



The Coles CONNECTION

Volume 6, Issue 7

NEWS FOR THE RESIDENTS OF COLES CROSSING

July 2012

HI COLES CROSSING NEIGHBORS,

My name is Heather Blue and I've committed to raise \$3,800 for the Avon Walk for Breast Cancer and to help me reach that goal, I have come up with a fun fundraiser! During June, July, and August, a flock of pink flamingos will be landing in the front yards of unsuspecting residents. The resident receiving the flocking are asked to make a donation to my fundraising account and I will remove the birds. The residents are also asked to give me the name and address of a friend who they'd like me to "flock" next. I take that information and, in the middle of the night, I move the birds to their friend's yard and the process begins again.

NOW FOR THE FUN PART! THERE ARE TWO THINGS YOU CAN DO TO HELP ME REACH MY GOAL:

- **Turn in a friend...** Give me the name and address of a neighbor or friend who will be the next recipient of this lovely flock of birds. I won't ask if you're sending them out of fun, friendship or mischief...I just ask that you help them find a new home.

To do this, just email me and I'll send you the pre-order information form. As soon as I've received your donation and form, I will place that address on my list of front yards to flock in the month June. For now, I am only able to do flocks in the Enchanted Valley and/or Coles Crossing neighborhoods. If you would like a home flocked in a different nearby area, please call and we may be able to work something out.

- **Pay me off...** You can purchase Anti-Flocking Insurance (a \$25 donation) to make sure that no flamingos will roost in your lawn.

SO WHY AM I DOING THIS ANYWAY?

Every three minutes another man or woman is diagnosed with Breast Cancer. That is an alarming number. In 2011 I participated in my first 39.3 Mile Avon Walk in Houston. Since then, I have become very passionate about this cause due to the number of amazing people I've met and the stories I've heard. The Avon Walk community is a wonderful and caring one, and my life just

hasn't been the same since that walk.

WHERE DOES YOUR MONEY GO?

The net proceeds from the 39.2 mile walk, will support the efforts of The Avon Walk for Breast Cancer in their mission to help fund access to care and fund important research and education here within the state of Texas. If you don't want to participate, but are interested in making a donation, please go to my Fundraising Page at http://info.avonfoundation.org/goto/heather_blue. Your donation makes a difference! You can also learn more about my team's efforts by "liking" our page on Facebook at www.Facebook.com/bandofbosoms. Please call or email me with any questions.

**www.avonwalk.org - 832.721.2465
hblue96@yahoo.com**

All proceeds from this fundraiser benefit the Avon Foundation for Women and the Avon Walk for Breast Cancer and are tax deductible to the fullest extent allowable by law.



HAPPY
4TH OF JULY!



THE COLES CONNECTION

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EMERGENCY NUMBERS

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Fire.....	911
Ambulance.....	911
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- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-764-7661
Traffic Light Issues	713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Cy-Woods High School.....	281-213-1727
Goodson Middle School	281-373-2350
Sampson Elementary.....	281-213-1600
Splane Middle School.....	281-213-1645

OTHER NUMBERS

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Harris County Health Department	713-439-6260
Post Office Box Assignment – Cypress.....	1-800-275-8777
Street Lights - CenterPoint Energy	713-207-2222
- not working (Report Number on Pole)	
Trash Removal	281-4462030

UTILITIES

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Gas - Entex	713-659-2111
Water and Sewer – Eco Resources	281-275-1761
Cable/Internet/Phone - Comcast.....	713-341-1000

NEWSLETTER PUBLISHER

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Advertising.....	advertising@PEELinc.com, 1-888-687-6444

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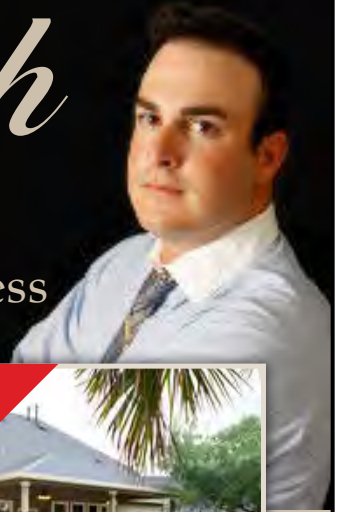
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Travis Wallach

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- Richard Calhoun

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-Brenda Hughes

"My experience with Travis was awesome! After not getting anywhere with my old realtor, I finally decided to put Travis Wallach on the job. He sold my house in only two weeks. His dedication and determination really made a difference. I expected the worst and was pleasantly surprised by the results."

-Ashlee Honeycutt

Thanks for your support and referrals, Coles Crossing Neighbors!



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THE COLES CONNECTION

Texas Star Triathlon Montgomery

When: July 15, 2012

Start time: 7 am

Where: Montgomery Aquatic Center,

City of Montgomery

Distances: 300 yd. swim,

10 mile bike, 3 mile run

How to register: www.active.com and type in Texas Star Tri Montgomery on the search bar. Contact: Michelle Curry - texasstartri@gmail.com. Ages to participate: 9 yrs. old and up All racers will receive a finisher's medal, dri-fit tee, and awards will be given to 1st place winners in each age division, trophies given to 2nd and 3rd place finishers in each age division.

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OCTOBER 1, 2012

Tee'd Off at Breast Cancer Golf Classic

at The Club at Falcon Point

Tee Off at 12:30 pm

Lunch/Dinner/Auction/Awards

To register/sponsor go to

www.teamtiara.net

\$130/golfer ; \$475/team

Join your golfer for dinner (\$25.00)



SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to colescrossing@peelinc.com. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.



www.ColesCrossingInsurance.com



WHOA!!! ...These Rates Just Blew My Mind!

281.373.1009

THE COLES CONNECTION

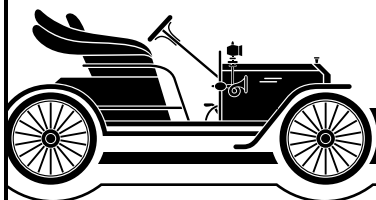
Cy-Woods Key Club

Being part of Key Club, one of the tremendous clubs in Cy-Woods High School, is very riveting for many reasons. First off, the most exciting news this year for Cy-Woods is that we are THE Number One Key Club in both states of Texas and Oklahoma from over 300 Key Clubs! Over the year, Cy-Woods Key Club members were active and working hard by gaining an abundance of volunteer hours. Key Club is an organization that is immense all over the world (30 different countries) for people to help the community, gain leadership, and build your character to become less self-centered. Our Key Club is sponsored by the Cy-Fair Kiwanis, an organization where people of all ages help children everywhere around the world. Through Key Club, members help at various

events such as school carnivals, orientations, sport games, church events, food banks and any event that requires help. Even though school has ended, Key Club remains active. If you require help with anything, please contact cywoodskeyclub@gmail.com.



*CWKC helping at Goodson MS's Field Day (above) - Cy-Woods Key Club
Lock in (bottom left) - Cy-Woods Key Club Triathlon (bottom right)*



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**NOT AVAILABLE
ONLINE**

8/8 - 8/10 Crimson Cadette Drill Team DANCE CLINIC

CYPRESS WOODS HIGH SCHOOL

16925 SPRING CYPRESS RD.

8:30 A.M. - 11:30 A.M.

The Cy-woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email goodsonms@comcast.net or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

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Sat 9AM-4PM

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Cypress Texas Tea Party

THE FOLLOWING CANDIDATES HAVE AGREED TO SPEAK AT THE MEETING OF THE CYPRESS TEXAS TEA PARTY:

- Justice Supreme Court Place 4 Incumbent David Medina
- District Judge 129th District Candidate.....Michael Landrum
- District Judge 129th District Candidate..... Chris Gillett
- District Judge 152nd District CandidateJanet Townsley
- District Judge 152nd District Candidate Don Self

We will be meeting Saturday, July 7th at:

Spring Creek BBQ
25831 Northwest Freeway
Cypress, TX 77429

David M. Wilson
 Director, Cypress Texas Tea Party
 cypresstexasteaparty@gmail, Åã.com
 Romans 8:28

“In Her Shoes”

A Mother-Daughter Event

Join speaker/author/recording artist Shannon Perry for this special event designed exclusively for mothers and daughters. Recommended for girls ages 12-18, you will learn powerful truths through uplifting and age appropriate messages. Shannon holds a Master’s Degree in Education and Counseling and is a certified instructor for parenting classes and crisis counseling. The event will be held Saturday, September 8th from 9 a.m. to noon at Good Shepherd United Methodist Church, 20155 Cypresswood Drive in the Fairfield Subdivision in Cypress, Texas. Doors open at 8:15 for registration and refreshments. The following topics will be covered: Body image/self-esteem, purity and God’s promises, relationships - dating, parents, friends; social media, communication. The cost is \$15 per person (early registration) and \$20 per person at the door. To register and for more information: www.shannonperry.com

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THE COLES CONNECTION

Financial Focus - Student Loans Crushing College Grads

Submitted by Rich Keith

Today's college grads are facing the "real world" with an extra scoop of debt. Two-thirds of students graduating from college or graduate school have student loans – about \$25,000 on average. That's a 25% increase over the past 10 years. In fact, today's twentysomething holds an average debt of \$45,000, including everything from student loans to mortgages and credit cards. Unfortunately, unemployment for those aged 18-29 is 12.4%, well above the national rate of 8.2%.

Don't feel as if you have to be the savior. Six in 10 boomers report giving financial help (outside of college tuition) to a child or grandchild in the past five years. Of those, \$59,000 was the average amount of aid. If this sounds like you, ask yourself: Do I really have the resources? Am I saving enough for retirement? Try to share more financial wisdom and less cash with your adult offspring. The more you save for your own future means less possibility that you'll need their help later on.



Without going into too much detail, share the family financial picture with your children once they hit the mid-teen years. They need to know the family income is X and it takes Y amount to cover the mortgage and bills. Once they see X minus Y in action they will be surprised at how much it actually costs to run a household.

This may have a side benefit of limiting how much and how often your children ask you for money and gifts.

Children who have a basic understanding of money, especially the corrosive effects of debt, have a better chance of becoming financially independent later in life. They will be more resistant to the credit card offers sure to come to them in their freshman year at college. And they will more ready to partner with their parents as the family manages their college finances with them.



Amy Nabors



Andrea Wiley



Bridget Huddleston



Carmen Fujimoto



Catherine Ellis



Clint Nabors



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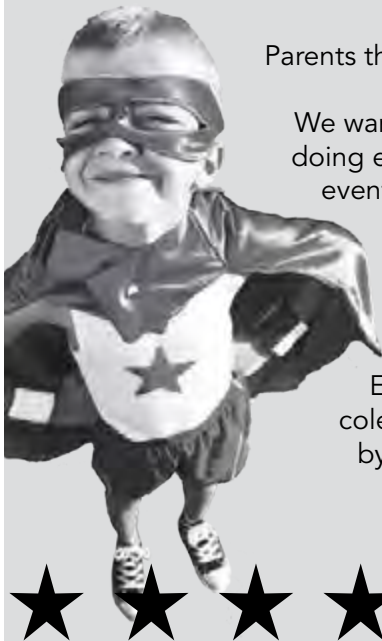
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THE COLES CONNECTION

SHOW OFF YOUR SUPER HERO



Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc.

Send in your pictures to be featured in the Coles Connection.

E-mail your pictures to colescrossing@peelinc.com by the 9th of the month.



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		9					2	5
6			2	8				9
	6	4						3
			9	7				
	8						4	
			1	4	3			
		1	6				5	2
	3				8			

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.

View answers online at www.peelinc.com

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WHAT TO LOOK FOR IN A PET FOOD

Pet nutrition and pet food selection has improved significantly over the last few years, however, there is still a lot of confusion regarding what to feed our four-legged friends.

Following the horrific melamine pet food recalls of 2007, much research has been dedicated to learning more about pet nutrition and how pet food is manufactured and distributed to consumers. This has spawned a greater selection of high-quality, pet super-foods. However, it has also prompted some companies who still make cheap, low-quality pet food to simply change their packaging to dupe consumers into believing that they're buying food filled with wholesome fresh meat, fruits, and vegetables.

Don't be fooled! A pretty bag with pictures of cascading corn and carrots does not a quality pet food make. Read the ingredient label to see what's really in the bag and in your pet's food bowl.

Here are some things to look for in the ingredient label and to consider when choosing a food for your furry family members.

PROTEIN

A named protein and/or protein meal should be first on the ingredient list. For example, if you're buying a chicken formula pet food, look for, "chicken," or, "chicken meal," as the first ingredient, not chicken by-product. Remember: meal is a good thing, by-product is a bad thing. Also, if a protein source is not named - beware. For example, if the ingredient label reads, "meat meal," you have no way of knowing what the protein source is and should be wary. It could be anything from aardvark to zebra. The best pet foods have two or three protein sources in the first five ingredients listed.

Confused about the difference between chicken and chicken meal? Chicken, or any other protein source listed in the ingredient label, means that fresh meat was added to the mix before cooking. This is great! But just like our bodies, animals are about 70% water. So, when the mixture is cooked, the fresh meat in it loses volume, thereby decreasing

the amount of protein in the final product. Chicken meal, on the other hand, is chicken meat, bone and some connective tissue that has been cooked, dried and added to the mix before cooking, which ultimately increases the protein level of the food.

VEGGIES, FRUITS & WHOLEGRAINS

Like humans, pets benefit from the vitamins and enzymes in fresh vegetables and fruits. Look for quality produce and complex carbohydrates like carrots, spinach, pumpkin, etc. as well as whole grain rice, oats, and/or barley. These healthy foods have lower glycemic index ranges, which will keep your pet more satisfied and will help to avoid sudden drops in energy levels. Avoid highly processed grains such as corn, wheat and rice. As with humans, these are empty fillers and fast burning carbohydrates.

US SOURCED

Do a little extra digging to find where the ingredients of a food you're considering are sourced. Often, you can find this information on the manufacturer's website. If not, call them and ask. Look for foods made with ingredients from the US. This will help you take advantage of the strict, governmental regulations that watch pet food manufacturers and that are there to protect you and your pets from contamination. Furthermore, buying products made in the US is just plain good sense for the local economy and environment.

WHAT TO AVOID

By-products and by-product meals should be avoided for a number of reasons. First, you have no way of knowing exactly what the ingredient is, but you can be sure that it is a low-value portion of the animal. In addition to the ingredient itself being dubious, low-value products are not handled with the same care as higher-value products, so they could become rancid or exposed to harmful bacteria. Also

avoid sweeteners, which are added to poor quality foods to enhance palatability. Other ingredients to avoid are artificial preservatives such as BHA, BHT, and ethoxyquin, and artificial colors.

Once you've narrowed your choices down to a few based on quality ingredients, then consider your pet's specific health needs. Is your pet overweight, underweight, young, adult, or senior? Does he/she have allergies or itchy skin? There are high-quality foods that are formulated to address all of these issues and more.

After you've finally chosen a healthy pet food and are ready to purchase, be sure to check the, "Best By," date. In quality, natural foods, this will be about 12 months from the manufacture date. When dishing out the new grub to your pet, start by mixing it with a bit of his last diet to help his tummy transition. Do this for about a week, adding a little more of the new food everyday. By day seven, your pet should be ready for full servings and a fuller life.



THE COLES CONNECTION

A Focus on Heat Emergencies

HEALTHY TIPS TO STAY COOL IN EXTREMELY HOT WEATHER

By: *Concentra Urgent Care*

Heat emergencies fall into three categories of increasing severity: **Heat Cramps, Heat Exhaustion & Heatstroke.**

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS & SYMPTOMS

— Heat Cramps —

- Sweating
- Pain in arms, legs, and abdomen

— Heat Exhaustion —

- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

— Heat Stroke —

- No sweating
- Dry, hot, red skin
- Confusion and loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

What to do in heat emergencies..

FIRST AID

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses

(Continued on Page 13)

Did you forget the
name of that...



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THE COLES CONNECTION

A Focus on Heat Emergencies- (Continued from Page 12)

on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
- DO NOT give the person salt tablets.
- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- DO NOT use alcohol rubs on the person's skin.
- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

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THE COLES CONNECTION

Tech-Etiquette: Is there an App for Civility?

Submitted by Darcy Folsom

In today's age of apps and gadgets, it's likely that you or someone you know has benefitted handily from the ubiquitous smartphone in today's digitally-dependent society. If the question were posed to our current generation, "What item would you never want to be without?" it is fair to say that most individuals living in 21st century America would answer: "My phone!" Without our phones, it is certain that many of us would be lost. We would be unable to text, tweet, phone, email, face time, and even friend or like another individual. Would we really? Is American society becoming so dependent upon these technological devices that we are challenged to even recognize our our humanity within? How many young men and women know the value of the age-old adage "Never leave home without a smile?" Is who we were created to be, in such competition with what we hold in our hand, that we have forgotten the simple value of kindness - shared in a smile, of gratification - by greeting another with a genuine handshake? Is it technology that propels our lives, or are we doing our best to prepare our lives to propel the technology that supports them?

Regardless of how many apps and buttons and gadgets, and even insurance, we carry on our smartphones, could it be that we have something even better when it comes to insuring our ability to connect with the people we like? Or to be-Friend those to whom we're attracted, or bring restitution to those un-Friended? Today's digitally-dependent generation has a challenge before them that

none before have known. That is, being able to successfully pair technology with common courtesy. Remembering what our grandmothers taught us about the civilities of life (carried in our hip pockets) may apply more today, than any app could ever provide. But pairing the art of civility with the current age of technology requires practice. The 21st century can only get better as those old-fashioned manners make their way from our pockets to the person next to us. After all, the words we speak are far more significant than the technology that transmits them. Why not polish a few points of etiquette this summer and complement your savvy skills on your smartphone? By doing so, you and your smartphone may just move from merely getting the message delivered, to doing so with principles that shape our character and improve our attitudes about both our electronic devices, and the lives of those who use them.

TIP #1 - When you take a call in the presence of another person, you are communicating, "You are secondary; the caller is more important than you are." If you are expecting a call, let your companion know in advance, and excuse yourself before taking the call, limiting the call to under one minute. Never use a cell phone on a date, unless there is an emergency.

TIP #2 - If you find it necessary to use your smartphone while driving, make it a habit to get into your car, buckle up, and prepare your hand's free device to activate the call BEFORE starting your engine.

TIP #3 - Allow your personality, not your PDA to impress others. Avoid using novelty

ringtones, and choose the vibrate option as much as possible.

TIP #4 - Remove your earpiece when not on the phone. Always keep your phone in a pocket or a purse, rather than laying it on the table next to you.

TIP #5 - When in a public place, refrain from using your ear buds to listen to your favorite playlist. Instead, be prepared to greet those who are near you, looking oncoming passersby in the eye, with a smile and "Hello!" This is not only courteous, but it is also a way to remain sure about your surroundings.

As you travel to the lake or the seaside with friends, consider the value that a few manners may add to the dynamics of your summer relationships. Ask the question - is there something more fundamental than a fancy app, or gadget insurance to satisfy our lack? What have we already been given as a way to connect with the people we like, and those we want to be-Friend? Rather than search your smartphone for the latest apps, ask your companion's permission to practice with them, as you begin to apply these principles of Tech-Etiquette. These courtesies will both benefit the words we speak and the actions we offer, as we engage those around us with the very acts of courtesy we desire for others to share with us. Practicing the art of civility alongside the technology that propels our lives, I believe we will see our digitally-dependent generation become the one to re-engage our culture with civility and the accomplished principles of common courtesy.

Problem

To-Do List

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- Powerwash deck
- Repair kitchen drywall
- Fix cabinet hinge
- Clean and repair gutters
- Paint living room

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THE COLES CONNECTION

Salt of the Earth: Sodium & Your Health

TIPS FOR REDUCING SODIUM FOR BETTER HEALTH

Sodium is everywhere—swirling in the oceans, stored in vast underground crystalline deposits—and contained in just about every food and drink imaginable.

The fact is, sodium is as an essential, life-sustaining ingredient for every known plant and animal on the planet. Without sodium, our bodies would cease to function. Sodium helps our cells draw in nutrients, maintains balanced pH levels, enables nerve function and muscle contraction, helps regulate your heartbeat, and is a key component of your bones, explains Jose Mejia, M.D., a cardiologist for The Austin Diagnostic Clinic (ADC).

Yet too much of this essential element can pose serious health risks in people, including high blood pressure, heart disease, stroke, kidney disease, and congestive heart failure. According to the U.S. Department of Health and Human Services (HHS), the average person should only consume 2,300 milligrams (mg)—about one teaspoon full—or less, per day. If you are 51 or older, are black, or already have high blood pressure, diabetes, or chronic kidney disease, then you should limit your intake to 1,500 mg or less per day, Dr.

Mejia adds.

“Unfortunately, the average American gets about 3,400 mg of sodium a day, which is far more than is recommended for good health,” Dr. Mejia says. “Keeping the amount of sodium you eat under control can be challenging, but understanding the main dietary sources of sodium is one of the best ways to start lowering your intake.”

SALT BY ANY OTHER NAME

One of the most troubling parts of monitoring your sodium intake is understanding how extensively the food industry uses sodium as a flavor enhancer and as a preservative in everything from bread to canned soup. And then there’s a matter of naming conventions. Common table salt, otherwise known as sodium chloride, is just one form of sodium. There are many other compounds that contain sodium, including monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrite (sometimes just nitrite).

“Most of the sodium we eat comes from processed foods and

(Continued on Page 17)



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Salt of the Earth - (Continued from Page 16)

foods prepared in restaurants. Sodium is already part of processed foods and cannot be removed. Even fresh fruits, meats, vegetables and dairy products contain sodium," Dr. Mejia notes. "However, food manufacturers and restaurants can produce foods with far less sodium. In addition, you can select lower sodium foods when possible, and you can cook more foods yourself to better control how much sodium you eat."

SHOPPING SMART TO REDUCE SODIUM

The most practical way to reduce your sodium is by altering what you bring home from the grocery store. Many items like baked goods, breakfast cereals, soups, and lunchmeats are very high insodium.

"Pay very close attention to food labels," Dr. Mejia says. "It may add extra time to your shopping trip, but it's important to understand just what the food industry means when it uses sodium-related terms. Portion size is just as important. Frankly, it's the only way to make sure you are not eating too much sodium."

Here are some of the most common terms used on food packaging. If it doesn't have a label, your best option may be to avoid buying it.

- **"Sodium free" or "Salt free."** Each serving of this product contains less than 5 mg of sodium.
- **"Very low sodium"**- Each serving contains 35 mg of sodium or less.
- **"Low sodium"**- Each serving contains 140 mg of sodium or less.
- **"Reduced" or "Less sodium"**- The product contains at least 25 percent less sodium than the regular version. Check the label to see how much sodium is in a serving.
- **"Lite" or "Light in sodium"**- The sodium content has been reduced by at least 50 percent from the regular version.
- **"Unsalted" or "No salt added"**- Not salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium because some of the ingredients may be high in sodium.

A DASH OF SOMETHING ELSE

The widespread use of sodium means it can be challenging to avoid, especially if you are traveling with limited food options at airports. In that case, bringing low sodium snacks is a good option. At home, consider using alternative seasonings that are sodium free. Eventually, your taste buds will adjust to the lower sodium options.

"It takes some effort, but a low sodium diet can have tremendous health benefits," Dr. Mejia says. "If you are concerned or curious, it may be a good idea with check with your physician about the amount of sodium you are eating."

Jose Mejia, M.D., Cardiologist - The Austin Diagnostic Clinic,



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THE COLES CONNECTION

Chocolate Cab Cupcakes

Try these decadent cupcakes when you need a special dessert and pair it with your favorite Cab!
By The Four Points Foodie

Cupcake Ingredients

- 1 1/2 C all purpose flour
- 3/4 C sugar
- 1 t baking powder
- 1 t baking soda
- 1 t sea salt
- 1 C special dark cocoa
- 1/2 C canola oil
- 2 large eggs
- 1 t Ancho Chili Powder
- 1 C Cabernet Sauvignon
- 1 special dark chocolate bar



Frosting Ingredients

- 1/2 C vegetable shortening
- 6 oz unsalted butter, softened
- 1 C confectioners' sugar
- 1 C special dark cocoa
- 2 T Cab Reduction {see note below}

Directions: Preheat your oven to 350 degrees and line a cupcake pan with papers. Sift the dry ingredients together in a large bowl. Add the oil, eggs, chili powder and cab and blend with a mixer. Using a 1 inch ice cream scoop, place 1 scoop in each paper. Add 1 piece of dark chocolate, and then add another scoop of batter. Place in oven and bake for 18 minutes. Remove from oven and cool.

Directions: Blend shortening and butter together until fluffy and add confectioners' sugar and cocoa. Mix to combine then add the Cab Reduction and blend well. If the frosting is too thick, add a hint of vanilla or cream to thin it out. Place in pastry bag and pipe onto cooled cupcakes and serve.

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