

NEWS FOR THE RESIDENTS OF CANYON CREEK

Canyon Creek CHRONICLE

FEBRUARY 2015

VOLUME 9 ISSUE 2

VHS BAND & VISION MULCH SALE

FREE Delivery in Vandegrift Zip Codes March 27 and 28

The Texas State Champion Vandegrift HS Band and Vision is helping Four Points residents get their homes ready for Spring with their biggest fundraiser of the year: Mulch Sales! Online sales of the mulch have begun – visit: vhsband/fundraising/mulch.com. Students will also be visiting residents door to door from January 8th to March 8th to personally take orders - The Deadline to place orders is March 8. FREE delivery is available in all Vandegrift HS feeder neighborhoods including the following zip codes: 78726, 78730, 78732 and parts of 78714 and 78750. All other areas and zip codes must pick up at a local location provided at later date.

Deliveries are scheduled for March 27 and March 28. The mulch is 100% Organic and comes in bags of 2 cubic feet. Two types are available: Black Velvet Hardwood and Hardwood Bark. There is a discount for cash and check sales.

Online Pricing is as follows:

5-26 bags @ \$4.90 per bag | 27-51 bags @ \$4.65 per bag
52 bags (one pallet) @ \$240 per pallet

Contact your friendly neighborhood Band/Vision Student to get the cash and check discount!

Cash & Check Pricing is as follows:

5-26 bags @ \$4.75 per bag | 27-51 bags @ \$4.50 per bag
52 bags (one pallet) @ \$230 per pallet

There is a minimum order is 5 Bags. Students and parents of VHS Band participate in all aspects of this fundraiser from order taking to delivery. All funds raised go towards band equipment, marching show design, scholarships, competition fees & supplies, transportation, and uniforms.



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OTHER NUMBERS

Balcones Postal Office512-331-9802

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View the current issue of *The Canyon Chronicle* on the 1st day of each month at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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Easy Valentine Sandwich Cookies

Recipe by Laria Tabul, allrecipes.com

This recipe makes 17- 3 inch sandwich cookies and 17 - 1 1/2 inch heart shaped cookies. You'll need a 3-inch heart shaped cutter and a 1 1/2-inch heart shaped cutter. Frost with Pink Valentine Frosting (see recipe).

Ingredients

- 1 cup butter
- 1 1/2 cups confectioners' sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract (optional)
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar

Directions

In a large bowl, cream together butter and confectioners' sugar. Beat in egg, vanilla and almond extract. Mix well.

In a medium bowl, stir together flour, baking soda and cream of tartar; blend into the butter mixture. Divide dough into thirds and shape into balls.

Working with 1/3 of dough at a time, roll out dough into desired thickness on a lightly floured surface. For each heart sandwich cookie, cut out 2 3-inch hearts. Cut out the center of ONE of the 3-inch hearts with the 1 1/2-inch cutter.

Place each piece separately on an ungreased cookie sheet, 1 - 2 inches apart. Bake in a preheated, 350 degrees F (175 degrees C) oven until lightly browned (7-8 minutes for 1/4 inch thick cookies). Cool completely on wire rack. Frost bottom cookie with Pink Valentine Frosting and place an open centered cookie on top to form the sandwich. Also frost the small 1 1/2 inch hearts and serve as separate cookies.

Pink Valentine Frosting

Ingredients - makes 1 cup (approximately)

- 1 cup sifted confectioners' sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1 tablespoon water
- 2 drops red food coloring

Directions

Blend sugar, salt and flavoring. Add just enough water to make it easy to spread. Add 2 drops red food coloring and mix well.



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If your family enjoys exploring new cultures and nurturing youth, please contact us to request more information about this amazing opportunity to share your life with a special young person and to learn how you can make a difference.

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Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study

abroad, and leadership programs for high school students from the U.S. and around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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TENNIS TIPS



By USPTA/PTR Master Professional
Fernando Velasco



The Modern Game: “The Backhand Return Serve Drop Shot”

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 already be 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 Backhand Return Serve Drop Shot.” This shot is used when an opponent is expecting a deep service return and the player “surprises” the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men’s 70 Division in Texas,

and #13 in Singles and #8 and #10 in Doubles in the US.

Step 1: The Back Swing: When Fernando 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 incoming ball.

Step 2: The Point of Contact: The success of the drop shot is to “cup” under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

Look in the next Newsletter for: “The Overhead from the Baseline”

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