

The Village Gazette

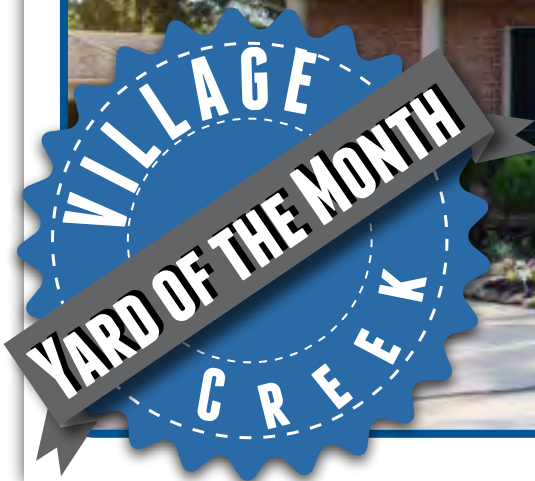


Volume 10, Issue 9
Village Creek Community Association

September 2013

Village Creek Yard of the Month AUGUST 2013 12607 Ligustrum Trail

Thank you to Plants for all Seasons for donating the gift certificates for each month's winner.



The Village Gazette

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Tomball Memorial High School.....281-357-3230
Transportation.....281-357-3193

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Patti Tine..... patti@preferredmgt.com
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Village Creek Community Association Website:
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Village Creek Residents Sound Off About Increasing Duck Population



*Have a comment? Please send them to the editor, jgabbert@gmail.com.
Have a question for the board? Please contact Preferred Management to be added to the docket at the next board meeting. Please follow appropriate professional meeting etiquette to have your voice heard*

Village Creek resident, Cheryl Gaude recently sent a message to the editor concerning a growing problem about the expanding duck population around the main lake.

Cheryl's concern is that even though signs are posted that tell us to not feed the ducks, many residents ignore the signs and continue to feed them anyway.

Some residents that live around the lake section are experiencing duck droppings around sidewalks, in their yards and even in swimming pools. Even though the ducks are nice to have around there are other problems that can surface if we don't follow some simple rules.

If you see a resident feeding the ducks please kindly ask them to stop feeding them and to respect the wishes of all neighbors to keep the area around the lake clean and dropping free.

If the duck droppings continue to be a problem, the only solution may be to have wildlife management remove them to another area.

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Landscape Corner Article

Gordon R. Watson

LAWNS: US'S BIGGEST IRRIGATED CROP

I just finished Taking on Water by Wendy J. Pabich, a book about saving water. One interesting fact in it is, according to NASA, lawns cover 40,000,000 acres...making lawns America's largest irrigated crop.

PLANTING TREES AND BUSHES

September is a great time to plant containerized trees and shrubs that are not cold sensitive. It is not a good month for bare-roots or plants that may be damaged by early freezes. Typically, the days are not as hot as summer, and rains are often more common...conditions which are very good for new plants.

WEATHER

http://www.intellicast.com					
Date	Average Low	Average High	Record Low	Record High	Rain Inches
September	68	89	44	109	4.46

DEAD-HEAD (REMOVE OLD BLOOMS) PERENNIALS.

This will encourage the plant to add more blooms.

MULCH ANYTIME

Most weeds hate shade, and mulch provides shade which reduces weeds, and reduces the need for water. Mulch also creates a wonderful fresh look for the yard.

LAWN AND GARDEN WATERING

As the temperature drops, use the "seasonal adjustment" to lower your watering time to much less than in the heat of summer. Water your plants less, but if it doesn't rain, do water trees and shrubs to assure they have sufficient water.

(Continued on Page 6)



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Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to jgabbert@gmail.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



Landscape Corner- (Continued from Page 3)

LAWN FERTILIZING

Fall is the most important season to fertilize a lawn. Wait until the growth slows, but has not stopped. For our area, November is likely the time to fertilize. READ the instructions on the fertilizer bag!

VEGETABLES

It is time to plant collards, brussel sprouts, beets, turnips, greens, beans, radishes, broccoli, cauliflower, leaf lettuce, cabbage, kale, and spinach. Plant herbs such as basil, chives, cilantro, dill, mints, and oregano.

THIS MONTH'S HINT FROM MY WIFE'S UNCLE

To get fertilizer to the base of plants, use a 36" long 2" diameter pvc or abs pipe. Pour in at waist level, and it travels along the pipe to the base of the plant...leaving none on the leaves.

With the drop in heat, existing tomato plants may again produce.

Until next time, Happy Gardening!

Village Creek Resident

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A Focus on Backpack Safety Tips

By: Concentra Urgent Care

WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

WEAR OVER STRONGEST MID-BACK MUSCLES

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints. Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

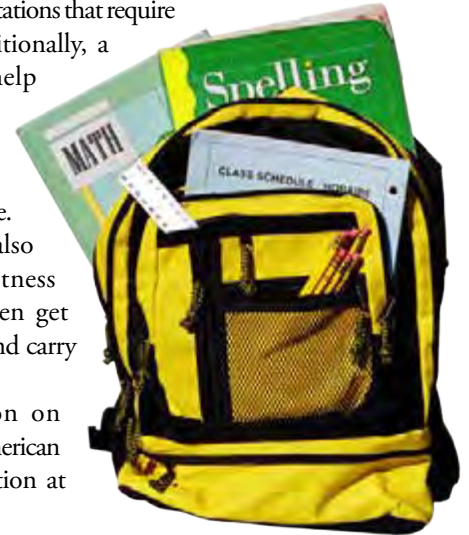
THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.



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September 8: 5th annual Colin's Hope Kids Tri, and All Star Burger Fundraiser (10% of sales donated).
October 19: Sharkfest Austin Swim benefiting Colin's Hope. Volunteers needed.
November: Underwater Holiday Photos (multiple days and locations).
February 16: Austin Marathon. Runners, walkers, and water stop volunteers needed.

Be a Water Guardian and Watch Kids around Water. Drowning is preventable!

Thank you to all who supported our efforts this year to raise water safety awareness to prevent children from drowning!

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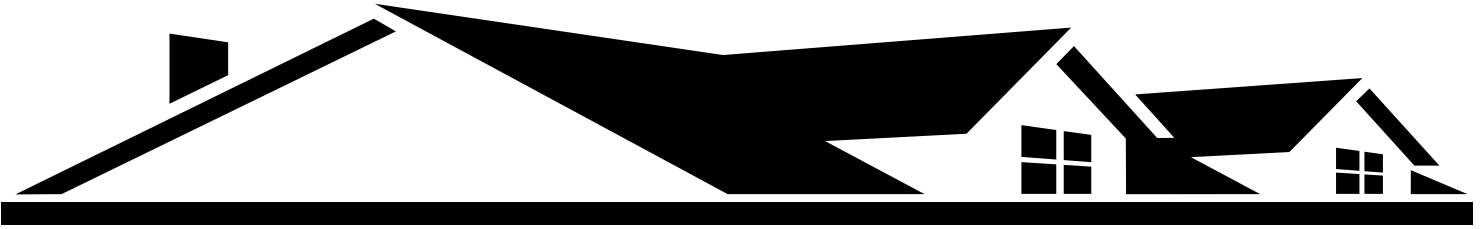
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Random Thoughts of the Home Repair Guy

GARAGE DOOR SPRINGS

I was outside a few weeks ago...working on our sprinkler system... listening to the radio...when I heard a loud bang. Gunshot loud! I looked up, but didn't notice anything out of the ordinary... no blood, no wounds, no mushroom cloud....so I went back to work. Later in the day, I was in the garage when I heard the garage door "try" to open. My wife had returned from shopping, and was doing her best to open the roll up garage door with the remote in the car. No dice. The door opener was trying, but the door would hardly budge. Then I noticed it. One of the springs above the door had broken. I couldn't even open the door by hand. We were leaving within a few days on a vacation, so I knew right away this wasn't going to be a do-it-yourself job. My wife found a phone number, and a guy came out within two hours. He fixed it on the spot as he had the spring on his truck. It was costly (almost \$400). This price seems a bit high (all prices seem high to me), but he did do the job the same day. On days like this, renting a house seems like a good deal. . Here are a few comments from the repair guy and from my own knowledge (such as it is):

- A. The springs are there to act as a counterbalance to the weight of the door. A metal two car garage door can weigh about 300 pounds, so it is all but impossible to lift them either with a motor or by hand without working springs. When the door is up, the spring is somewhat relaxed, so gravity helps lower the door. When the door is down, the spring stores energy to help lift the door against gravity. Ideally, the door is pretty much balanced such that the force needed to move it is slight. This is why the garage door opener motor can be fairly small. It mainly just overcomes friction.
- B. The springs are tightened with two steel rod-like tools designed for the purpose. I think he said it takes Thirty $\frac{1}{4}$ turns...but depends on the weight of the door and the spring. He said that there is a chart which tells how much the spring needs to be tightened.
- C. There are two springs. Even though only one was broken, he said that both should be replaced as the second would break soon (which makes sense to me).
- D. According to him, the average springs last between seven and ten years. I suspect these had never been replaced, so they must have lasted about ten years.
- E. He said that most springs break in hotter weather. He wasn't sure why this was true
- F. He also looked at the rollers, and was honest enough to say that they looked fine. I did oil them after he left.

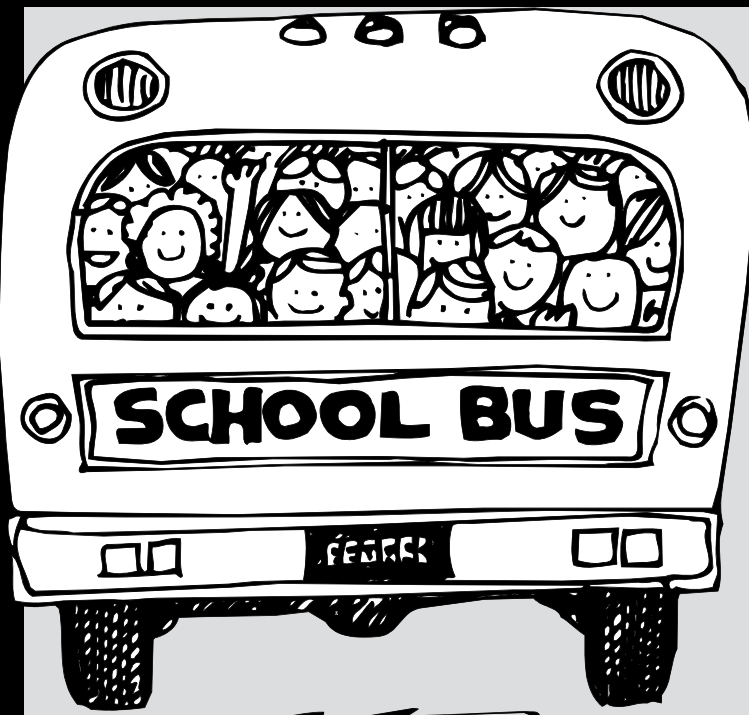
Here are a few additional thoughts on garage doors and openers:

- A. Some garage door openers have batteries which allow you to open the doors even when the power is off. Batteries don't last forever. One of ours failed after maybe ten years. They are pretty easy to replace yourself.
- B. Whether you have a battery or not, the entire family should be aware of how to release the electric opener from the door (usually a handle hanging from a rope on the garage door opener mechanism). If the power is off or the garage door opener or battery fails, this will be your only hope to open the door.
- C. Occasionally release the door and check to see if the door is reasonably balanced. A well balanced door will easily lift, stay in one place when you stop it half way up, and slowly drop without slamming shut. If your door is out of balance, have it checked by a professional. It is likely that the springs are wrong or out of adjustment. An unbalanced door can be dangerous.
- D. Also read your instruction manual to see how to check the door's safety features. I once saw a neighbor boy get his leg caught in his home's garage door because the safeties weren't properly adjusted. He wasn't badly hurt, but that was a matter of luck.
- E. Given the potential dangers, replacing springs is not for the average do-it-yourselfer.

THOUGHTS ON GETTING OLDER

I mentioned to my wife that, now that I have observed it being done, we could save quite a bit of money by buying the springs ahead of time (on line) and saving the cost of installation. She reminded me that by the time the next ones fail, I might not physically be able to do the work. I must say that repairing garage doors might not be a bad way to make some pretty good money, but I do understand that dealing with springs can be quite dangerous...particularly when you are new at it (like most home handymen are). That work is sort of like being an undertaker...not many people get to avoid his service. I guess what I want to avoid is requiring both of these services on the same day (i.e. getting badly hurt while changing springs).

Speaking of working when one gets older, my wife and I were in California a bit ago where my mother-in-law was replacing a wood fence. Her backyard neighbor was over 90 at the time, and there he was...sitting on top of the fence with a 10 pound hammer (or so) pounding 8 foot long by one inch metal pipes into the ground for extra fence support. I went out to ask him if he wanted help. He did, so I got up on a ladder and helped him finish the job. He was an interesting guy. It turned out he was a flyer in World War II with lots of interesting stories. He was still spry and working at over 90...an inspiration.



Back To School

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

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The Village Gazette

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E-mail your pictures to jgabbert@gmail.com by the 8th of the month.



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