

Transportation

Pre-owned

1994 ACURA Legend: 4 door, leather, CD/ stereo, 6 cylinder power, regular service and smooth. 173K miles. \$2500. (210)488-8293. INDIVIDUAL

2006 BMW 325i: one owner, flawless, 124K, cold a/c, runs perfectly, power features, \$5900. (512)577-7627.

2003 BMW 525i: one owner, flawless leather, sunroof, power features, 119K, no issues, \$4950. (512)577-7627.

2005 CADILLAC CTS: silver, loaded, leather, sunroof, fog lights, keyless entry, 98K miles, \$4400. (512)577-7627.

2002 ACURA RSX: Type S. Good condition! \$5300. (512)368-1996. INDIVIDUAL

2010 ACURA TSX Tech: sunroof, leather, automatic, \$11,800. Hablo Espanol. (512)808-3020.

1996 CADILLAC Eldorado: 162K miles. Runs good. \$2500. Call: (281)773-6567. INDIVIDUAL

CASH FOR cars, any make/ model, 1999- 2014. (512)923-4919.

2014 CHEVROLET Cruze LS: automatic, all power, 1 owner, super clean, 39K miles, \$10,995. (210)237-3044.

2007 DODGE Caliber: really good car, works great, 76K miles, automatic, \$3800. (512)748-8460. INDIVIDUAL

2004 CHEVY Cavalier: 2 door, 5 speed, \$1995. (512)923-4919.

2010 CHEVROLET Camaro 1LT: 75K, power features, \$16,900. Hablo Espanol. (512)808-3020.

1998 FORD Taurus: runs awesome, cold a/c, 98K miles, good tires, \$3250. (512)788-0050.

2010 NISSAN Xterra off-road: 4/wd, beautiful SUV, one owner. 158K. Looks and drives like new. Fully loaded. \$9500. (512)650-0989. INDIVIDUAL

2004 GMC Yukon: really good truck, works great, white, 8 cylinder automatic, \$3800. (512)748-8460. INDIVIDUAL

2015 HONDA Civic LX: great gas mileage, only 15K, 4 cylinder, \$16,900. Hablo Espanol. (512)808-3020.

2008 HYUNDAI Accent sedan: 82000 miles automatic, MP3/ Aux, new battery, 4 door, \$4,900. (512)767-5591.

2006 HYUNDAI Sonata: really good car, 122K miles, grey, automatic, 4 cylinder, \$3800. (512)748-8460. INDIVIDUAL

2009 IMPALA: Everything works! Silver. Automatic. \$3800. (512)243-1856. INDIVIDUAL

2009 INFINITI G37: very clean, leather, navigation, sunroof, 84K, \$13,800. Hablo Espanol. (512)808-3020.

2011 KIA Soul. Alien green, automatic, great gas mileage, sunroof, \$10,900. Hablo Espanol. (512)808-3020.

2010 MAZDA 5: No mechanical issues, just passed inspection! 117K, 4 cylinder, a/c, \$6000. (512)792-1413. INDIVIDUAL

2003 NISSAN Altima 2.5SL: Automatic, leather, CD Bose. Fully loaded, 4 door. \$4,400. (512)767-5591.

2005 NISSAN Altima: 4 door sedan, white, auto, clean condition, a/c, tint. Must sell! \$4250 obo. (512)923-4919.

2008 NISSAN Altima: white coupe, all power, 59K, super clean, 6 cylinder, automatic, \$9500. (210)237-3044.

2004 NISSAN Armada: really good truck, works great, automatic, \$4800. Se hablo Espanol. (512)748-8460. INDIVIDUAL

2012 NISSAN Rogue S: very clean, leather, sunroof, 73K miles, \$11,899. Hablo Espanol. (512)808-3020.

2012 NISSAN Versa: works great, grey, 4 cylinder, automatic, \$4600. Se hablo Espanol. (512)748-8460. INDIVIDUAL

2004 HONDA Accord EX: 143000 miles 4 door, 5 speed, loaded, new tires, \$4,900. (512)767-5591.

2001 HONDA Civic: 157K, a/c works perfectly, 4 cylinder. \$2800. Hablo Espanol! (512)792-1413.

2005 HONDA Civic LX: 152000 miles automatic, coupe, cold a/c, 2 door, \$4,500. (512)767-5591.

2006 NISSAN Altima 2.5S: 113000 miles automatic, cold a/c, CD, single owner, \$5,500. (512)767-5591.

2002 NISSAN Quest: 6 cylinder, 158K miles, automatic. \$4150. (512)701-0269.

2007 KIA Rio: \$8995. (512)646-0911.

2005 MONTE Carlo LT: \$9995. (512)646-0911.

2008 NISSAN Altima: \$9995. (512)646-0911.

2005 NISSAN Maxima: \$9995. (512)646-0911.



\$100- \$1000 paid for junk, scrap, wrecked cars and trucks. **Towing included!** Any year, make, model. **(512)646-1721.**

2007 TOYOTA Camry: flawless, 2 owners, no accidents, cold a/c, runs great, 177K, \$5800. (512)577-7627.

2003 VOLKSWAGEN Jetta: 2.0 engine, 185K, manual transmission, runs/ works good, \$2300. Hablo Espanol! (512)792-1413.

2008 VOLKSWAGEN Jetta GLS: automatic, all power, leather seats, sunroof, super clean, 104K, \$5995. (210)237-3044.

2009 VOLKSWAGEN Passat GLS: automatic, all power, runs great, super clean, 94K miles, \$6995. (210)237-3044.

2012 VOLKSWAGEN Passat SEL: all power, fully loaded, super clean, 71K miles, automatic, \$12,500. (210)237-3044.

2008 VOLVO S40: 106000 miles 2.4l, automatic, sunroof, alloy wheels, power windows. \$6,500. (512)767-5591.

2012 VOLKSWAGEN Beetle: 2.0 Turbo, 36K! drives clean, \$13,900. Hablo Espanol. (512)808-3020.

News of Nutrition

Harnessing The Healthy Power Of Coffee

(NAPS)—A few cups of coffee a day may do much more than fuel that early-morning energy oomph. The latest wave of scientific evidence suggests drinking coffee offers numerous health benefits that contribute powerfully to a balanced diet, an active lifestyle and overall well-being.

Until recently, the health impact of the world's most popular beverage has been hotly debated. However, better and more well-designed research is now telling a much clearer story, one that has coffee enthusiasts celebrating.

Helping shape this sharper picture have been eye-opening reports by the U.S. Dietary Guidelines Advisory Committee released just this past year. Scientists conducted a comprehensive analysis of all the latest evidence surrounding coffee as it relates to health. Included was a review of more than three dozen studies involving 1.2 million-plus participants. Following the assessment, the nation's top nutrition panel made history by giving the thumbs-up for people to enjoy coffee in a "moderate range," defined as three to five cups per day for adults.

It turns out that when scientists honed in on coffee—just coffee, without trans fat-ridden creamers, syrups and sugars—the results were clear. A cup of joe can have a very healthful effect, such as enhancing exercise performance. But there are also strong indicators tying coffee to other benefits, such as an association with better cardiovascular, metabolic and brain health long term.

This is great news for java lovers everywhere, and there are lots of them. Americans alone consume 400 million cups of coffee per day, making the U.S. the leading consumer of coffee in the world, according to the National Coffee Association. Globally, the total is estimated between 1.5 and 2 billion cups daily.

"Today's science now shows us that coffee can be quite healthful, and that's fantastic since there are so many of us who enjoy it," said registered dietitian and nutritional counselor Jaimie Lopez, RDN. "But this means drinking sensibly. Black coffee is best. When you start



The healthful power of coffee is a welcome delight for millions. It not only tastes good, it can also be good for you.

throwing in things like sweeteners, a healthful pick-me-up can quickly turn into a high-calorie concoction."

So not only does coffee deliver natural caffeine to the body for an energy boost, but many negative misperceptions about the beverage's impacts to overall wellness and fitness are also being debunked. In fact, the data findings by the Dietary Guidelines Advisory Committee point to just the opposite—that the brew can actually help support and protect mental and physical well-being.

The healthy power of coffee is a welcome delight for millions. It not only tastes good, it can also be good for you. So much so that it is emerging as an integral part of healthful living.

"The right type of coffee consumed responsibly can definitely be a tasty and healthy part of daily life," said Suk Cho, Ph.D. and Chief Science Officer with Isagenix, a leading global health and wellness company. A provider of nutritional systems and solutions for energy, performance and weight loss, the company recently expanded its product offerings to include a line of premium and organic, slow-roasted coffee.

"This isn't a green light to drink as much coffee as you want. Coffee consumed in excess or in the evening is linked to poor sleep, insomnia and other risks. But in moderation, it can absolutely provide a safe and satisfying boost for your brain and body," said Suk.

So now millions can enjoy their daily dose of coffee while simultaneously drinking to, and for, their health. For more information about the healthy power of natural caffeine and coffee, visit www.isagenix.com.

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