

THE VILLAGE

Gazette™

"It takes a Village..."

NEWS FOR THE RESIDENTS OF THE VILLAGES AT WESTERN OAKS AND LEGEND OAKS I

CIRCLE C MANAGER & DIRECTOR OF TENNIS GIVES ADVICE ON HOW TO PLAY TENNIS

In the previous issue, I answered questions about beginning to play tennis, and how to select a tennis racket. In this issue, I will answer questions regarding the proper selection of tennis shoes.

Q: I want to start playing tennis, but I only have running/walking shoes. Can I play with them? A: There is a huge difference in the construction and fit of running/walking shoes. Athletic shoes have a more flexible sole and have the appropriate tread to absorb the impact of running/walking. They are lighter and narrower since the runner/walker need to step from the heel to the toe. Tennis shoes have a different tread, depending on weather the player is playing on a hard court, grass court or clay court.

Q: What happens if I play tennis with my athletic/shoes? A: Athletic shoes are made so a person can place their weight on the heel and move toward the toe. Tennis shoes are wider, have more arch support and a higher heel to absorb the shock of stopping and starting. Several of my students, who did not want to invest into buying tennis shoes and continued playing with athletic shoes, developed plantar fasciitis and developed problems with the calf muscles.

Q: How much should I spend on buying tennis shoes? A: Most sporting goods stores carry "tennis shoes" for sale. These can range from \$39.00 to \$129.00, depending on the brand and the durability expectation. These shoes, most of the time, are bought from the tennis companies after they have discontinued the styles. Most Tennis Clubs, however, usually carry two or three brands of shoes of various prices to cater to their players. If the facility has different court surfaces, they will also offer the proper shoes to wear for the respective surface.

Q: When I buy tennis shoes, how should I know that they are the right size? A: Rule of thumb is to buy tennis shoes at least ½ sizes bigger than normal street shoes. When a player stops, there are 5G forces on the foot, and it needs space to move. Players who purchase tight tennis shoes end up either with broken toe nails or injuries to their feet. I normally recommend people buying tennis shoes and wearing them at home before they start playing tennis. This gives the player a "break-in" period and allows the shoe to mold to one's foot. This process will let you if the shoes are too narrow, too wide or the wrong size.

Q: What type of socks should I wear with my tennis shoes? A: Players and teaching pros need to protect their feet so they can play and teach comfortably. Several of us, wear two pairs of socks: one thick pair and one thin pair. This method has been proven successful to eliminate both blisters and calluses. It is proven that when excessive perspiration occurs, that one pair attaches to the shoe, while the other protects the shoe from rubbing against the skin, thus giving double protection.

In the next issue, I will answer questions about appropriate court attire. Until then, start shopping around for the most comfortable tennis shoe and keep enjoying the "sport of a lifetime: Tennis".



FOR VILLAGE OF WESTERN OAKS RESIDENTS

The Circle C Tennis Club will be offering a "Complimentary Tennis Clinic" on Saturday, May 5th from 11:00 am to 12 noon for adult residents of the Village of Western Oaks. This free clinic is open only to Non-Members of the Circle C Tennis Club. The staff, headed by General Manager and Director of Tennis, Fernando Velasco, will be giving advice on how to begin playing tennis, and also to give tips on how to improve your game to those already playing the sport. Guests may use our "Demo" Rackets, if they do not presently own one. You are also more than welcome to stay afterwards to join us for snacks and drinks, and ask any questions about the game.

**Registration is required by calling
The Circle C Tennis Club
at 512-301-8685.**

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New Service 1-800-288-2020
Repair 1-800-246-8464
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City of Austin
Dead Animal Collection..... 512-494-9400
Abandoned/Disabled Vehicles 512-974-8119
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Street Light Outage (report pole#)..... 512-505-7617

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Article Submissions villagegazette@peelinc.com
Advertising..... advertising@PEELinc.com

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SOUTHWEST AUSTIN REAL ESTATE UPDATE

April 2012

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SOUTHWEST AUSTIN NEIGHBORHOOD UPDATE

Stats from Sep 1, 2011 to Feb 29, 2012

	VILLAGE AT WESTERN OAKS One Story Homes NONE - Call to list your home	VILLAGE AT WESTERN OAKS Two Story Homes	CIRCLE C RANCH / AVANA	LEGEND OAKS WOODS LEGEND	BECKETT MEADOWS	JW SMITH – WESTERN OAKS NONE - Call to list your home
Active Listings:		5	26	6	1	
Average List Price:	\$ all under contract	\$261,389	\$394,570	\$281,909	235,000	\$
Average List Price per SQ FT:	\$	\$116.82	\$122.56	\$111.17	104.35	\$
Sold Listings:	23	20	128	18	5	4
Average Sale Price:	\$229,856	\$263,073	\$334,127	\$259,711	\$250,850	\$232,138
Average Sale Price per SQ FT:	\$119.68	\$106.76	\$121.80	\$108.50	\$108.94	\$118.52

*Data based on statistics from the Austin Board of Realtors® Multiple Listing Service (MLS). Does not include pending sales.

SOUTHWEST AUSTIN COMMUNITY EVENT

MARK YOUR CALENDARS

Movie night at Dick Nichols Park

May 5, 2012 @ Sundown

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Information on this flyer is deemed to be accurate, but it is not guaranteed.

Spring 2012 **NEIGHBORHOOD-WIDE GARAGE SALE**

WHEN: SATURDAY APRIL 21, 2012

TIME: 8:00 AM- 12 NOON

**Mark your
Calendars!**

**SATURDAY,
APRIL 21ST, 2012
8 AM - 12 NOON**

SOLD

The Villages at Western Oaks Spring neighborhood-wide garage sale will be held beginning at 8am on Saturday, April 21st. Everyone is encouraged to set up sales in their own garages and driveways. This is a great opportunity to meet your neighbors, make some extra money and do a little spring cleaning all at once. The sale will be advertised in the Austin-American Statesman in order to publicize the event and attract buyers, and we will also promote the sale by putting up signs throughout the neighborhood.

Bonus This Year: Take the things that don't sell to the Associa Green Home Grown & Recycling Round Up Event from 6pm to 8pm on Tuesday, April 24th at Dick Nichols Park! Most items not sold at the garage sale can be recycled for you FREE at the event by 1-800 Got Junk and Shred-It! Enjoy P. Terry Burgers, DJ and great green giveaways. Look for more information about this event coming soon!



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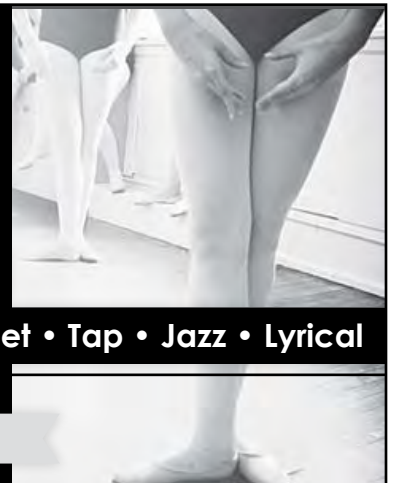
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- Meet the Doctors
- Food vendors and special Happy Birthday cupcakes!

Early Packing List: When to Get Travel Vaccinations

PLANNING AHEAD IS THE KEY TO SAFE, HEALTHY GLOBE-TROTTING

Submitted by Laura Guerrero, M.D., medical director for The Austin Diagnostic Clinic's Travel Clinic

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't

had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended, and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon

jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."

THE RIGHT VACCINE AT THE RIGHT TIME

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your

(Continued on Page 7)

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Early Packing List - (Continued from Page 6)

age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero.

Recommended vaccinations will also depend on where you are traveling. The CDC lists vaccine information about specific destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

"We will update your shot record so we know what vaccines you should be receiving," says Dr. Guerrero. "And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure." As far as required vaccinations go, international health regulations currently only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

"Even if you do not get your travel vaccines in time, it's always a

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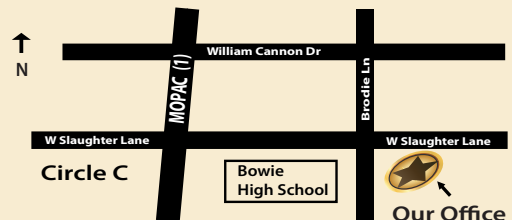
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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Village at Western Oak residents, limit 30 words, please e-mail VillageGazette@PEELinc.com.

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Austin Newcomers Club APRIL LUNCHEON

WHAT'S HAPPENING AT THE ZACH?

Founded in 1933 as Austin Civic Theater, ZACH has been a major player in the Austin Theatre and Theatre Education life of this region for almost 80 years. Our speakers this month are Joy Selak, the Board President at ZACH, and Nat Miller, ZACH's Education Director. They will be telling us about the work they do in theatre education and theatre for youth at ZACH as well as working with arts education in the Austin school system. They will also share with us the progress on their new state of the art Topfer Theatre under construction on the expanding campus. Joy has served on ZACH's board for 8 years. Nat recently joined the organization from the Paramount, where he was education director. Nat is also a former high school teacher and received his MFA in Theatre Education from the University of Texas.

WHEN & WHERE

**Wednesday, April 18, 2012 at Green Pastures Restaurant,
811 West Live Oak Street, pre-payment \$20.00.**

Reservations are required.

TIME

11:30 a.m. socializing, Luncheon begins at noon.

For Luncheon Reservations Email:

LuncheonDirector@AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: www.AustinNewcomers.com.



Legacy We Leave For Our Children

Undoubtedly, as parents, we have thought about the money we will leave behind for our children. Have we ever thought about the part of our spirits that we want our children to inherit? Granted, our children are unique individuals. But, we can still leave footprints in the sands of time that will continue to connect us with our children, long after we die.

Our children will learn their own life lessons. But, that should not stop us from modeling survival skills to our children that have helped us handle the struggles of life. We can nurture resilient children by talking to them about our core values through sharing photographs, conversations and dining table games. Our children will learn from us, both consciously and sub-consciously, the skills that can help them weather the physical

and mental storms of life. The time spent in reflecting on what really matters to us and communicating the same to our children can make our bonds with our children richer and more meaningful.


My parents actively reinforced the value of gratitude in me. Being mindful and expressing thankfulness for every experience has attracted many positive forces in my life. Gratitude is the legacy that my parents have left for me. Legacy is a priceless gift that we can pass down to the generations that come after us. Legacy unites us with our ancestors, children and grand-children. Legacy is thinking about what qualities our ancestors have blessed us with, that we will continually strive to transmit in our kin.

It is important to ask ourselves some questions. Which qualities do we value:


Humor and Power of laughter; Faith and Spirituality; Forgiveness; Pride; Compassion or something else? Do our children know of our values? What effort am I making in leaving a physically, mentally, emotionally and spiritually strong legacy for my children? What difference can I make in the lives of my children in April 2012 through daily affirmations and encouragement?

We leave a legacy when we make a positive impact on our children's souls. This legacy is pure, powerful and long-lasting. Just like wood becomes stronger and harder when immersed in water, our legacy can preserve the resilience of our children.

*Sugandha Jain, Master Registered Texas
Trainer & Director of Accreditation
at a local preschool.*



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34Th Annual Pecan Street Festival Celebrates Austin This Spring

ENJOY LOCAL ARTISTRY AND MUSIC SATURDAY, MAY 5 AND SUNDAY, MAY 6

The celebrated bi-annual Pecan Street Festival is pleased to announce the Spring 2012 festival will take place on May 5 and 6, 2012 in downtown Austin. The FREE festival features artisans and musicians from all over the U.S. and introduces observers to cultures from around the globe. Festival goers can find paintings, woodwork, candles, jewelry, clothing, home décor other useful and whimsical household items.

This year, the festival aims to encourage green living with the use of recycling programs and organic vendors. It will also promote healthy living by providing fresh food options and a “calorie counting” challenge. Proceeds benefit local city and non-profit organizations, such as The City of Austin and Austin Boxer Rescue in years past. Speaking of pets, the Pecan Street Festival invites Austin residents to bring their four-legged friends for some canine fun, courtesy Austin Pets Alive.



In its 34th year, The Pecan Street Festival is a local tradition that celebrates the city’s artistic and diverse culture and commemorates everything “Austin.” From magic shows for the kids to three live music stages for the adults, there is something for everyone to enjoy. This Spring, the Festival is also placing an emphasis welcoming the Hispanic community in conjunction with Cinco de Mayo. Without a

doubt, attending The Pecan Street Festival is the best FREE weekend Austinites can have!

The Pecan Street Festival is the oldest and largest art festival in Central Texas. What started in 1978 as an opportunity for Austin merchants to sell their products has become an Austin tradition that attracts more than 300,000 people every year and generates \$43 million in economic impact. Visit www.oldpecanstreetfestival.com to learn more about the festival.



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Auto Talk – Ask a Medic

Recently my mechanic said my catalytic converter is defective and has to be replaced.

WHAT IS A CATALYTIC CONVERTER & HOW DOES IT BECOME DEFECTIVE?

A catalytic converter is a device that converts three harmful compounds (hydrocarbons, carbon monoxide and nitrogen oxides) in car exhaust into harmless compounds. Carbon monoxide is a poison for any air-breathing animal. Nitrogen oxides lead to smog and acid rain, and hydrocarbons produce smog.

A catalytic converter becomes defective when too much raw fuel enters the exhaust system—causing the metals inside to start imploding. When this happens, severe black exhaust fumes (smells like raw fuel) and/or “bogging down” can happen and causes

back pressure on the engine. Your check engine light will illuminate on your vehicle’s dashboard when this occurs.

WHAT CAN I DO TO PREVENT CATALYTIC CONVERTER FAILURE?

TWO SIMPLE THINGS:

- Make sure your vehicle is tuned up on time; every time. Why? Once the spark plugs become worn, they will not burn fuel optimally—this causes raw fuel to enter and/or collect in the vehicle’s exhaust system.
- Service your cooling system every two years or 30,000 miles (contrary to the manufacturer’s suggestion of five years or 100,000 miles. With wear and tear, your vehicle’s cooling system thermostat may be sticking “open,” causing continuous flow

of coolant—never allowing the engine to reach its full operating temperature the majority of the time. The driver will never see this issue on the gauge. It’s a minute problem that will cause severe issues to the catalytic converter later down the road. If the vehicle continuously stays cool, the computer wants to dump more fuel in the engine than what is really needed. This again allows raw fuel to enter the exhaust thereby causing catalytic converter failure.

Tommy Bludworth is an ASE certified technician with more than 15 years experience. Advice and recommendations given are for your convenience. You should see a qualified, professional when having any automotive repairs made on your vehicle.

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NATUREWATCH BEAUTIFUL BUNTING

by Jim and Lynne Weber

One of the most unmistakably colorful birds to return to Texas in the spring is the Painted Bunting (*Passerina ciris*), whose species name, *ciris*, thought to mean 'lord', comes from the Greek myth of Scylla, a sea monster who was changed into a bird. This species breeds in two different populations in the US, the eastern one along the coast of the southeastern states and the western one in the south-central states, which includes Central Texas.

The male Painted Bunting is a small, bright finch, with a red chest, blue head, and lime green back. It has a red ring around each eye, and dark gray wings and tail. In comparison, the female's overall greenish-yellow coloring is much less gaudy, but serves her well as she needs to remain hidden when rearing young. Highly territorial, males announce their territory by singing from a conspicuous perch and warn other male intruders by performing a fluttering flight display. They can be quite aggressive toward each other, often engaging in fights that include pecking, grappling, and beating with their wings which can sometimes end in injury or even death.

Preferring natural grasslands, open brush lands, thickets, and scattered woodlands, painted buntings usually form monogamous pairs, with the female constructing a deep, neatly woven cup-shaped nest of plant fibers, lined with hair or fine grass, and placed low in dense shrubbery. She lays 3 to 4 eggs, bluish-white with gray or brown speckles concentrated near the large end, and the young hatchlings emerge 11 to 12 days later, helpless at first and covered in sparse down.

During the breeding season of spring and summer, painted buntings eat insects, insect larvae, and spiders, but switch to seeds

in the fall and winter. Although painted buntings are mainly ground foragers, they can pick insects from spider webs and will fly up from the ground to grab the seed heads of tall grasses to pull them to the ground to extract the seeds.

One of the main differences between the eastern and western populations of painted buntings includes the timing of their fall molt in reference to the migration to their wintering grounds in southern Mexico and Central America. The western population begins their migration first, stopping to molt in staging areas in northern Mexico, and then continuing south. This type of migration-molt pattern is common among waterfowl but not among songbirds. The eastern population, on the other hand, follows the more typical pattern of molting on its breeding grounds first, before beginning its migration.

Sadly, the overall population of painted buntings has showed a slow, steady decline since 1965. Because of this, the conservation

status of this beautiful bunting is listed as 'near threatened,' and is thought to be due to several factors, including the rapid urbanization of its preferred habitat, increased nest parasitism by the Brown-headed Cowbird, and ongoing effects of climate change.

Fittingly, when seen in a group, painted buntings are collectively known as a 'mural' or a 'palette', and are a visually striking sight. One can only marvel at the wonderfully vivid feather colors that nature has produced, all on the same bird!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.

Painted Bunting (male)



Painted Bunting (female)

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make the move.

**Saturday, May 19, 2012
Onion Creek Club**

2510 Onion Creek Parkway, Austin, TX

**Benefitting Bowie Football Program and the
Coach Wade Pittsford Scholarship Fund**

Building Champions for Life

SPECIAL THANKS TO OUR SPONSORS

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Add Your Name To This List

www.bowiefootball.org/golf.htm



EVENT PROGRAM

Registration: 12:30 pm Shot Gun Start: 1:30 pm

Awards Dinner: 7:00 pm ~ Sponsored By

Serrano's Mexican Restaurant

REGISTRATION FEES

Early Bird Fee: March 22 – April 19

\$100 per player

Tournament Fee: April 19 – Tournament

\$125 per player

All Current Bowie Football Players: \$90 anytime



We have some Great Prizes lined-up:

Team Prizes:

To include rounds of golf at

- Barton Creek Fazio,
- Barton Creek Crenshaw, and
- Onion Creek Club



Lucky Dawg Team Prize: One lucky team will win a special prize to be drawn from all teams entered. This year's prize is a **Taylor-Made Stand-Up Bag** for each member of the drawn team.

Hole-in-One Prize:



2012 Chevy Camaro
(color & model – TBD)



Prizes ~ More To Come:



*Many young men have received
Scholarships in Wade's memory. Coach
Wade's legacy is still touching the lives of
Bowie Students and Student Athletes! Your
support is appreciated to build a stronger
community through the support of our
young athletes and scholars!*

Attire for Private Club:

- **NO** blue jeans or denim of any kind on the course as well as jogging/workout clothes, halter tops, tee shirts, short shorts, or bathing suits.
- Golf shirts **must have collars and sleeves** and tucked in at all times.
- Slacks or proper length Bermuda shorts (one fist above the knee) are acceptable.
- Onion Creek Club is a **Non-Metal Spike facility**; however, tennis shoes are permitted. Players must replace metal spikes prior to arrival or use courses replacement services.

Golf and/or Sponsorship Registration Forms:

www.bowiefootball.org/golf.htm

Golf Registration Deadline:

May 11, 2012

Questions: Contact Golf Chair

Durell Hoskins

Cell: 512/507-6480

durellh@gmail.com

SUDOKU

View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

SHRED DAY 2012

FREE HOUSEHOLD DOCUMENT SHREDDING

With the increased awareness of identity theft, it is more important than ever to carefully dispose of personal records such as credit card statements and checking account records. ARMA, the Financial Fitness of Greater Austin and Austin Resource Recovery Department are sponsoring a free "Shred Day." Mark you calendar for Saturday, May 19, 8:00 a.m. to 1:30 p.m. at the Austin High School parking lot. Households can bring up five boxes of paper records for shredding. Box size should not be larger than 24" X 24". Mobile shredding trucks will be on site to shred all materials. Please make sure your records are paper only (no hard plastics, no plastic bags, electronic media or three-ring binders) and are not wet or moldy. In lieu of a fee – monetary donations will be accepted for the Capital Area Food Bank. Last year, the event shredded over 83,500 pounds of material and collected 302 pounds of food and over \$7,100 for the Capital Area Food Bank. All of the shredded material and cardboard boxes were recycled.

For more details regarding the free household shredding, e-mail Jannette.goodall@austintexas.gov or call 974-9045.

"Our Nursery is Blooming!"

Now open, come see for yourself!

HOURS OF OPERATION:
Mon. - Fri. 9:00 -5:00
Saturday 9:00 -3:00
Closed Sunday


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 Landscape Supply | Nursery



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20% OFF
 EXP 4/30/2012 | PEEL

Tips for a Diet that promotes Healthy Teeth

Of course we all know that a healthy diet is good for our bodies, but did you know that what you eat affects your teeth as well? Here is a list of simple ways you can improve your oral health by paying close attention to your diet. Brushing and flossing are vital to keeping your teeth healthy, but what you eat and drink in between your daily cleaning rituals also plays an important role in your oral health.

Plaque – an invisible, sticky layer of bacteria – regularly coats your teeth. When the starches and sugars present in many foods come into contact with this bacteria, acid is produced. This acid breaks down the enamel that protects the outside of your teeth, and over time can cause tooth decay. If you choose your foods wisely, you can decrease the amount of acid that attacks your teeth. Here are some diet tips for keeping your teeth healthy:

Limit foods and drinks that are high in sugar, like cookies, candies and sodas – remember even unsweetened fruit juices are high in sugar. **Read packaging labels** to find out how much sugar is included, and make educated choices in the products you purchase. **Limit dried fruits**, which are sticky and cling to the teeth – instead, eat fresh fruit, especially apples, which serve as natural tooth cleaners.

Avoid snacks between meals – but if you must snack, replace sugary treats with crackers, cheese, yogurt, nuts, and celery or carrot sticks, which produce less acid. If you do drink sugary liquids (soda, sports drinks, juices), **avoid sipping slowly** over a long period of time as this extends the period that acid attacks your teeth.

If you're a regular coffee or tea drinker, **reduce or eliminate added sugar**. If your

children snack at school, be sure they have **access to healthy snacks** (veggies, fresh fruits, cheese) instead of packaged foods that are high in sugar. If you occasionally treat yourself to a sugary snack, **brush your teeth afterwards** to reduce the acid effect – if you aren't near a toothbrush, **rinse with water or chew a piece of sugarless gum** to stimulate saliva, which helps clean your teeth.

Your diet also affects your overall health, which helps determine how well your body can fight off infection. If you aren't getting certain nutrients, the tissues in your mouth may not be as resistant, leaving you more prone to periodontal (gum) disease.

If you have any questions about your diet and its effect on your oral health, let us know. We'll be happy to guide you toward healthier eating habits.

Submitted by Dr. Flury

INSULATE YOUR ATTIC FOR \$500



When you participate in Austin Energy's Home Performance w/ Energy Star Rebate Program

Adding insulation to your attic is the easiest way to keep your home comfortable year round and lower your utility bill. If you can see the 2x4 or 2x6 beams in your attic, your home needs additional insulation. *"The average home in Austin has an existing insulation value of R-12" - Austin Energy*

Conservation Specialists will provide a free energy analysis to show you how to take advantage of Austin Energy and Texas Gas rebates that can cover up to 60% of your costs. We use CertainTeed Insul-Safe SP, a certified green product on all installations.

- Add Additional Insulation to Bring Attic Up To R-38
- Perform Duct Sealing, Caulking, and Weather-Stripping As Needed
- *** \$500 Net Cost After Rebates - Must be an Austin Energy & Texas Gas customer**

FREE ESTIMATES 512.590.4188

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visit our website: www.conservationaustin.com

email us at: jon@conservationaustin.com



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What are The Top 5 Reasons to move in 2012?

- 5) Home prices are more affordable than the peak prices of a few years ago...bringing more buyers into the market!
- 4) Pent up demand is starting to show in certain sub-markets as fewer homes are on the market!
- 3) The economy is showing continued improvement... which boosts confidence in the real estate market!
- 2) Low, Low, Low Interest Rates which improves buying power... and rates aren't likely to go any lower!
- 1) All the stars may be in alignment... if you are thinking of moving up your wait is over...take advantage of the market in 2012!

What is your home worth?

Prepare for 2012, Call Me Now and you'll get a **FREE** no obligation Value Range Analysis.

If you're not ready but curious what your neighbor's homes are selling for get a free "Market Snapshot" of your area at

www.MarketSnapShotNow.com

512-347-9599

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Not intended to solicit properties currently for sale.

