



MARCH 2018 VOLUME II, ISSUE 3

A Newsletter for the Residents of Legend Oaks II

## AERATION NOW CAN HELP YOUR SPRING AND SUMMER IRRIGATION

In order to prepare your lawn for a healthy spring growing season, you should employ basic lawn care practices at this time of year, which includes aerating your yard. It is important that nutrients reach the soil beneath your grass, and aeration can help you get that done.

Aeration involves making small holes in the soil to allow air, water and nutrients to get to the grass roots.

This helps the roots grow deeper and produce a stronger, more vibrant lawn.

Aerating helps alleviate soil compaction. Compacted soils have too many solid particles in a space, which prevents proper circulation of air, water and nutrients within the soil. Excess lawn thatch or heavy organic debris buried under the grass surface can also starve the roots from these essential elements.

So when is the right time to get this aeration done? These next six to eight weeks leading up to the spring season, when grass begins to grow again, is a good time to aerate.

The two main aeration tools are the spike aerator and a plug aerator. The spike aerator poke holes in the ground with a solid piece of metal. Plug aerators remove a core or plug of grass and soil from the lawn. Most landscaping companies and horticulturists recommend the use of the plug aerator. The machines can be rented or you can have a lawn care service aerate for you. After aerating, it's always a good idea to apply about a half-inch of compost over the aerated yard. The compost fills in the holes left by the plug aerator and brings organic materials into the root zone.

If you have noticed that your turfgrass isn't looking its best or that water has difficulty penetrating through the soil surface, it may be time to aerate your lawn. Lawns with clay soils that get a lot of foot traffic typically require aeration more often as they become compacted over time. Here's a great tip to check to see if your yard needs to be aerated.

Using a shovel, dig a square-foot section of grass about six inches deep and take a look at it. If the grass roots don't extend further than two inches deep into the soil, your lawn would benefit from aeration.

If you plan to aerate your own yard, here are a few helpful tips to get the job done.

- Before you get started, make sure the soil is moist enough. There's nothing more frustrating than trying to aerate soil that is bone dry. Aerating the day after a rain shower or watering your lawn the day before is advised.
- Most aeration machines cover only a small percentage of soil surface per pass, so make multiple passes over the most compacted areas. Save resources (and your energy) by leaving unaffected areas alone.
- The soil plugs can be left on the ground after aeration and allowed to decompose. Or, you can rake them into piles to throw in the compost bin. However, this isn't necessary as it should take about two to four weeks for the soil cores to break down naturally. Sprinkle compost (sand or peat moss can be used instead of compost) over the lawn to fill in the holes.
- An aeration myth is that if you apply a pre-emergent herbicide on your lawn in the spring, aerating your lawn will destroy the herbicide "barrier." This is not true — research shows that aeration will not affect crabgrass control or weed prevention.

After aerating, it's important to continue appropriate lawn care practices.

Aerating will help you save water over the spring and summer seasons. Instead of running off or only penetrating a few inches, water will be better absorbed in an aerated yard. That makes your entire landscape and your water bill happier.

### Did you know...

According to the U.S. Environmental Protection Agency, outdoor water use varies greatly depending upon geographic location. In dry climates such as that in the Trinity Glen Rose District, a household's outdoor water use can be as high as 60 percent. Some experts estimate that as much as 50% of that irrigation water is wasted due to inefficient watering techniques, wind and evaporation.

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## NEWSLETTER INFO

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# Heart Gallery of Central Texas



Meet Chasity, 11, she is waiting for a forever family. Chasity is a sweet and kind young girl. She is somewhat shy but likes being around others. She is very comfortable around those who are caring and affectionate toward her. She is very polite and will use 'please', 'thank you', and 'sorry'. Chasity greatly enjoys being outdoors, and she especially likes going to the water park. She loves coloring and showing off her work. Chasity has development, emotional, and learning disabilities and receives special education services. She loves praise and likes to let everyone around know when she is able to accomplish a task. She is working on becoming more independent and pushes towards doing things on her own.

The Heart Gallery of Central Texas, a program of Partnerships for Children, features portraits of Central Texas children in the foster care system who are available for adoption. Working together, our community raises awareness around adoption, foster care and permanency.

[heartgallerytexas.com](http://heartgallerytexas.com)

## Alzheimer's Caregiver Support Group

In Texas alone, roughly 1,270,000 caregivers provide an average of 20 hours a week of unpaid care for friends and loved ones. Caregiving is a demanding undertaking and results in high levels of stress. One core service of Alzheimer's Texas is to provide support to caregivers through volunteer facilitated support groups.

"These groups educate and inform participants about dementia and help caregivers develop methods and skills to solve problems," says Christian Wells, President of Alzheimer's Texas. "They encourage caregivers to maintain their own personal, physical and emotional health as well as providing peer guidance on how to care for the person with dementia."

At 7:00 pm on the third Tuesday of every month, caregivers in the Austin area can gather at Tarrytown Methodist to share their experiences in a safe, supportive environment. Meetings last about an hour and there is no charge to attend.

"We provide a safe, confidential space for caregivers to share what only other caregivers might understand," says Barbara Wiederaenders, facilitator at Tarrytown Methodist. "The mutual trust is precious and supportive."

### Event Details:

When: 3rd Tuesday of Every Month, at 7:00 pm

Where: Tarrytown Methodist, 2601 Exposition, Room 227, Austin, TX 78703

Contact: Barbara Wiederaenders, (512) 451-0684 or (512) 845-6117

To find out more information about this program, Alzheimer's disease or Alzheimer's Texas, email [vcardenas@TXAlz.org](mailto:vcardenas@TXAlz.org) or call (512) 241-0420.

### About Alzheimer's Texas

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhance care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour helpline, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit [www.txalz.org](http://www.txalz.org).



## READY. SET. SUMMER!

YMCA of Austin Camps offer children & teens safe, exciting, and memory-making experiences. At the Y, campers gain a sense of accomplishment, build relationships, and find their sense of belonging.

### Summer Camp Registration Now Open

- For ages 4-14
- Sites in Travis, Hays and Bastrop counties
- 5 days a week
- Financial assistance is available

Spaces Are Limited!

**Register at [AustinYMCA.org/camp](http://AustinYMCA.org/camp)**  
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## Change Austin's Future on April 19



You have the power to break generational cycles of poverty, trauma and neglect. You can shape the future of a child and our community. That future starts now.

The annual "Learning Starts Here" luncheon, benefiting Mainspring Schools, brings people together to help disadvantaged, full-of-potential kids and their families in Austin.

Join us on Thursday, April 19 to learn about the issues facing Austin's families and children in poverty, celebrate the achievements of the last year and consider how we can help these children in the

future.

What: Mainspring Schools "Learning Starts Here" Luncheon

When: 11 a.m. - 1 p.m. on Thursday, April 19 (lunch is served at 11:30)

Where: Renaissance Austin Hotel

Keynote Speaker: Dr. Seth Pollak

Dr. Seth Pollak, professor and researcher at the University of Wisconsin, will discuss the role that early experiences in children's lives have on development of brain structure and function, which is a crucial topic for so many children at Mainspring and across Austin.

Backed by years of fascinating research, Dr. Pollak's particular area of interest is how the quantity and quality of early experiences in children's lives influences how they think about and process information. The goal is to understand how developmental change occurs to develop effective prevention and intervention strategies for children most at risk for emotional, learning and behavior problems.

To purchase tickets, visit [www.mainspringschools.org/learning-starts-here-luncheon/](http://www.mainspringschools.org/learning-starts-here-luncheon/)

On behalf of these kids, families and staff, thank you for caring about this important issue.

[www.mainspringschools.org](http://www.mainspringschools.org)

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## March Gardening To Do List

### Plant: ornamental & wildlife

- Annuals: It's a tricky month for annuals since we get hot days. But the soil is still cold and freezes could still arrive. Late: plant cosmos, sunflowers, morning glory, gomphrena but keep an eye on upcoming freezes. Avoid planting caladiums.
- Wildflower transplants: early in month, you can still plant bluebonnet, larkspur, poppy and other transplants.
- Perennials & vines
- Ornamental (clumping) grasses like muhly and Mexican feather grass (late month)
- Trees, shrubs, roses (as soon as possible before heat sets in)

### Plant: herbs

- Nasturtiums, chives, catnip, comfrey, fennel, horseradish, feverfew, oregano, thyme, rosemary, Mexican mint marigold, peppermint, lemongrass (after last freeze)

### Prune

- Roses (early)
- Evergreen shrubs
- Prune dormant perennials and ornamental (clumping) grasses.
- Trees: DO NOT prune red oaks and live oaks unless damaged. Spray immediately with clear varnish.
- No need to apply pruning paint to other trees
- Avoid topping crape myrtles: simply remove sprouts or entire limbs at the trunk.

### Divide/Move

- Dormant perennials, roses, shrubs and trees. Still time, but don't wait!

### Fertilize

- Citrus with high nitrogen fertilizer like Citrus-tone. Fertilize every few weeks through growing season.

- Add compost to beds as you cut back dormant perennials. Fertilize with slow-release granular late in the month or as dormant perennials leaf out
- Add compost around trees and fertilize. Be sure to dig out grass several feet from the trunk, ideally to the drip line of the tree canopy.
- Watch for powdery mildew. Apply a natural fungicide like Serenade.

### Lawn

- Mow weeds before they set seed. Do not fertilize at this time except with compost!
- Plant other turf late in month once freezes aren't coming

### Prep

- Add compost to vegetable gardens along with organic fertilizer in prep for more summer crops
- Soil test

### Other tasks

- Keep floating row cover available; avoid covering plants with plastic
- Mulch, but avoid touching the base of trees and roses
- WEED!

### Tips

- When planting, dig hole twice as wide as root ball but no deeper than where it sits in the pot.
- Backfill and water until it sinks in.
- Continue filling in.
- Water again until it sinks in and pack the soil down.
- Mulch.



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