

West Lake Hills ECHO

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January 2016

WHAT TO FEED YOUR NEW FURKID

By Natural Pawz Co-Owner Nadine Joli-Coeur

New pets at Christmas used to mean puppies and kittens. That is no longer the case. Many of us adopt a new family member from one of the local rescues or pet organizations. The new pet can be young, old, small or large and may also have some special needs.

It's a time of great joy but it's challenging to determine the best food for your new pet. There are so many choices out there. Whether you get a pet from a breeder or adopt from a rescue or shelter, it's important to ask a couple of questions:

- 1) What has he/she been eating? How much and how often is he/she fed?
- 2) How old is the pet?
- 3) Does the pet have any allergies or skin issues?
- 4) Are there any medical conditions that you should know (past or present)?

A little information can help guide you on what to do next. If your pet has been on a poor diet or you have a multi-pet household, you might want to change the food. The first thing to do is find a food that meets the best needs of your pet. Should you buy canned food, dry food or something else? The answer really is that there is no one right answer.

Puppies – What to Feed

Feeding your pet healthy food is essential if he/she is to grow into a healthy adult. A puppy diet will provide the extra nutrients and fat needed. Additionally, other ingredients are critical such as DHA for brain development, omegas for a shiny coat and enough (but not too much) calories for energy. For small and medium breeds, you should feed puppy food for at least the first nine months. For large to giant breeds or breeds that tend to have hip and joint issues, you can feed a breed-specific puppy food for up to 18 months. (Timing is determined on when they stop growing).

Rescue Pets – What to Feed

Often newly adopted pets are stressed and may not have been on a proper diet prior to their arrival in your household. Select a diet based on needs, including overweight, dry coat, poor digestion....

POOR COAT – A better food will improve the pet's coat. Start with a food that provides additional omegas or ingredients for the coat (such as coconut oil, fish protein, fish oil, canola oil, flax). If the pet's ears and between the paw pads are irritated, the pet probably has allergies. Look to feed a diet formulated with limited ingredients and a protein source that they haven't had before such as duck, rabbit or lamb.

POOR DIGESTION / LOOSE STOOL – If your pet has loose stools or diarrhea, it may be due to stress, a poor diet, too fast a transition to a new diet or feeding too much. If you are feeding a good diet, you may be feeding too much during a meal. Either

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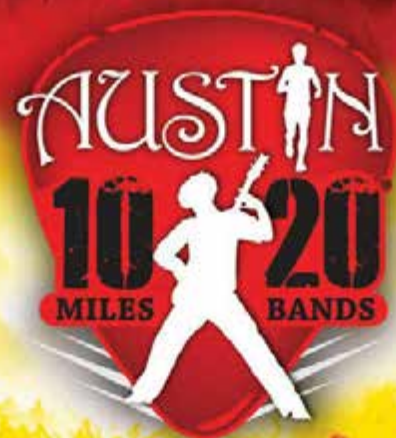
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ARTICLE INFO

The West Lake Hills Echo is mailed monthly to all West Lake Hills residents. Residents, community groups, churches, etc. are welcome to include 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.

To submit an article for the West Lake Hills Echo please email it to westlakehills@peelinc.com. The deadline is the 15th of the month prior to the issue.

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(Continued from Cover)

cut back or feed more often. A good diet starts with high-quality ingredients as opposed to lower quality or highly processed ingredients such as glutens, starchy grains and by-products. A pet cannot be healthy

without a healthy intestinal tract. To improve intestinal health, add the following to the diet:

- Pre and/or probiotics: a supplement specifically designed for pets will work better than plain yogurt
- Enzymes: Try a supplement, raw food or bones; Pumpkin is also a good option that's full of fiber and minerals.

Food transition Guide

Day 1 & 2: 75% old food, mixed with 25% new food

Day 3 & 4: Equal amounts of both food

Day 5: If poop looks good, feed 75% NEW and 25% old.

Otherwise, repeat the 50:50 split.

Note : many less-processed will require less feeding than the directions say. Start with 3/4 the amount and add more or less, depending if your pet starts to gain or lose weight. For more details, you can pick up a Pet Food Transition Guide at Natural Pawz.

Transitioning to a New Diet

OVERWEIGHT – Overweight pets are susceptible to many

health issues (joint pain, heart stress). Feeding a low-fat diet often will not result in reduced weight. Your pet needs high-quality protein for optimal health. Here are some ways to lose those extra pounds:

- Replace 1/3 of the diet with canned pumpkin. Feed a good senior or weight management diet. (The extra glucosamine in a senior diet helps the joints.) Cut back the current diet and slowly increase the pet's exercise.

SENIOR PETS – If you adopted a pet over seven years old, I thank you. Increasingly, old pets find themselves in shelters or rescue groups because their owners cannot take care of them. Senior pets are some of the most loving animals and with a little focus on nutrition and supplements, there is no reason why senior pets can't live a long and happy life. As our pets age, their bodies do not process foods as efficiently, so look to feed a less-processed diet, make sure to manage their weight and increase water /moisture in their diet.

As parents of a new furkid, you are responsible for what your pet eats. Not all pets are the same and not all pets like the same things. With some research and a little trial and error, you can make a difference in what your pet eats and the life your pet enjoys.



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- Cover vents around the foundation of your home.
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- In sustained sub-freezing weather, let water drip slowly from inside faucets.
- Take extra precautions to protect pipes that have frozen in the past.

In Sub-Freezing Weather

- Drip outside faucets 24 hours a day (5 drops per minute). This is not necessary unless temperatures are expected to be 28 degrees or below for at least 4 hours. (Be sure to turn off the faucets after the threat of freezing weather.)
- Open cabinet doors under sinks adjacent to outside walls.
- In unheated garages, shut off water to washing machines. Water softeners should be drained and protected from freezing temperatures.
- If You Are Not Going To Be Home:
 - Shut water off at the property owner's cut-off valve.
 - Drain all outside water faucets if your house will be unoccupied for several days (leave outside faucets open).
 - Or, leave home heating system on at a low setting.
 - Open cabinet doors under sinks adjacent to outside walls.
 - Renters and tenants may be responsible for personal property damage caused by broken water pipes during severe weather conditions. Residents should contact property management/landlord or maintenance personnel to locate property owner's cut-off valve and find ways to avoid pipe breakage during a freeze.



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“HOW CAN I GET IN SKI-SHAPE?”

Written by Kelly Cunningham, MD Sports Medicine specialist

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

Muscle training, Stamina, Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using “interval” periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of

the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are “ski-adaptive” sports. “Ski-specific” training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

By Kelly Cunningham, MD, Sports Medicine specialist

Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society



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"SPRINGTAILS"

Springtails are very small, jumping insects that can sometimes become a problem inside homes. Springtails are usually found in areas of moisture, so indoors they may be located near potted plants, sinks, bath tubs or kitchen compost areas. These insects are typically found outside in gardens, near swimming pools or near where there is excessive moisture or standing water.

Springtails are small (about 1/16 of an inch long), wingless and come in various colors. These insects have a "tail" that latches into a space on the underside of the body that they can use to "jump" several inches into the air.

Springtails are considered a nuisance insect, but some may chew on roots and leaves of sapling plants. They usually do not cause enough damage to warrant control measures to be taken. If you have springtails in your home it points to a moisture problem that should be fixed.



Options for helping reduce springtail problems:

- Remove excessive mulch and/ or leaf litter near the home
- Change watering schedule to reduce the amount of moisture near the home
- Use fans or dehumidifiers to reduce moisture indoors
- Seal cracks, crevices, pipe & wire penetrations on the outside of the home
- Replace or repair any screening on doors and windows that is damaged
- Replace weather stripping around doors and windows that does not provide a good seal
- Suck up any indoor infestations with a vacuum

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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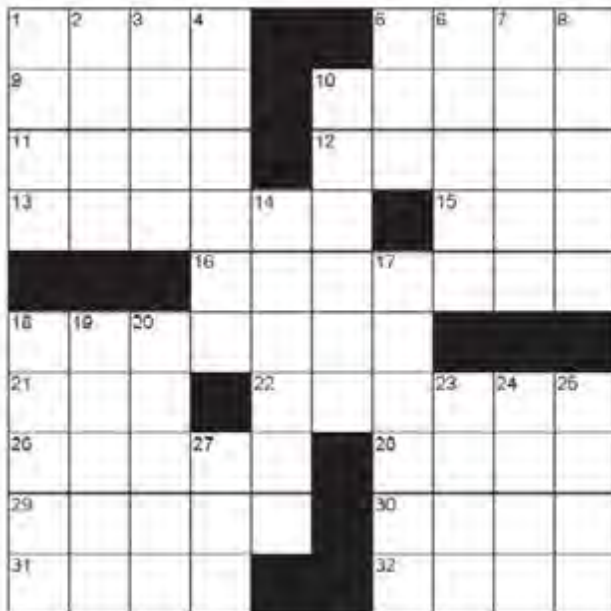
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26. Woken
28. Goad
29. Type of tooth
30. Refer
31. Posttraumatic stress disorder
32. Sieve

DOWN

1. Nativity scene piece
2. Competition at the Greek games
3. Capital of the Ukraine
4. Symbol
5. Expression of surprise
6. Emblem
7. Pickle juice
8. A ball out of bounds (2 wds.)
10. Twist violently
14. Ripper
17. Strums
18. Slough
19. Ross ____, philanthropist
20. Gods
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24. Seaweed substance
25. Cabana
27. Blue

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TexPTS Westlake is excited to announce their relocation to the new WACC in January 2016!

For several years, Texas Physical Therapy Specialists has been providing physical therapy services at 3201 Bee Caves Road, Suite 152. Clinic Director JD Whittemore, PT, DPT, SCS couldn't be happier to move his team and his mission into a larger, more accommodating space at the Westlake Athletic and Community Center. At the WACC, his objective will remain the same: To provide hands-on physical therapy based on the newest research to achieve the best possible results in the fewest number of visits. Having the new TexPTS location within a multipurpose sports arena will allow Dr. Whittemore to better utilize his expertise as a Board Certified Sports Specialist (SCS). He enjoys working with athletes of all levels and all ages. As a sports specialist, he is equipped with the skill and knowledge to help athletes and patients on the field and in the clinic, a process that continues throughout their injury and recovery until they can return to the game, to the hobbies they love, or to a pain-free life.

Dr. Whittemore's team includes Elise Ruffin, PT, DPT, CSCS and Ryan Wooley, PT, DPT, CSCS. Dr. Ruffin will begin working toward her sports specialist board certification in January 2016. Dr. Wooley is currently pursuing his board certification in orthopedics.

The WACC, which is on track to open in early December, is a public/private partnership with EISD. The WACC structure is a 70,000 sq. ft. climate-controlled multi-sport complex situated on the campus of Westlake High School. Along with school and club sports activity, the WACC is offering a limited number of community memberships. For more detailed information on the WACC please visit www.WACCTexas.com.

Services provided at TexPTS Westlake include:

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The Echo

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STEP 1

STEP 2

STEP 3

STEP 4

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures player Robyn Fuller from the Grey Rock Tennis Club demonstrates the proper form and technique.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the

incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be “cocked” back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve



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It doesn't make a lot of sense to add ornamental flowers if your lawn is yellow and dead. A new door knocker won't do much if your home's paint is chipped and falling off. Taking a nice long look at your house will make it clear what project you should tackle first.



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