

West Lake Hills ECHO

Volume 6, 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 it's 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 your opposite leg should go so that you can keep your balance while simultaneously reducing

(Continued on Page 2)

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

Peel, Inc.	512-263-9181
Editor.....	westlakehills@peelinc.com
Advertising.....	advertising@peelinc.com

(Continued from Cover)

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.

Stephen Dunn is a Holistic Physical Therapist and is the co-owner of CORE Therapy & Pilates with his wife, Cheryl Dunn. They have been open for business and helping people with back pain from West Lake Hills since 2005.

Light Up the Holidays with a Day Trip to Johnson City

The twinkliest town in the Hill Country is a perfect destination for a holiday tour of lights with family and friends. Located in the heart of the Hill Country, Johnson City has activities for all ages to enjoy.

During the day, light up your imagination with a visit to the Science Mill, a science museum housed in Johnson City's historic 1880s mill. Run your hands through the 3D topographic sandbox to create colorful rivers, mountains, lakes and dams. Enter the Fractarium to experience a larger-than-life lighted representation of Romesco broccoli and see how fractals are a marvel of nature. Explore the Silo of McKays, a multidimensional art installation combining art and science with light, sound, rhythm, balance, color and harmony. The Science Mill's 40+ hands-on exhibits (and current 3D movie, Wonders of the Arctic) will engage all ages.

The Science Mill is located at 101 S. Lady Bird Lane in Johnson City, TX and will be open extended hours during the holidays. Find more information at www.sciencemill.org.

Johnson City's annual Lights Spectacular celebration, celebrating its 28th year, runs Friday, Nov. 24 through New Year's Day, starting with the spectacular courthouse lighting ceremony and fireworks.

The whole town glows, from the Blanco County Courthouse to the dazzling display of light-wrapped trees at Pedernales Electric Cooperative's headquarters, to candlelight tours of Lyndon Baines Johnson's boyhood home. Visitors can enjoy the lighting extravaganza by foot or by horse-drawn carriage, and local retailers and art galleries offer extended hours, food and music on the town square during the Spectacular. The event is free and pet friendly.

For more information about Johnson City and the Lights Spectacular visit the Johnson City Chamber of Commerce website at www.johnsoncitytexas.info.



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NATURE WATCH

OVERWINTERING TEXAN

by Jim and Lynne Weber

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 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 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.

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THE ONE THING WORKSHOP

The Surprisingly Simple Truth Behind Extraordinary Results



11/9/17 – On Wednesday, January 24th, Cyndi Cummings will host a discounted professional training workshop at Alamo Draft House – Lamar. Based on the #1 Wall Street Journal and #1 Amazon Bestseller book, *The One Thing*, this workshop is designed to help attendees to become

productive influencers while creating habits that support and drive their goals. This professional training workshop in south Austin is a great opportunity for team building or individual growth! All proceeds from this workshop go towards Alzheimer's Texas.

Research shows that participants who have attended this workshop have increased happiness and fulfillment, experience greater alignment with team and company goals, and get more accomplished in the seven most important areas of their lives. Additionally, the workshop offers habit building skills, simple path to productivity, and helps to find the six lies standing between you and success.

The One Thing Workshop will be held on Wednesday, January 24th from 9:00 am – 12:00 pm at the Alamo Draft House – Lamar. All proceeds from this workshop go towards Alzheimer's Texas. Tickets to The ONE Thing Workshop are originally priced at \$150 but are being offered at a discounted price of \$75 with a \$10 credit for lunch. Spots are limited, to learn more, visit www.theonethingcyndi.com, email cyndi@gyndicummings.com, or call 512-423-6782 to register. If you would like to learn more about Alzheimer's Texas you can visit www.txalz.org or call 512-241-0420.

About Alzheimer's Texas

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhance care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour helpline, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit www.txalz.org.



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Christmas on Congress to be hosted at Paramount Theatre

benefitting Alzheimer's Texas and Austin Sunshine Camps

Christmas on Congress is set to be an elegant and meaningful night where remarkable musicians and guests come together to support and further the legacies of Alzheimer's Texas and Austin Sunshine Camps. Presented annually by the National non-profit, Music and Memory, this wonderful evening will lead with a goal of making music the gold standard for healing.

Christmas on Congress will take place on Friday, December 15th at the Paramount Theatre and will feature performances by Marc & Ted Broussard, Reed Turner, Jackie Venson & Eve Monsees, along with Roses & Cigarettes with Circling Drones & Jeff Anderson. For over 100 years, the Paramount Theatre has served as an essential venue in Austin, Texas. Paramount Theatre continues to play a significant role in supporting the many causes in the community that continue to make Austin, Texas unique.

Prior to the performance, a featured VIP reception featuring the top ranked chef in the world will be held on the balcony level. Award-winning chef, Matt Peters led the United States team to their first ever gold in the prestigious cooking competition, BOCUSE D'OR. Prior to Peter's appearance, the United States had never placed higher than second place in over thirty years of the world's most elusive cooking competition. To enjoy this rare opportunity, email Matt Stanley for information on VIP ticket options.

Beneficiary, Alzheimer's Texas offers a variety of programs and services for people battling the disease, their families and their friends. These programs and services provide information, education, support and guidance for every stage of their Alzheimer's journey.

Serving the Austin, Texas community's youth through after school programs and summer camps, beneficiary Austin Sunshine Camps is one of the oldest continuously-operating nonprofits in Austin and has empowered generations of youth through education and outdoor experiences.



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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.

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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