

[ health | fitness | diet | sport | style | life ]

# AUSTIN **FIT** magazine

austinfittmagazine.com

## THE GREAT OUTDOORS

EXCLUSIVE  
TEXAS ROUND-UP  
**PREVIEW**

THIS YEAR'S GUIDE TO  
OUTDOOR RECREATION  
IN AND AROUND AUSTIN

4 HEADACHES & HOW TO CURE THEM

THE SCOOP ON ARTIFICIAL SWEETENERS

SPRING SHOEWARE: FROM WORK TO PLAY

HOW AUSTIN IS IMPROVING THE IPOD



MAY 2005 | FREE

# ENHANCE YOUR LOOK. ENHANCE YOUR LIFE.



at **AUSTIN PLASTIC SURGERY CENTER...**

We Specialize in Minimally Invasive Techniques with Minimal Recovery for the Most Naturally Appearing Results.

Your Safety and Well Being are Our Primary Concern.

All Procedures are Performed at a fully Accredited Surgical Facility.

facelift

neck rejuvenation

liposculpture

breast enhancement

tummy-tuck

rhinoplasty

eyelid beautification

Physician Delivered Skin Care

chemical peels/OBAJI™

restylane™

BOTOX™

*Complementary Consultations  
and Financing Offered*

## AUSTIN PLASTIC SURGERY CENTER

**Sergio Pasquale Maggi, M.D.**

Plastic, Reconstructive, and Aesthetic Surgeon

3410 Far West Blvd. (Northwest Corner of Mopac & Far West) • 512.345.3223

[www.AustinPlasticSurgeryCenter.com](http://www.AustinPlasticSurgeryCenter.com)



4 weeks after EVLT

# The biggest advance in removing painful leg veins is also the smallest.

Now you can get rid of big, bulging varicose veins and the pain they cause without major surgery. Austin Radiological Association's (ARA) board-certified physicians offer an innovative procedure called endovenous laser therapy (EVLT), which is an excellent alternative to traditional vein stripping.

### *Gone are the days of large incisions.*

With EVLT, safe and effective laser energy is delivered with pinpoint accuracy to the problem vein through a tiny 2- to 3-millimeter incision. This causes the vein to collapse and seal shut, at which time your healthy veins take over and redirect blood flow. EVLT is minimally invasive, which means you can walk out of the office after treatment and resume your normal routine in just a few days. Plus,

EVLT requires no stitches and causes minimal or no scarring. The procedure is performed only with local anesthesia.

### *Don't put your health at risk.*

Remember, varicose veins can be dangerous to your health. Long-term complications include ulcerations or bleeding, which is why you shouldn't wait to get the necessary treatment. Ask your doctor for a referral today.

**Call (512) 458-9098**

**MIDTOWN**  
901 W. 38th Street • Austin, TX 78705

### *Benefits of EVLT:*

- *In-office procedure*
- *No large incisions needed*
- *Minimal or no scarring*
- *Resume normal activities in 1-2 days*
- *Greatly improves circulation in legs*



[www.ausrad.com](http://www.ausrad.com)

**Most insurance accepted & filed • Insurance preauthorization provided • Flexible office hours • Free parking with validation**

© PBO 2005

# SMILE POWER

The Power of Cosmetic Dentistry

To get a body like this, you need great genetics, a great personal trainer and a lot of work.

To get a smile like this, you need a great smile doctor.

Call today, for a **FREE** cosmetic smile consultation

The beautiful smile you see here is the result of professional whitening and porcelain veneers.

Karen, a Houston native, is a fitness model and competitor



## West Lake Hills Cosmetic Dentistry

**515 S. Capital of Texas Hwy., Suite 220**  
(At the intersection of Bee Caves Rd. & Loop 360)

**www.westlakesmiles.com • 327.8645**



**Member:** Academy of Cosmetic Dentistry • Academy of General Dentistry • American Dental Association • Texas Dental Association • Capital Area Dental Society



Deano A. Sakos, DDS

**He wasn't there when you injured your shoulder.  
But Dr. Seade already knows all about it.**

At Dr. Edward Seade's website, **AustinShoulder.com**, you'll find detailed pictures and descriptions of various shoulder problems, along with their causes and treatments.

You'll also learn more about Dr. Seade himself, and how he is one of a limited number of surgeons in the U.S. who performs arthroscopic rotator cuff repairs. This technique allows complex shoulder surgeries to be performed through a small incision, resulting in less pain and easier rehabilitation for patients. In addition, Dr. Seade is a nationally acclaimed instructor for orthopaedic surgeons on shoulder replacement surgery.

If you want to start being active again, visit **AustinShoulder.com** today.

*The Orthopedic Group*  
630 W. 34th St., Suite 302  
512.459.3228

# THE ThreadLift™

THE NON-SURGICAL FACELIFT



## THE *Lunch Time Lift* THAT REALLY WORKS

*Take Years Off Your Face In 60 Minutes*

Dr. David Sneed invites you to consider the latest in non-surgical facelifting, the Threadlift™. Dr. Sneed performs the procedure as an office-based, out patient treatment. The Threadlift™ is performed under local anesthesia. Tiny facelift threads are inserted under the skin using a needle. Droopy brows, cheeks, jowls and necks can be lifted. The Threadlift™ takes about an hour to complete and most patients can return to work the next day.

**Call today to schedule your complementary evaluation.**

**BEFORE**



**AFTER**



**BEFORE**



**AFTER**



**APRIL SPECIAL!**

**1 complimentary PHOTOFACIAL™**  
with every face/neck **THREADLIFT™**

EXPIRES 4.30.05

**North • 345.BODY** (2639)  
10001 Research Blvd. Ste. 135  
Near Golfsmith

**Central/South • 899.BODY** (2639)  
4107 South Capital TX Hwy. Ste. 100-B  
Brodie Oaks Shopping Center

**AESTHETICA**  
*MedSpa™*  
amedspa.com



## ▶ HEALTH

- 14 **health watch** Texas Round-Up
- 14 **ask a doctor** Joint Adjustments
- 16 **mind/body** The Heavy on Headaches

## ▶ FITNESS

- 18 **muscle of the month** Quadriceps
- 20 **ask a trainer** No More Sore
- 20 **trends** Spring Training

## ▶ DIET

- 26 **diet-gram** Tasty Tomatoes
- 26 **nutrition news** Fast Food Gets Healthy
- 28 **recipes** Blueberry Walnut Muffins
- 28 **restaurant review** Castleberry's Sammiches

## ▶ SPORT

- 34 **happenings** JCAA Dodgeball Tournament
- 36 **closer look** Rowing & Kayaking
- 36 **clubs** Area Sports Clubs

## ▶ STYLE

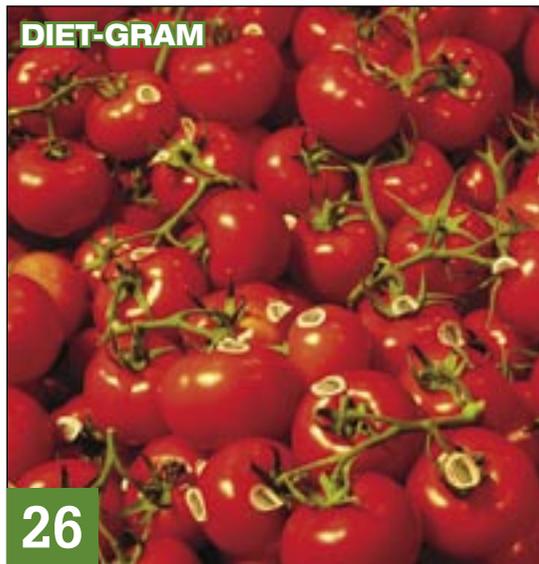
- 38 **gear** You've Got Sole: Work To Play Shoeware
- 39 **skin savvy** "Do It Yourself" Mani/Pedicures

## ▶ LIFE

- 40 **tech buzz** Citizen Pod
- 42 **ask austin** "Real World" Gossip
- 42 **audible** Spring Breakbeats

## ▶ IN EVERY ISSUE

- 8 from the publisher
- 8 to the editor
- 44 events calendar
- 46 runs & rides
- 50 unsolicited advice



# Natural Bio Health

#1 in Bio-Identical Hormones

Now offers the award winning

*Weigh of Life™*

weight loss program.

A COMBINATION OF  
NATURAL WEIGHT LOSS  
& PRESCRIPTION MEDICATION  
PERSONALLY DESIGNED  
FOR YOU!

# Lose Inches

*& Eliminate Cellulite!*

INTRODUCING

## Mesotherapy



**Mesotherapy** - is a safe, non-surgical procedure for sculptured weight reduction that is performed in our clinic with no down time. Mesotherapy sculpts your body by removing unwanted inches from the sites of your choice.

You can now sculpt your body  
by having unwanted inches  
removed from the sites of  
your choice:

CHIN  
STOMACH  
LOVE HANDLES  
ABS  
HIPS  
ARMS  
THIGHS  
BUTTOCKS  
BRA LINE

**SPECIAL \$899<sup>00</sup>**

**Chin Sculpting  
with Mesotherapy**

Look 10 years younger by  
eliminating your double  
chin, enhance your jaw line  
and tone your neck.

### Dr. Gary Albertson

Board Certified in Family  
Medicine by the American  
Board of Family Practice.  
Board Certified in Bariatric  
Medicine by the American  
Board of Bariatric Physicians,  
Certified Additional  
Qualifications in Sports  
Medicine by the American  
Board of Family Practice.

**call: 512-266-6713**

or visit: [www.naturalbiohealth.com](http://www.naturalbiohealth.com)

**Natural Bio Health**  
MEDICAL CLINIC

211 RR 620 South, Suite 120 Lakeway, Texas 78734



**NOW THAT WE'VE TURNED THE CORNER**

on a monsoon-like winter, where will I be?  
Outside, of course, where else?

To celebrate the coming of spring we decided to focus this month's issue on outdoor recreation in and around Austin. Spring is about rejuvenation of both body and mind, and regardless of how you started the new year, now is the perfect time to get active.

There's running and canoeing at Town Lake, frisbee golf at Shoal Creek, cycling on the Veloway, fishing at Lake Austin, hiking and mountain biking around the greenbelt, swimming at Barton Springs and golf and tennis at the many clubs around town. Zilker Arboretum and The Lady Bird Johnson Flower Center are perfect for a lazy Sunday afternoon, and for a day-trip there's nothing better than tubing on the Guadalupe, rock climbing at Enchanted Rock Park or sightseeing in Fredericksburg.

Obviously I could go on and on, but you get the picture. So if you haven't kicked it into high gear yet, now is the time to get healthy and fit while enjoying the outdoor splendor of Austin. Hope to see you out there.

Be healthy,



**THE TEAM**

**PUBLISHER/CEO**

Louis M. Earle

**ASSOCIATE PUBLISHER/  
EDITOR-IN-CHIEF**

Drex Earle, Ph.D.

**ART DIRECTOR**

Angel Schatz

**EDITORIAL ASSISTANT**

Missy Lay

**ADVERTISING  
CONSULTANTS**

Alex Earle, Julie Meyer

**CONTRIBUTORS**

Dave Bredesen, C. Covert Darbyshire,  
Kevin Greenberg, Caitlin Haskell,  
Amy Lemen, Erin Smith,  
Alexa Sparkman

**TO THE EDITOR**

**THE NEW LOOK**

I just picked up your newest issue and love it.

**Chris Tupa**

What a great makeover on *Austin Fit Magazine*.

It looks very classy and professional.

**Sylvia Acevedo**

The new magazine format looks beautiful! Kudos to your staff. Except for one complaint...it was never mentioned that good-looking Toby was part of your team line-up. Seems the pooch was slighted I'm afraid.

**Joan Porcaro**

The new look is fabulous! The graphics look great, the whole magazine just looks fantastic. Kudos to all of you for a job well done. And thank you Caitlin for writing such a great article...it was very well done.

**Todd Clarke**



**MARCH 2005 COVER CONTEST:**

**Q:** What is the song hidden in the SXSW feature layout (p. 38)?

**A:** "The Yellow Rose of Texas"

**General Inquiries:**

info@austinfmagazine.com

**Advertising Inquiries:**

ads@austinfmagazine.com

**Story Ideas:**

ideas@austinfmagazine.com

**Club Listings:**

clubs@austinfmagazine.com

**Event Listings:**

events@austinfmagazine.com

P.O. Box 49220  
Austin, TX 78765-9220

**p** 407.8383

**f** 407.8393

*Austin Fit Magazine* assumes no responsibility for the content of articles or advertisements, in that the views expressed therein may not necessarily reflect the views of the publisher or any magazine employee or contributor. This publication and all of its contents are copyrighted.

*Austin Fit Magazine* is the assumed name of its publisher, Louis M. Earle, who has no interest in the business of Denis Calabrese who operates an exercise program under the assumed name of Austin Fit, which trains individuals to improve their jogging or running skills to participate in marathons. The views, opinions and other representations published in *Austin Fit Magazine* are not those of Austin Fit or any of its directors, officers, employees or agents.

**We welcome your feedback. Email letters to editor@austinfmagazine.com**



Be who you want to be.  
It's as natural as the earth itself.



Edward D. Buckingham, M.D.  
*Board Certified*



Buckingham Center  
for facial plastic surgery

Trust your face to a facial specialist

**USING THE LATEST ENDOSCOPIC AND MINIMALLY INVASIVE FACIAL TECHNIQUES**

**Facial cosmetic procedures:**

- Facelift/necklift
- Endoscopic brow/forehead lift
- Endoscopic midface lift
- Rhinoplasty (nose shaping)
- Blepharoplasty (eyelid surgery)
- Facial skin resurfacing (wrinkle reduction)
- BOTOX<sup>®</sup>
- Cheek, lip and chin augmentation
- Laser Vascular Birthmark Treatment
- Collagen replacement with Restylane<sup>®</sup>, Radiesse<sup>®</sup> or Sculptra<sup>™</sup>

**AUSTIN** Tel: 512-401-2500 or 866-451-2500 | **HORSESHOE BAY** Tel: 830-596-2198  
[buckinghamfacialplastics.com](http://buckinghamfacialplastics.com)

You can trust skin to *The Preserve* MEDICAL SKIN CARE CLINIC • 512-496-7796



# REALITY can be mind-BOGGLING

by Caitlin Haskell

## ONE OF THE GREAT CHALLENGES

to individuals across diverse historical and cultural epochs has been to determine what is actually real. A quick glance through the pages of a philosophy textbook tells us without question that reality is an important subject. Moreover, it shows us that resolving the question of what is real has proven to be no small task.

To say, however, that the quest for reality pervades our daily life is a different matter altogether. For example, you probably aren't questioning the reality of what you're doing right now. Most likely, you aren't questioning this experience because all signs point to it being real. In other words, it corresponds to what you believe is the truth. You can touch what you're reading and feel the paper texture between your fingertips. Your eyes register the colors and forms that compose each page. If you thumb the pages, or crumple an edge of a single sheet, it will make a noise that your ears register and your mind recognizes. Yes, this is familiar and it makes sense. You can place this experience in reality because your senses reinforce the fact that you are doing what you thought you were doing all along — reading a magazine.

It is likely, however, that there have also been times when you believed something to be real that was not (the Tooth Fairy and Easter Bunny notwithstanding). The instances that I'm referring to happen most often in the heat of a moment when you have a stake in the outcome.

For instance, it's set-point in an important tennis match,

and you could have sworn your ball landed inside the line. But, when you watch a video of the match the next day you see that your shot was, in fact, long. Or there was a full count on the batter and you would have staked your name on the fact that a strike was thrown. The only problem is that the umpire, batter and everyone else in the stadium saw it the other way. Examples such as these illustrate the fact that, while we trust our senses wholeheartedly, there is often a degree of subjectivity that enables us to sense what we would like, as opposed to what might or might not really be there. To state it another way, we tend to believe that sensory perception is simply our bodies reacting to stimuli coming from the natural world when in fact our subjective minds often supply many of the factors that affect the reality we experience. This can be a difficult thing when it leads you to question every call your opponent makes in a game, but it can also be powerful when a belief in your ability to overcome difficult circumstances allows you to exceed your everyday level of performance. As an inspirational example of such mental battling, we need look no farther than fellow Austinite Lance Armstrong's Tour de France performances or Vince Young's astounding athletic feats in the Rose Bowl.

While reality-testing exercises (much like the one mentioned at the beginning of this piece) might strike some people as a fool's errand, there are few who would argue that reality is an extremely important topic for humanity. It's generally agreed that the tools we have and use to decipher the real from the illusory are simply our minds and bodies. And as we have

seen, minds and bodies don't always agree about what is real.

The great philosophical distinction between mind and body in western thought can be traced back to classical Greece but, as Dr. Jeff Hanson, professor of philosophy at St. Edward's University and Austin Community College explains, "at the dawn of the modern world, Rene Descartes [a seventeenth-century French mathematician, philosopher and physiologist] revived a debate inaugurated by Plato and Aristotle about the relationship of the mind to the body. Unfortunately Descartes was unable to satisfactorily explain this question and thus bequeathed more questions than answers to his successors." Yet one doesn't have

(like an eye). The result of this stimulus-receptor interchange leads to perception. Perception, in the strictest definition, is cognizance or being aware of a sensible or quasi-sensible object. In practice, it's the mental state that allows us to have thoughts like, "this wall is orange." As such, it would be difficult to extract the subject of perception from the study of cognition, the human faculty of knowledge and consciousness. But what are the limits of sensory perception? Is there something more real than what our eyes, ears and minds can make sense of? It seems that there are a few powerful souls who are capable of knowing or experiencing more than most people. Is there really a way to harness

**“The mental energy used in spoon-bending has been considered a parallel to the mental toughness it takes to beat a disease like cancer.”**

to go back to Descartes to begin probing the role that minds and bodies have in shaping what we believe to be real.

We're all familiar with the visual, auditory, gustatory, olfactory and tactile senses of the human body, though we might know them better as sight, hearing, taste, smell and touch. There are, however, additional sensory realms, such as the kinesthetic, vestibular and organic that inform our sense of reality.

The kinesthetic sense, for example, allows us to register posture and movement. Similarly, the vestibular sense contributes to our ability to perceive balance. Lastly, the organic sense refers to one's level of sensitivity toward what's taking place within our internal organs. In some contexts, the organic sense also includes our receptivity to certain physiological processes, such as hunger, thirst and drowsiness.

While the eight sensory realms are certainly more familiar, some might be inclined to discuss the "sixth sense" as well. The sixth sense, or psychic sense, is more often considered an object of superstition than science. However, it's what many people claim allows them to be clairvoyant, practice telepathy or even experience extrasensory perception. Stepping outside the sphere of conventional psychology and into the pseudo-scientific field of parapsychology, one comes across a number of unconventional theories of perception. However, it's first important to understand how psychology explains perception.

In psychology, the first stage in the chain of biochemical and neurologic events is sensation. Sensation begins when a stimulus (like a color) intrudes upon the receptor cells of a sensory organ

the senses and experience a super-reality?

As a discipline, parapsychology incorporates aspects of biology, physics and psychology. Members of the field study the evidence surrounding phenomena where a person seems to receive information by means of something not currently explainable within the framework of mainstream, conventional science. Proponents of parapsychology support the belief that reality can be known through mental abilities that are as of yet unexplained by scientific discovery.

Though it's best to approach parapsychology with a healthy skepticism, the ideas purported by parapsychologists are hardly new. Events strikingly similar to those that interest parapsychologists can be found in millennia-old shamanist cultures from Siberia to Africa, whose bodily and spiritual healing ceremonies continue to be practiced today. The longevity of these solutions, though highly unconventional to a culture accustomed to an Enlightenment, rationalist mentality, seems to contradict the notion that science has a monopoly on the means to reality. As Hanson explains, "I think there are many reasons why people today are more open to considering alternate approaches to the real — precisely because they perceive the limits of the modern scientific and technological view of the world."

The phenomena of interest to parapsychologists, generally termed "psi phenomena," fall into two broad groups: extra-sensory perception and anomalous operation. Extra-sensory perception, which is also sometimes referred to as "anomalous cognition," consists of seemingly inexplicable acts like telepa-

# Attention Personal Trainers:



Train at Busby's  
Total Fitness  
where your clients  
will not only benefit  
from your expert  
training but they  
will also enjoy not  
having to pay  
membership fees.

**Busby's**  
**Fitness**

3300 W. Anderson Ln.

[www.busbysfitness.com](http://www.busbysfitness.com)

**459.6165**

thy, clairvoyance and precognition. The commonality between these experiences is that their practitioner is able to receive a sensory input from a realm outside the sensory world and thereby perceive something beyond what is typically considered real, or at least knowable through the mind and body.

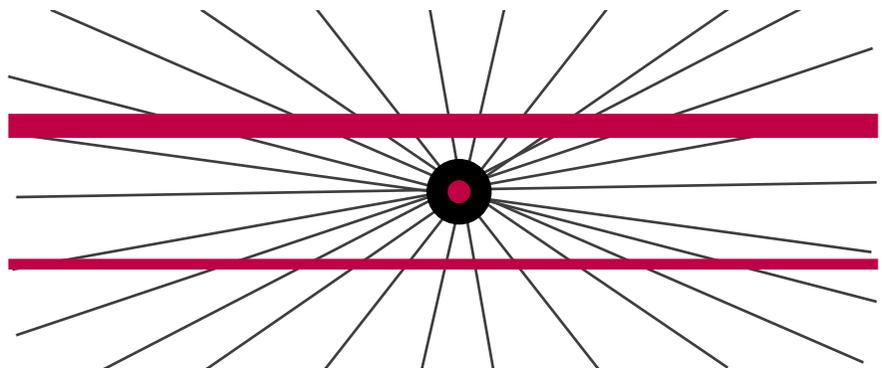
Where telepathy allows for mind-to-mind communication without the intercession of words, clairvoyance operates on a different set of principles. Clairvoyance allows a person to perceive distant objects even when they are blocked by physical matter. It can also enable people to register things that our bodies are usually not sensitive enough to notice or derive meaning from, like radio frequencies. While most instances of clairvoyance manifest themselves visually, parapsychologists also note occurrences where the perception was auditory or kinesthetic in nature.

Anomalous operations — which represent the other half of parapsychological phenomena — include out-of-body and near-death experiences, reincarnation, mediumship and psychokinesis. Previously referred to as telekinesis, psychokinesis, literally means “mind-movement.” This concept refers to our ability to “influence” objects in our material surroundings using only our minds.

One of the most widely known and fascinating examples of psychokinesis is spoon-bending. To understand the mental energy that must be harnessed in order to spoon-bend, the following is advice from a spoon-bending “coach” to one of his pupils on [www.cyberphysiology.com](http://www.cyberphysiology.com). In this exercise the coach pretends to destroy a \$70 million check.

“Where is your energy on the inside? How do you find the energy of you? Close your eyes. I want you to notice what it feels like when you have this letter coming. And then I want you to notice what it feels like when I stand in front of you and tear

## WHAT IS REALLY REAL? test yourself



**KEEP A STRAIGHT LINE** Are the red lines in this picture straight or bent?

the letter up. Feel the feeling as I tear it into all these pieces. Now open your eyes. Notice that you are actually feeling something, you are feeling an energy. Where do you feel the feeling? Well, that feeling, that's you, that energy is you. Once you have the ability to feel who you are, you can simply bring that energy into your hands."

If one can harness this type of energy to twist a small metal spoon, imagine how effective one could be in other aspects of life. In fact, the passage above is entitled, "Spoon-Bending as a Metaphor for Healing." Not surprisingly, the mental energy used in spoon-bending has been considered a parallel to the mental toughness it takes to beat a disease like cancer. With such mental strength and awareness, the test that once seemed impossible is one that you can pass with flying colors. The race that was once too long is now within your reach. The sickness that had debilitated your body is now under your mind's control.

While the mind-body argument rages on, Dr. Hanson leaves us with some thought-provoking words.

"Contemporary research suggests, in contrast to the positions held by thinkers like Plato and Descartes, that the mind and body are very strongly related and not alien to each other. Scientists are increasingly aware of the extent to which mental well-being affects physical well-being and vice versa. The body as a topic for philosophical study is also coming into its own in the last hundred years or so, with philosophers acknowledging that human beings are not just minds and discussing embodiment and the effect that my body has on how I understand myself and the world around me."

Approaching subjects like these need not be left to professional philosophers and psychologists. A keen awareness to our own perceptions and our ability to override perception might just reveal where reality really lies.



**PATRIOTIC PUZZLE** Stare at this for about a minute and then look away at a white background. What do you see?

enjoy a **European Facial** combined with the benefits of **Bioblend®** Skin Rejuvenation

Limited Time Offer

**\$95** (valued at \$150)

**Botox®**

**Restylane®**

**Collagen**

**Foto Facial RF®**

**Microdermabrasion**

**Bioblend® is exclusive to TOC**  
**For All Skin Types, this 75 minute**

treatment includes gentle steam cleansing while your hands hydrate inside warm mitts. Our enzyme exfoliation mask will remove those dull skin cells. A customized lotion is applied prior to the patented ultrasonic treatment. This complete process will rejuvenate and refresh your skin and make it unbelievably soft and smooth.

**533-7317**

 **TOC  
Aesthetic  
Skin Care**

3705 Medical Pkwy, Suite 120

Sean Blaydon, M.D. • John Shore, M.D., F.A.C.S  
Russell Neuhaus, M.D. • Todd Shepler, M.D.  
Theresa Allen R.N. • Meredith Brown R.N.  
Kim Cole R.N. • Andrea Guidry R.N.

## HEALTH WATCH

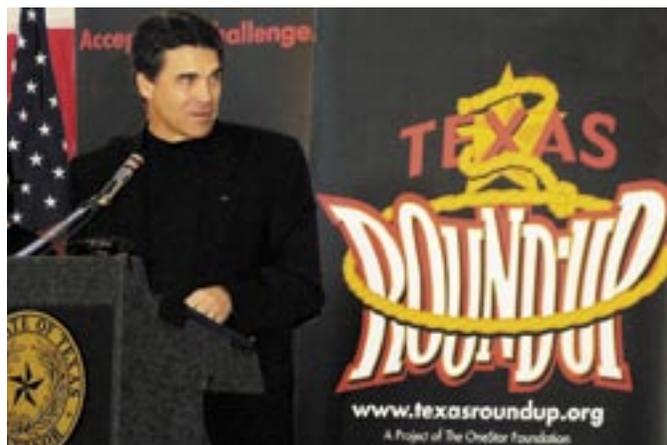
## JOIN THE MOVEMENT

WHILE THE SECOND ANNUAL TEXAS ROUND-UP is not until April 30, many people have already begun participating in the event.

In late February, Gov. Rick Perry held a press conference encouraging all Texans to join the Round-Up's six-week fitness program leading up to the 10K. To help along the way, participants will be able to make an online pledge (at [www.texasroundup.org](http://www.texasroundup.org)), print it and hang it up as a daily reminder of their commitment to healthier eating and daily exercise. Overall Gov. Perry hopes joining the movement will motivate more Texans to track their own progress and give them an extra incentive to achieve their fitness goals.

As added inspiration, Gov. Perry regaled the audience with a touching story about a seven-year-old named Victoria who successfully battled diabetes and lost 20 pounds by participating in last year's event.

"Victoria made a commitment to a healthier life and beat a tough disease, Gov. Perry said. "She has never felt better, and



if I do say so myself, she's never looked better. At least from my perspective, this is what it's all about."

Gov. Perry finally left the crowd with a powerful message about the importance of lifelong fitness. "This [Round-Up] is more than just one day," he said. "It can ultimately help Texans keep long-term fitness commitments and enrich their lives. It's never too early and never too late to adopt a healthy lifestyle."

## ASK A DOCTOR

## CRACKING YOUR JOINTS

Dr. Jason J. Webb | Chiropractor | Corrective Chiropractic

**Q IS IT BAD TO CRACK YOUR JOINTS?** I have been asked this question at least once a week for the past five years and this is how I've always answered it: it depends. If your neck, back or spine happens to crack a little when you move a certain direction or bend in a particular way, that's fine. However, if you're one of those people who grabs your chin and forehead and twists your head like your taking the lid off a pickle jar, that's not fine.

**Q WHY DOES CRACKING JOINTS MAKE THEM FEEL BETTER?** Cracking a joint feels good for several reasons. It causes the body to release endorphins and enkephalons — our "feel good hormones," a neurological reflex occurs in the body causing the surrounding soft tissues to relax, nitrogen gases escape from the joint capsule relieving a sense of pressure from within the joint and (when performed by a professional) cracking



(adjusting) the spinal joints can also restore normal joint motion and take pressure off spinal nerves.

**Q WHAT SIDE EFFECTS ARE THERE, IF ANY?** When things aren't lined up correctly they don't move correctly. For example, a door that is misaligned on its hinges will not open and close as it should; tires that are out of proper alignment will wear out much more quickly than normal. Our bodies are no different. If you repeatedly self-treat an area by cracking joints over and over, I suggest finding a professional, getting x-rays of the area, having it measured, analyzed and corrected.

# WELLNESS COUNTS.



With a highly personalized, service-oriented approach to total health and wellness, Dr. Counts has been a leader in primary care and preventative family medicine with an emphasis on complementary/alternative therapies for over 30 years. His established, fee-for-service practice integrates the most advanced conventional medical treatments with complementary/alternative therapies to provide the highest-level of patient-centered care.

- Primary Care & Preventative Family Medicine
- Medical Acupuncture
- Bioidentical Hormone Counseling
- Herbal & Dietary Supplement Therapies
- Mind-Body-Spirit Approaches
- Timely Referrals

Please call 512.474.2772 for new appointments.

Donald R. Counts, M.D., P.A.  
2905 San Gabriel, Suite 306  
Austin, Texas 78705

[WWW.DRCOUNTS.COM](http://WWW.DRCOUNTS.COM)



## Martial Yoga™

Reduce stress, "Self-Heal", "Self-Energize" & strengthen your immune system with ancient mind-body exercises



## Fitness Kickboxing

Tone, strengthen & condition  
Real martial arts using heavy bags  
Great cardio workout!  
Awesome music & lots of fun!



## Tang Soo Do

Discipline your mind & body with this adult-friendly, "high energy" martial art & practical self-defense

# 1 Month FREE+

FREE Intro Lesson  
FREE Uniform & Gloves  
FREE Self-Defense Seminar  
FREE Book & CD  
Lessons in Mindfulness

**ENROLL NOW SAVE \$250**



Since 1992

Located at 4615 Bee Cave Rd. at The Hills Fitness Center

[www.austinmartialarts.com](http://www.austinmartialarts.com) | 327.2900

# ABSOLUTE DERMATOLOGY & MEDI-SPA



- |                            |                    |
|----------------------------|--------------------|
| Free Cosmetic Consultation | Laser Hair Removal |
| Sculptra™                  | Facials            |
| Restylane™                 | Chemical Peels     |
| BOTOX™                     | Body Sugaring      |
| Sclerotherapy              | Waxing             |
| FotoFacial RF™             | Eye Treatments     |
| Diamond Microderm          | Massage            |
| Laser Acne Treatments      |                    |

Full-line of SkinCeuticals™ & Glo Minerals™

**GIFT CERTIFICATES AVAILABLE**

*Lori Honeycutt, M.D.*

257.7600 | 1103 CYPRESS CREEK ROAD, STE. 100 | [www.absolutederm.com](http://www.absolutederm.com)

# THE HEAVY ON HEADACHES

We've all had a splitting headache that just won't go away. And when it happens, there's no way to concentrate until the pain ceases. Whether you're suffering from throbbing in your sinuses or from being over-served the night before, help needs to come fast. Here are four of the most common types of headaches and how you can get quick relief.



## MIGRAINE

For anyone who's ever experienced a migraine, it's definitely something they don't ever want to happen again. And while there are many theories on what causes them, there are definite ways to get rid of them or at least ease the pain. When you first experience the severe aching that most frequently occurs on one side of the head, the National Women's Health Information Center recommends lying down in a dark room with a cold pack. Also, migraines are sometimes accompanied by nausea, so one interesting tip from the Hartford Hospital is to drink caffeine-free flat soda to help relieve a queasy stomach. In the long run, it's important to focus on what is actually triggering the migraine, which could be something as simple as extra stress in your life. Working with a doctor on ways to relax or even getting massages to loosen up trigger points does work for a lot of people trying to prevent recurrent attacks.



## SINUS

If a sinus infection hits, it's usually hallmarked by distressing pain behind the nose and eyes, producing a stubborn and at times very painful headache. Typically induced by a virus and often coinciding with seasonal allergies (April is oak pollen season), sinus congestion can lead to inflammation and bacterial infection since the opening between the nose and sinus cavity is very small. If after about a week the pain from a sinus headache is still present, it's important to visit a doctor for antibiotics. Dr. John McFarlane with Austin Ear, Nose and Throat calls the symptoms "puff, pain and pressure" good indications that the bacteria have settled in. For relief, you'll need a decongestant such as Sudafed, extra rest, hot showers and plenty of liquids to ease the pain. Also, a salt water nasal spray is beneficial to help thin out any mucous.



## ICE CREAM

It's not a myth! It can happen with anything cold. Whether you're sipping that margarita too fast or licking an ice cream cone, when something cold touches the center part of the roof of your mouth, it can strike a nerve. According to the Nemours Foundation, stimulation of this nerve can affect blood flow to your head, which ultimately leads to the pain. So if you feel an ice cream headache coming on, in order to slow it down, simply warm up the roof of your mouth. To do this, hold your tongue at the top for about 10 seconds. It's a great trick to if you want to continue enjoying your icy treat without getting a painful headache afterward.



## HANGOVER

After a night of heavy drinking, it's not uncommon to wake up with a throbbing headache. Alcohol causes the blood vessels in your head to swell and serves as a powerful diuretic, leaving your body severely dehydrated. Along with the conventional remedies of drinking water and sports drinks to ease the pain, the National Headache Foundation also recommends honey. The fresh fructose found in honey can help the body metabolize alcohol — in fact, two tablespoons of honey on a cracker or piece of toast, before or after drinking, may prevent a hangover. Another option is tomato juice which is a great source of fructose and other beneficial nutrients.



## HOPE, OUR REASON TO RELAY

The American Cancer Society Relay For Life is a community gathering to fight against cancer by walking overnight to raise much-needed funds for research, education, advocacy and patient services.

April 15-16 • Williamson Co. Park

April 22-23 • Lake Travis High School

April 29-30 • Toney Burger Center

For information call Jackie Bienski @ 919.1882 | [www.cancer.org](http://www.cancer.org)



## KELLY W. KEITH, D.D.S.

General & Cosmetic Dentistry

### NEW PATIENT SPECIAL:

**FREE Cleaning & Consultation**  
(with purchase of examination & X-ray - \$70 cost)

\*Offer valid through 7.31.05

Centrally Located near UT Campus | 3800 Speedway | 452.6405

## HEALTH MATRIX



## LOSE WEIGHT, GROW STRONG

Dr. Veronica LaChapelle, ND, Ph.D(c), CN

Lose weight and grow strong with a safe, natural, non-invasive method.

- Neurotransmitter Balancing
- Hormone Rebalancing
- Nutritional Consulting

(see testimonials on our website: below)

7212 McNeil Dr., Ste. 206 | 335.7179 | [www.essentialhealthmatrix.com](http://www.essentialhealthmatrix.com)



## WHERE GOOD SLEEP IS MORE THAN A DREAM

If you have trouble falling asleep or wake up feeling unrested, we can help.

Locations in Austin, Bastrop & now in Westlake.

866.32.SLEEP | [www.bastropsleeplab.com](http://www.bastropsleeplab.com)



[www.texasroundup.org](http://www.texasroundup.org)  
**APRIL 30, 2005**  
AUSTIN, TEXAS

## ACCEPT THE CHALLENGE JOIN THE MOVEMENT

The Texas Round-Up is a statewide effort to encourage Texans of all fitness levels to incorporate daily physical activity and healthy choices into their lives.

- Run, walk or relay in the 10K
- Online registration available

State Capitol Grounds | 512.473.2140 | [www.texasroundup.org](http://www.texasroundup.org)



## TAI CHI • KUNG FU KIDS MARTIAL ARTS

Austin's Premiere School for Authentic Chinese Martial Arts.

Register online for our introductory special for real beginners!

Checkout our online pro-shop!

6611 Airport Blvd. | 422.4245 | [www.taichitom.com](http://www.taichitom.com)

## WHERE DO YOU FIT?

health marketplace reaches more than 60,000 Austinites living a healthy and fit lifestyle. strategic placement and ultra-competitive pricing | call to reserve your spot | 407.8383

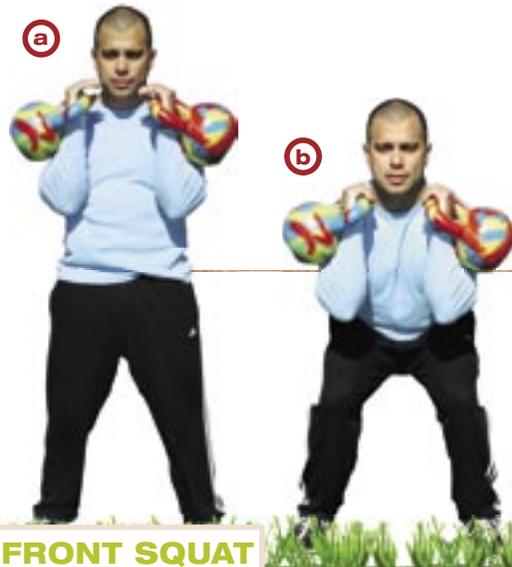
# STRONG QUADS



## GETTING LEAN, MUSCULAR QUADRICEPS

has just gotten a bit easier. We spoke with Adam Davila of Adam's Training, who uses kettlebells to train with his clients. A kettlebell is a traditional Russian cast iron weight that looks like a cannonball with a handle. He says the weights are so versatile they can completely replace barbells, dumbbells, belts for weighted pull-ups and dips, thick bars, lever bars, medicine balls, grip devices and even cardio equipment. He calls it the ultimate tool for extreme all-around fitness.

In order to use a kettlebell, Davila suggests learning from a Russian Kettlebell Challenge-certified instructor. Kettlebell technique can be learned in one or two sessions and intense training can be started as early as the first week. Once you learn how to use it correctly, try these exercises to really make a difference in the shape of your quads.



### FRONT SQUAT

(a) Raise two kettlebells to your shoulders and take a slightly wider than shoulder-width stance, finding a comfortable position for your body type. (b) As you squat down, push your buttocks out. Looking straight ahead at all times, squat as low as you can and pause at the bottom. Rise back up and repeat.



### KETTLEBELL SWING

(a) Place a kettlebell between your feet. Push back with your buttocks and bend your knees to get into the starting position. Make sure that your back is flat and look straight ahead. (b) Swing the kettlebell between your legs forcefully. Quickly reverse the direction and drive through with your hips taking the kettlebell straight out to chest level. Let the kettlebell swing back between your legs and repeat. The main muscle worked here is your inner thighs.



### WINDMILL

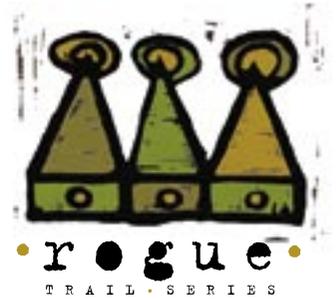
(a) Clean and press a kettlebell overhead with one arm. Keeping the kettlebell locked out at all times, push your hip out in the direction of the locked out kettlebell. Turn your feet out at a 45-degree angle from the arm with the kettlebell. (b) Lower yourself until you can touch the floor in the opposite direction. Pause for a second and then reverse the motion back to the starting position. The main muscles worked are your quadriceps, glutes and obliques.

reEducate your muscles,  
reAlign your body and  
reForm yourself through Pilates.

*reform Pilates*  
a new pilates studio

3110 Windsor Rd. Ste. A Austin, TX 78703  
512.236.9595 [www.reformpilates.net](http://www.reformpilates.net)

**The Maze. The Loop. The Belt.**  
In other words, get lost,  
get around and get spanked.



Rogue Training Systems is proud to announce the 2005 Rogue Trail Series.

This 3-race series offers runs for a variety of tastes, from first-time trail runners to seasoned off-road enthusiasts looking for a challenge. The series starts May 22nd. Log on to [roguegunning.com](http://roguegunning.com) to get off the beaten path.

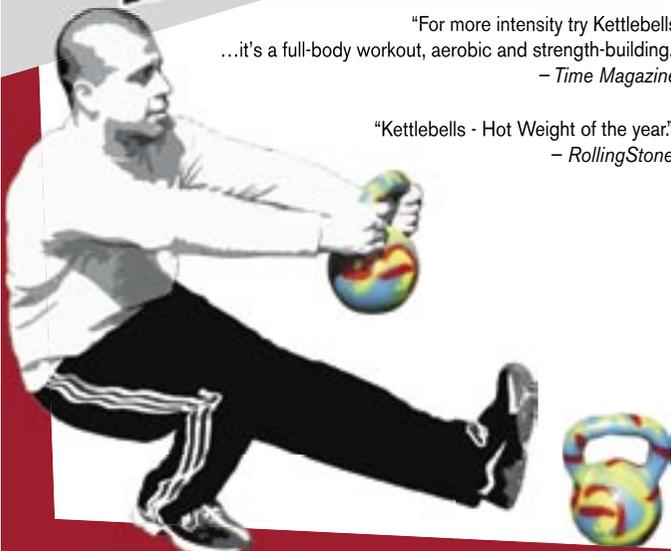
**The Maze:** May 22nd Walnut Creek Park 10K & 30K distances  
**The Loop:** June 5th Emma Long Motocross Loop 10K & 30K distances  
**The Belt:** July 31st Loop 360 Access of the Barton Creek Greenbelt 25K distance

For details and training options: [roguegunning.com](http://roguegunning.com)

**Austin's Top Personal Trainer Reveals:**

## **RUSSIAN KETTLEBELLS** The Ultimate Weight Loss & Fitness Success System

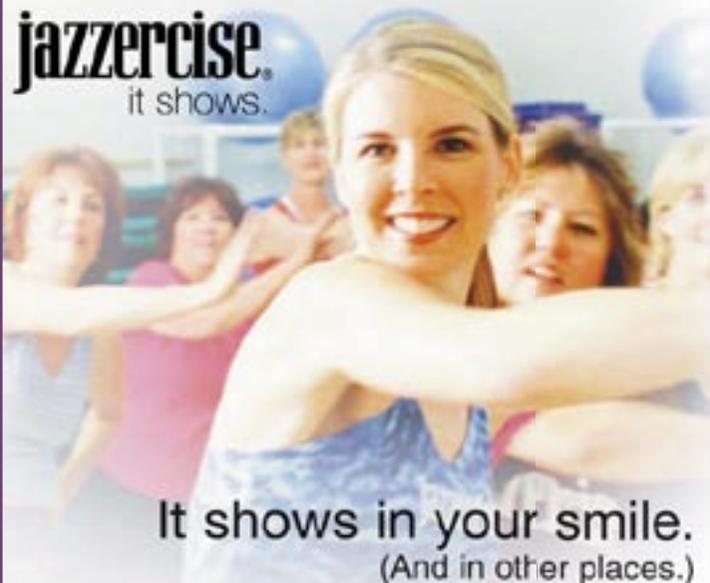
What you will discover when you use Kettlebells:  
**Increase Energy & Metabolism** ★ **Tighten & Tone Muscles**  
**Burn Off Excess Pounds** ★ **Build Explosive Strength**



"For more intensity try Kettlebells  
...it's a full-body workout, aerobic and strength-building."  
— *Time Magazine*

"Kettlebells - Hot Weight of the year."  
— *RollingStone*

**Schedule Your FREE No Obligation Consultation NOW!**  
**512.762.9548 ★ [www.adamtraining.com](http://www.adamtraining.com)**



**jazzercise.**  
it shows.

It shows in your smile.  
(And in other places.)

When you love your workout, results come easy. That's why Jazzercise blends aerobics, yoga, Pilates, and kickboxing movements into fun dance routines set to fresh new music. All fitness levels are welcome.

[jazzercise.com](http://jazzercise.com) • 1(800) FIT-IS-IT

## ASK A TRAINER

## SORENESS

Stephen A. Connally | Certified Personal Trainer | JCAA

**Q** SHOULD YOU WORK OUT THROUGH SORENESS?

On the day or two after you exercise, muscles feel sore because they are stressed and need to recover. If you're training your chest one day, train legs the next day to give your chest the opportunity to recover and so on. Don't work out a sore muscle that isn't fully recovered. You're doing more harm than good. If the soreness is chronic and painful to a specific muscle you should check with your physician about a possible injury. The worst thing you can do is sit still and not move your body in the days following a workout.

**Q** HOW CAN YOU PREVENT BEING SORE IN THE LONG RUN?

Some experts believe that reducing the amount of force against the muscle may prevent soreness. However, even seasoned athletes get sore muscles. You can help to prepare your muscles for exercise by warming up and stretching them before, during and after exercise (when your muscles tend to be the tightest). Soreness isn't a sign of a good or bad workout.



There are people out there who just don't get sore while others may get sore from minimal exercise. Your routine is better judged by how well you are progressing.

**Q** WHAT EXERCISES ARE MORE PRONE TO SORENESS?

Most exercises have some form of eccentric contractions (forcing your muscle to stretch beyond the amount of force it normally carries) and this can make you sore. If you're just starting to work out or take the stairs a lot, you could suffer from Delayed Onset Muscle Soreness because eccentric contractions make up the majority of the muscle action that happens during these exercise movements.

## TRENDS

## SPRING TRAINING

The cold months are over and there is no excuse not to exercise outside. Thankfully, outdoor training programs are gearing up to help keep you on track this spring. The following programs — one aimed at motivating women and another designed to keep teenagers on their toes — are great options for the months ahead.

**BE A JANE!** This outdoor boot camp designed strictly for women, is a way to enjoy a wide variety of exercises in a fun and versatile environment. "One day we could be hiking in the West Bank Greenbelt and another day be swimming or kayaking," personal trainer, Peri Kowal, says. However strength training always comes with the cardio. The program guarantees different activities for each of its eight sessions and is a great way to inspire women to start exercising again as well as expand their workout options. For more information, call 345.0343.

**CEDAR PARK CLASSIC TRACK CLUB**

Around 50 to 60 kids, from top-level to beginning-distance



runners can participate, as long as they were born between 1987 and 1997. Part of Rogue Training Systems, it's the only local youth club specializing in middle- and long-distance running events (from 800 meters and longer). In addition to speed development work and endurance runs, Coach Steve Isham works to strengthen teens' upper body muscles, too. And the program works — since 2000 they've had 19 athletes earn national championship medals.

While training begins April 4, kids can register up until May. If you're interested in learning more, call 401.9439.

## FitStudio O<sub>2</sub> WESTLAKE HILLS



**HAPPY, HEALTHY SPRING...**  
*Commit to Renewing Your Body*

**Bring in this ad to receive:**

- FREE 5-day Trial Membership for you and a friend
- FREE Fitness Spa Day when you join

Some restrictions apply. Offer expires 4.30.05

3267 Bee Cave Rd., Suite 118 | 329.5655 | [www.FitStudio02.com](http://www.FitStudio02.com)

## S.W.A.T. FITCAMP

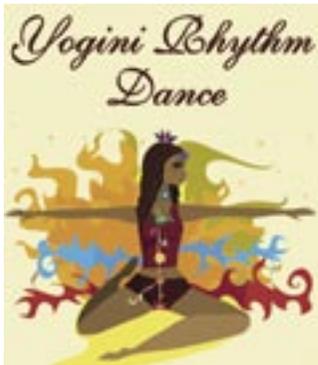


**EXPECT TO LOSE 2% BODY FAT IN 6 WEEKS!**

- Lose Weight
- Reduce Body Fat
- Firmer Arms, Legs & Abdominal
- Core & Stabilization Training

S.W.A.T. Fitcamp is an intense, fast-paced, comprehensive fitness program.

388.0003 | [www.swatfitcamp.com](http://www.swatfitcamp.com)



**DIVINE FEMINE HEALING**  
Through Creative Movement

Yogini Rhythm Dance combines movements related to yoga, martial arts, and various dance techniques to raise awareness of the feminine body.

Call today for a class schedule | 663.4032 | [www.yoginigoddess.com](http://www.yoginigoddess.com)



**SIMULATED HIGH ALTITUDE TRAINING CENTER**

High Altitude Training adapts your body to lower oxygen conditions.

- Increase endurance & stamina
- Decrease recovery time & fatigue
- Safe, easy way to gain the competitive advantage

4201 Marathon, Ste. 206 | 300.2212 | [www.altimaxtraining.com](http://www.altimaxtraining.com)

## THE NATIONAL PERSONAL TRAINING INSTITUTE



**GET IN SHAPE WHILE GOING TO SCHOOL**

- Professional school to become a Personal Trainer
- State approved 500 hr. program
- Study anatomy, nutrition and business

Come sit in, work out and learn about the program. Located in the Waterford Centre at Mopac & 183.



**CATHERINE ROBINSON**

ACE Practical Master Trainer  
ACE Certified Personal Trainer

**Obtain Practical Confidence To Lead That 1st Group Fitness Class!**

- Ideal for Personal Trainers
- Resistance & Flexibility
- Music & Cueing
- Classes cost \$225

Also available for personal training

## WHERE DO YOU FIT?

fitness marketplace reaches more than 60,000 Austinites living a healthy and fit lifestyle. strategic placement and ultra-competitive pricing | call to reserve your spot | 407.8383



# A Spoonful of Sugar

by Amy  
Lemen

## The Uncoated Facts on Sugar Substitutes

**W**e are sugar mice.” That’s what the guy behind the counter at a Napa winery told me while talking about our kids and their incessant demand for sugar. But it didn’t start with them.

Raised on the white stuff since we were kids and begging for Lucky Charms, we’re now a generation of sugar addicts. Just witness the popularity of such sweeteners as Nutrasweet, Equal, Splenda and others. And with the “carb paranoia” that seems to have permeated most diets for the last few years, sugar is an ever-present factor in the foods and drinks we consume every day. It’s no wonder that the average American eats 20 teaspoons of sugar per day.

But are these sweeteners healthy? And are they safe? And what the heck’s in them anyway? We’re not the first to ask. Questions about artificial sweeteners and their potential links to cancer and other diseases arose when

early studies showed that cyclamate, one of several types of artificial sweeteners, caused bladder cancer in laboratory animals. However, results from research studies haven’t provided clear evidence of an association between artificial sweeteners and human cancer.

But, better safe than sorry. Because the findings in animals suggested that cyclamate might increase the risk of bladder cancer in humans, the U.S. Food and Drug Administration (FDA) banned the use of cyclamate in 1969. Now there’s a whole host of artificial sweeteners that aren’t banned, and we’ve taken to them like, well, mice on a treadmill.

“I don’t spend a lot of time with artificial sweeteners,” says Mark Anthony, a nutritionist at Castle Hill Specialized Fitness and the former lab director of the Institute for Biomedical Research in Austin. “If you’re drinking tons of diet drinks because you’re watching carbs, there’s a problem.”

### types of sweeteners

**NUTRITIVE SWEETENERS** supply calories and energy to the body. They’ll set you back about 4 calories per gram (16 calories per teaspoon) — just like sugar — and include foods like honey and corn syrup. Regular table sugar is called sucrose — molasses, beet sugar, brown sugar, cane sugar, confectioner’s sugar, powdered sugar, raw sugar, turbinado, maple syrup are all basically table sugar. If you’re watching labels — and you should — you can identify others sugars by their “-ose” ending, like glucose (also called dextrose), fructose (also called levulose), lactose and maltose. Other kinds of carbohydrates include sugar alcohols like sorbitol, xylitol and mannitol.

**NON-NUTRITIVE SWEETENERS** are sugar substitutes, often chemicals that have no calories and provide no energy to the body. They also don’t break down like sugar does in the body; rather they leave the body in the urine.

The FDA has approved four non-nutritive sweeteners. They include saccharin, aspartame, Acesulfame-K and sucralose. You might not know them by their chemical names, but you’d definitely recognize their brand names: Sweet-n-Low or Sugar Twin; Nutrasweet or Equal; Ace-K, Sweet One or Sunette; and Splenda. So what are these sweeteners, what’s in them, can they fit into a healthy diet and, more importantly, are they good for you?

*saccharin* was first made in 1879 from a substance that occurs naturally in grapes.

It's also 300 times sweeter than sugar and is often combined with aspartame in fountain drinks. The FDA proposed a ban on saccharin in 1977, when it was found that animal studies linked saccharin with the development of bladder cancer. But it was later proved that



this only happened in huge amounts — much more than we'd actually consume. The FDA withdrew the ban in 1991, but required a warning label.

The National Cancer Institute (NCI) and FDA looked at the possible role of saccharin in causing bladder cancer in humans. For those people who were heavy saccharin users (six or more servings of sugar substitute or two or more eight-ounce servings of diet drinks a day), there was some evidence of an increased risk of bladder cancer, particularly for those who heavily ingested the sweetener as a tabletop sweetener or through diet sodas. But the results of the NCI–FDA study, together with findings of additional research with laboratory animals, suggest that consumption of saccharin is not a major risk factor for bladder cancer in humans. For these reasons, Congress removed the warning label in December of 2000.

*aspartame* is made from amino acids, the building blocks of protein, and is about 200 times sweeter than sugar. It's also the most popular sugar substitute and can be found in more than 150 different foods and drink products. Although the FDA approved aspartame in 1981, there have been many claims that aspartame use is linked with cancer and other diseases. But the FDA calls aspartame “safe for human consumption” and has conducted 26 different studies to make sure.



One caveat: All foods or drinks that contain aspartame must have a warning that states that the product contains phenylalanine. For those whose bodies can't break it down (a condition called phenylketonuria), it can be toxic and cause severe brain damage.

*acesulfame-k* (Ace-K) is 200 times sweeter than sugar, and the “K” stands for

potassium. It doesn't break down when heated, so it can be used in cooking and baking. The FDA approved Ace-K in 1988.



Also known as Splenda, *sucralose* is the newest non-nutritive sweetener, approved by the FDA in 1998. With legions of carb-conscious fans, sucralose is made from table sugar, but it can't be digested, so it doesn't add calories. It's a whopping 600 times sweeter than sugar and is approved for use in desserts, candies and non-alcoholic drinks. Many fans also use it as sugar and sprinkle it on oatmeal and cereal. Like Ace-K, it also doesn't break down when heated, so it can be used in cooking and baking.

Marketed as “made from sugar,” Splenda is appealing to many. But most nutritional experts advise using it in moderation because it's still an artificial product.

“I think that makes people feel like it's ‘safer’ than other artificial sweeteners, but some people just prefer the taste over the others,” says Amy Culp, R.D., L.D., and partner of sCULPture Nutrition and Fitness in Austin. “I try to work with clients who are avoiding carbs to ensure that their diet is as nutritionally balanced as possible.”



The American Diabetes Association has approved the use of all four sweeteners, in moderate amounts. All can be very effective for those who want to satisfy sweet cravings while also keeping blood glucose levels in check. Lest we become unjustly alarmed, when it comes to safety, the FDA requires that all potential sweeteners (and other products) must go through rigorous safety testing before they are put on the market. Although they might be approved, the FDA constantly re-evaluates them. It can take up to as many as 10 years for a sweetener to go through intensive reviews.



## Pain Relief Footwear



### Built Differently To Treat You Better

- Built-In Orthotic
- Extra Forefoot Cushioning
- Spring Suspension
- Flex Line

**Available in running & walking shoes, hiking boots, sandals, clogs, and work boots.**

"My feet stopped hurting and I wasn't tired and in pain at the end of the day."

Aaron B. Kaufman, D.O.  
Integrative Medicine Clinic



**Z-Footwear of Austin**  
Authorized Dealer

3563 Far West Blvd., Suite 105

**www.zcoil.com**

**241.0550**

There are other sweeteners not yet on the market. One of them is *stevia* (also stevioside or steviol). About 250 to 300 times sweeter than sugar, the FDA has not approved it for use as a sweetener in the United States, but it is sold as a dietary supplement in



natural foods stores. Researchers have found that the main chemical in stevia can be converted in the laboratory to a compound that causes changes in genes. More study is needed to learn whether the same changes, which might lead to cancer, could occur in people.

Another ubiquitous form of sugar makes its mark as *high-fructose corn syrup*, and it's almost impossible to avoid it since it's in most of the products we buy. It's also an insidious form of the sweet stuff; some research has shown that because of the way our body metabolizes it, it eventually makes us hungrier (see sidebar).

"I think it's helping our sweet tooth grow," says Culp. "It's in so many convenience foods and people don't even realize it. I encourage label reading and getting back to 'real' food."

### *sugar buster? look at your overall diet*

For those who want to make changes and decrease their dependence on sugar, experts advise taking a good look at overall diet and an even closer look at grocery store labels.

"There's not a lot of reason to use artificial sweeteners...that's low-carb paranoia," says Anthony. "People see low-carb products and think that's a healthy food, but they're usually loaded with chemicals and bad fats. Low-carb is almost a code word for 'artificially sweetened.'"

Culp says moderation is the key and emphasizes getting back to "real foods" — ones that aren't loaded with chemicals and artificial sweeteners.

"If you're relying so much on artificially sweetened foods, you might forget how wonderful real food can taste!" she says. "I do blind taste tests with a low-carb food in comparison to the real food and people can see how bad some of the low-carb foods taste. If you substitute real foods with supposedly diet foods, you may never be satiated."

So what about that 3 p.m. sugar craving? Anthony advises choosing healthy sugars like those found in fruits, dried fruits and nuts. "The healthiest sugars are fruits of all kinds," he says.

And according to Culp, "If you're just enjoying one diet soda a day or one artificially sweetened yogurt, you're going to be well within the safe range of consumption."

# high-fructose-corn-sweeteners-and-obesity



Artificial sweeteners can be part of a healthy diet, but beware of the corn sweeteners. Nutrition experts have concluded that high-fructose corn syrup and other derivatives are partially responsible for the country's growing obesity problem.

Cheaper to produce and use in food manufacturing than cane and beet sugars, researchers have found that their use corresponds very closely with the recent obesity epidemic.

Dr. George A. Bray, professor at the Louisiana State University System's Pennington Biomedical Research Center, Barry M. Popkin and Samara Joy Nielsen, professor and doctoral student, respectively, in nutrition at the University of North Carolina at Chapel Hill, authored a recent report in the *American Journal of Clinical Nutrition*.

The usual suspects for increasing obesity in the U.S. have been increased food intake and a drop in physical activity, but to examine the potential role of excess eating, the researchers analyzed USDA consumption records from 1967 to 2000.

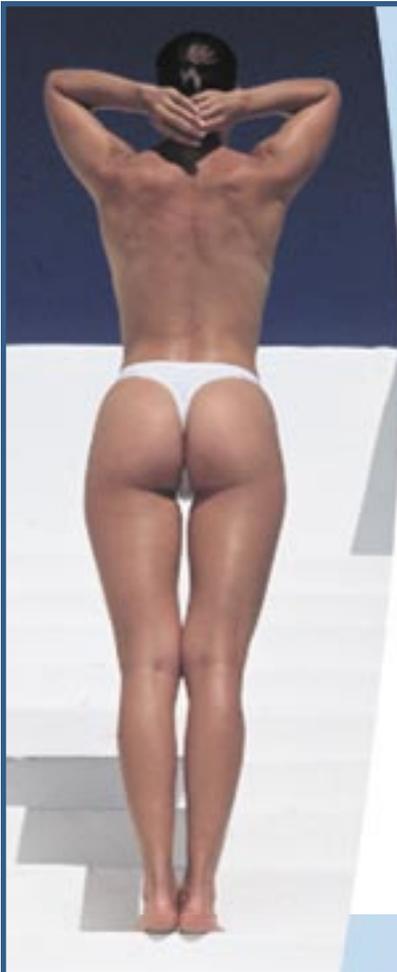
"In examining this data, the importance of the rising intake of high-fructose corn syrup was obvious," Bray says. "It did not exist before 1970. From that point, there was a rapid rise in this country in its use during the late 1970s and 1980s coincidental with the epidemic of obesity."

The extra sweetness of solutions like soft drinks and fruit beverages containing glucose and fructose appears to boost caloric intake sharply, the scientists concluded.

In fact, high-fructose corn sweeteners represent more than 40 percent of all caloric sweeteners added to foods and beverages and are the sole caloric sweetener in soft drinks in the U.S. Using what they called very conservative estimates, the researchers showed that for all Americans aged 2 and up more than 132 calories per day come from corn sweeteners.

Also, use of high-fructose corn sweeteners increased more than 1,000 percent between 1970 and 1990, far exceeding changes in intake of any other food or food group.

(SOURCES: University of North Carolina, Chapel Hill; American Diabetes Association; Discovery Health; KidsHealth.org)



## Got Cellulite? Get In Touch Endermologie

**Tired of working out, eating well and still having cellulite?**  
In Touch Endermologie smoothes & tones the saggy, dimpled look of cellulite.

- **Proven results**
- **FDA approved**
- **Expert technicians**
- **Flexible hours**



**Finally...you will love the way you look in your swimsuit!**

1ST SESSION  
**FREE**  
offer ends 4.30.05



**In Touch Endermologie**

3425 Bee Caves Rd. • 328.0333

[www.intouchsalon.com](http://www.intouchsalon.com)

**Endermologie • Skin Care • Massage**

# TASTY TOMATOES



## VITAMIN C

One tomato provides about 40 percent of the daily value of this nutrient. Vitamin C can lower blood pressure and cholesterol levels as well as help thin blood and protect against free radicals.

## LYCOPENE

This red pigment not only gives tomatoes their color, it's also a powerful antioxidant that reduces the likelihood of developing certain types of cancer including endometrial, lung, colorectal and prostate.

**Beta-Carotene.** While the red ones contain little, according to the USDA there is a new breed of orange tomatoes loaded with 35 to 40 times more beta-carotene, integral in protecting bones, teeth and eyesight.

## NUTRITION NEWS

# FAST FOOD: ADDING VALUE TO KIDS' MEALS

## KIDS OBESITY HAS NEARLY DOUBLED

during the past 20 years. And while there are plenty of reasons why nutrition is lacking in today's youth, there are also a lot of people trying to fix the problem.

Parents may be held accountable for what they feed their kids, but soft drink companies, fast-food restaurants and manufacturers of other high-calorie/low-nutrition foods are also to blame. According to the Center for Science in the Public Interest, companies spend more than \$15 billion on marketing aimed at children. Marketing fresh foods is a first step, but it can be an uphill battle when most kids' eyes are trained to focus on French fries, cookies and candy first.

In addition, their eyes are glued to the screen. Twenty-three percent of 4th graders, 48 percent of 8th graders and 26 percent of 11th graders report watching three or more hours of television on a typical day. While there is an ongoing campaign to reduce inactivity as it relates to TV and video games, the Center for Science in the Public Interest is also calling on



Wendy's is now offering fresh fruit! Photo courtesy of Larry Redman

companies to fix the kind of TV advertising they aim at kids.

As a result, companies are now being asked to discontinue junk food advertisements during children's TV programming, as well as limit their use of movie or cartoon characters (particularly as toys) in promoting unhealthy foods.



McDonald's new character Willie Munchright

Fortunately some companies are already leading the way. Wendy's now offers fresh fruit with kids' meals and reduced-fat milk as a beverage option instead of soft drinks. Likewise, McDonald's is now including Apple Dippers and low-fat milk with their Happy Meals,

along with a new character (Willie Munchright), as part of a nutrition education program tailored for kids ages 4 to 11. Even General Mills has a plan to convert all their cereals to whole grain.

In schools there is a similar campaign to help kids make better choices. On middle and high school campuses, vending machines are being restocked with healthier drinks, including water, Powerade, juices and milk, as well as trail mix, granola bars, baked chips, pretzels and dried fruit. So hopefully kids will start choosing foods that not only look good from the outside but also make them feel good on the inside.

(SOURCE: Texas Department of Health)

# Introducing GamerCycle™

Start Your Children On The Road To Fitness

**Turn sedentary activity into 100% aerobic activity!**

- GamerCycle™ is an ergonomic exercise bicycle sized for children & teens -
- Installs with your game console, pedal to keep TV picture ON, stop pedaling TV picture goes OFF -
- GamerCycle™ is 100% universal, works with all consoles (XBOX, PlayStation, GameCube) & all games -

**ADJUSTABLE**  
fits children ages 5 & up

Gamercycle™ is NOT an interactive bike so pedal speed doesn't affect game characters

**Gamer cycle**  
Building Healthy Kids

228.4725 | WWW.GAMERCYCLE.COM

**REAL TEXAS BAR-B-Q**

Servin' Austin Since 1975

**ON THE LAKE**  
5204 FM 2222 • 346-3664

**ON THE HILL**  
6500 W. Bee Cave Rd • 327-1742

**THE COUNTY LINE**  
Legendary Bar-B-Q

www.countyline.com

All Natural

# Ocean Blend™

Liquid Nutritional Supplement With Ginkgo & Ginseng

Get all of your daily vitamin & mineral requirements in a great tasting, easy to swallow liquid!

To order Ocean Blend™ call or visit:  
800.480.1447 | www.oceanblend.com

## RECIPE

# BLUEBERRY Walnut Muffins

by Alexa Sparkman, M.A., R.D., L.D.



The primary ingredients purchased at Central Market HEB for this delicious recipe cost approximately \$3.50 for 12 muffins. The applesauce in this recipe keeps the muffins moist and tender without any added fat. Extra muffins should be stored in the freezer to preserve freshness.

## INGREDIENTS

1/2 cup packed brown sugar	
1/2 cup whole rolled oats	-
1 cup whole wheat flour	\$0.45
1 teaspoon baking powder	-
1 teaspoon salt	-
1/2 teaspoon baking soda	-
1/3 cup natural applesauce	\$0.40
1 cup buttermilk	\$0.25
1 egg	-
1 cup blueberries	\$1.25
1 cup walnuts, chopped	\$0.99

**AT-HOME TOTAL** (12 servings) **\$3.34**

**BAKERY COST** (2 servings) **\$4.00**

## COST

## PREPARATION

Preheat oven to 400° F. Spray muffin tin with non-stick cooking spray. (For a crisp firm crust don't line muffin cups with paper liners.) Combine first six ingredients. Add egg buttermilk and applesauce. Stir with a fork until ingredients are just blended. Batter will be lumpy. Don't over mix. Carefully fold in blueberries and walnuts.

Divide batter evenly between 12 muffin cups. Bake 20 to 25 minutes. Muffins should be golden brown and slightly cracked on top. Cool slightly before removing muffins from tin and finish cooling on wire racks.

## Nutrition Facts

Serving Size 12 muffins

**Calories** 181

**Protein** 5g

**Carbohydrates** 26g

**Fat** 7g (hi omega 3)

**Fiber** 3g

**Sodium** 321g

brought to you by

*Central Market*  
HEB

Alexa Sparkman is a registered dietitian who has had a nutrition counseling business in Austin for the past 18 years and specializes in all aspects of nutrition care. For more information, call Alexa at 257.0898.

## RESTAURANT REVIEW



1025 barton springs • 472.6900 • www.castleberryscafe.com

### THERE ARE PLENTY OF CHAIN SANDWICH SHOPS

in Austin to choose from, but we recently tried something a little different in the meat and bread department.

Castleberry's Café on Barton Springs Road has been open just more than a year. While its main cuisine might be gourmet sandwiches, or "sammiches" as they like to call them, it's not your ordinary lunch stop. With a uniquely colorful and creative décor, Castleberry's menu choices are equally memorable. We tried a delicious turkey sandwich made with garlic cream cheese, Muenster, baby spinach, tomato and alfalfa sprouts on focaccia bread. And for vegetarians, we recommend fresh hummus, Castleberry's tahini spread, provolone, romaine lettuce, tomato, red onion and cucumber on sourdough bread. Nostalgic sandwiches such as a peanut

butter and jelly and grilled cheese are also offered, and they're not just for the little ones. Each "sammich" is healthy, hearty and comes with a side of wholesome grapes. And if you're watching your carbs, Castleberry's offers an Atkins-special featuring low-carb bread.

In addition to the tasty choices, Castleberry's makes a concerted effort to support other Austin-based companies like Full Belly Bakery Organic Products and Sweet Leaf Teas.

So if you haven't already, head over to Castleberry's up-stairs patio, enjoy a picturesque view of Austin, listen to live music on select nights, sip on a glass of wine or play Yahtzee with friends on one of the comfy couches.

While they may be new, Castleberry's is quickly and deservedly making a name for themselves.



**BEST PERFORMANCE SUPPLEMENTS ONLINE**

Your #1 online resource for the highest quality performance supplements to achieve your goals in training and racing

- Wide Selection, Affordable Prices
- FREE Shipping

Log onto [www.endurancezone.com](http://www.endurancezone.com) & enter code **AUS** for offer details



**VOTED AUSTIN'S BEST EGGROLL**

- Featuring Chinese, Korean & Japanese Dishes
- Low-Fat Family-Style Meals
- No MSG
- Happy Hour 5 p.m. to 6:30 p.m. (\$1 Sushi)

3706 Jefferson St. | 454.3228 | [www.snowpeaaustin.com](http://www.snowpeaaustin.com)



**experience the healing power of food**

deirdre earls

15 years of experience as a registered dietitian

providing personalized dietary guidance that promotes natural healing and fits your lifestyle

free 15 minute consultation

453.8784 | [www.yourhealingdiet.com](http://www.yourhealingdiet.com)

**The Herb Bar**



**VISIT US ONLINE!**

Come explore our "Oasis of Earthly Delights," online as well as in person!

Join us for our free Saturday talks. Pick up a schedule at the Herb Bar, the "Best Place to Cure What Ails You."

200 West Mary (off S. Congress) | 444.6251 | [www.theherbbar.com](http://www.theherbbar.com)



**THAI PASSION FOOD FROM THE HEART**

- Delicious, healthy, authentic Thai cuisine
- Low-fat, No MSG
- Banquet Facility
- Catering

Open everyday from 11 a.m. to 3 a.m. (Entrance on 7th Street)

620 Congress Ave., Ste. 105 | 472.1244 | [www.thaipassion.com](http://www.thaipassion.com)



**sCULPt the new you**

- Individualized Nutrition Consultations
- Home Nutrition Makeovers
- sCULPt Your Physique
- Boot Camp Workouts
- Toning & Strength Training Programs
- Personalized Programs Created By Professionals

Amy Culp, RD, LD | Yancy Culp, CPT | 517.7624

**WHERE DO YOU FIT?**

diet marketplace reaches more than 60,000 Austinites living a healthy and fit lifestyle. strategic placement and ultra-competitive pricing | call to reserve your spot | 407.8383

# THE GREAT OUTDOORS

by Erin Smith

After what seemed to be a cruel deity's trick of rain and schizophrenic temperature changes, spring looks to be walking in the door. And luckily for Austin, our favorite season will be hanging its hat for awhile, winking and promising bold blue skies and blissful 70-degree afternoons. From fresh-faced rock climbers to weathered cyclists to Sunday picnickers, Austin's spread of outdoorsy offerings cater to every taste and difficulty level. So grab our map, roll down your windows, throw on your bathing suit, hop on your bike and get outside!

## cycling

Courtesy of our most famous local celebrity, Austin is known as a cycling mecca. For proof of this, simply hang out on the Capital of Texas Highway during any daylight hour. John Joyoprayitno, co-owner of 360 Cycleworks, advises beginners to start off with safety in mind. "The safest bike route in Austin to get started on, is the Veloway," he says. "No other traffic, just other cyclists. There are flat parts, hills and twisties so it's really good to get started and you can go around the loop as many times as you want to work on distance." Once comfortable with the company of cars, he recommends South Mopac because of the large shoulders, which leave bikes plenty of elbow room.

- 1 Capital of Texas Hwy (between MoPac & Hwy 183)
- 2 Johnson Creek Greenbelt | 2100 Enfield Rd. (C)
- 3 The Veloway | 6401 W. Slaughter Ln. (SW)

## mountain biking

Rocks! Dirt! Steep Angles! A rather high probability of scraped knees and bruised egos, too. Who doesn't love mountain biking? Mike Pawlik, Austin native and lifelong mountain biker, offers some important advice for the tepid: "The more you bike and the harder trails you bike, the more likely that you'll fall down. You have to be ready and willing to accept that if you get knocked off the horse, you need to get back up and do it again." For beginners, Pawlik recommends Muleshoe Bend, a 7.5 mile loop not too far from town, which he says is "really good for beginners — there's not a lot of elevation change, and it's flat and fast and kind of roller-coastery."

- 4 Barton Creek Greenbelt | 3755-B Loop 360 (C)
- 5 Blunn Creek Preserve | 1200 St. Edwards Drive (S)
- 6 Bull Creek District Park | 7806 N. Cap of Texas Hwy (NW)
- 7 Mary Moore Searight Park | 907 Slaughter Ln. (S)
- 8 Onion Creek Greenbelt | 7001 Onion Creek Drive (SE)
- 9 Pease Park | 1100 Kingsbury St. (C)
- 10 Town Lake Hike & Bike Trail (Tom Miller Dam to US 183)
- 11 Waller Creek Greenbelt | 703 E. 6th St. (C)
- 12 Walnut Creek Park | 12138 N. Lamar Blvd. (N)
- 13 Zilker Park | 2220 Barton Springs Rd. (C)

## frisbee golf

More accessible, less burdensome and less taxing on the wallet than its more official ancestor, Frisbee (or disc) golf offers the best of all worlds: a healthy dose of idyllic landscapes, friendly competition and perfectly portable equipment. Mary Moore Searight Park, located south of town, and Old Settlers Park in Round Rock, both offer weekly random draw doubles tournaments [Friday at 4 p.m. at Searight and 9 a.m. Sunday mornings at Old Settlers].

- 14 Bartholomew District Park | 5201 Berkman Drive (C)
- 15 Mary Moore Searight Park | 907 Slaughter Ln. (S)
- 16 Pease Park | 1100 Kingsbury St. (C)
- 17 Slaughter Creek Park | 507 Slaughter Ln. (S)
- 18 Zilker Park | 2100 Barton Springs Rd. (C)

## camping

Courtesy of the Lower Colorado River Authority and the Texas Parks and Wildlife, Austin residents are blessed with a wide variety of tent-friendly locales. Whether you prefer the back of a pick-up truck, an RV hook-up or a two-mile hike to primitive campgrounds, the Hill Country has a park that will suit your needs. Both Enchanted Rock and Pace Bend Park behold stunning views as well as a variety of other activities, while Inks Lake State Park offers canoeing, kayaking and fishing, as well as fabulously named spots like Stumpy Hollow.

- 19 Enchanted Rock | 16710 RR 965 (Fredricksburg)
- 20 Inks Lake State Park | 3630 Park Rd. 4 West (NW)
- 21 Walter E. Long Park | 6614 Blue Bluff Rd. (NE)
- 22 McKinney Falls | 5808 McKinney Falls Pkwy (SE)
- 23 Pace Bend Park | 2701 FM 2322 North (W)

## swimming

As any Barton Springs faithful understands, nothing compares to refreshing 40-degree water (alright, it's not actually that cold, it just seems that way). In addition to being a city favorite, a number of other natural swimming holes exist not far from town. For a terrific Tarzan-inspired afternoon, pack a picnic and head out to family-friendly Krause Springs to enjoy a lusciously green swimming hole,

a spring-fed swimming pool and a rope swing. Also, for those who want to shed their skivvies, the infamous Hippie Hollow is the only clothing-optional park open in the Lone Star State.

- 24 Bartholomew District Park | 5201 Berkman Drive (C)
- 25 Barton Springs Pool | 2201 Barton Springs Rd. (C)
- 26 Big Shipe Pool | 4400 Avenue G (C)
- 27 Deep Eddy Pool | 401 Deep Eddy Drive (C)
- 28 Dick Nichols Pool | 8011 Beckett Rd. (S)
- 29 Hamilton Pool | 24300 Hamilton Pool Rd. (W)
- 30 Kennemer Pool | 1032 Peyton Gin Rd. (N)
- 31 Northwest Pool | 7000 Ardath (N)
- 32 Parque Zaragoza Pool | 714 Pedernales St. (E)
- 33 Patterson Pool | 1400 Wilshire Blvd. (C)

## golf

Despite its reputation as the leisure activity for the wealthy, public golf courses have made hitting little white balls into woods, water and sand available to just about anyone willing to try. Austin has a good number of spots, for those who just want to practice their skills or are interested in a full four-hour, 18-hole adventure. As far as municipal links are concerned, the Jimmy Clay/Ron Kizer Golf Course, boasting a 36-hole facility with driving range, comes highly recommended.

- 34 Avery Ranch | 10500 Avery Club Drive (N)
- 35 Bluebonnet Hill Golf Course | 9100 Decker Ln. (NE)
- 36 Circle C Ranch Golf Course | 7401 Hwy 45 (S)
- 37 Hancock Golf Course | 811 E. 41st St. (C)
- 38 Jimmy Clay Golf Course | 5400 Jimmy Clay Drive (SE)
- 39 Lions Municipal Golf Course | 2901 Enfield Drive (C)
- 40 Morris Williams Golf Course | 4300 Manor Rd. (E)
- 41 Riverside Golf Course | 1020 Grove Blvd. (E)

## volleyball

Nothing really announces the advent of summer more than beach volleyball: when else is it socially acceptable to lather on tanning oil, hang out with the scantily clad and dive into mounds of sand? Just remember that some of your skin hasn't seen the sun in a few months, so take proper precautions!

- 42 Adams-Hemphill Park | 201 W. 30th St. (C)
- 43 Brentwood Park | 6710 Arroyo Seco (NW)
- 44 Bull Creek District Park | 7806 N. Cap of Texas Hwy (NW)
- 45 Comal Park | 300 Comal St. (E)
- 46 Franklin Park | 4800 Copperbend Blvd. (SE)
- 47 Kendra Page Park | 2203 Blue Meadow Drive (SE)
- 48 Northeast District Park | 5909 Crystalbrook Drive (NE)
- 49 Parque Zaragoza | 714 Pedernales St. (E)
- 50 Patterson Park | 1400 Wilshire Blvd. (C)
- 51 Quail Creek Park | 1101 Mearns Meadow Drive (N)

## walking/running/hiking

In a city like Austin, there's not much you have to say about walking, running and hiking — the entire landscape is a paradise for anyone wanting to give their legs a workout. Try some of these hotspots if your shoes are longing to get out of the closet.

- 52 Camp Mabry | 220 W. 35th St. (C)
- 53 Mary Moore Searight Park | 907 Slaughter Ln. (S)
- 54 Pease Park | 1100 Kingsbury St. (C)
- 55 St. Edwards Park | 7301 Spicewood Springs Rd. (NW)
- 56 Town Lake Hike & Bike Trail (Tom Miller Dam to US 183)
- 57 Waterloo Creek Greenbelt and Waterloo Park | 403 E. 15th St. (C)

## tennis

Ready to channel Andre Agassi or Billie Jean King? How about burning out those tennies on green-painted concrete? As the professional circuit starts to heat up, there's no excuse for inspired tennis fans not to perfect their strokes on more than a dozen neighborhood courts and tennis centers in Austin. Neighborhood courts are convenient, but availability can sometimes be an issue. Make sure to have a few back-up courts in mind or schedule a slot at one of the area tennis centers if there's a lot riding on the match.

- 58 Austin High Tennis Center | 1715 W. 1st St. (C)
- 59 Bartholomew District Park | 5201 Berkman Drive (C)
- 60 Brentwood Park | 6700 Arroyo Seco (N)
- 61 Caswell Tennis Center | 2312 Shoal Creek Blvd. (C)
- 62 Joslin Park | 4500 Manchaca Rd. (S)
- 63 Northwest Park | 700 Ardath (NW)
- 64 Phar Tennis Center | 4201 Brookview Rd. (E)
- 65 Shipe Park | 4400 Avenue G (C)
- 66 South Austin Tennis Center | 1000 Cumberland Rd. (S)

## basketball

While Austin's fame springs more from cowboy singers than asphalt warriors, there's no shortage of courts for polishing b-ball skills and gaining street cred. And with neighborhood courts so plentiful, now is definitely the time to start practicing that alley-oop.

- 67 Dick Nichols Park | 1301 W. Dittmar Rd. (SW)
- 68 Eastwoods Park | 3001 Harris Park Ave. (C)
- 69 Franklin Park | 4800 Copperbend Blvd. (S)
- 70 Northeast District Park | 5909 Crystalbrook Drive (NE)
- 71 Parque Zaragoza | 714 Pedernales St. (E)
- 72 Patterson Park | 4200 Brookview Rd. (E)
- 73 Walnut Creek Metropolitan Park | 12138 N. Lamar (N)
- 74 Westenfield Park | 2008 Enfield Rd. (C)
- 75 Wooten Park | 1406 Dale Drive (N)

# THE GREAT OUTDOORS



# KEY

- |   |  |
|---|--|
|  cycling         |  golf                   |
|  mountain biking |  volleyball             |
|  frisbee golf    |  walking/running/hiking |
|  camping         |  tennis                 |
|  swimming        |  basketball             |

WALNUT CREEK METROPOLITAN PARK  

 kennemer pool  QUAIL CREEK PARK

  BRENTWOOD PARK

  SHIPE PARK

ADAMS-HEMPHILL PARK 

 hancock golf course  
 EASTWOODS PARK

   BARTHOLOMEW PARK

    phar tennis center  
PATTERSON PARK

 morris williams golf course

bluebonnet hill golf course 

  NE DISTRICT PARK

WALTER E. LONG PARK 

 waterloo creek greenbelt & park



 35

   PARQUE ZARAGOZA

 COMAL PARK

waller creek greenbelt 

  town lake hike & bike trail

 south austin tennis center

 blunn creek preserve

riverside golf course 



  290

  FRANKLIN PARK

**WIN A SEGWAY CITY TOUR** if you're the first to guess both the oldest and newest landmarks on this map. Email answers to [contest@austinfmagazine.com](mailto:contest@austinfmagazine.com).

Courtesy of: The HT Experience | 512.332.1222 | [www.segwayhtours.com](http://www.segwayhtours.com)

MCKINNEY FALLS PARK  
jimmy clay golf course  

 KENDRA PAGE PARK

   MARY MOORE SEARIGHT PARK

 onion creek greenbelt

 35

 183

 183

# DODGEBALL

## REMEMBER THOSE SUNNY AFTERNOONS

in gradeschool, when the recess bell would chime and you'd race outside to play. Within minutes, the jungle gym was packed, tetherballs were swinging out of control and jump ropes were looping at a furious pace. Yet amidst the pandemonium and flurry of activity, there was always one game that had a special allure, a spellbinding, almost perverse attraction. DODGEBALL!

Well, regardless of your age or skill level you can still get your adrenaline pumping with a wholesome game of dodgeball. In fact, on Feb. 27, the staff of *Austin Fit Magazine* participated in the first annual Jewish Community Association of Austin (JCAA) Dodgeball tournament. Clearly inspired by the Ben Stiller movie of the same name, 10 teams and more than 80 players showed up with their game faces on and their reflexes primed.

The familiar "playground rules" (lining up against a wall to dodge a rubber, bouncy ball) were abandoned for an intense round-robin style tournament, in which teams squared off at opposite ends of an indoor basketball court. Racing back and forth, attacking and retreating, blue and orange foam balls zipped by while rock music blared in the background. It was a Sunday afternoon filled with fun, camaraderie and great exercise, definitely reminiscent of the schooldays of old.

However, if you missed the JCAA tournament, don't fret — below we've outlined everything you need to know to put together a game of your own. And if you're interested in learning more about team dodgeball leagues, be sure to visit [www.dodgeballusa.com](http://www.dodgeballusa.com). There's even a place where you can see it played firsthand — check out the 60-second video of our staff in action (en route to a surprising 9-1 record before falling to the eventual champs, "The Catheters") at [www.austinfmagazine.com](http://www.austinfmagazine.com).



## HOMEMADE DODGEBALL

**THE TEAM** Round up 25 friends to make four teams. (Teams are made up of 6 to 10 players, with six competing on a side; the rest remain as substitutes.)

**THE GAME** The object of the game is to eliminate all opposing players by getting them out. This may be done by hitting an opposing player or catching a ball thrown by an opponent before it touches the ground.

**THE GEAR** Go to a sporting goods store and buy a league play-certified eight-inch rubber-coated foam dodgeball.

**THE FIELD** The game may be played indoors or outdoors and the field should be a rectangle at least 50 feet long and 30 feet wide, divided into two equal sections by a center-line.

**BOUNDARIES** During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

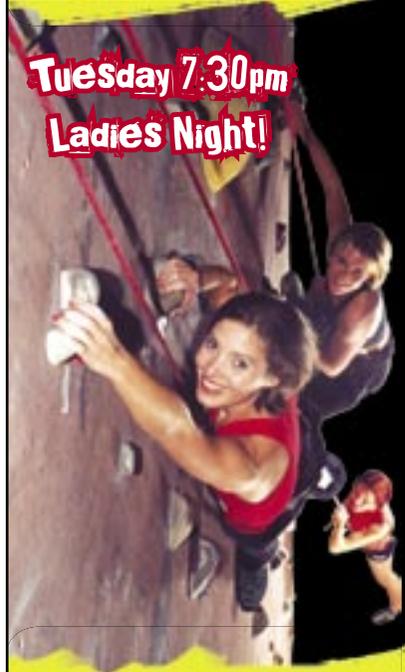
**THE RUSH** Game begins by placing the dodgeballs along the center-line — three on one side of the center-hash and three on the other. Players then take a position behind their end-line and upon a starting signal run up to the center-line to retrieve the balls. Teams may only retrieve the three balls to the right of the center hash. Once a ball is retrieved it must be taken (or tossed back) behind to the end-line before it can be legally thrown.

**TIMING AND WINNING** The first team to eliminate all opposing players within a five-minute time limit will be declared the winner.

# austin rock gym

AUSTIN'S INDOOR ROCK CLIMBING

**Tuesday 7:30pm  
Ladies Night!**



- \* Memberships & Day Passes
- \* Climbing Lessons & Guides
- \* Birthday Parties & Camps
- \* Student Rates
- \* Portable Rock Wall Rental
- \* Corporate Team Building
- \* Gift Certificates

**2 LOCATIONS**

North 8300 N. Lamar Suite B-102  
South 4401 Freidrich Suite 300

(See Website For Discount Details)

**416.9299 | www.AustinRockGym.com**

End dreary "work outs" today!  
Ride out... into the Hill Country.  
Epiphanies now on sale.



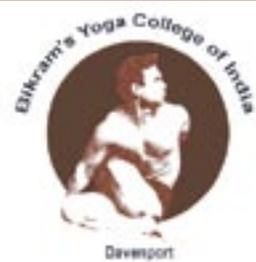
3801 N. CAPITAL OF TEXAS HWY. AUSTIN, TX 78746 512.306.8778  
WWW.360CYCLEWORKS.COM

\_\_\_ Reduce Stress \_\_\_  
\_\_\_ Build Strength & Flexibility \_\_\_  
\_\_\_ Increase Concentration & Awareness \_\_\_

Introductory Offer  
For one week  
unlimited yoga  
**\$20**

**IT'S NEVER  
TOO LATE TO BE  
BORN AGAIN**

- Bikram Choudhury



**Bikram Yoga Davenport**  
3600 North Capital of Texas Hwy, Suite 140A

**328.4949**

www.bikramyogadavenport.com

**Learning Self-Defense  
has NEVER been EASIER!**



**CALL TODAY**  
and mention this ad  
to receive 25% off  
plus a free uniform!

**WingTsun™ Self-Defense (512) 707-2982**

**NORTH LOCATION**  
12636 Research Blvd. C-202  
(North Brooke Shopping Center)



**SOUTH LOCATION**  
5318 Manchaca Road  
(next to the Bake House)

## CLOSER LOOK

# ROW YOUR BOAT

## IN MANY PEOPLE'S MINDS, ROWING

is an activity that just works the arms. However, in reality, it's a complete body workout that's as fitness-focused as it is fun.

According to the Texas Rowing Center, the benefits of rowing are innumerable. Along with your arms, it works your back, your legs when you push, abdominals and buttocks. In addition, it can help your balance, breathing and flexibility since your muscles are working through a wider range of motion than with most other exercises. Also, research has shown that compared to biking, rowing feels easier and can actually burn more calories.

In addition to the tremendous health benefits associated with rowing, it can also help you communicate more effectively. Rowing is the ultimate team sport because the success of the boat depends completely on how the rowers work

together. "It relies on the combination of the efforts and strengths that each person can bring to the boat," says Joan Porcaro, Paddle Sport Coordinator with the Texas Rowing Center. In fact, the Texas Rowing Center offers corporate team-building in which groups can learn how to improve their communication skills right in the boat.

So if you're a beginner or an avid sculler, there's really no better place than Town Lake to learn this lifelong sport. The Texas Rowing Center provides regular instruction, works with adults and juniors and offers summer camps for kids. Whether you need a little help to get started or simply want to learn on your own, get out there and start paddling!



## CLUBS

### BASKETBALL

Capital City Basketball • 445.6003

### CYCLING

Austin Cycling Association • [www.austincycling.org](http://www.austincycling.org) • 458.4518

### FIGURE SKATING

Austin Figure Skating Club • [www.austinfsc.org](http://www.austinfsc.org)

### FLOORBALL

Austin Floorball Club • [www.austinfoorball.com](http://www.austinfoorball.com)

### GOLF

Austin Golf Association • 707.2145

### HIKING

Hiking Tour • 915.849.6684

### ICE HOCKEY

Austin Hockey • [www.austinhockey.com](http://www.austinhockey.com)

### INLINE SKATING

Texas Speed Club • [www.texaspeedclub.com](http://www.texaspeedclub.com)

### KAYAKING & ROWING

Austin Rowing Club • [www.austinrowing.org](http://www.austinrowing.org) • 472.0726  
Austin Paddling Club • [www.austinpaddling.org](http://www.austinpaddling.org) • 448-5171

### LACROSSE

Capital Crossfire Lacrosse Club • 310.8989

### MARTIAL ARTS

North Austin Tae Kwon Do Club • [www.natkd.com](http://www.natkd.com) • 331.5326

### MOUNTAIN BIKING

Austin Ridge Riders • [www.austinridgeriders.com](http://www.austinridgeriders.com)

### MULTI-SPORTS

UT RecSports • [www.utrecsports.org](http://www.utrecsports.org) • 471.4492

### OUTDOORS

TX Outdoor Woman Network • [www.townaustin.org](http://www.townaustin.org) • 257.3460

### ROCK CLIMBING

Central Texas Mountaineers • [www.ctmrocks.com](http://www.ctmrocks.com) • 452.3868

### RUGBY

Austin Rugby Football Club • [www.austinrugby.com](http://www.austinrugby.com)  
Austin Women's Rugby Football Club • 736.7609  
Austin Huns Rugby Football Club • [www.hunsrugby.com](http://www.hunsrugby.com)

### RUNNING

Austin Runners' Club • [www.austinrunners.org](http://www.austinrunners.org) • 301.4245  
Austin Fit Marathon Training • [www.austinfite.com](http://www.austinfite.com) • 703.6956  
CP Classic Track Club • [www.cpclassic.com](http://www.cpclassic.com) • 401.9439

### SAILING

Austin Yacht Club • 266.1336

### SHOOTING

4H Club Shooting Sports • 476.3712

### SKIING

Austin Skiers • [www.austinskiers.org](http://www.austinskiers.org) • 407.5555

### SOCCER

Liv in the Game Women's Soccer League • 266.3143  
South Austin Youth Soccer Association • 899.1049

### SOFTBALL

Adult Softball (Parks & Rec) • 445.6003  
Austin Amateur Softball Association • 280.0360  
Senior Softball League (Parks & Rec) • 832.1697 • 358.7302

### TABLE TENNIS

Austin Table Tennis • [www.austintabletennis.com](http://www.austintabletennis.com) • 491.7664

### TENNIS

CATA • [www.austintennis.org](http://www.austintennis.org) • 443.1342

### VOLLEYBALL

Austin Metro Volleyball • [www.amvb.net](http://www.amvb.net)

### WAKEBOARDING

360 Wakeboard Club • [www.360wakeboard.com](http://www.360wakeboard.com)

### WALKING

Colorado River Walkers • [www.io.com/~zenteer/crw/](http://www.io.com/~zenteer/crw/)

### WEIGHTLIFTING

OK Weightlifting • [www.okweightlifting.com](http://www.okweightlifting.com) • 289.7587

### YOUTH PROGRAMS

YMCA • [www.ymca.net](http://www.ymca.net)  
JCAA • [www.jcaaconline.org](http://www.jcaaconline.org) • 735.8000

To see your club listed, please email information to [clubs@austinfite.com](mailto:clubs@austinfite.com)



## OLYMPIC POWER - PERSONAL PERFORMANCE

Power Training by Olympic Athletes

Increase Your Power, Speed, Lose or Gain Weight with Programs For:

- Professional Athletes
- Varsity & Middle School Athletes
- Track & Field Conditioning
- Adult Athletes
- Adult Women—(Early Mornings!)

[ **First Session FREE** ]

183-N Exit McNeil | 289.7587 | [www.okweightlifting.com](http://www.okweightlifting.com)



## TEXAS ROWING CENTER

SPRING HAS SPRUNG SPECIAL:

6 Months of Rowing & Kayaking for \$229 including...

- Intro-to-Rowing Program (3 classes)
- One month FREE
- Open All Day, Every Day

[www.texasrowingcenter.com](http://www.texasrowingcenter.com)

North Shore of Town Lake on Trail behind AHS | 467.7799



## MASTER YI'S TUKONG MARTIAL ARTS

The Most Complete Martial Arts System

Visit our website to discover more about Tukong Martial Arts!

9185 Research Blvd., Ste. 200 | 339.2467 | [www.masteryi.com](http://www.masteryi.com)



## RICHARD GUERRA'S KARATE STUDIO

Instruction by "Tiger"  
Richard Guerra

- 7th-Degree Black Belt
- 39 Years Experience
- Trained in Japan & the U.S.

5307 South Congress | 926.7050 or 750.2651



## GOALS MET & FUN HAD

"Every time I think I can't do anymore physically or mentally, there is a member telling me and believing that I can...and they're right! With the right support structure nothing is impossible and progress is easy!"

— Jenny Glonek

Kickboxing • Kali • Vale Tudo  
Capoeira • Jeet Kune Do • Silat

Center of Martial Arts | 339.8264 | [www.martialway.net](http://www.martialway.net)



## PEAK PERFORMANCE

- Acupuncture
- Neuromuscular Reeducation
- Deep Soft Tissue Release
- Sports Injuries
- Shoulder & Knee Pain
- Chiropractic Adjustments
- Rehabilitation
- Full Body Detoxification

Jay Ding, D.C. | 3403 Glenview Ave. | 451.3257

## WHERE DO YOU *FIT*?

sport marketplace reaches more than 60,000 Austinites living a healthy and fit lifestyle. strategic placement and ultra-competitive pricing | call to reserve your spot | 407.8383

GEAR

YOU'VE GOT SOLE: FROM WORK TO PLAY



**home office oxford \$150**  
by Kenneth Cole at Nordstrom  
[www.nordstrom.com](http://www.nordstrom.com)



**sp-6 \$120**  
by Nike at Golfsmith  
[www.nike.com](http://www.nike.com)



**lakeshore drive loafer \$125**  
by Tommy Bahama in the Arboretum  
[www.tommybahama.com](http://www.tommybahama.com)



**gel-kayano XI \$135**  
by Asics at RunTex  
[www.runtex.com](http://www.runtex.com)



**gullwing skerry \$50**  
by Tretorn  
[www.tretorn.com](http://www.tretorn.com)



**fritzi slingback \$125**  
by Via Spiga at Nordstrom  
[www.nordstrom.com](http://www.nordstrom.com)



**v115 \$90**  
by Tsubo at Creatures Boutique  
[www.tsubo.com](http://www.tsubo.com)



**tangent xcr \$125**  
by Adidas at REI  
[www.adidas.com](http://www.adidas.com)



**colada \$36**  
by Reef at Tyler's  
[www.tylersaustin.com](http://www.tylersaustin.com)



**buckle flip flops \$150**  
by Mulberribush at Bright Beginnings  
[www.bestdressedkids.com](http://www.bestdressedkids.com)



**k proton II \$20**  
by Teva at Nordstrom  
[www.nordstrom.com](http://www.nordstrom.com)



**baby girl sandals \$32**  
by Shoe Be Doo at Bright Beginnings  
[www.bestdressedkids.com](http://www.bestdressedkids.com)





**BODYSHOTS BY  
TODD V. WOLFSON**  
photographer

- soulful sensual personal portraits
- commercial & editorial
- fitness photography

452.9051 | [www.toddvolfson.com](http://www.toddvolfson.com)

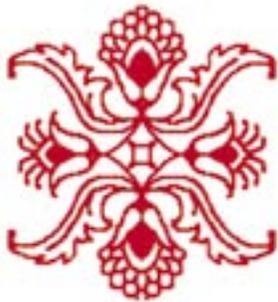


**SUN SALON**  
Boutique & Tanning

- Lucky Brand, BodyGlove, & Becca Swimwear
- Trendy Apparel & Jewelry
- Mystic Spray-on Tanning
- High-powered Tanning Beds

FREE Mystic Tan with swimwear purchase

Lamar & 31st | 459.TANS | [www.thesunsalon.com](http://www.thesunsalon.com)



**JANÉE TAYLOR**  
Registered Massage Therapist

- Sports Massage
- Swedish Massage
- Deep Tissue Massage
- Chair Massage

**Introductory Offer:**  
Buy one get one FREE

3407 Guadalupe, Ste. D | 294.5759 | [janeetaylor@yahoo.com](mailto:janeetaylor@yahoo.com)



**BABY FACE DAY SPA**

- custom coloring & highlights
- precision cutting
- body massage
- european facials
- manicure & pedicures

Hwy. 183 near McNeil | 335.7770 | [www.babyfacedayspa.com](http://www.babyfacedayspa.com)

► **SKIN SAVVY**

# CURE YOURSELF AT HOME

**MANI/PEDICURE INSTRUCTIONS**



**SOAK.** Remove any old nail polish with nail polish remover. Then soak your hands and feet in a bowl or tub of warm water to soften them. You can use relaxing bubbles or just enjoy the heat of the water.

**SCRUB.** Once your hands and feet have relaxed, scrub them to remove dead, dry skin. For your feet, use a callus/pedicure file to scrub away hard edges. A softer exfoliating treatment should be used on the hands to keep them smoother longer.

**CLIP.** Clip toenails straight across and fingernails can either be cut or filed (with an emery board) to a preferred shape.

**PUSH.** Cuticles are attractive and fight bacteria, so be gentle; never rip or cut them. Use a cuticle stick to gently push them back on both your hands and feet. Follow-up by rubbing in cuticle oil or a thick moisturizer.

**REFRESH.** Moisturize and massage your hands and feet with your favorite lotion. Take the time to enjoy this step because you want to be certain that your feet aren't still sticky when it's time to add some color.

**POLISH.** Make sure to use a toe separator to avoid messiness. Start with your base coat, painting from the top down, allowing it to dry for about a minute or two. Then apply a second coat, allowing it to dry for three to five minutes. Finish with a third coat and just let it air dry. Within 15 to 20 minutes you'll have excellent looking nails without spending the time and money of going to a salon.

# CITIZENPOD

## WHILE WE'VE BEEN LIVING IN A WORLD

of ever-shrinking machines holding ever-expanding quantities of information, none of the magic gizmos on the market today has enjoyed as successful a following as the now-ubiquitous iPod. Beyond being a portable music player and tacit fashion statement, for many individuals, the iPod has become a way of life. As a friend recently explained about his much beloved white rectangular wonder, "I call it the source of my happiness...No, seriously, the SOURCE OF MY HAPPINESS." Likewise, from pedestrians to cyclists to commuters stuck in traffic, myriads of Austinites are plugged into inexhaustible, searchable catalogs, brought to them courtesy of iPod's sleek portability and user-friendly platform.

Although we've gradually become accustomed to an assortment of PDAs, they seem, at best, unavoidably business-oriented, and at worst, indisputably nerdy. IPods, on the other hand, have managed to escape such stereotypes and ultimately transcend into the world of "cool," making the portability of information and media anything but dweeby. Due to their incredible popularity, entrepreneurs and innovators are now focusing on ways to springload the iPod platform, ensuring that the world's best little machine gets even better.

And that's exactly what music-crazed Austinites, Keith Byrd, Rob Phillips and T.J. O'Leary did in the weeks before the SXSW Music, Film and Interactive Festival. As faithful festival-goers themselves, they realized having a searchable schedule available via iPod could dramatically improve the experience for attendees, many of whom face an overwhelming number of options, be it thousands of performing artists, hundreds of films or scores of conference panels and speeches.

Phillips, who had been downloading articles and news feeds from National Public Radio onto his iPod for months, originally hatched the idea. Over a coffee pow-wow with

O'Leary at Joe's on South Congress, he proposed that with the right interface they could leverage iPod's prime function as a portable music player, and with the built-in "Notes" function create an ultimately searchable listing for SXSW music offerings, complete with sample songs for each performer. Days later they met with members of the SXSW Information Technology department who quickly saw real value in the idea. Translating the massive SXSW database into a browsing format was key to the project's success.

The ability to access and store data through the "Notes" section is, as O'Leary explains, "an accident of the iPod...it's not about inputting data; it's about taking the data home wherever you are." More than taking it home, the guide4Pod service, currently the main offering of Phillips, Byrd and O'Leary's newly formed company, CitizenPod, is about taking usable data wherever someone wants to go, for however long the individual would like to access and search it. Which means, instead of flipping through a worn-out festival guide or a tattered and highlighted *Austin Chronicle*, even the most technologically unsavvy SXSW-ers can whip out their iPods and browse by band, genre, showcase and venue.

Considering the nearly infinite applications for the service, not surprisingly, CitizenPod is fielding inquiries from a number of organizations eager to hop on the mobile media bandwagon. CitizenPod, which prioritizes providing useful information and education for the end-user, plans on expanding and tailoring their services from music festivals to other types of venues, such as museums, trade shows and conferences. Whether an individual would like to tote around blurbs about Austin's nightclub scene or review curatorial notes for the latest museum exhibit, CitizenPod wants to make a new world of information accessible to them.

Not that you needed another excuse to buy an iPod, but three Austin locals are now giving us not one, but an infinite number of reasons to get one.



**When things HEAT UP  
COOL OFF at the J!**

When hot weather hits, the JCAA is the place to be! With our 25-yard, 8-lane pool, the JCAA makes a great spot for anyone looking to cool off, from splash-happy kids to competitive swimmers. Families love the added bonus of our UV-shaded wading pool, perfect for parents with infants and toddlers.

Come to the JCAA and find out about all of the great benefits membership offers, including access to the pool, the Fitness Center, the double gymnasium, and aerobics classes, as well as discounts to programs such as JCAA Summer Camps, enrichment classes and cultural arts events.

Call (512) 735-8026 TODAY to schedule a tour of the JCAA or for details on JCAA membership.

  
The Jewish Community Association of Austin  
7300 Hart Lane  
Austin, Texas 78731  
www.jcaonline.org

*Introducing the Revolutionary Skin Care Line from Europe!*

# Re-Activate Your Youth with Active Oxygen!

**saneO2**

*The ONLY product with Active Oxygen!*

SaneO2 turns back the clock on aging, rejuvenating skin cells so they are better hydrated and heal faster...noticeably diminishing wrinkles and evening skin tone for even the most problem skin!

**Try a 30 day Sample Kit! \$34.95**

Call Now for More Info:  
Toll FREE (866)560-7781

[www.saneO2-usa.com](http://www.saneO2-usa.com)

Official Fitness Center Sponsor of the 2004, 2006, 2008 US Olympic Teams

**A great way to balance your personal and your family life.**

inspire

## 10 Days of Fitness FREE for you and up to 3 friends

Austin Sport 512.794.9151 • Hancock Center Sport 512.458.2424  
Lake Creek Sport **Now Open** 512.249.6724 • Round Rock Sport 512.238.0263  
**800.204.2400** [www.24HourFitness.com](http://www.24HourFitness.com)

Offer good with this ad only. Maximum 10 days free per person up to 4 persons. First time guests and local residents only. Must use same club for entire term. Days must be used consecutively and between the hours of 8 a.m. and 9 p.m. only. No other discounts can be used with this offer. Must be at least 18 years old or 12 with parent. Incentives may be offered for enrolling in other memberships. Personal Training and Kids' Club available for an additional fee. Facilities and amenities may vary per location. Restrictions on basketball use may apply. Not all clubs open 24 hours every day. Promotion available at participating 24 Hour Fitness locations only. Not for re-sale. No cash value. Offer may expire without prior notice. See club for complete details. ©2005 24 Hour Fitness USA, Inc. 36USC220506

## Is YOUR RUNNING PARTNER RUNNING AWAY FROM YOU?



Teach your dog to keep the pace with useful obedience exercises. Bring in this coupon and receive \$10 off group training classes.

Call 759.2275 ext. 1123 for rates and schedule your lessons today!

CODE: AusFit0305

  
**TRIPLE CROWN**  
WORLD LEADER IN PET EDUCATION

200 CR 197, Hutto, TX 78634  
[www.triplecrowndogs.com](http://www.triplecrowndogs.com)

ASK AUSTIN

what do you think of **THE REAL WORLD** invasion?



“If I ever see them in a bar, I will walk out.”

— mandie



“I could care less.”

— mike

“I’m concerned about the overexposure, I already avoid traffic on my longboard.”

— ulf



“I don’t watch TV so I have never seen the show.”

— josh



AUDIBLE

SPRING BREAKBEATS

>>JUSTUS KOHNCKE Doppelleben, Kompakt



“Doppelleben” (“Double Life”) is Kohncke’s second full-length for Kompakt, the Cologne, Germany-based tech-house juggernaut. But unlike many of the label’s more muscular, club-oriented releases, “Doppelleben” has home-listening pretenses. “Double Life” is a fitting title for an album that ping-pongs between

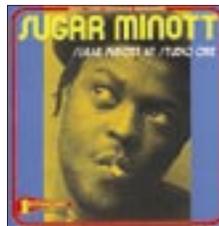
a playful mix of Euro-styled pop songs (many of them with lovesick vocals), and more infectious grooves, like the dance single “Timecode,” which appears here as a more digestible edit of the 10-minute original.

>>SAM PREKOP Who’s Your New Professor, Thrill Jockey



Prekop is vocalist for Chicago’s The Sea and Cake, a band whose breezy, cool, jazz-inflected pop has made them a long-time summertime favorite. Prekop’s second solo album for Thrill Jockey is tighter and more focused than his masterful, moody 1998 debut, but the formula is the same — unusual arrangements, muted horns and subtle electronics add filigree to Prekop’s elegant compositions.

>>SUGAR MINNOTT At Studio One, Soul Jazz



Sugar Minnott was one of Kingston, Jamaica’s most legendary vocalists, gaining fame in the 1970s for a series of hit records on the influential Studio One imprint. London-based Soul Jazz has collected some of his best tracks on a single disc, and they never sounded better. Minnott’s smooth, earnest delivery above a portfolio of surprisingly subtle reggae and rocksteady instrumentals is the perfect sound to usher in the summer.

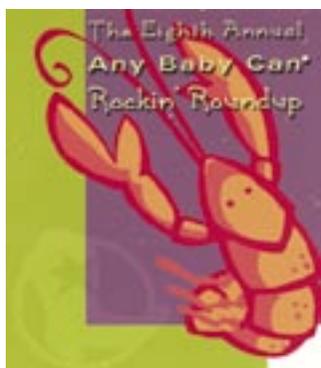
>>DJ RELS Theme for a Broken Soul, Stone’s Throw



Word has it that DJ Rels is just another alias for Madlib, the notorious West Coast beat conductor behind widely-hailed projects like Quasimoto and Madvillian. As Rels, Madlib adapts the broken-beat sound of West London to his own blunted sensibility. The result is an album of smoky, psychedelic house tunes that draw equally from jazz and the work of Detroit producers like Theo Parrish and Moodymann.

THE FEATURED ALBUMS ARE AVAILABLE AT:





**2005 ROCKIN' ROUNDUP**

**When:** Saturday, April 9, 2005

**Where:** Texas Disposal Systems Exotic Game Ranch & Pavilion

Join us for a Cajun Celebration of Life benefiting Any Baby Can. Food provided by Word of Mouth and zydeco music by The Gulf Coast Playboys and Charles Thibodeaux & the Bayou Drifters.

334.4432 | visit [www.abcaus.org](http://www.abcaus.org) for more information



**SINGLE? LET US ENTERTAIN YOU!**

The intelligent alternative to dining alone!

**April Events:**

- Vespaio Restaurant
- 219 West
- Gumbo's

Call now to reserve a spot

301.6300 | [www.singlegourmetaustin.com](http://www.singlegourmetaustin.com)



**JOHN FORD**

Spiritual Life Coaching

"I help people put Spirituality to practical use in their day-to-day lives through Life Coaching."

Call for a FREE Life Coaching assessment (a \$200 value)

5403 Summer Circle | 657.1584 | [www.johnfordspiritcoach.com](http://www.johnfordspiritcoach.com)



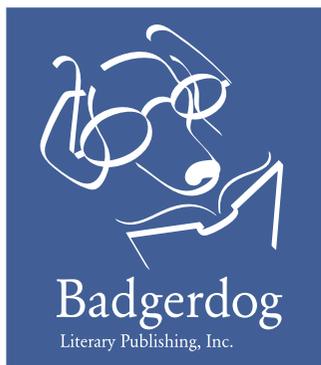
**SUMMER DAY CAMPS:**

- Camp Sub Zero, ages 5-9
- Camp Avalanche, ages 10-13

Both day camps keep kids ACTIVE. We provide fun, ADVENTURE and the highest QUALITY programming.

skating • swimming • hiking  
arts & crafts • field trips • etc.

14200 I-35 N (exit #247) | 252.8500 | [www.chaparralice.com](http://www.chaparralice.com)



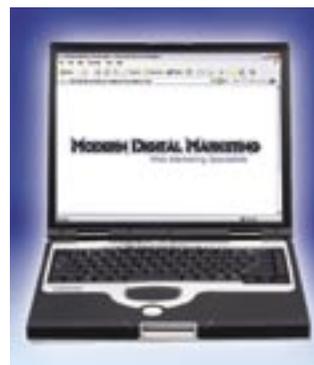
**CREATIVE WRITING CAMP**

- Elementary, Middle & High School
- June 6 to 24 | July 11 to 29

Students work with professional writers, have work published in a library-quality anthology, visit local museums and participate in a public reading and book-signing.

**Register Today!**

P.O. Box 301209, Austin, TX 78703 | 538.1305 | [www.badgerdog.org](http://www.badgerdog.org)



**BUILD YOUR OWN eCOMMERCE WEBSITE**

All of our websites offer:

- Hundreds of design choices
  - E-commerce functionality
  - Includes software for easy editing
  - Live technical support
  - Domain name registration
  - 20 email addresses
- and much more...

351.7475 | [www.Build-Your-eCommerce-Site.com](http://www.Build-Your-eCommerce-Site.com)

**WHERE DO YOU FIT?**

life marketplace reaches more than 60,000 Austinites living a healthy and fit lifestyle. strategic placement and ultra-competitive pricing | call to reserve your spot | 407.8383

# APRIL 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>01</p> <p>▲ CP Classic Track Club of Cedar Park Meeting</p>	<p>02</p>	<p>03</p>	<p>04</p>	<p>05</p>	<p>06</p> <p>▲ 11th Annual Rosedale Ride</p> <p>▲ Smokin' Spokes Bike Ride</p> <p>▲ Family Kayak Day at Town Lake</p> <p>▲ Self-Defense Seminar</p>	<p>07</p> <p>▲ Statesman Capitol 10,000 Run</p>
<p>08</p>	<p>09</p> <p>▲ Medicinal Plant Walk</p> <p>▲ Success Lunch</p> <p>▲ Singles Volunteer Monthly Meeting/Social</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>▲ Best Friend Pooch Paddle</p>	<p>13</p> <p>▲ FCA/RR Express FootRace</p> <p>▲ Kids Classic 5K Fun Run</p>	<p>14</p> <p>▲ 1st Annual Kosher Chili Cook-Off</p> <p>▲ Tough Cookie Women's Duathlon &amp; Kids Race</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p> <p>▲ Autoimmune Disease Seminar</p> <p>▲ 18th Annual Safe Place Walk</p>	<p>21</p> <p>▲ Sertoma Red Poppy Ride</p> <p>▲ Race for the Real World</p> <p>▲ A Day to Relax &amp; Feel Beautiful</p> <p>▲ Women's Self-Defense Workshop</p> <p>▲ Moonlight Row &amp; Kayak Paddle</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p> <p>▲ Texas Round-Up 10K Run/Walk</p> <p>▲ Hill Country Ride for AIDS</p> <p>▲ Quarry Lake Swim</p> <p>▲ Open Meditation Session</p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>01</p>	<p>02</p>	<p>03</p>	<p>04</p>

## HEALTH

**APRIL 16 | “My Body, My Soul” — Living and Thriving with Autoimmune Disease** In this day long retreat, “Nance” shares her 10 years of personal and professional experience with autoimmune disease to assist participants in learning how to empower themselves by activating their Inner Healer. **8:45 a.m. to 5 p.m.** | **Omega at the Crossings, 13500 FM 2716** | 306.9023 | [www.selfcompass.com](http://www.selfcompass.com)

**APRIL 30 | Open Meditation Session** Free, guided mantra meditation to clear the mind of tension and anxiety. **6:30 p.m. to 8 p.m.** | **Austin Meditation Center, 2307 Rio Grande** | 472.9642 | [www.austinmeditation.org](http://www.austinmeditation.org)

## FITNESS

**APRIL 2 | Family Day at Town Lake** Learn the basics to getting on the water safely with provided rental of the kayaks, paddle, life vest and unlimited use of the kayak the day of the workshop. **11 a.m. to 1 p.m.** | **Town Lake Hike and Bike Trail, 633.4258** | [www.texasrowingcenter.com](http://www.texasrowingcenter.com)

**APRIL 4 | CP Classic Track Club of Cedar Park** Get ready for summer with two programs for youth mid- and long-distance runners, born 1987 and later of all abilities wanting to compete in summer track. **6:30 p.m.** | **Artie Henry Middle School in Cedar Park** | 401.9439 | [www.cpclassic.com](http://www.cpclassic.com)

**APRIL 16 | SafePlace 18th Annual Walk for Safe Families & Safe Streets** is SafePlace’s largest public awareness and fund-raising event. **10 a.m. to 2 p.m.** | **Waterloo Park, 15th and Trinity** | [www.austin-safeplace.org](http://www.austin-safeplace.org)

**APRIL 19 | Best Friend Pooch Paddle** Spend the afternoon with your dog paddling Town Lake and connecting with other kayak and dog lovers. **11 a.m. to 1 p.m.** | **Town Lake Hike and Bike Trail** | 633.4258 | [www.texasrowingcenter.com](http://www.texasrowingcenter.com)

## DIET

**APRIL 10 | First Annual Kosher Chili Cook-Off** Chili chefs and their teams will offer their chili concoctions to celebrity judges John Kelso, Coach Darrell and Edith Royal, and Chancellor Mark Yudof, who will award trophies for the

best in “Beef,” “Specialty Turkey,” “Specialty Veggie” and “People’s Choice” chili dishes. **11:30 a.m. to 3 p.m.** | **Dell Jewish Community Campus, 7300 Hart Lane** | 735.8426

**APRIL 12 | Medicinal Plant Walk** Don’t miss an informative stroll through Ellen’s five-acre property, including her 2900 square foot garden, while learning about native plants, cultivated plants and their uses. **5 p.m. to 7 p.m.** | **Austin School of Herbal Studies, 8803 Bear Creek Drive** | 301.5838 | [www.ezherbs.net](http://www.ezherbs.net)

## SPORTS

**APRIL 9 | Kids Klassic 2005** Kline Whittis PTSO sponsored 5K Fun Run/Walk with all proceeds going to the students of Kline Whittis Elementary. **8 a.m.** | **Kline Whittis Elementary School, 500 S. Willis in Lampasas** | 932.2084

**APRIL 10 | Tough Cookie Women’s Duathlon and Kids’ Race** Second annual women-only, beginner-friendly, family-oriented event, consisting of a 2-mile run, 10-mile bike and 2-mile run, on beautiful hill-country roads of Coppertas Cove just one hour north of Austin. **8:30 a.m.** | **South Park in Copperas Cove** | 431.6509 | [www.TCDCFitness.com](http://www.TCDCFitness.com)

**APRIL 23 | Race for the Real World** This run/walk will raise scholarship funds for the Georgetown High School Career and Technology Program. **8:30 a.m.** | **Georgetown** 943.5000 | [www.georgetown.txed.net/5k](http://www.georgetown.txed.net/5k)

**APRIL 24 | RRISD Challenge 5K — 2005 Grads** This event raises money for RRISD’s 2005 graduating seniors’ Project Graduation Celebration night and all four high schools will benefit from the event. **10 a.m.** | **Old Settlers Park in Round Rock** | 310.0720 | [www.main.org/rrhspdp](http://www.main.org/rrhspdp)

**APRIL 29 TO MAY 1 | AVP Pro Beach Volleyball Austin Open** will have more than 150 of the professional beach volleyball athletes including Olympic medal winners Kerri Walsh, Holly McPeak, Elaine Youngs, Karch Kiraly, Mike Lambert, Eric Fonoimoana and Dain Blanton. **Auditorium Shores** | [www.avp.com](http://www.avp.com)

**APRIL 30 | Quarry Lake Swim** 400m, 800m and 1-mile open water swimming races with overall, age group and wetsuit

divisions open to adults 18 and older, youth ages 12 to 17. **9 a.m.** | **Quarry Lake** | 327.2260 | [www.adultswimming.com](http://www.adultswimming.com)

## STYLE

**APRIL 23 | A Day to Relax and Feel Beautiful** Experience a full day retreat for women only, with herbalist Ellen Zimmermann and Yoga instructor Kristi Johnson. **9:30 a.m. to 4:30 p.m.** | **Austin School of Herbal Studies, 8803 Bear Creek Dr.** | 301.5838 | [www.ezherbs.net](http://www.ezherbs.net)

## LIFE

**APRIL 2 | Self-Defense Seminar** Master John Blankenship offers an extraordinarily comprehensive, safe and effective presentation of self-defense and personal awareness. **Noon to 5 p.m.** | **2108 Whitehorse Trail** | 452.3618

**APRIL 12 | SVA Monthly Meeting/Social** Single Volunteers of Austin is a non-profit organization where single people can connect by helping others. **6:30 p.m.** | **Waterloo Ice House, 1106 W. 38th St.** | [www.singlevolunteers.org/austin](http://www.singlevolunteers.org/austin)

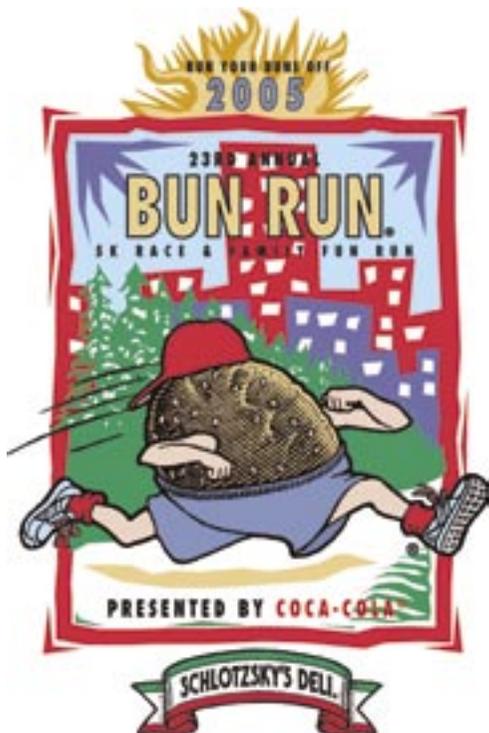
**APRIL 12 | Success Lunch — Majority Rules: Avoiding Feuds & Keeping the Faith in a Family-Owned Business** How do you continue the momentum, adjust to changes and deal with the special requirements of a family-owned business? **11:30 a.m. to 1 p.m.** | **Westwood Country Club, 3808 W. 35th St.** | 933.1983

**APRIL 23 | Women’s Self Defense Workshop: Basic Skills** Women instructors cover strategies to handle harassment, acquaintance assault, physical threats and sexual assault. **2 p.m. to 5 p.m.** | **Sun Dragon Martial Arts, 203 E. Riverside Drive** 416.9735 | [www.everywomans-selfdefense.org](http://www.everywomans-selfdefense.org)

**APRIL 23 | Moonlight Row and Kayak Paddle** There will be a pot-luck dinner on the dock, we expect a good crowd so bring an appetite, some food, a friend and two bike lights! **6:30 p.m.** | **Town Lake Hike and Bike Trail** 633.4258 | [www.texasrowingcenter.com](http://www.texasrowingcenter.com)

To have your event listed please send information to [events@austinfittmagazine.com](mailto:events@austinfittmagazine.com)

# RUNS >>



**APRIL 3 | STATESMAN CAPITOL 10,000** Join in the largest 10K in Texas in its 28th year for the Austin community's annual rite of spring. **8:45 a.m. | Congress Avenue & Barton Springs Road**  
**445.3598**

**APRIL 9 | FCA FootRace presented by The Round Rock Express** Inspiration and perspiration as the Central Texas Fellowship of Christian Athletes hosts their first-ever race presented by The Round Rock Express Baseball Club, including a 5K Fun Run and 1-mile walk. **8 a.m. | Old Settlers Park | 480.8997**

**APRIL 24 | 2005 Schlotzsky's Bun Run** The Schlotzsky's 5K Bun Run is an annual Austin tradition started in 1982 to give the community a chance to "Run Their Buns Off" in support of the Austin Sunshine Camps. **8 a.m. | Auditorium Shores | 542.2025**

**APRIL 29 | Relay For Life - East Austin** A fun-filled overnight activity that mobilizes communities across the country to celebrate survivorship, remember those who lost their lives to cancer and raise money for the fight against cancer. **7 p.m. | Nelson Field | 919.1967**

**APRIL 30 | Texas Round-Up 10K Run/Walk** Join the state-wide effort to encourage Texans of all fitness levels to incorporate physical activity and healthy choices into their daily lives, with a race for everyone. **8 a.m. State Capitol | 473.2140**

**APRIL 2 | 11th Annual Rosedale Ride** Includes open road courses of 19, 26, 43 and 63 miles, and this year includes a Kid's Ride that spans a little more than two miles. **8:30 a.m. | Samsung Austin Semiconductor, 12100 Samsung Blvd. | 414.2030**

**APRIL 2 | Smokin' Spokes Bike Ride** Join in this third annual event where riders may choose from 15-, 27-, 57-, 70-, 85- and 102-mile rides. **8 a.m. Salado School grounds which are located at 550 Thomas Arnold road 254.535.5500**

**APRIL 23 | SERTOMA Red Poppy Ride** This first annual ride will be held in conjunction with the Georgetown Red Poppy Festival, with rides of 12 (Family Circle), 30, 45 and 62 miles. **8 a.m. | Forbes Middle School, 1911 NE Inner Loop | www.georgetownsertoma.org/\_wsn/page8.html**

**APRIL 30 TO MAY 1 | Hill Country Ride for AIDS** Now in its sixth year, the 2005 Hill Country Ride for AIDS aims to raise over \$500,000 benefiting 10 non-profit AIDS service organizations in Central Texas. **7:30 a.m. Travis Oaks Office Building, at 5113 Southwest Parkway | 965.RIDE**

To have your run or ride listed please send information to [events@austinfmagazine.com](mailto:events@austinfmagazine.com)

# << RIDES



# Chuy's Hot to Trot 5K & Kid K

Benefiting Big Brothers Big Sisters of Central Texas

**Saturday, May 7, 2005**  
**at Lucy's Boatyard & Hula Hut**

Kid K - 8:45am Wheelchair - 9:15am  
 5K Fun Run & Timed/Competitive Run - 9:30am



## REGISTER NOW!

ONLINE REGISTRATION AVAILABLE AT [WWW.SIGNMEUPSPTS.COM](http://WWW.SIGNMEUPSPTS.COM)

Be sure to mention you saw this ad in Austin Fit Magazine

Everyone who enters receives a Chuy's Hot to Trot T-shirt!

### Packet Pick-Up & Registration

3825 Lake Austin Blvd.

at Lucy's Boatyard & Hula Hut

Monday, May 2 - Friday, May 6

12noon-8pm

or on race day, May 7 at 7:30am

Make Checks Payable to:  
 Chuy's 5K

1623 Toomey Rd. Austin, TX 78704

LAST NAME

FIRST NAME

ADDRESS

CITY

STATE

ZIP

PHONE #

GENDER

 M

 F

EMAIL

AGE (DAY OF RACE)

CUSTOM CHIP #

**X** SIGNATURE  
 OR PARENT/GUARDIAN IF UNDER 18

DATE

CHECK ONE

KID K

\$8 POSTMARKED BY 5/1

\$10 POSTMARKED AFTER 5/1

5K FUN RUN

\$15 POSTMARKED BY 5/1

\$18 POSTMARKED AFTER 5/1

5K COMPETITIVE

\$17 POSTMARKED BY 5/1

\$20 POSTMARKED AFTER 5/1

WHEELCHAIR TIMED

\$17 POSTMARKED BY 5/1

\$20 POSTMARKED AFTER 5/1

Waiver: In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race, or while I am on the premises of this event; and I hereby release and hold harmless the sponsors, promoters and all other persons and entities associated with this event from any and all injuries and damages. By participating in the event I also give permission for my likeness or image to be used in any and all media materials approved by event organizers. Due to the charitable nature of the event, all entries are final and no refunds will be issued.

AusFitMag

For more information call 1-888-HEY-CHUY or visit [www.chuys.com](http://www.chuys.com)

# RESOURCE DIRECTORY

## HEALTH

### ALTERNATIVE MEDICINE

**The Academy of Oriental Medicine** 454.1188  
2700 W. Anderson Lane, Ste. 204 www.AOMA.edu

### BIO-ENERGETIC MEDICINE

**Health Matrix** 335.7179  
7212 McNeil Rd., Ste. 206 www.essentialhealthmatrix.com

### CHIROPRACTIC

**Peak Performance** 451.3257  
3403 Glenview Ave. www.peakperformancechiro.com

### DENTISTRY

**Kelly W. Keith, D.D.S.** 452.6405  
3800 Speedway

**Westlake Hills Cosmetic Dentistry** 327.8645  
515 S. Cap of TX Hwy, Ste. 220 www.westlakesmiles.com

### DERMATOLOGY

**Absolute Dermatology** 257.7600  
1103 Cypress Creek Rd, Ste. 100 www.absolutederm.com

**Westlake Dermatology & Cosmetic Surgery** 328.3376  
6836 Bee Caves Rd., Ste. 111 www.westlakedermatology.com

### HORMONE REPLACEMENT

**Natural Bio Health Medical Clinic** 266.6713  
211 RR 620 South, Ste. 120 www.naturalbiohealth.com

### ORTHOPEDICS

**Edward Seade, M.D.** 459.3228  
630 W. 34th St., Ste. 302 www.austinshoulder.com

### PHYSICIANS

**Austin Radiological Association** 458.9098  
901 W. 38 St. www.ausrad.com

**Donald R. Counts, M.D., P.A.** 474.2772  
2905 San Gabriel, Ste. 306 www.drcounts.com

### PLASTIC SURGERY

**Austin Plastic Surgery Center** 345.3223  
3410 Far West, Ste. 110 www.austinplasticsurgerycenter.com

**Buckingham Center for Facial Plastic Surgery** 401.2500  
102 Westlake Dr., Ste. 104 www.buckinghamfacialplastics.com

### SLEEP DISORDERS

**Bastrop Sleep Labs** 866.32.SLEEP  
Austin, Bastrop & Now Westlake www.bastropsleeplab.com

### T'AI CHI

**Tom Gohring's T'ai Chi & Kung Fu** 422.4245  
6611 Airport Blvd. www.taichitom.com

## FITNESS

### DANCE

**Authentic Bellydance** 533.9227  
51st St. & Duval www.wmdproductions.com

**Frisky Fitness** 848.7997  
www.friskyfitness.com

**Jazzercise**  
Multiple Locations

**800.FIT.IS.IT**  
www.jazzercise.com

**Tapestry Dance Company** 474.9846  
507-B Pressler St. www.tapestry.org

**Yogini Rhythm Dance** 663.4032  
www.yoginigoddess.com

### FITNESS CAMPS

**Lean Images — S.W.A.T. Fit Camp** 388.0003  
www.swatfitcamp.com

### GYMS

**24 Hour Fitness** 800.204.2400  
4 locations www.24hourfitness.com

**Busby's Total Fitness** 459.6165  
3300 W. Anderson Lane www.busbysfitness.com

**FitStudio02** 329.5655  
3267 Bee Caves Rd., Ste. 118 www.fitstudio02.com

### HIGH ALTITUDE TRAINING

**Altimax Training Center** 300.2212  
4201 Marathon, Ste. 206 www.altimaxtraining.com

### PERSONAL TRAINING

**Adam's Training** 762.9548  
www.adamtraining.com

**Catherine Robinson** 263.4344  
ACE Practical Master Trainer www.crobinson.biz

**Ironsmith — The Fitness Doctors** 454.4766  
1701 West 35th Street www.fitnessdoctors.com

**sCULPture Nutrition & Fitness** 517.7624  
yancyculppt@yahoo.com

**The National Personal Training Institute** 339.1400  
www.nationalpersonaltraininginstitute.com

### PILATES

**Body Springs Studio** 452.0115  
3742 Far West Blvd., Ste 110 www.bodysprings.com

**reForm Pilates** 236.9595  
3110 Windsor Rd., Ste. A www.reformpilates.net

**Vim Pilates Studio** 301.9599  
www.vimpilates.com

### PRODUCTS

**Gamercycle** 228.4725  
www.gamercycle.com

### RUNNING

**Rogue Training Systems** 536.6990  
www.roguerunning.com

### YOGA

**Bikram Yoga — Davenport** 328.4949  
3600 N. Cap of Texas Hwy www.bikramyogadavenport.com

## DIET

### NUTRITIONAL COUNSELING

**Overcoming Mind-Hunger** 257.0898  
www.mindhunger.com

**Let Food Be Your Medicine** 453.8784  
www.yourhealingdiet.com

**sCULPture Nutrition & Fitness** 517.7624  
amyculprd@yahoo.com

### RESTAURANTS

**County Line** 346.3664  
5204 FM 2222 and on Bee Cave Rd. www.countyline.com

**Snow Pea Oriental Cuisine** 454.3228  
3706 Jefferson St. www.snowpeaaustin.com

**Thai Passion** 472.1244  
620 Congress Ave., Ste. 105 www.thaipassion.com

### SUPPLEMENTS & HERBS

**Endurance Zone**  
www.endurancezone.com

**Goldstar Nutrition** 800.284.3116  
www.powerthinphase2.com

**Ocean Blend** 800.480.1447  
www.oceanblend.com

**The Herb Bar** 444.6251  
200 W. Mary St. (off S. Congress Ave.) www.theherbbar.com

## SPORT

### CYCLING

**360 Cycleworks** 306.8778  
3801 N. Cap of Texas Hwy www.360cycleworks.com

### KAYAKING & ROWING

**Texas Rowing Center** 467.7799  
North Shore of Town Lake www.txrowing.com

### MARTIAL ARTS

**Austin Martial Arts Academy** 327.2900  
4615 Bee Caves Rd. www.austinmartialarts.com

**Austin WingTsun Academy** 707.2982  
2 Locations www.austinwt.com

**Center of Martial Arts** 339.8264  
1609 Ohlen Rd., Ste. E www.centerofmartialarts.com

**Guerra Martial Arts** 926.7050  
5307 South Congress Ave.

**Master Yi's Tukong Martial Arts** 339.2467  
Austin & Round Rock Locations www.masteryi.com

### ROCK CLIMBING

**Austin Rock Gym** 416.9299  
2 Locations www.austinrockgym.com

### WEIGHTLIFTING

**OK Weightlifting** 289.7587  
183-N Exit McNeil www.okweightlifting.com

## STYLE

### APPAREL

**Sun Salon** **459.7ANS**  
Lamar & 31st [www.thesunsalon.com](http://www.thesunsalon.com)

**Z-Footwear** **241.0550**  
3563 Far West Blvd., Ste. 105 [www.zcoil.com](http://www.zcoil.com)

### BEAUTY SALONS

**Baby Face Day Spa** **335.7770**  
Hwy 183 Near McNeil [www.babyfacedayspa.com](http://www.babyfacedayspa.com)

### MASSAGE

**Janée Taylor, RMT** **294.5759**  
3407 Guadalupe, Ste. D [janeetaylor@yahoo.com](mailto:janeetaylor@yahoo.com)

**The Lauterstein-Conway Massage School** **374.9222**  
4701-B Burnet Rd. [www.tlcschool.com](http://www.tlcschool.com)

### PHOTOGRAPHY

**Todd V. Wolfson** **452.9051**  
[www.toddvwolfson.com](http://www.toddvwolfson.com)

### SKIN CARE & SPAS

**Aesthetica Med Spa** **899.2639**  
2 Locations [www.amedspa.com](http://www.amedspa.com)

**Endermologie Clinic of Austin** **347.1212**  
1000 Westbank Dr., Ste. 4B

**In Touch** **328.0333**  
3425 Bee Caves Rd. [www.intouchsalon.com](http://www.intouchsalon.com)

**Saneo<sub>2</sub>** **866.360.7781**  
[www.saneo2-usa.com](http://www.saneo2-usa.com)

**TOC Aesthetic Skin Care** **533.7317**  
3705 Medical Pkwy, Ste. 120 [www.tocAustin.com](http://www.tocAustin.com)

## LIFE

### CAMPS

**Badgerdog Creative Writing** **538.1305**  
P.O. Box 301209, Austin, TX 78703 [www.badgerdog.org](http://www.badgerdog.org)

**Chaparral Ice** **252.8500**  
14200 I-35 N (exit #247) [www.chaparralice.com](http://www.chaparralice.com)

### COMMUNITY CENTERS

**Jewish Community Association of Austin** **735.8000**  
7300 Hart Lane [www.jcaaonline.org](http://www.jcaaonline.org)

### EVENTS

**Any Baby Can Rockin' Roundup** **334.4432**  
[www.abcaus.org](http://www.abcaus.org)

**Chuy's Hot to Trot 5K & Kid 1K** **1.888.HEY.CHUY**  
3825 Lake Austin Blvd. [www.chuys.com](http://www.chuys.com)

**Relay For Life** **919.1882**  
[www.cancer.org](http://www.cancer.org)

**Texas Round-Up** **473.2140**  
State Capitol Grounds [www.texasroundup.org](http://www.texasroundup.org)

### LIFE COACHING

**John Ford — Spirit Coach** **657.1584**

5403 Summer Circle [www.johnfordspiritcoach.com](http://www.johnfordspiritcoach.com)

### PETS

**Triple Crown Dog Academy** **759.2275**  
200 CR 197, Hutto, TX 78634 [www.triplecrowndogs.com](http://www.triplecrowndogs.com)

### SOCIALS/DATING

**Single Gourmet Austin** **301.6300**  
[www.singlegourmetaustin.com](http://www.singlegourmetaustin.com)

### WEB CONSULTING

**Modern Digital Marketing** **351.7475**  
[www.build-your-ecommerce-site.com](http://www.build-your-ecommerce-site.com)

Advertise your business to get a  
FREE Resource Directory listing

# "Fast Weight Loss Results!"

For Fast Results You Can See and Feel, Get The Powerful Herbal Energizer and All Natural Diet Aid—

**POWERTHIN**

**PHASE II**

10 YEARS of  
Nutritional  
Excellence!

- Get Fit & Stay Fit
- Less Water Retention
- Curb Sugar Craving
- Suppress Hunger
- Gain Energy
- Increase Stamina
- Improve Health

**Now Available At Better  
Nutrition Stores!**

Call Now For A Retailer Near You...

**1-800-284-3116**

For More Info: [www.powerthin.com](http://www.powerthin.com)

CAUTION: This product contains ephedrine, caffeine, and caffeine and may not be suitable for some people. This product is not intended to diagnose, treat, cure or prevent disease. This product is for adult use only and should not be used by pregnant or nursing women or by anyone with any known medical condition.



# UNSOLICITED ADVICE by C. Covert Darbyshire

Spring is here! Time to dust off the old mitt, or racket or whatever and get out in the warm sun and break a sweat. Of course, there are hundreds of established sports and activities to choose from, but some of you may choose to follow your own path...



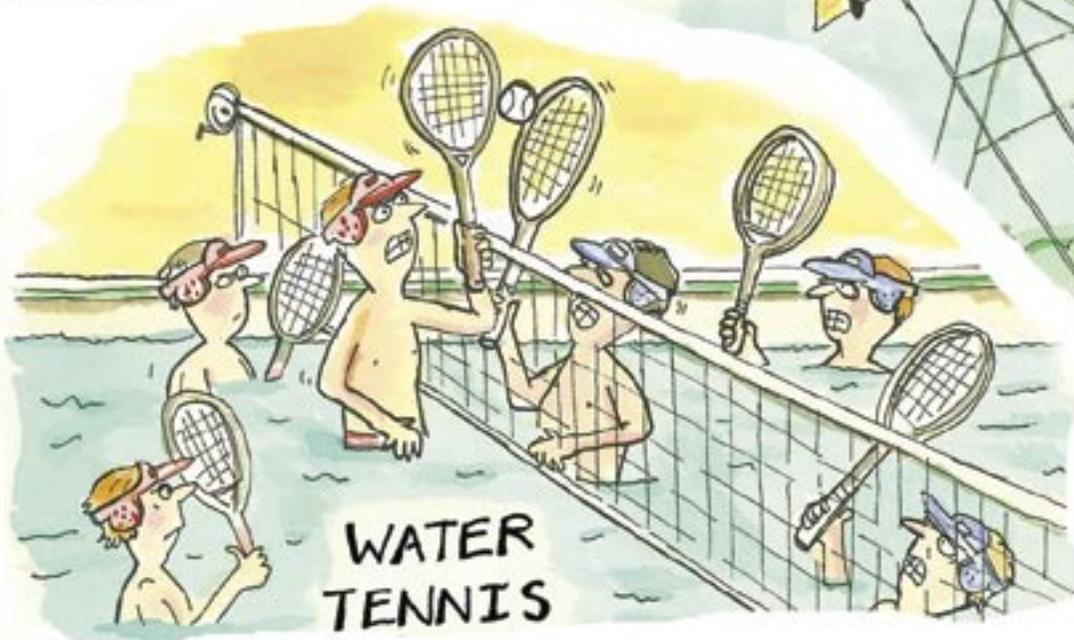
**BASE-BIKING**

Like the inventors of frisbee golf, some of you may be tempted to invent a new sport of your own by combining two existing sports. While this may sound easy enough, without proper thinking, serious injury could occur. So, for your safety, my advice is to avoid the following dangerous hybrid-sport combinations:



**EXTREME KITING**

DARBYSHIRE



**WATER TENNIS**

Other notable mentions: javelin football, medicine-ball soccer and of course bungee basketball.

Till next time, play it safe!

# Injectable HGH

The only effective  
Human Growth Hormone

Increase your muscle mass.  
Increase your strength.  
Lose fat mass.  
Regain your youth.

Injectable HGH  
from \$288.<sup>00</sup>  
per month.



To Find Out More About  
Affordable Testosterone  
Prices

Male Hormone Programs  
& Bio-Identical Hormones

call or visit us on the web at:  
[www.naturalbiohealth.com](http://www.naturalbiohealth.com)

**Natural Bio Health**  
MEDICAL CLINIC

211 RR 620 South, Suite 120 Lakeway, Texas 78734

# MEN

## Reduce Your Waistline



WITH

## Mesotherapy

You can now sculpt your body by having unwanted inches *removed from the sites of your choice:*

**SPECIAL \$899<sup>00</sup>**

**CHIN SCULPTING  
WITH MESOTHERAPY**

Look 10 years younger by eliminating your double chin, enhancing your jaw line and toning your neck.

Call for a free consultation.

**512-266-6713**



# WOULD YOU LIKE SMOOTHER LEGS THIS SUMMER?

A new treatment for cellulite is now available in Austin. Westlake Dermatology & Cosmetic Surgery is the first and only practice in Central Texas to offer VELASMOOTH™.\*

In addition to the vacuum technology of traditional endodermology, VELASMOOTH™ uses heat energy in the form of pulsed light and radiowaves to reduce the appearance of cellulite.

VELASMOOTH™ has been featured on the Oprah Winfrey Show, Shape Magazine and KVUE.

*Westlake Dermatology & Cosmetic Surgery has been selected as a National Botox® Training Center.*



WESTLAKE  
DERMATOLOGY  
& Cosmetic Surgery

*The future of beautiful skin is here.*

\* Currently not FDA approved.

**512.328.3376**

6836 Bee Caves Road | Austin, Texas | [westlakedermatology.com](http://westlakedermatology.com)