

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.

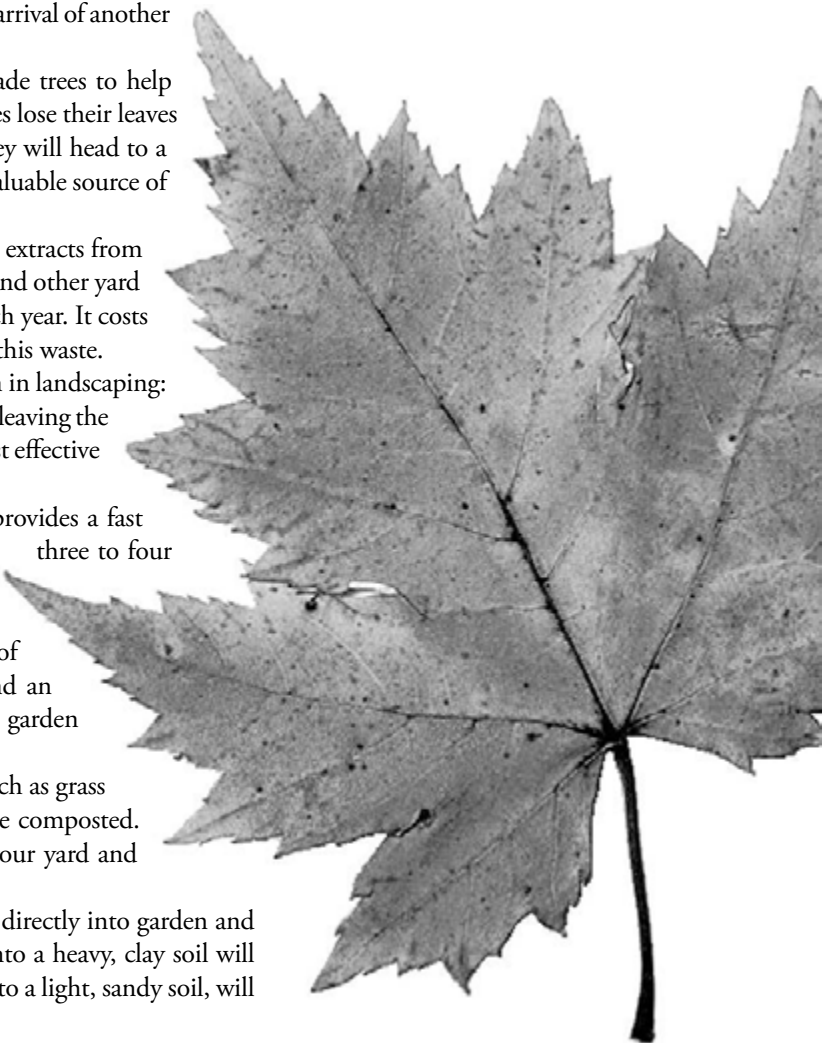
There are four basic ways to manage leaves and use them in landscaping:

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.



The Forum

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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.

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The Forum

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.
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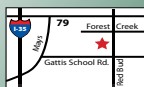
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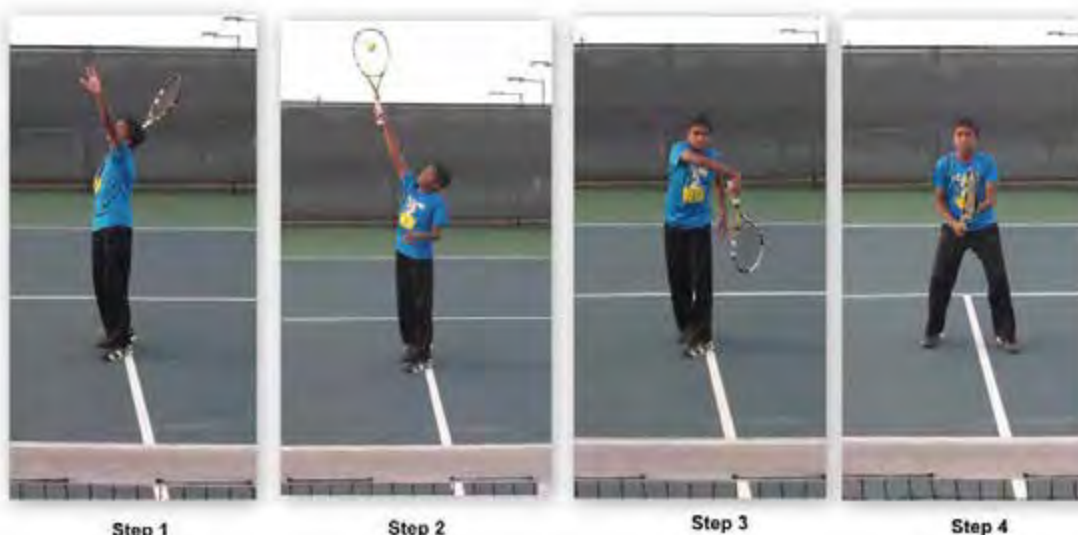
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TENNIS TIPS

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”

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Where: Westlake High school

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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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