

# *The Community* **Connection**

NEWS FOR SWEETWATER RESIDENTS

## **Triumph of the Thin Man**

*by Art Dlugach*



*(Continued on Page 3)*

# COMMUNITY CONNECTION

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY ..... 911  
Fire..... 911  
Ambulance..... 911  
Sheriff – Non-Emergency..... 512-974-0845  
Travis County ESD No.6/Lake Travis Fire Rescue  
Administration Office..... 512-266-2533  
Travis County Animal Control..... 512-972-6060

### SCHOOLS

Lake Travis ISD..... 512-533-6000  
Lake Travis High School..... 512-533-6100  
Lake Travis Middle School..... 512-533-6200  
West Cypress Elementary ..... 512-533-7500

### UTILITIES

Pedernales Electric..... 888-554-4732  
Crossroads Utilities (Water, Sewer, Trash)..... 512-246-1400  
Texas Gas Service  
Customer Service..... 1-800-700-2443  
Emergencies..... 512-370-8609  
Call Before You Dig..... 512-472-2822  
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Time Warner Cable..... 512-485-5555  
Austin/Travis County Hazardous Waste ..... 512-974-4343

### OTHER NUMBERS

Bee Cave City Hall..... 512-767-6600  
Bee Cave Library..... 512-767-6620  
Bee Cave Municipal Court..... 512-767-6630  
Lake Travis Post Office ..... 512-263-2458  
Baylor Scott & White Medical Center..... 512-571-5000  
City of Bee Cave ..... www.beecavetexas.com  
Travis County (General No.)..... 512-854-9020  
..... www.traviscountytexas.com

### NEWSLETTER PUBLISHER

Peel, Inc. .... 512-263-9181  
News..... sweetwater@peelinc.com  
Advertising..... advertising@peelinc.com

## ADVERTISING & ARTICLE INFO

Please support the advertisers that make the *Community Connection* newsletter possible. The Sweetwater community receives this newsletter free of charge provided by the advertisers within. If you are interested in advertising, please contact our sales office at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

The *Community Connection* is mailed monthly to all Sweetwater residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the *Community Connection* please email it to [sweetwater@peelinc.com](mailto:sweetwater@peelinc.com). The deadline is the 15th of the month prior to the issue.



# Help Keep Our Neighborhood Beautiful!



There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.



Partners in Hope connects one person's gifts and talents with another person's needs and equips the Lake Travis community to serve through the lens of ministry.

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[www.partnersinhopelaketexas.org](http://www.partnersinhopelaketexas.org)

# COMMUNITY CONNECTION

(Continued from Cover)



He is no fugitive, but he is on the run, and, at times, he has quite a fan base. Taber Badar, born in Pakistan, spends a lot of time on the shoulders of Highway 71 in the Bee Cave-Lakeway area. That's why you might have seen him. As if he needs to be described, with the size of his audience, Taber is 54-years-old with a trim, but no way skinny, well-conditioned body. Might be the "most-ripped" trim you've ever scrutinized.



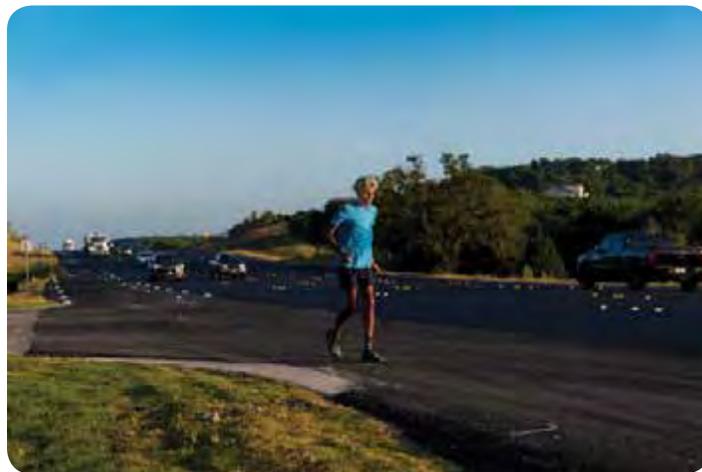
"Of course I'm concerned," he admits, regarding his version of a cross country course, but, "I really haven't discovered an alternate place to run." We'll say right now, akin to the warning on cigarettes, don't try this without a signed okay from your doctor, coach or family.

"Many people know me," Taber said, regarding the non-pedestrians on 71, and, "watch out for me," but he adds a scary thought: "Sometimes I have seen them looking at cell phones {and therefore} drifting toward me." The double no-no: paying attention to cells and runners while driving.

Badar's style is what I first noticed: he's not walking, no, but it's

those itty-bitty steps that sets him apart, besides the venue. For us older sports fans, we might declare, "Golly, I've seen that foot action before." Because we grew up seeing Babe Ruth hit home runs in black and white newsreels, and the movie film of the 1920s and '30s would show him—in double speed—run the bases in pigeon-toe tempo.

Indeed, Taber probably would not have beaten the Babe homeplate to homeplate, but this Texan since he was 15, would have run him down over his personal goals: "10-12 miles in the morning, six to eight in the early evening."



I guess distance trumps style any day.

Badar began running at 18, influenced by a friend, "who would come over after dinner, and we would run in the neighborhood." Later, he "organized" this workout club for soloists, because, "I couldn't find competition for tennis in college.

"I needed the exercise; I needed to re-create myself. I started running longer and longer."

The graduate of Humble High near Houston added he has not run a marathon but will someday face off with the 26.2-mile challenge. I'd bet 18 miles a day would comprise sufficient preparation for the world's most famous long-distance event.

"I've slowed a bit," Taber relates. "Two and a half hours for 12 miles." 12-minute miles. Fast enough when the finish line is halfway across town.

And, what does the runner believe is the rush? (Choose your definition.) "It's meditative; it keeps me on an even keel, exhilarated, vibrant."

There are mornings Taber thought, "{I} just did not feel like I wanted to go anywhere." His response to his own dilemma: "Ultimately, I forced myself to do it, and it was fun. People waved at me; it was a nice experience.

"If your habit is movement, you'll continue that habit. {When} your body is in that mode, {you} need to do it. All about joy, elation, energy. That's what we are here to do."

This man, who is eloquent with words and action, would like to run forever, because it's a way "of fighting back against time."

## Hill Country Galleria Announces New Dining Concepts and Retailers COMING SOON

Lifestyle and entertainment center Hill Country Galleria is pleased to announce several new dining concepts and retailers opening this summer and into fall, including premium performance apparel retailer Athleta, local pet supply resource Healthy Pet, and PopRock Austin Pop-Up Restaurant. The Galleria is also excited to introduce a newly revamped menu at The Ginger Man, with a renewed focus on serving the local community. In addition, Kendra Scott will host a pop-up store during the Galleria's signature summer event series, Ladies Night Out.

Women's athletic apparel retailer Athleta will debut at Hill Country Galleria in early fall in Suite G-120, next door to Café Blue. Founded in 1998, the brand integrates performance and technical features across its collection to carry a woman through her life in motion—from yoga and training to commute and travel. The Galleria location marks the third store for the brand in the Austin and surrounding area.

Hill Country Galleria is also excited to welcome Austin-based Healthy Pet to its eclectic tenant mix. Located at Suite R-140, across from Whole Foods, the pet supply retailer is slated to open by the end of the year. Healthy Pet opened its first location in June 2012, and this location will be the fourth for the brand. In addition to carrying premium pet products, Healthy Pet seeks to be a resource for the community, whether by hosting local animal adoption events or educating pet parents about the best products for their pets. The retailer will also offer three self-serve dog wash stations at this location. Hill Country Galleria has made strides to ensure that the property is welcoming for both human and pet guests. In 2018, the property was the first in Texas to introduce DogSpots, climate-controlled, high-tech sidewalk dog houses, ideal for a pet-friendly shopping experience as well as new amenities like pet waste stations, dog water fountains, and more.

PopRock Austin Pop-Up Restaurant will open its doors at Hill Country Galleria in late summer 2019, located at Pad 9-101, behind Oriental Rug Gallery. The new concept will be a coffee shop by day, bringing back Lakeway's Java Dive Organic Cafe, offering house-roasted organic coffee and healthy breakfast and lunch fare. In the evenings and on weekends, PopRock will transform into a pop-up restaurant, where guests can regularly enjoy new and unique dining experiences as different local chefs take over the space. The

space will also be available for private catered events.

In addition to the new openings, The Ginger Man at Hill Country Galleria is pleased to announce Sebastien Caillabet, formerly of deli and restaurant Lox, Box & Barrel, as the new general manager to the specialty beer bar and eatery. Caillabet and the Galleria team have developed a revamped menu now available in the restaurant, featuring new takes on classic sandwiches, like the French Dip and Reuben; favorite bar snacks, including a house charcuterie board, pretzel & beer cheese, and loaded waffle fries; health-conscious vegetarian, vegan, and gluten-free options, like the Bee Cave Buddha Bowl, Hummus Plate, and Veggie Delight sandwich; along with delicious desserts. Opened in April 2018, The Ginger Man at Hill Country Galleria offers a selection of over 60 international, domestic, and craft options on tap and in bottles, daily lunch and dinner, weekend brunch, and a kids menu. With a spacious patio and located just steps away from the Galleria's Central Plaza, The Ginger Man is perfect for enjoying a meal or cold beverage during the property's open-to-the-public community events throughout the year.

On Tuesdays, July 23rd and August 27th, the Galleria will host its signature summer event series, Ladies Night Out, where guests will enjoy an evening of exclusive offers, giveaways, beauty, shopping, happy hours, and more. Austin-based lifestyle brand Kendra Scott will host a pop-up store on each of these nights where guests are welcome to try on jewelry and enjoy complimentary cocktails and a photo booth. The brand will donate 15 percent of sales from each event to the Bee Cave Arts Foundation. Hill Country Galleria is situated in Bee Cave, west of downtown Austin in the beautiful Texas Hill Country. Host to more than 150 family-friendly community events a year, including the Lone Star Farmers Market, free community workouts, live music series, and more, Hill Country Galleria offers a vibrant, comfortable, and convenient shopping and entertainment destination where life and style connect.

For more information about Hill Country Galleria, follow on Facebook, Instagram and Twitter or visit [www.hillcountrygalleria.com](http://www.hillcountrygalleria.com).

## Hill Country Galleria August Events & Happenings

Hill Country Galleria - 12700 Hill Country Blvd., Bee Cave, TX 78738

[www.hillcountrygalleria.com](http://www.hillcountrygalleria.com)

Hours: Monday-Saturday: 10a.m. to 9p.m. | Sunday: 12p.m. to 6p.m.

### BACK TO SCHOOL SHOPPING & TAX FREE WEEKEND EVENT

Friday through Sunday, August 9-11

Hill Country Galleria is hosting tax-free weekend with back-to-school deals and a sidewalk sale. Skip the overcrowded indoor mall on Tax Free Weekend and enjoy shopping season outside at the Hill Country Galleria, with covered walkways, outdoor seating and a splash pad!

### LADIES NIGHT OUT SUMMER SERIES

Tuesday, August 27 from 5 p.m. to 9 p.m.

Hill Country Galleria is bringing back their Ladies Night Out summer event on Tuesday, August 27, from 5 p.m. to 9 p.m. This summer event will continue monthly on the fourth Tuesday of each month until August 27. Guests will enjoy an evening of beauty, shopping, happy hours, and more. The first stop is LURE by Y&F, where ladies can pick up a stroll map of all the exclusive offers available and a complimentary cocktail (while supplies last).

### GOGA Goat Yoga

Saturdays, August 10 and 24 at 10 a.m., 11 a.m. and 12 p.m.

YOGA & GOGA will be hosting special Independence Day-themed goat yoga classes on Saturdays, August 10 and 24 at 10 a.m., 11 a.m. and 12 p.m. Tickets can be purchased [HERE](#), and tickets are required for each person attending classes, regardless of age. Only those participating in class with a ticket will be allowed inside the studio during the classes. Unlimited monthly members at YOGA & GOGA may show up to any of the times listed above. This event will benefit SAFE Austin, with 100% of proceeds from t-shirt sales being donated to the organization. The studio is located at S-115, two doors down from Chisos Grill. Participants will need to bring their own mats, sign a waiver and photo release prior to participating in class.

### YOGA & GOGA X KENDRA SCOTT

Wednesday, August 28 from 7 p.m. to 8 p.m.

Yoga & Goga and Kendra Scott are hosting a complimentary Yoga class! Join in for the final installment of this 3x summer series that takes place on the Central Plaza Lawn.

On Wednesday, August 28th from 7:00pm-8:00pm, head to the Hill Country Galleria's Central Plaza Lawn in your favorite

yoga pants for a refreshing workout in the cool summer air. Don't forget to stay for the glitz and glam of Kendra Scott's beautifully timeless jewelry.

RSVP with the link here: [yogagogaxkendrascott.splashthat.com](http://yogagogaxkendrascott.splashthat.com)

### ONGOING: LONE STAR FARMERS MARKET

Sundays, August 4, 11, 18, and 25 from 9 a.m. to 3 p.m.

\*Note: Hill Country Galleria will open at 12 p.m. on Sundays, with some restaurants and services opening earlier.

Hill Country Galleria is home to The Lone Star Farmers Market. This event hosts the same great vendors as before and also offer face painting and other kids' activities along with live music. Rain or shine, The Lone Star Farmers Market will be there, providing local produce to the community. More information can be found at [www.lonestarfarmersmarket.com](http://www.lonestarfarmersmarket.com)

### ONGOING: CAMP GLADIATOR FREE WORKOUTS

Saturdays, August 3, 10, 17, 24, and 31 at 9 a.m.

Camp Gladiator is hosting anyone over the age of 14 for free workouts in the Galleria's Central Plaza every Saturday. Join Camp Gladiator to experience their boot camp-style community workouts. Recommended to bring water, a towel and a mat.

### CONTRACOMMON PRESENTS: HEATWAVE OPENING RECEPTION

Friday, August 30 from 6 p.m. to 10 p.m.

Presented by Contracommon, Heatwave is an exhibition of artwork from resident artists. The event will showcase paintings, drawings, installations and photography, along with live music and food and drinks. The event will be sponsored by Tito's Handmade Vodka, Treaty Oak Distilling, Waterloo Gin, Desert Door Sotol, and Topo Chico.

### CONTRACOMMON DRINK & DRAW

Friday, August 27 from 7 p.m. to 10 p.m.

Contracommon is hosting their monthly Drink & Draw for local Austin area artists to come hang out, sketch, and have fun. Entry is free and bringing something to share is encouraged. The event is 21 plus.

## Lake Travis ISD 2019-2020 Calendar

July 2019						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2019						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2019						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2019						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2020						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2020						
Su	Mo	Tu	We	Th	Fr	Sa
						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 2020						
Su	Mo	Tu	We	Th	Fr	Sa
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2020						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2020						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2020						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Wed, Aug 14, 2019 **First Day School**  
 Mon Sep 2, 2019 Labor Day  
 Mon Oct 14, 2019 Columbus Day

Nov 25-29, 2019 Fall Break  
 Dec 23 - Jan 3 Winter Break  
 Mon Jan 20, 2020 Martin L. King Day

March 16-20, 2020 Spring Break  
 Fri, Apr 10, 2020 Good Friday  
 Fri May 22, 2020 **Last Day School**

- Student/Staff Holiday
- First day of Grading Period
- Last day of Grading Period
- PD Day
- STAAR
- STAAR Online Window
- Early Release

Approved by Board of Trustees on 12/19/2018 and Revised by Board of Trustees on 03/27/2019

# COMMUNITY CONNECTION



# Lake Travis Volleyball

## 2019



\*\*Home Game

updated as of 5/29/2019

### PRESEASON

Day	Date	Opponent	Site	Varsity	JV	9 <sup>th</sup> Black	9 <sup>th</sup> Red
Thursday - Saturday	August 1st- August 3rd	Tryouts Begin	LTHS	Two-a-days	Two-a-days	Two-a-days	Two-a-days
Monday	August 5th	**Scrimmages (LT, Cedar Park, Drip, Rouse)	LTHS	9:00	10:00	10:00	9:00
Tuesday	August 6th	**Antonian	LTHS	2:00	12:00	12:00	2:00
Thursday - Saturday	August 8th -10th	Texas Volleyball Invitational (Varsity Only)	Pearland, Texas	TBD	-	-	-
Monday	August 12th	**Westwood	LTHS	6:30	5:30	5:30	6:30
Tuesday	August 13th	Churchill	Churchill	4:30	3:30	3:30	2:30
Thursday - Saturday	August 15th - 17th	Fraulein Festival Tournament (Varsity Only)	New Braunfels, Texas	TBD	TBD	TBD	TBD
Monday	August 19th	**McNeil	LTHS	6:30	5:30	5:30	6:30
Thursday - Saturday	August 22nd - 24th	VolleyPalooza Tournament (Varsity Only)	Leander, Texas	TBD	-	-	-
Tuesday	August 27th	**Vandegrift	LTHS	6:30	5:30	5:30	6:30
Thursday & Saturday	August 29th & 31st	Dripping Springs Sub-Varsity Tournament	DSHS/DSMS	Practice	TBD	TBD	TBD

### DISTRICT SEASON

Friday	August 30th	Anderson	Anderson	6:30	5:30	5:30	6:30
Tuesday	September 3rd	**Lehman	LTHS	6:30	5:30	5:30	6:30
Friday	September 6th	**Hays (Staff Appreciation Night)	LTHS	6:30	5:30	5:30	6:30
Tuesday	September 10th	Westlake	Westlake	6:30	5:30	5:30	6:30
Friday	September 13th	**Bowie (Homecoming Night)	LTHS	5:30	6:45	6:45	5:30
Saturday	September 14th	**LT Invitational Sub-Varsity Tournament	LTHS	Practice	TBD	TBD	TBD
Tuesday	September 17th	**Ann Richards	LTHS	6:30	5:30	5:30	-
Friday	September 20th	Akins	Akins	6:30	5:30	5:30	6:30
Tuesday	September 24th	**Del Valle (LYTA Night)	LTHS	6:30	5:30	5:30	6:30
Friday	September 27th	**Austin High	LTHS	6:30	5:30	5:30	6:30
Tuesday	October 1st	**Anderson (Dig for the Cure ) (Middle School Night)	LTHS	6:30	5:30	5:30	6:30
Friday	October 4th	Lehman	Lehman	5:30	6:30	5:30	6:30
Tuesday	October 8th	Hays	Hays	6:30	5:30	5:30	6:30
Friday	October 11th	**Westlake	LTHS	6:30	5:30	5:30	6:30
Tuesday	October 15th	Bowie	Bowie	6:30	5:30	5:30	6:30
Friday	October 18th	Ann Richards	Ann Richards	7:30	6:30	-	5:30
Tuesday	October 22nd	**Akins (Senior & Kardivas Night)	LTHS	6:30	5:30	5:30	6:30
Friday	October 25th	Del Valle	Del Valle	6:30	5:30	5:30	6:30
Tuesday	October 29th	Austin High	Austin High	6:30	5:30	5:30	6:30

### POST SEASON PLAYOFFS

Monday -Tuesday	November 4th - 5th	UIL BI-District Playoffs	TBD	TBD	TBD	TBD	TBD
Thursday - Friday	November 7th - 9th	UIL Area Playoffs	TBD	TBD	TBD	TBD	TBD
Monday-Tuesday	November 11th - 12th	UIL Regional Quarterfinals	TBD	TBD	TBD	TBD	TBD
Friday - Saturday	November 15th - 16th	UIL Regional Tournament	TBD	TBD	TBD	TBD	TBD
Wednesday- Saturday	November 20th - 23rd	UIL State Tournament	GARLAND	TBD	TBD	TBD	TBD

**Premier Pools & Spas**

(512) 800-2412      [ppas.com/austin](http://ppas.com/austin)

## Stain Solutions

Try as you might to prevent them, spills, drips and splatters in your house are inevitable. Whether you, your family or your guests are the culprits, stains happen. Most, if not all, are treatable, especially if you act quickly and use the right stain-removing technique.

If there's an accident on your carpet or a rug, start by scooping up any solids and soaking up any unabsorbed liquids. Then, blot the stain with a white cloth or paper towel. You should work from the outside in so you don't spread the spill, and dab at it instead of rubbing or pressing hard.

You also can try spot cleaning with a soapy water mix. Dilute a ¼ teaspoon of clear hand-dishwashing soap with 1 cup of lukewarm water. Spray the solution on the stain, and mist the area with clean water or blot with a wet towel. Then blot the area with a dry towel. Repeat this process until you get as much residue out as possible.

Follow these specific instructions for cleaning up the more stubborn stains and sticky spots on your floors:

- Red wine: Begin with the same three steps—blot, apply soapy water and rinse. Then, dribble very hot water from a sponge onto the spill. Continue to blot with a clean towel, and repeat until the

carpet no longer shows any red.

- Soft drinks and coffee: Begin with the same three steps—blot, apply soapy water and rinse. Then dab on hydrogen peroxide. Wait one hour before repeating the process. Hydrogen peroxide bleaches a stain without breaking down carpet dyes. Use a 3 percent solution, which can be found at a drugstore, and apply at full strength.

- Candle wax and chewing gum: These are easiest to remove when hot or cold. For the cold method, harden the spot by rubbing it with an ice cube inside a plastic bag. Then, carefully scrape off the residue with a dull knife or a plastic card, such as an expired credit card. For the hot method, apply paper towels over the waxy area, and then use a clothes iron on low heat to soak up the wax. Replace the paper towels until all the wax is removed. Use a hair dryer to heat gum. Then with a plastic bag over your fingers, pull the goo off.

So the next time your carpeting endures a nasty spill, rest assured that it doesn't have to become a permanent stain. With these simple tips, you can keep your carpets and rugs looking great for years to come.



**Spicewood Counseling  
in the  
Hill Country**

**LOIS GONZALEZ, Ph.D.**  
Licensed Professional Counselor  
Licensed Marriage & Family Therapist  
Board Certified Adult Psychiatric Nurse  
Practitioner With Prescriptive Authority  
Dr. Gonzalez has been in private  
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- Depression
- Marriage and Family Counseling
- Grief Counseling
- Anxiety
- Substance abuse

**Experienced Counselor  
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spicewoodcounseling.com

# 6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

## NUTRITIONAL PERKS

### HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

### BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

### MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

### CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

### SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

### SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD

## One week FREE service for new customers!



SERVICES OFFERED

- Weekly Chemical Service
- Water Testing & Balance
- Annual Pool Analysis
- Skimmer & Pump Cleaning
- Pool Surface Skimming
- Filter Cleaning





REPAIRS & MAINTENANCE

- Acid Wash
- Change Sand
- Repair & Clean Filter
- Clean Salt Cell
- Clear Plumbing Lines

EQUIPMENT UPGRADE

<ul style="list-style-type: none"> <li>Drain Pool</li> <li>Heater Tune-Up</li> <li>Open Pool</li> <li>Winterize Pool*</li> </ul> <small>*available in select markets</small>	<ul style="list-style-type: none"> <li>Auto Pool Cleaner</li> <li>Chlorinator</li> <li>Filter</li> <li>Gas Heaters</li> <li>Handrails</li> </ul>	<ul style="list-style-type: none"> <li>Heat Pumps</li> <li>Pool Pumps</li> <li>Spa Blowers</li> <li>Pool Automation</li> <li>Light Fixtures</li> </ul>
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## TIPS FOR SAFE NIGHTTIME DRIVING

Driving at night can be tricky—especially through neighborhoods or dimly lit landscapes—so it's important to keep in mind a few basic guidelines to make sure you and your vehicle both are well-prepared for the trip. Consider the following suggestions to help get you to your destination safely.

Ensure headlights are aimed properly. If you think your headlights are casting light too far above or below your line of vision on the road, you may need to adjust their aim. You can do this either by following instructions in your vehicle owner's manual or seeking help from a vehicle maintenance professional.

Dim dashboard lights. Most vehicle makes and models come with a dimmer for the instrument panel. Make sure it's set to the lowest brightness to limit distraction. Also remember to turn off overhead or visor lights while driving, which also can limit visibility at night.

Don't wear tinted glasses. Yellow lenses sold to enhance nighttime driving could actually decrease visibility instead of amplify colors and objects. If you wear prescription lenses, opt for an anti-reflective coating, and clean them thoroughly and frequently to optimize effectiveness at night.

Learn how to spot animals and objects. While driving at night, be on the lookout for wildlife creatures' eyes, which can easily be spotted as pairs of glowing retinas. Any animals' eyes—like raccoons or deer—typically will reflect the light from your headlights long before their true shapes come into view.

Don't focus on headlights in oncoming traffic. Keep your eyes on the road in front of you and avoid looking into the headlights of oncoming traffic—especially if you notice a car using the high-beam headlight setting. If the headlights on the car behind you cause a glare in your rearview mirror, adjust the mirror.

Clean your windshield. Use a clean microfiber cloth or newspaper to clean the windshield—inside and out. Make sure the windshield is streak- and smudge-free before driving at night, and try to avoid wiping window condensation with your hands. Fingerprints and oils from your skin can cause streaks that limit visibility in the dark.

Know when to use your fog lights. Many vehicles come equipped with fog lights, which typically are located underneath the front headlights and are aimed low, where fog usually appears on the road. Fog lights also can be useful on a particularly dark road to further illuminate your path.

Adjust your exterior mirrors. Pointing your side-view mirrors down slightly can help reduce glare from other drivers' headlights and still allow you to see by tipping your head forward a few inches.

Have your eyes checked. Your eyes' ability to keep moving and scan the landscape rather than solely focus on one spot is imperative for successful nighttime driving. Visit your eye doctor for regular checkups to determine whether prescription lenses could help you see better at night.



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