

# West Lake Hills ECHO

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## BACK PAIN: UNUSUAL WAYS TO EASE IT WITHOUT TAKING PAINKILLERS!



Back pain, it's something you never think will happen to you (not until later on in life anyway). Though sometimes you're going about your day nicely. You feel well and think that any health problems you 'might get' are a long way off in the future!

But then suddenly, you feel a twinge in your back, and something's not quite right.

Maybe your first thought is that it's nothing, and it'll just go away on its own. Maybe you pass it off as just having slept awkwardly, or because you were doing the housework all day.

But the truth is, when back pain 'just happens', most of us have no clue, no real explanation, and when it strikes it leaves you suffering with back pain for a lot longer than you should have to! And what do you do when the pain suddenly comes on?

Most people do one of two things: Ignore it, hoping to wake up one morning as if they never had back pain in the first place, or, reach into the cupboard and dose up on painkillers every few hours, for days!

And I don't blame them, after all when you take a visit to the GP they'll either tell you to rest, or rest and take some strong painkillers. But painkillers only mask the pain for a few hours until you need to take another dose! – Which will never get to the root cause of back pain.

Here's the thing, there's so many different ways of finding relief from back pain that don't include the standard painkillers and rest option, and I want to share them with you, so you can find relief naturally (WITHOUT relying upon pills)...

The first, most simplest ways of easing a bad back is to avoid sitting with your legs crossed. We all do it, but because your spine

isn't designed to twist and turn, sitting with your legs crossed places a lot of strain on your lower back – which will contribute to more back pain.

Sit straight with your legs placed on the floor with your knees slightly bent, and this will take away any pressure on the spine.

Another easy one to fix – how do you sleep at night? There isn't a faster way to self-inflict a bad back on yourself or make it worse. Avoid this position at all costs, and you'll have a better nights sleep and wake up with less back pain.

On the topic of sleep, give sleeping with a pillow between your knees a go. This might be a little difficult to get used to at first, but if you can persist, it lowers the amount of twisting happening in your spine. And if you sleep on your side, try placing a pillow between your legs to keep your spine in a good position and reduce the tension in your lower back.

Your back holds your core – one of the most important parts of your body! And if we don't look after and protect it, we're likely to experience some type of aches and pains at some point in our life.

In the same way that you brush your teeth twice a day to look after them and keep them clean, you need to look at taking care of your back in the same way, and incorporate daily habits and rituals to help ease, AND live with less back pain.

I can't promise you that ALL of these things will work for you, but what I do know is that these tips have been proven to help my patients, and even myself, to reduce the risk of back pain coming out of nowhere... And if someone is suffering from it, these tips help ease it too!

For even MORE natural tips like this, visit here where you can download your free copy of my back pain tips report: <http://www.paulgoughphysio.com/back-pain>, or give us a call on: 0800 043 8671 and we'll send the report to you.

# IMPORTANT NUMBERS

## EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance .....	911
Police Department .....	512-327-1195
Sheriff – Non-Emergency.....	512-974-0845
Fire Department Administration .....	512-539-3400
Travis County Animal Control.....	512-972-6060

## SCHOOLS

Eanes ISD .....	512-732-9000
Westlake High School.....	512-732-9280
Ninth Grade Center.....	512-732-9260
West Ridge Middle School .....	512-732-9240
Hill Country Middle School .....	512-732-9220
Valley View Elementary.....	512-732-9140
Forest Trail Elementary.....	512-732-9160
Eanes Elementary.....	512-732-9100
Cedar Creek Elementary .....	512-732-9120
Bridge Point Elementary .....	512-732-9200
Barton Creek Elementary.....	512-732-9100

## UTILITIES

Water District 10 .....	512-327-2230
Wastewater	
Crossroads Utility Service 24 Hour Number....	512-246-1400
New Accounts .....	512-402-1990
Austin Energy .....	512-322-9100
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste .....	512-974-4343

## OTHER NUMBERS

City Administration .....	512-327-3628
Municipal Court .....	512-327-1863
Property Tax .....	512-854-9473
Appraisal District .....	512-834-9317
Chamber of Commerce.....	512-306-0023
City of West Lake Hills .....	www.westlakehills.org

## NEWSLETTER PUBLISHER

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**Jacqueline Lawrence, piano  
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MM, UT Austin**

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**Karli Leal, violin & viola  
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University of Cincinnati**

**Sophie Verhaeghe, violin  
MM, Boston University**

**Scott Simon, guitar  
PhD, Music and Technology,  
University of North Texas**

**Jeffrey Fratus, guitar  
MM, College-Conservatory of Music,  
University of Cincinnati**

**Kimberly Sandoval, voice  
MM, Texas State University**



## Westlake Varsity Football Schedule 2017-2018

OPPONENT	DATE	TIME	LOCATION
vs. Katy High School	Sep 1 2017	6:30PM	Katy ISD Stadium
vs. Niceville (Niceville, FL)	Sep 8 2017	7:30PM	Westlake High School Chaparral Stadium
vs. Pflugerville High School	Sep 15 2017	7:30PM	The Pfield Stadium
vs Bowie High School (Homecoming)	Sep 22 2017	7:30PM	Westlake High School Chaparral Stadium
vs. Vandegrift High School	Sep 29 2017	7:30PM	Westlake High School Chaparral Stadium
vs. Hays High School	Oct 6 2017	7:30PM	Bob Shelton Stadium
vs. Lake Travis High School	Oct 13 2017	7:30PM	Westlake High School Chaparral Stadium
vs. Lehman High School	Oct 27 2017	7:30PM	Bob Shelton Stadium
vs. Leander High School	Nov 3 2017	7:30PM	Westlake High School Chaparral Stadium
vs. Vista Ridge High School	Nov 10 2017	7:30PM	Vista Ridge HS, John Gupton Stadium

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### CONTACT US TO LEARN MORE!

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## NATURE WATCH

### THE VALUE OF VIPERS

by Jim and Lynne Weber

Throughout human history, fear of snakes has been one of our most common phobias, arising from our learned ability to detect threats to our survival in the wild. While most snake species are relatively harmless to humans, those in the Viper Family can pose a serious danger. Vipers are defined as venomous snakes with large hinged fangs, a broad head, and a stout body with a darker pattern on a lighter background. While vipers are venomous and must be treated with proper respect and caution, it is important to understand that they also exhibit many useful characteristics and are vital to keeping a healthy ecosystem in balance.

Vipers that can be found in Central Texas include the Western Diamond-backed Rattlesnake (*Crotalus atrox*), Broad-banded Copperhead (*Agkistrodon contortrix laticinctus*), and Western Cottonmouth (*Agkistrodon piscivorus leucostoma*). By far the most abundant and widespread viper, the Western Diamond-back

Rattlesnake exhibits a considerable color diversity from chalky gray to dull red, but always displays a row of dark, diamond markings down the middle of its back, and has a prominent black and white banded tail.

On average, this snake grows between 3 and 4 feet long, and can be found in the wooded hills and plateaus north and west of Austin.

The Broad-banded Copperhead found in our area is an uncommon subspecies in Central Texas, occurring near woodland streams in live oak-juniper forests in the west to Blackland Prairie and Bastrop in the east. Growing 2 to 3 feet long, this snake is

stout-bodied and marked with wide, reddish-brown crossbands that alternate with narrower tan to pale brown crossbands. A heavy-bodied snake with a stubby tail, the Western Cottonmouth is named for the bright-white skin lining its open mouth, but it is also known as 'water moccasin.' It is generally restricted to the woodland borders of rivers such as the Colorado, but can be found in cool, shallow springs a short distance away from main waterways. This snake averages 2 to 3 feet in length, and typically appears almost all black with a bit of brown, but ill-defined grayish-brown crossbands can sometimes be seen, especially on the sides.



*Western Diamond-backed Rattlesnake*



*Western Cottonmouth*

All of these vipers eat rodents, so they are beneficial in keeping rat and mice populations down, which is often the reason they can be found around homes and yards. They will also eat birds found on the ground, as none are very good climbers. As snakes that live in or near water, the copperhead and cottonmouth will also consume amphibians and fish. Vipers can also be prey for other animals such as owls, hawks, and even other snakes. Finally, chemicals found only in viper venoms have a distinct value to humans, as they are used to treat many serious health ailments such as cancer, heart disease, stroke, Parkinsons, and many more. Now that's the value of vipers!

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, check out our books, Nature Watch Austin and Nature Watch Big Bend (both published by Texas A&M University Press), and our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com).



*Broad-banded Copperhead*



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