



The VOICE

A Newsletter for the
Residents of Teravista

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July 2011

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.

- **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

(Continued on Page 3)

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
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Georgetown Police (Non Emergency).....	512-390-3510
Travis County Animal Control.....	512-972-6060
Round Rock Animal Control	512-218-5500
Georgetown Animal Control.....	512-930-3592

SCHOOLS

Round Rock ISD	512-464-5000
Teravista Elementary School.....	512-704-0500
Hopewell Middle School.....	512-464-5200
Stony Point High School.....	512-428-7000
Georgetown ISD	512-943-5000
Carver Elementary School.....	512-943-5070
Pickett Elementary School.....	512-943-5050
Tippit Middle School.....	512-943-5040
Georgetown High School.....	512-943-5100

UTILITIES

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TXU Energy	1-800-818-6132
AT&T	
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Time Warner Cable	
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OTHER NUMBERS

City of Round Rock.....	512-218-5400
Round Rock Community Library	512-218-7000
Round Rock Parks and Recreation	512-218-5540
City of Georgetown.....	512-930-3652
Georgetown Public Library	512-930-3551
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ARTICLE INFO

The Voice is mailed monthly to all Teravista residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for The Voice please email it to teravista@peelinc.com. The deadline is the 9th of the month prior to the issue.

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Get to Know Your Irrigation Controller-

(Continued from Cover Page)

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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WHAT CAUSES AUTISM?

By Connie Ripley

Autism is diagnosed in one out of 110 children (1 in 70 boys). In 1975, autism effected 1 in 5,000. It is the fastest growing serious developmental disorder in the U.S., but is it a disorder or a disease?

The reasons for this huge increase, especially the 57% increase between 2002 and 2005, are being explored by parents, physicians and scientists. The means of diagnosing being essentially the same, what in our current world is causing the escalation of autism at alarming rates?

No totally supported cure exists.

Early detection and intervention are the best treatments.

Many concerned parents are blaming **childhood immunizations** —due in part to a well-publicized study by Dr. Andrew Wakefield (founder the Austin-based Thoughtful House) linking the measles-mumps-rubella (MMR) vaccine to autism. Medical organizations and drug companies have spent millions combating what they call his “fraudulent research findings”, yet Wakefield still holds his findings as factual. Who do you believe? The Centers for Disease Control (CDC) is finally citing studies showing that early exposure to mercury-based thimerosal is associated with motor and phonic tics in boys. Others are claiming the measles vaccine is a live virus that may continue to live in some children.

The age of parents, either mother or father, has been shown to possibly have an impact on the diagnosis. According to the federal

government’s leading autism body, the Interagency Autism Coordinating Committee (IACC), “Recent studies suggest...that parental age...may confer environmental risk.” The Dr. Oz television show had a large portion of one show on the causes. This was a well-accepted cause, but why?

In-Vitro fertilization appears to also be in question. A recognized physician and autism specialist states that 29% of her autism patients were conceived in-vitro. (It is important to note that this is only one physician’s findings and is not a published study.) Could this also be linked to age of parents? The federal government is also studying Toxins as a possible cause. The unusually high incidence of autism in children around Texas power plants is cited in some studies.

Mitochondrial DNA damage is finally getting a lot of attention from both physicians and the federal government.

Current scientific findings support the concept of a **medical disease** causing a dysregulated immune system to constrict the blood flow in some children’s brains, primarily the temporal lobes affecting motor skills, social integration and speech. Some physicians claim that when “the villan” that causes the damage can be identified and removed from the child, autism symptoms diminish. Is this a **vitamin deficiency, a virus, a fungus, sensitivities to toxins or certain food allergies?**

The CDC now wants to do a 5 year study on

the potential risk for post vaccine “neurological deterioration” and a study of mitochondrial dysfunction. This comes after the IACC announced a shift in research priorities toward environmental triggers, which could include toxins, biological agents and “adverse events following immunization.”

Does a **genetic predisposition** to the disorder exist in some children? While each gene appears to affect only a small percentage of cases, groups of genes appear to account for a greater percentage of autism risk. When children are exposed to certain toxins, viruses, fungi or conditions, autism could be the result, but not in all siblings and not in all twins.

Why are four times as many boys as girls affected with autism?

Something causes this early disruption in the development of the brain of one in 110 children (Some even say the number is more like one in 91. The U.S. military is stating 1 in 80 in ads on TV!), but what?

Autism Speaks is North America’s largest autism science and advocacy organization. Autism Speaks is funded primarily by local walks. The Greater Austin Walk Now for Autism Speaks committees and teams are being formed for the 2011 Walk at Dell Diamond on September 24. **Your help is needed!** Please contact Walk Manager Traci Whitney at traci.whitney@autismspeaks.org or go to www.walknowforautismspeaks.org/austin Every 15 minutes a parent is told his/her child has autism!

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THE VOICE

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 A More Healthy Alternative

Hot dogs	Turkey dogs
Hamburger	Turkey burger
Potato salad	Fruit 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-fat mayonnaise in dishes	
.....	Use low-fat mayo or the kind that has olive oil in it

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
(Continued on Page 7)



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Tips for a Healthy Summer - (Continued from Page 6)

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 & Active Summer Ahead.
Cheers!*

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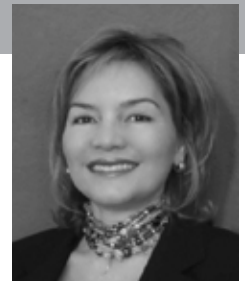


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August 28th 3rd Annual Colin's Hope Kids Triathlon

Athletes ages 5-15, mark your calendars for August 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. NEW this year are athlete training clinics sponsored by Austin Cycle Camp, Jack & Adams and Nitro Swimming. Go online to register at www.colinshope.org.

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