

NWACA News

Dry Creek Cleanup on April 18

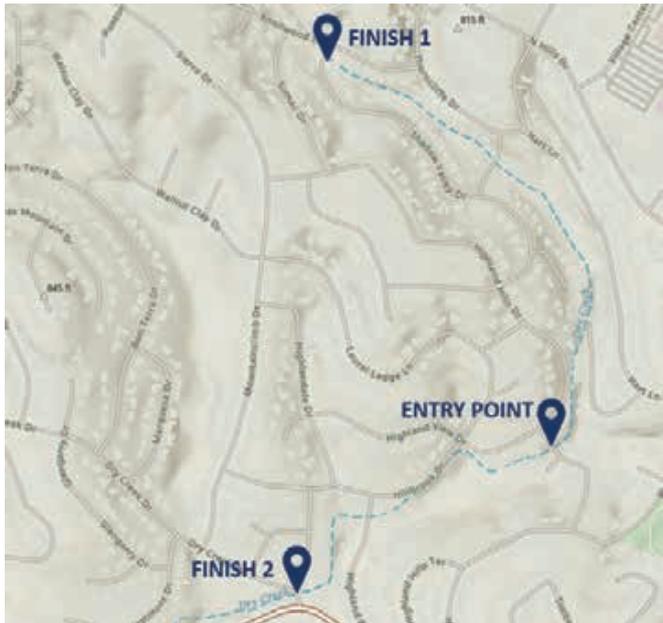
– Maura Powers

You are invited to join NWACA and Keep Austin Beautiful (KAB) volunteers in a cleaning expedition for a portion of Dry Creek. The cleanup is scheduled on Keep Austin Beautiful Day, Saturday, April 18, 2020, from 9 a.m. to 11 a.m., in celebration of Earth Day. For more information and to sign up, go to <https://givepul.se/jmtxm7>.

KAB provides the supplies and volunteer T-shirts! All you need to do is wear clothing that can get wet.

Each team will cover about a half mile of the creek with entry at Tumbling Circle and Highland Hills Drive. Some of the terrain is difficult, so this is not recommended for young or unsupervised children, or for mobility-impaired individuals.

If you have questions, if you would like to help with this effort, or if you would prefer no creek cleaners on your property, please contact Maura Powers at maura.powers2007@gmail.com.



Business Spotlight: Chiara's Boutique Pilates Studio

– Janice Green



Searching for entrepreneurship gems in Northwest Hills – in addition to our brick and mortar establishments – led me to Chiara's Boutique Pilates Studio. Chiara Maggi's studio is a discrete, beautiful space in her home; the light and view from a large window makes you feel as if you were suspended in a treehouse. What a serene and inviting place to focus

on your well-being and agility.

Chiara, born and raised in Italy, describes her younger self as stiff and “not a physically flexible child.” Though she completed a master's degree in politics and worked in the oil/gas industry, Chiara, prompted by her long-held interests in anatomy and physiology, later discovered that her own quality of life, strength, and flexibility improved dramatically with the Pilates approach to movement and spinal alignment.

In 2012, Chiara started formal training to be a Comprehensive Balanced Body Pilates instructor and left the corporate world behind. She fine-tunes her methods in the U.S. and Europe, spending summers in Italy expanding her classical and contemporary Pilates tools while learning new concepts that incorporate the current spate of scientific research into the role fascia connective tissue plays in pain and stiffness.

She believes that with a tailored approach we can become stronger and reduce pain at any age, a belief supported by client reports of relief. The methods she uses include breath awareness and stretching and strengthening muscles and fascia to encourage new neural pathways to direct movement – all playing a part, along with the Pilates apparatus, to achieve greater comfort in activities. She is passionate about helping her clients and explains the science behind their work and progress.

A client's first session is a conversation about health history, goals, limitations, and how they perceive their own body's posture and mobility. Clients range in age from 8 to 93. Some are building strength before hip replacement or are in post-rehab recovery. Others are weak, fearful of falling, and struggle with balance. Some clients

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want greater strength and stamina. Whatever the goal, Chiara recognizes that progress comes by not only by focusing on an isolated part of the body, but also by paying attention to the whole body's involvement and alignment. At the beginning of each 55-minute session she asks, "What do you want to take home today?" That goal, even as simple as reaching a higher shelf or climbing an extra stair-step, steers the session.

Her website outlines special rates for seniors, veterans, employees and families of students at Doss and Murchison schools (where her children attend), and students and employees of the University of Texas (where her husband is a math professor). Duets are available, too.

Chiara reminded me of how our species began by moving and stooping as hunter-gatherers – movements long abandoned in our sedentary lifestyles and extended lifespans. Her challenge is to reacquaint her clients with the potential stored in their muscle memory and help them meet their mobility goals with 21st century methods.

For more info, contact: 512-975-9728, chiarapilateswellness@gmail.com, chiarapilateswellness.com

Gourmand's Corner: Central Texas Distilleries

– Chris Hajdu



It's been awhile since I covered the local brewery scene in the Austin area. This month we will consider a more refined class of beverages called distilled spirits. The act of distilling takes a product with a lower alcohol product and makes it stronger. Distilling is a relatively recent re-addition to Texas, gone from the state since Prohibition. After that long hiatus, the first new distilling license was granted in 1995 to Bert "Tito" Beveridge of Tito's Vodka fame. (Yes, that is his real name.) Paula Angerstein (of Paula's Liqueurs) received a license in 2005 for her orange, lemon, and grapefruit flavored liqueurs; she became the second licensed and first female distiller in Texas. Dripping Springs Distillery, the third distiller in Texas, was also licensed in 2005. Central Texas lays claim to the first bourbon distiller outside of Kentucky and Tennessee. Garrison Brothers in Hye, Texas, was granted a license to distill bourbon in 2006 making that company the oldest legal bourbon distillery in all of Texas.

Since Central Texas has been a trailblazer in the Texas distilling scene, I'd like to suggest some good distilleries in our area.

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