



April 2014

Volume 7, Issue 4

A Newsletter for the Residents of Legend Oaks

Get Ready for Summer with a New Austin Water Rebate

Protect your landscape and your wallet with Austin Water's Drought Survival Tools Rebate. This rebate is available to residential Austin Water customers and customers of qualifying water providers.

So how does the rebate work?

First, purchase the minimum amount of compost, mulch, and/or core aeration services for your landscape.

Compost: 1.5 cubic yards or 40 cubic feet

Mulch: 3 cubic yards or 80 cubic feet

Aeration: Core aeration services for your entire front and/or back lawn area. (Equipment rental is acceptable.)

Second, install the drought survival tool(s) on your landscape.

Third, fill out the Drought Survival Tools Rebate application found at www.waterwiseaustin.org and submit this along with receipts/invoices and photos of your completed work. A rebate check will be mailed to the mailing address within 4-6 weeks.

How much is the rebate?

You can choose to do any combination of the three; if you choose to do all three, you'll get a \$60 bonus!

Compost: \$30

Mulch: \$40

Lawn aeration: \$50

Complete all three and get a total of \$180!

Why are these things good for my landscape?

Compost is great to work into the soil before planting or even around existing plants. But one of the best and often overlooked uses of compost involves your lawn. Compost is an organic material that hangs onto moisture and acts as a slow release fertilizer. Spread ¼" to ½" of compost over your lawn sometime this spring and you'll increase soil health and make the most of water on your landscape while avoiding toxic fertilizers. A simple equation to estimate how many cubic yards of compost (or mulch) you'll need is located below. Or you can turn cubic yards into cubic feet by dividing the cubic yards by 27.

$$(\text{Length} \times \text{Width} \times \text{Depth of Compost}) / 324 = \# \text{ of cubic yards needed}$$

Spreading *mulch* around trees and in bedded areas helps to retain moisture and keeps the soil insulated from the intense Texas heat. The above equation can help you estimate the amount of mulch you'll need and remember to mulch properly; see www.growgreen.org for tips.

Aeration (specifically core aeration) removes plugs of soil to allow oxygen, water, and nutrients to make their way into the ground and create a better growing environment for your grass. Don't use "spike" aerators which can actually cause more compaction.

Take a proactive approach with your landscape this spring and you won't find yourself using water as a Band-Aid later this summer! For program rules and more information, go to www.waterwiseaustin.org or call Austin Water's conservation division at 512-974-2199.

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One of the most beautiful and progressive Veterans of Foreign Wars (VFW) Posts in the nation is in the Highland Hills section of Oak Hill. Located on several acres of gorgeous Hill Country, VFW Post 4443 on Thomas Springs Road not only provides a peaceful meeting and relaxation place for its members, but the Post also makes its extensive facilities available to the community for reunions, weddings, receptions, memorial services, parties and other events. The facility accommodates up to 175 people and rents at very competitive prices. Discounts are available for local clubs and civic organizations. Rentals include a day to set up and decorating prior to the event.

Facilities include a large hall with full kitchen, bar, coolers, ice machine, plenty of attractive tables and chairs and other amenities. Outside patio and decks with a view of the hill country for picnic, bands, dancing, etc. BBQ pits are built-in on the patios. Also available is a smaller hall that can accommodate up to 75 people. Other amenities include billiards, card tables and a great swimming pool. Proceeds of rentals are used to support the Post, veterans and the local community. Please contact Bob Kuntz at 512-288-4443, or visit the Post's web site at www.vfw4443.org and click on "Facilities Rental"

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A Dynamic Duo That Can Help Your Lawn Weather The Drought

by Brett Briant, LCRA Water Conservation Coordinator

Some things just go together, and mulch and compost are two of them. When used together, this formidable pair not only improves your garden and lawn, but they also use water more efficiently.

The combo is important as many of us move to maximum once-a-week watering during this time of severe drought. The pair can help your landscaping survive the drought because plants will be more disease tolerant and water efficient, thereby better able to defend themselves against the drought.

Using a hardwood mulch/compost blend is the best choice for retaining water and improving your soil. The mix will hold its color longer, and the compost will help break down the mulch, which will become a beneficial nutrient for your soil.

However, if you choose to go with one or the other, keep in mind that you can use compost as mulch, but you can't do the opposite. You can't use straight mulch as compost – it's too hard on its own and takes too long to break down and become a beneficial micro-organism to your soil. Mulch should smell like a fresh forest floor. A mulch/compost blend should have a carbon-to-nitrogen ratio of about 20-to-1. That's 20 percent carbon to 1 percent nitrogen. When applying this to your existing soil, a soil depth of at least six inches is highly recommended. You can build your soil with the mulch and compost through either core aeration, where you remove approximately 1 inch by 2 inch cores of soil from the ground to improve the infiltration of water/nutrients, or through light scarifying with a rototiller to remove any debris from the lawn.

A good layer of mulch of about two to four inches in your garden will help suppress weeds. It will also hold in moisture in the heat, and help keep the soil warmer in the winter and cooler in the summer. If you are using it as a top dressing to improve the soil on your lawn, you will want to apply a layer of compost that is one-fourth of an inch to one-half of an inch deep.

Another benefit of adding compost to most types of soil, including clay, sandy, alkaline or acidic, is that compost has natural pH buffers. That's the microbiology or bacteria in the soil that creates a healthy environment for your plants. The pH level should be close to neutral, which is a pH of 7. If you add compost to your lawn and compost/mulch to your beds, you will build the soil profile to be much more water efficient and increase its capacity to hold water. The soil will be able to drain and breathe.

Using mulch and compost together is a cost-efficient way to build your soil. They're relatively inexpensive and will help cut down on your water bill. It's a pair you want on your team.



JOIN US FOR GOLF AND A GREAT CAUSE!

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DON'T BE SIDELINED BY HEARTBURN



With college basketball's March Madness comes plenty of dribbling and dunking – both on the court and on the couch or at the local sports bar. But following a few tips from Dr. Wagar Qureshi, associate professor of medicine and chief of endoscopy at Baylor College of Medicine, means basketball fans won't have to worry about heartburn and can concentrate instead on those all-important brackets.

-Sit up. Lying down or reclining after a meal makes it easier for stomach acid to move up into the esophagus, causing heartburn.

-Eat in moderation. If you can't give

up cheesy nachos, then say no to hot wings, or else eat smaller portions.

-If you know a particular food triggers heartburn, Qureshi suggests avoiding it altogether.

-Wear loose-fitting garb.

-Take an over-the-counter antacid for fast relief.

If you find yourself taking antacids three or more times a week, your heartburn is more than just game-related. Frequent symptoms could signal chronic Gastroesophageal Reflux Disease (GERD), which afflicts more than 7 million Americans annually.

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Sugar, Heart & Life

A program called Sugar, Heart and Life: A Guide to Living with Diabetes is available for people dealing with the disease. The interactive and fun program developed by Baylor College of Medicine's department of family and community medicine offers information on how individuals with type 2 diabetes can manage their diabetes. The SHL program includes recipes, practical tips and games on diet, exercise, and medication. The program allows users to follow a year in the life of the Gonzalez family as they learn more about managing diabetes and help them make decisions that will keep their family healthy.

All diabetes management recommendations contained in this program are consistent with clinical practice recommendations of the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases. Recipe Box was adapted from heart healthy recipes from the National Heart, Lung, and Blood Institute.

*Sugar, Heart and Life can be found at
www.bcm.edu/shl.*



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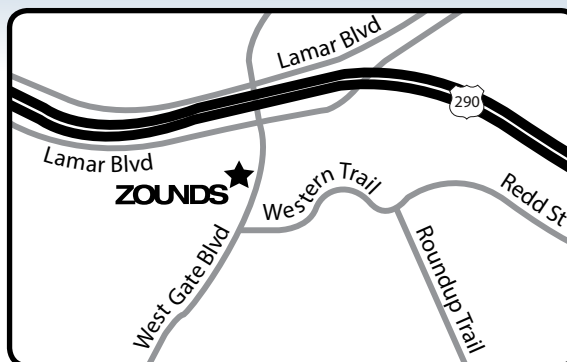
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Choosing a Summer Camp

By David Ettenberg, co-owner of Camp Shane

Summer camps come in a wide variety of interests and themes -- from music and sports camps to weight-loss and peace corps camps -- there is a camp for every child who has ever said, "I'm bored." How do parents sort through them all to find the right one for their child? Dave Ettenberg, co-owner of Camp Shane (a weight-loss camp for kids), recommends that parents consider these six guidelines before registering your child.

1. The Staff What are the camp's hiring procedures? Do they check references and run complete background checks? Also - many camps hire teens as junior counselors, which can be a wonderful experience for all, but it can cause problems if the camp relies too heavily on this cheaper workforce. It is important that a number of experienced adult staff members are on hand to deal with any problems that may arise. Also, ask to speak to the camp's director, he or she sets the tone for absolutely everything and will be able to give you an immediate sense of the camp's culture.

2. Referrals Get them, but get meaningful ones. Don't make the common mistake of relying solely on the names offered to you by the camp--these are typically hand-selected and will undoubtedly be positive. Instead, try to get five names of families that live within 20 minutes from you to ensure a more random sampling. It's ideal if you can ask someone you know whose child has attended the camp. If you don't know anyone personally, ask around in your community, chances are you'll find people.

3. Healthy Atmosphere If possible, try to visit the camp during the summer while in session to ensure there is an active, "happy" atmosphere, with a non-cliquey and non-threatening environment. It should be a place where your child can find strong support and make lifelong friends. Also, ask about the kind of food that is served at the camp--make sure they provide healthy, balanced meal options. You would be shocked to see what's on the menus at some "reputable" camps.

4. Marketing Materials Read all marketing materials carefully. If they are sloppy and unimpressive it may reflect how they run the camp. On the flipside, beware of materials that appear super-slick; a surprising

number of camps are now owned by corporations or investors who produce the marketing materials but have zero contact with your child. Look for realistic reflections of the camp and specific information that will give you insight to determine if the camp's philosophy, people and procedures will create the best experience for your child. Also, make sure to read the fine print; some weight-loss camps in particular advertise insurance reimbursements -- but check with your particular carrier, as this is often times not the case.

5. The Facilities Are the buildings in good repair? Has everything been freshly painted? Has the grass been cut? Chances are if they don't take care the facility, they won't do such a good job with your child.

6. Kid's Choice Make sure to keep your child involved with the decision-making process. He or she needs to be comfortable with the camp, or the experience won't be optimal. Also, does your child want to focus in on a special skill or sport? Be sure to consider his or her specific interests and needs. State-of-the-art athletic fields are great but they won't do anything for a kid who loves music.

Taking time to research summer camps is key to ensuring a fun, safe, and enriching environment for your children - but it doesn't have to be overwhelming," said David. "By focusing your search based on a few key factors and by asking the right questions, you can easily find a great match that suits your child's particular needs."

ABOUT CAMP SHANE.

For more than 45 years, David Ettenberg's family has owned and operated Camp Shane, successfully helping children shed pounds and establish a healthy, confident lifestyle at Camp Shane (www.campshane.com). Currently Camp Shane operates in Georgia, New York, California and Arizona; Camp Shane Texas will open this summer in San Antonio. Kids shed unwanted pounds, gain self-esteem and learn how to live a healthy lifestyle while having a blast. An average weight loss for campers is 10-15 pounds in three weeks; 20-25 pounds in six weeks; and 30-35 pounds in nine weeks. For more overweight campers, it is not unusual to lose more than 50 pounds over the summer. Camp Shane has been featured in all national media, including NBC Nightly News with Brian Williams, 20/20, Oprah, Dr. Phil, MTV and Family Circle.



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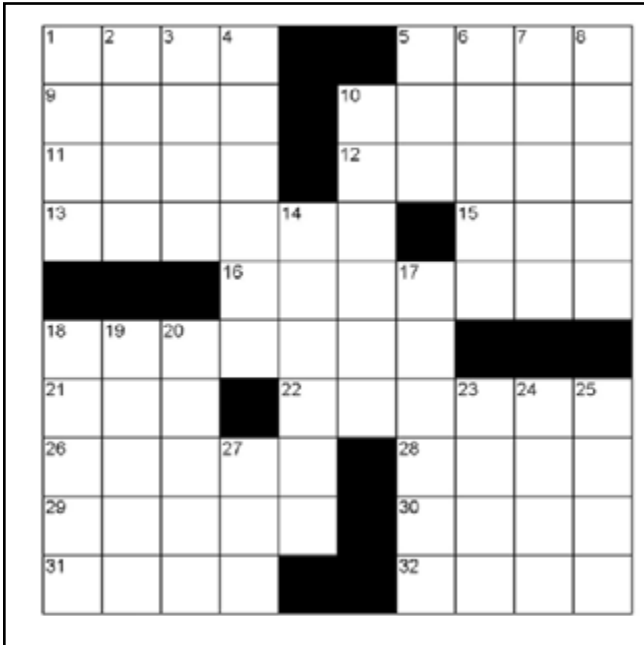
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31. Entertainer
32. Nightly tv show

DOWN

1. North Atlantic Treaty Organization
2. Winged
3. Fastening device
4. What the confederates tried to do
5. Dined
6. Whiter
7. Ice house
8. Hurting
10. Brand of soda
14. Literature
17. Baron
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19. Crippling disease
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