



May 2008

Volume 2, Issue 5

### Attention: Business Owners, Marketing & Sales Professionals

#1 REFERRAL GROUP IS GROWING INTO A NEW LOCATION!

For the 2nd year in a row, The Live Oak Network, a professional business referral organization, was rated #1 in membership and referrals generated in Central Texas! That's right... and we are the biggest and the best again! But you know what's even better? We are also the most fun-loving, enthusiastic and supportive group of professionals too!

Quick Quiz:

1. Do you know a reliable and trustworthy professional (residential, commercial, health and beauty, financial services, trades, or event planning) who places their customer's needs first?
2. Would you refer them to your friends and or family members without hesitation because they are the best you've ever seen?

If you answered "Yes", tell them The Live Oak Network is looking for more full-time, trustworthy, experienced professionals to join our growing network today!

The Live Oak Network is a non-competitive professional referral organization that admits one high quality individual or company per professional category to share ideas, contacts and most importantly referrals.

Are you curious? Do you want to learn how to build your business by referral? Visit us this week! We meet each Wednesday morning, and there is no obligation to join.

#### NEW LOCATION

Waterloo Ice House  
9600 Escarpment, 78749

The Live Oak Network  
Wednesday - 8:00 AM to 9:30 AM

The \$10.00 meeting fee includes a healthy breakfast and beverages.

Bring at least 50 business cards to hand out to our members. For more information call 288-8088, or email [Bob@AustinReps.com](mailto:Bob@AustinReps.com).

- Submitted by Bob McKenna, Circle C Ranch Resident



## Welcome to the The Shady Side

*A newsletter for Shady Hollow residents by Shady Hollow residents.*

The Shady Side is a monthly newsletter mailed to all Shady Hollow residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at [www.PEELinc.com](http://www.PEELinc.com) or you can email it [articles@peelinc.com](mailto:articles@peelinc.com). Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

*Don't want to wait for the mail?*

View the current issue of The Shady Side on the 1st day of each month at [www.PEELinc.com](http://www.PEELinc.com)

## Newsletter Information

### Publisher

Peel, Inc. .... www.PEELinc.com, 512-989-8905  
Article Submission ..... shadyhollow@PEELinc.com  
Advertising ..... advertising@PEELinc.com

## Advertising Information

Please support the businesses that advertise in The Shady Side. Their advertising dollars make it possible for all Shady Hollow residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following month's newsletter.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

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\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing [shadyhollow@PEELinc.com](mailto:shadyhollow@PEELinc.com) or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Shady Side. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

## Send Us Your Event Pictures!!



Do you have a picture of an event that you would like to run in The Shady Side? Send it to us and we will publish it in the next issue. Email the picture to [articles@peelinc.com](mailto:articles@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](http://www.PEELinc.com).



Jazz – Ballet – Hip Hop – Cheer/Tumble – Lyrical – Tap – Drill  
Aerobics – Musical Theater – Yoga – Creative Movement

### Summer & Fall Classes

Morning to evening. 18mos-Adult

### Summer Camps

From Hannah Montana to traditional Dance Camp/Intensive you don't want to miss these!

### Master Classes

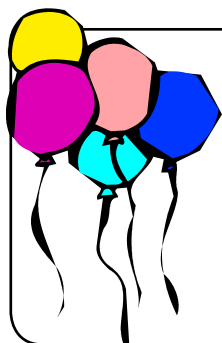
Learn from world-class instructors as they guest teach a special Saturday class – open to all!

**In front of Circle C @ Escarpment and Slaughter  
Between Starbucks and Waterloo Ice House**

**(512) 301-9222**

**[info@DanceXplosionAustin.com](mailto:info@DanceXplosionAustin.com)**

**[www.DanceXplosionAustin.com](http://www.DanceXplosionAustin.com)**



## Do You Have Reason to Celebrate?

We want to hear from you! Email [shadyhollow@PEELinc.com](mailto:shadyhollow@PEELinc.com) to let the community know!

## Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Shady Hollow residents, limit 30 words, please e-mail [shadyhollow@PEELinc.com](mailto:shadyhollow@PEELinc.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## Gardening in the Hill Country May 2008

Spring is in full swing with bright green mornings full of sunshine and bird song. Area garden centers are bursting with eager gardeners loading carts with compost, flowers and landscape supplies. While riding the energy of the season to beautify your yard, keep in mind a few things that will help the garden flourish through spring and summer.

Healthy soil supports a healthy landscape. Dedicate energy every year to improving your soil, and you will be richly rewarded with better blooms, improved water efficiency, and fewer disease problems. Work compost into garden and flower beds, and top-dress established areas and lawns with compost. Compost improves soil quality, and reduces or eliminates the need for fertilizer.

Water your garden efficiently and effectively. Although some watering is necessary to sustain gardens in the Hill Country, many people water too much! Over-watering wet or shallow soil results in weakened or diseased plants as well as runoff (water and money down the storm drain). For our thin and clay Hill Country soils, 1/2 inch, twice per week is the maximum amount you should need to water—even during the heat of summer. During spring and fall, 1/2 inch once per week is plenty.

Watering between dusk and dawn further increases the effectiveness of the water you use by reducing evaporation and increasing the amount of water that makes it to plant roots.

Twice per week summer watering is good for landscapes and also good for water supply. Over 60 percent of residential water is used on landscapes in the summer, resulting in water treatment plants experiencing peak demands. Efficient watering reduces the need to build new water treatment plants.

The City of Austin recently adopted a mandatory twice per week watering schedule effective May 1 through September 30. In April, the LCRA board will consider adopting the same watering schedule for LCRA water customers. The watering schedule is as follows:

Odd addresses: Wednesday and Saturday

Even addresses: Thursday and Sunday

Commercial and HOA common areas: Tuesday and Friday

Healthy soil and efficient watering will assure that the vibrant flowers in your shopping cart at the garden center thrive in your yard throughout the growing season. Happy planting!

Elizabeth Drozda-Freeman is the conservation landscape specialist for the Lower Colorado River Authority. She can be reached at (512) 473-3200 Ext.2230 or elizabeth.drozda-freeman@lcra.org if you have comments, questions or suggestions for future gardening topics.



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# The Shady Side

CHANGE OF DATE/CHEER CAMP IN JULY

## BOWIE HIGH SCHOOL CHEERLEADING CAMP

**Date:** Monday, July 14, 2008 to Friday, July 18, 2008

**Location:** James Bowie High School Gym—  
4103 W. Slaughter  
Lane, 78745

Morning Session: 8:00 am – 12:00 pm

Afternoon Session: 1:00 pm – 5:00 pm

Both Sessions: 8:00 am – 5:00 pm (Lunch 12-1)

**Cost:** One Session (Morning or Afternoon)  
\$75.00 per child (if turned in by May 12)  
Both Sessions (All Day)  
\$125.00 per child (if turned in by May 12)  
(Late) Door Registration: Above cost +\$20.00  
\$25 charge on all NSF checks

### General Information:

♥ All day participants must bring their own lunches. Our concession stand will be serving drinks and treats only.

♥ Free Camp T-shirt to all participants.

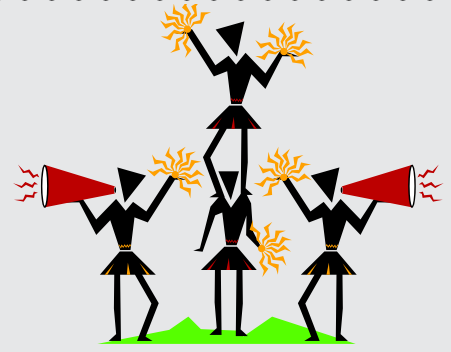
♥ The Bowie Cheerleader Booster Club will sell drinks and treats daily.

♥ Attire: tennis shoes and clothing suitable for easy movement. (t-shirt and shorts)

♥ A 5:20 pm evening performance will be held on Friday for the parents.

♥ Pictures of your child and their favorite cheerleader or bulldog will be taken on Wednesday. Pictures are \$5.00. Orders will be delivered on the last day of camp.

♥ Additional information or questions: Claire Groves, Bowie Cheer Fundraising sponsor, 841-3690/282-6211 or e-mail [agroves@austinisd.org](mailto:agroves@austinisd.org)



After you complete this form, place it in an envelope with your cash or check payment to Bowie Cheerleading and turn it in at the Bowie High School Main Office by June 6, 2008--- ATTN: Bowie Cheer or mail to Bowie Cheer, 3716 Rocky Ford Drive, Austin, TX 78749

Name of Participant(s): \_\_\_\_\_

Grade (K-8th as of next fall): \_\_\_\_\_

Parent's First & Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Check which session your child will be attending:

Morning  Afternoon  All Day

T-Shirt Size (Circle One):

Youth S      Youth M      Youth L      Adult S

*Waiver of Claims: I, as the parent or guardian, hereby give permission for my child/children to participate in the Bowie Cheer Camp and acknowledge the fact that he/she is physically able to participate in the camp activities. I hereby waive any claim I might have against Bowie High School, Austin Independent School District and any of its agents, which might arise from any injury or other damage my child might incur on the property of Austin Independent School District.*

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

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**Aisha, Lee, Layiron and Ayisha are Waiting for Their Forever Family!**

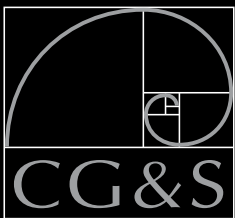


Aisha and Ayisha DOB: February 1997  
 Lee DOB: May 2003  
 Layiron DOB: November 2004

Aisha and Ayisha are adorable twins. Aisha is more outgoing than her sister and enjoys being outside. She enjoys cooking (loves making guacamole), cheerleading and playing soccer. Ayisha loves to read and would much rather spend her time reading than anything else. Ayisha also enjoys being outdoors, playing soccer and shopping. Both Ayisha and Aisha are in the 5th grade and LOVE Mexican food. Lee is a sweet little boy who enjoys school and playing with his siblings. Layiron is an energetic male who loves to sing and enjoys hugs. These children were removed from their biological family due to abuse and neglect and are hoping to find a family that will adopt all 4 of them.

For more information about becoming a foster or adoptive parent, please contact Tracy Eilers at [tracyeilers@adopttexas.org](mailto:tracyeilers@adopttexas.org). For information about Aisha, Lee, Layiron and Ayisha, please contact Vanessa Coppola, Adoption Coalition of Texas/ Wendy's Wonderful Kids Recruiters at [vcoppola@adoptioncoalitiontx.org](mailto:vcoppola@adoptioncoalitiontx.org) or 512-687-3209.

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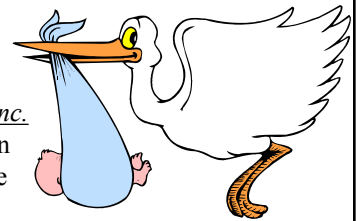
Not Available Online

# HAPPY Mother's Day

Sunday, May 11th

## Stork Report

If you have a new addition to the family please let us know by emailing [shadyhollow@PEELinc.com](mailto:shadyhollow@PEELinc.com) and we will include an announcement to let everyone know!



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NORTH: 1001 W. Anderson Lane 323-6999

SOUTH: 3601 W. William Cannon 891-6054

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## Best Practices Benefit Homeowners Discuss Solutions to Common Community Issues

Austin, Texas - The upcoming CAI Tradeshow offers solutions - solutions to homeowner's problems that keep their community association directors awake at night; solutions that other associations have faced and solved; solutions local service and equipment providers offer; solutions that work.

In a single evening - less time than a typical board meeting - community association directors will have the opportunity to meet face-to-face with other directors, local vendors, and professional property managers from the greater Austin area, to discuss best practices.

Debby Cole, tradeshow organizer and board director at the Austin chapter of the Community Associations Institute (CAI), relates: "The job of managing a group of homeowners can be daunting for the volunteer leaders, because few have experience running a community association - collecting delinquent fees, upholding covenants and restrictions, resolving disputes, establishing reserve funds. But there are solutions - best practices that directors of other community associations have successfully employed. And that's what CAI is all about - helping community association governing boards as well as the professional property managers and other business partners that support them and their communities."

The CAI Tradeshow will feature four educational sessions for community association leaders (board directors, committee chairpersons, etc.) emphasizing best practices proven successful in other communities. Over 40 local service and equipment providers will be exhibiting including landscapers, insurance providers, contractors from all disciplines, professional property managers, and more.

Attendance is complementary for community association leaders - funded by the members of CAI and the exhibitors. Contact Beth Bentley, (512) 261-4283, [bbentley@gatesource.net](mailto:bbentley@gatesource.net), to reserve your complementary tickets in advance.

The CAI Tradeshow will take place on Thursday, June 26, from 4:30-8:30pm at the Norris Conference Center, 2525 W Anderson Lane # 365, in Austin.


### Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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

\*Solution at [www.PEELinc.com](http://www.PEELinc.com) © 2006. Feature Exchange

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\$2,000 - \$74,999 <b>2.12</b> %****	<table border="1"> <thead> <tr> <th>Term</th> <th colspan="2">APY %****</th> </tr> <tr> <th></th> <th>\$1,000</th> <th>\$95,000</th> </tr> </thead> <tbody> <tr> <td>12 mo.</td> <td>3.29%</td> <td>3.39%</td> </tr> <tr> <td>24 mo.</td> <td>3.34%</td> <td>3.44%</td> </tr> <tr> <td>36 mo.</td> <td>3.39%</td> <td>3.49%</td> </tr> <tr> <td>48 mo.</td> <td>3.44%</td> <td>3.55%</td> </tr> </tbody> </table>	Term	APY %****			\$1,000	\$95,000	12 mo.	3.29%	3.39%	24 mo.	3.34%	3.44%	36 mo.	3.39%	3.49%	48 mo.	3.44%	3.55%
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\$125,000 Plus <b>2.32</b> %****																			

\*Annual Percentage Rate. All rates expressed are "as low as" \*\*Austin Telco will pay all standard closing costs on Home Equity loans below \$100k. Additional non-standard fees will be the responsibility of the member. Credit qualifications apply. \*\*\*\*Rate applies to 1st lien commercial real estate loans with a loan to value of 80% or less; construction/development loan rates/terms may be different. No Pre-payment penalty. Credit qualifications apply. Please call for details. \*\*\*\*Annual Percentage Yield. Penalties for early withdrawal may apply. All APRs, APYs and terms are subject to change without notice.



## COMPOST & AERATION: Keys to a Healthy Lawn

By David Hunsaker

Compost and Aeration are key ingredients to a healthy, vibrant green turf. The combination of both Compost and Aeration help to improve the lawn's root system, soil compaction and soil composition.

The first key ingredient is Aeration. This is the process of perforating the soil with small holes that allow water, air and fertilizer to get closer to the roots. This enables the roots to grow more deeply producing a healthier, greener turf. The aeration process removes thin, cigar-shaped plugs of dirt and then deposits them on the surface of the lawn. These plugs are left on the lawn in order to get oxygen to the root system.

When lawns are not aerated, air gets squeezed out of the soil and roots cannot grow as efficiently. "The soil under the lawn tends to compact readily because, unlike garden soil, it is virtually never worked or turned.

For the lawn, aerating is the alternative to tilling."\*

The second key ingredient is the compost or top soil. Compost is an all natural, organic fertilizer that dispenses nutrients into your soil. The lawn is top dressed with compost after aerating. As it slowly decomposes throughout the year, it leaves you with a strong, green and lush lawn. Compost also has more of a significant amount of additional nutrients than any "brand name" fertilizer you can buy at your local home and garden center.

The process of Aerating and applying compost decreases the soil compaction, allows nutrients into the soil and strengthens your lawn root system during the stresses of summer. Both Aerating and Composting are key factors to a healthy lawn.

\* All About Lawns, Ortho Books

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# Come join the family!



**Southwest Family Fellowship:** Providing parents with the resources they need to teach their kids values and character in a safe and fun environment

### 1<sup>st</sup> Service:

9:00 AM - Adult Worship  
Service & Dynamic Kid's Program

### The Buzz:

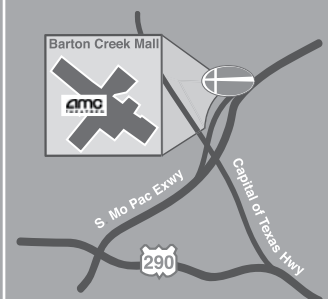
10:20 AM - An interactive  
service for kids and their parents

### 2<sup>nd</sup> Service:

11:00 AM - Adult Worship  
Service & Dynamic Kid's Program

(512) 282-7771

SWFF is meeting at the AMC  
Theaters in Barton Creek Mall



[swfamilyfellowship.com](http://swfamilyfellowship.com)





## Austin Newcomers Club May Luncheon

May 21, 2008  
11:00 AM Social; 12:00 Noon Luncheon

### Austin Newcomers Style Show

Featuring our members as models. The ladies will be modeling resort wear, holiday attire and classics from such fashion names as Chico's, Ann Taylor, and Talbots—and all at thrift store prices! Join us for a fabulous afternoon and learn how you too can look wonderful without spending a fortune.

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Location: Green Pastures Restaurant  
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Cost: \$20.00

Public contact phone number and/or website:  
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## Diet and Your Health

By Jeannette Quickenden S.A.C. Dip, MIGHT, AADP

Welcome to our new feature 'what you eat and your health' our aim is to help you help you.

The old saying "we are what we eat" is so true. Everything we consume is digested and absorbed into our bloodstream to 'fuel' our bodies. At the same time, without realizing it, we are feeding ourselves large quantities of chemical additives and preservatives, which can cause numerous health issues.

A large number of the things on your grocery list contain food additives that are intentionally added to modify visual appearance, taste, texture, processing, or the storage life of food. Not all of us can tolerate these additives. A reaction for some can lead to major health issues.

We all know that eating too much junk food is bad for the waistline but did you

know that there are also numbers of 'good' foods that can have an adverse effect on some individuals?

For example do you or a family member suffer with any of the following?

- headaches
- indigestion
- depression
- candida
- difficulty sleeping
- poor memory
- constipation
- poor digestion
- menstrual problems
- irritability
- fatigue

And these are to name just a few ailments which can be diet related.

Finding the right dietary combination has also been known to help those suffering from

autism, heart disease, diabetes, osteoporosis and certain cancers – while increasing your energy and stamina. Healthy eating can even lower "bad" LDL cholesterol.

Our first article will hit home to many parents - A hyperactive nightmare on two legs – does this sound like your child? We will be looking at possible dietary causes for behavioral problems.

If you have any questions please e-mail us at [jeannette@qhealth-naturally.com](mailto:jeannette@qhealth-naturally.com).

Please note to assist others, individual questions may be used in further features but no personal details will be disclosed.

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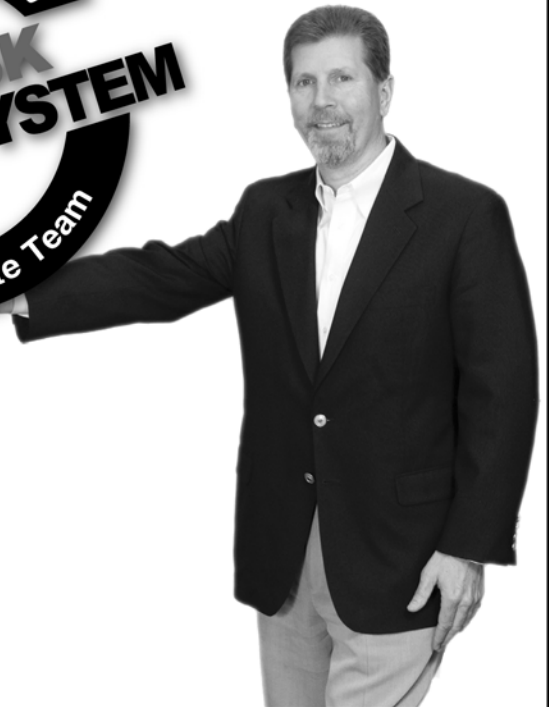
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