



WINTER LAWN MAINTENANCE

Winter is a time of protection and preparation for our lawns, turf grasses, trees and bushes. All require an additional effort to afford maximum performance and ensure that they will survive our unpredictable Houston winters.

FIVE TIPS FOR WINTER LAWN MAINTENANCE

1. Lower the mowing height of your mower. Removing young, tender growth on the lawn will prevent your lawn from falling victim to winter diseases. Removing this growth will prevent the lawn from drying out when the cold first comes.

2. Give your lawn a final fertilization. It is important to give your lawn a final fertilization before winter sets in. The nutrients will be stored and used by your lawn throughout the winter and in the beginning of spring. Ratios in fertilizer vary so make sure they are "winter or fall" formulas designed for southern grasses. 18-6-12/ 18/12/16 or 10/5/14 are good formulas for winter.

3. Clear your lawn of debris. Removing logs, toys or gardening equipment will prevent the objects from smothering the grass they sit on and reduce the turf's vulnerability to diseases. Brown patch (brown circles in the grass) is prevalent this time of year. Choose a fungicide with Bayleton – Terrachlor- Banner or Benomyl . These are effective against Brown Patch.

4. Aerate your lawn before the first freeze. It will prepare your lawn for fertilizer and nutrients in the spring. It will also decrease

the extent that thatch will affect your lawn in the winter. Apply a pre-emergent weed control from late October to early November to control broad leaf and common grasses.

5. Late winter is also a good time to trim woody trees and shrubs for preparation of new spring growth. Add an additional layer of mulch to protect trees. Landscape and water thoroughly before a freeze to protect tender plant roots. To protect plants from freezing temperatures, place a blanket or sheet over the plant then place plastic over the blanket. Do not let the plastic touch the leaves of the plant.

After you have treated your lawn you will want to reward yourself with some beautiful winter color. Some good choices for this area are:

Alyssum – This is a good ground cover that comes in white, rose and lavender. Cut back when it becomes leggy.

Calendula (Pot marigolds) - These look like small mums. They are a bright yellow and will lend color to an otherwise drab winter landscape.

Cornflower – Bright blue to dark purple. These small plants look like little buttons.

Dianthus – This is a low growing plant that comes in numerous shades of pink and has a nice spice scent.

Pansies – Come in a variety of colors. They thrive in cold weather and will bloom the entire winter season.

Ornamental Kale – This cabbage like plant comes in a variety of colors and shapes. (blue, white, lavender, white and shades of green. Makes an interesting display and you can eat it too!

The landscape committee wishes you and your family a happy and safe winter. Let's keep Rocky Creek beautiful!



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Police Department	512-314-7590
Sheriff – Non-Emergency.....	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue	
Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

SCHOOLS

Lake Travis ISD.....	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
Bee Cave Elementary.....	512-533-6250

UTILITIES

West Travis County PUA (Water).....	512-246-0498
Pedernales Electric.....	512-219-2602
Alliant Gas (Propane)	866-764-0283
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
IESI (Garbage & Recycling)	512-282-3508
Travis County Hazardous Waste.....	512-974-4343

OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library	512-767-6620
Municipal Court	512-767-6630
Lake Travis Postal Office.....	512-263-2458
City of Bee Cave	www.beecavetexas.com

NEWSLETTER PUBLISHER

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ARTICLE INFO

The Rocky Creek Connection is mailed monthly to all Rocky Creek residents. Residents, community groups, churches, etc. are welcome to submit 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.

If you have an article of interest to the community please submit to rockycreek@peelinc.com by the 15th of the month. The newsletter can also be viewed online at www.PEELinc.com.

Winter Holidays Stamping Party

**SIGN UP NOW - CLASS IS NOVEMBER
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Visiting instructor, **Kathy Miller** who is a great teacher and fine artist, will guide your creative spirit to make the most amazing **Christmas Cards - Bags - Decorative Boxes - Tissue Paper - Gift Tags - Bookmarks and more.** All of this & lots of great take home projects to make the holidays special. Beginning students to advanced are welcome. All supplies included for the morning of fun... (\$50 fee). Come early or stay after for holiday treats.

Carolyn Thompson is hosting the class and space is limited, so call or email soon so you do not miss it. (281) 435-5896 or ct1ct2@aol.com



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community newsletters



Rocky Creek Connection

Mark Your Calendars Now! 2014 Rocky Creek Events



ROCKY CREEK GETS FIT!

Mondays: Yoga at 7:45am (\$5/class),

Strength Training at 8:45 (\$10/session)

Wednesdays: Boot camp at 6am & 7:30am (\$10/session)

Fridays: Boot camp at 6am & 7:30am (\$10/session),

Strength Training at 8:45am (\$10/session)

All sessions are held at the Rocky Creek Amenity Center.

Please pay your instructor directly.

WEDNESDAY, NOVEMBER 19 ROCKY CREEK ANNUAL MEETING

6 pm at Bee Cave City Hall

Check in at 5:45 pm

DECEMBER (TBD) COOKIES WITH SANTA

Hosted by Highland Homes at the model home on Rush Pea Circle.

DECEMBER 12 HOLIDAY DECORATING CONTEST JUDGING

Start planning your decorations now! One winner, one prize valued at \$100!

All Events are tentative and subject to change or cancel, so please check monthly issues of the Rocky Creek Connection, and watch for bulletins from your HOA management team.



Patrick Court
State Farm Agent
*Your Rocky Creek
Neighbor and
Insurance Agent*

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Keep an Eye on your Water Use

Did you know that the wastewater (sewer) charge on your water bill for next year is determined by your water usage during the months of December, January and February?

Keep a close watch on the amount of water you use over the next few months.

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Travis County sets up reverse 911 for cell phones

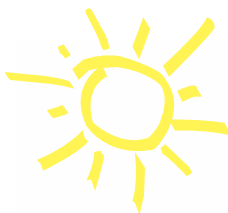
Travis County Emergency Services is making reverse 911 services available to residents' cell phones. The county already offers this service to residents' landlines. Reverse 911 is used in emergencies where there is a threat to public safety. The message gives warnings and instructions.

People can register their cell phones for up to five geographical locations and if there is an emergency in one of those areas, they will get a call. To find out more info about the program, you can go to <http://www.capcog.org/divisions/homeland-security/ens/>

To register, people are asked to go to the Capital Area Council of Governments' website at <http://wireless.capcog.org>



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Rocky Creek Connection

Pumpkin Cake Roll

INGREDIENTS:

- 3 eggs
- 1C granulated sugar
- 2/3 C pumpkin
- 1 tsp. lemon juice
- 3/4 C flour
- 1 tsp. baking powder
- 2 tsp. cinnamon
- 1 tsp. ginger
- ½ tsp. nutmeg ½ tsp. salt
- 1 C finely chopped nuts
- Powdered sugar

Beat eggs on high speed for 5 min.; gradually beat in sugar. Stir in pumpkin and lemon juice. Stir together flour, baking powder, cinnamon, ginger, nutmeg, and salt. Fold in pumpkin. Spread in greased and floured 15x10x1" pan. Top with nuts. Bake at 375° for 15 min. Turn out on towel sprinkled with powdered sugar. Starting at narrow end, roll towel and cake together. Cool. Unroll.

Filling:

- 1 C powdered sugar
- 2 - 3 oz. pkg. cream cheese
- 4 T margarine
- ½ tsp. vanilla

Beat until smooth. Spread over cake. Roll and chill.

Share your recipes with your neighbors! Email them to rockycreek@peelinc.com



Partnerships for Children

Paul is a sweet, loving boy—and he almost always has a smile on face! While he is extremely active and loves to play sports and be outside, Paul does well academically and is a polite young man.

Paul is 7 years old and is confident in his abilities to entertain others with his dance moves, creativity, and jokes. An abundance of support and patience will help Paul achieve success in his promising young life.

To find out more about Paul, please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter, at (512) 810-0813 or glindgren@helpinghandhome.org.

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

The Heart Gallery of Central Texas is a program of Partnerships for Children. To learn more about the adoption or fostering process, please call the Heart Gallery of Central Texas at (512) 834-3102, email heartgallery@partnershipsforchildren.org or visit our website at www.partnershipsforchildren.org.



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POSTURE TIPS FOR MOMS AND DADS

Mike McTague PT, DPT, OCS

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

LIFTING YOUR CHILD FROM THE FLOOR

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

CARRYING/HOLDING YOUR CHILD

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

PICKING UP TOYS FROM THE FLOOR

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

LIFTING YOUR CHILD OUT OF THE CRIB

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

PUSHING A STROLLER

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.



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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



STEP 1



STEP 2



STEP 3



STEP 4

The Modern Game: The Swinging Backhand Approach Shot or Volley

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute “The Swinging Backhand Approach Shot or Volley.” This shot is used when an opponent hits a soft shot that is floating high on the service line area. The player will take advantage and will hit the ball on the fly with a huge swing, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Vishwa Aduru, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Vishwa is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Vishwa sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand is gripping the racket tight and the right hand is semi-relaxed. His weight is on the front foot as his momentum carries his forward to attack the ball. His left wrist is “laid back” to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Vishwa started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

- Kids Stuff -



What does it mean to be green? "Green" is more than just a color. It also means taking special steps to protect the environment — the water, the land, and the air we breathe. Why green? Plants are green, and without them the Earth wouldn't be such a lovely home for us human beings. Every day, people make choices that affect the amount of trash and pollution that gets produced in our world. What can you do? A whole lot, actually. Here's a four-step guide to being green:

- Reduce the amount of stuff you use and throw away.
- Reuse stuff when you can.
- Recycle cans, bottles, paper, books, and even toys.
- Enjoy the Earth — walk in the woods, plant a tree, and eat some of the delicious food it produces.

REDUCE IT!

When you use less of something, you do a good thing for the Earth. For instance, a shorter shower means you used less water and less fuel since your house uses fuel to run the water heater that warmed up the water.

Here's a list of other stuff you can reduce:

- Turn off lights you're not using. Better yet, encourage your parents to switch to compact fluorescent light bulbs. They last longer and use less energy. They do need to be disposed of properly, though, so make sure your mom or dad helps if one breaks.
- Turn off the water when you're brushing your teeth.
- When you can, walk or ride your bike instead of driving in the car. You'll use less gas — and get some exercise!
- Unplug the chargers for your phone and MP3 player when you're not using them.
- Put your computer to "sleep" instead of leaving it on with the screensaver running.

REUSE IT!

Sometimes people call ours a "throwaway society." That means that we're a little too willing to throw away old stuff and buy new stuff. Many times, even if you no longer need something, someone else just might. For instance, if your baby brother outgrows his plastic basketball hoop, why not give it to another family who has a little kid? That's one less plastic basketball set that they need to buy. It's also one less large plastic toy that needs to be produced, packaged, and shipped to the toy store. Here are some additional ways to reuse the stuff you have:

- Use rechargeable batteries for your handheld computer games, MP3 players, cell phones, and digital cameras.
- Choose reusable travel cups instead of disposable paper or plastic cups.
- Take your own bags — preferably reusable ones — when you go to the grocery store.

- Drink tap water instead of buying bottled water. If you don't like how your tap water tastes, a low-cost filtration system could make a difference. Get a reusable water bottle so you can take it with you.
- Organize a swap among your friends. What can you swap? Books, toys, even clothes. It's a way for everyone to get something new without spending any money and without throwing a bunch of stuff away. Set aside some items for your swap when you're cleaning your room!
- Take paper from your computer printouts and use the other side for more computer printing or just to draw or doodle on.

RECYCLE IT!

Recycling has never been easier. Many communities will pick it up right in front of your house and some towns even require it. Tell your mom or dad you want to become "Chief of Recycling" for your household. That means you'll organize the recyclable items in bins, remember to put them on the curb on recycling day, and help remind others which items can be rinsed and recycled.

By separating plastic bottles, cans, bottles, and more, you're reducing the amount of trash that goes to the landfill. What's a landfill? A big mountain of trash, where all the trash trucks go to dump their loads. Recycled goods go instead to a recycling center, where they can be crushed, broken down, and later turned into new cans, bottles, and paper.

What else can be recycled? Sometimes water can be. For instance, some communities take used water — like from the washing machine and shower — and clean it up so it's safe to use for watering the grass and flowers.

ENJOY IT!

It's true that trash and pollution are problems, but the Earth remains a huge and glorious place that's ready for you to explore. You can start locally by visiting the naturally beautiful spots in your city and state. Go for a hike, visit local nature centers and gardens, climb up mountains, and explore lazy creeks.

Experience the outdoors in all sorts of weather — from a sunny day at the beach or lake to a wintry adventure when it snows. And if you're planning a family vacation, suggest a trip to a national treasure, such as the Grand Canyon, Yellowstone Park, or Chincoteague Island to roam with the wild ponies.

But before you travel the globe, take a look at your own backyard. Is there a spot where you could plant a tree or put in a little fruit or vegetable garden? If so, get out there and get your hands dirty. Then you can watch with pride as your tree takes root and your garden plants grow from sprigs to big plants full of ripe, red tomatoes or tiny, succulent blueberries. Who knew being green would taste so good?

*Reviewed by: Mary L. Gavin, MD
Date reviewed: September 2013*

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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