

How can I get in Ski-Shape?

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.

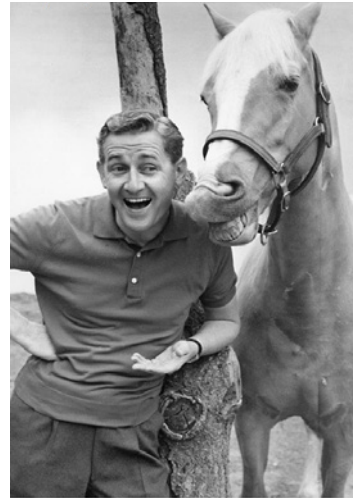
Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and 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 an autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

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

Gayle Stewart Talks Horses at Spicewood Library



Local resident and author Gayle Stewart will share events shaping her book, *100 Horses in History*, revealing the lives of some of history's most fascinating horses. Her talk begins at 9:30 a.m. Jan. 10 at the Spicewood Community Library, 1011 Spur 191, Spicewood.

The event is sponsored by the Spicewood Library Book Club. Stewart's stories will include the path of Traveler as he carried Gen. Robert E. Lee to Appomattox, and Black Jack, the Oklahoma horse who escorted the body of President John F. Kennedy at his funeral. The night of his famous ride, Paul Revere was captured and released by British soldier, who then kept his horse.



Stewart has ridden since she was eight, and has worked in horse-related jobs such as special events at Canterbury Downs, a racetrack in Minnesota, and promotions for horse shows, and Grand Prix jumping events.

She won a Pegasus Award from the U.S. Equestrian Federation for her story about a Chilean high-jumping horse, and *100 Horses in History* was first runner-up in the American Horse Publications National Award contest for nonfiction.

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Marble Falls High School	830-693-4375
Marble Falls Middle School.....	830-693-4439
Spicewood Elementary School.....	830-798-3675
Highland Lakes Elementary School.....	830-798-3650
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Lake Travis ISD	512-533-6000
Lake Travis High School.....	512-533-6100
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West Cypress Elementary	512-533-7500

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Briarcliff City Water	830-693-2377
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OTHER NUMBERS

Spicewood Library.....	830-693-7892
Spicewood Community Center	512-755-3119
Helping Hands Crisis Ministry	512-808-6092
Spicewood & Highland Lakes Lions Club..	830-693-3645
Spicewood Post Office.....	830-693-2377

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Spicewood Lions

Spicewood & Highland Lakes Lions Spaghetti Supper was held in Marble Falls in November. Lion Mary Moore spearheaded the event and would like to send a "Thank You" to all the fellow Lions that helped set up the project and to all those who purchased tickets and attended the evening's event at the United Methodist Church in Marble Falls. Monies raised through events like this are used to give back to the community. At present, Spicewood & Highland Lakes Lions have a project to provide Christmas to 30 children in the area.

Another "Thank You" goes to all who so generously donated to the Warm Coats for Kids project that gave coats to children in the Marble Falls ISD. Each year the Blazing Star Masonic Lodge in Marble Falls graciously provides their building for this event and the Hidden Falls High School students help set up the area. This years coat distribution was just in time for our areas first real cold weather.

S & HL Lions provide free SPOT Vision Screening 3 times a month in Spicewood. Each 2nd Tuesday at 512 Pace Bend Rd. from 10 AM to 11 AM and at the Spicewood Library from 5 PM - 6 PM. The last Tuesday of each month at Helping Hands Crisis Ministry from 4 PM - 6 PM. The SPOT Vision Screener is a great tool for the non-verbal, non-audible and autistic. Lions Club International is celebrating 100 Years this year! That is 100 years of Helping People in Your Community. Check out how you can SERVE at HighlandLakesLions.Club



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SPICEWOOD ARTS SOCIETY

A unique opportunity begins the new year Saturday, Jan. 20, 2018, with the performance of Invoke, a genre-bending string quartet unlike anything else in Austin. The family-friendly show starts at 7 p.m. at Spicewood Vineyards Event Center.

Third in the concert series presented by the Spicewood Arts Society, Invoke has become known for their inventive take on traditional string music, dubbed “not classical. . .but not not classical.”

All four of Invoke’s members, Nick Montopoli, violin/banjo; Zach Matterson, violin; Karl Mitze, violin/mandolin; and Geoffrey Manyin, cello, received classical training. Currently they are the Young Professional String Quartet in Residence at UT-Austin, studying with the esteemed Miro Quartet.

They’re gathering accolades around the country for their fearless approach to the usually formal music, writing their own compositions weaving together bluegrass, Appalachian fiddle tunes, and minimalism. While influenced by American composers like Aaron Copland, the result is truly original.

Invoke incorporates poetry, song, and the spoken word into their music, and it’s all about telling a story.

“Everything we do stems from a love of narrative, a love for story,” said cellist Geoff Manyin.

Their second year of residency has been a busy one. Releasing their first

INVOKe STRING QUARTET PERFORMS JAN. 20, 2018

album with vocals, Furious Creek, in October, they went on the road, performing in Columbia, SC for the Southern Exposure new music series and soloing with the Glacier Symphony in Kalispell, MT. They’ll finish their residency in May and plan to stay in Austin, finding it a rich area for collaboration. They’re also enjoying Austin’s tacos and breweries.

For more information on Invoke, visit www.invokesound.com.

Included in season tickets, the single ticket price for the show is \$35. Parking is free. Light refreshments will be available at intermission. Spicewood Vineyards’ award-winning wine will be available for purchase.

The Spicewood Vineyards Event Center is located at 1419 Co. Rd. 409, Spicewood. For more information or to purchase tickets, see www.spicewoodarts.org or call 512-264-2820.



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Art Trek Views Vaudeville



Take a behind-the-scenes peek at Austin theatre's storied past as the third Spicewood Art Society's Art Trek sets off for "Lights, Camera, Action!" February 8, 2018.

(This trek is nearly full. Check the website, www.spicewoodarts.org, for availability. Sign up as soon as possible.)

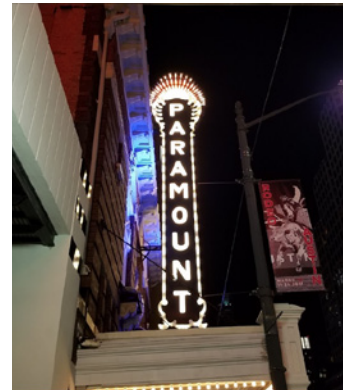
The trip begins with the Vaudeville exhibit at the Harry Ransom Center. After lunch at the Roaring Fork, trekkers take a walking tour of the Driskill Hotel and other historical buildings along Congress Ave. The day ends with a tour of the Paramount Theatre, originally built for vaudeville.

Vaudeville traces its origins to fifteenth century France, mixing

barbed satire with humor and song. The Ransom exhibit examines the century-long run of vaudeville through the late nineteenth and early twentieth century in the United States and its far-reaching influence on today's comedy, television and film.

Opening in 1915 as a vaudeville theatre where Harry Houdini performed in 1916, the Paramount was converted in 1920 to a "grand movie palace" and was Austin's premiere theatre for years. Restored to its former splendor, it still hosts more than 250 performances a year, screens more than one hundred films and is a principal venue for South by Southwest. Find out more at www.paramountaustin.org.

Sign up by January 25 through the website, www.spicewoodarts.org. The tour is limited to 20 participants. The bus will leave the Barton Creek Lakeside Club lot, 1900 Clubhouse Dr., Spicewood, at 8:30 a.m. and return there at 4:30 p.m. All transportation, food, gratuities, and admissions are covered in the trek price of \$120.



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LT Love Ho! Ho! Ho! Way to go!

LTlov's Green Santa program spread the joy of the season to our neighbors challenged by limited finances, and once again, was blessed by the abundance of donations which provided gifts and family meals to 600 children in the Lake Travis area. Neighbors helping neighbors drives and fuels LTlov's mission and Green Santa program chair, Sheryl Kelly and her team witnessed this in action to serve 195 local families in need of a little extra help for the holidays with three gifts, a book and a stuffed animal for the children and H-E-B food cards to help stretch family food budgets.

The Green Santa program would not be possible without the support of the entire community and LTlov thanks all who gave of their time and resources. Thank you to the businesses and organizations whose donations made the food card program possible: Ladies of Charity-Lake Travis, Point of Origin, HEB, Lakeway/Lake Travis Rotary Club, A to Z Dog Ranch, Texstar Integra Insurance, Thrash Law Firm, Eco Safe Wastewater Technologies, Lakeway A/C & Heating, Wink Medical Aesthetics, Terrel Veterinary Clinic, Woofs Pet Salon, Mangieri's Pizza Cafe, Canyon Creek Homes, Bee Cave Family Chiropractic, Lakeway Spine Center, Kris Ancell-Batte/Allure Salon, Champion Family Chiropractic, Pinnacle Detailing and Cypress Custom Pools; and donation sites: LTISD school campuses, Terrell Veterinary Clinic, Lake Travis Community Library, Lakeway Activity

Center, Chick-Fil-A Lake Travis, World of Tennis, Prosperity Bank, Strandz Salon, Moreland Properties, Bee Cave Family Chiropractic, Kuper Sotheby's, Luxe Salon, Body Balance Physical Therapy, Caldwell Banker United Realtors, Point of Origin and the Lakeway Police Officer's Association. LTlov was the beneficiary of events and collections hosted by Sing Along, Point of Origin, the Ladies Tennis Association of The World of Tennis and WCID 17.

LTlov extends sincere appreciation to the residents of the Lake Travis community for the generous outpouring of toys, gift cards, and cash donations ensuring each registered child would have presents and a special holiday meal to enjoy with their family. Special recognition goes to Western Industries who donated all collection and gift boxes, Youth2Seniors who provided a stuffed animal for every child, HEB's Read3 program for the donation of 700 books, Hudson Bend Middle School, who wrote letters from Santa to each registered family and LTISD for providing the space needed to store, sort, box and distribute the more than 2000 gifts received. Finally, a great, big Ho Ho Ho to all volunteers, with a special mention of the Young Men's Service League, for helping sort toys, pack family gift boxes and ensure that the distribution process went smoothly. For more information about LTlov, visit www.ltlov.org. Pictured, Michelle Zogas, LTlov President with Barker Keith, Lakeway/Lake Travis Rotary Club



BONDAGE BREAKERS OFFERS LIFE-GIVING FREEDOM

Jan Willoughby experienced the best and biggest “high” ever, not with drugs and alcohol, but with Jesus. An addict to marijuana, alcohol, and cigarettes at a young age, pain killers and even meth after a time in the Army and a debilitating injury, Jan needed help in her late twenties to break the cycle of addiction and bondage in her broken life. She began to take steps to release herself by entering treatment and joining a twelve-step program.

After an appointment and prayer session with her Christian sponsor, she was inspired to turn over her life to Christ and depend on Him. “I was finally willing to do what was necessary to get better.” She went home after the meeting and dumped all of her pain medicines in the toilet and began her journey ___ years ago. “I was under strong conviction by the Holy Spirit to end this addiction, and had a massive spiritual experience and reality of the spiritual realm, and an indescribable peace that surpasses understanding,” she adds.

During her healing process, her sponsor gave her a book, *Bondage Breakers* by Neil T. Anderson, and it inspired her with a vision from God to begin a group to offer others the same freedom she had experienced.

“I understood by reading the book that it takes application,

implementation and community to maintain that freedom,” states Willoughby. “For someone like myself who has done drugs most of his or her life, it’s like the best high you could ever imagine, but it is truth and goodness, and is filled with what I was trying to fill my life with, which is Jesus.”

In the fall of 2015, she started Bondage Breakers, an alternative to 12-step support groups that take individuals a step further by understanding the freedom available from things like addiction, mental health difficulties, disease, co-dependency and other issues that can bring down a person.

“People with physical ailments have mental strongholds that prevent them from receiving the healing their bodies need,” she says, “Bondage Breakers contains total healing for the body, mind and spirit.”

In addition to the spiritual healing Bondage Breakers offers, physical healing is provided by Dr. Cash Lewis of the Maximized Living Foundation. He offers chiropractic adjustments as well as healthy suggestions for lifestyle changes to improve a body. “Quote,” Dr. Cash Lewis.

In Jan’s pursuit of freedom, she went from being a high school

(Continued on Page 7)

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(Continued from Page 6)

dropout addicted to multiple substances to a college graduate now practicing as a Licensed Professional Counselor that can lead numerous people to be released from the same types of bondage, in addition to leading the Bondage Breakers group that is offered three nights a week. "All I want to do is to help other people to get free in the same way that the Holy Spirit's done it for me," says Willoughby.

In the Spicewood area, the adult group meets at One Chapel Lake Travis, 22800 HWY 71 West in Spicewood, every Friday evening at 7 pm. Teens and young adults are invited to attend their own group at One Chapel LT on Thursdays from 6:30-8 pm. An Austin group meets on Sundays at 7 pm at Veterans of Foreign Wars (VFW) located at 406 E. Alpine Rd. For more information about Bondage Breakers, go to <https://www.onechapel.com/bondage-breakers/> or facebook.com/onechapelbondagebreaker. To see a video with Jan's testimonial, go to <https://www.onechapel.com/onechapel-video/>.

Meet Jonathan Heart Gallery of Central Texas

Photo taken by Volunteer Heart Gallery Photographer Laura Acton



It's a new year and time for new beginnings! The children featured in the Heart Gallery of Central Texas are waiting for their own new beginning - a forever family! Meet 12 year old Jonathan! Jonathan loves sports, especially football. He enjoyed his summer football camp and was even named Most Valuable

Player by his team! Jonathan does well with his schoolwork and enjoys making friends at school.

Learn more about Jonathan as well as foster care and adoption here in Central Texas by visiting our website: heartgallerytexas.com



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Recluse spiders

Recluse spiders are shy and, as their name suggests, do not like being out in the open. They are about the size of a quarter, with a body that is 1/2 inch long. They can be light brown, dark brown or greyish in color. They have no spines on their legs and usually have a uniform body color. Recluse spiders are known for their characteristic violin or fiddle-shaped marking on the “back” (a.k.a. cephalothorax...the front part of the spider). The real distinguishing feature is an eye pattern of three pairs of eyes arranged in a semicircle on the front of the cephalothorax.

Outside homes, recluse spiders can be found in garages or sheds, firewood piles, or piles of stored materials such as lumber, bricks, or rocks. Inside the home, these spiders are found in bedrooms, closets, bathrooms, under furniture, behind baseboards, in attics, or in cracks and crevices. They are most active at night when hunting for food.

People are typically bitten by accidentally rolling over onto a spider while sleeping or trapping a spider next to skin when putting on clothing where the spider is hiding. Recluse spiders have a cytotoxin that breaks down tissue in the bite area. Several hours after being bitten a blister forms at the bite site that may grow in size as tissue breaks down from injected venom. Infected tissue eventually sloughs off, leaving an open wound that takes a while to heal. More serious symptoms may also occur such as chills, fever, fatigue, joint pain, or nausea. If you experience problems

after being bitten by a spider, then seek medical attention immediately.

To avoid spider bites, try some (or all) of the following:

- Use sticky taps to capture spiders
- Remove bed skirts from beds (these make it easy for spiders to crawl into the bed)
- Don't leave clothes or blankets on the floor; shake out blankets and clothing before using
- When storing items, either use sealed plastic containers/ bags or tape boxes on all seams to keep spiders out
- Wear leather gloves when cleaning in undisturbed closets, attics, garages, or the yard
- Keep stacked, stored items away from the home. Do not store firewood against the house and only bring in firewood to immediately place on a fire.

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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Winter Alert! Protect Your Plants and Irrigation Systems

PROTECT YOUR PLANTS:

Water your plants thoroughly ahead of time. You need to be sure the roots are wet, not just the leaves. Much of freeze damage is from dehydration. Watering before a freeze could make a big difference in your tropicals and tender perennials.

Cover your delicate plants. Remember, you want to be sure the roots are protected, covered, or mulched well. Even if you lose the top growth of these tender plants, if the roots are alive the plants will come back in the spring. Do not cover them with plastic touching the leaves of your plants. If possible, use woven frost protection sheets such as N-Sulate (which can be folded, stored, and reused for many years) or sheets and blankets. In a mild freeze or frost, one blanket will probably do for most plants. In a hard freeze (below 30 degrees for any period of time), use a heavy blanket or several layers of sheets. You can even add a plastic over that if you want, since it won't be touching the foliage. Also, don't forget to put rocks or something heavy on the edges of your N-Sulate or blanket to be sure the wind doesn't blow it away, exposing the roots of your plants.

Don't do any heavy pruning on freeze-damaged plants until late

winter, when you think all chance of frost is over.

Remove all protective covering if the sun comes out and the temperature goes up, because it can be 32 degrees today and 70 degrees tomorrow.

Along with protecting your tender plants during the winter, remember it's not a good idea to fertilize tender tropicals that are exposed to outside temperatures during these cold months. Fertilizing encourages new growth, and that new growth is more vulnerable to freezing and near-freezing conditions than old growth is. It's OK to fertilize and encourage growth with indoor or green-housed tropicals, although shorter days usually slow down growth no matter how much you fertilize.

PROTECT YOUR IRRIGATION SYSTEM:

Your backflow-prevention device is the most important part of your irrigation system. It's also the most vulnerable part of your system if there is a freeze. It may be located somewhere right outside the garage and next to the foundation. Cover the top by wrapping the part that is above ground with a towel. It is also best to turn off your valve.



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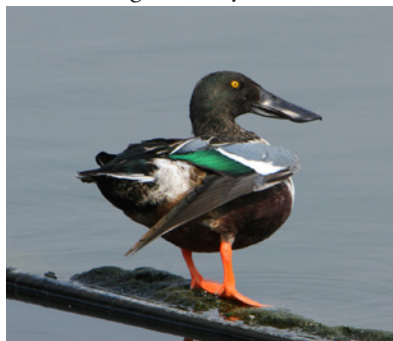
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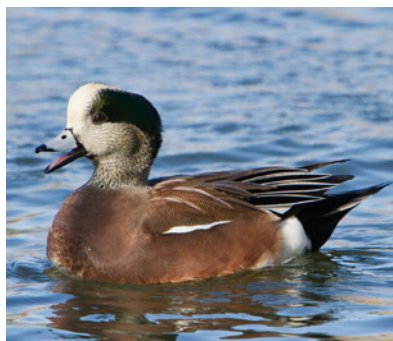
by Jim and Lynne Weber

Wintertime is the perfect time to look for ducks in Central Texas. Several species that breed far north of our state's border return to Texas in the colder months to feed in our unfrozen freshwater lakes and rivers. From the Old English 'duce', the word duck is a derivative of the verb meaning to duck or dive, or bend down low as if to get under something. It best describes the way many ducks feed, by upending or diving under the water in search of a wide variety of food sources, such as small aquatic plants, grasses, fish, insects, amphibians, worms and mollusks. Most ducks fall into either the dabbler or diver category. Dabblers feed on the surface of the water, and sometimes on land, while divers disappear completely beneath the surface and forage deep underwater. In general, divers are heavier than dabblers, which gives them the ability to submerge more easily, but they often pay the price by having more difficulty when taking off to fly.



Northern Shoveler

The most distinctive dabbling duck is the Northern Shoveler (*Anas clypeada*). True to its name, it possesses a two and a half inch long bill, which is spoon-shaped and has a comb-like structure called a pecten at the edge of its beak. The pecten is used to filter food from the water and to aid in preening its feathers. A medium-sized duck, the adult male (or drake) has an iridescent green head, rusty sides, and a white chest. When flushed from her nest, the adult female (or hen) will often defecate on the eggs, presumably to deter predators from eating them. This species of duck is monogamous, and stays together longer than any other known pairs of dabbling duck species.



American Wigeon

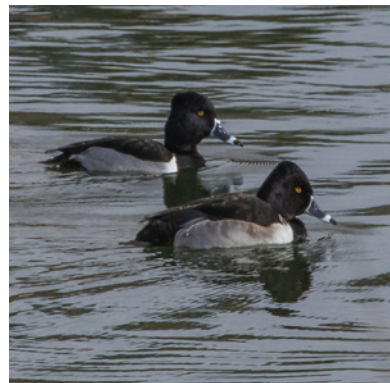
Another common dabbler is the American Wigeon (*Anas americana*), whose population is increasing throughout its range. The male has a white crown, green face patch, large white patches in its wings, and a black rear end bordered by white. At one time this duck was known as 'baldpate' due to the white crown resembling a man's bald head. Its feeding behavior is distinctive among the dabbling ducks, as its short bill allows it to be much

more efficient at plucking vegetation from both the water and sometimes even agricultural fields. The diet of this duck has been shown to include a much higher proportion of plant matter than any other dabbler species.



Lesser Scaup

Among the most abundant and widespread freshwater diving ducks is the Lesser Scaup (*Aythya affinis*). The male has a slight bump or peak on the back of the head, a bluish bill with a small black tip, grey sides (black on the ends with white in the middle), and a black head, chest, and rear end. When grasped by a predator like a Gray Fox, an adult Lesser Scaup may play dead, rendering itself immobile with its head extended, eyes open, and wings folded close to its body. They are capable of diving underwater the day they are hatched, but are too buoyant to stay under for long, until maturity gives them the body composition and strength they need to stay underwater for longer periods of time.



Ring-necked Ducks

Usually found on smaller, calmer bodies of water like ponds, Ring-necked Ducks (*Aythya collaris*) are more readily identified by the bold white ring around their bill that the subtle purplish band around their necks for which they are named. A medium-sized diving duck, they also have a small bump or peak on the back of their black heads, with the male having a black chest, back, and rear end, with grey sides and a white stripe up the shoulder.

The next time you visit a lake, river, or pond this winter, venture out to the quiet corners to see if you can spot one of our best known dabblers or divers!

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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