

## Natural Oils

The second subject in our series on skincare and health is oil. Sebum, the oil that our own body produces, is very beneficial and instrumental in keeping our skin, hair and scalp healthy and protected from the sun and environment. Although over the decades our advertising media convinced us that keeping our hair and bodies free of oil was the most beneficial to our skin and hair health, for the most part it's not true. Soaps and shampoos can remove our natural oils and even irritate or exasperate your skin and cause inflammation. But the good news is that there are a lot of other natural ways to supplement our own production of oil and many of them are already in your kitchen cabinet or pantry!

Oils are lipophilic -- they can penetrate deep into the skin, adding moisture while keeping toxins and other bad stuff out of the acid mantle, which is the top layer of skin. Using simple vegetable and natural oils like avocado, grapeseed, rose hip and of course coconut oil can greatly benefit your skin, hair and scalp. Interested in growing longer eyelashes or replacing eyebrows that have been over tweezed? Apply a small amount of coconut or grape seed oil onto a cotton Q-tip and apply lightly to the target areas before going to bed each night. Do you want more shine to your hair or need help relieving dryness of your scalp? Try adding coconut or Castrol oil to your scalp before your shower or allowing it to soak in overnight once a week.

Here are some of the benefits of different oils: for reducing

wrinkles use primrose oil with a Vitamin E base, such as in Argan or grape seed oils because they're anti-aging, non-greasy, and light. For dry skin, apply a pea-sized amount of coconut oil to your driest areas. Oils like pumpkin seed help open up the top layer of skin in areas that need the most hydration. Jojoba is great for pulling out dirt and contributing fats into pores, making them appear smaller. Many oils have anti-inflammatory properties as well, helping to quell irritated skin commonly seen as redness and irritation from eczema, psoriasis & rosacea. Tea tree and coconut oil can work wonders in helping combat acne. Coconut Oil has been reported to work in a variety of ways by killing fungus and yeast infections. Some people even use oils in helping with sun protection.

There are many types of oils to try and everyone's skin is different so results may vary. No matter what your choice is, it is always best to start in moderation and utilize information from professionals, manufacturers and other trusted sources. Check with your doctor if you have special needs or questions and make sure to read the labels carefully. Don't forget to ask questions to determine the best fit for your skin type. Enjoy!

Would you like to share some of your oil-based results with us? We would love to hear about your experience. Write to [info@mrbeautician.com](mailto:info@mrbeautician.com) Or visit us on Facebook or our website at [www.mrbeautician.com](http://www.mrbeautician.com).

# The Forum

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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](http://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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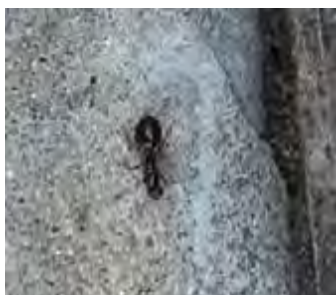
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## RED IMPORTED FIRE ANTS

TEXAS A&M  
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EXTENSION

I was making dinner the other night and my kiddo was outside playing. He came rushing in panicked. He discovered the fire ants of the season. While I knew it was inevitable, I was hoping that it would occur a bit later in the year. But, it's true. Fire ants have begun to yet again, dot the landscape with their mounds.

Spring time is usually when people see fire ants swarming (although it can also happen in the fall). Swarming is a reproductive process that usually occurs on warm days after a rain event. Winged males and females leave the mound and fly into the air to mate. After mating, they fall to the ground where males die and females break off their wings and search for a location to establish a new colony. Mated females dig a small chamber in soil, lay a few eggs and rear those young by themselves until the young become mature worker ants. At that point workers take



*Fire ant queen without wings.*

over colony functions and the queen continues to expand the population of the colony by laying more eggs.

While searching for a new colony location, many mated fire ant queens are killed by lizards, birds, spiders, other ants, and often my shoe stomping on them. Queens that survive can be managed by broadcasting fire ant bait over your entire property. New colonies are usually very small and may not have substantial mounds for locating easily for individual treatment. When worker ants forage for food, they would have the opportunity to locate, pick up, and carry fire ant bait back to the colony to share with other ants including the queen.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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## WHY ACUPUNCTURE?

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

### Does it Hurt?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

### What are the main objectives of acupuncture treatment?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture

and TCM can do for you. For more information, please visit [www.amaranthacupuncture.com](http://www.amaranthacupuncture.com) or [www.facebook.com/amaranthacupuncture](http://www.facebook.com/amaranthacupuncture).

### What does the World Health Organization say about acupuncture?

The World Health Organization (WHO) updated their list of conditions, symptoms or illnesses that may be treatable with acupuncture. The list of indications for acupuncture includes over 100 conditions, including lower back pain, neck pain, sciatica, tennis elbow, knee pain, peri-arthritis of the shoulder, sprains, facial pain, headache, dental pain, temporomandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus, morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, biliary colic, depression, acute epigastralgia, peptic ulcer, acute and chronic gastritis, etc.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)



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## Before you nix the xeriscape, know this: it doesn't mean you have to convert your lawn to a rock garden. Nor do you have to go cold turkey on turfgrass. But you do have to keep seven principles in mind.

*www.gardenstylesanantonio.com*

Coined in 1981 by Denver Water, xeriscape (xeris is Greek for dry) refers to the principles of matching low maintenance landscape with low water usage.

Xeriscape is not just rocks, cactus, agaves, synthetic turf, decomposed granite and rain barrels, although these could all be components of a xeriscape. A xeriscape in its simplest form is minimal lawn, native flowering perennials and shrubs with no more than two inches of mulch, and pervious patios or decks.

There are seven principles of xeriscape. They include:

1. Planning and design
2. Soil amendment
3. Efficient irrigation
4. Appropriate plant selection
5. Mulch
6. Limited turf areas
7. Appropriate maintenance

Now let's look at what these principles really mean.

### Planning and design

Always begin with a plan. Consider aspect, shade, slope, soil, and existing and desired species. Always have in the back of your mind the goal of one third lawn, one third beds and one third pervious patio or deck.

### Soil amendments

Soil holds moisture. The more soil, the less supplemental water

needed. One way to increase water holding capacity is compost. Add one inch of compost to the soil. Expanded shale, while not organic, is excellent for heavy clay soils.

### Efficient irrigation

Of course, the most efficient irrigation is rain. But the second best is a hose. Let this sink in — an in-ground irrigation system will use 50 percent more water (70 percent in the summer) than a hose-end sprinkler or hand held hose. Which do you think does a better job of conserving water?

### Appropriate plant selection

Pick a good shade tree or two. Enjoy some native plants or ones well-adapted to our area. An extensive list of options is available at GardenStyleSA.com.

### Mulch

Two inches of mulch, whether organic like woodchips or river rock, is sufficient. Xeric plants prefer limited mulch.

### Limited turf

It's really simple. Lawns use an excessive amount of water. Therefore, reduce the size of lawns. The recommendation of weekly mowing suddenly becomes much easier.

### Appropriate maintenance

Excessive pruning and fertilization does more harm than good. Just keep it simple — mow weekly, prune perennials no more than three times a year, prune trees once every five years and fertilize once a year or use compost in spring and fall.

## MARCH MARKS NATIONAL NUTRITION MONTH

### Five Key Nutrition Tips for a Health Lifestyle

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRell DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center — Lakeway, is ready to help get you started with these five key tips:

- **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.

- **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.

- **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.

# The Forum

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## Searching for a Forever Home.

*By Megan Ransom*



Meet 17-year-old Aurilena and her sister, 16-year-old Lorna! Aurilena and Lorna are looking for a forever home. They need to be adopted by a family who has experience in raising teenagers. It is important that the forever family for these children understand that they are very bonded to each other. They would love more than anything to be adopted together. Learn more about the girls on the Heart Gallery of Central Texas website: [heartgallerytexas.com](http://heartgallerytexas.com)

The Heart Gallery of Central Texas, a program featuring portraits of Central Texas children in the foster care system who are available for adoption. We believe through working together, our community can raise awareness around adoption, foster care that leads to permanency for our waiting children.

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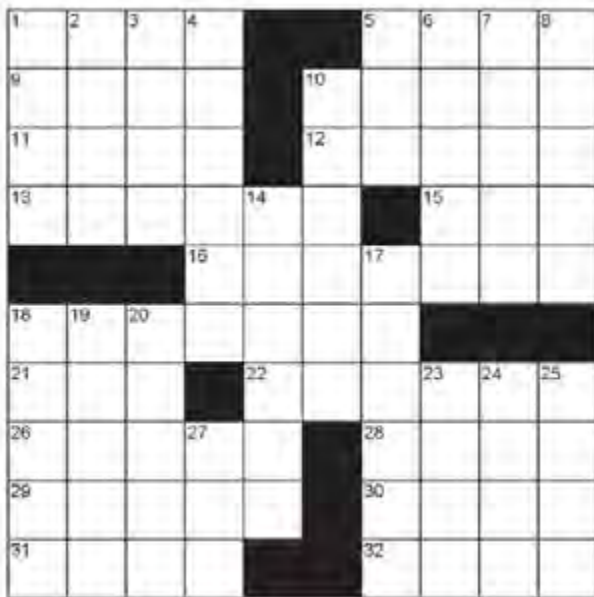
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## CROSSWORD PUZZLE



### ACROSS

1. Chunk
5. Tramp
9. Run
10. Confuse
11. Cain killed him
12. To that time
13. Fraud
15. Compass point
16. Taught
18. Hides
21. Brew
22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

### DOWN

1. Attired
2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
8. Eyed
10. Combustible material
14. Angry
17. Old Testament prophet
18. Fireproof storage areas
19. Climate
20. Summary
23. Fly alone
24. Matching
25. Secure
27. Whack

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