

The Ranch Report

VOLUME 11 ISSUE 8

AUGUST 2017

AUGUST NATIONAL FAMILY FUN MONTH.

By: Sharonna Banks

Did you know, that the month August was named after Augustus Caesar. It has been named the National Family Fun month. August is the busiest time of the year for tourism since in most part the weather is mostly pleasant and most of children are still out of school. The birth flower of the month is the poppy's/gladiola. They stand for beauty, strength, family, love and marriage. The birth stone is peridot or onyx. August is filled with musicals and festivals celebrating the longer days and the summer breeze. Everything from rejoicing in last few days of summer to down to ice cream. Here are some great events going on in Austin for the month August.

1) Zilker Summer Musical – At Zilker Hillside Theatre. Admission is free, there will be food and vendors. They will be performing at the outdoor amphitheater, “The Wizards of Oz” To find out more info head on over to www.Zilker.org

2) Blues on The Green- At Zilker park. It's apart of the longest running free concert series. They will have local musicians and Austin legends. You can get more info at www.kgsr.com

3) Austin Ice Cream Festival- At Fiesta Gardens. This is Austin's Annual Ice cream festival games activities, contest, live entertainment and of course ice cream. You can grab more info at www.Icecreamfestival.com



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Elsa England Elementary School 704-1200
.....8801 Pearson Ranch Road
Cedar Valley Middle School..... 428-2300
..... 8139 Racine Trail
McNeil High School..... 464-6300
.....5720 McNeil Dr.

LEANDER ISD

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..... 11501 Staked Plains Dr.
Stiles Middle School 570-0000
..... 3250 Barley Rd.
Vista Ridge High School..... 570-1800
.....200 S. Vista Ridge Dr.

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Perdernalles Electric..... 512-219-2602

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TIME WARNER CABLE

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Repairs..... 512-485-5080
Solid Waste Servies..... 512-494-9400

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NOT AVAILABLE ONLINE

TEXAS A&M AGRI LIFE EXTENSION

CHIGGERS

Chiggers are the immature stage of a mite. They climb onto people walking through infested areas, crawl upwards, and wander around the body seeking a good site to settle down and feed. Feeding preference for these mites is in areas where skin is thinnest or where clothing fits tightly, such as the ankles, waist, behind the knees, and the groin area.

Chiggers do not burrow into skin as many people believe, so “smothering” them with nail polish is useless. When chiggers feed, they inject a digestive enzyme that breaks down skin cells which are then eaten. Itching and redness is caused by our body reacting to the enzymes injected into our skin. Itching typically begins 3-6 hours after being bitten, peaks at 24 hours, and can last up to two weeks.

The best way to avoid getting chiggers is to avoid infested areas. Since this is not always possible, here are some other things to try:

- Wear protective clothing- tightly woven items that fit loosely; including long sleeves & pants; shoes or boots
- Tuck pant legs into boots
- Avoid sitting on the ground
- Remove & launder clothing ASAP after being in infested areas
- Shower/ bathe after being in an infested area; scrub vigorously

with a washcloth

- Use an insect repellent with DEET or picaridin

To treat chigger infestations around the home try the following:

- Keeping lawn trimmed
- Maintain vegetation; do not allow weeds to grow up & keep brush cleared
- Targeted residual pesticide sprays, usually pyrethroids

For chigger bites:

- Do not scratch pustules; opening pustule might lead to infection
- Oral antihistamines or topical anti-itch creams to relieve itching sensation

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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**SUMMER'S STILL HERE...
AND SO ARE SWIM LESSONS AT THE Y**

Summer may be winding down, but families are still hitting the water to cool off. That's why it's never too late to learn how to swim. And the YMCA is here with classes available year-round to keep kids safe.

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LENDER

RANCH REPORT

Forever Best Friends

By: Sharonna Banks (because AJ asked)

He asked me so softly and sweetly.

Do you want to be my friend?

To which I smile and answered I am your friend, forever.

The bond between a mother and child is like no other feeling on earth.

To grow a whole entire life inside you.

To change what you used to be.

To be the best vessel you can be for them.

To give them the space they need to grow and become.

While on bated breath watching every moment every move.

Gasping at every missed step, tearing up at every loss.

Your heart breaking right along with them.

As they discover their first love.

We mothers must be built differently.

Just as they are so fragile yet strong.

How we rise and fall with each word.

How we dance to the beat of their little drum.

Your strength is unwavering, your heart is pure.

your smile is a Band-Aid, your kiss is the cure.

oh to be a mother with Littles all-around

didn't think you had it in you

but mama look at you now.

TRAVIS CO. WALK KICK OFF PARTY!

When Thursday, August 17:

Registered to walk or interested in signing up? Join us for a casual, come and go event from 4:30-7 pm for drinks, food and conversation. Register for the walk and get to know your fellow walkers. Everyone is welcome to attend! RSVP to walk@txalz.org or (512) 241-0420 x10. Location TBD.

\$10.00 Gift Certificate

Exp. date: Oct. 31, 2017

Present this gift certificate to get \$10.00 OFF your food purchase of \$30.00 or more.

(Good for dine-in only after 5:30pm. Not valid with other offers)

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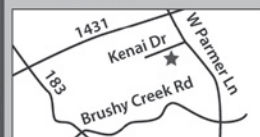
Sherry Salkhordeh O.D.

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THE THREE D'S OF ADVANCED CARE PLANNING GETTING YOUR DUCKS IN A ROW

Attend one or all three of these free, interactive workshops where you'll learn how to decide, discuss and document what matters most to you at the end of life.

August 24: How to Talk with Your Loved Ones About Your End of Life Wishes

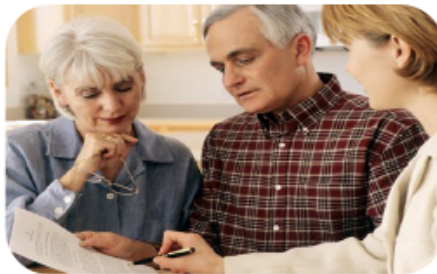
Talking with your loved ones openly and honestly, before a medical crisis happens, gives everyone a shared understanding about what matters most to you at the end of life. Whether you are getting ready to tell someone else what you want, or you want to help someone else get ready to share their wishes.



- **Location:** Alzheimer's Texas 3520 Executive Center Dr. #140
- **Time:** 11:00 AM—1:00 PM
- **Lunch Provided**

August 31: How to Choose a Health Care Agent and How to Be a Health Care Agent

It's important to choose a health care agent – the person who will make decisions about your medical care if you become unable to make them for yourself. You'll learn the facts and tips necessary to make sound decisions about choosing, and being, a health care agent.



- **Location:** Alzheimer's Texas 3520 Executive Center Dr. #140
- **Time:** 11:00 AM—1:00 PM
- **Lunch Provided**

September 7: How to Talk with Your Doctor About Your End of Life Choices.

After you've had the conversation with your loved ones and chosen your health care agent, the next step is talking to your doctor or nurse about your wishes. Don't wait for a medical crisis; talking with your healthcare provider makes it easier to make medical decisions when the time comes.



- **Location:** Alzheimer's Texas 3520 Executive Center Dr. #140
- **Time:** 11:00 AM—1:00 PM
- **Lunch Provided**

RSVP- Visit: txalz.org - **Email:** vcardenas@txalz.org - **Call:** (512) 241-0420



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Mr. Beautician's Beauty Algorithm



An algorithm is simply a set of instructions or sequence of actions to be performed with an intended outcome. Mr. Beautician's Beauty Algorithm expresses an effective method for creating and maintaining healthy beauty suggestions that can benefit the user through easy to understand examples. Originally taken upon as a challenge to understand and

educate women about melasma, which is the overproduction of pigment within the skin's chromophore called melanogenesis, our research found that utilizing these easy precautions and ten basic solutions can protect your skin from early signs of aging and offset skin damage for any age or skin type.

Water is the most ubiquitous building block of life. It is absolutely essential in hydrating yourself to stay alive and healthy. If you are not adding water to you daily intake of liquids then your health regimen

isn't optimized and you may see premature signs of aging.

Sunblock over the past couple decades has been deemed by the professional community as having more importance for people to use on a daily basis. There are two main types of sunblock, chemical and barrier. Chemical sunblock provides a sunblock protection factor (SPF) from most sunlight, it blends easily into the skin yet unfortunately retains the heat from the sun on the skin's surface area. Barrier sunblock, on the other hand, usually is white and contains zinc-oxide offering additional protection from both the sun's rays and heat created upon the skin. Barrier sunblock is commonly used by a lifeguard or surfer displaying a 'white nose' of blocking protection. Using either, it is important to reapply sunblock every two to three hours for better protection especially in direct or bright sunlight.

Natural Oils provide protection for the skin and help balance for skin's ability to thrive and survive the outside elements. Sebum, the natural oil that our own skin and scalp produce, is the essential natural protection from the sun to protect the skin. Utilizing natural oils like vegetable oils, coconut, grape seed, avocado, and rose-hip oils are just a few of the beneficial oils that can provide protection and nourishment to the skin. These types of natural oils are often

(Continued on Page 7)



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(Continued from Page 6)

found in your own kitchen and are usually safe enough for most people use on hair, scalp and skin all over the body.

Vitamins provide a well-rounded balance to one's diet and health. Vitamin supplements and natural vitamins found in foods like fruits and vegetables can offer great benefits to one's diet. We found that women who take vitamin D and/or continued the use of their pre-natal vitamins years after childbirth were less prone to exhibit skin pigmentation as seen in melasma. Remember to consult your doctor if you have special dietary needs or restrictions.

Exercise offers many obvious benefits for your health and beauty. The sore feeling we have in our muscles after working out comes from our own muscles producing lactic acid. Lactic acid has other health and beauty benefits for your skin. In fact, many chemical peels often involve lactic acid in their formulas.

Eating Well is probably the easiest and most overlooked element of good health and beauty. If done correctly a proper diet can offset seasonal illness with proper nutritional preparation, or the ability for the body to heal itself holistically by simply eating good, natural, processed-free food.

Low Stress or stress, in general, plays one of the overall biggest negative factors to impairing a person's health at any age or physical condition. Stress can lead to systemic problems for anyone who is unaware or unable to control this far reaching and debilitating condition.

Sleep, like water and food, is absolutely essential for a one's good health and wellness. Too much sleep can be as bad as not enough sleep. It is recommended that people get between seven to nine hours a day. And yes, power naps or short-term cat naps that last between 10-20 minutes are also extremely beneficial.

Smiling is a universal way of communicating and great not only for the person smiling but also for others witnessing a smile. A smile balances our neurotransmitters and stimulates our brain's reward mechanism to create mood-lifting attributes in our health and wellness. A smile can reduce stress hormone levels like cortisol and adrenaline and increase healthy mood levels like endorphins and serotonin. So start smiling – it will alter your mood!

Ignore and Focus is our last and considerably most important point to our Beauty Algorithm. It's easy to understand: ignore the drama, ignore the distractions, ignore the chaos that life can often throw at you. Most importantly ignore the mirror, because 'the mirror lies'. Focusing too much on your image in the mirror can leave one feeling helpless and alone as we age or grow older. Instead, focus on what you want, focus on who or what is really important to you in your life. Focus on YOU, a miracle machine that works seamlessly through the trillions and trillions of cells that encompass your body, working together in perfect harmony. When you can do this, and by the laws of attraction you will attract the right people, right jobs, right opportunities that create the reality of who you are supposed to be, a beautiful and healthy person!

Any questions? Please feel free to reach out to me at info@MrBeautician.com or visit our website at www.mrbeautician.com.

Mr.Beautician

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