



THE MUELLER NEIGHBORHOOD ASSOCIATION NEWSLETTER

the FRONT PORCH FLYER

15 Years In, Mueller's Momentum Continues

By Brian Dolezal, Catellus

2019 marked the 15th anniversary of Mueller, and what a momentous 15 years it's been for our community. In the past year, Mueller opened Mary Elizabeth Branch Park and welcomed the addition of Juiceland in the Mueller Market District; Swish Dental, vegan cheese and wine shop Rebel Cheese, Primrose School, and Restore Hyper Wellness + Cryotherapy along Aldrich Street; plus, Ladybird's Austin Kitchen and a new trailer location of Veracruz All Natural, both of which have joined Mueller Trailer Eats next to the Browning Hangar.

Looking ahead, many exciting developments are on the horizon, especially around Aldrich Street, including retail and office space a hotel, hundreds more apartments, an event venue, and an expansion of Dell Children's.

With so much construction activity in the area, it is vital in 2020 for everyone who already loves Mueller and its offerings to continue supporting all of the businesses that have chosen to make Mueller their home, whether it's to dine, shop, schedule a health or wellness appointment or catch a movie. And, be sure to branch out to explore places you may have never visited before in the cinema and diamond buildings, at Texas Mutual, on either side of Paggi Square or at AMLI, Mosaic, and Sync apartments.

In the meantime, here's a look at what's coming next to Mueller:

Mueller's first boutique hotel — a five-story, 120-room Origin-branded hotel — is set to break ground early this year. The hotel is being developed by The Thrash Group and will be located on McBee Street adjacent to the Thinkery. The hotel has plans for a ground-floor restaurant with a patio slated to serve both hotel guests and Aldrich Street visitors, along with approximately 5,000 square feet of additional ground-floor retail. It is slated to open in 2021.

Mueller has broken ground on two new office buildings. Shorenstein Properties, an owner and operator of high-quality office, residential, and mixed-use properties across the U.S., has broken ground on a six-story building that will offer about 210,000 square feet of office space, plus about 20,000 square feet of ground-floor retail and an adjacent parking garage with 985 spaces. Situated along Aldrich Street, across from Alamo Drafthouse Cinema, the project is due to be finished in 2021.



Shorenstein Building Rendering

The second office building will be home to the new Austin Energy headquarters. The 275,000 square-foot office building will accommodate approximately 900 to 1,100 employees among four floors and a parking garage surrounded by the building. The building plans to be constructed to the highest energy standards, including solar arrays and 64 electric vehicle stations. The Austin Energy building has broken ground and is expected to be completed in early 2021.



Austin Energy Rendering



Origin Hotel Rendering

(Continued on Page 3)

the FRONT PORCH FLYER

EDITORS-IN-CHIEF

Dusty Harshman
Kathy Sokolic

EDITORIAL STAFF

Greg Buford, Cynthia Cammack,
Andrew Clements, Shawn Collins,
Ani Colt, Luke Downs, Susan Egan,
April Geruso, Drew Harris, Bart
Jacob, Judith Katzman, Woody
Lauland, Layla Mansuri, Dennis
Mick, Sadia Tirmizi, Preston Tyree,
Lila Valencia, Chrissy Yates

.....
✉ fpf@muellerneighborhood.org
.....

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.....
✉ contact@muellerneighborhood.org
muellerneighborhood.org
.....

Letter from the Co-Chairs

Dear Neighbors,

For the past year, the letter from the co-chairs, as the name implies, has been written from the perspective of both chairs. However, I'm going to break from that tradition for part of this month's letter.

But before I get to that, Preston and I both want to express our deepest gratitude and appreciation for each member of the 2019 Steering Committee. It has been such a pleasure working with such a dynamic and passionate team of neighbors who have stepped up to serve their community. A big thank you to all of our MNA subcommittee chairs who serve as subject matter gurus in the areas covered by their committees. To our sponsors that allow our organization to amplify its reach and impact, we are so grateful for your support.

It isn't very common to have two people co-chairing our organization and because of this, I feel obligated to share what a great experience I have had working alongside Preston. I had a lot to learn when I became co-chair, but Preston has always been willing to show me the ropes. I couldn't have asked for a better co-chair and mentor. Since he will be rolling off the Steering Committee as a voting member due to term limits, I think I can speak for many of us when I say Preston has been and continues to be a tremendous asset to the MNA and our community.

Whether supporting sound urbanist principles in the growth of our neighborhood, advocating for transparency, fairness, and equity in our school district, or taking local steps to combat climate change, we should take pride in the work that we have accomplished in 2019.

As we welcome 2020 and the new Steering Committee, let's renew that same sense of commitment and dedication we showed last year to make this one even better.

Sincerely,

John Wooding



2020 Steering Committee Members Ted Herr, Marta White, Bart Jacob, John R. Thomas, Richard Carr, John Wooding, Ed Dorn, Taylor Youngblood, and Bart Glaser by Woody Lauland

"15 Years In..." (Continued from Cover)

As businesses and developments continue to flock to the community, Mueller will welcome hundreds of new residences of varying types and styles, including 11 affordable homes to be built by Austin Habitat for Humanity and designed by Michael Hsu Office of Architecture. Additionally, just over 400 more apartments (15% affordable) are coming soon with a third AMLI apartment community, which will also offer approximately 23,000 square feet of ground-floor retail along Aldrich Street.



Habitat for Humanity Homes Rendering



AMLI Building Rendering

On the retail side, Aldrich Street continues to attract a diverse mix of tenants joining local staples and crowd favorites like Alamo Drafthouse Cinema, the Thinkery, Colleen's Kitchen, L'Oca d'Oro, Kerbey Lane Cafe, B.D. Riley's and more. Following shortly after the opening of Restore Hyper Wellness + Cryotherapy, Aldrich Street will welcome new tenants Woof Gang Bakery and Stretch Lab opening in early 2020.

Plans have also been announced for a new events pavilion coming to Mary Elizabeth Branch Park at the northeast corner of Philomena and Aldrich streets. With approximately 20,000 square feet of gathering space, the structure is intended to provide a new and larger home for the popular farmers' market while offering a venue for events needing an indoor space. The pavilion will offer a more convenient, central location for all, as well as amenities designed to accommodate market-goers and vendors. Construction is set to begin in early 2020 and is estimated to be completed by the end of the year.



Branch Park Pavilion Rendering

As Austin continues to top lists for its boomtown growth, Mueller is on a parallel path. Be sure to follow along on the Mueller Austin and Aldrich Street social media pages, and pick up monthly postcards at Mueller Central office or participating businesses for the latest news and updates, events, offers from retail tenants and more.

Follow on Social Media:

Instagram:

@muelleratx and @aldrich_street

Facebook:

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www.facebook.com/AldrichStreet/

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Steve Katzman
M.E.d., M.A., L.M.F.T.
stevekatzman1@me.com

Judith Katzman
M.A., L.M.F.T.
jkatzman@me.com

512.770.6022
MuellerPsychotherapy.com

FRONT PORCH FLYER

Mueller Shop Homes - An Open House *By Katerina Tsisis*

If you've ever taken a stroll through Paggi Square, you may have noticed a number of homes with little shops on the ground floor. They're called shop homes, an innovative concept developed for Mueller and designed for live/work use. Ok, but what goes on there?

Neighbor Paul Rashidi recently shared the following on the Mueller Neighbors social media page: "Was walking home from Alamo after a movie today and took a new route. I stumbled upon those small shops on Robert Browning. I've lived here for 2+ years and never knew about them."

Many of the businesses are appointment-based or event-driven, and tucked away along the park with subtle signage. They can be easy to miss. But on November 17th, several of the shops got together to host their first collective open house.

It was a gorgeous Sunday afternoon, and as neighbors filtered through Paggi Square to check out the shops, they had a chance to get to know the owners and find out what these spaces are all about.



*Katalin Shows Off Her Skills,
by Kathy Sokolic*



*Eddie with Toy Dojo, provided
by Toy Dojo*

Katalin Kiss, owner of Haute European Salon, started her career as a stylist in Hungary. During the open house, she provided free hair braiding and chalking – giving many neighbors a fun pop of bright color for the afternoon. The Haute Salon team can be frequently found at neighborhood events like the Egg Scramble, Fall Fest, and more. "The Haute Salon Goldenteam loves to participate in the Mueller Events, because they are fun-filled and family-oriented defining the spirit of Mueller," notes Katalin.

At Toy Dojo, Eddie Chan was on hand with anime toys, Gundam kits, and other collectibles. Eddie's store specializes in toys and collectibles imported from all over the world and carries many limited and hard to find items.

Ino Scarf Boutique featured a collection of scarves and unique gifts curated by owner Hatice Kuey. "It makes me



*Hatice Kuey with Ino Scarf Boutique,
by Kathy Sokolic*

so happy to share my love of scarves with my neighbors. I hope they will all visit and be delighted by a timeless gift of softness and affordable luxury," Hatice says. She has channeled her lifelong passion into her own collection of unique and elegant handmade scarves. She collaborates with her mother, who lives in Turkey, on the development of the GiGi collection of scarves. In addition to running Ino, Hatice teaches computer science at St. Edward's University.



*Katerina Tsisis and Her Work
by Kathy Sokolic*

Neofaue Studio, my own space, was participating in the East Austin Studio Tour on the same day as the Open House and had a bookmark-making station for the young and young-at-heart. I work as a marketing strategy consultant who also creates art and jewelry featuring bold colors.



*Sita Chokkalingam Meeting Neighbors
by Kathy Sokolic*

Sita Chokkalingam, licensed acupuncturist and herbalist at Centerpath Wellness, worked on late-phase clinical trials and in the nonprofit world before pursuing her graduate degree in Chinese Medicine. "I love helping my patients feel better and be able to do the

things they love," she shared. Sita treats a variety of health conditions from auto-immune issues to digestive disorders, as well as allergies and colds.

Neighbor Kristin Hamlett attended the Open House and summed up her experience this way: "The [shop homes] open my eyes to the creativity of the people all around me that I otherwise wouldn't know about. Having your own business is an act of creativity and gives you the courage to dare."

The shop home owners plan to bring more events to the community in 2020.

2019 Mueller Turkey Trot

The Annual Mueller Turkey Trot is a Thanksgiving morning, casual 3-mile run or walk around the neighborhood. The event is posted in the Facebook group, with a map showing the route. Participants meet at John Gaines Park. 2019's Trot was headed up by Christie Curtis.



Upper Camacho Wins 2019 Holiday Block Contest

By Drew Harris

Each year, The Front Porch Flyer recognizes the Mueller neighborhood block (not just individual house) with the most holiday spirit. The contest encourages neighbors to work together to bring the biggest, brightest holiday cheer, for the joy of the entire Mueller neighborhood.

The 4400 block of Camacho embodied this spirit, with nearly every house festively lit with lights. Sara Ulbrich, the block captain, said they joined in decorating their house for the first time this year, and they noticed their other neighbors put in a lot of effort in their decorations.

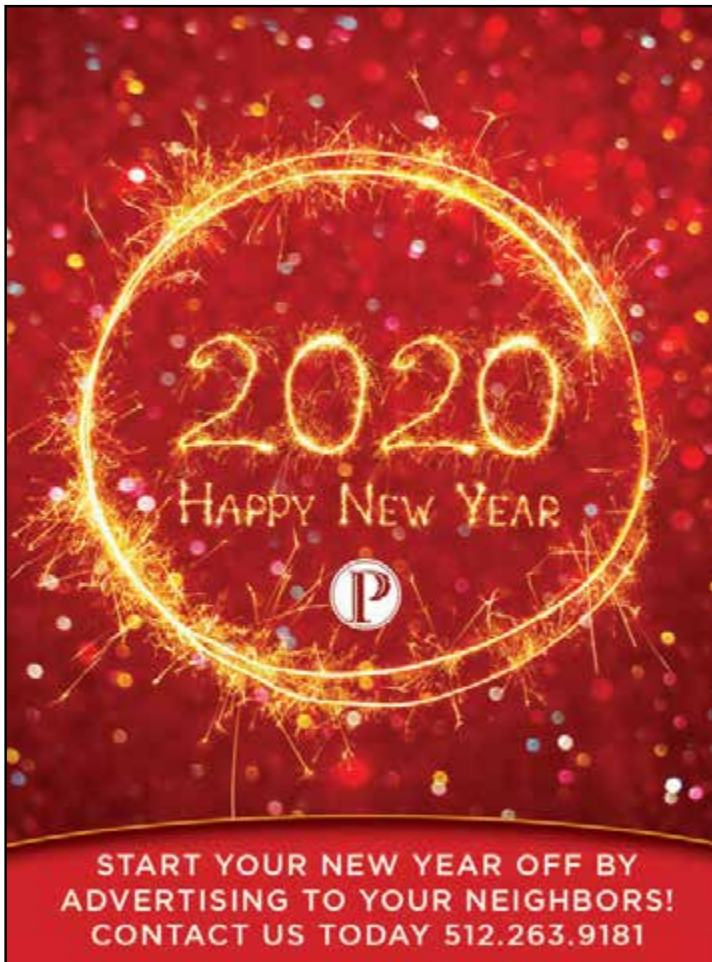
One of their neighbors--the Woods living at the corner of Mattie and Camacho--put on a spectacular light display. Richard Wood says they love decorating for Christmas, 4th of July, and Halloween (they had the house decorated with huge inflatable spiders for Halloween.) Richard told me, "The kids love to see the decorations, and we love hearing kids go oooh and ahhh. We want to encourage other neighbors to also decorate."

Another set of Camacho neighbors, Karen and Allen Pitts, recently moved to Mueller and decked out their house with holiday lights. "When we first moved here in May, our block embraced us," said Karen. "We were fascinated by Halloween here, and we love to decorate. We embraced the culture of the neighborhood. We feel connected with the community and especially our block."

Please join me in congratulating this block and its awesome neighbors for winning the 2019 Holiday Block Contest! And talk to your neighbors about winning next year's contest!

Past Holiday Block Winners

2018: 1900 block of Antone	2012: Gochman
2017: 2600 block of Zach Scott	2011: 4100 block of Threadgill
2016: South Threadgill	2010: Lawless
2015: 2000 block of Emma Long	2009: Lawless
2014: 2000 block of Antone	2008: Cal Rodgers
2013: South Berkman	



FRONT PORCH FLYER

EAST in Mueller

By Kathy Sokolic

If you've been in Austin long at all, you know you're supposed to BE local. You must be proud to listen local, buy local, and eat local. Most of all, you aspire to fill your home with all the local you can find.

Big Medium's East Austin Studio Tour (EAST) is a free, annual, self-guided art event spanning two weekends in November. EAST provides opportunities for the public to meet the artists of Austin in their creative spaces all throughout east Austin. It is an opportunity to view and to buy the work, with everything from jewelry to art to furniture available for purchase.

This year Mueller had four must-see artists on the list.

Stop 76: Tammy Brown on Sorin St. Also managing a psychotherapy practice, Tammy finds peace amongst the flora and fauna of Central Texas. Trees are a favorite subject for her paintings (and I'm partial to her birds). Living in Mueller gave her the opportunity to be a part of EAST, and she was excited about meeting neighbors through her art. Even in Mueller, living among wildlife is a huge asset for her. More art at tammybrownart.com



Tammy Brown Showcases Her Work in Her Home by Kathy Sokolic

Stop 77: Elana Rose on Vaughan St. Elana has a rare genetic disorder called Pitt Hopkins syndrome, which leaves her non-verbal. Her art is full of emotion, driven by a spiral, which is her main technique. "I feel very calm, connected to life, and at ease when I'm encompassed by the spiral." For EAST, Elana turned her garage into a gallery, showcasing her passion. You can see more at www.elanarose.com

Stop 78: Allison Kramer on Robert Browning St. Large, colorful pieces lined the spacious screened-in porch of this new Mueller build, providing a welcoming atmosphere to this showcase. "I thought that this would be a good way for neighbors to get to know me as an artist," said Kramer. Check out her love-filled art at xoallison.com



Elana Rose's Art Fills the Walls of Her Garage by Kathy Sokolic



A Visitor Views Allison Kramer's Work by Kathy Sokolic

Stop 79: Neofaue on Robert Browning St. Neighbors can pop into our own local gallery any time of the year. This husband-wife duo of Felipe Cardona and Katerina Tsisis showcases artwork in a variety of media including painting, drawing, video, photography, and jewelry. More info at neofaue.com



Neofaue by Katerina Tsisis

New Year, New Zero-er Waste You, New Savings

By Taylor Youngblood, Mueller Zero Waste Block Leader

Austin Resource Recovery has discovered that 44% of residential trash going to the landfill could have been recycled. An additional 46% could have been composted. That leaves only 10% actual trash! If you're interested in reducing your environmental impact and carbon footprint, check your trash bin for paper, plastic, and metal that could go in the recycling bin or waste that could be composted. See more at bit.ly/atx-zero-waste

Composting and recycling more means less trash, and switching to a smaller trash cart saves you money. Switching from a 64-gallon trash cart to a 32-gallon trash cart saves \$61.80 per year. And switching from a 96-gallon trash cart to a 64-gallon trash cart saves \$222.60 per year.

The following chart contains estimates of the number of bags each cart size may hold based on a standard 13-gallon trash bag*. The number of bags depends on how full the bags are. If you are unsure about downsizing, consider checking with your neighbors using smaller size carts to see how it works for them.

Cart Size	Bags Held	Cost/Month	Cost/Year
24 gallon	Approx. 1-2*	\$18.55**	\$222.60
36 gallon	Approx. 2-3*	\$19.80**	\$237.60
64 gallon	Approx. 4-5*	\$24.95**	\$299.40
96 gallon	Approx. 5-7*	\$43.50**	\$522.00

**Includes base fee of \$14.70. Carts 64-gallons and smaller cost \$0.16 per gallon; the 96-gallon cart costs \$0.30 per gallon. Prices updated as of 12/07/19.



Trash Cart Sizes by Taylor Youngblood

To change your cart size, call 512-494-9400.

Do you want to downsize your trash cart but are worried about the times you'll have extra trash like at parties, Thanksgiving, or Christmas? Extra trash may be put out with an Extra Trash Sticker \$4 + tax available at HEB, Randalls, and Fiesta Mart at the service desk.

Extra trash bags put to the curb without an Extra Trash Sticker (or that are sticking out of your trash cart) will be charged a per-bag fee of \$9.60 + tax.

Make sure your lid closes all the way. You may be fined for extra trash if your lid isn't closed.

Items you may be throwing in the trash, like Styrofoam, broken appliances/electronics, clothes (including torn undergarments or stuffed animals), can be recycled at the Austin Recycle & Reuse Drop-off Center (RRDC). See www.austintexas.gov/dropoff for a full list of accepted items. Check out the Mueller Recycling Group on Facebook for a list of Mueller neighbors who will collect items to take to the RRDC for you: bit.ly/mueller-recycles. Here's looking forward to a greener new year!

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FRUIT FLIES - Wizzie Brown



Fruit flies can become a nuisance problem at any time of year. They can enter homes from ripe fruits or vegetables picked from the garden or purchased at the grocery store. Fruit fly adults may also fly into homes from outdoors.

Adult fruit flies are small (about 1/8 of an inch) and often have red eyes. The front portion of the body is tan while the back portion is dark brown to black. If given the opportunity, females can lay up to 500 eggs. Larvae are surface feeders on fermenting foods or other organic matter, which means that you can cut off the overripe parts of the fruit or vegetable and eat the rest.

To prevent bringing fruit flies into your home, do not purchase over ripened fruit and vegetables. Eat fresh produce in a timely manner and store items in the refrigerator or a paper bag that is clipped closed. All recyclables should be rinsed thoroughly before placing them into the recycling bin. Recycling and garbage bins should be cleaned on a regular basis with soapy water to eliminate any spilled material.

If your home already has fruit flies, locate all sources of infestation (where the larvae are living) and eliminate them. Insecticides only target adults and will not control the problem. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling paper and taping it closed. Place the funnel into a jar that has a small amount of apple cider vinegar in the bottom.

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

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H A P P Y

New Year

MUELLER'S
CALENDAR OF
EVENTS 2020

January 18, 10AM: Mueller Neighborhood Association Meeting - Seton Administration Offices, 1345 Philomena St

Events at Mueller Farmer's Market on Sunday:

January 5, 11am - 1 pm: Season's Best Chef Demo w/ Maggie Perkins

January 12, 11am - 1 pm: Zero Waste Chef Demo w/ Monique Santua

January 19, 11am - 1 pm: Season's Best Chef Demo w/ Maggie Perkins

January 19, 11am - 1 pm: I Have a Dream Clouds MLK Day Art Activity



Mueller Neighborhood Association Membership Form

To become a voting MNA member, a Mueller resident must complete this form and submit annual dues. New members must then wait 14 days before they may vote. Annual dues are \$5.00 per resident, 18 years or older. These funds are used to help pay for the Front Porch Flyer, MNA Grants, funding neighborhood events, and operating costs such as printing, record-keeping, and the MNA P.O. Box. You may give your dues to your Block Captain, bring it to an MNA meeting, or mail it to MNA, PO Box 49123, Austin, TX 78765. Checks may be written to "Mueller Neighborhood Association."

NAME:

DATE:

ADDRESS:

PHONE:

EMAIL:

(Your email will only be used for official MNA communications.)

FRONT PORCH FLYER

Make Your Weight Loss Goals *a Reality*



(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips.

Set realistic goals. Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; long-term results generally come with steady loss over a period of time.

Eat well. Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

Consider a supplement. If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a board-certified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

Get active. Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

Stay committed. It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and

permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

Find more information to help jump-start your weight management program at TryRiduZone.com.

What is OEA?



Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.

Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

Photos courtesy of Getty Images #15081, Source: NutriForward, Content downloaded from FamilyFeatures.com

Top Tips to Get Ready to Run



(Family Features) You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you strap on those shoes and head toward the finish line.

Here are a few tips to help get you ready for the big race:

Seek Quality Sneakers - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

Make a Schedule - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

Stick with Water - Avoid sports drinks that are loaded with preservatives and sugars. You can't go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

Go Online - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

Nutrition - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at eLivingToday.com.

Photo courtesy of Getty Images #13139, Source: eLivingToday.com, Content downloaded from FamilyFeatures.com.

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