

Legendary TIMES

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Official Newsletter of the Legend Oaks II Homeowners Association

GET TO KNOW YOUR IRRIGATION CONTROLLER

Jacob Johnson, LI#17528, Austin Water

Many residents put a lot of effort into maintaining their irrigation system, which is a necessary step towards efficient watering. However, people then often overlook an equally important aspect of irrigation—scheduling. An essential element of proper scheduling is knowing how to operate the controller. Not knowing that can cost you.

A normal flow rate for a residential irrigation system is around 14 gallons per minute. Compare that with your shower of 2 to 3 gallons per minute or a dishwasher that uses less than 10 gallons per load and you can see just how quickly minutes on the irrigation controller can add up. So if you see

your usage dramatically rise in the summer months, check your irrigation settings before chastising your teenagers for their long showers. Well, I guess doing both would work.

Common features on an irrigation controller

1) Multiple Program Capability:

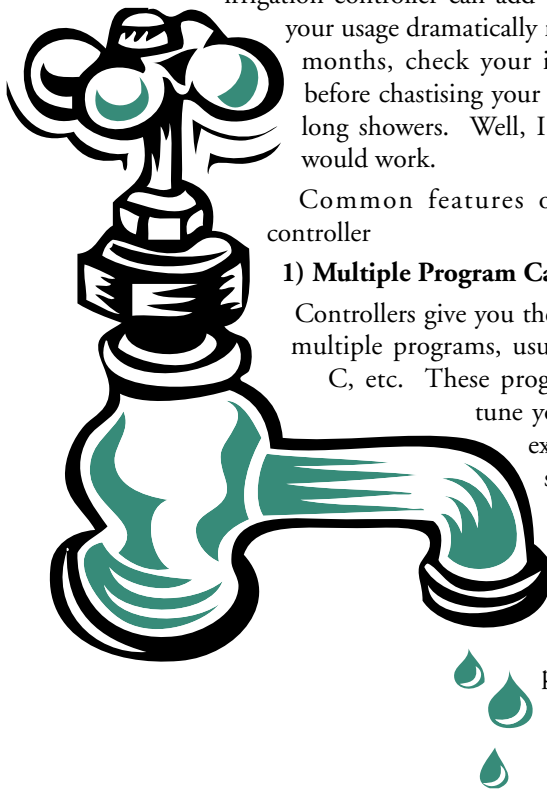
Controllers give you the option of setting multiple programs, usually labeled A, B, C, etc. These programs let you fine tune your watering. For example, you could set up your turf stations to water twice per week in the summer while keeping shrubs on a once per week schedule. The important

thing to remember is that no matter what program you leave the controller on, it will run all programs that are present! Even if two programs coincide with each other, the controller finishes the first program and stacks the next program to run directly afterwards.

2) Multiple Start Times: You can also set multiple start times for your program(s). Start times represent what time the program will begin and most controllers offer the option between 3 and 16 start times. There are very few controllers that require start times for each individual zone. The benefit of using multiple start times is to allow for absorption in the landscape because many sprinkler heads can apply water faster than our soils can absorb it. Find the stations times you are happy with and then cut them in half. Instead of the program coming on at only 4:00 a.m., you could have the program (now with reduced station times) come on at 3:30 a.m. and 4:30 a.m. Remember, if using multiple start times, every minute you add or delete really equals 2 or 3 minutes depending on the number of start times present.

3) Seasonal Percentage Adjustment: Another handy feature, the seasonal adjust, allows you to increase or decrease all of your stations times in 5 to 10 percent increments. This is useful if your entire landscape needs more water, but often stress will only occur in certain areas. It's a good idea at that point to only add time to the stations that need more water and an even better idea to inspect those stations to make sure the stressed area isn't getting water due to a clogged nozzle or misaligned head. When setting station times, it's recommended to have the seasonal adjust at 100% because the seasonal adjust button uses 100% as the reference point and makes changes relative to what that number is. Some controllers will show the increased or decreased times while others will continue to show the original times, but are actually running something different.

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Know Your Irrigation Controller - (Continued from Cover)

4) Memory Back Up: Most controllers now come with a non-volatile memory built into the control panel. This helps retain your settings during brief power outages, but will usually clear itself out after long periods with no power. Other controllers will revert to a default program to run everyday for ten minutes per station after a loss of power. If you have a controller that does this, remember to change out the 9 volt battery every spring when you turn your controller back on and just to be safe, check the settings after thunderstorms.


Plant material, watering components, sun exposure, soil health, and how important each area of your landscape is to you all goes into the decision of how long you should run each station. An irrigation program with the same time on every station is usually a signal that there is room for improvement. This may involve taking time from some stations that are doing well and adding them to others that are showing signs of stress. Monitor your landscape and make changes as needed. Remember, automatic irrigation systems are great for carrying landscapes from one rain event to another, but a lack of rain will highlight deficiencies in the irrigation system.

If you need help with programming your controller and use over 25,000 gallons of water in the summer months, you may schedule a free irrigation evaluation from Austin Water either by calling 974-2199 or visiting our website: www.waterwiseaustin.org.

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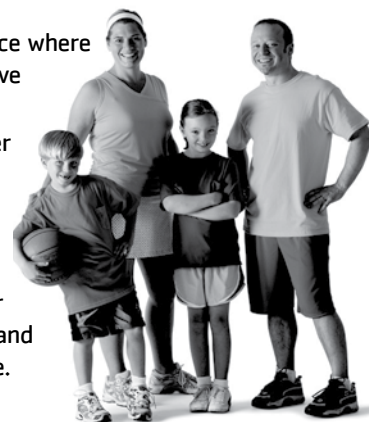





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LEGENDARY TIMES

Scout Troop 256 Memorial Day Service

Several Scouts from Boy Scout troop 256, along with members of the VFW took part in a Memorial Day service at the Oak Hill Cemetery. They placed flags on 26 Veterans graves including veterans of the Civil War, Spanish American war, WWI, WWII, Korea, and Viet Nam. The VFW members and the Boy Scouts joined together placing flags on the graves they walked to those who in some cases fought in two and even three wars for our country. The respect and reverence shown by our young Boy Scouts was so inspiring. All walked away with a feeling of pride in our Great Country and in those brave men and women who fought and in many cases died for our country.



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July Events at the Wildflower Center

Thanks to H-E-B, Summer Nature Nights are Free!

Thursdays in July

Snakes, fossils, birds of prey and more-- our family evenings offer fun and eco-education with talks, crafts, hikes and lots of action. Nature Nights are on Thursday evenings starting June 30 and continuing through August 4, from 6 to 9 p.m. Free gift at the store for each child under 12. H-E-B sponsorship also means that admission to the Wildflower Center is free all day on Nature Nights days.

Thursday, July 7--Wildlife Tracking

Thursday, July 14—Snakes

Thursday, July 21—Fossils

Thursday, July 28—Birds of Prey

Lady Bird Johnson Tribute Day

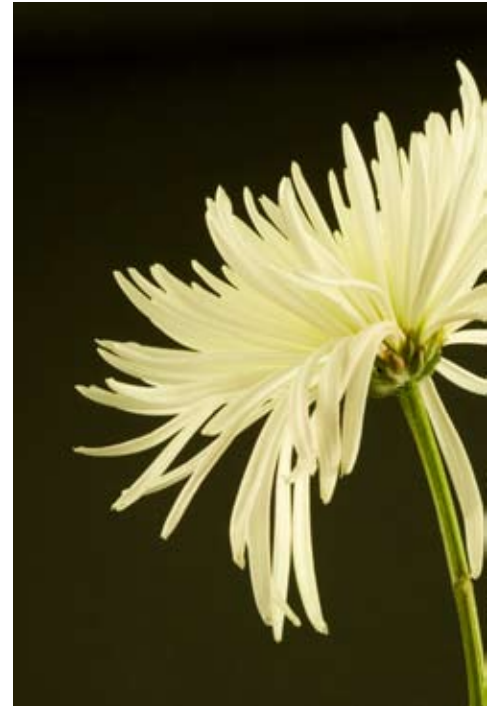
9 a.m. to 5:30 p.m. Sunday, July 24

Our founder, Lady Bird Johnson, would have been 99 this year. Once again, we honor her with a free admission day and a special exhibit of her memorabilia. We are celebrating her contributions to the environment and to more than 50 laws related to conservation, landscape preservation and beautification. Children's music in the courtyard by Lucas Miller noon to 2 p.m. Meet artist Catherine Flowers from 1 to 4 p.m. in the McDermott Learning Center and from noon to 3 p.m., author Jeannette Larson in the store.

Art Exhibits: Vibrant Blooms and Aqueous Matters

Through August 21

Catherine Flowers' embellished painted silks in the McDermott Learning center and T.J. Mabrey's evocative sculptures in the gardens are a summer treat.



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TIPS FOR A HEALTHY SUMMER

Eat Smarter & Move More

Submitted by Sarah S. Jordan, MS

The 4th of July holiday is almost here, and along with it comes good food, parties, and great times with family and friends. These things pretty much go hand in hand with summer.

Summer is a very common time for people to fall off the “health wagon,” but it doesn’t have to be that way. Eating right and getting enough activity can certainly be a challenge, especially when holidays and travel are involved. But the keys are: being consistent, making good choices, eating in moderation, and purposely finding ways to move more. Here are some tips to make your summer a healthier one for your family and friends.

Small Changes = Big Results

Making small changes for your summer cookouts and potlucks can equal big nutritional improvements.

Traditional Summer Food

Hot dogs Turkey dogs
Hamburger..... Turkey burger
Potato saladFruit salad
Chips and high fat dip.....Assorted vegetables and hummus
Fried chicken.....Grilled chicken kabobs with veggies
Pie.....Fresh pineapple
Soda and sweet tea..... Iced tea with lemon
Using high-fatmayonnaise in dishes
..... Use low-fat mayo or the kind that has olive oil in it

A More Healthy Alternative

Healthy Recipe Swap

You can even request that guests bring a healthy dish and include the recipe along with the dish. After the event, the party host types up all of the recipes and emails them to party guests. Just like that - everyone is equipped with healthy things to try on their own!

Get Movin’!

Instead of a party revolving solely around the food involved, why not create a “buffet of games” and activity to center the event around instead? Here are some ideas for fun backyard games to try this summer with your family and friends. Just be sure to let your guests know the “active” theme ahead of time so they can dress accordingly and be prepared to move.

Host a miniature version of the Olympics.

This can consist of things like wheelbarrow races, three legged races, running, water balloon tosses, and team relays. Have prizes for the teams.

Create an art contest using chalk.

Have three judges and give out prizes for the most creative pieces of art. And maybe even to the adult with the most “artfully challenged” piece of “art.”

Play a classic game of “Kick the Can.”

Make sure you have at least 3-4 people playing this game. One person is “it” and guards the “can.” (Can needs to be in an open space.) Other players hide while the “it” person counts to 20 and then goes to find the other players. Captured (tagged) players go to “jail.” Anyone not captured can kick the can, which sets all jailed players free. If the “it” person finds all players before the can is kicked, the “it” person wins the game.

Have a Hula-Hoop contest.

Crank up the fun music, and see who can twirl the longest!

Create a canvas.

Hang an old white sheet on your fence or clothesline and let the creativity flow while your guests create a beautiful work of art!

Send your guests on a scavenger hunt.

There are many ways to get creative with this, including giving the hunt a theme to match your party, having guests find things in nature and draw pictures of what they find, or having your guests do something (ex: 10 jumping jacks) every time they find something on the list.

Slip and Slide!

Give your party a water theme to beat the heat. Set up two identical slip and slides and see who slides the fastest and/or the farthest. Crown your champion. Test out other games like horseshoes, washers, Bocce ball, four-square, hopscotch, whiffle-ball, or kick ball.

*Here’s to a healthy and active summer ahead.
Cheers!*



Recipe of the Month BROCCOLI CHEESE SOUP

Ingredients

- 3 T oil
- 1 C chopped onion
- 6 C water
- 6 cubes chicken bouillon cubes
- 8 ozs. fine egg noodles
- 2 - 10 oz. pkg. chopped broccoli
- garlic powder
- 6 C milk
- 1 lb. shredded Velveeta cheese
- opt. 2-3 T thickened cornstarch

Saute onion in oil. Add water and bouillon. Cook until dissolved. Add noodles. Cook uncovered 3 min. Add thawed broccoli and garlic. Cook 4 minutes. Add milk and cheese. Heat until cheese melts. Thicken, if desired.

Enjoy!

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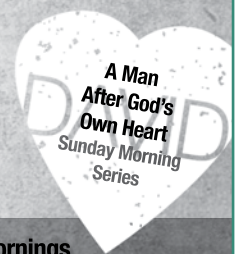
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