

# Canyon Creek CHRONICLE

DECEMBER 2014

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## Take Care of Texas by Managing Your Leaves

As autumn brings cooler temperatures, it also signals the arrival of another seasonal display – falling leaves!

While Take Care of Texas encourages you to plant shade trees to help lower your utility bills in the summer, these deciduous trees lose their leaves in the fall. Instead of raking and bagging them, where they will head to a landfill, put them back into your lawns and gardens as a valuable source of mulch and fertilizer.

Leaves contain 50 to 80 percent of the nutrients a plant extracts from the soil and air during the season. Grass clippings, leaves, and other yard debris make up 20 percent of the trash sent to landfills each year. It costs Texans over \$250 million a year to collect and dispose of this waste.

There are four basic ways to manage leaves and use them in landscaping:

**Mowing:** a light covering of leaves can be mowed, simply leaving the shredded leaves in place on the lawn. This technique is most effective when a mulching mower is used.

**Mulching:** a lawn mower with a bagging attachment provides a fast and easy way to shred and collect the leaves. Apply a three to four inch layer of shredded leaves around the base of trees and shrubs. A two to three inch mulch of shredded leaves is ideal for flowerbeds. For vegetable gardens, a thick layer of leaves placed between the rows functions as a mulch and an all-weather walkway that will allow you to work in your garden during wet periods.

**Composting:** in addition to leaves, other yard wastes such as grass clippings, pine needles, weeds, and small prunings can be composted. Compost can serve as a soil conditioner that nourishes your yard and reduces the need for outdoor watering up to 60 percent.

**Soil improvement:** leaves may be collected and worked directly into garden and flowerbed soils. A six to eight inch layer of leaves tilled into a heavy, clay soil will improve aeration and drainage. The same amount tilled into a light, sandy soil, will improve water and nutrient holding capacity.



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## Recipe of the Month

### "Pumpkin Pie"

1 can pumpkin 1 can evaporated milk  
 1 cup brown sugar, 2 eggs, beaten  
 1 t. salt      ½ tsp. ginger  
 2 t. cinnamon ½ tsp. allspice  
 ¼ tsp. cloves

Combine and mix well. Pour into pie crust. Bake at 425° for 15 minutes; then 350° for about 45 minutes.

*Submit your recipes to [info@peelinc.com](mailto:info@peelinc.com).*

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# NATUREWATCH

by Jim and Lynne Weber

## THE SEVEN-FACED BIRD

Most often, the traditional star of holiday meals in the United States is the domestic turkey. Interestingly, this bird is only one of two wild bird species native to North America (the other is Muscovy Duck) that have been bred specifically for human consumption. Wild turkeys (*Meleagris gallopavo*) were first domesticated in Mexico, and then exported to Europe. European settlers brought domesticated turkeys back to the New World, but would also hunt the wild birds they found. Currently, there are more than 7 million wild turkeys in North America, a pretty astounding fact when they were almost extinct by the 1930s due to overhunting and deforestation of their preferred habitat.

Adult wild turkeys are large birds with long reddish-yellow to grayish-green legs, with each foot having three toes in front and a shorter, rear-facing toe in back. Their body feathers are generally blackish to dark brown, with a coppery sheen that becomes more pronounced in mature males. The toms or gobblers, as the males are called, have a large, featherless, reddish head, red throat, and red wattles on both the throat and neck. The long, fleshy object hanging over the male's beak is called a 'snood', and the tail feathers are all one length. Juvenile males are called jakes, and they have shorter wattles and a tail fan with longer feathers in the middle. Males also have a spur behind each of their lower legs, which they use when fighting. Wild turkeys show a strong sexual dimorphism, with the males being significantly larger than the females or hens. The hens have duller feathers overall, mainly in shades of brown and gray. Young females are called jennies, and the very young of both sexes are called poults.

In Japanese and Korean, the turkey is called 'shichimencho' and 'chilmyeonjo' respectively, both of which translate to 'seven-faced bird.' This reflects the ability of the male wild turkey to change the color of its facial skin and wattles in a matter of seconds due to excitement or emotion. While the birds' head color can range from red to pink to white to blue, certain changes represent certain moods. When the male is excited his head turns blue, and when he is ready to fight it turns red.

Unlike their domestic counterparts and despite their weight, wild turkeys are agile fliers. While their powerful legs can get them running up to 25 mph, their top speed in flight is 55 mph. In their ideal habitat of open woodland or wooded grasslands, they fly beneath the canopy top and sleep up in trees. They can live an average of 3-5 years in the wild, eating a varied diet that includes grains, insects, berries, and even small reptiles. Their daytime vision is three times better than a human's and they see in color, but they have poor vision at night.

There are 6 different subspecies of wild turkey in North America, showing differences in coloration, habitat, and behavior. In our region, the Rio Grande Wild Turkey (*M. g. intermedia*) is dominant, naturally ranging through Texas to Oklahoma, Kansas, New Mexico, Colorado, and Oregon. Having slightly longer legs than other subspecies, it is better adapted to a prairie habitat, with a more greenish-coppery sheen and buff-colored feathers on the tail tips and lower back. This subspecies prefers brushy areas near streams or rivers, and forests of scrub oak, pine, and mesquite.



*Male Wild Turkey*



*Female Wild Turkey*

Either way you slice it, as you celebrate the holidays this year, reflect on the wonders of the 'seven-faced bird,' appreciate their history with humans, and keep an eye out for wild wattle and snood!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. If you enjoy reading these articles, look for our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com) for additional topics.

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# A FEW HOLIDAY THOUGHTS...

It is good to be children sometimes, and never better than at Christmas, when its mighty founder was a child Himself.  
Charles Dickens

There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.  
Albert Einstein

The way you spend Christmas is far more important than how much.  
Henry David Thoreau



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# TENNIS TIPS

By USPTA/PTR Master Professional  
Fernando Velasco



## The Modern Game: The Slice Overhead

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 content with hitting the ball over the net and controlling the point with consistency. These players may already be playing for leagues or tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute “The Slice Overhead.” This shot is utilized when an opponent hits a lob that is both high and deep. The player will take the overhead and hit it slightly on the side of the ball forcing the opponent off the court.

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

**Step 1:** The Back Swing: When Chaitanya 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, and his eyes are focused on the ball. His right wrist is “laid back” to allow maximum for point of contact.

**Step 2:** The Point of Contact: The success of a slice overhead shot is in keeping the ball on the strings of the racket as long as possible outside of the ball. Chaitanya started the swing high and is allowing the head of the racket to be fully extended. His left shoulder is almost opening and his weight is moving through the shot.

**Step 3:** The Follow Through: In order to attain maximum control and power, Chaitanya is wrapping the racket around his body. He has “snapped” his right wrist and has the head of the racket facing down. His weight is going forward.

**Step 4:** The Ready Position: If Chaitanya’s overhead is successful but was not a winner, he now gets ready for the next shot, which probably would be a volley.

Look in the next Newsletter for: “The Modern Game: The Forehand Baseline Drop Shot”

## Traveling with your pet over the holidays? Here are some tips that will help make your drive smooth sailing.

Submitted by Kristen West, Owner of Gusto Dogs LLC.

1. Take your pet on short trips prior to the big day to let him get used to traveling by car.

2. Keep your pet safe in a secured, well-ventilated crate or carrier. It should be large enough for your pet to stand, sit, lie down and turn around. Letting him have free range in the car not only puts him at risk, but it also poses a risk to your family if you were to stop suddenly.

3. Never let your dog travel in the bed of a truck. Even if he is secured on a short line to prevent him falling or jumping out, your pet can experience discomfort from the weather and wind or sustain injury from debris.

4. Feed your pet three or four hours prior to departure and avoid giving him any food or treats in the car.

5. Never leave your pet in a parked vehicle, which can quickly become a furnace and cause heatstroke, even with open windows. In cold weather, the car holds the temperature like a refrigerator.

6. Your pet's microchip should be up-to-date and he should be wearing a flat collar and ID at all times.

7. Bring a bowl and extra water in case you get stuck in the inevitable holiday traffic jam!

8. Take lots of breaks to let your pet stretch his legs and relieve himself. It's a great excuse to do some sight-seeing or pick up a fun treat for yourself!



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### (in)visible

Hidden meaning discovered. Risk and faith intertwined. The power of fresh light. The courage of a declaration. The safety of anonymity when breaking new ground.

Welcome to (in)visible.

Our 2015 experience will celebrate what it means to make the invisible visible (... or not) as we strive to design a unique environment where brave ideas transform from timid whispers in the back of one mind to inspiring roars in the minds of many. Where important issues are exposed and preconceived notions thrown to the wayside. And exciting new connections become inevitable as we delve into the unknown of ourselves and the potential lying in wait all around us.

This is what (in)visible means to us in this moment, but what will it mean when our hard work has illuminated so much more? What will you discover? We can't wait to dive in together on Feb 14th.  
Nika Torabi, CPHS Ambassador

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