NEWS FOR THE RESIDENTS OF STEINER RANCH



VOLUME 1 ISSUE 9

Don't Miss Steiner Ranch Elementary's Upcoming Holiday Shopping Event

Christmas at the Ranch Saturday, November 10 9:00am – 3:00 pm

Great Shopping, Food and Fun

VENDOR SPACE AVAILABLE Please contact Barbara Phillips 466-0431 • bphillips26@austin.rr.com

NOVEMBER 2007

New Retail in and Around Steiner Ranch

Submitted by Mahesh Reddy With the opening of the Shops at Steiner Ranch, we all know of the three first establishments in the new shopping center. First is Wag a Bag, a gas store and convenience center, then Kim Nails and Spa, and Ernie Reyes World Martial Arts, a mixed martial arts center. These were the first three business to open earlier this year.

There are a lot of exciting new dining, service, and retail options coming to the Shops at Steiner Ranch. First is the second restaurant in Steiner Ranch after Tutto Gusto called Lakeside Pizza and Grill. It has a family friendly atmosphere, but with a bar and lots of TV's to catch up on sports. In the late night vein, we have two places to have some drinks. Next is Steiner Ranch Wine and Liquor. They have a full wine rack, liquor, and beer selection in the back. Also the new Fion: Wine, Beer, Cigar Pub is also open. They have wine racks, *(Continued on page 2)*

Don't want to wait for the mail? View the current issue of The Star on the 1st day of the month at www.PEELinc.com

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Please support the businesses that advertise in The Star. If you would like to support the newsletter by advertising, please contact our sales office at 512-989-8905 or <u>advertising@</u> <u>PEELinc.com</u>. The advertising deadline is the 10th of each month for the following issue.

New Retail- (Continued from Cover page)

a walk in beer freezer, and a cigar stand. They also have a snack bar and nice seating tables inside and out to enjoy your purchases.

In the services area Pak-Mail is also open. This is a nice alternative to going to the post office and also to ship packages via UPS, FedEx, or DHL. Amrit Cleaners is also open to provide dry cleaning services. Now for the one known upcoming business. Cups and Cones will be a coffee and ice cream cafe between Kim Nails and Spa and Wag a Bag. They will serve Blue Bell Ice Cream and Texas Trader brand coffee. These are the known business in the Shops at Steiner Ranch. It will be interesting to find out what new places will open in this development.

Mahesh Reddy has information like this and more at his website at http://steinerranchinfo.blogspot.com/

November Steiner Events

• 10th - Large Item Trash Pick at Town Square Parking Lot

• 15th - Holiday Cards - Create your own Holiday Cards

12th - Organizing Workshop at 6:00pm BMCC



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Four Stages Of Improving Your Game Submitted by Fernando M. Velasco

Tennis players, as many other individual sports, need to have "personal" attention in order to improve their games. In my 35+ vears of coaching. I have been successful improving games of players who have trusted me with their games, using the Four Stages listed below.

Stage One: Consistency

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost "carbon" copy of each other.

Stage Two: Control

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and "miss-hits" Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the "where" and "how" type of shot. As players advance on control, they will combine these shots, such as "top spin cross court, slice down the line, top spin lobs, etc.

Stage Three: Depth

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are "skimmed" over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

Stage Four: Power

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the "vicious" circle again....



YOUR EVERYDAY GROCERY NEEDS. Sun 7am-9pm & Mon-Sat 7am-10pm



Come see Santa riding with the Hudson Bend Fire Department at 9AM. Santa will stay until Noon for pictures and to pass out goodies. Learn about holiday fire safety from 9AM until 10:30.

Vista Ridge Shopping Center: 4300 N. Quinlan Park Rd. 266-8808 / 266-8839 fax PHONE AND FAX ORDERS ALWAYS WELCOME! themarketatsteinerranch.com

November Events at the Lady Bird Johnson Wildflower Center

• Nature Nights

Owls on the Prowl: Discover what an owl has for lunch. 6 to 9 p.m. Friday, November 9

• Invasive Plants Public Awareness Day Expert presentations on this growing global concern with exhibits.

10 a.m. to 5 p.m. Saturday, November 17

• The Art of Dalhart Windberg

A collection of framed giclée canvases by a Texas master in the McDermott Learning Center! Saturday, November 17 to Friday, December 21.

- See the 2008 Wildflower Days[™] art print Copies signed by the artist available for the first time. Saturday, November 17
- Closed on Thanksgiving, Thursday, November 22.
- 17th Annual Holiday Shopping Event

Don't miss the discounts, book signings, special events, exhibits, demonstrations and artists and artisans. Saturday is University of Texas at Austin Discount Day. 9 a.m. to 5 p.m. Friday and Saturday, November 30 and December 1, Noon to 4 p.m. Sunday, December 2.

Make Music and Make Friends!

Austin Chamber Music Center provides opportunities for musicians of all levels and ages to learn, perform, and enjoy music together in small ensembles of 2-6 players. Chamber music is a great way to keep up or renew enthusiasm for your instrument, whether you are a young student or an adult who hasn't played for years. ACMC forms groups based on skill level and age and provides regular coaching by professional musicians, in addition to regular performance opportunities. Location is flexible.....and with enough interest, a Steiner Ranch location could be added. Want to hear more? Come by for an informal information session on Sunday, November 4 at 3:00 P.M. at 12705 Lipizzan Court, located in Steiner Ranch. For directions, call 436-9095. Hope to see you then!



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Rx FOR COMMUNICATING WITH YOUR DOCTOR *Making the Most of an Appointment*

When it comes to health care, nothing is more important than good communication. Whether you're undergoing a routine physical or are being treated for a serious illness or injury, a positive and open relationship with your doctor can help ensure you receive the best care possible at every office visit.

Michael Romain, M.D., an internist at The Austin Diagnostic Clinic, offers the following tips on effective ways to communicate that help both the patient and the physician:

Set goals. Why are you going to see the doctor? What do you hope that the doctor will do for you? "Answering these questions in advance can help you clearly communicate to your doctor what you expect from the visit," says Dr. Romain. "Before your appointment, take a moment to actually write down, in one or two lines, why you're going to the doctor."

Be specific about symptoms. Stating "my chest hurts" is a start, but being specific about symptoms can help your doctor narrow down potential health problems and which tests or medications should be prescribed. "Explaining that 'my chest hurts when I walk up the stairs,' or 'my chest hurts when I eat spicy foods,' is a much clearer description of a problem," says Dr. Romain. "Also, don't forget to state how long you've had any symptoms, how long they last when you have them and whether any memorable event, such as a fall or

car accident, might have triggered them."

Be honest. Your doctors only know what you tell them. Leaving out details or not answering questions truthfully can hinder your health care, and, in some cases, have life-threatening consequences. "While it can be difficult to talk about some personal health concerns, a doctor who doesn't fully understand a patient's problem cannot effectively help a patient. Don't let embarrassment stand in the way of the care you need."

Provide information. Are you taking an unprescribed herbal medicine? Have you been on a new diet the last few months? "Don't be afraid to volunteer information that your doctor or his or her nurse might not have asked," advises Dr. Romain. "Sometimes a seemingly insignificant lifestyle or medication change can have serious effects on your health."

Listen. Communication is a two-way street. Once you've provided information to the doctor, it's time to listen up. "It's perfectly acceptable to take notes while a doctor is talking," says Dr. Romain. "Sometimes the amount of information a doctor provides can feel overwhelming. Jotting down key words or thoughts can also help you formulate any questions you might have while you're still at the office."

(Continued on page 7)



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Rx for Communicating- (Continued from page 6)

Ask questions. The more you understand about your health care, the more in control you're going to feel. It's critical that you understand what you've been diagnosed with, the treatment option your doctor is recommending and why, and what the possible outcomes are. "Never be afraid to ask a question," says Dr. Romain. "If you ask a question and you don't understand the answer, ask your doctor to repeat the answer in a different way."

It's especially important to ask questions about medications you've been prescribed, Dr. Romain adds. Ask your doctor about the potential side effects of the medication and when you should call the doctor if you experience any of them. Also, find out how long you need to take the medication and when you should expect results.

Summarize. "Before your visit with your physician is over, take a moment to repeat back what you've learned and what steps you're supposed to take next," says Dr. Romain. "For example, 'I have high cholesterol and you want me to take this medication once a day. Then you want to see me back in six months." This helps ensures that you and the doctor clearly understand each other and that there has been no miscommunication.

Whether you've been seeing your doctor for years, or are seeing a new doctor for the first time, effective communication can help build a solid, effective partnership that results in positive health outcomes.

There is no question that doctors are busy, says Dr. Romain, but a patient should always feel that all of their questions and concerns are being addressed. "If efforts to communicate with your doctor don't seem to be working, don't be afraid to find a doctor that you feel more comfortable with," he adds.

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Austin Newcomers Club November Luncheon

Time: 11:00 AM Social; 12:00 Noon Luncheon

Date: Thursday November 15, 2007 (Reservations by Thursday, November 8) Program: Austin Newcomers Holiday Bazaar is showcasing 20 of our very talented Newcomer members who will be displaying their specialties for our November Luncheon and Bazaar. From baby items to water colors, from note cards to jewelry, from toss pillows to jellies, there will be something for everyone. The sale will only run for one hour, starting at 11:00 sharp. Plan to arrive early for the best selection and to start your Christmas Shopping. Our artists will also be able to take special orders.

Entertainment after the Bazaar will be provided by Janet Hawk, one of our own ANC members and a multi-talented lady. Many of you know her as an enthusiastic bridge player and instructor, but she is also a writer, director, and performer in musical comedy with a strong background in Community Theater. Janet was one of the founders of Playhouse 1960 in Houston where she started a children's summer program. Get ready for a real treat when she presents her comedy routine entitled "Gray Matters" a hilarious monologue about getting older. Please be sure not to miss this terrific and extremely entertaining performance!

Location: Green Pastures Restaurant 811 W. Live Oak Street, Austin, 78704 Cost: \$20.00

Public contact phone number and/or website: 512-314-5100 or www.austinnewcomers. com

Space is limited to 100 reservations due to space constraints, all reservations must be received by November 8th. Your check is your reservation. \$20.00 per person made out to Austin Newcomers Club and mailed to Austin Newcomers Luncheon, C/O R. Russell, 2401 Spring Creek Drive, Austin, TX 78704. Allow 3 days for delivery. For Cancellations - contact LuncheonDirector@ AustinNewcomers.com



On Monday, September 17th at approximately 8:45 am a mother and her two children (in a stroller) were walking in the street near Steiner Ranch Blvd. and the fire station. They were struck by a car, and were subsequently transported to the hospital.

Pedestrians are encouraged to use the sidewalks whenever possible, and drivers should be alert for pedestrians at any location.



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The Star - November 2007 9

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a reliable indicator of body fatness for people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.

How is BMI used?

BMI is used as a screening tool to identify possible weight problems for adults. Calculating BMI is one of the best methods for population assessment of overweight and obesity. Because calculation requires only height and weight, it is inexpensive and easy to use for clinicians and for the general public. The use of BMI allows people to compare their own weight status to that of the general population.

How is BMI calculated and interpreted? Calculation of BMI

BMI is calculated the same way for both adults and children. The calculation is based on the following formulas:

Measurement Units	Formula and Calculation
Pounds and inches	Formula: weight (lb) / [height (in)]² x 703
	Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.
	Example: Weight = 150 lbs, Height = 5'5" (65") Calculation: [150 + (65) ²] x 703 = 24.96

What is BMI?

Submitted by Alica Harrison Interpretation of BMI for adults

For adults 20 years old and older, BMI is interpreted using standard weight status categories that are the same for all ages and for both men and women. The standard weight status categories associated with BMI ranges for adults are shown in the following table.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 - 29.9	Overweight
30.0 and Above	Obese

For example, here are the weight ranges, the corresponding BMI ranges, and the weight status categories for a sample height.

Ht.	Weight Range	BMI	Weight Status
5'9"	124 lbs or less	Below 18.5	Underweight
	125 - 168 lbs	18.5 to 24.9	Normal
	169 - 202 lbs	25.0 to 29.9	Overweight
	203 lbs or more	30 or higher	Obese

How reliable is BMI as an indicator of body fatness?

The correlation between the BMI number and body fatness is fairly strong; however the correlation varies by sex, race, and age. These variations include the following examples: 3, 4

• At the same BMI, women tend to have more body fat than men.

• At the same BMI, older people, on average, tend to have more body fat than younger adults.

• Highly trained athletes may have a high BMI because of increased muscularity rather than increased body fatness.

It is also important to remember that BMI is only one factor related to risk for disease. For assessing someone's likelihood of developing overweight- or obesity-related diseases, the National Heart, Lung, and Blood Institute guidelines recommend looking at two other predictors:

• The individual's waist circumference (because abdominal fat is a predictor of risk for obesity-related diseases).

• Other risk factors the individual has for diseases and conditions associated with obesity (for example, high blood pressure or physical inactivity).

What are the health consequences of overweight and obesity for adults?

The BMI ranges are based on the relationship between body weight and disease and death.5 Overweight and obese individuals are at increased risk for many diseases and health conditions, including the following: 6

• Hypertension

• Dyslipidemia (for example, high LDL cholesterol, low HDL cholesterol, or high levels of triglycerides)

- Type 2 diabetes
- · Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems

• Some cancers (endometrial, breast, and colon)





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The Man Who Would Have Built Buchanan Dam

High-flying utility magnate's bankruptcy eventually led to creation of LCRA By JOHN WILLIAMS - Special to Peel Inc. Newsletters



A crowd of about 500 people attended LCRA's dedication ceremony for Buchanan Dam Oct. 16, 1937. The dam had been started – and subsequently abandoned – by a subsidiary owned by utility magnate Samuel Insull. Following Insull's bankruptcy, the Texas Legislature created LCRA to finish building the dam, among other duties. (LCRA Corporate Archives photo)

BUCHANAN DAM – The story seems ripped from recent headlines: A high-flying energy company declares bankruptcy due to shady accounting practices. Stockholders' investments are wiped out. The company's disgraced executives are put on trial.

If you're thinking of Enron, you're off by about 75 years. The Great Depression of the 1930s had its own Enron-like scandal involving a nationwide utility conglomerate ruled by Samuel Insull, and its collapse had far-reaching effects across the United States. That included the eventual creation of LCRA in November 1934 to finish construction of Buchanan Dam, a project that an Insull subsidiary started, then later abandoned.

LCRA finished Buchanan Dam and celebrated its completion with a dedication ceremony Oct. 16, 1937 – 70 years ago. LCRA would go on to build five other dams that created the Highland Lakes dams and helped bring growth and prosperity to the region by providing electricity, flood control and a reliable water supply.

Insull pioneered many modern-day utility practices

Had things gone right, Insull might be regarded today as a titan of American business. "He was the Warren Buffet and Bill Gates of his day," said John Wasik, author of a biography of Insull.

Soon after arriving in America in the 1881, the British-born Insull became Thomas Edison's business manager, helping establish General Electric before starting his own Chicagobased utility business in 1893.

Insull promoted or introduced many elements of today's electric utilities, including the use of alternating current (disagreeing with his mentor Edison, who favored direct current), central-station power plants and transmission grids to generate and deliver power on a massive scale.

His greatest contribution may have been to develop a residential market for electricity, expanding its use from office buildings and street lights to homes throughout communities.

"He was a marketing genius," Wasik said, noting that Insull slashed rates, gave away irons and other appliances and wired houses for electricity. Borrowing tactics from P.T. Barnum, Insull "made people feel guilty if they didn't sign up for electricity," according to Wasik.

His methods were wildly successful. By the early 1930s, roughly one in every 10 Americans was a customer of more than 6,000 utilities owned by Insull, who operated them through holding companies. The largest, Middle West Utilities, owned as many as 111 subsidiaries that served more than 5,300 communities in 36 states.

He became one of the most powerful men in America. Wasik notes that Insull met with every president from Teddy Roosevelt to Herbert Hoover. Mobster Al Capone offered his security services (which Insull declined), likely to ensure against having power cut off to his speakeasies. British officials, led by Winston Churchill, asked him to take over the British electrical system (which Insull also declined).

Insull's entry into Hamilton Dam project welcomed

In the late 1920s, electric utilities began capitalizing on a growing national interest in flood control by developing dam projects that would provide hydroelectric power and flood protection. Among the major projects was the Hamilton Dam site on the Colorado River upstream of Austin.

In 1931, a Middle West subsidiary, the Central Texas Hydro-Electric Company, purchased the project for \$3.5 million, just as construction was about to begin.

Local supporters of Hamilton Dam were ecstatic about Insull's involvement. "The Insull firm was looked upon as a blue-chip

(Continued on page 13)

Buchanan Dunn- (Continued from page 12)

company of the era," wrote historian John Adams in "Damming the Colorado." "If any firm could weather the (deepening Great Depression), surely Insull would," Adams wrote.

Insull empire was near collapse

In fact Middle West was near collapse, propped up by a maze of relationships among its sister companies that freely interchanged assets, officers, loans and debt. The organizational structure was so complex that Insull himself claimed to have difficulty following the trail.

All of the companies were funded by Insull stock, devalued by the market crash that triggered the Great Depression. To keep his operations solvent, Insull had to keep expanding his operations, and he had to keep selling stock – which his employees did, going doorto-door with customers.

Eventually the economic burden proved too much. In April 1932 Middle West declared bankruptcy, leading to the work stoppage at Hamilton Dam. The shutdown threw as many as 3,400 people out of work – grim news for a Depression-era rural area.

But Hamilton Dam was only a small part of the debacle. Middle West's bankruptcy led to the collapse of Insull's other companies. Hardest hit were Insull's 600,000 stockholders, who lost a collective \$220 million – more than \$10 billion in today's dollars, comparable to the Enron collapse. Many investors who had invested their life savings became penniless.

Charged with fraud in October 1932, Samuel Insull claimed innocence – but he didn't help his case by fleeing the country, evading federal and state prosecutors for 18 months before being hauled back in 1934 for the first of three trials. He won acquittal in each, on a defense that claimed he was the biggest victim of his companies' financial mess – and that the bankruptcy left him \$20 million in debt.

Even with acquittal, Insull was still a reviled man. He left the country to live in Paris, where he died in 1938. Decades later, his name still evokes bitter memories among those who remember him – if he's remembered at all. When Wasik contacted General Electric's archives department for information about Insull, archivists could only produce two newspaper clippings.

Collapse led to creation of LCRA

Even so, Insull continued to have far-reaching influence, though perhaps not in the way he had intended. President Franklin D. Roosevelt used the specter of Insull's collapse to champion a series of New Deal reforms that broke up the utility holding companies, regulated the surviving utilities, reformed investment practices, and championed the development of public power.

Local supporters of the Hamilton Dam project took advantage of the New Deal reforms to gain funding to complete the dam, which had been renamed in honor of a supportive congressman, U.S. Rep. James Buchanan. As part of the deal to gain the funds, the State of Texas agreed to create an agency to oversee the project – and that led to the creation of LCRA.





On August 8, 2005, President George W. Bush signed the Energy Policy Act of 2005. This Act changed the time change dates for Daylight Saving Time in the U.S. Beginning in 2007. On the first Sunday in November, clocks are set back one hour at 2:00 a.m. local daylight time, which becomes 1:00 a.m. local standard time.

Many fire departments encourage people to change the batteries in their smoke detectors when they change their clocks because Daylight Saving Time provides a convenient reminder. A working smoke detector more than doubles a person's chances of surviving a home fire. More than 90 percent of homes in the United States have smoke detectors, but one-third is estimated to have dead or missing batteries.



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Gardening Tips

By Belinda Smith (Provided by Travis County Master Gardener Association)

Things to Plant in November:

Flowers: Ajuga, Alyssum, Bluebonnet, Butterfly Weed, Calendula, Candytuft, Carnation, Chinese Forget-Me-Not, Clarkia, Cornflower, Dianthus, Daisy (English, Shasta and Painted), Euryops, Forget-Me-Not, Gazania, Indian Blanket, Liatris, Nasturtium, Pansy, Penstemon, Petunia, Phlox, Obedient Plant, German Primrose, Salvia, Sedum, snapdragon, Stock.

Flower Seeds: Alyssum, Bluebonnet, Calendula, Candytuft, Cornflower, Daisy, Delphinium, Hollyhock, Larkspur, Nasturtium, Pansy, Petunia, Phlox, Pinks, California Poppy, Scabiosa, Snapdragon, Sweet Pea, Sweet William, Verbena, Viola, Wildflowers.

Bulbs: Allium, Amarcrinum, Calla, Autumn Crocus (Colchicum), Cooperia, Davlily, Dietes, Hardy Cyclamen, Spider Lily, Louisiana Iris, Liriope, Lycoris, Iphelon, Monkey Grass, Muscari, Star of Bethlehem, Rain Lily, Society Garlic, Spraxis, Aztec Lilly Things to Do in November:

Fertilize: Fertilize strawberry beds with a 3-1-2 ratio fertilizer. Keep soil moist to promote good plant vigor and berry production next spring.

Water: Water everything well before a freeze.

Transplant: Divide and transplant crowded perennials throughout the winter months. Now is the best time to move woody ornamentals. Prepare the new site before transplanting.

Prepare Soil: Have landscape and garden soils tested now to determine soil balancing needs. Check winter mulch and replenish if needed. Stockpile leaves for mulch and composting throughout spring and summer.

Lawn Care: A mulching mower makes raking lawns obsolete or use grass catcher as a mulch catcher. Use shredded leaves and grass clippings as mulch or put into the compost bin.

Diseases/Pests to Look For: Watch roots of removed annuals for nematodes.

Prune: After blooming, chrysanthemums should be cut back almost to the ground. Prune long, gangly shoots on shrubs. Remove dead and damaged wood from shrubs and trees.

Note: To repel deer: spray your plants with fermented hot peppers combined with dishwashing liquid. Hot mouth for the deer!



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"Tips For Pet Owners"

Submitted by Steven Leipsner

1. Using metal water dishes in the summer can get very hot, and burn your dog.

2. If your dog runs away from you and you finally catch up to it, no matter how angry you are at the dog, do not yell or smack it or your dog will never come back to you when called for fear of being punished.

3. Dog urination burns your lawn? Try giving them some tomato juice every day (either in a bowl or on their food) and it should solve the problem.

4. Is your dog digging? Try putting cayenne pepper in the holes – they don't like the sensation when they go back to dig again.

5. After soaking up the majority of urine or picking up the poop, baby wipes do a great job and pick up all smells with no stains behind.

6. Do not leave your pet in an area with dangling phone cords, drape cords or other items that they may stangle on. Be aware of electrical cords that may be chewed by the pet.

7. When your dog is teething, instead of have him chewing on couches, walls, etc. Buy a few (cheap) wash clothes. Soak the wash cloth and put it in the freezer. When fully frozen give it to the dog to chew, it will thaw out so have another one ready in the freezer. (Be careful when doing this with very small dogs, as they may get a chill. Have heard of small dogs getting too cold too quickly when chewing on ice.)

8. Do not leave your dog unattended on a choke chain. The chain could get caught and strangle the dog.

9. Do not leave your dog in the car unattended on hot days. Even with the windows open, temperatures in cars will reach deadly levels. It only takes 5 minutes!

10. Another solution to a dog's or cat's messing on the carpet. Go to your drugstore and buy a large bottle of hydrogen peroxide (full strength) in the brown bottle. Get a spray top for the bottle. First, blot the soiled spot on the carpet, then spray the

hydrogen peroxide on the spot. Let it sit for fifteen minutes. Blot it up and the spot will be gone and there will be no odor.

(The contributing editor of this article will be glad to receive any of your "tips for pet owners" and publish them for our readers. Please send your "tips" to steve@ leipsner.Com.



How to Avoid Stressing Out Over the Holidays

• Establish a limit on money spent on gifts with your family and friends.

• Create a budget for your gifts and buy one or two each week so you don't have to rush in the last week or pay for them all out of your holiday paycheck. Try to shop at stores that will gift-wrap for you.

• Write cards early. Better yet, order cards online with a pre-typed message that lets everyone know how you're doing; then just add a one-line personal message by hand.

• Decide in advance how much work you can reasonably manage for a get-together. Once that is established you may want to look into options for those tasks you won't be able to get to. For instance, you may want to schedule a maid service for house cleaning or focus your cleaning on just the main rooms people will use.

• Have a couple of special dishes that you make from scratch and buy the rest pre-made

or arrange for relatives to bring a dish to your gathering.

• Sit down several times a day and focus on your breathing. Empty your mind of everything else.

• Get out of the house for some exercise; it's a proven mood-booster.

• For parents – make sure you have enough activities to keep your kids busy. If they are old enough, enlist their help with some chores and entertaining and then reward them with a new activity.

• Don't set your expectations too high. If something doesn't go

according to plan just laugh it off.



Yard of the Month

We would like to include a monthly Yard of the Month as chosen by The Star and are looking for volunteer residents to choose the monthly winners. If you are interested please contact Kelly Peel at 989-8905 ext 22 or kelly@peelinc.com.

Newsletter Article Submissions

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



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The Right Time

It's important for kids to get practice doing stuff like tying shoes and making beds, but crunch times aren't ideal for learning. So set aside a block of weekend time, when shoe-tying and bedmaking practice will be less stressful.



Raising Confident Kids

It takes confidence to be a kid. Whether going to a new school or stepping up to bat for the first time, kids face a lot of uncharted territory.

Naturally, parents want to instill a cando attitude in their kids so that they'll bravely takes on new challenges and, over time, believe in themselves. While each child is a little different, parents can follow some general guidelines to build kids' confidence.

Self-confidence rises out of a sense of competence. In other words, kids develop confidence not because parents tell them they're great, but because of their achievements, big and small. Sure, it's good to hear encouraging words from mom and dad. But words of praise mean more when they refer to a child's specific efforts or new abilities.

When kids achieve something, whether it's brushing their own teeth or riding a bike, they get a sense of themselves as able and capable, and tap into that high-octane fuel of confidence.

Building self-confidence can begin very early. When babies learn to turn the pages of a book or toddlers learn to walk, they are getting the idea "I can do it!" With each new skill and milestone, kids can develop increasing confidence.

Parents can help by giving kids lots of opportunities to practice and master their skills, letting kids make mistakes and being there to boost their spirits so they keep trying. Respond with interest and excitement when kids show off a new skill, and reward them

with praise when they achieve a goal or make a good effort.

With plentiful opportunities, good instruction, and lots of patience from parents, kids can master basic skills — like tying their shoes and making the bed. Then, when other important challenges present themselves, kids can approach them knowing that they have already been successful in other areas.

Stav on the Sidelines

Of course, supervision is important to ensure that kids stay safe. But to help them really learn a new skill, it's also important not to hover. Give kids the opportunity to try something new, make mistakes, and learn from them.

For instance, if your son wants to learn how to make a peanut butter sandwich, demonstrate, set up the ingredients, and let him give it a try. Will he make a bit of a mess? Almost certainly. But don't swoop in the second some jelly hits the countertop. In fact, avoid any criticism that could discourage him from trying again. If you step in to finish the sandwich, your son will think, "Oh well, I guess I can't make sandwiches."

But if you have patience for the mess and the time it takes to learn, the payoff will be real. Someday soon he'll be able to say, "I'm hungry for lunch, so I'm going to make my own sandwich." You might even reply, "Great, can you make me one, too?" What a clear sign of your faith in his abilities! Offer Encouragement and Praise

Sometimes, it won't be you swooping in when your child falters, but your child giving

(Continued on page 19)

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Raising Confident Kids- (Continued from page 18)

up. Help by encouraging persistence in the midst of frustration. By trying again, kids learn that obstacles can be overcome.

Once kids reach a goal, you'll want to praise not only the end result but also their willingness to stick with it. For instance, after your son has mastered making that peanut butter sandwich you might show your confidence by saying, "Next time, want to learn how to crack an egg?" Sandwich-fixing and egg-cracking might not seem like huge achievements, but they're important steps in the right direction — toward your child's independence.

Throughout childhood, parents have chances to prepare kids to take care of themselves.

Sure, it's great to feel needed, but as kids steadily gain confidence and independence, their relationship with you can be even richer. You can be bonded, not just by dependence, but by love and shared pride in all they've achieved. Eventually, your grown-up kids just might say thanks for how prepared they feel for the road ahead — a road they can take with confidence.

Reviewed by: D'Arcy Lyness, PhD Date reviewed: January 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www. TeensHealth.org. ©1995-2006. The Nemours Foundation



Encouraging your child's curiosity is another way to foster confidence. Maybe your toddler makes noise not music - when she bangs on the piano. But that's OK. She's boldly exploring the world to see what she can do.

Send Us Your **Event Pictures!!**

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Yoga Primer By Mary Esther Middleton

Yoga is an ancient tradition handed down over thousands of years. Rishi Patanjali was the first known person to compile the system of yoga. Prior to that, all the teachings were verbal. For this reason, we don't know the exact origins of yoga. What we do know is that Patanjali recorded the Yoga Sutras to be preserved and used from his time to the present.

What ancient people realized was that when all of the sensory organs and the mind were aligned, they felt a state of calmness, defined as yoga. The Yoga Sutras contain an outline of eight steps of classical yoga:

1. Yama or moral restraint. Helps you regulate the way you interact with everything around you, physically, spiritually, and emotionally.

2. Niyama or observance. Helps you deal with yourself internally. Find contentment, learn to be happy with what you have.

3. Asana or posture: Aligning the physical body.

4. Pranayama or breath control. Includes channeling or controlling the internal energy.

5. Pratyahara or controlling the senses. Controlling elements such as the eyes, sound, breath, and inner dialog.

6. Dharana or concentration. Harness the energy of the mind - focus.

7. Dhyana or meditation. Being in stillness.

8. Samadhi or contemplation.

The first five of the steps listed above deal with the body and mind. When you practice Hatha Yoga, you are practicing these five steps. The latter three steps are Raja Yoga.

That said, what are the benefits of a regular gentle, yoga practice? Here are just a few:

- Opens the body to relaxation
- Creates a sense of peace and well-being
- Produces a quiet, clear mind
- Assists with weight loss

- Allows the body's natural healing processes to occur

- Reduces stress and anxiety
- Increases limberness, flexibility and strength
- Increases coordination and mental acuity
- Decreases blood pressure
- Slows respiratory rate
- (Continued on page 21)

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Yoga Primer - (Continued from page 20)

There are many styles of yoga and many styles of teaching. Finding one that is right for you is key. Try different teachers and different styles! Read about the styles and experiment with classes until you find the one that resonates with your needs. In addition, ask questions of your teacher! Find out where they were certified and what they do to continue their education.

Some yoga styles (there are many, many more) include:

- Anusara: Heart-oriented, heart opening, spiritually inspiring, and grounded in the knowledge of outer- and inner-body alignment.

- Ashtanga: Uses sequences and heat to transform body and mind. Aerobic and demanding practice for mind and muscles.

- Bikram: Series of 26 postures (asanas) performed in high temperature (often over 100 degrees).

- Iyengar: Emphasizes posture, development of alignment and balance, attention to detail.

- Kundalini: Attention to breathwork, coordinating breath, movement and meditation.

- Restorative: Gentle, calming, nurturing, therapeutic yoga. Often uses props to support the body to deepen the benefits of the poses.

- Viniyoga: Integrates flow of breath with movement of the spine and thoughtful sequencing of postures (asanas).





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November 4	Adam Hood
Gruene Hall	
November 9	Reckless Kelly
Floore's Country Store, Helotes, Tx	
November 9	Jimmy LaFave
Cactus Cafe	·
November 16	Roger Creager
Gruene Hall	
November 17	Derailers
Broken Spoke	
November 23	Hayes Carl
Continental Club	-
November 23	Charlie Robinson
Gruene Hall	
November 25Ponte Bon	e & the Squeezetones
Gruene Hall	-

The "Live Wire" is not a paid advertisement or endorsed by the performers or venues. The list of suggested events is provided as a convenience in support of Austin's status as the "Live Music Capital of the World"; it is compiled from information available at the time of submittal, and may change. Readers are encouraged to validate accuracy with the performer or the venue.



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If you would like to submit YOUR recipe to The Star email it to thestar@peelinc.com.

Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in The Star? Send it to us and we will publish it in the next issue. Email the picture to <u>thestar@</u> <u>peelinc.com</u>. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.

Stork Report If you have a new addition to the family please let us know by emailing <u>thestar@</u> <u>PEELinc.com</u> and we will include an announcement to let everyone know!

M.





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Texas Events - November 2007

1-25—HONDO: South Texas Maize Two miles east of Hondo on Hwy. 90. (Began Sep. 22.) www.cornfieldmaze.com 830/741-3968 2-11—NEW BRAUNFELS: Tours of Conservation Plaza & Ferdinand Lindheimer Home www.nbconservation.org 830/832-9699 or 830/629-2943

2-11—NEW BRAUNFELS: Wurstfest Enjoy food, fun and entertainment on the Wurstfest Grounds in Landa Park along with special events in New Braunfels and Comal County. www.wurstfest. com 800/221-4369

8-18—KERRVILLE: The Importance of Being Earnest — Playhouse 2000 Kathleen C. Cailloux Theater. www.caillouxtheater.com 830/896-9393

9-11—FREDERICKSBURG: Seventh Annual Art Past Dark Weekend Includes the Saturday gala, Die Kunstlers Fine Art Show and Sale, Fredericksburg Art Guild's Art Before Dark, Fall Antiques Show and more. www.artpastdark.com 888/997-3600

10—CASTROVILLE: Market Trail Day Features arts & crafts, plants and food booths. Houston Square on Angelo Street. 830/538-2316 or 830/931-2161

10—GEORGETOWN: Market Day Downtown. www. downtowngeorgetownassociation.org 512/868-8675

10—GRANITE SHOALS: Veterans Day Parade & Barbecue Features a parade, barbecue, food and children's activities. Phillips Ranch Road. 830/598-8698

10—HONDO: Wild Game Dinner Medina County Fair Grounds. www.hondochamber.com 830/426-3037

10—KERRVILLE: Original Team Roping Kerr County Youth Exhibit Center, Hwy. 27 E. 830/896-9016

10—KERRVILLE: Second Saturday Art Trail Galleries in Kerrville and Ingram. www.artinthehills.com 830/895-5184

10—MASON: Wild Game Dinner Fort Mason City Park, Hwy. 87 S. www.masontxcoc.com 325/347-5758

10—SONORA: Annual Sutton County Game Dinner Sutton County Civic Center. www.sonoratx-chamber.com 325/387-2880

10—WIMBERLEY: Sampling Wimberley 512/847-2113

10-11—BOERNE: Market Days Main Plaza. 830/249-5530

10-11—FREDERICKSBURG: Pacific Combat Living History Program National Museum of the Pacific War Combat Zone. www.nimitzmuseum.org 830/997-4379

10-11—MARBLE FALLS: Antiques & Collectibles Show Held in conjunction with the Show-N-Shine Car Show on Main Street. Lakeside Pavilion. www.marblefalls.org 800/759-8178 or 830/693-2815

10-11—MARBLE FALLS: Highland Arts Gallery Fall Show Includes fine art, wearable art, crafts and a painting raffle. 318 Main St. 830/693-7324

11—GRUENE: Gospel Brunch with a Texas Twist Gruene Hall. www.gruenehall.com 830/629-5077 or 830/606-1601

11—SAN MARCOS: Veterans Day Celebration Hays County Veterans Day Parade begins at 9 a.m. Downtown. www.sanmarcoscharms.com 888/200-5620

15-18—NEW BRAUNFELS: Weihnachtsmarkt German Christmas shopping market features unique gift items, decorations and antiques.

Gala is Thursday. Kongresshalle. www.sophienburg.com 830/629-1572

16—NEW BRAUNFELS: Downtown Christmas Tree Lighting Includes parade, entertainment, Santa pictures, and courthouse and plaza area lighting. Main Plaza. www.nbcham.org 830/625-2385

16-17—WIMBERLEY: Holiday Home Tour Visit six homes decorated for the season. www.wimberley.org 512/847-2201

16-18—BIG LAKE: 2007 Texas State Sheep & Cattle Dog Finals Top working dogs in the state compete for the championship title. Includes an arts & crafts fair, plus vendors on site. Reagan County Park. www.biglaketx.com 325/884-2980

16-18—FREDERICKSBURG: Trade Days Hwy. 290E. www. fbgtradedays.com 830/990-4900

16-Dec. 31—MARBLE FALLS: Walkway of Lights See Santa on weekends. www.marblefalls.org 800/759-8178

17—BANDERA: Harvest Fest Features a variety of ethnic food and entertainment. Margaret Alkelk Boys & Girls Club. www. banderacowboycapital.com 830/796-4447

17—BLANCO: Market Day Old Blanco County Courthouse. www. historicblanco.org 830/833-2211

17—GRAPELAND: Blacksmithing Demonstration Mission Tejas State Park. 936/687-2394 Piney Woods

17—HONDO: Christmas in God's Country Enjoy arts & crafts, food, music, night parade, lighting of downtown for Christmas and Great Strides Run. Downtown Hondo. www.hondochamber.com 830/426-3037

17—UVALDE: SWTJC 23rd Annual Turkey Trot SWTJC Campus. 830/278-4115

17-18—ANDICE: Andice Crafters Fair 254/793-9438

17-18—GRUENE: Old Gruene Market Days www.gruenemarketdays. com 830/832-1721

17-18—ROUND ROCK: A Sami Arts & Crafts Show Dell Diamond. www.samishow.com 512/441-7133

21—NEW BRAUNFELS: Comal Country Music Show Civic Center. www.nbsenior.org 830/629-4547

23—BLANCO: Courthouse Lighting Ceremony Includes the ceremony and "Bells of Joy." Hours are 5 to 7 p.m. Old Blanco County Courthouse. 830/833-2211

23—GEORGETOWN: Lighting of the Square Enjoy holiday carols, cookies and hot chocolate. Historic Downtown Square. www. visitgeorgetown.com 800/436-8696

23-UVALDE: Christmas at The Crossroads 830/278-3361

23-24—FREDERICKSBURG: TACEF Thanks-giving Invitational Art Show Marketplatz. www.tacef.org 830/896-5711

23-24—MASON: Stroll Around the Square Includes music, carolers, carriage rides, shopping, lights and more. 325/347-5969

23-25—FREDERICKSBURG: Peddler Show Gillespie County Fairgrounds. www.peddlershow.com 800/775-2774

23-25—STONEWALL: Christmas at the Vineyards Becker Vineyards. 830/644-2681

23-Dec. 9—WIMBERLEY: Bell, Book & Candle Wimberley Playhouse. www.wimberleyplayers.org 512/847-1592

23-Jan. 1—FREDERICKSBURG: Texas Hill Country Regional (Continued on page 26)



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Texas Events- (Continued from page 24)

Christmas Lighting Trail Includes Boerne, Burnet, Dripping Springs, Llano, Goldthwaite, Johnson City, Marble Falls, Round Mountain, New Braunfels and Wimberley. www.tex-fest.com 866/839-3378 23-Jan. 1—JOHNSON CITY: Lights Spectacular Includes lights,

parade, 12 days of Christmas and more. Courthouse. www.lbjcountry. com 830/868-7684

24—BANDERA: Country Christmas Ball www.farmcc.com 830/589-2276

24—COMFORT: Christmas in Comfort Features more than 150 arts & crafts booths, music and entertainment, Santa visit, and night parade. Historic District. www.comfortchamberofcommerce.com 830/995-3131

24—GOLDTHWAITE: Wild Game Hunters Appreciation Supper Mills County Civic Center. www.goldthwaite.biz 325/648-3619

24—KERRVILLE: Kerr County Market Day Courthouse Square. www.kerrmarketdays.org 830/792-4655 or 830/895-7962

24—KERRVILLE: Nutcracker in the Hills Kathleen C. Cailloux Theater. www.kpas.org 830/896-5727

24—LEAKEY: Christmas on the Square Features arts & crafts, Santa Claus and more. Courthouse Square. www.friocanyonchamber.com 830/232-5222

24-MASON: Light Up Our Town Festivities Includes Santa, music,



town lighting, shop-hopping, carriage rides and more. Courthouse Square 325/347-5758

24—MASON: Tannenbaum Arts & crafts show. Fort Mason City Park Community Building. 325/347-5758

24—STONEWALL: Holiday Cookie Decorating & German Traditions Enjoy hearing the legends of St. Nicholas and experience other German holiday activities and traditions on the farm. Lyndon B. Johnson State Park and Historic Site. 830/644-2252

24—UVALDE: Holiday Arts & Crafts Show Downtown Plaza. 830/278-3361

24-25—AUSTIN: Citywide Garage Sale This is an antiques, collectibles and vintage items market. Palmer Events Center. www. cwgs.com 512/441-2828

24-25—NEW BRAUNFELS: Showcase of Arts & Crafts Features handmade arts & crafts by more than 100 crafters. Civic Center. 210/698-0811

24-Jan. 1—WIMBERLEY: EmilyAnn Tree Lighting & Trail of Lights Enjoy lighted displays and nightly entertainment around Ye Olde Yule Log. The Emily Ann Theatre. www.emilyann.org 512/847-6969

27—MASON: Country Opry Features Dale Lay. Historic Odeon Theater. www.heartoftexascountry.com 325/247-5354

27-Dec. 19—LAMPASAS: Nutcrackers on Parade: The Annual Christmas Tree & Gingerbread House Contests & Exhibition Keystone Square Museum, 303 S. Western St. 512/556-2224

(Continued on page 27)

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Texas Events- (Continued from page 26)

28—KYLE: Annual City Tree Lighting Ceremony, School Choir Concerts & Visit from Santa Local school choirs help ring in the season with holiday music and song. The city Christmas Tree is lit and Santa visits with all the children. City Square Park. www.cityofkyle. com 512/262-3939

29—AUSTIN: Big Reds & Bubbles — Grand Holiday Tasting Enjoy sparkling wines, holiday cuisine, live holiday music and silent auction. Stephen F. Austin Hotel. www.winefoodfoundation. org 512/327-7555

29—KERRVILLE: Symphony of the Hills Kathleen C. Cailloux Theater. www.symphonyofthehills.com 830/792-7469

29-Jan. 6—KERRVILLE: The Magic of Color & Clay Kerr Arts & Cultural Center. www.kacckerrville.com 830/895-2911

30-Dec. 2—AUSTIN: Gem Capers 2007 Palmer Events Center. www. austingemandmineral.org 512/458-9546

30-Dec. 2—FREDERICKSBURG: Weihnachten Kicks off with a lighted parade Friday. Christmas market and Christmas Tree Forest are open. www.tex-fest.com 888/997-3600

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FROM THE AMERICAN COUNCIL ON EXERCISE®

Children and Running

You know it's important to help your kids develop the exercise habit so they can grow to be healthy, active adults. So, if your children have expressed an interest in running or a desire to participate in a race or two, don't discourage them! Running is a great natural sport that requires very little equipment. The important thing is to let them determine their own pace and to run only if it's fun and enjoyable.

A Few Precautions Before Getting Started

Check with a physician to rule out any physical limitations that may prevent your child from participating in a running program. Keep in mind that children's bodies, although young and energetic, are not capable of performing at the same level as an adult's. For example, kids are more sensitive to heat, so it is essential that they drink plenty of water and avoid running in the heat of the day. ''Children have a higher body mass to skin surface ratio and may not be able to dissipate heat as well as adults,'' says Dr. Gabe Mirkin, a board-certified specialist in sports medicine and pediatrics.

As muscles begin to heat up, it is OK to begin running. Also, show them how to stretch their calves, hip flexors and hamstrings after cooling down at the end of each run.

Finding Their Form

Since running is a natural action, most children will develop their own form. Encourage your child to relax his or her hands and face while running. A scrunched face and clenched fists indicate tension, which usually means the intensity is too high and the child is straining rather than having fun.

Like adults, kids should be able to carry on a conversation while running and should



be able to smile. Urge them to slow down if necessary and keep their shoulders relaxed while steadily and smoothly swinging their arms.

To help them avoid slapping their feet on the ground, have children imagine running on light feet. For example, rather than pounding like a herd of elephants, tell them to run as if they are angels running on clouds or tigers running very lightly so they don't scare their prey.

How Far Should They Go?

Children will gauge their own limitations, so always listen when they say it's time to stop. Children should run only as far as they are comfortable.

Lyle Mitcheli, M.D., director of the Division of Sports Medicine at Children's Hospital in Boston, recommends that children under the age of 14 run no farther than 3 miles at a time. The reason, he says, is that bones are still growing and the growth cartilage at the ends of the bones is softer than adult cartilage and more vulnerable to injury.

Don't put pressure on your child to run. Encourage kids to come with you on short runs, but keep the pace slow enough that they can talk to you, and stop when they are tired. Kids should not begin running races above 5 kilometers (3.1 miles) until they are at least of high school age.

Most marathons will not allow athletes under the age of 18 to enter due to possible skeletal injuries.

Although running requires minimal equipment, it is important to invest in some supportive running shoes for your children. Look for a high-quality shoe that is made for running, with proper cushioning in the forefoot and heel as well as arch support. Depending on how often your child runs, replace running shoes as soon as they show signs of breakdown, which usually occurs after about three months.

Set Attainable Goals

For children, the goal of running is to stay in shape and have fun, with a greater emphasis on the fun. Running fast or winning races is less important and may cause children to dislike exercise or abandon it altogether.

Focus instead on improving your children's self-esteem by praising their efforts and helping them reach their goals. Chances are that if they enjoy running and feel a sense of pride when they are finished, they will remain active for life.



Sudoku

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

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