

Transform your Body

by Dianne Laird



Dianne Laird, Personal Trainer, Fitness to Function, LLC and Sarah Evans, Pilates Instructor, Hill Country Pilates pictured with some of their clientele attending Lois Gonzalez luncheon.

Dr. Lois Gonzalez of Spicewood Counseling invited all of her fellow Personal Training, Pilates and Yoga participants to a Christmas Luncheon held in her beautiful Spicewood home in honor of her three fitness professionals who have given her the instruction and guidance necessary to transform her body.

Several years ago, Lois began noticing she was having difficulty with some tasks that used to come easily to her. Something as simple as carrying groceries from her car into the home was not as easy as it once used to be. Lois decided to start making some changes and set out to find some fitness professionals in

Spicewood to get her started on her new path to become more fit.

Lois has been working with her Personal Trainer, Pilates Instructor and Yoga Instructor for over two years now. The results have proven to be remarkable. She moves with more strength, flexibility and with intention. Her fall risk has been greatly reduced!

Lois decided to hold a White Elephant Christmas Luncheon and presented all three of her instructors with a trophy in their honor

and gave a speech, "My body has been transformed by all three of you... and I did not even know it needed to be transformed," she chuckled.

As we age, our muscles atrophy; however, muscle strength, core strength and flexibility can be restored by performing specific movements or exercises on a routine basis beginning at any age. There are quite a few options in Spicewood for an older adult to transform their body, safely. It may take some time, but anything worth while usually takes time.

Lois not only works with all three of her instructors two times per week, she still works at her office Spicewood Counseling three days a week. She is diligent and truly an inspiration to all three of us. Thank you Lois!

For more information: Dianne Laird, Personal Trainer, Fitness to Function, LLC - www.fitnessstofunction.com - visit us on Facebook or call (512) 644-9855. Sarah Evans, Pilates Instructor, Hill Country Pilates - www.hillcountrypilates.com. Tricia Raring, Yoga Instructor, Yogiswell - call (512)736-0261



Tricia Raring, Yoga Instructor, Yogiswell, pictured with some of her students attending Lois Gonzalez luncheon.

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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 a 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



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Spicewood Arts Society Fundraiser Feb. 17 Celebrates Carnival



Celebrate Carnival and help area students fund their college education at the Spicewood Art Society's annual fundraiser Saturday, Feb. 17, Rockin' the Vineyard, featuring Spicewood's own Square Grooves with guest singer Shayne Knight.

Doors open at 5:30 p.m.

for the celebration, held at Spicewood Vineyard's Event Center.

Rockin' the Vineyard raises money for arts scholarships awarded to students at Lake Travis and Marble Falls High Schools and for arts programs at area elementary schools. The Spicewood Arts Society (SAS) has donated over \$60,000 since the community arts education program began, with \$50,000 in scholarships and \$14,000 for school programs.

The Square Grooves perform frequently at Spicewood area events and are donating their usual fee.

Shayne Knight is an accomplished singer and performer dedicated to helping children discover and learn music as an educator in the Liverpool, NY school district. She has been a music director, vocal coach and accompanist for hundreds of performances, including Syracuse University and LeMoyne College. As a performer, she has played and recorded with four New York bands and is a longtime friend of the Square Grooves.

While Ash Wednesday is on Feb. 14, Gulf coast communities may keep the party spirit going with Carnival, which can last until late spring. Event decorations are the Mardi Gras colors of purple, green and gold, and there will be beads. Guests are encouraged to dress for Carnival with hats, boas and other Mardi Gras attire.

Included in the festivities is a catered dinner from restaurant favorite Verde's Mexican Parilla, raffle, games, and a \$500 gift basket.

Tickets (\$75 each) are available at www.spicewoodarts.org. Spicewood Vineyards is at 1419 Co. Rd. 409, Spicewood. Donations for the scholarships and arts programs are accepted on the website if people are unable to attend.

Besides its work with schools, SAS produces five concerts a year, a two-day arts fair in October, and bus excursions to art venues in central Texas. For more information about SAS, see the website, 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 Lov

LTlov supports neighbors helping neighbors to overcome limiting circumstances. The resources necessary to carry out this mission are a direct result of the support received from the Lake Travis community in the form of goods, services and financial support. LTlov has participated in I Live Here, I Give Here's Amplify Austin 24 hour online giving event since its inception in 2013. This is the only fundraiser LTlov employs to promote donations dedicated to funding the College Scholarships, Grants Funding and Kids Free Dental Day programs, and to supplementing the Green Santa and School Supplies' Project Supply Pack programs, as needed. Amplify Austin kicks off at 6:00 pm on March 1st and runs through 6:00 pm on March 2nd. LTlov's goal is to raise \$15,000 dollars in 24 hours. For more information, visit ltlov.org. Pictured, LTlov members gear up for Amplify Austin



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The Great Truths of Life

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

1. No matter how hard you try, you can't baptize cats.
2. When your Mom is mad at your Dad, don't let her brush your hair.
3. If your sister hits you, don't hit her back. They always catch the second person.
4. Never ask your 3-year old brother to hold a tomato.
5. You can't trust dogs to watch your food.
6. Don't sneeze when someone is cutting your hair.
7. Never hold a Dust-Buster and a cat at the same time.
8. You can't hide a piece of broccoli in a glass of milk.
9. Don't wear polka-dot underwear under white shorts.
10. The best place to be when you're sad is Grandma's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

1. Raising teenagers is like nailing Jell-O to a tree.
2. Wrinkles don't hurt.
3. Families are like fudge...mostly sweet, with a few nuts.
4. Today's mighty oak is just yesterday's nut that held its ground.
5. Laughing is good exercise. It's like jogging on the inside.

6. Middle age is when you choose your cereal for the fiber, not the toy.

GREAT TRUTHS ABOUT GROWING OLDER:

1. Growing old is mandatory; growing up is optional.
2. Forget the health food. I need all the preservatives I can get.
3. When you fall down, you wonder what else you can do while you're down there.
4. You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
5. It's frustrating when you know all the answers but nobody asks you questions.
6. Time may be a great healer, but it's a lousy beautician.
7. Wisdom comes with age, but sometimes age comes alone.
8. A fun thing about getting older is you can severely injure yourself by sleeping.

THE FOUR STAGES OF LIFE:

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.



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NATURE WATCH

RASCALLY RACCOONS

by Jim and Lynne Weber

Although easily recognized by its bandit mask and ringed tail, the Northern Raccoon (*Procyon lotor*) is a widespread mammal but not often seen due to its nocturnal habits. It consumes a highly varied diet, is very intelligent and curious, and possesses a far greater manual dexterity and mental ability than cats and dogs, enough to defeat any but the most determined defense of garbage cans or home gardens. Much has been made of the intelligence of raccoons, with recent studies showing they are capable of remembering tasks for up to three years, possessing a mental acuity more closely approximating that of monkeys.

Denning above ground in tree cavities, chimneys and attics, underground in old burrows, storm sewers and crawl spaces, raccoons mate from February to August with 2 to 5 young (or kits) in each litter. Previously thought to be solitary, related females can share a common breeding territory, while unrelated males live together in small groups to guard their mating opportunities against potential rivals. Raccoons have a large array of over 50 vocalizations, including hissing, growling, purring, squealing, and chirping. They can run up to 15 mph, are efficient tree climbers, and can survive unharmed if dropped from heights of up to 40 feet. Raccoons are found throughout all regions in Texas, but they are seldom found far from water, which has an important influence on their distribution and breeding success.

Contrary to popular belief, raccoons do not wash everything they eat, but they do manipulate their food (appearing to wash it when water is available) in order to tactually experience the object rather than actually clean it. In fact, the word 'raccoon' was adopted into English from a now extinct language called Powhatan, which was spoken by the native peoples of Tidewater

Virginia, and translated to mean 'one who rubs, scrubs, and scratches with its hands.'

Raccoons exhibit rascally behavior by stealing food out of pet dishes, eating fish out of backyard ponds, and knocking over trash cans and scattering the contents. Additionally, they can carry and spread disease like rabies and parvovirus. However, since they are scavengers, they play an important role in keeping our ecosystems healthy by cleaning up carrion (keeping our surroundings sanitary), eating other species we humans consider pests (when numbers get out of control), and spreading the seeds of native

plants (by consuming berries and nuts).

You can do your part to keep their destructive behavior at bay by resolving conflicts compassionately. Contain available food sources by putting your trash out in the morning instead of the evening, feeding your pets indoors, and placing netting over ponds containing fish. Close all entry points to your home and other outdoor structures, so they are not used as dens to raise young. If a family of nesting raccoons is found in or around your home, they should not be removed until the end of nesting season in the fall. Separating the young from their mother will mean they will starve to death, and trapping and moving the family will



Northern Raccoon

likely result in death from resident raccoons, and is a Class C misdemeanor in Texas (this applies to transporting or selling live raccoons, coyotes, and foxes from, to, or within the state).

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* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.

Crane Flies



Crane flies are surrounded by misinformation and misnomers. Some think that adult crane flies eat mosquitoes, but this is untrue. Adult crane flies feed on nectar or are non-feeding. Also, crane flies are sometimes referred to as “mosquito hawks” which is a misnomer. The name mosquito hawk is most often used to refer to dragonflies, but

sometimes is also used to refer to a large species of mosquito with a larval stage which feeds on other mosquito species.

Crane flies can be small to large insects- topping out at about 1 inch, with long, slender legs, and a V-shaped suture on the thorax (body section behind the head). Legs tend to break off very easily, so you may often encounter these insects with less than their allotted amount of 6 legs (see image). Adults can be mistaken for giant mosquitoes and may frighten people.

Crane fly larvae are found in moist soil feeding on decaying organic matter. The larvae are wormlike, legless, and without well-developed heads. Some species feed on roots of turfgrass or other plants, but usually do not cause enough damage to be considered a pest.

In Texas, crane flies become abundant in the spring. While adults may be a nuisance when entering homes or disturbing outdoor activities, they do not cause damage and do not bite. Keep doors and windows closed and make sure screens are in good repair. Either turn off outside lights at night or use “bug bulbs” to reduce the number of crane flies drawn near the home because of light sources.

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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Preventing Common Types of Neck and Back Pain

By Dr. Chad Adkins, Chiropractor

By far, one of the most common causes of neck and back pain in today's society is poor posture. We find in our chiropractic office that back pain often follows sitting or standing for a long period of time, bending repetitively or for too long, or lying down in a position of strain. Similarly, neck pain usually follows sitting for a long period of time such as on a drive or flight, working in a strained position such as over a computer, holding a phone in place for long, or lying down with the head in an awkward position.

Let's identify five common causes of neck and back pain and learn how to correct them.

1. Lifting is probably the biggest culprit of them all. Make sure that when lifting, you bend your knees, not your back. Lift with your legs, and hold objects close to your body. Try to avoid lifting objects over your head and no higher than chest high. When a load is too heavy, get help and plan ahead to avoid sudden load shifts. Most importantly, always be sure of your footing.

2. Improper walking and standing are the next-most-common reasons we see patients. Try to stand with weight equal on both feet, and do not shift your weight back and forth. Walk with good posture (walk tall), keeping your head high, chin tucked in, and toes straight ahead. Make sure to wear comfortable/supportive shoes, and try to avoid boots and high heels.

3. Remember for driving to move the seat forward to keep your knees bent and slightly higher than your hips. Sit straight up, and push the lumbar support as far out as it will go. Also, do not lean to one side or the other, and try to keep your weight balanced. Most importantly, keep your head against the rest and do not let it drift forward.

4. Sitting is another big issue we see in our office, especially with technology/computer-related jobs. Be sure to sit in a chair that is low enough for you to place both feet on the ground, with knees equal to or higher than your hips. You can also rest your feet on a stool if you can't reach the ground. Sit firmly against the back of the chair, and do not allow yourself to lean forward. I also recommend getting up about every thirty minutes.

5. Sleeping is something that may get overlooked, but it is very important since you spend a third of your life sleeping. A good night's sleep on a firm mattress is good for your health and your back. Sleep on your side with your knees bent and a small pillow between them or on your back with a pillow under your knees. Try to avoid sleeping on your stomach at all costs.

It is very important to learn and practice good posture and body mechanics. A straight, properly aligned back can help prevent unnecessary wear and tear on your discs and joints.



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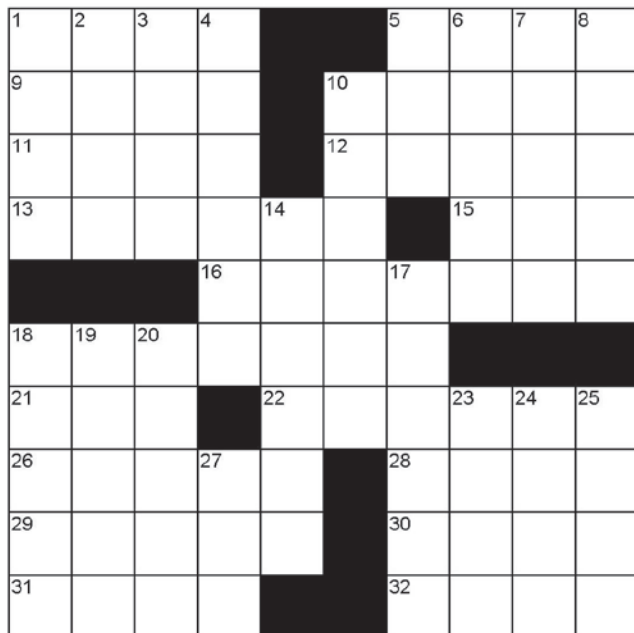
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CROSSWORD PUZZLE



ACROSS

1. Green seedless plant
5. Syrian bishop
9. Singing voice
10. Tapestry
11. Oracle
12. High School dance
13. Camel seat
15. Kimono sash
16. Moslem
18. Ancient time piece
21. Environmental protection agency (abbr)
22. Naval fleet
26. From Asia
28. Aroma
29. Jeans
30. Back of the neck
31. Tuber
32. Removes the water

DOWN

1. Squash
2. Tub spread
3. Soup
4. Dirty
5. Creative work
6. Sweeper
7. Deer
8. Molded salad
10. Precision cut stone
14. People from Asia
17. Kitchen appliance color
18. Large mammals
19. Defeat
20. Simple
23. 6th month (Jewish calendar)
24. Foolish
25. Greek god of war
27. Place

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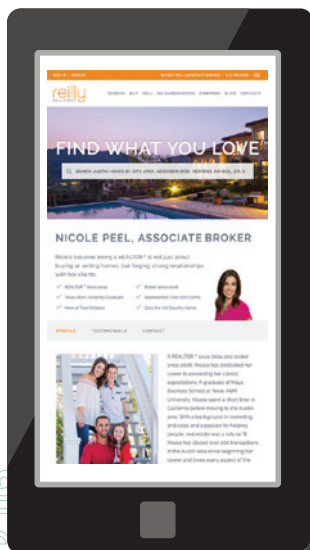
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