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A Newsletter for the Residents of Legend Oaks II



Merry
and
Bright

H A P P Y H O L I D A Y S !

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NEWSLETTER

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5 Tips to Ward Off Cold Weather

Colder weather brings plenty of changes, especially in the ways you take care of your home and self. Especially when the temperature drops, extreme winter conditions can play havoc not only with your skin and health, but also your family's comfort.

Take steps to protect your family and household as the weather starts to cool this season with these practical tips:

Take steps to help prevent the flu. As temperatures drop, the chances of getting sick rise. That's partly because certain germs and viruses thrive in colder temperatures, and because the cold puts extra strain on your immune system. When it is cold outside, people are also more likely to spend time indoors (and in closer quarters) where germs are more easily spread. Do your part to help prevent the flu by washing your hands often and covering your mouth or nose when you cough or sneeze. Also be sure to stay home if you're sick and avoid exposing others to your illness.

Prepare your wardrobe. Colder weather outside means more skin sensitivities and dryness. Long pants and sleeves don't just add warmth; they also protect your skin from harsh outdoor elements. When you haul your winter wardrobe out of storage, start the season on a comfy note by washing everything with an option like 'all Free Clear Liquid Detergent or Mighty Pacs. It's the No. 1 laundry detergent brand recommended by dermatologists, allergists and pediatricians for sensitive skin due to its hypoallergenic formula.

Dress in layers from head to toe. Bundle up with winter accessories to match the daily weather forecast. For chillier mornings and nights, cover exposed areas such as your head with a hat, neck with a scarf and hands with gloves. To accommodate warmer weather during the day, layer flexible clothing options to accommodate temperature shifts.

Stay active. Physical activity naturally warms your body in the short term. In fact, shivering is your body's natural physical response to generate body heat when you're cold. Aside from the immediate benefits, keeping active during the colder months can help in other ways, too. A healthy cardiovascular system keeps your blood flow steady and strong, and a good circulatory system plays an important role in keeping your body, and especially your extremities, warm when temperatures take a dip.

Nourish your body and skin. Preventing painful dry cracks and itchy, scaly skin is a job that requires attention inside and out. Externally, moisturize shortly after showering to trap in the water lingering on your skin, use extra lotion throughout the day on areas prone to drying and reapply lotion after washing hands. Remember to protect sensitive spots like your lips that can easily chap and crack. You can also prevent dry skin by ensuring you're drinking plenty of water and eating a healthy diet with plenty of essential vitamins and healthy fats.

For more ideas to prepare for changing weather, visit:
all-laundry.com

Content courtesy of 'all. Photos courtesy of Getty Images.
Downloaded from FamilyFeatures.com

Still on the Fence about Hosting an Exchange Student?



You don't have any kids? Are you a single parent? Same sex couple? An empty nester? This is not a problem, we place our students in all kinds of families!

You're not rich? Neither am I! Your exchange

student comes with their own spending money and health insurance. All you provide is room/board and three meals a day. Oh and TLC...but that's free.

Live in the middle of no where? Small town? Not a big deal. Some kids prefer to get away from the hustle and bustle of big cities. The exchange students also do pretty well in small schools, as they usually get to be the center of attention and make friends rather quickly. Our students also get chances to travel to New York, Washington DC, Hawaii and California...so they can get their fill of the city life and return back to the peaceful sounds of nature.

Do you consider yourself a boring person? More than likely this is not true, and you should quit being so hard on yourself. Your student will make friends. Your student will meet other exchange students. Your student will attend activities offered by our program. Your student will get involved in sports and school clubs. Your purpose is not to entertain them. But you might find that you bring a little adventure to each others lives.

Kids are too young? Great! Lots of students love young kids,

and your kids will love them. It's beneficial to introduce your kids to new cultures at a very young age. You're preparing them to accept people no matter what the religion, color of their skin, or language they speak. That my friend, is good parenting.

Don't hold back! This is a gret experience for both parties. You get the opportunity to change a child's life. You get the satisfaction of seeing them grow, even after they leave your home into becoming a doctor, a lawyer, a diplomat, artist, teacher... the list goes on. And you contributed to that success! And the best part of it all, is you gain another family member for life. We need people like you to give these kids a chance.

STS Foundation is a 501(c)(3) organization whose mission is to place exchange students in our area. If you are interest in hosting, please contact me at 832-455-7881 or at vicki.stsfoundation@yahoo.com. I'll be happy to answer any question you might have and get you started on hosting your very own student!




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*Celebrate
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December 17 – "Blue Christmas" Service (7 p.m.)
December 24 – Christmas Eve Family Service (3 p.m.)
December 24 – Christmas Eve Traditional Candlelight Service (6 p.m.)
December 24 – Christmas Eve Traditional Candlelight Service (8 p.m.)
December 24 – Christmas Eve Candlelight with Communion Service (10 p.m.)



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A FEW HOLIDAY THOUGHTS...

It is good to be children sometimes, and never better than at Christmas, when its mighty founder was a child Himself.
Charles Dickens

There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.
Albert Einstein

The way you spend Christmas is far more important than how much.
Henry David Thoreau



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FINISH STRONG

The holiday season is in full swing, and we know your calendar is packed. But with a wide array of state-of-the-art fitness equipment, numerous exercise classes offered daily, the Y is here to help you finish the year strong. Keep the commitment to your health through the holidays and burn off your seasonal stress at a Y near you.

For more than a workout. For a better us.

8 locations across Travis, Hays & Bastrop counties

Learn more at AustinYMCA.org

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LETTUCE RECYCLE!

by Dena Houston

HOLIDAY TIME – A CORNUCOPIA OF STUFF!



Life during the holidays is filled with abundance. It is a time of getting together with family and friends to celebrate the season with lots of food, gift getting and giving, parties, and general merrymaking. All this celebrating generates STUFF. I would never suggest we give up all the wonderful things the holidays bring. Instead, in this month's Lettuce

Recycle, I hope to help everyone deal with some of the impact of this glorious bounty. In several months, "all this stuff" will become the focus of our de-cluttering mission for spring-cleaning.

HOW TO RECYCLE SOME OF THIS STUFF

- **BATTERIES** – Household batteries, including rechargeable, can be recycled at most Austin public libraries. Here is a complete list of the battery drop off locations in Austin: <http://austintexas.gov/page/battery-drop-locations>

- **GIFT BAGS** – Gift bags cannot go into the blue recycling cart. They can be reused, donated to the Austin Creative Reuse Center <<https://www.austincreativereuse.org/>>, or thrown into the trash cart.

- **GIFT WRAP PAPER** – Wrapping paper and tissue paper (no glitter or foil) is recyclable and can be placed directly into the blue recycling cart. This can even include paper with tape still on it.

- **HOLIDAY CARDS** – Plain cards can go into the blue recycling cart if there is no glitter or other embellishments (like bows or googly eyes). The embellished ones go into the trash cart. Photo cards cannot be recycled. They must go into the trash cart.

- **HOLIDAY LIGHTS AND OLD LIGHT BULBS** – Strands of broken holiday lights can be taken to the Recycle & Reuse Drop-Off Center. This center will also take old LED light bulbs. Incandescent bulbs must be thrown into the trash cart.

- **STYROFOAM and BUBBLE WRAP** – Styrofoam peanuts and bubble wrap that are clean and in good condition will be accepted at mail box stores like Pak Mail and UPS. They will happily reuse them. Chunks of Styrofoam and other Styrofoam pieces are accepted only at the Recycle & Reuse Drop-Off Center. The recycling center no longer accepts Styrofoam peanuts.

- **TINSEL AND BROKEN DECORATIONS** – Tinsel and any broken decorations must go into the trash cart. They are not recyclable.

EXCESS WASTE

- **CARDBOARD BOXES THAT WILL NOT FIT INTO THE**

BLUE CART – Flatten the boxes and set them next to your blue bin on collection day. They will be picked up that day by either the recycling truck or another City truck.

- **HOLIDAY PARTY WASTE** – With curbside composting, we can now put our party-generated paper plates, napkins, and food product into the green bin to be composted rather than going to the landfill. If you don't have curbside composting, consider using recyclable plasticware (cups, plates, bowls, and cutlery) for parties. After a quick rinse to remove food product, these can be placed in your blue recycling bin. TIP: I set out small bins for recycling and compost collection at my holiday parties.

- **HOUSEHOLD CLUTTER** - Holiday time is a great time to get rid of the toys and clothing everyone has outgrown in order to make room for new items. Please consider donating your gently used goods to the many wonderful organizations in Austin that will happily accept them. Here is a link to the Austin Reuse directory to help find a home for your used items:

<https://austineconetwork.com/austin-reuse-directory/>

- **TRASH OVERFLOW** – Extra bags of trash that do not fit into your trash cart with the lid closed must be placed next to the trash cart and tagged with an Extra Trash Sticker. These stickers can be purchased at most local grocery stores for \$4.00 + tax. Extra bags without a sticker will be charged \$9.60 + tax per bag by the City. If you have curbside compost collection, you can save room in your trash cart by sending all your turkey bones and leftovers to be composted rather than thrown into the trash cart.

QUESTIONS AND IDEAS FROM OUR READERS:

ARE TETRA PAKS RECYCLABLE? No, they are not recyclable in Austin. Tetra paks, as well as cardboard milk and juice containers, must be placed in the trash carts. They are made of multiple layers of materials that cannot be separated for recycling.

ARE TOILET TISSUE AND PAPER TOWEL ROLLS RECYCLABLE AND DO THEY NEED TO BE FLATTENED?

Yes, both can go into the blue recycling bin and do not need to be flattened. The toilet tissue roll can even have a little tissue left on it.

IS ALL ALUMINUM FOIL RECYCLABLE? No, aluminum foil must be totally clean and dry (no paint or food product) in order to be recyclable. It needs to be wadded up into at least a 2-inch ball. Foil tops on cream cheese, sour cream, and yogurt can be recycled if clean and dry. Some wrappers and toppers look like foil but are not. If you wad it up and it stays wadded up, it is foil. If it does not stay wadded up, it has a plastic coating on it and is not recyclable.

(Continued on Page 6)

LEGEND OAKS

(Continued from Page 5)

IDEA – CRAYOLA COLORCYCLE IS A WAY FOR SCHOOLS TO RECYCLE CRAYOLA MARKERS. Please visit this website for more information <<https://www.crayola.com/colorcycle.aspx>>.

Please remember: WHEN IN DOUBT, THROW IT OUT! AND



Here is a very informative City of Austin recycling website called What Do I Do With. It is a guide to recycling, reusing, composting and more for City of Austin residential curbside customers. Just type in the name of an unwanted item and you will find out what to do with it. <<http://www.austintexas.gov/what-do-i-do>>

Stay tuned for future tips that will include creative ways to recycle or reuse. If you have any questions or recycling ideas, please send them to: recycling@hpwbana.org.

SAVE PAPER! Receive this newsletter electronically on the first day of each month. Go to: <<https://peelinc.com/index.php/resident-subscriptions>>.



Protect the World's Children this Holiday Season

The holidays signal a time for family gatherings, traditions and the spirit of giving. Make this holiday season even more meaningful by giving gifts that help children in need around the globe.



According to UNICEF, around 15,000 children die every day from preventable diseases. In over 190 countries, the organization's staffers are in the field working through war zones, natural disasters and disease outbreaks, doing whatever it takes to save children's lives. This holiday season, you can join the charge by choosing gifts that give back.

With Inspired Gifts, you can provide supplies in the name of a loved one that get delivered directly to children who need it most. Just \$19 can provide polio vaccines to protect 100 children from the deadly disease. Additional life-saving and life-changing options including food packets, educational materials and menstrual hygiene kits can be found at unicefusa.org/HolidayInspired.

If you are looking for stocking stuffers and unique finds, UNICEF Market has a vast collection of handcrafted items made by artisans from around the world. From blankets woven in India to recycled glass pitchers crafted in Mexico and more, these gifts help support the artisans and their families, keep traditional skills alive and give back to essential programs for children. Start checking off your wish lists at unicefusa.org/HolidayMarket.

As part of Louis Vuitton's #MakeAPromise pledge, a specially designed product line of Silver Lockits is available, helping to protect children who have been exposed to diseases, natural disasters and other conflicts that threaten their safety and well-being. \$100-\$250 of each purchase go to programs that help children most in need. Find out more at louisvuitton.com/lvforunicef.

This year, Garnier USA will donate \$1 to UNICEF USA for every Whole Blends Holiday Kit sold through Dec. 31 with a minimum donation of \$300,000. Each kit purchased helps educate a child for up to one week, as it costs around 15 cents to help educate one child per day. Learn more at garnierusa.com/unicef.

Vitamin A is important for strengthening the immune system and preventing childhood blindness. Through Dec. 31, L'OCCITANE will donate \$3.95 for each Solidarity Soap purchased to support UNICEF's Vitamin A supplementation programs around the world. Available in stores or at loccitane.com/en-us/solidaritysoap.

A holiday favorite since 1950, UNICEF Greeting Cards can be purchased at IKEA, select Hallmark Gold Crown® stores and online at hallmark.com and unicefusa.org/HolidayCards2019. One hundred percent of the purchase price of each pack from IKEA will go to support the world's most vulnerable children.

UNICEF does not endorse any brand, company, product, or service.

*No part of the purchase price is tax deductible. Content downloaded from FamilyFeatures.com.

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