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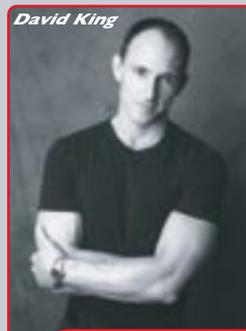
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## FEATURES



### fitness | The Video Game Generation

From the dot-com boom and bust, to emerging industries like Wi-Fi and film production effects, Austin has long been regarded as a hub of the hi-tech movement. Perhaps paradoxically, the city is also one of America's fittest, ranking tenth in the nation, according to a study from the number-crunching Web site Sperling's Best Places. Fitness and technology are interlinked, and not only positively through increased life spans and micro-managed diets.

by Wells Dunbar

### diet | Vegetarianism: More Than Just A Diet

Doctors and dietitians, chefs and scientists have long considered the costs and benefits associated with adopting a vegetarian lifestyle. Meat-lovers concerned about their cholesterol levels and saturated fat intakes have also weighed the option of taking a moderate approach and incorporating vegetarian tendencies into their diet here and there.

by Caitlin Haskell



### style | Gadgets For 21st Century Living

Whether you're a gadget-freak or a stubborn tech-skeptic, it's tough to ignore the presence of innovation in our everyday lives. It seems now more than ever, we're driven to make things faster, stronger, healthier, smarter, safer and easier. Here we've highlighted just a few of the cool, new 21st century gadgets hitting the market, if nothing more than a testimony to where tech is really taking us.

by Drex Earle, Ph.D.



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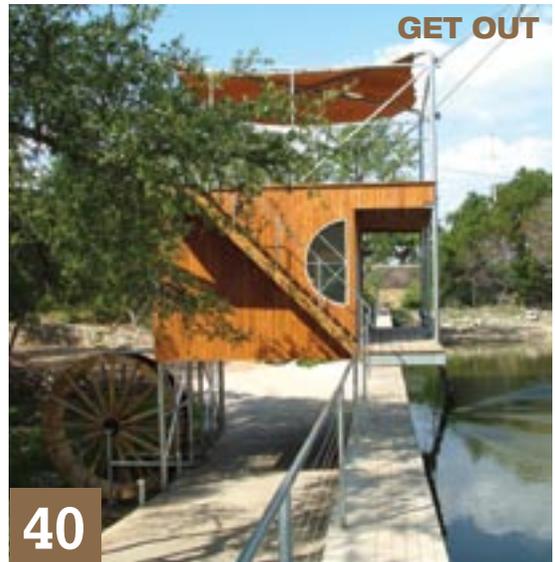
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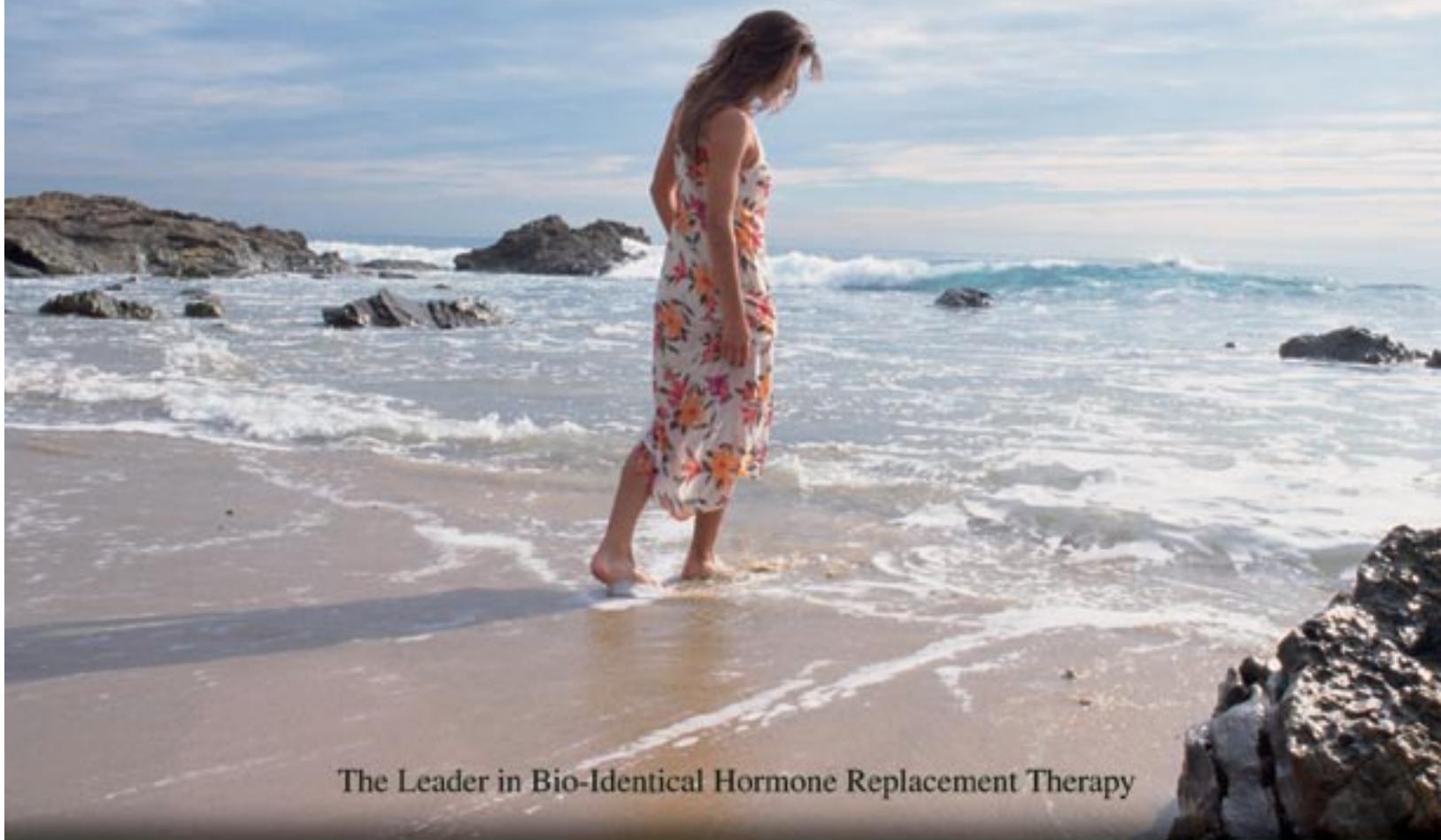
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But with technological progression, life changes. Certainly it doesn't happen all at once, but it's inevitable. And at the dawn of the 21st century we're now beginning to see the power and enlightenment that comes from our innovations. While gaining knowledge and insight about improving our lives remains a continual pursuit, the real challenge is having the responsibility to step back, in the throes of change, and reflect on whether we're exploiting technology to our best advantage. The answer right now, at least from my perspective, is yes and no.

As I'm sure you've noticed, technology is blending seamlessly into our everyday lives. Its presence and impact on how we function as a society is pervasive to say the least. While innovation makes things easier, more pleasant and increasingly comfortable, it's undeniably a slippery slope. It also can offer seductively vicarious options to an otherwise active lifestyle.

The reality, of course, is that our activity levels are not as much a technology issue, as they are a personal one. The irony that technology is simply an enabler of our individual choices means that it will support both sedentary and active lifestyles equally well.

Advances in fitness and sports equipment have been instrumental in making exercise safe and accessible. Technology has literally brought fitness to the masses and done it in a way that makes an active lifestyle not only enduring, but enjoyable. Just think of some of the changes we've experienced in the last few decades and you'll realize how much more universal health and fitness is today than it's ever been before.

Remember those old tennis rackets, small and wooden? How could anyone hit a ball with those things? Or how about bikes without gears? And of course who could forget that one pair of "sneakers" that was used for almost every sport. My feet ache just thinking about it.

Now from what we wear to what we eat, technology is giving all of us the opportunity to really live and benefit from an active life. It's a wonderful time — we should embrace these innovations and try to incorporate more health and fitness into our lives.

Technology is really our friend, it's up to us to use it wisely.

Be fit and healthy,

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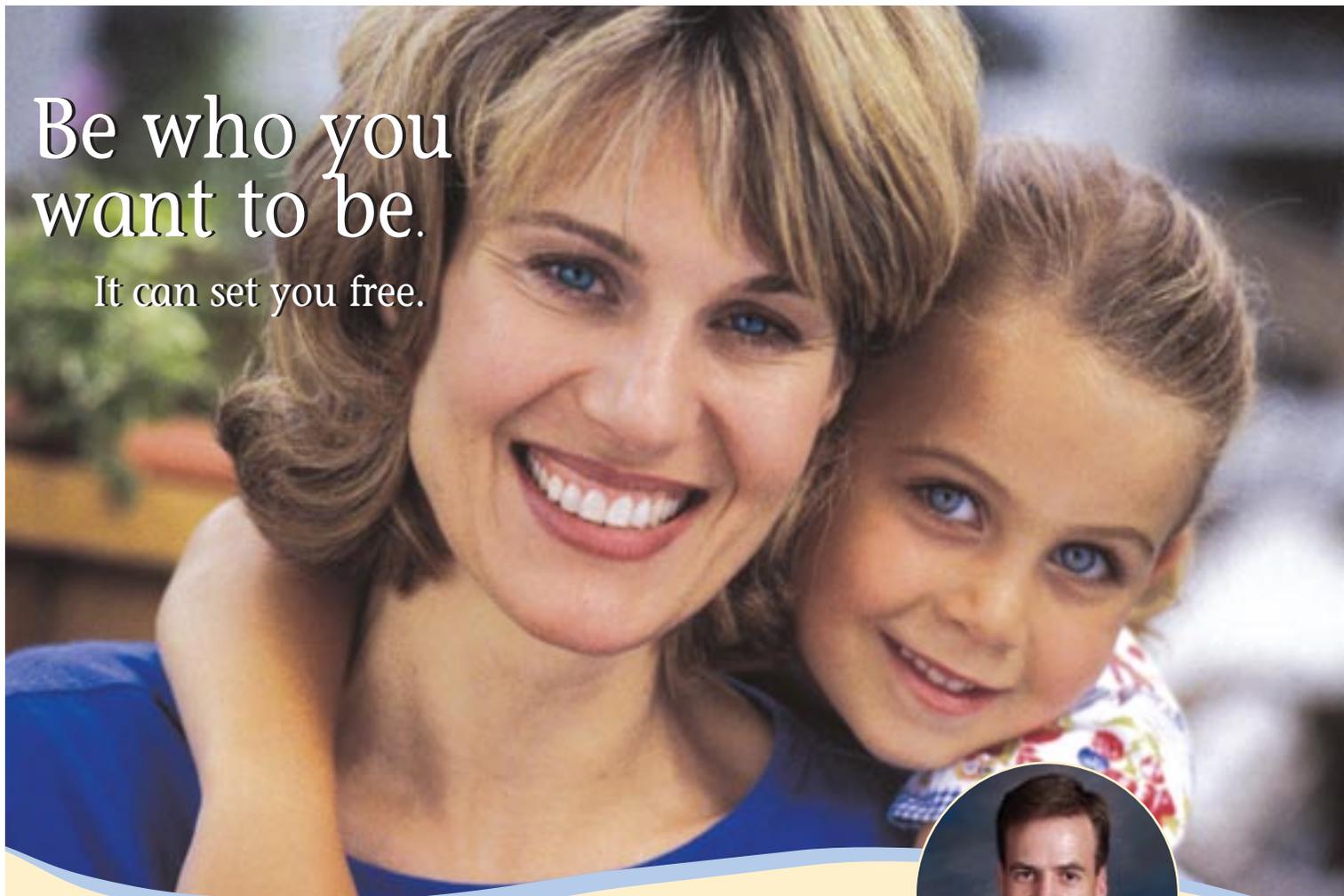
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## HEALTH WATCH

## FOOD FAUX PAS



To keep heartburn at bay, slow down when you chow down. A recent study reveals that acid reflux and heartburn are more likely to occur when food is eaten too quickly. Twenty healthy volunteers were fed a sampling of foods likely to cause heartburn while instructed to eat their meal in either five or thirty minutes. Those who ate quickly were more likely to have digestion problems and acid reflux because their stomachs filled too rapidly. So if you find yourself finishing your meals before everyone else, try to chew your food before swallowing and pause between bites.

## NATAL NUTRIENTS

According to a new study conducted by Japanese researchers at Kyoto University, women who diet heavily or don't get enough nutrients while pregnant may give birth to children with a greater propensity towards obesity. A seemingly ironic finding, since malnourished newborns are typically underweight, the study suggests that a premature surge of leptin (a hormone implicated in glucose control, fat deposition and food intake) to help a baby catch up on growth can actually lead to weight gain and overeating later in life. For more information, visit [www.nutraingredients-usa.com](http://www.nutraingredients-usa.com).

## PORTION DISTORTION

If you frequently dine out, you may be consuming more calories than you think. A survey conducted by the American Institute for Cancer Research found that seven out of 10 Americans finish their restaurant entrées all or most of the time, regardless of its size. Many clean their plate at home too, but they're in greater control of their portions, so the results are different. One way to deal with super-sized portions is to ask for a doggy bag early in the meal. Once half your food is out of sight, you won't be as tempted and you'll ultimately eat less.

## ASK A PSYCHOLOGIST

## BODY IMAGE

Allison Wilcox, Ph.D. | Psychologist

**Q** WHAT FACTORS INFLUENCE BODY IMAGE THE MOST?

A myriad of factors impact body image, including culture, genetics, ethnicity, gender and age. The impact of body image on mental and physical health is enormous and unhealthy body image tends to lead to unhealthy behavior and ill physical health.

**Q** HOW DOES BODY IMAGE AFFECT PEOPLE OF DIFFERENT AGES?

Our culture tends to idealize female bodies that appear almost pubescent: very thin, lanky, disproportionate. There is immense pressure on women of all ages to achieve a physical ideal that is typically inappropriate. Men aren't immune from these issues either, but the cultural standard for male attractiveness is broader and incorporates a more adult physical image. Although people can have body image problems at any time in their lives, young people are more prone to them because they're dealing with shaping their identity, social pressure and hormonal changes.

**Q** WHAT ARE SOME GOOD WAYS TO IMPROVE BODY IMAGE?

A lot of this has to do with a realistic assessment of who you are and what you can reasonably expect from yourself, which may involve looking at your family and your genetic heritage, as well as seeking assistance from a therapist who can provide feedback. Forget about numbers and try to change one thing at a time. Eliminate soda for example. Or add a couple of servings weekly of a green vegetable. If you don't exercise at all, try getting together with a friend twice a week to walk. Make small, but significant lifestyle changes and with patience you'll find a healthy body image is not far behind.



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# LOSE YOURSELF IN LOVE



**TO UNDERSTAND WHAT HAPPENS** in the mind when two people fall in love, one might be better advised to buy a book of poetry than to track down a medical journal. This may not be the case any longer, however, as a new study is finally shedding some light on this curious subject. A group of neuroscientists from Rutgers University, Albert Einstein College of Medicine and the State University of New York (SUNY) at Stony Brook recently joined forces to uncover some of the mysteries of infatuation. Using MRI scanning devices, they studied more than 2,000 brain images from a group of college students who were in the early stages of new relationships. The students were told to look at a picture of their love interest while the scientists recorded brain activity in several areas.

The findings suggest that in many ways new love impacts the mind in the same way mental illness does; it causes irrational behavior, obsession and euphoria. Not surprisingly, the feelings one experiences are also similar to those associated with basic survival — more visceral desires such as hunger and the need for warmth. Likewise, love that is lost or unrequited can lead to irrational bouts of depression, causing a person to act out of character, even entertaining thoughts of suicide in the most extreme cases.

Why does infatuation incite such extreme reactions in the brain? The most likely reason is that developing a new love results in a psychological shift, along with changes in brain chemistry. Believe it or not, a person's entire identity begins to reshape according to the likes and dislikes of another person. New hobbies are explored, personality changes occur and all of it happens very rapidly. Ultimately it is as exhilarating as it is risky, but there is a constant fear of losing the other person, which, in many ways, means losing oneself. According to Ann McIntosh, a therapist who specializes in couples counseling, "A lot of heartache could be softened by going ahead and feeling the feelings, tolerating the discomfort and realizing the obsessive nature of lust, accepting it as a natural part of love."

For those who find themselves amidst the gushing phases of infatuation, McIntosh offers some advice. "Most of the time it's wise to give these wonderful, confusing, crazy, obsessive feelings some time before we act on them," she says. "Of course that flies in the face of instant gratification and wanting what we want when we want it." However, the key may be to find a balance between giving in to love and letting it get the best of you, so you don't end up losing yourself altogether.



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# The Video Game Generation

Using Technology To Bring Fitness Back To Kids

by Wells Dunbar



## FROM THE DOT-COM BOOM AND BUST,

to emerging industries like Wi-Fi and film production effects, Austin has long been regarded as a hub of the hi-tech movement. Perhaps paradoxically, the city is also one of America's fittest, ranking tenth in the nation, according to a study from the number-crunching Web site Sperling's Best Places. Fitness and technology are interlinked, and not only positively through increased life spans and micro-managed diets. As the electronic age has ushered in real-time unprecedented access to information, with it has come a sedentary lifestyle of hurried lunches spent trolling the Web or squandering what was once outdoor playtime over dazzling

video game consoles. As the young invariably are the earliest adopters of new technologies, they may be the first to see the detrimental effects of this new lifestyle. Indeed, a report last year from University of Texas researchers found it was largely the degree of video game playing, not television viewing, that served as an indicator of childhood obesity. "This may mean that video game play is indeed displacing the time children spend in more physically demanding pursuits," says study leader Dr. Elizabeth A. Vandewater.

Austin non-profit Youth Interactive is working against this. While the childhood obesity epidemic has several causes, including schools with slashed sports budgets, par-

ents with longer work hours and the super-sized, fast-food poverty of plenty, Youth Interactive founder and executive director Baker Harrell eyes one major offender: the sedentary effects of hi-tech entertainment. “Computer-based technologies, most specifically the Internet and the home console video game system, have played a primary role in the childhood obesity epidemic,” explains Harrell. Pursuing a doctorate in Children’s Health, Interactive Technology and Youth Culture from the University of Texas, Harrell sees the same culprit that created the problem — technology — as being instrumental in its resolution. “I believe that technology, especially computer-based technologies — which includes video games — must play a primary role in the solution to the childhood obesity epidemic,” continues Harrell. “Because it’s unrealistic to remove technology from the lives of children who’ve grown up from within, versus around technology, health educators must work with technology developers — especially video game developers — to create technologies which either require a great deal of physical activity in their use and/or require that the body serve as the “controller” or interface with the technology.” Hence, Harrell has coined the term “active tech” to describe services and devices that stand at the crossroads of fitness and technology, but notes that the field, “especially in its design for youth, is still in its infancy.”

New interactive technologies like EyeToy, or hi-tech video game-esque updates to existing devices, like heart rate-monitoring devices and pedometers, expand on past devices’ promise and point to the future of youth-centric active tech. However, Harrell says that the technology should stress interactivity if it’s to be successful. “Kids become bored very quickly with heart rate monitors, precisely because they merely ‘report’ data. They’re reactive versus interactive. This is the single most important factor in how youth embrace a form of active tech: the more interactive the technology — with video games representing the highest form of interactive technology — the better, in terms of duration and frequency of use.” (See sidebar)

Youth Interactive is also developing their ACTIVE Media after-school program, to begin Spring 2006. “In the ACTIVE Media program, we teach middle and high school students how to create media using cutting-edge digital technology,” says Harrell. “Using these forms of technology,

the students learn how to create film, web and print media. The students are instructed that the content of their created media must serve to spotlight youth in their community who are living ‘actively’ as Youth Interactive defines it and/or must serve to educate their audience about the ways in which they can live more healthy, active and creative lives.”

Local developers are also doing their part to lessen childhood obesity via technology, like Bob Day, creator of the GamerCycle. “I got bothered by my kids sitting around playing video games a lot. I figured, if I could find some way to combine their enjoyment of video games along with some way to get them moving, we’d be killing two birds with one stone.” A semiconductor technician, Day built prototypes of the GamerCycle in 2003, and recently started producing them for sale. His invention takes the sedentary act of video gaming and adds the aerobic element of cycling. “There is a circuit board and a sensor that senses the rotation of the wheel inside the bike,” Day explains. “Once you reach a threshold, about 30 rotations per minute, it’s going to make a switch which passes the video onto the television.” If the player doesn’t keep pedaling, the video fades out from the screen. It works not only for video games, but also for television and film watching — “anything that has the RCA jacks for video.” “Honestly, it’s not really hi-tech. It’s a video switch,” confesses Day. “I like things without too many bells and whistles.” Day plans to develop a wireless version of the GamerCycle, and other active tech devices in the near future. “It’s a great need — getting kids off the couch and keeping them moving. Once they’ve got the taste for video games, it’s pretty hard to get them off of it.”



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## The Evolution of Active Tech

### past



Nintendo Power Pad

When they dominated video gaming in the 1980s, Nintendo released the Power Pad. Precursor to the insanely popular Dance Dance Revolution series, the Power Pad never achieved as much popularity as the company's Entertainment System — the technology just wasn't there yet.

### present

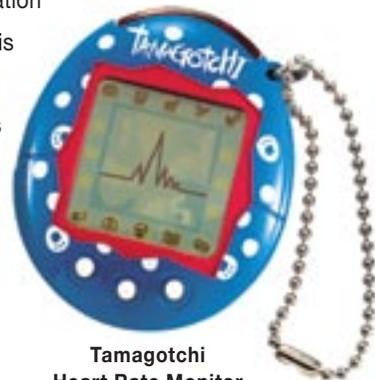
The EyeToy peripheral was released for the PlayStation 2 last year. Through a webcam, players appear on their TV screens, controlling their character through their own physical actions. Items like the GamerCycle, which require gamers to pedal in order to keep their screen lit, the Game Bike, which incorporates controls and steering into the gaming experience, and improved Laser Tag systems are also on the cutting edge of active tech.



Sony Playstation EyeToy

### future

As technology evolves and becomes less expensive, look for increasingly immersive active tech on next-generation video game systems. For instance, EyeToy is relaunched for the Playstation 3 with high-definition capabilities and Asian toy makers are developing personal fitness accessories for kids. Youth Interactive's Baker Harrell is currently working on a youth pedometer that incorporates gaming functions to keep children motivated and interested as they adopt an active lifestyle.



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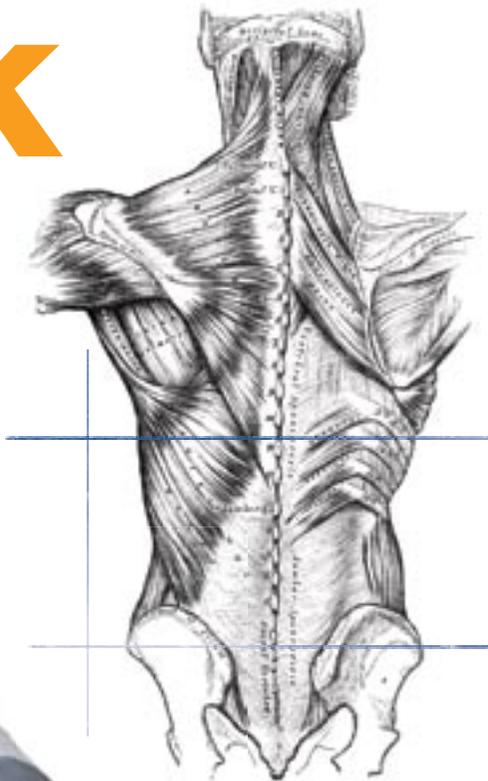
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MUSCLE OF THE MONTH

# LOWER BACK

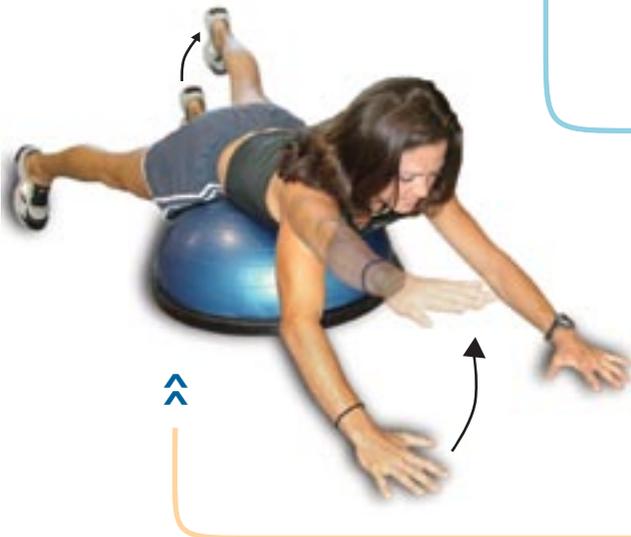
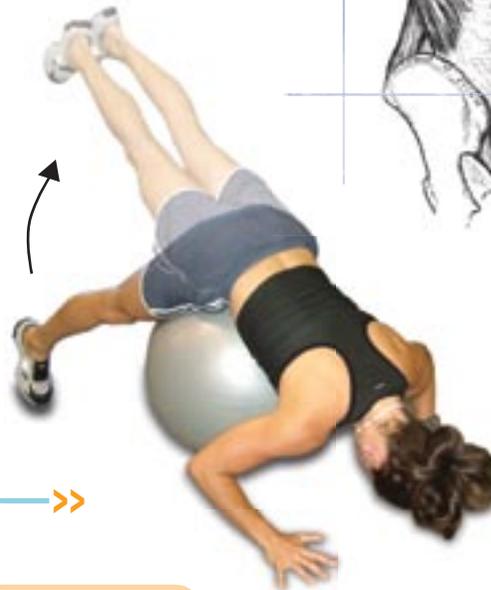
**WHEN IT COMES TO WORKING OUT, THE BACK MUSCLES**

are often overlooked or neglected altogether. This is unfortunate because the back is one of the most common areas of the body for chronic pain. Particularly the lower back tends to be problematic, but it doesn't have to be. Sarah Stewart, a personal trainer at Pure Austin Fitness, recently talked with us about the importance of stretching and working the lower back muscles every time you workout. She offers up a few exercises that you can do at the gym or at home with the aid of simple equipment. So what are you waiting for? Don't back out — it's time to get those muscles in shape!



**EX BALL HIP EXTENSIONS**

Start with the ball under your stomach and roll out to a balanced position with your hands on the ground under your shoulders, shoulder-width apart. Keeping your feet together, lift your legs off the ground by pulling the navel in towards the spine. Make sure to squeeze at the top for a second, keeping the legs together, then lower them to the ground. Without resting, repeat the exercise 10 to 12 more times for a single set. Perform two to three sets.



**BOSU SWIM**

Begin lying on the BOSU or ground if you do not have a BOSU. Keep your chin tucked and bellybutton pulled in towards the spine, activating the core by also contracting your glutes and quads. With your toe pointed away and your thumb pointing up, slowly lift both the arm and opposite leg and lift to body height. As you're bringing those levers down, lift the opposite sides. Make sure to keep your core activated and your limbs extended/straight. Repeat 10 to 20 times for a single set. Perform two to three sets.

**EX BALL BACK EXTENSIONS**

Start by placing the ball under your hips and pushing your heels/feet against a wall behind you. Place hands either behind the lower back or behind your head (more challenging) and start extended over the ball. Squeeze the buttocks and use your lower back to lift your upper body to form a straight plane with your spine. Stabilize at the top by holding for one second. Return slowly back down. Repeat 10 to 20 times for a single set. Perform two to three sets.





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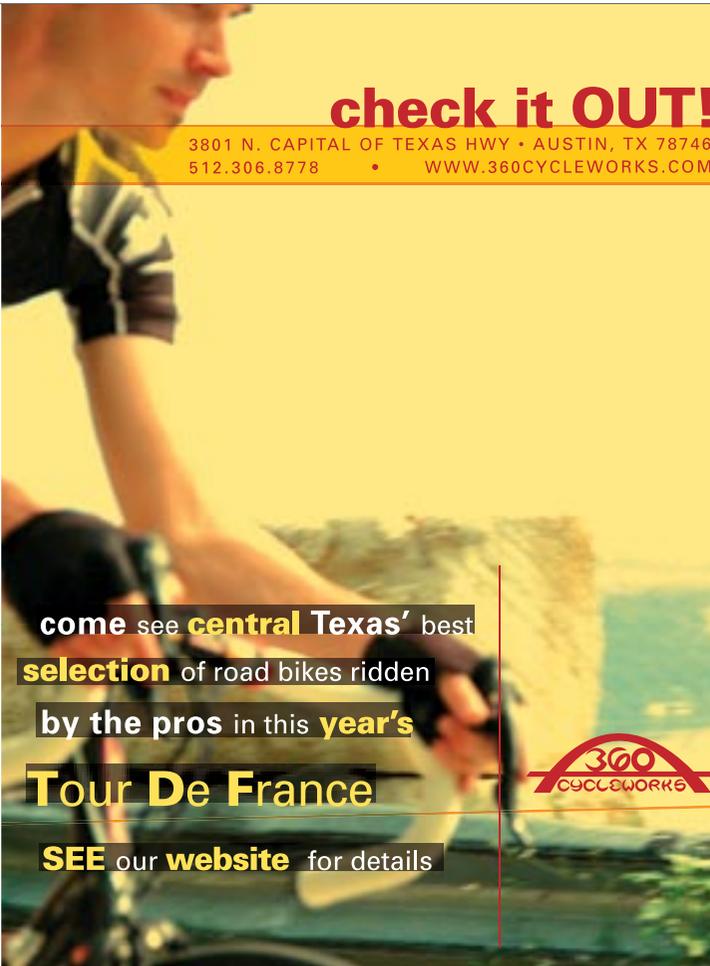


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## **BERNARD MANIRAKIZA** // Winner of Capitol 10K

### **AFM:** What do you do to train for a race like the Cap 10K?

**BM:** I always motivate myself and set a goal to never give up. I ask myself what I need to do in order to do well in any of my races. No matter what, when the race ends, I will be at the front.

### **AFM:** What's the most challenging thing about competing in a race?

**BM:** Your opponent. You never know how they're preparing or how ready they are for a race.

### **AFM:** What do you love most about running?

**BM:** Not only is running good for my body, but it taught me how to be responsible for myself and gave me discipline. I love racing as well.

### **AFM:** What do you do when you aren't running?

**BM:** I watch movies and listen to music. I like action and romantic movies as well as African and rap music.

### **AFM:** What's next for you?

**BM:** I graduated last May and I'm trying to find a job in Austin. I love Austin — it's a good place to live and run. After that, I'll try to run professionally.

## **MISSY RUTHVEN** // Winner of Danskin Triathlon

### **AFM:** What do you do to train for a race like the Danskin?

**MR:** Danskin is part of a whole season for me. So, obviously I swim, bike and run to train for all of the races. But for Danskin, I focus more on speed work since it is such a short race.

### **AFM:** How long have you been running?

**MR:** I've been running competitively since I was 14. I ran cross country and track in high school and college. I've been doing triathlons for 16 years.

### **AFM:** What's the most challenging thing about competing in a race?

**MR:** The training going into the race. I'm married, have two young children and operate a business (Austin Tri-Cyclist) with my husband. It can be tough finding time to fit it all in. My husband races too, so the challenge can be finding a baby-sitter during the races.

### **AFM:** How do you feel having won the Danskin?

**MR:** I feel a sense of accomplishment after winning Danskin. It's not about being first or beating a certain person. It's about feeling good during the race, knowing that everything came together and that I can be competitive again.

### **AFM:** What's next for you?

**MR:** As for the triathlon season, I have races planned until October (a half-Ironman distance). As for life, I love what I am doing right now so there's not really a "next" planned.





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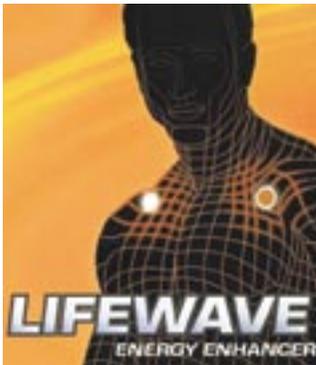


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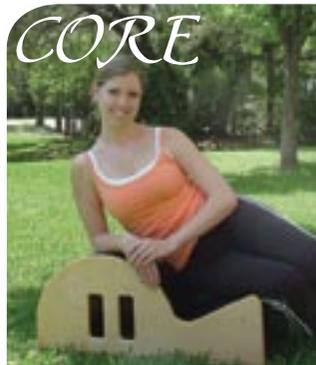
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# vegetarianism

## a lifestyle choice that's more than just your diet

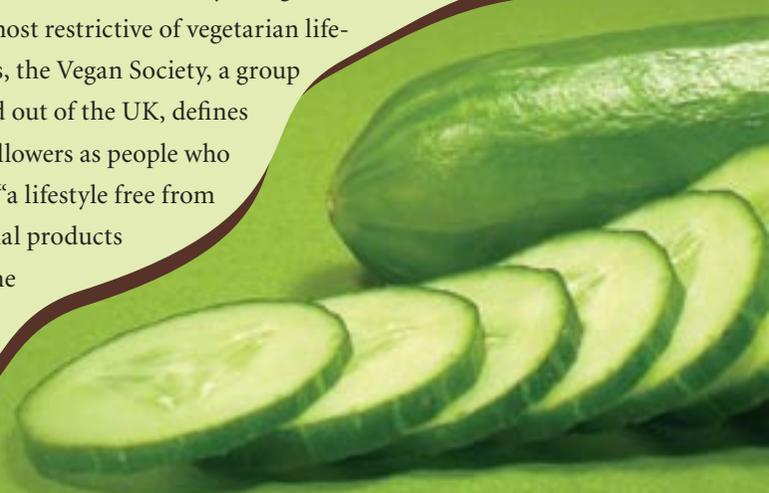
Doctors and dietitians, chefs and scientists have long considered the costs and benefits associated with adopting a vegetarian lifestyle. Meat-lovers concerned about their cholesterol levels and saturated fat intakes have also weighed the option of taking a moderate approach and incorporating vegetarian tendencies into their diet here and there. The number of adult vegetarians in the United States has topped 4.8 million and now it seems that increasingly more Texans are considering the possibility of vegetarianism, be it for ethical concerns, dietary restrictions or just to see what all the fuss is about. Have these newly converted herbivores lost their taste for Black Angus and baby back ribs, or are restaurants like West Lynn Café, Mother's, Mr. Natural and the produce sections at Central Market, Whole Foods and Wheatsville Co-op somehow wrestling the steak knives out of their hands? Before you stop eating meat cold turkey, or more appropriately, whole hog — have a look at what's really at stake socially, nutritionally and for all aspects of your lifestyle when you opt for a meat-free diet.

Across the country, the percentage of vegetarians is on the rise and, to hear some talk, there has never been a better time to switch to a meatless diet. Andre 3000 of the hip-hop group Outkast, voted World's Sexiest Vegetarian by PETA in 2004, certainly seems to think so. With more restaurants accommodating vegetarian lifestyles and more grocery stores carrying vegetarian products, all varieties of vegetarians (vegan, lacto-ovo, lacto, semi-vegetarian, etc.) would appear to be living life loud and proud. For example, last month marked the 31st annual Vegetarian Summer Fest, a five-day conference sponsored by the North American Vegetarian Society, held this year in sunny southern Pennsylvania. From June 29 to July 3, tofu stir-fry demonstrations captivated audiences, parents learned the best ways to raise vegetarian kids, and courses taught participants how to “read between the lines” when consulting nutrition labels. All of the meals at the conference were vegan preparations made by a gold-medal award winning chef and evening entertainment included heated rounds of “Vegetarian Jeopardy,” and a dance party with, of

course, ample vegan refreshments. A few speakers advanced vegetarian agendas outside the norm, like arguing that Jesus was a vegetarian, while attacking the “persistent myth” that Adolf Hitler observed a Gandhian diet. But, on the whole, the event appears to have been a useful way to integrate dietary practices with moral beliefs and health goals while, honoring what it means to be a vegetarian.

A little closer to home, vegetarianism is just as strong. The Vegetarian Network of Austin (VNA) for example, is committed to, “social change toward a vegetarian lifestyle free of animal products and animal testing in food, clothing, cosmetics, household products and other areas of consumption.” Even if you aren't familiar with this group by name, you might have seen their logo on tee-shirts around town: “Keep Austin Vegetarian.” Of the VNA's four principal goals, one is to support vegetarian eating establishments and encourage non-vegetarian restaurants to expand the vegetarian offerings on their menu. Another is to educate the local public about vegetarian cooking and nutrition. Pushing the ethical questions that come with selecting a vegetarian lifestyle aside, it's certainly worthwhile to consider the feasibility, nutritional and fitness benefits of becoming vegetarian.

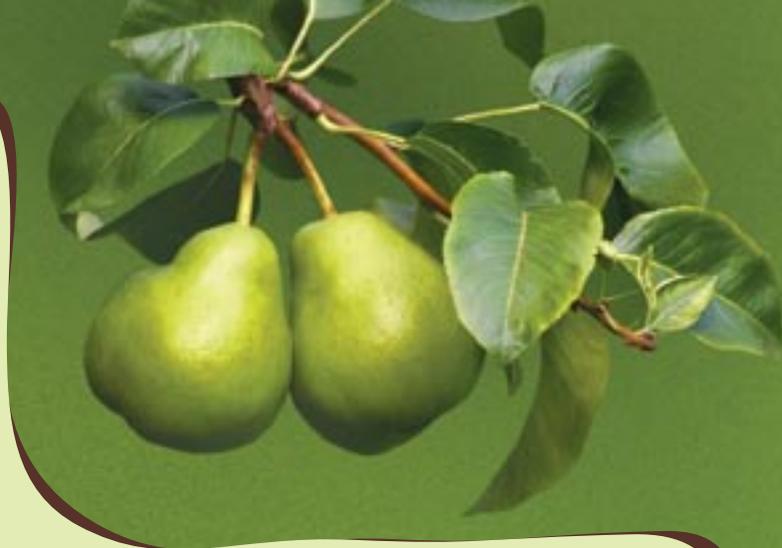
First, let's try to define a few common types of vegetarianism. While the specific practices can vary by person, a few classifications can provide some clarity for newcomers. Vegan is a term heard frequently around Austin, sometimes as a statement of a person's culinary identity, other times as a designation for entrées at a restaurant or as a sticker labeling cookies at Quack's Bakery. Long considered the most restrictive of vegetarian lifestyles, the Vegan Society, a group based out of the UK, defines its followers as people who seek “a lifestyle free from animal products for the



benefit of people, animals and the environment.” Put in more concrete dietary terms, vegans eat plant-based diets that prohibit meat, fish, poultry and dairy, including milk, eggs and honey. Moreover, most vegans do not wear or buy products made from leather, wool or silk. Many vegans do not condone the practice of keeping animals as pets. Others, who choose to keep Fido and Fluffy in the family, often put them on vegan diets, too.

On the opposite end of the spectrum we find semi-vegetarians, or demi-vegetarians: people who prefer plant-based diets but who'll allow small quantities of fish and poultry occasionally in their meals. In between are lacto-ovo-vegetarians, who do not eat meat, fish or poultry, but will eat dairy and eggs. And then there are lacto-vegetarians — slightly more restrictive than lacto-ovo vegetarians — who prohibit eggs from their diet. A recent addition to the vegetarian family is the fruitarian lifestyle, which promotes a diet of plants that remain alive during harvest. As such, their diet consists primarily of raw fruits, grains and nuts. Also, macrobiotic diets, which balance the opposing forces of yin (cool) and yang (hot), limit meats, eggs and cheese, as well as sweets, spices, coffee and alcohol. Like more mainstream types of vegetarianism, macrobiotic lifestyles have become more prevalent in recent years but trace their roots back for millennia. Though the modern macrobiotic diet was developed by George Ohsawa in Japan in 1920, some trace the concept back to Hippocrates. Having gone through the exercise of labeling a few prominent practices among vegetarians, it's worth noting that there are many different interpretations of vegetarianism, such that a fixed meaning of the word disappeared long ago.

Turning now to nutrition, for all of the fat-reducing benefits that come with cutting out animal products, there are some trade-offs worth considering. Six key nutrients are commonly deficient in vegetarian diets: protein, iron, calcium, zinc, vitamin B12 and vitamin D. Since these nutrients are so vital for good health, responsible vegetarians don't just cut out meat, they look for food rich in the nutrients meat typically provides the rest of us. Calcium, for example, is widely consumed in milk, yogurt and other dairy product, but it's also naturally found in kale, spring greens and almonds. Also, some tofu varieties are loaded with calcium. And if a vegetarian finds these choices unappetizing, there's always calcium-fortified orange juice. All jokes aside, a keen eye is needed to keep calcium present in the diet because veg-



etarians who remove dairy without finding other sources of this essential element, are at increased risk for osteoporosis.

Finding adequate protein in non-animal sources can also be a challenge. In fact, some would say that getting enough calcium is the single greatest dietary challenge facing vegetarians. Particularly for people who turn to vegetarianism with the goal of losing weight, it's important to remember that insufficient protein in your diet can lead to muscle loss, which in turn slows your metabolism. Although some vegetarian groups believe that the USDA recommendation for daily grams of protein is unnecessarily high, finding good protein sources is nevertheless important to all vegetarians. Certainly beans and legumes are known for having high protein content, but wheat, oats, nuts and seeds can also contain about 15 percent caloric protein. Rice, millet, soy milk, buckwheat, pumpkin seeds, peanut butter and sesame seeds are also reliable protein sources. Unfortunately, with nuts come fats.

Vitamin B12, one of the most difficult nutrients to incorporate into a plant-based nutrition plan, typically enters the vegetarian diet through supplements or in fortified soy products, whole grain cereals or nutritional yeast. Iron, which is also difficult to come by, shows up in nuts, green vegetables and parsley. And zinc can be found in oatmeal, yeast, peas and tempeh. If this sounds too confusing to keep straight, the magazine *Vegetarian Times* recently asked vegan nutritionist and spokesperson for the American Dietetic Association, Cynthia Sass, R.D., to suggest eight foods that could help vegetarians meet many of these common deficiencies. What did Sass come up with? Seven vegetarian staples, including some we've discussed before: tofu, lentils, beans, leafy greens, nuts, dried fruits and whole grains. And a surprising eighth choice: seaweed. Yes, seaweed is a great source of iron and phytochemicals. Various types of seaweed can also be good

sources of magnesium, calcium, iodine, iron and chromium, as well as vitamins A, C, E and many of the B vitamins. The adventurous vegetarian should try a few different varieties of seaweed, either as nori sheets or more exotic types of sea vegetables like wakame, hijiki and kombu, all of which can be found at a Japanese or Korean grocery store.

What do vegetarians get for all their restraint and careful meat substitutions? Some would say that the great taste of hearty and healthy vegetarian food is reward enough. Yet, on the whole, in many cases vegetarians can expect greater leanness, a lower Body Mass Index (BMI) and lower blood pressure than omnivores. They also tend to have lower serum cholesterol and less diet-related cancers (particularly colon cancer), to name just a few benefits. Additionally, vegetarians often have reduced rates of obesity, type 2 diabetes, coronary heart disease, constipation and gall stones.

Athletes, pregnant women and small children should take additional precautions when considering embarking on a vegetarian lifestyle. As expectant mothers, vegetarian women

should look for nutrient-rich foods as they increase their caloric intake to nourish themselves and their developing child. Some believe that vegetarian women have a “digestive advantage” during pregnancy as a woman’s pregnant body becomes more effective at extracting higher nutrient contents from every mouthful. Later, after the baby has been born, raising a meat-less child takes dedication. Kids, like expectant mothers, need nutrient-dense foods that will support their bodies. Despite the extra work, many moms think it’s worth the effort to introduce their young ones to vegetarianism. A love of dried fruit and sweet potato in youth might just translate into a lifetime of meat-free living.

Lastly, people are often concerned about how a vegetarian lifestyle might affect their financial bottom line. While many of the foods mentioned can be pricey, when it’s all said and done, vegetarian eating usually costs less than a diet replete with meat. For some, saving \$20 on filet mignon means \$20 more to spend on figs, leechi nuts, dried fruits or an evening out at one of Austin’s finer vegetarian dining places.

## VEG-OUT favorite dining spots

### **Mother’s Café & Garden ~ 4215 Duval Street ~ [www.motherscafeAustin.com](http://www.motherscafeAustin.com)**

**Favorites:** For breakfast, **Banana Walnut Pancakes** — vegan whole wheat pancakes served with maple syrup and strawberries, if you so desire. For lunch, **Bueno Burger** — a veggie burger made of seeds, grains, fresh veggies and tofu served with lettuce, sprouts, tomato, pickle and purple onion on a vegan bun. For dinner, **Spinach Lasagna** — Mother’s self-described No. 1 recommendation for first-time customers. It features egg-less spinach pasta layered with ricotta cheese, fresh spinach, black olives and pecans, topped with marinara sauce and two types of cheese.

### **West Lynn Café ~ 1110 W. Lynn Street ~ [www.westlynn.citysearch.com](http://www.westlynn.citysearch.com)**

**Favorites:** For breakfast, **Mushroom Walnut Crepes** — delicious crepes filled with mushrooms sautéed with white wine and tamari, with walnuts and wilted spinach, topped with an herbed béchamel sauce. For lunch, **Enchiladas in Pumpkinseed-Adobo Sauce** — a tasty enchilada filled with fresh spinach, sautéed mushroom, purple onion and jack cheese. For dinner, something Mediterranean, **Fettuccine al Greco** — fettuccine topped with fresh-picked basil, garlic and fresh ripe Roma tomatoes tossed in extra-virgin olive oil with feta cheese, capers and Greek olives.

### **Mr. Natural ~ 1901 E. Cesar Chavez at Chicon ~ [www.mrnatural-austin.com](http://www.mrnatural-austin.com)**

An east-Austin source for yummy Mexican vegetarian meals and bakery treats. Great juices and smoothies. Often a lunchtime favorite.

### **Veggie Heaven ~ 1914 Guadalupe Street, Ste. A**

With an expansive vegetarian menu Veggie Heaven is as good as its name advertises. Despite it’s small interior, this Guadalupe St. store has long been an Austin vegetarian favorite.

### **Casa De Luz ~ 1701 Toomey Rd. ~ [www.casadeluz.org](http://www.casadeluz.org)**

Casa de Luz is particularly renowned for its affordable macrobiotic and vegan meals. Their rotating menu has Mexican lunch on Wednesday, Guatemalan cuisine every Thursday night and Caribbean food on Friday nights.

### **East Side Café ~ 2113 Manor Rd. ~ [www.eastsidecafeAustin.com](http://www.eastsidecafeAustin.com)**

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# DARK CHOCOLATE



## SEROTONIN AND ENDORPHINS

Part of the reason chocolate is so irresistible is because it makes us feel good physically and mentally. Indulging in even a small amount increases serotonin levels and endorphins that are re-released in the brain, leading to lower levels of stress and anxiety, and an overall sense of well-being and happiness.

## FLAVANOIDS

Studies show that consuming foods rich in epicatechin (a particularly active type of plant flavanoid found in dark chocolate) leads to significant improvements in blood vessel function. This also means a reduced risk of blood clots and clogged arteries. In fact, dark chocolate has been shown to contain more flavanoids than any other food, including green tea, red wine and blueberries.

**The Dark Side.** While dark chocolate is definitely heart-smart, it's still loaded with calories. A small, 1.5-ounce square every day is all your body needs to benefit from this tasty treat. It's best to choose bars with at least 70 percent cocoa content to ensure the highest level of flavanoids (sometimes lost during processing) and the lowest amounts of saturated fat.

## ASK A NUTRITIONIST

### SUGAR

Amy Culp, RD, LD | Nutritionist | sCULPture Nutrition & Fitness

#### Q WHAT IS THE GLYCEMIC INDEX?

The glycemic index is a ranking of foods based on how they affect blood sugar levels. Every time a food containing carbohydrate is eaten, the level of blood sugar (glucose) rises. How much it rises depends on what is eaten, how much is eaten and how much insulin is produced by the body in response to the amount of blood sugar present. The index can be a useful tool in understanding appetite control and can also be helpful for athletes. Low-glycemic index foods may be recommended before exercise for sustained energy. Moderate- to high-glycemic index foods may be recommended during and after exercise.

#### Q IS THERE SUCH A THING AS GOOD AND BAD SUGARS?

The body is going to break down all the carbs that you eat into simple sugars, no matter what the original source is, so the end product (glucose) can be stored or used for fuel. There is a difference in the types of carbs that we eat. Refined carbs (sugar,



white flour, white bread, etc.) are more quickly absorbed and digested. Carbs from whole grains, fruits and vegetables provide energy, fiber, vitamins, minerals and antioxidants to help protect against chronic disease.

#### Q WHAT IS SOME ADVICE FOR HEALTHY SUGAR INTAKE?

To avoid confusion, focus on a balanced intake of whole grains, fruits, vegetables, lean protein and dairy, and healthy fat. Enjoy your food, while focusing on moderation and variety. Remember that fad diets don't work, but a healthy eating and exercise plan customized to your needs will.



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## RECIPE

# PEACH MIRABLEU

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

The ingredients purchased at Central Market HEB for this delicious recipe cost approximately \$8 for four servings.

If you don't want to heat up the kitchen, this recipe can be done on the grill along with the meat and vegetables. Just place the peaches in an aluminum pan instead of the baking dish and grill away.

## INGREDIENTS

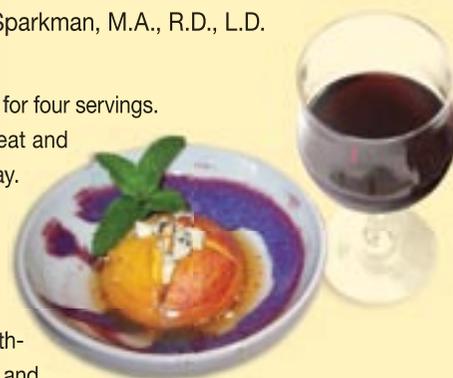
2 large Texas freestone peaches	\$0.99
6 tablespoons Moosewood Sweet Chai Maple Syrup	\$4.28
1/8 pound Mirableu Spanish bleu cheese	\$2.52
2 tablespoons almonds, toasted & chopped	\$0.10
Fresh mint for garnish	\$0.10

**AT-HOME TOTAL** (4 servings) **\$7.99**

**RESTAURANT COST** (1 serving) **\$5.50**

## PREPARATION

Peaches for this recipe should be ripe but firm. Wash peaches and pat dry. Slice peaches lengthwise from stem to blossom end and remove seed. Score the skin-side of each peach with an X about one half-inch deep. Pour 1/4 cup maple syrup into a square baking pan just large enough to hold four peach halves. Arrange peach halves cut-side down in the dish and drizzle the remaining maple syrup over the top of the peaches. Bake at 350°F for 15 minutes or until the maple syrup begins to bubble. Place each baked peach half on an individual serving dish and fill the scored opening with 1/4 of the bleu cheese. Garnish with 1/4 of the chopped almonds and a sprig of mint. Just before serving, drizzle the juice from the baking dish over each peach half. Serve with an effervescent dessert wine such as Gatti Moscato Di Asti (\$18 per bottle).



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



**IF YOU'RE LOOKING FOR DELICIOUS,** authentic Italian cuisine in a casual, yet intimate atmosphere, take a drive into the heart of Hyde Park and you'll discover Asti Trattoria. Not only is the food exquisite, but the service is impeccable and you're sure to taste at least one flavor or ingredient that's quite unlike anything you've ever had. Though not the healthiest item on the menu, goat cheese pops up in many dishes; it's a great compliment to the delicate greens in a salad with veggies from Asti's own garden and as an added texture to polenta with portabellas and eggplant. All natural roasted chicken breast also comes filled with a creamy goat cheese ricotta, yet we found its richness hardly obscured the perfectly

seasoned poultry. Seafood is a staple in Italy and Asti prepares several options sure to tempt your palette. The saffron risotto in a spicy tomato sauce features shrimp, clams, mussels and calamari all served together at a very reasonable price. For the perfect finish to an already satisfying meal, don't pass up Asti's homemade gelato or sorbet. Beautiful scoops of cappuccino and mandarin-tarragon flavors were served to us in tall glasses. The classic tiramisu is heaven on a fork, though you might want to split the calories with a friend. For a taste of Italy in the middle of Texas, this quaint neighborhood trattoria is sure to delight your tastebuds and your pocketbook.

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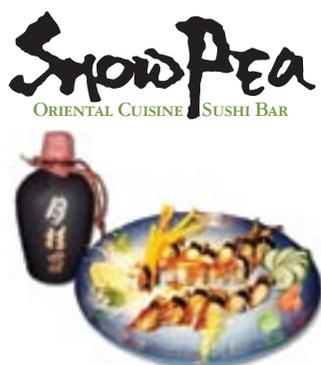
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# OLYMPIC HOPEFULS



The race to be the host city for the 2012 Olympic Games recently came to a close, with London barely beating out Paris for the coveted role. With some of the world's biggest and most famous cities in the running, the competition was steep and dependent on many factors. We've broken them down for you, from the last place winner to the city that got the gold.

**LONDON.** After a two-year search, London came out on top for several reasons. The bid included famous landmarks (tennis to be played at Wimbledon, for example), a relatively inexpensive price tag when compared to other cities and an inspiring plan to revamp the east end. This is the third time London will host the games, making it the first city in the history of the Olympics to do so.



**PARIS.** In the weeks before the votes were counted, Paris was the clear favorite. The French capital received excellent marks during the inspection process in all areas, including security, finance, design and marketing. However, while Paris has been successful at hosting world sporting events, London possesses a slight Olympic edge due to its history hosting the games and the luxury of having many of the appropriate facilities already in place.

**NEW YORK.** The first blow for New York came when city officials blocked a proposed bid to build in the heart of Manhattan. Thankfully the team shifted gears quickly enough — proposing an alternate venue in Queens — otherwise New York would have never stood a chance. Despite receiving praise for its environmental impact, security plans and reasonable budget, the Big Apple lost out due to lack of public approval and concerns about meeting construction deadlines.



**MADRID.** While citizen support in Madrid was higher than any other city, security concerns made voters shaky after an explosion occurred outside one of the proposed Olympic sites, just weeks before the vote took place. Unfortunately, the Spanish capital's longtime dealings with Basque separatist groups outweighed any positives, and design plans were not up to IOC standards in time for the voting deadline.



**MOSCOW.** A long shot from the start, Moscow's hopes were dashed when concerns about security and pollution, poor lodging options (near the village) and high July rainfall averages were all raised at once. On a positive note, many agreed that Moscow would benefit more from the project than any other city. Unfortunately it looks it will be a few more years before they get another go.

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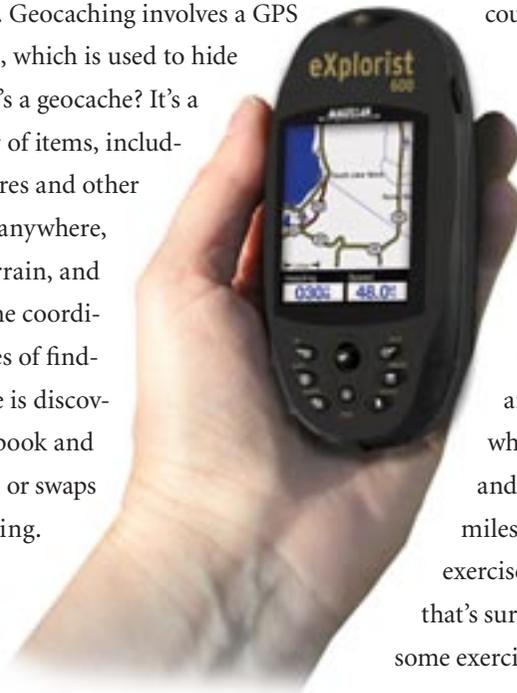


## CLOSER LOOK

## GEOCACHING

**IF YOU LOVE THE OUTDOORS** and the thrill of a good scavenger hunt, there's a new sport in town that may be of interest. It's called geocaching, and it's rapidly gaining popularity all over the world. Geocaching involves a GPS (Global Positioning System) unit, which is used to hide and then locate geocaches. What's a geocache? It's a container that holds any number of items, including pencils, logbooks, toys, pictures and other treasures. Caches can be hidden anywhere, even underwater or in rugged terrain, and it's up to the geocacher to plug the coordinates into their GPS unit in hopes of finding a particular cache. When one is discovered, the geocacher signs the logbook and either takes a picture of the cache, or swaps out an item of his or her choosing.

It may seem like nothing more than a modern, grown-up version of treasure seeking, but there's a



lot more to it. When a geocache is placed or found, the information is recorded on the game's official Web site, [www.geocaching.com](http://www.geocaching.com). As new caches are uploaded on the site, players note the coordinates, program them into their GPS units and proceed with a new search. As far as the technology is concerned, it's a game that couldn't have been played until just a few years ago.

Geocaching got its official start in May 2000, when the government turned off selective availability in GPS signals, which made the signals more accurate. After this, the first geocache was placed and found within three days, and a new sport was born. According to Robert Barron, owner of [AustinExplorer.com](http://AustinExplorer.com), geocaching is great for anyone with a taste for combining technology and the environment. "I've met plenty of people who say that geocaching gets them out of their chairs and outdoors. A few caches require hikes of several miles or more, so it's a great way to augment an existing exercise routine," he says. Geek or not, this is an activity that's sure to engage your body and mind, so get outside, get some exercise and find a little treasure while you're at it!

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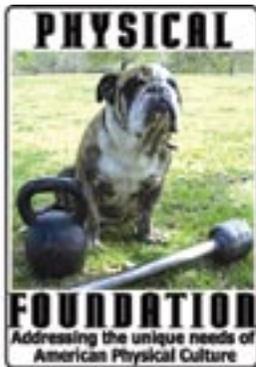
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# Gadgets For 21st Century Living

by Drex Earle, Ph.D.

Whether you're a gadget-freak or a stubborn tech-skeptic, it's tough to ignore the presence of innovation in our everyday lives. It seems, now more than ever, we're driven to make things faster, stronger, healthier, smarter, safer and easier. Here we've highlighted just a few of the cool, new 21st century gadgets hitting the market, if nothing more than a testimony to where tech is really taking us.

## health

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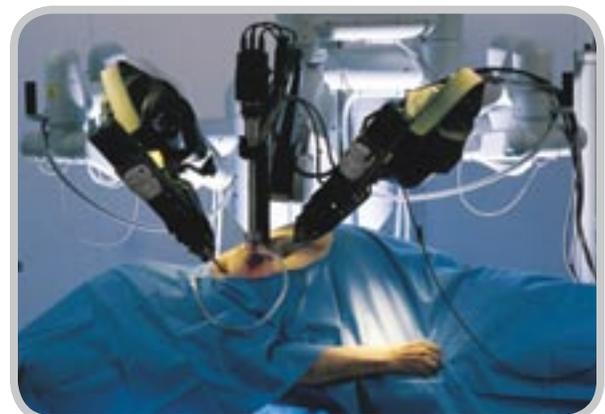
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# Gadgets For 21st Century Living

## sport



### BLACK DIAMOND VECTRA IQ

For the hiker, camper or spelunker in your family, this is a must-have. Weighing in at about a half-pound, the Black Diamond Vectra IQ is a tad heavy, but it definitely makes up for it with lots of cool features. Out of the box with a vibrant and expansive (500 feet) xenon bulb, four LEDs, intensity settings and a powerful strobe light, the IQ will certainly keep you safe when things start to look dark.

**\$65 / [www.bdel.com](http://www.bdel.com)**



### MAGELLAN EXPLORIST 600

The ultimate geocaching companion, GPS has never looked, felt or performed better. Small, robust, waterproof, extremely precise and rechargeable too, the eXplorist 600 comes loaded with a built-in barometer, thermometer, electronic compass and SD card slot for storing route and waypoint favorites.

**\$450 / [www.magellangps.com](http://www.magellangps.com)**



### OAKLEY THUMP (256 MB)

The Oakley Thump is a little too futuristic, and unjustifiably pricey, for its own good. But it does garner serious style points. Hybridizing Oakley's signature sleek eyewear with earbud headphones is a cool concept — and for the ultra-extravagant it's a no-brainer — but for the rest of us it blurs the lines of practicality. FYI: altogether an iPod mini (4GB), a pair of Oakleys and a set of ear buds run about the same price.

**\$545 / [www.oakley.com](http://www.oakley.com)**



### NIKE DRI-FIT

Comfortable and stylish, Nike's line of Dri-Fit apparel is great for just about any sport. Whether it's an intense game on the court or a casual day on the links, you won't feel the heat — Dri-Fit wicks sweat and pulls it away from the skin for rapid evaporation while its UV barrier protects up to SPF 30.

**\$35 / [www.nike.com](http://www.nike.com)**

### DRYMAX ATHLETIC SOCKS

We've all heard promises of sweat-resistant socks, but somehow our feet still end up getting soaked. Until now. Drymax is different because its inner lining contains a special patented hydro-phobic fabric which effectively repels water. This allows the sock's Sweat Removal System to literally pull moisture away from the foot to the outside, where it will evaporate quickly.

**\$8 / [www.runtex.com](http://www.runtex.com)**



### ADIDAS\_1

This one donned our cover for good reason — it could very well be the primer for the next generation of running shoes. Adidas\_1 (debuting in early August), is supposed to be designed for the everyday runner, but we found it far from ordinary. A magnetic sensor in the heel sends approximately 1,000 signals a second to a micro-processor making five million decisions a second, turning a motor at 6,000 RPM, all to filter and analyze changes in pace, weight, footstrike and terrain. The end result is calibrated cushioning that reacts perfectly and continuously to a runner's unique movements.

**\$250 / [www.adidas.com](http://www.adidas.com)**



////////////////////////////////////// life

## PENTAX OPTIOWP

No more cheap, disposal aquacams. The Pentax OptioWP 5.0 megapixel camera is the best of a new line of water-proof digitals. It feels lightweight, requires no bulky underwater casing (like most of its competitors), doubles as a stylish all-around shooter and takes blazingly sharp pictures, submerged or not. This is by no means a diving accessory, however — its max depth is five feet. Great for pool parties, the lake or just making a splash with friends.

**\$350 / [www.pentax.com](http://www.pentax.com)**



## SONY CYBER-SHOT DSC-P200

You may ask yourself: who really needs a 7.2 megapixel camera? A few pics with the Sony Cyber-Shot DSC and you'll know the answer. Offering cutting-edge technology (manually adjustable shutter speed and aperture, not to mention add-on lenses), brilliant picture quality, a handy form-factor and a stellar price tag, it won't be long before you stop asking questions and start taking pictures.

**\$400 / [www.sony.com](http://www.sony.com)**

## SAMSUNG SGH-P735

Could be perceived to be more flair than function, but the Samsung SGH-p735 is surprisingly rugged and fun to use, with a unique "twist and swivel" screen and small form factor. It comes loaded with lots of cool features, too, including an MP3 player, high-resolution camera (featuring digital zoom and multi-shot capability), video messaging and expandable memory slots.

**\$300 / [www.samsung.com](http://www.samsung.com)**



## WIRELESS IN AUSTIN PARKS

Already ranked third in the nation for top Wi-Fi cities, it appears when it comes to wireless, Austin is just getting started. Thanks to the Austin Wireless User Group (AWG), a non-profit organization spearheading the Austin Wireless City Project (AWC), more than 80 free hotspots currently exist at restaurants, bars and coffeehouses around town. The initiative is ambitious, however, so expect to be surfing at a park or pool in your neighborhood very soon.

**free / [www.austinwirelesscity.org](http://www.austinwirelesscity.org)**

# IN & OUT

 functional and fashionable bags, totes, packs and more for your life on the go

## OUT on the town



**Greta | \$196**  
by Rappandposavek at Blackmail

The Greta was designed by two of UT's fashion alumni. Available in metallic pewter, midnight blue, chestnut, mulberry and lavender.

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



**Guitar Credit Card Holder | \$225**  
by Paul Smith at Neiman Marcus

Keep your plastic under wraps while enjoying lots of live music. The black leather wallet features six credit card slots, two pockets and a money sleeve.

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

## school's IN session

**University Satchel | \$40**  
by American Eagle

Made with cotton canvas, along with leather and nylon web accents, this satchel is small enough to be comfortable but generous enough for your schoolbooks.

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



**Bandwidth | \$65**  
by The North Face at REI

This is no ordinary bookbag. The Bandwidth carries your laptop and much more while giving you versatility, security and convenience.

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



## for the OUTdoors



**Hamptons Backpack for 2 | \$85**  
by Picnic at Ascot at Grape Vine Market

As if picnicking weren't easy enough, now you can throw your wine and cheese over your shoulder with this insulated backpack. Features a wine holder and full dinnerware for two.

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



**Safety Fence Tote Bag | \$40**  
by Shawn Parks

Parks, a Rhode Island School of Design graduate, drew his inspiration from an obsession with "orange, construction sites, recycled plastic and finding new uses for old materials."

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

## keep the kids Interested

**Daisies My Spy Bag | \$27**  
by My Spy Bag

This bag is double-stitched closed and filled with treasures that can be identified through the spy window as your child moves and manipulates the contents.

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



**Cowpoke Set to Go | \$55**  
by Nuggle Blanket Co. at Bright Beginnings

This sleepover tote set is made with adorable western prints and is perfect for trips to grandmas, day-care or on the family vacation.

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



## get OUT of town



**The Messenger | \$450**  
by Mulholland Brothers at Keepers

This leather bag is a great bike companion and a perfect stowaway when flying out of town. Be sure to visit Keepers new flagship store on the corner of Sixth Street and Congress in September.

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



**Chameleon Wheeled Bag | \$230**  
by Merrell at Nordstrom

This 30-inch by 15-inch wheeled luggage will follow you to the ends of the earth and back. Featuring compression straps on the outside and inside, a laptop nest, mud compartments to separate the dirties and expandable side panels.

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



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► **FAMOUS FASHION**

# ATHLETE STYLE FEATS



Recent pictures of soccer superstar **DAVID BECKHAM** enjoying the beach in St. Tropez sans chest hair have sent scores of British men rushing to purchase **AT-HOME WAXING KITS**. One retailer expects to sell 500,000 kits at U.K. stores this year.

The length of NBA game shorts first began to change when **MICHAEL JORDAN** decided he needed his to be longer in order to fit his lucky **NORTH CAROLINA BLUE SHORTS** underneath his uniform.

In addition to her dangling gold earrings, tennis player **MARIA SHARAPOVA** sports **NIKE'S AIR ZOOM VAPOR SPEED** sneakers laden with **24-KARAT GOLD ON THE SIDES**. She owns ten pair at \$600 each. Roder Federer, the World's male No. 1, was honored with the same gift from Nike.

For good luck, **TIGER WOODS** wears a **RED SHIRT** on the final round (Sundays) of his golf tournaments.

In 1907, an Australian named **ANNETTE KELLERMAN** was arrested in the U.S. for wearing a **LOOSE, ONE-PIECE BATHING SUIT**, a style that became the norm in swimwear for women by 1910.

# CYPRESS VALLEY CANOPY TOURS



**PICTURE YOURSELF SOARING** through towering cypress trees, surrounded by nature in all its glory. Or take a short drive out to Cypress Valley (about 30 minutes west of downtown Austin) and you won't have to picture a thing. Seven years ago, David and Amy Beilharz moved themselves, their four children and a burgeoning dream of living amidst nature, out to the breathtaking hill country of central Texas. Leveraging their acreage in unique ways, they quickly developed alternative energy (solar, hydropower and wind) and began cultivating a sustainable food supply. Yet it was one of the most distinctive features of their property — gorgeous cypress trees dotting the landscape of their new backyard — that served as the inspiration for a one-of-a-kind flying adventure now known as Cypress Valley Canopy Tours.

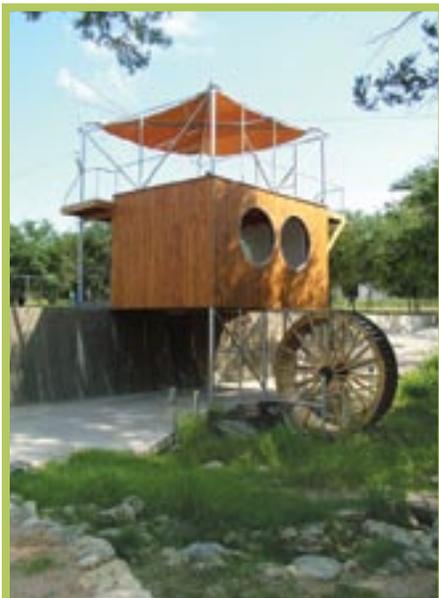
Moved by a canopy tour he'd experienced in Costa Rica, David figured a similar experience on his land would be a perfect way to share the beauty of nature without diminishing its splendor. So the Beilharz family began to design an extensive zip-line course that would allow visitors (be it couples, families or groups of friends) to literally tour the trees, hooked onto a cable and harnessed in, ready to fly.

We were recently offered a unique opportunity to try the canopy tour ourselves, and not surprisingly it was an experience unlike any other. We were amazed not only by the lush

landscape and warm hospitality of the Beilharz's and the Cypress Valley canopy guides, but the sensation we got zipping from platform to platform 40 feet above the ground was as memorable as it was addictive.

When you first arrive, you're greeted warmly, given a quick history and layout of the land, and then it's time to fasten on a helmet and harness. An experienced guide takes you out on a practice line and shows you the ropes (affectionately called "Ground School"), before you're escorted to the first platform for take-off. Within minutes, you're gliding through the trees with your guide right behind you, ready to answer any questions you have about the local vegetation or wildlife. Some of the platforms send you soaring and others lead you across sky bridges, wobbly steps spanning from one tree to the next. All in all, it's a magical and mystical ride, relaxing and exhilarating all at the same time.

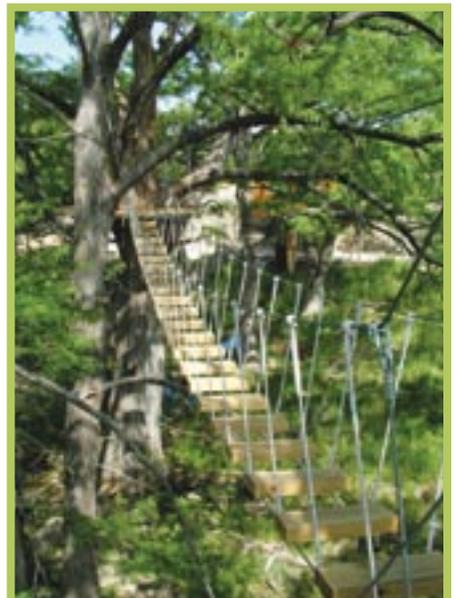
Amy tells us that she wants this to be a place where families can come and experience something wonderful together. As a mother, she understands the challenge of finding a group activity that everyone will enjoy. For this reason, children up to age 17 fly free with an adult and afterwards there's a beautiful lake and picnic area for relaxation. All you need to bring is a little sunscreen, closed-toed shoes and a sense of adventure. Before you know it, you'll be sky high. For more information, visit [www.cypressvalleycanopytours.com](http://www.cypressvalleycanopytours.com) or call 264.8880.



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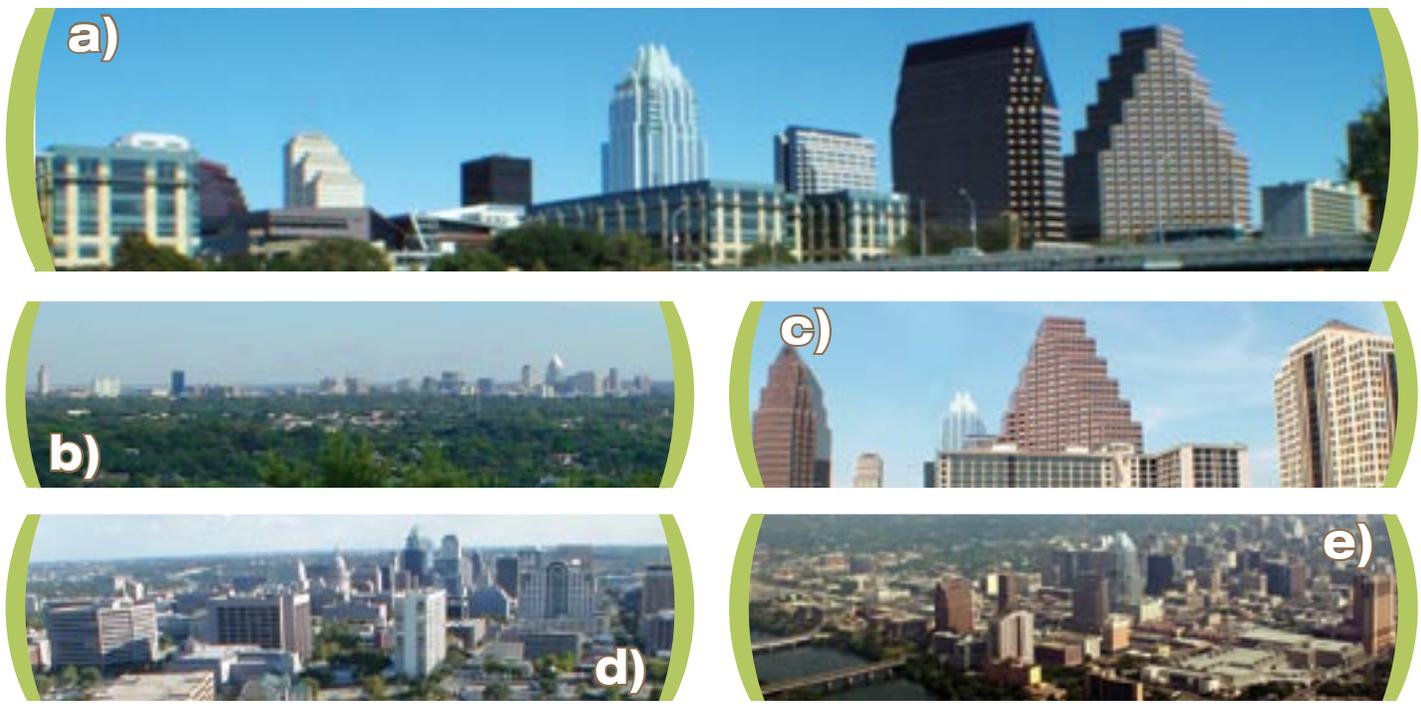
The Park Professional Building at St. David's Hospital

KNOW AUSTIN

# DESTINATION DOWNTOWN

For some of us, downtown is a frequent destination but how well do you know the city from a distance? Test your knowledge by guessing the vantage points of these skyline panoramas. Be first to send your

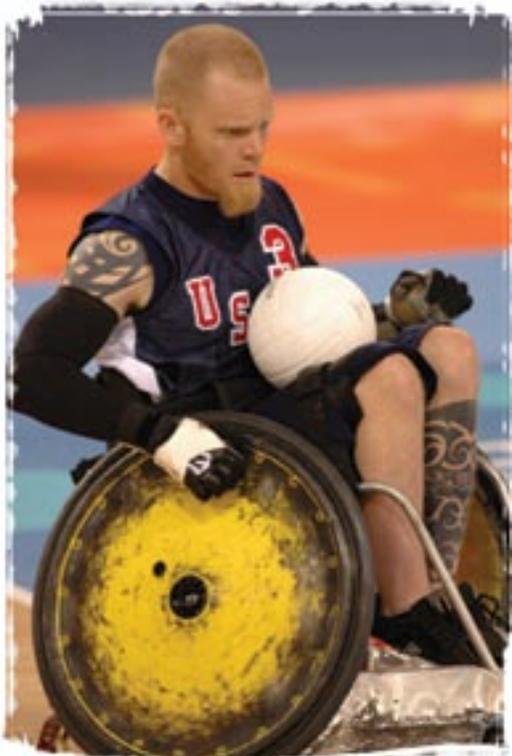
answers to [contest@austinfmagazine.com](mailto:contest@austinfmagazine.com) and win a month-long membership to the Frost Bank Tower Executive Health Club, a downtown workout destination offering some great views of its own.



VIEWABLE

## MURDERBALL

Austinite Mark Zupan talks about overcoming his disability and his success on the court and on film in his new movie *Murderball*.



**AFM:** You live in Austin, right? What are some of your favorite things to do in the city?

**MZ:** Austin? Is that in Texas? Who told you I live there? No, just kidding. I moved [to Austin] five years ago because I really dug the place. I like hanging out on Sixth Street or Fourth Street. The people are pretty chill.

**AFM:** "Murderball" documents your experiences as a quadriplegic rugby player. How did you first learn about the sport?

**MZ:** I began playing competitively in 1996. A therapist told me about it. She said she could tell from looking at me that I would probably like it.

**AFM:** Give us some insight into the sport. What's it really like to play?

**MZ:** Have a friend put you in a metal shopping cart and push you hard into a wall.

**AFM:** How did the film come to be made?

**MZ:** The directors approached me and said they wanted to follow our team to Sweden for the 2002 World Championships. Then they just shot film while we went about our normal routine.

**AFM:** What do you do to stay in shape?

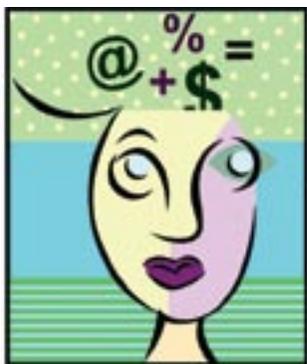
**MZ:** I usually lift two hours a day. When I'm training for a competition, I'll push five miles in my chair.

**AFM:** What motivates you when you play?

**MZ:** Winning. How many people do you know with a gold medal?

**AFM:** Any words of wisdom for our readers?

**MZ:** Don't let something that goes bad in your life keep you from doing something you want to do. Just look at me. I'm in a wheelchair and I'm out there playing a tough sport and doing what I love.



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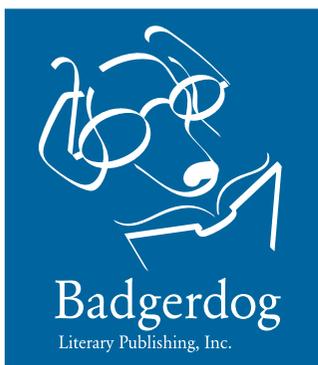
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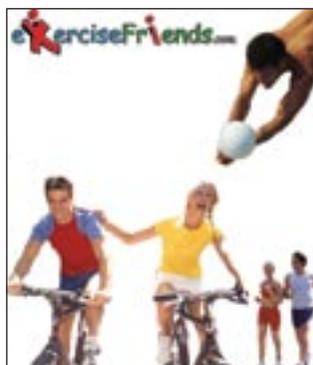


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# AUGUST 2005

## EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>▶ Pilates at Ruta Maya</p> <p>01</p>	<p>▶ Lupus Support Group</p> <p>▶ Austin Skiers Meeting</p> <p>02</p>	<p>▶ Games Night</p> <p>▶ Food &amp; Emotions Lecture</p> <p>▶ Overcoming Mind Hunger</p> <p>▶ Teen Girls' Self Defense Workshop Series (every Wednesday in Aug.)</p> <p>03</p>	<p>▶ Miago Moonlight Margarita Run</p> <p>▶ West End Gallery Night</p> <p>▶ Casas for CASA Playhouse Raffle (through the 13th)</p> <p>04</p>	<p>▶ Kids Health with Chinese Medicine Lecture</p> <p>05</p>	<p>▶ Austin Farmers' Market (every Sat.)</p> <p>▶ Best Friend Pooch Paddle</p> <p>▶ Bright Leaf Hike</p> <p>▶ Ren &amp; Stimpy Creator in Austin</p> <p>06</p>	<p>▶ Bright Leaf Hike</p> <p>07</p>
<p>08</p>	<p>09</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>▶ Yoga Yoga Teacher Training</p> <p>▶ Deep Eddy Mille</p> <p>13</p>	<p>14</p>
<p>▶ Best Friend Pooch Paddle</p> <p>15</p>	<p>▶ Summerfest</p> <p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>▶ Open Meditation Session</p> <p>▶ Keep Austin Weird 5k</p> <p>▶ 5k for Clay</p> <p>▶ No Sweat 24-Hr Adventure Race</p> <p>▶ Kids Karate Open House</p> <p>20</p>	<p>▶ Darnd'st Du in Texas</p> <p>▶ Austin Masters Swimming Championships</p> <p>▶ Bamboo Festival</p> <p>21</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p>	<p>31</p>				

## HEALTH

**AUGUST 2 | Austin Lupus Support Group** Our free meetings provide support for Lupus patients and their loved ones on how to cope with Lupus. We also work to educate our community, advocate and fund raise for finding the cause, better treatments and a cure for Lupus. **7 p.m. to 8 p.m.** [Spicewood Springs Library, 8637 Spicewood | 217.6826 | www.freewebs.com/austimlupus/meetings.htm](#)

**AUGUST 12 | Keeping Kids Healthy with Traditional Chinese Medicine** Free Lecture. **6:30 p.m. to 8:30 p.m.** | [Casa de Luz, 1701 Toomey Rd. | 476.2276 | www.naturalepicurean.com](#)

**AUGUST 27 | Open Meditation Session** Guided mantra meditation to clear the mind of tension and anxiety. Reservations required by 3 p.m. **6:30 p.m. to 8 p.m.** | [Austin Meditation Center, 2307 Rio Grande | 472.9642 | www.austinmeditation.org](#)

## FITNESS

**AUGUST 1 | Pilates at Ruta Maya** Free with café purchase. **9 a.m.** | [Ruta Maya Coffeehouse, 3601 S. Congress 707.9637 | rutamaya.net](#)

**AUGUST 13 & 22 | Best Friend Pooch Paddle** Spend the afternoon with your dog paddling Town Lake and connecting with other kayak and dog lovers. **Aug. 13: 10 a.m. to 12 p.m., Aug. 22: 6 p.m. to 8 p.m.** | [Town Lake Hike and Bike Trail | 633.4258 | www.texasrowingcenter.com](#)

**AUGUST 20 | Yoga Yoga Teacher Training Preview** Join us for a free informative seminar focusing on Hatha and KundaliniBody. Discuss the process of becoming a yoga teacher and learn how we can help unfold your potential. **1:30 p.m. to 3:00 p.m.** | [Yoga Yoga South, 1700 South Lamar | 326.2273 | www.yogayoga.com](#)

## DIET

**AUGUST 6 | Austin Farmers Market** Enjoy fresh fruits and vegetables direct from several farmers, ready-to-eat foods, drinks and limited crafts. Every Saturday. **9 a.m. to 1 p.m.** | [Republic Square, 4th & Guadalupe | www.austinfarmersmarket.org](#)

**AUGUST 10 | Lecture: How Foods Affect Your Health and Emotions** Macrobiotics, known worldwide for its use in healing and preventing cancer and chronic disease, is really just a holistic way of looking at your life, health and emotions. Come see how this can be useful to you. **7 p.m. to 9 p.m.** [Casa de Luz, 1701 Toomey Rd. | 476.2276](#)

**AUGUST 10 | Overcoming Mind-Hunger** This introduction to the three-part "Overcoming Mind-Hunger" program will present the principles of eating according to true physical hunger and include exercises to help you learn how stress and emotions influence eating behavior. **5 p.m. to 6:30 p.m.** | [4131 Spicewood Springs Rd., Ste. M-1 | 257.0898 | www.mindhunger.com](#)

## SPORTS

**AUGUST 9 | Austin Skiers Monthly Meeting** Join us for refreshments and socializing and learn about Austin's winter sports club at our monthly meeting. Learn about the exciting trips we have planned for the coming winter season. **6:30 p.m.** | [Riata Trace Apartments Clubhouse | 301.4864 | www.austinskiers.org](#)

**AUGUST 13 & 14 | Bright Leaf Hike** Two 4-mile hikes will be offered at Bright Leaf State Natural Area. This central Austin gem is only open to the public through guided hikes. **8:30 a.m.** | [Bright Leaf Park, Creek Mountain Rd. | 323.0544](#)

**AUGUST 27 | Open House Afternoon of Karate for Kids** Karate teaches children life skills and physical skills. Join us for free introductory classes and information about our Youth Martial Arts Programs. Pre-K through age 11. **3:45 p.m. to 4:45 p.m.** | [Austin Martial Arts Academy, 4615 Bee Caves Rd. 327.2900 | www.austinmartialarts.com](#)

## LIFE

**AUGUST 3 | Games Night** "No Kidding!" is a free social organization for couples and singles who, for whatever reason, are not parents. **7 p.m. to 9 p.m.** | [Central Market, 4001 Lamar Blvd. | 294.7930 | www.austinnokidding.org](#)

**AUGUST 4 TO 13 | Casas for CASA Playhouse Raffle** Join CASA of Travis County for the 14th Annual Casas for CASA Playhouse Raffle. Playhouses will be raffled off to benefit neglected and abused children throughout Travis County. Raffle tickets will be sold at Barton Creek Square and Lakeline Mall for \$5 or 10 for \$25. [www.casatravis.org](#)

**AUGUST 4 | West End Gallery Night** Lose yourself in an artistic experience at Stephen L. Clark Gallery, Wally Workman Gallery, F8 Fine Art Gallery, Urban Roots, Lotus Asian Art Gallery, ArtWorks and Art on 5th. It's a relaxing way to wind up a busy day or the perfect way to start an evening with friends. **6 p.m. to 8 p.m.** | [Various Galleries, W. 5th St. and W. 6th St. | www.artaustin.org](#)

**AUGUST 10 TO 31 | Teen Girls' Self Defense Workshop Series** Everywoman's Self Defense, a non-profit, would like to invite teen girls to a 4-week personal safety workshop series. Female instructors cover physical self defense skills, boundary setting, decision-making skills, dating safety and more! The workshops will be held on Wednesday evenings. **7:30 p.m. to 8:30 p.m.** | [Sun Dragon Martial Arts, 203 E. Riverside Drive | 416.9735 | www.everywomans-selfdefense.org](#)

**AUGUST 13 | Ren and Stimpy Creator John Kricfalusi Live in Person** The Alamo is proud to present one of our generation's most influential animators, John Kricfalusi, live in person to share some of his favorite works, including lots and lots of Ren & Stimpy! **7 p.m. and 9:45 p.m.** [Alamo Drafthouse Downtown, 409 Colorado St. | www.draft-house.com](#)

**AUGUST 23 | Summerfest** Symposium on African American culture with art exhibits, hair and fashion shows, and live music. [Givens Recreation Center, 3811 E. 12th St. | 836.9544 | www.kazifm.com](#)

**AUGUST 27 & 28 | Bamboo Festival** Festival with bamboo plants, walking sticks, demonstrations, jewelry and all other things bamboo. **10 a.m. to 6 p.m.** | [Zilker Botanical Gardens, 2220 Barton Springs Road | 477.8672 | www.bamboocentral.net](#)

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



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# RUNS

**AUGUST 4 | Milago Moonlight Margarita**

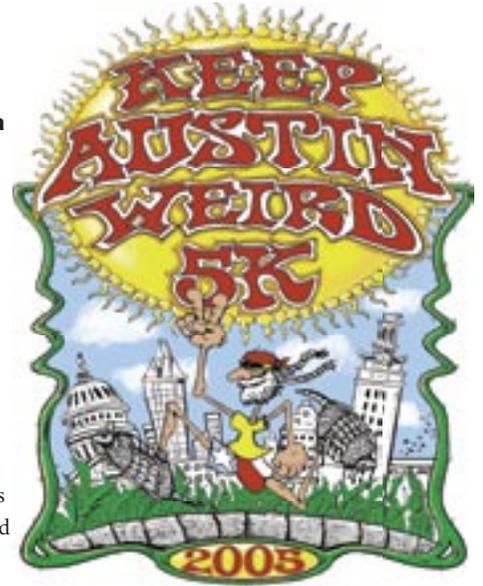
**Run** The Trail Foundation is organizing a 5K Fun Run through the streets surrounding our trail. The run will start and finish near the trail at the American Legion Hall just south of RunTex on Lake Austin, where dozens of margarita machines and a full Mexican food buffet will await finishers. **8:30 p.m. | 2201 Veterans Drive | 536.6987**  
[www.townlaketrail.org](http://www.townlaketrail.org)

**AUGUST 27 | Keep Austin Weird 5K**

A unique downtown race supported by a “Who’s Who” of Austin-based businesses. The run benefits Barton Springs Pool. This year’s race will be capped at 6,000 runners. Make sure you register early as last years event went way beyond expectation. A celebration of Austin and it’s uniqueness, the event will entail much more than just running, and we expect many more non-athletes than your typical 5K. **5 p.m. | Auditorium Shores | 536.6987**  
[www.KeepAustinWeird5k.com](http://www.KeepAustinWeird5k.com)

**AUGUST 27 | 5K for Clay**

In honor of Clay Madsen, this run/walk’s goal is to pass on the hope that Clay Madsen Recreation Center will be a safe place where children and adults learn the leadership and sportsmanship qualities that Clay upheld through his life. Proceeds benefit the Clay Madsen Recreation Center. The 5K course tours the neighborhood around the Clay Madsen Recreation Center and a section of the proposed Greater Lake Creek Trail. **8 a.m. | Clay Madsen Recreation Center, Round Rock | 218.3217 | www.5kforclay.com**



# RIDES & RACES

**AUGUST 27 | No Sweat 24-Hour Adventure Race** Come join us for our “Too Cool Racing” event at Lake Travis. This will be an 18 to 24 hour non-stop adventure race. This event will take you to some of the prettiest places on the lake. The course will test your navigation skills as well as your physical abilities. **8 a.m. | Lake Travis | 775.1503 | www.toocoolracing.com**

**AUGUST 28 | Darnd’st Du in Texas** A 5K Run/30K Bike through the countryside of San Marcos. It starts and finishes in the Tanger Outlet Mall property at Centerpoint Road and Interstate 35. The event benefits the American Cancer Society. **7 a.m. | Tanger Outlet Center 326.1600 | www.darndstdu.com**

# SWIMS

**AUGUST 20 | 4th Annual Deep Eddy Mile** A 1766 2/3 yard race, lots of competition and cold water fun. **Deep Eddy Pool | 327.1280**  
[www.americanswimmingassociation.com](http://www.americanswimmingassociation.com)



**AUGUST 28 | 4th Annual City of Austin Masters Swimming Championships** Competition for all ages 18 and up. Look for 25s and 50s of each stroke, 100 IM, 500 free and “The Firecracker 100.” **9 a.m. | JCAA Pool, 7300 Hart Lane | 327.1280 | www.americanswimmingassociation.com**

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

# RESTORE. RETURN. RELIVE.



Join the Friends of Deep Eddy organization in our campaign to restore the historic Deep Eddy Bathhouse to its original appearance and use! We're on the way to returning the shuttered limestone bathhouse – listed on the National Register of Historic Places – to its position among Austin's landmark structures, so that Texans may relive the best days at the Lone Star State's oldest outdoor swimming pool.

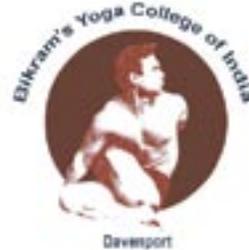
To learn how you can help, please visit [www.deepeddy.org](http://www.deepeddy.org) or call 512.477.9058 for more information. Friends of Deep Eddy is a 501(c)(3) organization.

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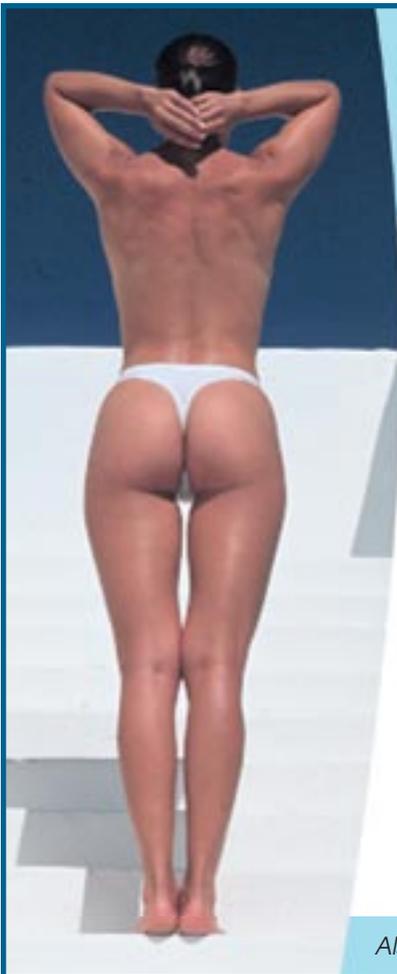


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# A Broad Traveling Abroad

**MY FIRST TRIP TO PARIS** (France, not Texas) lead to an incredible discovery. Paris has three major food groups: caffeine, carbohydrates and chocolate. This off-beat pyramid appears to help keep Parisians looking svelte in their all black garb. But the question remains, how does this combination possibly work when each small corner bakery seems to be a part of a large neighborhood poem?

Ode to Sweets...windows display delicious pastries-a-plenty and chocolates galore that no man, donning a beret or a cowboy hat, could resist. Although the food choices seem categorically and calorically far less healthy than those in the states, Parisians do seem to have the skinny on being skinny.

The clocks in Paris seem to run a bit slower than at home. A million and one errands a day with a quick Starbucks fix is the American way. But Parisians ascribe to the opposite — a million and one espressos and a quick work fix. Parisians take their caffeine very seriously — as stated in most menus, there is no *au lait* allowed in coffee after breakfast. Locals will sit for hours at a time allowing schedules to fall to the wayside in exchange for a leisurely, albeit highly caffeinated respite at a corner café. This “slow as you go” mentality allows plenty of time for the caffeine to speed up an otherwise slow metabolism.

The recipe for an ideal Parisian diet is two parts cheese and 10 parts carbohydrates. Bread is as much a part of their day as avoiding it is for us. So why is it that baguette after baguette, the majority of Parisians manage to maintain

a healthy appearance? First of all, everything comes in smaller sizes. In fact, the only item offered in a size “L” is the wine. Not only are the portion sizes smaller, but even the plates, dishes and cups look like they could fit easily into a doll house.

Secondly, trips to the market are on a need-only basis. In lieu of buying in bulk (as we’ve been taught in America — home of the family-size/three for the price of five), meals are bought daily, both to preserve the freshness of the food and to keep it a little further from reach. On that note, aside from brown bagging it from the market, there is no “to-go” option. As far as I can tell, there is no French translation for the term “doggie bag.”

It’s also interesting that the exercise method in Paris is akin to that of New York; there’s no need to workout because you’re always on the move. Four wheels equals bad, two legs equals good. Whether you’re climbing the steps to the Metro, walking the length of the Louvre or dodging a runaway Vespa, your heart rate is constantly elevated. So much so that even the most decadent desserts and heaviest of creams have no time to settle onto your hips.

Regardless of these observational anecdotes and fascinating findings (even if I do say so myself), one thing’s for sure. A morning jog around Town Lake far surpasses the view from the underground Metro and I’d take a margarita from Maudie’s (size “L”) over a doll house espresso any day.

# RESOURCE DIRECTORY

## HEALTH

### CHIROPRACTIC

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

### DENTISTRY

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

### DERMATOLOGY

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

### FOOT ORTHOTICS

**Bill Stone, C.Ped.** 914.8338  
422 W. Riverside Dr. www.sportorthotic.com

### HOLISTIC HEALTH

**Zen Zone** 542.9191  
700 N. Lamar, Ste. 150

### HORMONE REPLACEMENT

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

### MEDICAL SPAS

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

### OBSTETRICS & GYNECOLOGY

**Women Partner's in Health** 459.8082  
1305 W. 34th St., Ste. 308 www.wpih.net

### PHYSICAL THERAPY

**Lakeway Aquatics Therapy & Wellness Center** 261.0620  
1927 Lohman's Crossing, #100 www.lakewayaquatics.com

### PHYSICIANS

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

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

### PLASTIC SURGERY

**Beau Visage Aesthetic Center** 448.1291  
4101 James Casey, Ste. 310 www.beauvisagecenter.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  
North & South Austin, Bastrop www.bastropsleeplab.com

### T'AI CHI

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

### WATER FILTRATION/BOTTLING

**SunRay Waters** 454.2100  
7801 N. Lamar, Ste. C-41 www.sunraywaters.com

## FITNESS

### DANCE

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

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

### FITNESS CAMPS

**Rancho Cortez** 830.796.9339  
872 Hay Hollar Rd. Bandera, TX www.ranchocortez.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

**Frost Bank Tower Executive Health Club** 482.8839  
401 Congress, Ste. 1150 frost@thehillfitness.com

**Slim and Tone** 246.2224  
3810 Gattis School Rd., Ste. 106 www.slim-and-tonetx.com

### PERSONAL TRAINING

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

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

**King Fitness** 497.5307  
www.kingfitness.com

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

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

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3742 Far West Blvd., Ste 110 www.bodysprings.com

**PRODUCTS**  
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www.gamercycle.com

**Lifewave** 292.1174  
www.lifewave.com/getstrong

**RUNNING**  
**Rogue Training Systems** 536.6990  
www.roguefitness.com

**Round Rock Fit** 341.7252  
www.roundrockfit.com

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

**Satyananda Yoga Center** 266.9862  
keepfitwithyoga@msn.com www.keepfitwithyoga.com

**Yoga Yoga** 380.9800  
3 Locations (North, South, Westgate) www.yogayoga.com

## DIET

### ENERGY BARS

**Clif Bar**  
www.clifbar.com

### NUTRITIONAL COUNSELING

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

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

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

### RESTAURANTS

**Satay** 467.6731  
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**Snow Pea Oriental Cuisine** 454.3228  
3706 Jefferson St. www.snowpeaaustin.com

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

### SMOOTHIES

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### SUPPLEMENTS & HERBS

**AgelessXtra** 478.1863  
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**Fruta Vida** 517.0149  
www.mypeoplepc.com/members/ahwilcox/

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

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

**Haganah — Self Defense** 587.8955  
2406 Manor Rd. (Close to UT) www.haganahfight.com

**Physical Foundation** 407.9840  
4634 N. Burnet Rd. www.physicalfoundation.com

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

**TENNIS**  
**CATA — Capital Area Tennis Association** 443.1342  
7304 Burnet Rd., Ste. C www.austintennis.org

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

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### APPAREL

**Sun Salon** 459.TANS  
Lamar & 31st www.thesunsalon.com

### BEAUTY SALONS

**Baby Face Day Spa** 335.7770  
Hwy 183 Near McNeil www.babyfacedayspa.com

### MASSAGE

**Lake Pointe Massage** 565.5783  
1809 Resaca www.lakepointemassage.com

### PHOTOGRAPHY

**Todd V. Wolfson** 452.9051  
www.toddvolfson.com

### SKIN CARE & SPAS

**Aesthetica Med Spa** 899.2639  
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3425 Bee Caves Rd. www.intouchsalon.com

**Transformations** 476.BODY  
900 East 30th St., Ste. 203 www.austintransformations.com

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### ACCOUNTING

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7113 Crystalbrook Dr. www.sweetencpa.com

### CAMPS

**Badgerdog Creative Writing** 538.1305  
P.O. Box 301209, Austin, TX 78703 www.badgerdog.org

**Chaparral Ice** 252.8500  
2 Locations www.chaparralice.com

### COMMUNITY CENTERS

**Jewish Community Association of Austin** 735.8000  
7300 Hart Lane www.jcaonline.org

### EVENTS

**Texas Senior Games** 345.6400  
www.swaustin.org

### FITNESS PARTNERS

**Exercise Friends**  
www.exercisefriends.com

### LIFE COACHING

**John Ford — Spirit Coach** 657.1584  
5403 Summer Circle www.johnfordspiritcoach.com

### OUTDOOR RECREATION

**Cypress Valley Canopy Tours** 264.8880  
www.cypressvalleycanopytours.com

### PETS

**Bark 'n Purr** 452.3883  
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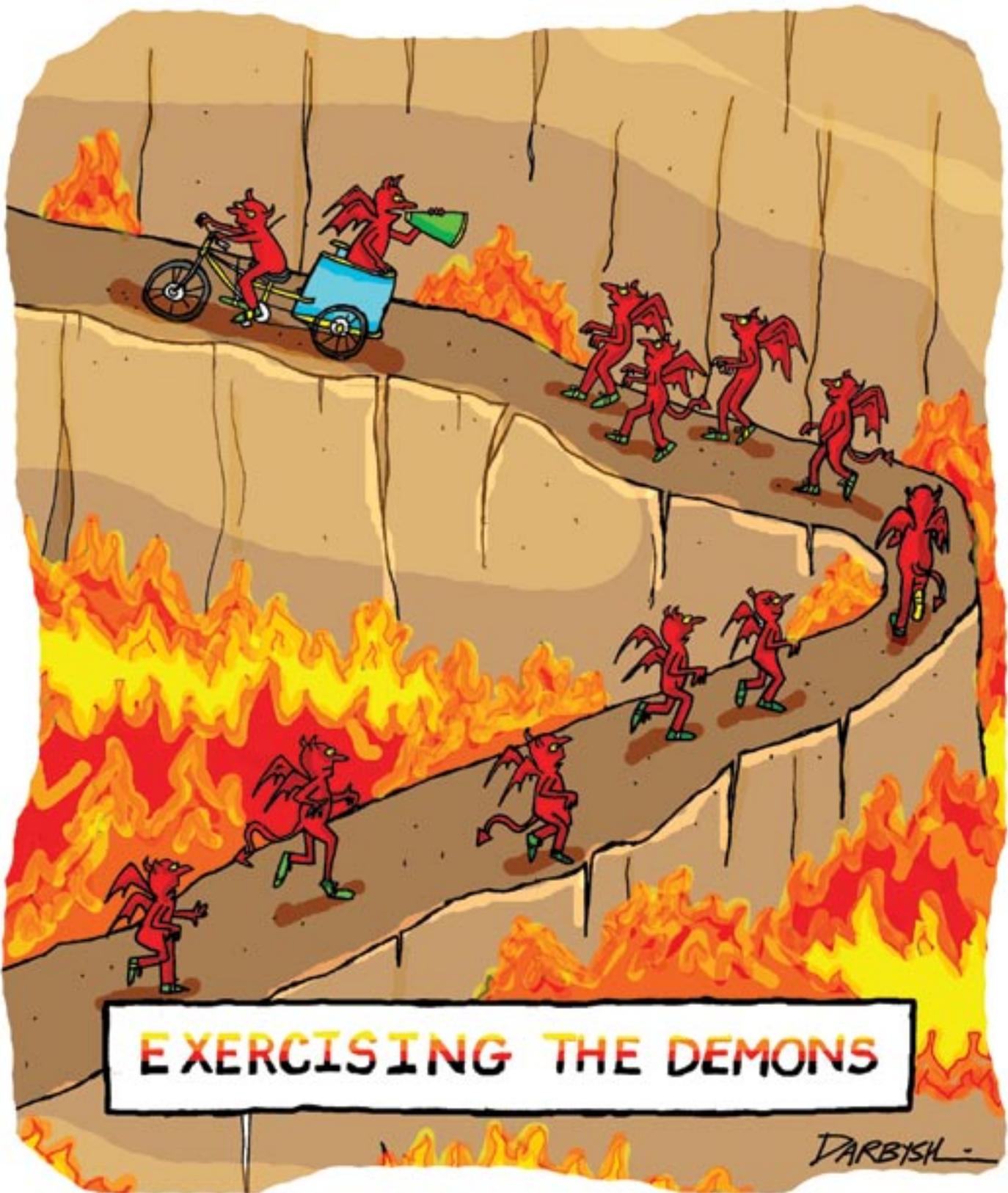
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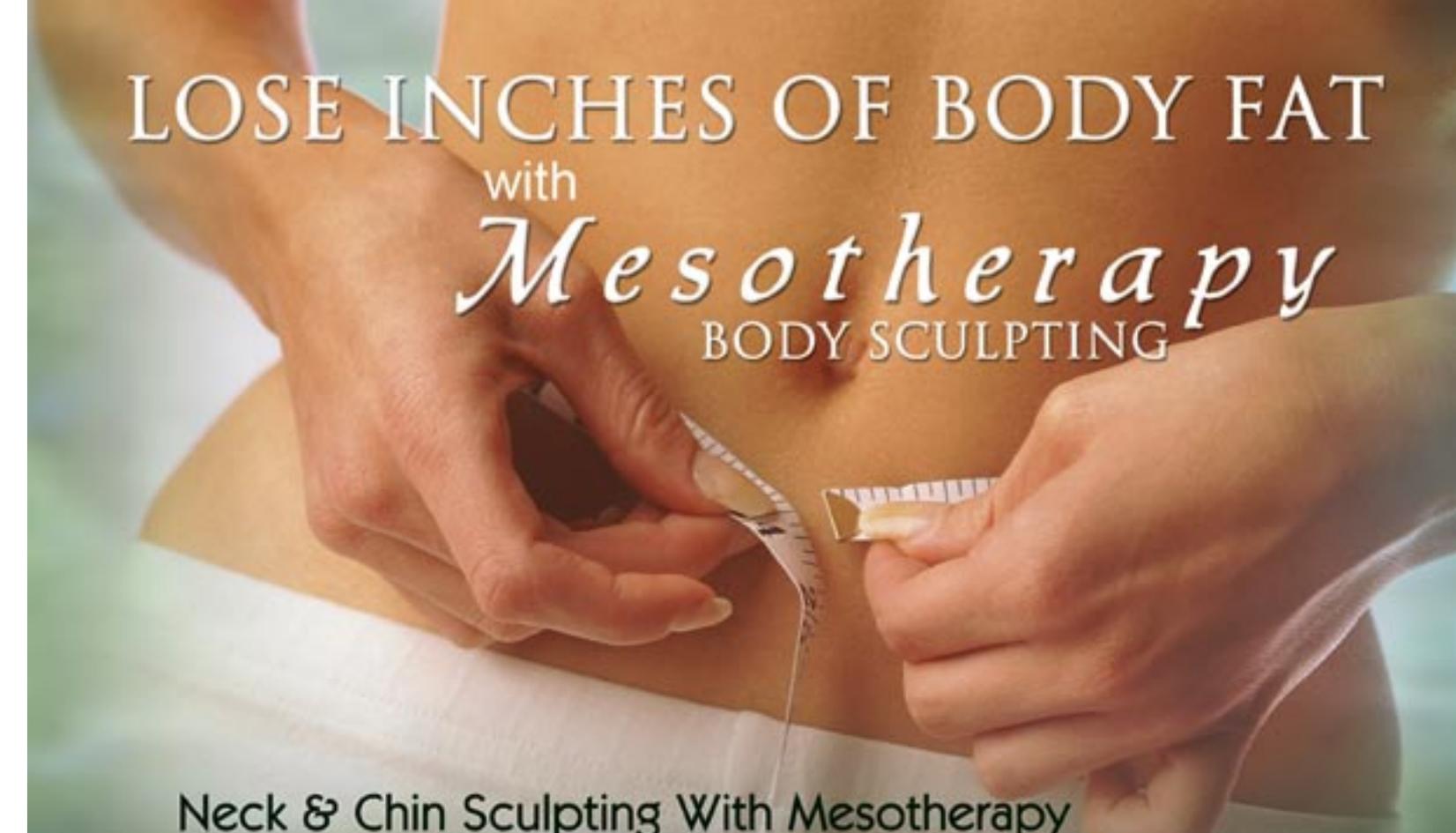
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