

We are what we think and do

by Villa Jean Tiller

What we eat, what we feed our minds, how we think and what we do with what we have, determines our future health, our happiness and our lifespan. It has been determined through research that if we don't learn to change our lifestyles and our children's lifestyles, that their lifespan will likely be shorter than ours.



In his book, *SuperFoods RX: Fourteen Foods That Will Change Your Life*, Stephen Pratt, MD, an ophthalmologist who specializes in ocular plastic surgery (Scripps Memorial Hospital in LaJolla, California), says he became convinced of the power of 14 basic foods when he saw the positive results of a few simple diet changes in his patients suffering from age-related macular degeneration – a leading cause of blindness.

“Whether you are trying to prevent cataracts, macular degeneration, cancer or cardiovascular disease, the same type of preventive dietary measures apply.” In other words, the whole body is connected; a healthy heart equals a healthy eye and healthy skin. We hear about special diets for certain health needs, but really the same diet and the same lifestyle choices prevent the same diseases. According to Pratt, a “really good diet” should be founded on these superfoods: *beans, blueberries, broccoli, oats, oranges, pumpkin, salmon, soy, spinach, tea (green or black), tomatoes, turkey, walnuts and yogurt*. When incorporated into your daily diet, these foods, says Pratt, can stop some of the changes that lead to diseases such as diabetes, hypertension, Alzheimer's, and some cancers.

Studies show that you can lower your risk of cardiovascular disease by 15% to 50% if you eat a handful of nuts five times a week. *Think color* when planning your meals. That means foods that are deep blue, purple, red, green, or orange. They contain health enhancing nutrients that protect against heart disease and cancer, and also improve our sense of balance, our memory, and other thinking skills. Blueberries have the synergy of multiple nutrients.

Can you lose weight on a super foods diet? Yes, you definitely can. The main objective, however, is that you're making these foods a lifestyle choice and you'll feel better and you'll look better. Combine this with exercise – walking, resistance training, aerobic dance or bicycling – and you'll be taking good care of this wonderful mechanism, your body, no matter what your age is in years.

Villa Jean Tiller, Owner and Manager of VJ's Fitness Express, is an ordained minister and has volunteered extensively throughout the years. She has a BS degree in Behavioral Science and a Masters of Divinity Degree. Villa Jean practices whole body health daily by combining socialization, exercise, good nutrition and environment, and spirituality. She can be reached at 964-6046.



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The Christmas cookie *by Linda Allen*

What is it about the holiday season that brings out the cookie monster? The rest of the year, I find pleasure in the classics—the deep, rich Katharine Hepburn brownie spiked with walnuts; the raisin-studded oatmeal cookie the size of a small saucer that alternates between chewy and crispy in cahoots with the weather; the powdery pecan sandy that disappears faster than I

can make it when my father is in the kitchen.

But come the fall, come the leaves sifting from the trees, come the evenings earlier and cooler, I find myself drifting toward my stack of cookbooks, searching for that ineffable difference, that cookie that will shine beyond all other cookies for the year: the keeper.

One year, it was cranberry turtlebars. I knew that was a keeper when people followed me through the room, arms extended toward the silver cookie tray that had held a mound of garnet and deep chocolate cookies and was now a desert, bereft of even crumbs.

“Are there more?” I heard them say. “Will you bring us more?”

And then there was the French Whatnot. Fanciful and pretty, it caught people’s eye. I’d see them lift it up, scrutinize its fluted, ruffly shape, pop it in their mouth, walk away. Pause. Turn back. Pick up another Whatnot. Examine it. Pop it in their mouth...

Perhaps it’s the spices that invade the kitchen with the baking dough—the cinnamon, the cloves and nutmeg. With my palms dusted in a fragrant brown powder, I am reminded that it is this perfume

that inspired the voyages of Christopher Columbus, Magellan, Vasco de Gamma. It is the flavors of Christmas that pried open the doors to the world.

Maybe it’s the sensuousness of flour and butter between the fingers, the childhood lure of mudpies and playdough.

Or maybe it’s the look of gratitude as we surrender to the sins of indulgence, slip that buttery morsel between our lips and find ourselves smiling through the powdered sugar, loving the pretty platter piled high with jewel-like cookies, loving the friend who immersed herself in the dough, loving the creative impulse that nests in the kitchen, loving the season.

Bring on the Christmas cookies!

Linda Allen is the owner of Linda Allen Catering and Linda’s Fine Food to Go. Located at 500 FM 2325 in Wimberley, Linda’s Fine Food to Go offers a wide selection of carry-out items and entertains special orders. Linda Allen Catering has offered full service catering to the Hill Country for 15 years. Call her at 512-847-5464.

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Enforcement of child support and/or visitation rights

by Carrie E. Campbell, J.D.

If a parent or custodian of a child is unable to gain the other parent’s voluntary compliance with a judge’s orders regarding child support and/or visitation rights, the primary recourse is to seek assistance from the courts to enforce its order. The process requires the filing of a Motion for Enforcement to re-open the court’s file, then the court will issue an Order to Appear requiring the offending party to be in court on a given date and time to explain why he or she has not complied with the judge’s instructions.

If a parent is found to have wrongly interfered with another’s rights of visitation, then the judge may sentence the parent to jail, fine the parent and/or modify rights of possession to avoid the problem reoccurring. The judge may use similar techniques of persuasion to enforce child support orders.

Moreover, in child support cases, the Office of the Attorney General may also become involved. The methods available to the state to enforce child support orders without going to court include: (1) withholding support from the non-custodial parent’s paycheck; (2) intercepting and applying tax refund checks, lottery winnings or other money due from governmental agencies; (3) filing liens; and (4) suspending driver’s, professional, hunting and fishing licenses. The Attorney General may also file its own Motion for Enforcement to initiate court proceedings.

For the Attorney General’s office to act, the child support must be past-due more than three months, and it will respond to any requests for enforcement when its caseloads permit it to do so. In all visitation enforcement and/or child support cases which require

more immediate attention, it is necessary for persons to hire a private attorney. Often the prevailing party in an enforcement action will be able to obtain a judgment or attorney fees if attorneys fees are incurred. For more information, you should contact the Child Support Division of the Attorney General’s office or an attorney of your choice.

Carrie Campbell is the managing law partner in the firm of Mounger & Campbell, LLP. She is also a wife, mother of two girls, and is a member of the Rotary Club of Wimberley, Friends of the Wimberley Village Library, and the Operations Committee for the new Community Center. The office is located at 173 FM3237, Bldg. B, in Wimberley. She can be reached at 512-847-1308.



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