

THE BULLETIN

Belterra Community News

December 2017 Volume 11, Issue 12

News for the Residents of Belterra

Varicose Veins, Not Just a Cosmetic Issue

If you suffer from problems related to varicose veins and spider veins you are not alone! Venous insufficiency, also known as venous reflux disease, is the most common cause of varicose veins and affects nearly 30 million adults in the United States.

Veins serve an important function bringing blood back to the heart. We have two sets of veins in our legs, deep veins and superficial veins. These veins have one-way valves that normally direct blood flow in one direction, toward the heart. When these valves fail blood can flow the wrong way and pool, increasing the pressure in the veins. This is called venous insufficiency and is the driving force behind the development of varicose veins.

Varicose veins are not just a cosmetic issue. They can cause pain, throbbing, heaviness, leg fatigue, restless leg and swelling often worse at the end of the day. In more advanced cases patients can develop skin discoloration and even ulceration.

Risk factors include increasing age, a family history of varicose veins, professions that require long periods of standing or sitting, obesity and in women, pregnancy.

Unfortunately, venous insufficiency and varicose veins are a progressive problem and will only get worse over time. But don't worry treatment is available and covered by most insurances.

Diagnosis begins with a thorough examination of the legs followed by a venous ultrasound. Ultrasound allows the vein specialist to see under the skin, giving a clear picture of how the veins look and are functioning. Treatment may include one or a combination of minimally invasive procedures. These include endovenous ablation which closes the diseased vein down from the inside with heat, or alternatively, placement of a medical adhesive in the vein to seal it shut. Large ropy veins sometimes need to be removed through tiny incisions in a procedure called ambulatory phlebectomy and sclerotherapy is a procedure where medication is injected into a vein causing it to collapse and eventually be reabsorbed.

All of these procedures are performed in an outpatient setting and often take less than an hour. Pain is minimal and recovery is quick with most people returning to normal activities the same day.

If you would like more information on venous insufficiency and varicose vein treatment please visit www.southaustinvein.com

The Dripping Springs Farmers Market is each Wednesday from 3p - 6p.



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 Fractalarium to experience a larger-than-life lighted representation of Romensco 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.

(Continued on Page 3)



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(Continued from Cover Page)

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.

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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EMERGENCY 911
Ambulance / Fire..... 911

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Dripping Springs Elementary 512-858-3700
Walnut Springs Elementary 512-858-3800
Rooster Springs Elementary..... 512-465-6200
Dripping Springs Middle School 512-858-3400
Dripping Springs High School 512-858-3100

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Trash – Texas Disposal..... 512-246-0498
Gas – Texas Community Propane..... 512-272-5503
Electricity – Pedernales Electric 512-858-5611

OTHER

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Animal Control..... 512-393-7896

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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 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.

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.



Austin Branch of American Association of University Women

Submitted by Anita Knight, 512-922-4469

In November, the Austin Branch of AAUW (American Association of University Women) was fortunate to have Mr. Fred Burton address the topic of “Global Security Outlook: Counterterrorism in Today’s World”. Mr. Burton is one of the world’s foremost authorities on security and terrorism. As Vice President of Intelligence and Chief Security Officer at Stratfor, Mr. Burton oversees analysis of global security developments. Headquartered here in Austin, Stratfor is the world’s leading geopolitical intelligence platform, bringing global events into valuable perspective, empowering businesses, governments and individuals to more confidently navigate their way through an increasingly complex international environment.

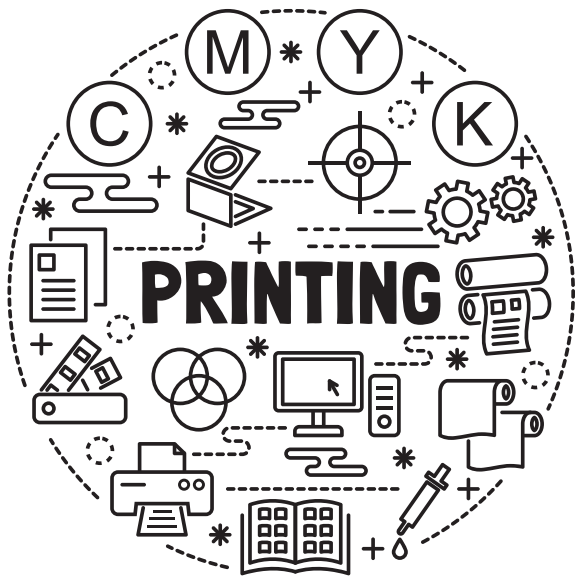
Mr. Burton talked about “soft targets” that can impact us average citizens and how to be alert to our own security needs. He noted, “In many ways, the heavy security afforded of official government locations has pushed the terrorist threat onto the private and civilian sectors — for example, large Western hotels, public special events like the Boston Marathon, passenger rail,

subways and buses” and recently even churches.

This was AAUW’s third substantive program this year. In September, we met at Huston-Tillotson University to hear from the new president, Dr. Collette Pierce Burnette, on her route to the presidency. In October, R.B. Brenner, the G.B. Dealey Regents Professor and the Director of the School of Journalism at the University of Texas, spoke about Journalism in the Era of Fake News.

AAUW’s annual holiday social on Sunday, December 3 will be hosted by past presidents of the branch, and co-hosted with the Austin Woman’s Federated Club at “The Mansion” of the Texas Federated Women’s Club. Guests and prospective members are welcome. RSVPs requested. For membership and program information, see the website <https://austin-tx.aauw.net/>.

AAUW Mission: Advancing equity for women and girls through advocacy, education, philanthropy, and research. Empowering women since 1881.



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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

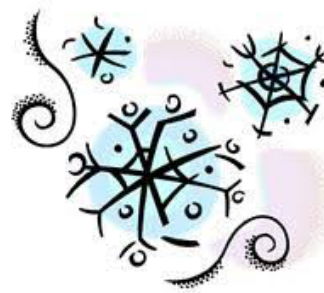
If you find a few adult carpet beetles in your home, squish them on vacuum them up. A few adults usually do not warrant a full treatment, but you should watch for a developing infestation.

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

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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.



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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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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Karen Piacente, PT, DPT, MTC, CSCS

Karen Piacente earned her Doctor of Physical Therapy from Duke University in 2014. She is a Certified Strength and Conditioning Specialist (CSCS) and has completed Evidence in Motion's Manual Therapy Certificate program. Currently, she is working to become an Orthopaedic Certified Specialist (OCS). Karen enjoys an active lifestyle, and can be found running, swimming or biking when she is not in the clinic.



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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

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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 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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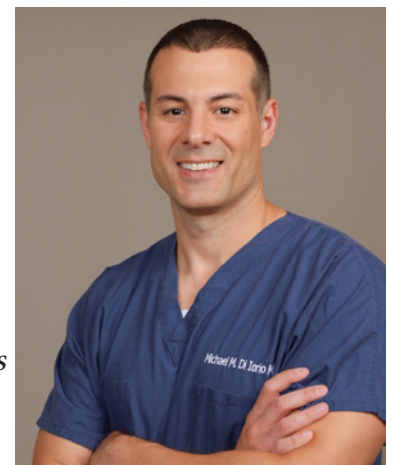


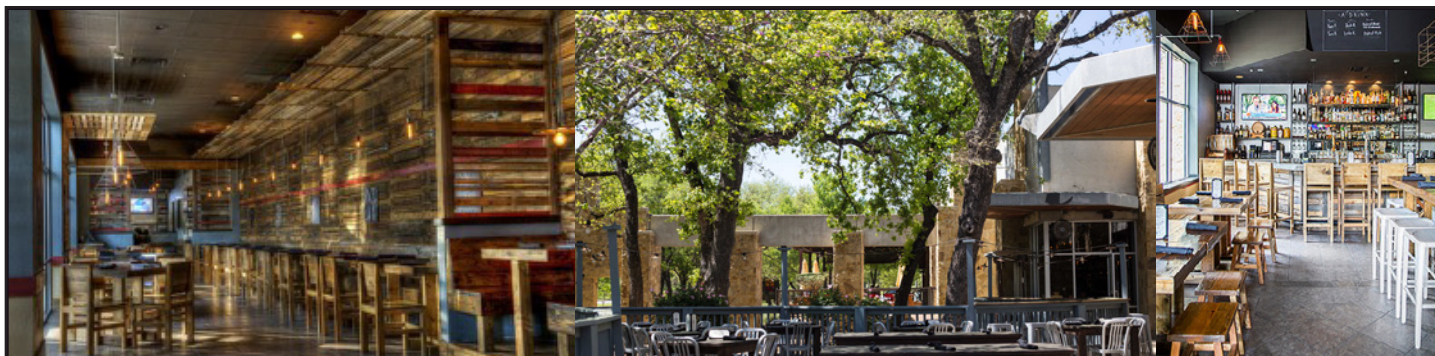
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CELEBRATE THE HOLIDAYS WITH DISTRICT KITCHEN + COCKTAILS

Give the Gift of a Thoughtful Dining Experience with a District Kitchen + Cocktails Gift Card

This holiday season, District Kitchen + Cocktails introduces a special holiday offer: Spend at least \$100 on one or more gift cards during the month of December 2017 and receive \$20 to use throughout January and February 2018.

Host your Holiday and Special Occasion Party at District Kitchen + Cocktail

We invite you to host your guests for the holiday season at District Kitchen + Cocktails by booking one of our spaces for a private event or luncheon. We offer the dining room or outdoor patio for private parties and social events any day of the week or for private luncheons Monday through Friday. To book one of our spaces for a private event, please call 512-351-8436.

Voted one of the, "Top 100 Neighborhood Gem Restaurants in America," by *OpenTable*, District Kitchen + Cocktails is a chef-driven, New American restaurant located at 5900 West Slaughter Lane that focuses on creating exceptional and innovative menus for the residents of Circle C Ranch. Stop in for dinner, happy hour or brunch to enjoy the thoughtfully constructed dishes and cocktails made from fresh, locally sourced ingredients. The outstanding menu combined with the rustic, yet refined atmosphere makes District the perfect destination for a warm and relaxing dining experience this holiday season.

District Kitchen + Cocktails is open for dinner and happy hour daily with brunch served every Friday through Sunday. For more information or to make a reservation, visit www.districtaustin.com or call 512-351-8436.





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