



March 2011

Volume 5, Issue 3

SAVE THE DATE!

Mills Elementary Annual Spring Festival

April 30th Saturday, 2:00 - 6:00 p.m.

Giant Rock Wall - Inflatables - Life Size Maze - Games - Petting Zoo
- Face Painting Artist - Cake Walk - Silent Auction - Doc Munchies
Donut Trailer & Food Trucks - And Much Much More!

The cost of a wristband allows unlimited access to all areas.

For more information, visit www.millspta.org We hope to see you there! Kids & Adults of all ages welcome!

Local Businesses: If you would like to sponsor a festival booth or donate an item for the Silent Auction in exchange for acknowledgement at the festival, in the Mills newsletter, and the Mills website, please email Michelle Hubbard at: mkhubbard@sbcglobal.net

HUGE GARAGE SALE

Abiding Love Lutheran Church SATURDAY, MARCH 5

8 a.m. till 2 p.m. - Rain or Shine!

- 7210 Brush Country at Convict Hill Road
- Come Save, Save, Save and Have Fun Too!
- Clothes, Household Items, Furniture, Toys,
- Office & School Supplies, and Much More!
- Concession Stand for Food and Drinks!

Proceeds benefit the Church Youth Ministry and other outreach programs; any unsold items are donated to various charities. If you have items you would like to donate, please take to church on the 3rd after 2pm or on 4th after 8:30am or call 280-4533.

Happy
ST. PATRICK'S DAY!

LANDSCAPING With Deer Resistant Plants

Submitted by Jack Williams

Landscaping in Austin can be fun, but also quite challenging. The unique setting of Austin blends the urban city with the Hill Country of Central Texas. This mix gives the Austin landscape a look and feel unlike any other part of Texas.

With wildlife and people living together, it is common to see deer in neighborhoods all around Austin. The deer can really give headaches to the novice landscaper. When landscaping in Austin, it is important to know the different types of shrubs and perennials you can use to make your yard beautiful and keep the deer from munching on your new plantings. Remember, the plants mentioned are usually deer resistant, but deer will eat almost any plant if hungry in extreme drought conditions.

Every landscape should have the right mix of evergreen shrubs and flowering perennials. This way, your garden doesn't look dead in the winter and will provide color in the spring, summer and fall. Here are a couple of plants that I have had success with while landscaping in Austin.

Evergreen Shrubs:

- Silver Germander
- Pineapple Guava
- Dwarf Yaupon
- Cotoneaster
- Upright and Trailing Rosemary
- Bicolor and African Iris
- Jerusalem Sage

Flowering Perennials:

- Salvia species (Several varieties and colors to choose from - I like 'Hot Lips', Mexican Bush Sage and Salvia Greggii)
- Indigo Spires
- 4 Nerve Daisy
- Copper Canyon Daisy
- Turk's Cap
- Bat Face Cuphea
- Yellow Bell

(Continued on Page 3)

NEWSLETTER INFO

NEWSLETTER PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Article Submissions.....shadyhollow@peelinc.com
Advertising..... advertising@PEELinc.com

ARTICLE SUBMISSIONS

Interested in submitting an article? You can do so by emailing 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.

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 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 9th of each month for the following month's newsletter.

The Live Oak Network of BNI

QUICK QUIZ:

1. Do you know a reliable and trustworthy service professional (residential, commercial, health and beauty, 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?

If you answered "Yes", tell them The Live Oak Network is looking for more good people to join our growing network of professionals today!

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

Curious? Do you want to learn how to build your business by word-of-mouth referral? Visit us this Wednesday morning 7:45 to 9:30 a.m.... have a great time, meet new people - and there is no obligation to join. Please contact Susan Hale for more information at susan@ubeuinc.com, 369.3692 or visit www.bniaustin.com for specific location.

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

Not Available Online

What's on your to-do list this month?

Change Your World - sundays @ 10 am

THE RADIANT CHURCH | WATCH LIVE services Sunday mornings or view any time at www.ghbc.org
Sunday Morning Schedule 10:00 - Worship | 8:30 & 11:30 - Bible Life Groups (all ages)
Great Hills Baptist Church | 10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763

Thank you, Shady Hollow!

We have **hatch** Learning Technology!

Supporting Educators | Developing Young Minds™

Stepping Stone **SCHOOL**

- Infant & Toddler Care •
- Preschool • Pre-K • Before- & After-School Care • School Holiday Care • Summer Camp

(512) 233-4944
steppingstoneschool.com

PLEASE RECYCLE!

“Help Those in Need and Help Save Our Precious Environment”

Not just for today, but every day all year and for the years to come! This is what we RECYCLE and how you can help us by donating:

Used Printer Cartridges, Cell Phones & Chargers, Eye Glasses & Sun Glasses! Plastic & Paper Bags, Egg Cartons, Gently Used Adult & Children’s Clothing & Children’s Books, Paper & Newspaper, Mail, Magazines & Catalogs.

Used printer cartridges, cell phones, etc. help earn \$\$’s for the Capital Area Food Bank & benefits our Church Food Pantry when a donation is made for each item. These types of donations have provided over 9000 meals per quarter for the Food Bank & Needy.

The bags, egg cartons, clothing, books, papers, mail, magazines & catalogs benefit our Food Pantry & Other Outreach Ministries. Eye glasses & sun glasses are distributed to those in need, or sold at minimal cost with proceeds benefiting Habitat Homes for Housing.

Share this news with family, friends & employers! Donations can be taken to Abiding Love Lutheran Church at 7210 Brush Country Road Monday thru Friday from 9am till 4pm or deposit paper items in the Paper Recycle Bin in the north church parking lot any time. Call 280-4533 for further information. Thank You for Your Help!

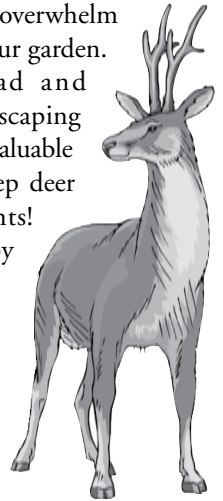


Landscaping with Deer Resistant Plants

-(Continued from Cover Page)

These shrubs and perennials will vary in height and texture, so be sure to plant in the right location. For example, you don’t want to plant a Pineapple Guava in front of a window or an Upright Rosemary too close to a sidewalk--allow for adequate growth. If not, the plants will overwhelm the space and crowd your garden.

By planning ahead and before you begin landscaping in Austin, you will save valuable time, money AND keep deer from eating your plants! Best of luck and happy gardening.



Finally...

A DHL Authorized Shipping Center® in Southwest Austin!



International Shipping to Over 220 Countries and Territories!



..... Mail & More

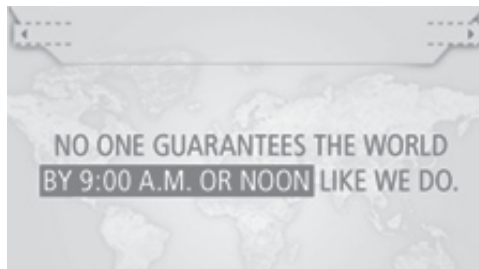
9901 Brodie Lane, Ste 160, Austin, TX 78748 • 512.282.1115

www.mailmoreaustin.com

STORE HOURS

Monday-Friday 10 AM - 6 PM

Saturday 10 AM - 3 PM



We accept DHL regular account drop-off letters and packages at no charge unless additional packaging is required.



**JOIN US FOR GOLF
AND A GREAT CAUSE!**

DATE: Wednesday, April 13th
11:00 am Registration - 1:00 pm Start
LOCATION: Flintrock Falls Golf Course
FORMAT: 4-person scramble
COST: \$165 per golfer*

*Includes lunch, dinner, shirt & goodie bag

Please join us for the 3rd annual
Colin's Hope Classic charity golf tournament
and help prevent childhood drownings.

Special Guest Emcee will be **Bob Fonseca**
of the 93.7 KLBJ FM Dudley & Bob Morning Show

Register online now at:
www.colinshope.org
Email: alissa.magrum@colinshope.org



WWW.COLINSHOPE.ORG

Achhoooo!

What you can do about allergies for good!

If you live in Austin and other allergen-laden locales, you are certainly familiar with the outward symptoms of airborne allergies. And if you've ever rushed to the bathroom after lunch, you may also be familiar with some food allergies and what they do to you. But did you know that depression can actually be a symptom of an allergy at work in your body? So can muscle aches, joint pain, anger and irritability, even an inability to think clearly. The list of allergy symptoms goes on and on.

The exact cause of allergies isn't known. Western science defines an allergic reaction as the body's defense mechanism against an allergen or foreign substance. The body's immune system takes over in an attempt to protect it. Ironically, your body is making you uncomfortable by fighting what are often benign substances. So why is Cedar kicking your butt right now and not your neighbor's or your spouses? It has to do with your Immune System strength and your immunity against the allergen!

Allergies to airborne substances, ragweed, mold, dust, mountain juniper, are often indicative of inflammation somewhere in the GI tract. They are typically secondary to a food allergy that is creating the inflammation. So rebuilding the stomach lining, will decrease allergies, even airborne!

Some allergens are actually inherited, but these are few. In fact, allergic reactions to soy, peanuts, dairy products, and wheat appear to be the only genetic allergies. Changing the pH and calming the inflammation of the bowels is the key to reducing or eliminating allergies. While it isn't an overnight process, the results are worth it—living without sinusitis, itchy watery eyes, headaches, pressure, fatigue, drainage, sinus infections, irritable bowels, spastic colon, diarrhea, and constipation.

You may be shocked to discover how many of your seemingly unrelated symptoms are actually allergies. Other symptoms of allergies include migraines, heartburn, fainting, blood-sugar problems, indigestion, and even mood disorders. Often, depression is actually a result of commonly ingested allergens, and many people find they can reduce or eliminate their need for psychotropic medications by modifying their food intake.

In my office we use homeopathic remedies, herbs, acupuncture and adjustments to alleviate allergy symptoms and rebuild the stomach to address and fix the cause. All of these combined together is how you can be allergy free! See below -

Immediate Relief :

Acupuncture- Acupuncture can target the areas where the allergies may stem from. Acupuncture is a procedure, and therapy where I insert a tiny thin needle into certain acupressure points that are designed to open and increase the energy flow (Qi) throughout the body. Once the body has a thorough energy flow, the body will become balanced both hormonally, physically and mentally. With allergies, I can treat the root of the problem, as well as where the problem manifests itself within the body.

Probiotics- Again, working on the immune system is the most important defense against allergens. The good stomach bacteria

(Continued on Page 7)

NatureWatch *Shadow Tails*

by Jim and Lynne Weber



Eastern Fox Squirrel



Rock Squirrel



Mexican Ground Squirrel



Eastern Gray Squirrel

The word 'squirrel' comes from the Greek 'sciourus', meaning 'shadow tail', and refers to the bushy appendage possessed by most all squirrel species. They are members of the rodent family, and Texas is home to 10 species of squirrels with 4 of them common in the Austin area. Along with their bushy tails, squirrels are generally slender animals with large eyes and soft fur. Their front limbs are shorter than their hind limbs, with 4 or 5 toes on each foot. Their front feet include a usually underdeveloped thumb, and all toes have sharp claws for climbing trees and quickly clamoring over uneven terrain. Squirrels are strongly vegetarian, and feed mostly on a wide variety of seeds, nuts, fruits, buds, bark, and leaves. Their vision is sharp and they have 'vibrissae' or specialized hairs on their head and limbs, which afford them an excellent sense of touch.

The most common tree squirrels in Central Texas are the Eastern Fox Squirrel (*Sciurus niger*) and the Eastern Gray Squirrel (*Sciurus carolinensis*). A large squirrel with rusty or reddish underparts and grayish or brownish upperparts, the Fox Squirrel prefers open woodlands of mixed trees and riparian areas along rivers and streams, and makes its dens in hollow trees or nests made of leaves. Their diet is largely made up of acorns which are buried in winter and relocated through their keen sense of smell. Mating occurs in January/February, and again in May/June, with offspring born in March and July.

The Gray Squirrel is a medium-sized squirrel with grayish upperparts with white-tipped hairs, white underparts, and a white spot at the base of its ears in winter. Gray Squirrels live in dense live oak stands and bottomland areas, with the Austin area in the westernmost part of their range. There are usually two openings to their nests, which are otherwise similar to the Fox Squirrel, as is their diet and breeding cycle. Destruction of bottomland habitat from

logging, overgrazing by livestock, and development are the main reasons why gray squirrels are only locally common, and declining in many areas. Our most frequently seen ground squirrels include the Rock Squirrel (*Spermophilus variegatus*) and the Mexican Ground Squirrel (*Spermophilus mexicanus*). A rather large, stout squirrel with a blackish head and upper back and a mottled grayish-brown rump and tail, the Rock Squirrel is nearly always found in rocky canyons, cliffs, and rock piles, where they make their dens. While they can climb trees, they prefer to be ground dwellers, where they forage for acorns, nuts, insects, and berries. In Central Texas, these squirrels hibernate beginning in November, and emerge in late February or March to begin breeding.

The western edge of Austin is the easternmost range for the Mexican Ground Squirrel, a rather small squirrel with about nine rows of squarish white spots on its back and a moderately bushy tail. They prefer brushy or grassy areas, including mowed lawns and overgrazed pastures and live in burrows dug into the soil. They eat chiefly green vegetation and insects, but are one of the few squirrel species that will eat meat. Breeding begins in late March or early April, with a brood chamber built into a side tunnel in the deepest part of their burrow.

Anyone who has seen a squirrel running along a tree limb or across an open road with its bushy tail undulating and waving behind it, or spotted a squirrel sitting with its tail curled over its back while it eats or surveys its surroundings, can appreciate why their name means shadow tail! Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *NatureWatch Austin*, to be published by Texas A&M University Press in 2011.



Create Balance Fitness & Wellness

Create Balance is a new fitness & wellness company helping families have fun and get fit! Wellness to us is not just exercise but finding the balance in our life as well!



Let's get your family Moving!

Life is a balancing act!



NOW ENROLLING FOR APRIL 2011

Teddy Bear Yoga (for kids ages 5 -12)
Walk, Jog & Run Outdoor Boot Camp

TO REGISTER (Limited space available):

www.createbalanceaustin.com or
512.785.5775

Classes located in South Austin

Healthy Skin STARTS HERE



EVANS
DERMATOLOGY
PARTNERS



Colby Evans MD and **Amy McClung MD**

Board Certified by the American Board of Dermatology

with Eryn McIntyre PA-C and Lindsey Detwiler PA-C

Skin Cancer

Acne

Eczema

Botox®

Psoriasis

Rosacea

Chemical Peels

Restylane®

Same day appointments often available

512.280.3939
evans-dermatology.com

**In South Austin near the
intersection of Brodie & Slaughter**

FINANCIAL FOCUS

Are Your Investments Getting Enough Exercise?

Now that spring is here, you may find it easier to get outside to run, bike or take part in other physical pursuits that you enjoy. As you know, the more active you are, the more efficiently your body will work. And the same can hold true for your investments — the more exercise they get, the more potential to work on your behalf.

Just how do investments get “exercise”? Through lots of activity. And you can keep your investments active in at least two ways: through systematic investing and through dividend reinvestment. Let’s take a look at both these techniques.

When you engage in systematic investing, commonly called “dollar cost averaging,” you are continuously putting your money “in motion.” Essentially, you put the same amount of money into the same investments at regular intervals. So, for example, you might decide to invest \$100 per month, in Company ABC stock. To impose this investment discipline on yourself, you could even have the money sent directly from your checking or savings account.

Of course, since the price of ABC stock, like that of all stocks, is constantly changing, your \$100 investment will buy different numbers of shares each month. This can work to your advantage, because when the stock price of ABC goes down, your \$100 will buy more shares. When the price goes up, you’ll automatically be a smart enough “shopper” to buy fewer shares, just as you’d typically buy less of something when its price goes up.

Over time, systematic investing typically results in an average cost per share that’s lower than it would be if you were to make sporadic lump sum investments. If you can lower the cost of investing, this may help boost your investment returns. This also can be an effective way to fund your retirement account(s) each year. (Keep in mind, though, that even systematic investing can’t guarantee a profit or prevent a loss in declining markets. Also, you’ll need to have the financial resources available to keep investing through up and down markets.)

(Continued on Page 7)



Financial Focus - Are Your Investments Getting Enough Exercise? - (Continued from Page 6)

Dividend reinvestment is similar to systematic investing in that it allows you to build more shares of an investment. But when you reinvest dividends, you don't even have to take money from other sources to increase your shares — you simply have to request that a stock or a mutual fund, instead of paying you a dividend in cash, reinvest the dividend right back into that same stock or mutual fund. It's an effortless way of adding shares. Similar to dollar-cost averaging, dividend reinvestment imposes an investment discipline on you — you automatically keep putting money in the market during up and down periods. (Keep in mind that dividends can be increased, decreased or totally eliminated)

Exercising your investment dollars in these ways can help you go a long way toward keeping your portfolio in good shape — enabling you to make healthy progress toward your important long-term goals.

Achho!!! - (Continued from Page 4)

(probiotics) train your immune system to distinguish between pathogens and non-harmful antigens, and to respond appropriately. This important function prevents your immune system from overreacting to non-harmful antigens, which is the genesis of allergies.

Natural D-Hist and Texas Allergy- Both are fast acting and help reduce allergy symptoms. Both are sold only by Dr.'s and I do carry both in the office as well as a high grade probiotic.

Natural D-Hist combines Quercetin, which is a mast cell stabilizers that inhibits compounds that affect the nasal passageways slowing down nasal discharge, with Bromelain which supports the mucousal lining and slows down the mucus viscosity. D-Hist does not leave you with that "hang over" feeling benedryl or other over the counter medications may....

Texas Allergy Spray is a homeopathic remedy that slowly introduces Texas Allergens into your system such as Ragweed, Mold and Cedar. By introducing small amounts before allergy season hits, your body will build immunity to the allergen when it comes into contact with the real thing. I like to start my patients on this the month or so before the allergen that bothers them is at it's highest. For example I start my Cedar sensitive patients on Texas Allergy in late September for the November Cedar Season.

BETTER GRADES!





1. Enroll now
2. Build skills
3. Confident, happy kid



4301 W. William Cannon
Suite 220-B (2nd floor)
(In The Shops at Arbor Trail)



892-READ (7323)

www.oxfordlearning.com • cd.austinsouth@oxfordlearning.com
Reading | Writing | Spelling | Math | Study Skills | Homework Support

FREE
Examination

No Registration Fee
\$100 Tuition Credit!!
(\$300 total value)

RUBICON FIGHTSPORT

South Austin's Friendliest Martial Arts Fitness Center
Get in shape while learning to defend yourself.
All Ages, All Levels. Try a free week anytime!



- Jiu Jitsu
- Mixed Martial Arts
- Muay Thai Kick Boxing
- Kid's Martial Arts
- Judo
- Cardio Boxing
- Fitness & Conditioning
- Yoga

8708 S. Congress, #B-220, Austin, Texas 78745
E-mail brittonwells@rubiconfightsport.com
(512) 914-9461 | www.RubiconFightSport.com

Align Your Work Values with Your Career

By Amy Wolfgang, M.Ed.

What is your ideal job? How do you make that determination? Many people are unhappy with their current career but are unsure what will make them happy. When individuals want to understand why they are unhappy in their current career the first area to examine is their work values.

Work values are characteristics of the activities and opportunities in a job that help make performing the job a satisfying experience. Examples of work values include: variety in work tasks, job security, ability to travel, recognition, etc. When you are evaluating your own career or making a decision on a new career, it is important for you to assess how your work values align with the career you are considering.

Action Steps

Identify Your Work Values

Before you can begin evaluating your work values, first you must identify them. What are the top 5 – 10 work values that are important to your career satisfaction? Sometimes it is hard to think of what we need, although it can be easy to identify what we do not like in a career. Think back to those times that you may have been upset

about your career situation. For example, the time when you did a lot of work on a project and no one recognized it. This could mean that recognition is an important work value to you. What if you are unhappy in your current career because every day you complete the same tasks as you did the week before? This could mean that variety is an important work value for you.

To get you started, here are samples of some work values that might be important to you:

- Variety of Work
- Autonomy
- Flexible Hours
- Education/Training Opportunities
- Workplace Environment
- Status of Job
- Pay/Salary
- Recognition/Praise
- Opportunities for Advancement
- Socialization/Interaction

(Continued on Page 9)



1st Plumbing Services

quality • maintenance • repair

512-282-7787

www.1stplumbingservices.com

Free home plumbing inspection with service call.


Clogs or Leaks

- Drain Cleaning
- Faucet Repair
- Garbage Disposals
- Sink Clogs
- Water Heaters
- Toilet Stoppages
- Sewer and Gas Lines
- Slab Leaks



service@1stplumbingservices.com

License # M-39100




AUSTIN TELCO

FEDERAL CREDIT UNION

WWW.ATFCU.ORG 302.5555

21 Metro Locations • Free Checking • 250+ Free ATMs



Low-Rate Mortgage Loans

Contact our Mortgage Specialist, Mark Crowley, at 302.5555 x7388.

Automobile Loans	Home Equity Loans
New Vehicles	Used or Refinanced
2.85%*	3.35%*
Up to 66 Months	Up to 60 Months
	4.09%*
	5 Year Fixed Rate
	4.39%*
	10 Year Fixed Rate

21 Metro Locations
Free Checking - 250+ Free ATMs

twitter.com/austintelco

NCUA MEMBER FEDERAL CREDIT UNION LENDER

*Annual Percentage Rate. All rates are expressed "as low as". Actual rate may vary depending on credit qualifications. Rates and terms are subject to change without notice. Austin Telco Federal Credit Union is federally insured to at least \$250,000 per member by the National Credit Union Administration.

Align Your Work Values with Your Career -

(Continued from Page 8)

Rank Your Work Values

Now that you have identified the items that are important to you in a career, you will need to rank them in order of importance. No one job may be able to meet all of your work values, however, a job that is a good match for you should be able to meet your most important ones.

Evaluate Your Current Job

Now that you know which values are the most important, ask yourself this question: Is your current job meeting your work values? If it's not, don't worry. It does not mean that this isn't the right career for you. It does mean that some things need to change in your job for you to achieve greater satisfaction. This may provide a great opportunity for you to speak with your supervisor about ways some of your work values can be met.

For example, if you value creativity, but always seem to be completing the tasks rather than helping to develop the solutions, talk to your supervisor about potential projects you can assist with on the creative side. If you value learning, then identify areas that seem interesting to you and ask your supervisor about helping in those areas so you can learn new skills. These tactics are also a great way to show your company that you are committed and capable.

SO MUCH PLANNING GOES INTO RETIREMENT. HAVE YOU THOUGHT ABOUT TAXES AS WELL?

It's likely that your retirement income may come from many sources, such as Social Security, pension distributions, a 401(k) or IRA withdrawals. That's why, if taxes are a concern for you, it's important to choose the right investments for your portfolio. At Edward Jones, we have many options that can give you more control over your taxes, so you can enjoy what you've worked so hard to achieve.

Edward Jones, its employees and financial advisors cannot provide tax advice. You should consult with a qualified tax specialist for professional advice on your specific situation.

Call today to see how our unique, face-to-face approach makes us best-suited to help long-term investors meet their current needs and future financial goals.



Joshua Vore
Financial Advisor

2712 Bee Caves Road Suite 102
Austin, TX 78746
512-328-6263

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

RESEARCH TURF MANAGEMENT

- **MOWING/EDGING/TRIMMING**
- **FERTILIZATION/DISEASE CONTROL**
- **AERATION**
- **SHRUB AND TREE CARE**
- **IRRIGATION**
- **GUARANTEED FIRE ANT PROTECTION**
- **COLOR CHANGE OUT/REMULCHING**
- **INTERIOR/PERIMETER PEST CONTROL**
*OFFERED BY OUR PARENT COMPANY,
EXCEL PEST CONTROL*

"ALL YOUR LAWN NEEDS COVERED"

SPRINGTIME SPECIAL
TOP DRESSING, AERATION, FERTILIZING
CALL NOW FOR PRICING

(512) 233-6300
www.researchturf.com



Tips to Turn Your Walk Into a Workout

By Sarah S. Jordan, MS

Walking is a great mode of exercise because it requires no equipment, it is low-impact, and something that many people can do regardless of their fitness level or experience.

Benefits of Walking

Any movement is good movement and the same is true for walking. Like other forms of exercise, walking can help you improve cholesterol levels, lower blood pressure, control weight, improve mood, decrease stress, and it also provides numerous other health benefits. Here are some tips to turning your walk into a workout.

Get the Goods

Proper footwear is essential for any kind of exercise. It is important to select shoes with good arch support and soles that absorb shock and provide cushioning. If you are unsure about fit, Austin has several local shoe stores that will personally fit you to a new pair of sneakers.

Choose clothing that is comfortable to move in and that you feel good wearing. Dress in layers if the weather is cool so that you can adjust as needed during your workout. And take a bottle of water along so that you can hydrate along the way. You may find that taking an iPod along will help keep you motivated.

Walking for Fitness: Proper Speed and Technique

Although the act of walking is simple, walking for fitness takes more effort, attention to speed, and technique. In order to get the most out of your walking workout, the speed should be brisk and above your "stroll in the park" comfort level. Also, your heart rate should be elevated. A good estimate: 10 - 15 heartbeats in a 6-second pulse count. (Multiply that number by 10 to get heartbeats per minute.) Strike the ground with the heel and drive off from heel-to-toe in order

to effectively engage the muscles of your lower-body.

A few minutes after starting your walking workout, take a moment to stretch the calves, quadriceps, and hamstrings. Hold stretches for several seconds (with no bouncing) on each side. After your workout, reward your muscles and improve flexibility by taking a few minutes to stretch. Hold stretches longer here because muscles are warm and can make gains in flexibility at this point.

Just Getting Started?

If you are new to exercise, it is important to check with your doctor before starting an exercise program. Start slowly and gain confidence before adding distance. For example, you might try walking 10 minutes in one direction and 10 minutes back. Slowly build up to 15 minutes in one direction and 15 minutes back. Over time, build up to

(Continued on Page 11)

You can have STRAIGHT TEETH by your NEXT CLEANING



At Circle C Dental, we now offer 6 month smiles cosmetic braces in addition to the many other services we offer including same visit tooth colored crowns, CariFree cavity risk assessment and more! By your next cleaning, you can have the beautiful and straight teeth that you have always wanted! Please give us a call at 512-301-2483 (BITE) for a free consultation regarding 6 month braces or any other dental question.

Q: How can teeth be straightened in only six months?

A: As an adult, your back teeth are in a stable and comfortable position: you bite and chew without problems right? So, why spend 2-3 years moving the back teeth around, when we can just focus on your front teeth and provide you with a great smile in 6 months! *

Q: Six months sounds good, but will I still have a mouth full of metal for the whole time?

A: No! This is nothing like the metal-mouth braces that you imagine! Using clear brackets and a tooth colored wire, the braces are almost invisible.

For more information, please visit our exclusive website: www.Austin6MonthSmiles.com

* Results typically seen in 6 months, but time frame may vary.

512-301-BITE (2483) www.CIRCLECDENTAL.com

9600 Escarpment Blvd. Ste 770 | Austin | Texas 78749 Conveniently located near Slaughter & MoPac

The Shady Side is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Shady Side contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

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.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* 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.

Turn Your Walk Into A Workout - (Continued from Page 10)

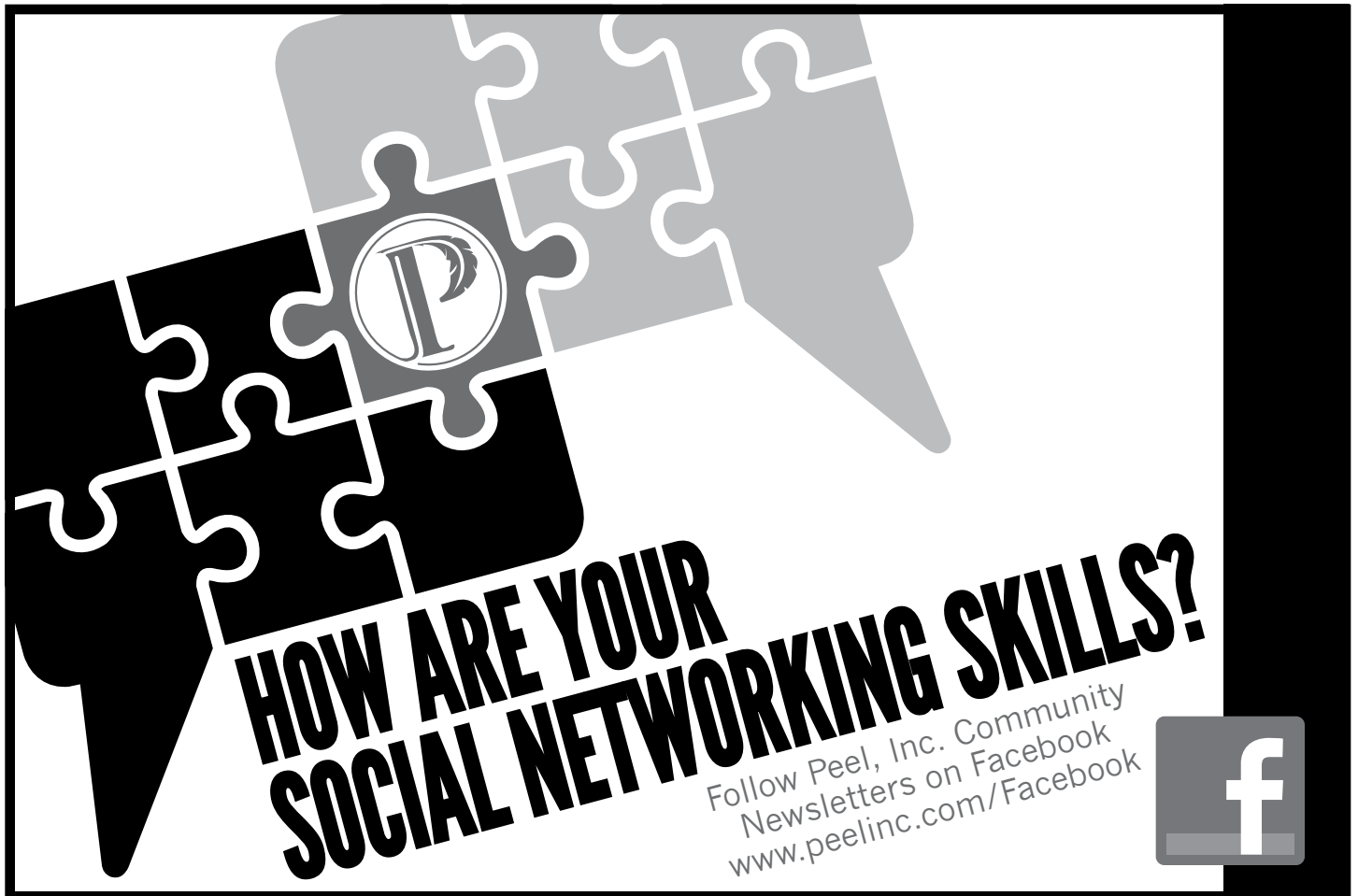
2-3 miles or 40-60 minutes of walking at a brisk pace most days of the week.

A Seasoned Walker?

If you have been walking for quite some time, you may be looking for something new to add to your walking workout. With a few quick additions, you can further challenge and tone muscles and increase the intensity of your workouts.


- **Add speed.** Turn your walk into a speed walk. Engage the arms and the core muscles.
- **Incorporate intervals.** Walk for five minutes. Do an interval for two minutes. Repeat. Intervals can include things like walking lunges, moving side squats, push-ups, and jogging.
- **Hit the hills.** Adding an incline will increase intensity in a hurry!
- **Add resistance.** Use a weighted backpack or vest. Or push your child in the stroller. I did not realize just how much weight I was pushing when I exercise with my son until I did the math recently. He is 25 pounds, and the stroller is 15. That extra 40 pounds adds great intensity (and a whole lot of cuteness) to my workouts!

If this is the year that you have devoted to improving health, walking is a great way to start! Remember... "The journey of a thousand miles begins with a single step."



HOW ARE YOUR SOCIAL NETWORKING SKILLS?

Follow Peel, Inc. Community Newsletters on Facebook
www.peelinc.com/Facebook





PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSRST STD
U.S. POSTAGE
PAID
PEEL, INC.

SD



ADVERTISE

*Right on mark
for your
target audience*

Call Today 512-263-9181.



PEEL, INC.
community newsletters

www.PEELinc.com

512-263-9181