

# People Places Things

Volume 48, Issue 1

## Sherlock's Pub

The locals place to hang out..

### "The Man"

CritiqueReview.com



## Sherlock's Pub

Your local pub serving lunch, dinner & late night food 11am – 2am daily. Live music, free WiFi and happy hour Mon thru Sat 2pm – 9m and all day Sunday!..

### Critique Review vs. Shelock's

**People:** Great staff and customer service, good environment for all ages, mixed customer base.

**Places:** Located in COLORADO, OKLAHOMA, and TEXAS

**Things:** CritiqueReview.com has noticed some pretty cool new services and plate's to try. They Also promote and host MeetUp groups, great way to network on your lunch break..

Garret C. on yelp say's I have no other reason but to give Sherlock's a Five Star Review. Given the fact that I come here at least twice a week speaks for itself. I come here plenty for happy hour and to play

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Michael Lenzner, Founder & Owner

### Liquid MultiVitamins and Liquid Vitamin Supplements

Life Solutions specializes in making a full line of Natural Liquid Vitamins and Supplements that are superior to other brands in the marketplace. Liquid vitamins have been the fastest growing segment of supplements in the health food industry for several years running and for good reason. The Founder of the company, being a Pharmacist chose to formulate nutritional liquid vitamins over traditional tablets and capsules because of the advantages of the liquid dosage form. This combined with the knowledge of Therapeutic Dosing and formulating skills has made Life Solutions the Best Liquid Vitamins anywhere.

### Why Liquid Vitamins?

The liquid vitamin dosage form is superior to tablets and capsules for several reasons. Another term for dosage form is delivery system and instead of delivering drugs we deliver natural nutrients. Our liquid nutraceutical supplements are up to 10 times more Bio-Available (Absorbed and available to the cells/tissue) than their tablet or capsule counterparts. It is a fact that 90% of the liquid vitamin dosage form is absorbed (Bioavailable) and 10% is destroyed in digestion. The opposite is true of tablets and capsules, 90% destroyed in digestion and 10% absorbed.

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darts. I'd admit, if they didn't have darts, I probably wouldn't come as much but they do so I can't complain.

They also have live music quiet frequently which is a plus when you're looking for a your night. The bar is separated by 3 different

areas. One is for pool, darts and a few arcade games; one for the main bar and eating area and the third for the other bar and live music

section. There is also a great sized patio for the smokers and to just get some fresh air. Keep in mind you can eat anywhere in this bar at any time including the patio. Their fish & chips are bomb btw!

Staff is always very friendly and a few nights a week (I believe only on weekends) there is a gentleman in the guy's bathroom which provide squirt of the soap followed by a dry paper towel to ensure that germs aren't spread throughout the bar. Overall I have no complaints regarding this place and recommend to anyone!

## Nerd Design Group

### "The Man"

CritiqueReview.com



### Custom Web Programming

Sometimes you have an idea that just needs to be custom. Whether it is customizing an existing project or starting a new, Nerd Group LLC can assist in making your dreams, become a reality. We excel in eCommerce, Content Management and Database Driven projects!

### Search Engine Optimization

Nerd Group LLC can help your company jump to the top of the search rankings. We specialize in Local Search Engine Optimization and Product Search Engine Optimization. We use a variety of tools and techniques that are sure to help your business become visible online.

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## Critique Review vs. Nerd Group

**People:** Family owned and operated, personal client attention, great for all projects.

**Places:** Located in San Diego and Las Vegas, service nationwide.

**Things:** This group of Nerds sure knows what they're doing! From a simple business site to a complex eCom site. If you want a real person and personal detail! This would be the Group

## "The Man"

*In my world, everything is Black and White. Critiques and Reviews have been around for generations, and it is spoken that every time a Critique or Review is written, that it will bring color to my World! Welcome to CritiqueReview.com, you are now a CR Reporter, In the world of Critique Review, yours is considered the most honorable position! Here, everything is based around People, Places and Things and it is your job to Critique and Review them. This will be done for the greater good of your friends, family and community. You will help us all too clearly see a vivid view of our surroundings.*

ADayInAustin.com is the best Austin TX area website that brings you all of your entertaining needs at the click of a mouse.



Stephan F. Austin

## **Wikipedia?**

THERECORDEDHISTORYOF AUSTIN, TEXAS, BEGAN IN THE 1830S WHEN ANGLO - AMERICAN SETTLERS ARRIVED IN CENTRAL TEXAS. IN 1837 SETTLERS FOUNDED THE VILLAGE OF WATERLOO ON THE BANKS OF THE COLORADO RIVER, THE FIRST PERMANENT SETTLEMENT IN THE AREA. BY 1839, WATERLOO WOULD ADOPT THE NAME AUSTIN AND BECOME THE CAPITAL OF THE REPUBLIC OF TEXAS.

AUSTIN'S HISTORY HAS ALSO BEEN LARGELY TIED TO STATE POLITICS AND IN THE LATE 19TH CENTURY, THE ESTABLISHMENT OF THE UNIVERSITY OF TEXAS MADE AUSTIN A REGIONAL CENTER FOR HIGHER EDUCATION, AS WELL AS A HUB FOR STATE GOVERNMENT.

IN THE 20TH CENTURY, AUSTIN'S MUSIC SCENE HAS EARNED THE CITY THE NICKNAME "LIVE MUSIC CAPITAL OF THE WORLD."

"Therapeutic dosing" is the dose needed to cause a therapeutic effect. Too low a dose and obviously there will not be a therapeutic result. Too high a dose and possible side effects may result. Life Solutions believes in therapeutic dosing. Some Liquid Vitamin companies sell products, in particular liquid multivitamins which have many nutrients in too small of a dose to cause any therapeutic effect. This practice, commonly known as "dusting", is a scam. The labels of these liquid multivitamins and other liquid vitamin supplements might have all the nutrients you need, but often times in dosages that are of no benefit to your body. Life Solutions does not participate in dusting of any sort, so you can expect the liquid vitamins and nutrients you find on the labels of our super Liquid Multivitamin product and our full line of liquid vitamin products, to actually be a therapeutic dosage that your body will benefit from.

### **Life Solutions Natural Products**

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## **CritiqueReview.com**

*The Man and The Ink-Slinger are here to bring color back to our world, but they need your help. Color can only be harnessed from truth and information. We need Critiques and Reviews to spread this information. To submit a Critique or Review about a Person Place or Thing. Please reply to "The Man" [TheMan@CritiqueReview.com](mailto:TheMan@CritiqueReview.com)*

## HEART HEALTHY

HEART DISEASE IS THE LEADING CAUSE OF DEATH IN THE UNITED STATES, KILLING MORE THAN 600,000 AMERICANS EACH YEAR. AND IT'S WHY WE DEVOTE THE ENTIRE MONTH OF FEBRUARY TO RAISING AWARENESS OF HEART HEALTH. YOU SHOULD ALSO KNOW:

- CARDIOVASCULAR DISEASE KILLS MORE PEOPLE EACH YEAR THAN CANCER, LOWER RESPIRATORY DISEASES AND ACCIDENTS.
- CIGARETTE SMOKERS ARE TWO TO THREE TIMES MORE LIKELY TO DIE FROM CORONARY HEART DISEASE THAN NON-SMOKERS.
- HEART DISEASE IS THE NUMBER ONE KILLER IN WOMEN AGE 20 AND OVER, KILLING APPROXIMATELY ONE WOMAN EVERY MINUTE.
- HEART DISEASE KILLED 631,636 PEOPLE IN 2006.

Address  
Plugerville, TX 78660

Submit a Critique or Review

Name of Person, Place, or Thing:

Title:

Critique/Review:

### Reporter

Name:  
Email:  
Phone:  
Social:

So what can you do to protect yourself from heart disease?

While there are some risk factors you can't control, such as age, gender, heredity, race and diabetes, there are risk factors for heart disease you CAN control, like high cholesterol, high blood pressure, smoking, exercise, obesity and stress.

By eating a healthy diet that includes plenty of fresh fruits and vegetables and exercising regularly for at least 30 minutes each day, you can do wonders for your heart. Determine whether or not your weight is within a healthy range, don't smoke and limit how much alcohol you drink. You should also talk with your health care provider about your heart care. Talk to him or her about monitoring your blood pressure, testing your cholesterol levels and regularly monitoring your blood sugar levels if you have diabetes.

Display table tents with heart facts and heart health information in your café, lobbies and office.

Work with your Food Services department to offer a heart-healthy snack or meal on National Wear Red Day (Friday, February 1) or every Friday in February.

Post flyers around your hospital or workplace to promote Heart Awareness month.

US POSTAGE

Circle one:      Person      Place      Thing



# Financial News



PPT Magazine

Issue Date: 7-01-2014

## Tired of the Banks saying No? Does your Business need Cash flow Now..

**Working capital** plays a key role in cash flow management and operating efficiency.

Ineffective working capital is a common failing factor for most small to mid-sized companies, if you don't have cash in the bank, accounts receivables from sales, inventory to sell, and payables for the purchase of inventories, you will go out of business. The flow of cash through anyone of these events, gives rise to the working capital requirement for a company to receive funding from a bank. If this occurs you are left with a few options; credit, venture capital, angel investor, donations, grants, savings, or subsidies.

**Thinking outside of the box** we started looking at creative companies like ArTex Funding and alternative ways to receive funding for your needs, one of the programs they have, include:

### **Accounts Receivable Funding**

Factoring, or Invoice Financing, has been used as a form of financing for over 400 years. This type of financing provides working capital when a company is not approved for a line of credit through conventional funding sources.

**ArTex Funding** provides a world class array of financial tools under one roof to solve your funding situations.

### **Private Debt - Asset Based Lending**

### **Purchase Order - Contract**

### **Funding Inventory Financing**

### **Hard & Soft Money Real Estate**

### **Funding Buy - Lease Back - Sell Back**

### **Equipment Funding or Leasing of Used or New**

### **Equipment Business Lawsuit Settlement Funding**

### **Invoice Factoring for All Industries including Medical & Construction**

### **Turn Around Funding For Distressed Companies**

**ArTex Funding** is also the best source of funding capital for rapid expansion and growth. ArTex offers unique and creative answers for young, growing, post revenue companies experiencing accelerated success.



For more information on alternative funding, please contact ArTex Funding at (512) 261-0024 or you can find ArTex Funding at [www.ArTexFunding.com](http://www.ArTexFunding.com)