumes, and more.

ThunderCloud Subs donates 100 percent of the proceeds from the Trot to Caritas of Austin— a nonprofit that helps Austin's working poor and homeless gain self-sufficiency by providing critical resources such as housing, employment, food, and education. Since the event first began, the ThunderCloud Subs Turkey Trot has raised nearly \$3.5 million for Caritas of Austin.

The ThunderCloud Subs Turkey Trot has grown exponentially over the years, from 600 participants in 1991 to nearly 20,000 participants in 2017. Sign up today to be part of this fun, healthy, family-friendly Thanksgiving tradition, and to help support the local Austin community.

To join the social media conversation and get the latest updates, use #TCloudTrot. For more information or to register, go to <https://thundercloud.com/register>.



November is Diabetes Awareness Month

BY ANDREA GABRICK

Follow these tips to stay at your peak!

1. Say "Om" - Learn to meditate to help reduce stress and improve your blood sugar levels.
2. Step Out - Exercise helps keep your weight and blood sugar under control, and just about everyone can do a brisk daily walk.
3. Eat Right - Follow your food plan. If you don't have one, ask your doctor about seeing a dietitian who specializes in diabetes.
4. Jet Set - Before you hit the road, get a checkup, pack extra meds, and plan your doses around time zone changes.
5. Hang 10 - Drop 10% of your body weight through diet and exercise.
6. Trade Up - Swap saturated fats and refined sugar for healthy fats in nuts and sweet whole fruit.
7. See Clearly - Diabetes complications can cause vision loss or blindness. Schedule a full eye exam at least once a year.
8. Stand Up - You may not feel foot injuries, so check both feet daily for blisters, cuts, or sores.
9. Show Color - Pack your plate with a palette of greens, yellows, and reds -- like spinach, squash, and tomatoes.
10. Learn More - Visit WebMD's Diabetes Center for news, tips, a blood sugar tracker, and more.

Expert Tips on Living With Diabetes

Tips from Adrian Vella, MD, endocrinologist, Mayo Clinic, Rochester, Minn.

- Use the web or your smartphone to help you manage what you eat. Online tools can help you keep track of your calorie consumption, aid in meal planning, and provide important nutrition information to help you make healthy choices.
- Get a pedometer. People with diabetes need to exercise. For many of my patients, that means walking. Set a goal.

Tips from Deborah J. Wexler, MD, assistant professor of medicine, Harvard Medical School, and co-clinical director, Massachusetts General Hospital Diabetes Unit.

- Diabetes can be discouraging. You may feel sad, anxious, or depressed for no apparent reason. Get support, and you will be better able to meet the challenges.
- Portion control is key. Plate the amount of food you intend to eat, and don't go back for seconds.

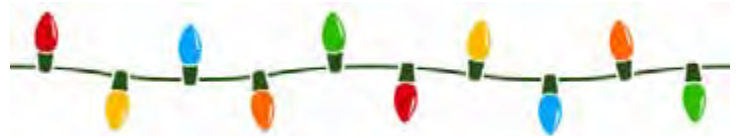
Tips from Samuel Andrews II, MD, endocrinologist, Ochsner Medical Center, New Orleans, and co-author of The New Sugar Busters.

- Choose foods that won't boost your blood sugar. That means eating brown or basmati rice and whole wheat bread and pasta. Skip juices and eat whole fruits and fiber.
- Daily exercise helps control your weight and blood sugar levels. Each day, hop on a bike, go for a swim, or take a walk.

11th Annual Lights of Love December 2, 2018 4-7PM

**RONALD MCDONALD HOUSE CHARITIES OF
CENTRAL TEXAS
1315 BARBARA JORDAN BLVD
AUSTIN, TX**

The 11th Annual Lights of Love kicks off the holiday season with fun for friends and families. Held at the Ronald McDonald House, a snow slide, kids' crafts, photos with Santa Claus, festive music, hot chocolate and more are planned. Hundreds of twinkling lights on the Ronald McDonald House will be illuminated during the event. Proceeds benefit families that rely on Ronald McDonald House Charities of Central Texas. Sponsorships available. Suggested donation: \$5/person or \$20/family



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Gardening Tips and To-Do Lists for November

BY MARIE IANNOTTI

November gardening chores really highlight the differences in regional gardens. For many, there is no November garden to speak of. Others can't wait for the cool days and slower pace of fall vegetable gardening. But even if your garden is already covered in snow, there are still garden tasks calling: last minute bulbs to plant, leaves that should not go to waste, roses that need some TLC and, unfortunately, insect pests are much harder than their tiny size would suggest. You will still want to be on the alert for signs of trouble, inside and out.

On a more positive side, winter is a great time to evaluate your garden layout. You can clearly see the architecture or bones of your garden. If the view of your garden is less than inspiring or non-existent in winter, You should make some notes to add more definition in terms of things like structures, evergreens, or other architectural elements.

Take a look at what you could be doing in your November garden and try to schedule a little time outdoors before the holidays claim you.

General November Garden Care

- Rake leaves and make leaf mold or compost.
 - Clean, sharpen, and oil garden tools.
 - Finish winterizing your water garden.
 - Start forcing bulbs like paperwhites, hyacinth, and amaryllis for the holidays.
 - Add organic matter to beds.
 - Cover compost so that rain doesn't flood and leach the nutrients.
 - Keep weeding. It's easier to see the weeds once the garden plants die back. Now is a great time to get rid of some perennial weeds that stay green all year.
 - Keep watering, until the ground freezes. Pay particular attention to anything you planted late in the season.
- ### *Caring for Indoor Plants in Winter*
- Check that indoor plants are receiving enough water, humidity and air circulation.
 - Keep an eye out for pests like spider mites and scale, and take care of them before they become a problem.
 - Although many indoor plants go dormant in winter, watch for signs that they are not getting enough light (yellowing leaves, straggly stems...) and move your plants to a brighter spot, if necessary.
- ### *November Garden Tasks for Borderline Zones (Pacific NW, Southwest & Southeast)*
- Plant cool season vegetables
 - Plant asparagus and cut back tops of existing asparagus plants after they are yellowed by frost
 - There's still time to plant a cover crop in the vegetable garden
 - Watch for frost warnings. Extend the harvest by protecting plants with row covers
 - Sow wildflower seeds
 - Beef up snail and slug patrol

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Ten Steps for Winterizing Your Home

With winter fast approaching, it's time to prepare your home for the freezing temperatures. Winterizing your home will go a long way in protecting what is most likely your most valuable asset.

By Julie Waidelich

- **Have Furnace Inspected** - An HVAC contractor can check to ensure your furnace is working safely. The filter should be inspected monthly and replaced when it becomes dirty. Pleated filters are recommended.
- **Insulate Pipes** - For exposed pipes or ones in an unheated area, water inside can freeze and cause them to burst. Buy pipe insulation at the hardware store, cut to fit, wrap it around and secure with duct tape.
- **Have Fireplace Cleaned** - Soot in a wood-burning fireplace can ignite. An annual inspection and cleaning by a certified chimney sweep is recommended. If you rarely use your fireplace or have a gas fireplace, an inspection every three years will suffice.
- **Keep Locks from Freezing** - Powdered graphite lubricant can be sprayed into your door locks to prevent them from freezing. Buy spray at the hardware store. Do this once every season.
- **Seal Drafts** - Using a lit candle go along baseboards and windowsills. If it flickers you have a draft. On baseboards, seal the

gaps with caulking. For windows and doors, weather stripping can be used.

- **Clear Gutters** - Gutters become clogged with leaves and debris that can easily freeze, damaging your roof. With gloves and a tall ladder you can complete the job in a couple of hours.
- **Drain Sprinklers** - An irrigation contractor can drain water in your sprinkler system and blow out remaining water with compressed air. This prevents the pipes from expanding and cracking.
- **Remove Overgrown Branches** - Branches growing over power lines, house, garage or driveway could break off in a storm, resulting in major damage.
- **Add Mulch** - A blanket of hardwood mulch added to flowerbeds will help regulate soil temperature. This acts as a form of insulation, protecting the roots so your plants will survive extreme temperatures.
- **Trim Perennials** - Cut plants back to three inches above ground. This will save your perennials from insects that could gather there and harm your home when they resurface in spring.

Julie Waidelich is a local real estate broker and owner of Nest Properties Austin (nestpropertiesaustin.com).

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THANKSGIVING TRIVIA

Did you know.....

- Americans eat approximately 46 million turkeys each Thanksgiving.
- The heaviest turkey on record, according to the Guinness Book of Records, weighs 86 pounds.
- The average turkey served for Thanksgiving weighs 16 pounds.
- Campbell's Soup created green bean casserole for an annual cookbook over 50 years ago. Now, Campbell's sells about \$20 million worth of cream of mushroom soup, most likely purchased by folks making what has become a thanksgiving tradition- green bean casserole.
- Historians say turkey was not served at the first Thanksgiving dinner, a three-day meal shared between the pilgrims and Wampanoag tribe in 1621. Instead, venison and seafood are most likely what was eaten.
- The first Thanksgiving dinner was eaten with spoons and knives — but no forks! Forks weren't a popular utensil until the 18th century.
- President Lincoln declared Thanksgiving a national holiday in 1863, to be celebrated each year on the last Thursday of November.
- Benjamin Franklin said in a letter to his daughter in 1784 that he believed a turkey would be “a much more respectable Bird” for the young United States than the bald eagle. He said the turkey is “a true original native of America” and “a bird of courage.” Franklin's take on the national bird was not popular enough to displace the bald eagle.
- In 1953, Swanson had so much extra turkey (260 tons) that a salesman told them they should package it onto aluminum trays with other sides like sweet potatoes — and thus the first TV dinner was born.
- Each year, the president of the United States pardons a turkey and spares it from being eaten for Thanksgiving dinner. The first turkey pardon ceremony started with President Truman in 1947.
- The Macy's Thanksgiving Day Parade began in 1924 with 400 employees marching from Convent Ave to 145th street in New York City. During this time the parade was accompanied not with oversized balloons of our favorite cartoon characters, but with live animals borrowed from the Central Park Zoo.

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