

Mr. Beautician

Water

Quite often the simplest solutions in health and beauty are often the most effective.

It may seem hard to believe but many people I speak with do not like drinking water. I've heard many excuses like it doesn't taste good, or when I drink it I need to visit the bathroom too frequently, but most often the biggest excuse I hear is I don't find drinking water necessary. Well, most would agree we find breathing necessary and yet oddly enough drinking water and enough of it daily is not as important to a large part of the population.

Our body's consist of up to 70% water and it supports the biggest organ for all people, our skin. Yet why is water such a taboo subject that we have grown so accustomed to discounting it in terms of achieving better health and beauty? It's not as if we live in Detroit Michigan where the water has been purposely allowed to become unsafe to consume. Nor do we living in a draught area where potable water contains distasteful levels of chlorine. Has our society been misled and socialized in to thinking sodas, juices, teas and coffees offer a better hydration solution than some good old water? For some people the answer is yes.

For better or worse many of the people I meet and consult with on a daily basis drink less than 1-4 bottles a day of an average size

16oz bottle of water sold at most convenience stores and in vending machines. The water industry alone commands a growing part of many people's budget as we as a society have become accustomed to either purifying or purchasing our water from somewhere other than just drinking water straight from our own tap.

What is interesting is that the S&P Global Water Index cites that only a small percentage of 2.4% of water is consumed by consumer discretionary, while Industrials and Utilities consume 45.3% and 40.3 of all water, respectively. So if water is so important in our maintaining our own personal health of skin and internal organs, and it is the most ubiquitous element that all life depends on as well businesses and companies, then why isn't it higher on the 'to do' list for people to consume and protect their health. Truth is, the answer why is different for everyone. Some people just don't realize the need to drink water but yet most do and often we all forget. Most would agree that the solution to improving anyone's health and many beauty issues could be easily solved with just an increase of a couple bottles or cups of water. It's just that simple.

Mr. Beautician

www.mrbeautician.com



The Forum

NEWSLETTER INFO

NEWSLETTER

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We will be returning to our regular meeting venue at Fern Bluff Community Center, 7320 Wyoming Springs Drive, and Round Rock. Doors open at 10:30 am, meeting at 11:10 am, luncheon at 11:40 am and program at 12:15 pm.

We have many groups: Card and game groups, gardening, Wine Tasting, Foodies, Antiquing, Hiking, Movie, Photo, Potluck, Safari, Walking and Caring Hands. There is something for everyone. Many activities take place during the day and some activities include couples. Please visit our website at www.rrnewneighbors.org for more information and to see our newsletter. Or call Jan Percy, 512-810-3214, Membership Chair for information.





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LAS CUATRO ESTACIONES: A STORY OF HUMAN TREES

Directed and choreographed by Sharon Marroquín

Las Cuatro Estaciones: A Story of Human Trees is a contemporary dance work premiering March 24-26, 2017 at the Emma S. Barrientos Mexican American Cultural Center, 600 River St, Austin, TX 78701.

Part of the Mexican American Cultural Center's Latino Arts Residency Project, these performances are a collaboration between award-winning choreographer Sharon Marroquín and international video artist Ana Baer. Inspired by uncertainty, mortality, and nature, this work explores transformation and our attempts to surrender gracefully to inevitable change. The cast features 8 dancers and several children.

Marroquín says, "A life-altering cancer diagnosis six years ago changed me as an artist. My work is now focused on ideas of impermanence and transition. Las Cuatro Estaciones is about the cycles in nature, and the beginnings and endings in our lives."

About Sharon Marroquín

Born in Mexico City, Sharon Marroquín has been listed numerous times as one of the top ten dance events of the year by the Austin Chronicle, and is a three-time winner of the Austin Critics Table Award for Outstanding Choreographer.

Who: Sharon Marroquín, director and choreographer

What: Las Cuatro Estaciones: A Story of Human Trees

When: March 24 at 8:00pm; March 25 at 2:00pm and 8:00pm; and March 26 at 2:00pm

Where:

Emma S. Barrientos Mexican American Cultural Center
600 River St. Austin, TX 78701

Tickets: \$15 at the door or at:

<http://sharonmarroquin.wixsite.com/dance>

Contact: 512.740.9130

To learn more visit <http://sharonmarroquin.wixsite.com/dance>



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Bring the World to Your Child by Hosting a Foreign Exchange Student

By Vicki Odom

If you've read the newspaper lately, you know that the world can be a scary place: wars, economic crisis, revolutions, climate change, border disputes, refugees, and protests. So, how do we teach our children about the world, and the variety of people in it, when most of the examples we read about in the press are so negative?

One life changing way to broaden your child's world view is to volunteer to host a high school foreign exchange student. Foreign exchange programs have been around for almost 100 years, and their mission has always been the same – to educate people about different cultures through person-to-person exchange. What better message to pass on to your children?

There are quite a few misconceptions about foreign exchange programs – especially around who can host. The biggest misconception is that you must have high school aged children when you host a high school exchange student. Nothing could be further from the truth.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager for Ayusa, a non-profit promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Families with young children find that hosting an exchange student provides their children with an especially unique educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

"My daughter Kelsie feels as if Isabelle, our exchange student from Germany, is an older sister to her," said Melissa Hughes, an Ayusa host mom from Ashville, North Carolina. "They have confided in each other, have had movie nights together, and have gone to the mall together - much

like natural sisters would do. Kelsie will never forget Isabelle and they have already planned future get-togethers when they are older."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

"In Tunisia, we always hear about Americans and American life style, in movies, media, songs, everything, and I know it is different, and I wanted to figure out this difference myself," said Asma, a bubbly high school student from Tunisia who spent a school year living with the O'Donnell family in Anchorage, Alaska.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

"Hosting an exchange student is a life-changing experience – for the student, the host family, and the host community," says Coutu. "There is no better way to teach your children about the world around them than through welcoming an international high school student into your home."

Ayusa is currently accepting applications for families to host an exchange student for the 2017-2018 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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PREVENT OAK WILT

Don't Prune Oaks Feb 1st – June 30th

Submitted by Johanna Arendt, Community Liason, Travis County Transportation & Natural Resources

Oak wilt has claimed the lives of thousands of trees in Central Texas and beyond. Majestic oaks play a large role in this region's beauty and identity; it would be hard to imagine the Hill Country without them. They are an iconic part of many local businesses and neighborhoods, providing shade, beauty, and higher property values. Following simple preventive measures can go a long way towards stopping the spread of this destructive disease.


From February through June, avoid all pruning or cutting of oaks – this is the high season for oak wilt transmission. Any wounds that occur from construction, vehicles, wind, etc., should be painted as soon as they're discovered – ideally within ½ hour of being cut – with commercial tree wound dressing or latex paint. That includes freshly cut stumps and surface roots.

Pruning is least risky during the coldest winter days and extended hot periods in mid to late summer. Any time you prune though, the Texas Forest Service recommends painting all wounds

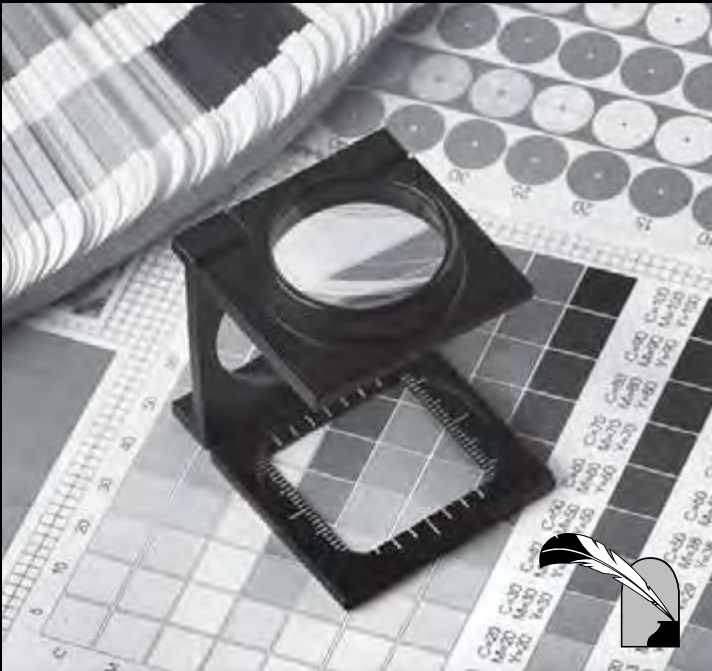
and sanitizing pruning equipment between trees using denatured methyl alcohol (shellac thinner), isopropyl alcohol, or a general purpose household disinfectant such as Lysol, Listerine or Pine-Sol. Household bleach is not recommended.

Red oaks, including Spanish (now Buckley) oak, Shumard oak and blackjack oak, are very susceptible to oak wilt and play a key role in the disease's transmission. Oak wilt is caused by the fungus *Ceratocystis fagacearum*, which spreads its spores from "fungal mats" that form under the tree's bark. These mats have a sweet, fruity smell that attracts insects, especially the sap-sucking nitidulid beetle. After feeding and breeding on the fungal mats, these beetles fly away covered in fungal spores. As they visit other oaks, they spread the fungus through open wounds in the bark. The nitidulid beetle is only about the size of a pinhead, but is capable of flying as far as a mile away. While red oaks are the most susceptible to oak wilt, all oaks can become infected.

Fungal mats usually form on standing trees, but can also
(Continued on Page 6)



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The Forum

(Continued from Page 5)

develop on logs, stumps and fresh firewood cut from infected oaks. Make sure to remove and either burn or bury infected oaks to prevent mats from forming, and never store unseasoned wood from infected trees near healthy oaks.

The second way oak wilt can be transmitted is through the roots. Live oaks tend to grow together in dense mottes with interconnected roots, so the fungus can be transmitted easily among them. Oak wilt is occasionally transmitted through red oak roots as well, but the movement is slower and occurs over shorter distances than with live oaks. Root transmission can be prevented by cutting trenches four feet deep between infected and healthy trees, but by far the best option is to prevent infection in the first place.

So make sure NOT to prune oaks between February 1 and July 1, and ALWAYS paint wounds on oaks no matter what time of year it is. For more information on preventing and treating oak wilt, please visit texasoakwilt.org, the website of The Oak Wilt Information Partnership, a project of the Texas A&M Forest Service, the Forest Health Protection branch of the U.S. Department of Agriculture (USDA) Forest Service and the Lady Bird Johnson Wildflower Center in Austin.

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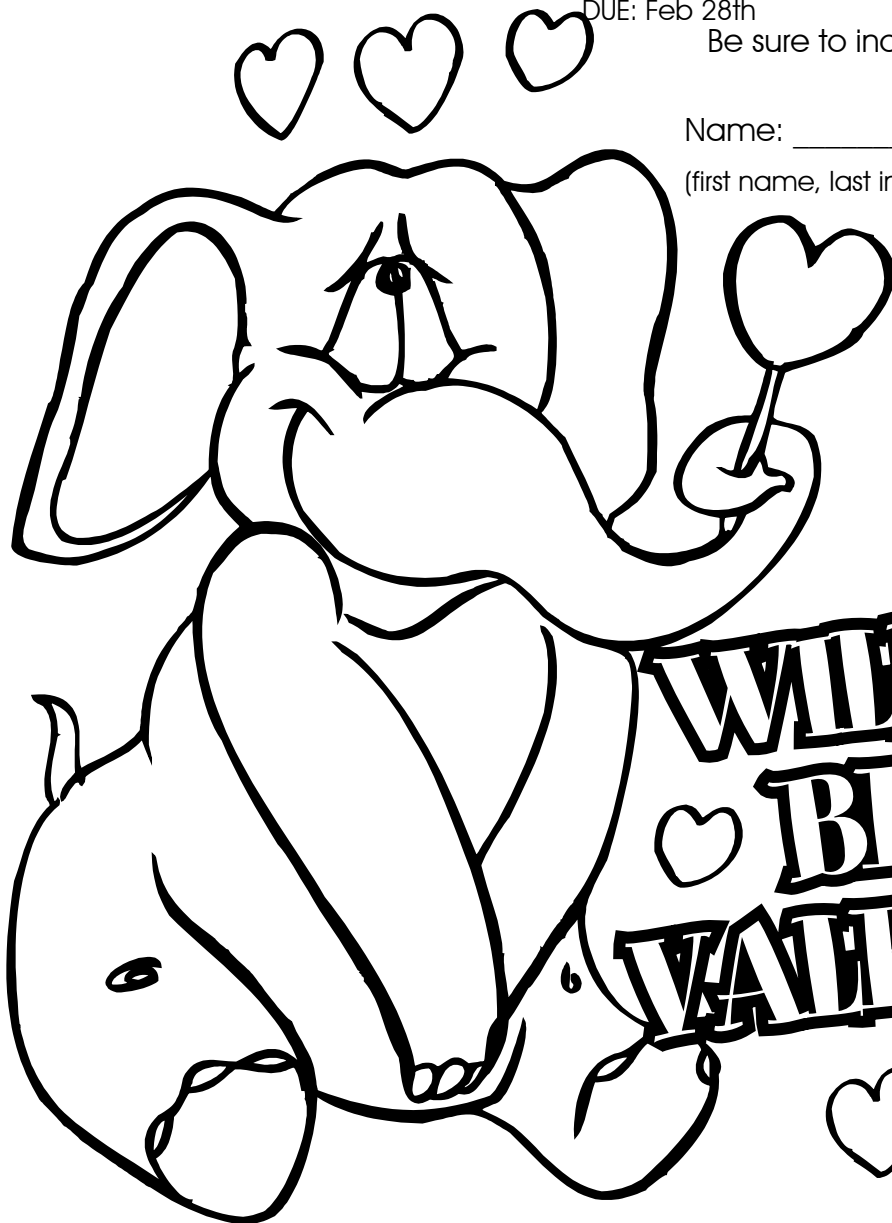
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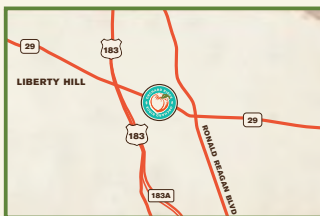


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By The Numbers

- 248 acres
- 742 new single-family homes with lot widths ranging from 40'-70'
- 2,465 square foot activity center complex
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Timeline

- Grand Opening Event (Phase 1) in February 2017
- Orchard Park Activity Center opening anticipated Summer 2017



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