



# The VOICE

A Newsletter for the  
Residents of Teravista

Volume 7, Issue 12

December 2017

## Back Pain: How To Get The Fall Gardening Done Without Making Your Back Pain Worse

Has this ever happened to you? You're going about your day doing your usual day-to-day activities, you could be doing something as simple as taking the trash out, weeding the front garden, folding up your laundry or even changing the bed when all of a sudden you feel a sharp pain in your back and you can hardly move. Sound familiar?

Just a few weeks ago this happened to one of our patients Kim, 52, from Rollingwood. She was making the most of a quiet and cooler than normal September weekend, and before she planned to relax for the day she decided to do some gardening.

Kim was fine to begin with, but as soon as she went to make the bed the next morning, her back went out completely. At first the pain wasn't so bad, but then a few hours later her back began to stiffen up.

Like most people we see at CORE, she first thought "it's just a stuff back, I probably got a bit carried away with pulling weeds, it's happened before." But the next day the pain was still there, and it felt even worse! Kim's back started to ache when she sat down, she struggled to find a comfortable position to fall asleep in. She couldn't even bring herself to stand without being in agony AND she had a weekend away in Colorado planned.

How was she going to get away to the mountains with so much back pain?

Now you might be thinking this won't happen to you, not with something as basic as gardening or everyday chores. When you consider that most of us do chores around the house or in the yard, that's a lot of backs that could potentially become stiff and painful!

The thing is, many people will 'put up' with a bad back for days (even weeks, months!), hoping the pain will go away on its own eventually. However, you really don't have to play

the waiting game and suffer for so long – especially not if it's getting in the way of daily life and even vacations that you've had booked for months!

So how about I give you three quick tips for everyday chores to help make agonizing back pain a thing of the past – because the activities themselves aren't to blame (even though we'd like to think they are), it's how you 'do' them with poor mechanics and posture.

First, when raking, using a vacuum cleaner or a broom: one of the most common mistakes people make is reaching out with their arms while bending at the waist over and over again. This bending repeatedly in awkward positions can place a lot of strain on your muscles – especially in your back! To help fix this the key is to keep your hips and shoulders moving towards the work.

What I mean by this is instead of leaning forwards and twisting your back, step forward in the direction of the movement with one foot and bend slightly at the knee, allowing your upper body to stay upright to reduce any strain in the back.

Second, when pulling weeds, doing the laundry or rescuing that lost sock from the bedroom floor, leaning over can really trigger back pain – similar to raking and using the vacuum, bending at the waist repeatedly will strain your back muscles. To get around this I tell my patients to do something I like to call the 'golfer's reach', it has this name because it's similar to how golfers pick up a ball.

When you reach for items with your right hand balance yourself by lifting your left leg up in the air behind you. If you need extra support, place your opposite hand on a nearby surface. If you're reaching with your left hand, reverse the directions. The deeper you reach with your hand, the higher

*(Continued on Page 2)*

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

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.....Select option 1 twice to get directly to dispatch	
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Georgetown Police (Non Emergency).....	512-390-3510
Travis County Animal Control .....	512-972-6060
Round Rock Animal Control .....	512-218-5500
Georgetown Animal Control.....	512-930-3592

### SCHOOLS

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Teravista Elementary School.....	512-704-0500
Hopewell Middle School.....	512-464-5200
Stony Point High School.....	512-428-7000
Georgetown ISD .....	512-943-5000
Carver Elementary School.....	512-943-5070
Pickett Elementary School.....	512-943-5050
Tippit Middle School .....	512-943-5040
Georgetown High School.....	512-943-5100

### UTILITIES

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### OTHER NUMBERS

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City of Georgetown.....	512-930-3652
Georgetown Public Library .....	512-930-3551
Georgetown Municipal Airport .....	512-930-3666
Georgetown Parks and Recreation .....	512-930-3595
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your opposite leg should go so that you can keep your balance while simultaneously reducing the amount of strain on your back muscles.

One more thing, I know it can be easy to get caught up, rushing around the house to get everything done but one thing to remember is to be kind to yourself and take 20 minute breaks throughout. Relax with a big glass of water before returning to your chores. If you start feeling any signs of pain with the yard-work or chores, stop the activity, stretch and think about the position you were in or how you were moving when you started to have pain.

Don't allow yourself to get so busy checking chore off of your to-do list that you forget the safe way to move your body. Start using these tips and you'll be keeping your back safe.

## Round Rock New Neighbors

Round Rock New Neighbors is a non-profit social club for women with over 180 members from Round Rock and surrounding communities. Since 1978, RRNN has been active in providing women the opportunities to come together and meet new friends and neighbors. The name may fool you, but you do not have to be new to the area to join the fun. We have new members who have lived in Round Rock for many years. All women are welcome!

You are cordially invited to attend one of our monthly luncheons and coffees. To find out more about these events and who to contact, please visit our website at [www.rnewneighbors.org](http://www.rnewneighbors.org)

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## Share Your America

What if you didn't have chocolate chip cookies, Dr. Pepper, corndogs or \*gasp\* Tex-Mex food or Whataburger? These are just some of the things that we take for granted every day. Imagine having a whole year to experience new foods, a new culture, a whole new life! That's what hosting an exchange student is all about!

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Hosting is a great way to learn about the student's culture as well, perhaps even learn a few new words in a new language. It's a way of opening a new world to your children as well. Most importantly, it's a way of making the world just a little bit smaller, so that we can all live in peace and harmony together.

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832-455-7881 or via email at [vicki.stsfoundation@gmail.com](mailto:vicki.stsfoundation@gmail.com).

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.

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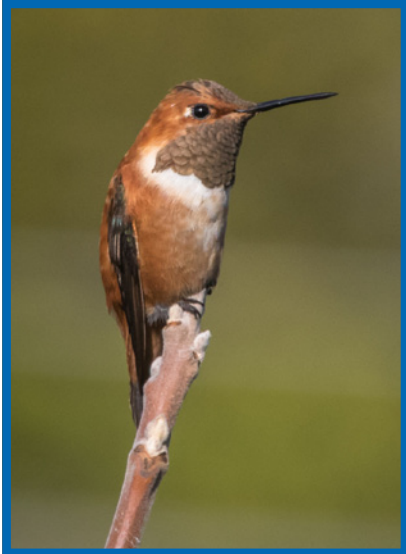
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## NATURE WATCH

### OVERWINTERING TEXAN

by Jim and Lynne Weber



*Rufous Hummingbird*

Late August into September typically marks migration season for hummingbirds, when most individuals move from their northern breeding grounds to their southern wintering grounds. Several factors affect this seasonal movement including amount of daylight, the angle of the sun relative to the bird's location, availability (or lack of) food resources, and local weather patterns. Mature birds often start their migration earlier than juveniles, and males typically migrate a few days before females. But the longest migration of any hummingbird species belongs to the Rufous Hummingbird

(*Selasphorus rufus*), a species that can typically travel from as far away as Alaska to spend the winter in Mexico.

A fairly small hummingbird with a nearly straight, slender bill, fairly short wings that don't reach the end of the tail when the bird is perched, and a tail that tapers to a point when folded, the Rufous is like no other hummingbird in terms of color or behavior. Males are bright orange on the back and belly with a vividly iridescent copper-red throat, while females are green above with orange-washed flanks and often a spot of orange in the throat. They are the feistiest hummingbird with a gift for fast, darting flight and exceptional maneuverability, tirelessly chasing away other hummingbirds wherever they feed. Males court females with elaborate flight displays, including J-shaped dives and nearly horizontal figure 8s.

In recent years, the Rufous has become the most

*(Continued on Page 6)*

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# THE VOICE

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common overwintering hummingbird in the southeastern United States, particularly along the Gulf Coast. For the last several years we have kept a small hummingbird feeder on our back porch filled throughout the fall and winter, and have been regularly rewarded with an overwintering Rufous. This species seems particularly able to handle the colder temperatures, perhaps because they go into 'torpor' overnight, a reduced physiological state where their body temperature and metabolic rate are reduced.

While it has been proven that this species has an excellent memory for location, which may explain why they find our feeder year after year, it remains a mystery to scientists as to why these birds don't complete their traditional fall migration to the Pacific coast of Mexico. While providing a nectar feeder does not delay a hummingbird's migration, scientists are investigating the theory that established shifts in climate and flower-blooming times are affecting their typical patterns. Not only do these shifts appear to affect where these birds overwinter, but they also affect the timing of the clockwise circuit they make each year as they move northward up the Pacific coast in late winter and early spring, and travel southward along the chain of the Rocky Mountains in late summer. There is still much to learn about these migration patterns, and why these hummingbirds show up in places we don't expect them to stay in winter.

Regardless of reason, we feel fortunate to have our yard brightened during the colder months with this colorful visitor. Why not keep a hummingbird feeder filled in your yard this season, and you just might find you have an overwintering Texan, too!

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).



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## CARPET BEETLES



Carpet beetles adults can be found outdoors on crape myrtles or other plants where the adults eat pollen and nectar. The adults may also be found in rodent or bird nests. When these adults move into homes, they may lay eggs which can lead to problems. These beetles

can be pests in warehouses, homes, museums and other locations.

Carpet beetle adults are small, round to oval shaped and often brightly colored. Larvae are small, tan, and ringed with bands of long hairs.

Carpet beetle larvae feed on high protein foods, usually animal based, but they can also feed on plant material. They can be found in a variety of locations throughout the home. In the pantry, you may find them in items such as powdered milk, dried meats (jerky), or pet food. Other areas of the home they can be attracted to items made from wool, fur or feathers, areas where dead insects accumulate (i.e. light fixtures), leather book bindings, hair, silk or dried plant products. If the larvae are seen feeding on synthetic fibers, it is because the material is stained with body oils or food.

A program utilizing sanitation, exclusion and insecticides should be able to get a carpet beetle problem under control.

- Clean accumulations of hair, dead insects, and bird, rodent or wasp nests
- Regularly clean rugs, carpets, upholstery, etc.
  - o make sure to get along edges, under cushions, and under furniture where debris may collect
- Inspect animal based items (taxidermied animals, leather, wool, silk, etc.) once a year to avoid infestations
- Keep pantry items/ dry goods in sealed, air-tight containers
- Infested items (if possible, depending on the items) can be heated or cooled to kill any beetles
  - o freeze 2 weeks at temperatures below 18°F
  - o heat for at least 30 minutes to temperatures above 120°F
- Insecticides should be used as spot treatments- make sure carpet beetles are listed on the label as well as the area/ item you are treating
  - o make sure the product will not stain

If you find a few adult carpet beetles in your home, squish them on vacuum them up. A few adults usually do not warrant a full treatment, but you should watch for a developing infestation.

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](http://www.urban-ipm.blogspot.com)

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## Spend Time With Loved Ones...



Why should the winter holiday season be the only time to enjoy your friends and loved ones? While it's still early in the year, plan to set aside time for someone close to you, or someone you'd like to know better.

- Make a list of friends you've lost touch with over the years. Scribble a note in your planner to call one of them every other month just to catch up.
- Plan private time with your significant other. Send the kids to sleep over at a friend's house so that you can be together in the comfort of your own home.
- Make a date with each of your kids to go out where he or she chooses. Use the opportunity to have fun together, just the two of you, without mentioning schoolwork or a messy room.
- Use a special event, like a new exhibition at a museum or a craft fair, to invite a friend for a "walk and talk" afternoon.
- Keep postcards and stamps handy, so that you can drop the people you love a note whenever you think of it.



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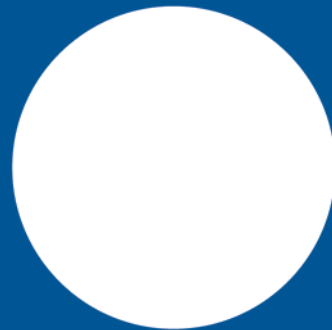
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