

Village News

Jill Beullieu

Editor & Advertising Sales

Karen Daigle
Marketing Director

Teddy Beullieu
Development Director

Robert Daigle
Lead Developer

Jason Roy
Graphic Designer

Odie Terry
Distribution

Cherry Fisher May
Publisher, Independent Weekly Custom Design

For more information about Village News contact Jill Beullieu at 337.356.2325

2012 ADVERTISING AND PUBLISHING SCHEDULE

ISSUE	CONFIRM AD SPACE	MATERIAL DEADLINE	PUBLICATION DATE
Fall 2012	Aug 24, 2012	Aug 27, 2012	Sept 12, 2012
Winter 2012	Oct 26, 2012	Oct 29, 2012	Nov 14, 2012
Spring 2013	Feb 15, 2013	Feb 18, 2013	Mar 6, 2013
Summer 2013	May 17, 2013	May 22, 2013	June 5, 2013

River Ranch Corporate Office
1100 Camellia Blvd. | Suite 200 | 337.216.0249

Sugar Mill Pond Corporate Office
220 Prescott Blvd, Suite 101 | Youngsville, LA | 337.856.2323

Who's got your back—and your back pocket?

Just ask our 40 million State Farm® customers.

With State Farm behind you, you can look forward to what's ahead. Like 97% customer satisfaction with claims — plus discounts up to 40% *

GET TO A BETTER STATE.™ CONTACT AN AGENT TODAY.



Monica Meyers, Agent
121 School Street
Youngsville, LA 70592
Bus: 337-856-8150
www.monicameyers.com



Gene Fortier, Agent
1248 Camellia Blvd
Lafayette, LA 70508
Bus: 337-984-2990
www.genefortier.com



*Discounts may vary state to state. Based on a 2008 internal State Farm claims department national study.
1103159.1 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

FITNESS AT ITS FINEST



Mike Morris and Wes Kretschmer of Full Circle Health

Full Circle Health

Do You Need a Tune Up or Is Your Check Engine Light On

If you were getting ready to take a long trip in your car, would you take it to the mechanic and have him check the tires, change the oil and make sure everything was working right to avoid a breakdown? What if your check engine light came on, would you ignore it and drive it until it broke down? Full Circle Fitness in Sugar Mill Pond offers a program to give your muscles a check-up; it is not required that you are a member to schedule a Muscle Activation Techniques (MAT) session.

As we age, due to various forms of stress being placed on the body, the muscular system may become less efficient in its contractile abilities. The result of this diminished muscle activity may correlate with many of the physical complaints that we relate to aging. There are many modalities that deal specifically with injuries or the degenerative changes that occur with aging; however, up until recently, no one has specifically dealt with the negative changes that occur relative to our neuromuscular function. This is where Muscle Activation Techniques fits in. MAT recognizes that as we age, the accumulation of stress and trauma to the body takes its toll on our muscle function. MAT recognizes that every injury may have a negative impact on our neuromuscular function and that over time, the communication between the nervous system and the muscular system becomes negatively altered. If this altered communication is not regularly addressed, then the cumulative effect may be a progressive weakness of the muscular system as a whole, resulting in an increased susceptibility to pain, injury, and/or degenerative issues. The end result is a decreased ability for the muscles to handle the physical stress that comes with everyday activity, exercise, and physical performance.

MAT is a specific program designed to identify and address these altered communication pathways with the primary goal being to restore muscle contractile capabilities. MAT recognizes that through training, repetition and memory, muscles typically develop a threshold for how much physical stress they can handle. Generally speaking a highly conditioned individual would typically have a higher threshold than a sedentary individual. This threshold is regulated by the central nervous system (CNS).

Regardless of the threshold level, when this threshold has been exceeded, either due to a one time physical trauma or repetitive micro-trauma, as part of the body's protective mechanism the nervous system decreases the contractile ability of the stressed muscles while creating a protective hyper-contraction of the opposing muscles. This resultant altered neural input to the muscles on both sides of the axis is demonstrated by reduced contractile capabilities of the stressed/agonist muscles and an associated protective hyper-contraction of the antagonistic muscles. This neurological adaptation is represented by a lack of mobility that is secondary to the weakness of the muscles that were over stressed.

These principles define the foundational thought process behind MAT, which is that muscle tightness is secondary to muscle weakness. Through the principles of MAT, we recognize that wherever you see a limitation in range of motion (ROM), it is an indicator that one or more of the muscles on the opposite side of the axis has lost its ability to contract efficiently. Therefore, the primary tool used in the MAT assessment is a muscle specific, joint ROM exam. MAT recognizes that limitations in ROM are an indicator of coinciding muscle weakness. Through further assessment, once the limitations in ROM have been identified, MAT utilizes a specific testing process designed to assess the contractile ability of each muscle associated with the limitation in ROM. This process allows the MAT practitioner to determine which muscles associated with the limitation in ROM have lost the ability to contract efficiently. Once these weaknesses have been identified, the primary goal is to improve the contractile ability of the inhibited/weak muscle. MAT presently has two processes for improving the contractile ability of muscles. One form of activation is through a specific palpation technique designed to stimulate the sensory receptors in the muscle, which in turn improves sensory feedback to the CNS. The other form of activation is through position specific isometric contractions designed to improve motor output to the muscles. The goal of each of these forms of activation is to improve the muscles' contractile abilities in order that the muscle can more effectively

FULL CIRCLE HEALTH - MAT TESTIMONIALS

handle forces that are being placed on them. Is your muscular system operating efficiently? Are you due for a tune up? Don't wait until the "check engine light of pain" sends you the signal that something is wrong! See below

how MAT has improved the quality of life for some of our clients! Call us at 337-857-5360 to schedule your MAT assessment or for more information about MAT, visit our website www.fullcirclehealthsmp.com. *

Adam Angelle testimonial

My name is Adam Angelle I am a student and baseball player at LSUE.

Twelve games into the season I injured my left hamstring running to first base. At that point I was taken out of the game. This injury kept me out for 11 games at the beginning of the season. Once I began playing again I soon realized my hamstring was still hurting me and I could not play to my potential much less run to my potential. I soon realized I kept reinjuring my hamstring which ended up keeping me out of a total of 20 games. It was very obvious that my hamstring was not healing. I was very frustrated. Mr. Steve Dupuis suggested that I go see Mr. Mike Morris with Full Circle Health. Mr. Mike then did some range of motion test which revealed the muscles were weak. They scrubbed on the bone where they attached and then retested. After only three visits it was amazing how I came back very strong. Each visit I could see a huge difference on the field. Being the lead off hitter my job was to get on base and steal bases...once I was injured I had a very difficult time of beating out throws. I am very thankful to Mr. Mike and his son Wes for getting me back to my full potential. I am very confident that this MAT made a huge difference in my recovery. Mr. Mike and Wes made sure I was back to my full potential to play in the NJCAA World Series. LSUE won the National World Series in May 2012. I am very grateful to Mr. Mike and his son Wes with Full Circle Health (MAT) for getting me back to my full potential. I ended the year with 45 stolen bases! Thank-you to Full Circle Health!!!!



David Knight testimonial

A couple of weeks after Full Circle Fitness opened I went in for my assessment, during which Mike asked, "Anything bothering you?" I mentioned that my right knee had actually been bothering me, but I wasn't expecting him to be able to do anything about it.

Mike started my assessment and when he got to my hips he noticed they were out of balance. He said because my hips were out of line, it was causing my knee to be sore. What? Apparently because the end of the muscle (bothering my knee) is actually attached at my hip I needed to treat my hip area.

"Okay," I thought, "I'll certainly let them try to fix my knee this way." I was beginning to entertain the idea that I was just getting older and would probably need a knee surgery eventually, so this non-invasive treatment was worth a shot before going down that road. I signed up for my first hour long session in April and a 2nd session two or three weeks later in May.

They massaged my hips, back and ribs – never touched my knee. After the first session I was sore for a day or two, and then felt almost no pain in my knee. They almost got it all in just one session! After the 2nd session, I have zero pain. My knee used to bother me every day; they were able to jumpstart the attached muscles and I am completely cured.

I personally recommend going to a MAT session if you have any joint issues. I'm living proof that it works!



Teresa Green testimonial

On May 24, I fell from a ladder and broke the tips off 3 vertebrae and fractured what was left of them. My doctor told me it would be 3 months before I could perform a full day of work. Being in sales, this was not an option for me, so I decided to just "push through it". The pain was excruciating. I happened to run into Mike Morris at a Youngsville Chamber event 2 weeks later, and he suggested that I come by Full Circle Health the next day for some MAT sessions. I walked across the street the next day thinking I had nothing to lose, but also thought there was nothing that he was going to be able to do for me that would really improve my situation. Boy was I wrong! After just a few MAT sessions, I felt 75% better. I couldn't believe it! I then signed up for a few personal training sessions with Wes. He worked with me on core strengthening and showed me muscle building exercises I could do that would improve my overall well being, without stressing my damaged spine. Trust me, if you have not had a personal training session at Full Circle Health, you don't know what you're missing. Within 2 weeks, I was 100% better. My doctor could not believe the range of motion I had. It was almost as if the accident never happened. I am back at work operating at 100%. Wes still watches me, though, and encourages me to take it slow even though I am feeling so much better. That's the personal touch you receive at Full Circle Health. Between the MAT sessions, the one on one training, and the personal care I receive from the staff at Full Circle Health, I would not only recommend them, I would highly encourage you to run over there as fast as you can and join. I could never thank them enough for everything they have done for me.



TACORI



PAUL'S
JEWELRY

600 Silverstone Road
Camellia at River Ranch
337.981.7600

325 Oil Center Drive
337.233.6975

paulsfinejewelry.com
Special Financing Available!