

THE STAR

VOLUME 2 ISSUE 2

FEBRUARY 2008



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A Body in Mansfield Dam? Man-eating Catfish in Lake Travis? *Are these stories true, or are they urban legends?*

By JOHN WILLIAMS
Special to Peel Inc. Newsletters



One urban legend about Mansfield Dam — shown here under construction in the late 1930s — was that a worker was killed in an accident and buried in the dam. (Photo courtesy LCRA Corporate Archives)

LAKE TRAVIS – There's a body buried in Mansfield Dam. There are catfish in Lake Travis big enough to swallow a man whole.

If you've lived in Austin or the Lake Travis area long enough, you have probably heard these statements, perhaps stated as fact.

Are they true? Or are they are the Lake Travis version of urban legends – stories with just enough detail to sound true but ultimately, with a little fact-checking, are too good to be true?

The two legends mentioned above have been circulating for many years. Some time ago, LCRA's resident historian decided to check them out. Here is what he found:

Lake Travis Urban Legend #1: The Body in Mansfield Dam

Here's the story that has circulated for years:

A body lies buried inside Mansfield Dam, a victim of a gruesome accident that occurred during the dam's construction. Asa Grumbles was a carpenter who built wooden forms into which was poured the concrete that created the dam. Grumbles worked the graveyard shift, a term that became all too true. Early in the morning of Dec. 27, 1939, a cable supporting a giant bucket of concrete snapped. The bucket fell squarely on Grumbles, crushing him in the wet concrete and pouring more concrete on top of him. The concrete set before fellow workers could remove his body, and Grumbles' remains remain in Mansfield Dam to this day.

This story has so much detail in it that it must be true – except for one fatal flaw: there is no body in Mansfield Dam.

The fatal accident did occur mostly as described. The Austin American and the Austin Statesman (they published separate editions at that time) carried brief stories about the accident that killed Grumbles. Family members and co-workers filled in some details: it was a foggy night; Grumbles had momentarily stepped in for a co-worker who went to the bathroom.

But the Statesman's obituary notice and Grumbles' death certificate both list his burial in nearby Fitzhugh Cemetery. And that's where Grumbles is today, according to his two children.

(Continued on page 4)

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY.....	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	512-974-0845
Hudson Bend Fire and EMS	
Emergencies.....	512-266-1775
Information.....	512-266-2533

SCHOOLS

Leander ISD.....	512-434-5000
Cedar Park High School.....	512-435-8300
Canyon Ridge Middle School.....	512-424-7500
Laura Welch Bush Elementary.....	512-435-4750
Steiner Ranch Elementary.....	512-434-7100

UTILITIES

Travis County WCID # 17.....	512-266-1111
City of Austin Electric.....	512-494-9400
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
IESI (Trash).....	512-282-3508

OTHER NUMBERS

Lake Travis Postal Office.....	512-263-2458
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2008 Events in Steiner

Mar 22nd – Easter Egg Hunt
 Apr 12th – Spring Garage Sale
 May 3rd – Casino Night
 Jul 4th – Parade
 Jul 26th – Luau at the Pool
 Aug 2nd – Summer Bash
 Sep 6th – Fall Garage Sale
 Sep 18th – Martinis and Manicures
 Oct 25th – 5k Fun Run and Health Fair
 Oct 31st – Children's Halloween Event
 Nov 8th – Camping on the Ranch
 Nov 28th – Holiday Wine Social
 Dec 6th – Pictures with Santa

Visit the HOA website for more information:
<http://www.steinerranchhoa.org/>

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Please enjoy this website and feel free to post your own classified ads, favorite neighborhood photos, pet photos, school events info, favorite recipes and more. The website contains lots of other neighborhood and area information. I hope you enjoy using this website created just for you. Thanks! Diane

www.steinerranchneighbors.com

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LCRA Urban Legends- (Continued from Cover page)

Grumbles' daughter told LCRA that her two uncles identified their brother's body at the morgue, and she remembered viewing the body at an Austin funeral home. "Instead of a six-foot man it was a three-foot man, but it was definitely him," she said.

She also recalls an uncle burying the clothes worn by Grumbles in the accident and giving her brother the pocket knife, bent in the accident, that was in Grumbles' pants.

Records of Grumbles' funeral arrangements included a 6-foot casket and an embalmer's services, items the funeral home said would not have been required had the body, or most of it, remained in the dam.

LCRA retiree Bill Nethery, who worked on the Mansfield Dam construction, said the crew did not leave Grumbles' body in the dam.

"It took a long time for that concrete to set," he said. "They would have had plenty of time to dig him out. And we would have known if they didn't."

Various accounts estimate at least half a dozen construction workers were killed while helping build Mansfield Dam. "I never heard of any instance of someone being left in the dam," Nethery said.

Lake Travis Urban Legend #2: A Giant Killer Catfish

Here's the story:

At the bottom of Lake Travis near Mansfield Dam are catfish as big as school buses. They have been seen by scuba divers who barely

escaped being swallowed alive.

This horror story is worthy of "Jaws": An enraged giant catfish attacks and swallows cigarette boats and jet-skiers as they try in vain to reach safety at Sometimes Island.

Could catfish grow that big in Lake Travis? At Mansfield Dam, the depth of Lake Travis at full elevation is about 180 feet, conceivably deep enough for catfish to nestle out of range from the average fishing lure, growing large enough to regard a human not as a threat but an hors d'oeuvre.

But here is where the story begins to fall apart. At that depth, the water in Lake Travis has no oxygen. "The lake has stratified so that the oxygen is in the upper part of the water," said John Wedig, LCRA aquatic scientist. "That's where the fish need to be in order to breathe."

There's no record, at least in Texas, of a catfish larger than a human being. The state record is an inch shy of 5 feet long, according to the Texas Parks and Wildlife Department. Allowing that a catfish that size might try to swallow a midget or child, it would have trouble doing so, as its mouth could open no larger than 12 to 16 inches.

But that's a moot point, as humans are not on catfishes' menu. They mostly eat other fish.

So who spawned the tall catfish tales? Apparently the old-timers, according to one longtime resident who has run a marine construction company on the lake for many years.

(Continued on page 5)



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LCRA Urban Legends- (Continued from page 4)

"We were getting a lot of divers from the lodges, and we started telling them, 'Watch out near the dam. The catfish there are big enough to swallow a Volkswagen whole,'" the resident said.

To those divers who inquired about his salvage boat, which included a wench, a giant hook and welding equipment, the resident would reply, 'Oh, that's the boat I use for catching catfish.'"

The resident thought that most divers would catch on to the joke, but eventually several told him that "the fish are so big that we can only see one eye at a time."

Divers who genuinely believe they've seen giant catfish may be fooled by distortion created by the water, according to Wedig, who added that a catfish swimming over a scuba diver on a sunny day could cast a giant shadow.

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Educating People on the Health Issues of Dog Poop

Submitted by Craig Dadoly

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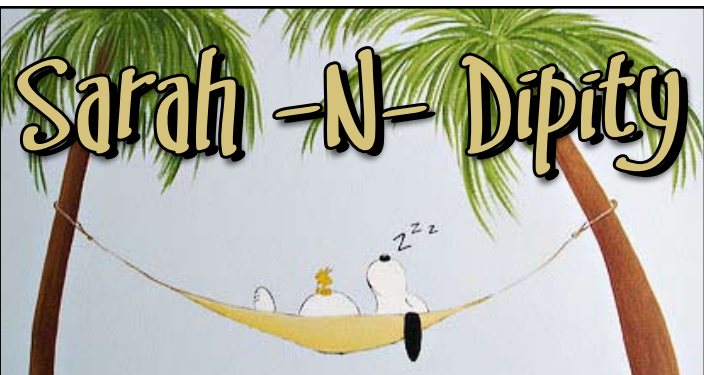
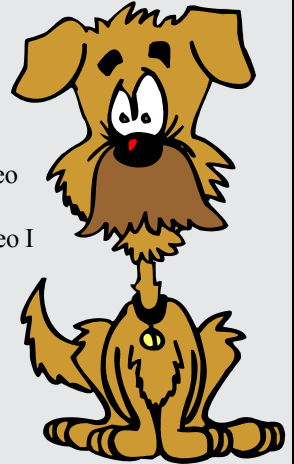
I'm a Steiner Ranch resident and wanted to share something that I recently created to educate people on the health issues of not picking up after their dogs. I got tired of walking in my neighborhood and seeing piles of dog poop that dog owners left behind.

After researching a bit found out it is a problem in many communities. Using my background in e-learning development, I decided to create a brief educational and entertaining video addressing the messy problem.

Here is the link to the 2 minute video I created called The Poop Detective . . www.thepoopdetective.com

I hope you'll help spread the word on The Poop Detective!

Best,
Craig Dadoly



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THE STAR

Steiner Ranch BNI

Submitted by Elicia Rudberg

Are you looking to grow your business in 2008? If so, you might be interested in a BNI Networking group being formed in Steiner Ranch. BNI is a professional networking group that allows only one person from each profession and the opportunity to share referrals in a structured environment. Meetings are on Thursday mornings from 8:00 to 9:30 in Steiner Ranch. If you are interested in joining, please email Elicia@AustinRelocationResource.com for more information and location. More information about BNI can be found at www.BNIAustin.com

Did You Know?

.... Personal classifieds can be submitted to The Star for FREE by all Steiner Ranch Residents? Email your personal classified to thestar@peelin.com.

.... Any Steiner Ranch resident or community group can submit an article to The Star? Photos and post-event write ups are welcome. Email your article to thestar@peelin.com (deadline is the 8th of the month prior to the issue).

.... Kids Club winners are posted online AND they receive a prize? Visit <http://www.peelinc.com/kidsClub.php> to see the current and past winners.

Steiner Ranch Update

Submitted by Mahesh Reddy - <http://steinerranchinfo.com/>

On Wednesday December 26th of 2007, there was a fire at the new clubhouse at the UT Golf Club at Steiner Ranch. The 16,000 square foot building was seventy percent done and cost 8 million dollars. It was supposed to open in March 2008. It was an accidental fire started on the roof while construction was going on at noon. The high winds did not help the fighting of the fire and the new building was a total loss while surrounding buildings were not affected.

Tutto Gusto, a restaurant in the front of Steiner Ranch, will be changing from an Italian fare to more American fare. It is changing its name to Quinlan Park Grill and will have an updated menu. This is the first major change of all Steiner Ranch business' It is not changing owners, just the concept is changing. Another restaurant that is far off from opening but will have the best views in the area in Steiner Ranch is the Steiner Steakhouse due for complete at the end of 2008. Another business opening happened at the end of the 2007 called Bluebonnet Salon. It provides haircuts and facials and is located next to Pak Mail at the Shops at Steiner Ranch. Last but not least a third elementary school will be built across from The Bluffs neighborhood. It will be a smaller elementary school and will serve the newer neighborhoods down Quinlan Park and the neighborhoods in the UT Golf Course area.



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Stork Report in Steiner

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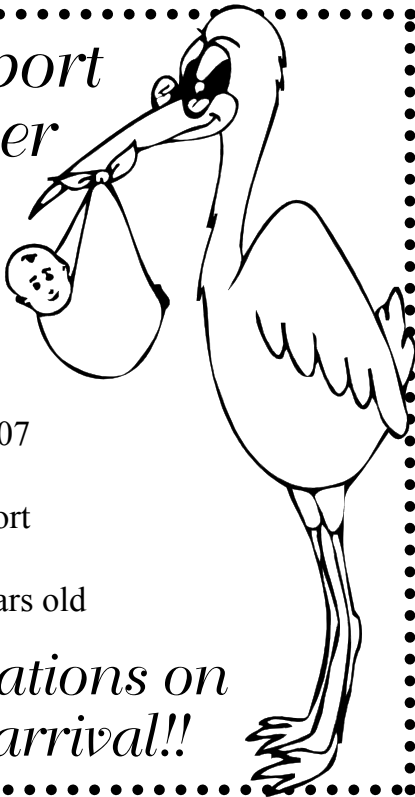
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THE STAR

February 2008 Austin Newcomers Club Luncheon

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

Date: February 20, 2008 (Reservations by Thursday, February 14th)

Program: Pickle-d or Pepper-d; Boomer-d and Bummed: The Social Security Quagmire

Join us at the February Luncheon for a special insight into the realm of Social Security. Austinite, John Fibiger, an articulate and attention-grabbing speaker, has a long and experienced career in both the Insurance Industry and Social Security. As Former Chairman of the Transamerica Life Companies and former President of New England Mutual Life, he has been intimately involved with statistical and actuarial aspects of making numbers work to benefit a bulging social program created "way back when". As he guides us through, be ready with questions, such as:

1. Can it work today as well as tomorrow?
2. What can you expect, if anything, for your children and grand-children?
3. Who other than contributing workers receive Social Security benefits?
4. How does SS relate to Medicare?
5. When a couple is age-qualified to receive benefits, what happens when the spouse dies? (are 2 checks reduced to 1?)
6. Will the qualifying age keep going up?

Don't miss this opportunity to find out how your future is tied to an already stretched (archaic?) system. And.....find out about pickles and peppers!

Location: Green Pastures Restaurant
811 W. Live Oak Street, Austin, 78704
Public contact phone number and/or website: 512-314-5100 or www.austinnewcomers.com

Space is limited; all reservations must be received by February 14th.

Citizen Alert

***Vandalism in Steiner Ranch
The Travis County Sheriff's
Office needs your help.***

Five cases of criminal mischief have occurred on 12/04-12/05 during the night hours in the Steiner Ranch Subdivision on Central Park. Vehicles parked in the driveway have been shot with a BB gun or pellet gun to the rear window of the vehicles.

There are no suspects at this time. If you have any information please contact me.

Detective Don Rios
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Avoiding Foundation Problems Simple Tips That Could Save You Thousands Of Dollars

One of the most expensive home repairs is also one of the most avoidable. Foundation repairs can cost a homeowner up to \$10,000, but most problems can be avoided, according to Ben Sutterfield, owner of CenTex Preferred Inspections, a home inspection company based in Austin, Texas.

"Many of the homes in Austin have the potential for foundation problems," says Sutterfield. "Most foundation problems are caused by either too much moisture – or too little – around the foundation."

Sutterfield says problems with a house's foundation usually start when the surrounding soil is saturated with water in one area, completely dry in another area, or some variance of the two. Soils in the areas surrounding Austin makes the potential for foundation problems high, he says.

"Usually, the soil on the south and west sides of your house will dry out faster than the soil on the north and east sides," says Sutterfield. "If the soil on one side of the house is dry and the other side is wet, the difference will cause heaving on the wetter side and shrinking on the dry side of the foundation." Dry soil pulls away from the foundation, while wet soil causes the foundation to rise.

If all soils beneath a foundation swells uniformly or shrinks uniformly it is unlikely to cause a problem. But when only part of

the foundation heaves or settles, differential movement causes cracks and other damage. Signs of foundation problems include; doors that will not open or close properly, gaps at the corner of exterior trim, diagonal cracks in the wall at corners of doors and windows, gaps between the garage door and the pavement at either side of the garage door, windows that are hard to open and close and cracks in the brick or mortar.

But most the damage can be easily prevented, says Sutterfield, by watering the soil around your home regularly, with special attention to the soil on the south and west side of your home.

"Even if you have a sprinkler system, you may still have the potential for foundation problems. The idea is to create a consistency in the soil moisture surrounding your home's foundation," says Sutterfield.

Sutterfield says one of the most common causes of foundation problems is condensation lines from air conditioning units draining directly next to a home's foundation. "That is a foundation problem in the making," he says. Air conditioning condensation lines usually are made of quarter-inch black plastic pipe about four feet long.

Another common cause? Raised landscaping beds. "I had one

(Continued on page 11)

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Avoiding Foundation Problems- (Continued from page 10)

client who had her foundation repaired and within a month, the cracks had returned,” says Sutterfield. “During an inspection of her home, I traced the problem to a raised bed that had been built up against the foundation on one side with the other side getting soaked from the A/C drain.” Sutterfield said the soil in the raised bed had not been watered and shrank while the wet side heaved enough to result in new cracks inside the home.

Sutterfield suggests these inexpensive tips to reduce the chances of having a foundation problem:

- Surface water should never be allowed to “pond” around the foundation.
- Regularly inspect the ground from the foundation out at least five feet immediately following a rainstorm. If there is water ponding near the foundation this situation must be corrected by re-grading the area.
- Downspouts should be directed away from the house and the water should discharge four to five feet away from the house.
- Redirect air conditioning condensation lines away from the foundation.
- Limit the use of raised landscaping beds against the foundation.

Warning signs of foundation problems should be taken seriously, with a call to a knowledgeable professional.



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FOUR STAGES OF IMPROVING YOUR TENNIS 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+ years 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....



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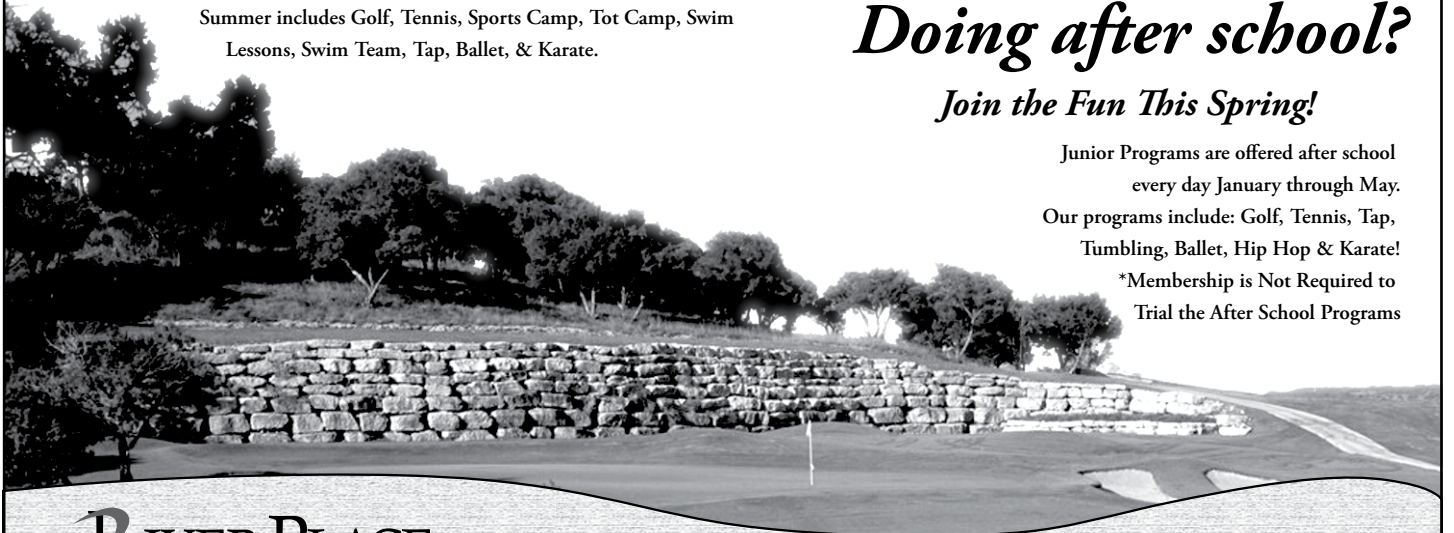
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What is the Main Goal in Little League Baseball?

Submitted by Robin Cox

What should your main objective be in coaching, teaching or parenting a Little Leaguer?

Is the objective to win? I would say Yes but also No. Winning is important but it is a result. Results, especially in sports are many times determined by actions outside of our control.

A game may be won by the opponent on a bad hop, a ball lost in the sun or lights or even by an umpires supposed "bad" call. A game may be lost when a batter with bases loaded does everything right and hits the ball hard on a line drive but right at the left fielder that doesn't have to make a move to catch the ball.

Yes, in baseball, we may do everything right but still lose.

Many times we stress the "results" when instead we should be emphasizing what produces the results. When we teach to do the "little things" right we are putting our players in a position to win. Note: This often means doing repetitive drills which can be boring. A bored player is not learning. One thing that kids love is to make a game or competition out of the drills.

In Little League there can be a wide variance of skills among players on the same team.

But there is one common denominator that all players need in increasing measure. (including High School, College and Majors) Can you guess?

That one thing is Confidence. As the saying

goes, Confidence is everything!

But confidence in what? Their arm, their bat, their glove? Given that all of those can and will fail what they need is increased confidence in who they are.

Many teams give out stars for the players caps after a game for winning. But I suggest giving out stars or rewards at practice for doing the little things right. Especially putting an emphasis on "hustle" when making the extra effort for trying to stop a ball (whether they made the play or not) or as a batter hanging tough with a pitcher by fouling off many pitches (even though he may eventually strike out) or showing great attitude or encouragement toward a fellow teammate. What does this do? It builds confidence in themselves. They should be instantly rewarded for doing and being their best.

Lastly, as their confidence increases, you as a coach, teacher and parent are looking for one thing. It is called a "breakout." A breakout can occur in practice or in a game. It may be a breakout "at bat" when a batter gets a hit after a long slump. It might occur on a play he has never been able to accomplish until now with his increased hustle. It is that moment when he realizes, yes I can do this! It is that memorable point when he comes off the field smiling so big, it makes the whole season worth it whether your team is 10-0 or 0-10.

But remember, a "breakout" in confidence is not limited to sports and little leaguers.

Business Classifieds

Tutoring Service: Certified K-8 Teacher available to tutor your elementary or middle school child. After school, evenings, weekends. Reasonable Rates. Steiner Ranch resident, your home or mine. References available. Eanes ISD Reading Specialist/Dyslexia/Special Education. eharpine@austin.rr.com 470-2673

Newsletter Article Submissions

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

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Steiner Ranch residents, limit 30 words, please e-mail thestar@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com.

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Making Time For Exercise Is Easy

By now you know that exercise is good for you, and that you should do something on a regular basis. What's the best time for you to exercise? Anytime. Honestly.

For example, when you're sitting and watching TV, stretch your muscles. Never stretch so hard it hurts. Rather, stretch to the point of mild tension and hold the stretch for 10 to 30 seconds.

A healthy exercise program includes three kinds of exercise: aerobic activity, muscular strengthening and flexibility exercise. You can start your exercise program without investing in any elaborate equipment. For example, you can do simple exercises at home or at your desk at work, including sit-ups, push-ups and pull-ups.

For basic body weight exercises, weight-lifting equipment isn't required. Head for the kitchen and pick up the soup cans you have in the cupboard.

Aerobic activity can be fun

Aerobic activity is defined as prolonged continuous movement of large muscle groups. Translated, that means do something that keeps you moving. Ideally, do it for 20 minutes straight. If you don't have that much time, two 10-minute aerobic activity sessions will benefit you almost as much.

The good thing about aerobic activity is that it includes many of the sports you probably already enjoy. Walking, biking, hiking, dancing, swimming, even basketball are all examples of aerobic exercise.

Another good thing is that you can easily accomplish those two 10-minute sessions with things like taking the stairs instead of the elevator, walking around the neighborhood after work or parking your car farther away.

You could even turn shopping into an aerobic activity. Shopping is walking, so don't stop for 10 minutes straight and you've worked in one of your daily sessions! Check with your local mall for mall walker programs, and you'll have company.

Aerobic exercise is definitely good for cardiovascular health and fitness. And here's something else you'll like: Aerobic activity can help you lose weight.

Plenty of good exercise all around the house

If you do housework or yard work, you're doing yourself a favor. The stretching and lifting housework entails is good exercise. So is work you do outside. Yard work uses many muscle groups, especially activities like planting and working in the garden.

Raking uses your arm and back muscles. Digging gives your arms and legs a workout. And gardening provides a bonus: You'll have more fresh vegetables and fruits to add to your diet.

Is one time better than another to exercise?

It's really up to you. You can exercise in the morning, afternoon or evening. Lunch breaks offer an excellent opportunity to get out of the office and exercise. Use your coffee break to take a short walk around the office. Get rid of the day's stress by fitting in an exercise session after work.

Whatever time you choose, make sure you stick with it. For some people, it's easier to stay with an exercise program when you do it with a friend or co-worker.

Make time to stay healthy

Exercise is one of the best things you can do for yourself. If you're basically healthy, get going right now. If you're 40+ or have any health problems, consult your physician first.



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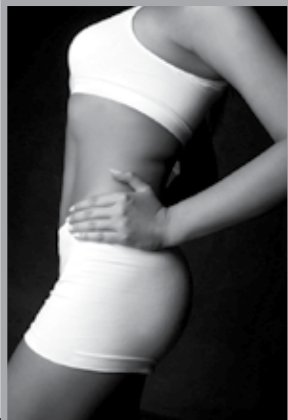


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Alternatives To Lawn Expense

For over a century, the traditional American landscaping has focused on maintaining a perfectly manicured green lawn. Native trees, shrub masses, ground covers, prairie or meadow patches, wildflower beds, and attractively mulched areas are better environmental choices for people and for wildlife. Many of you already have a certified wildlife habitat or may want one. Below are some reasons to consider reducing your lawn.

Did you know that...

- approximately 20 million US acres are planted as residential lawn
- a lawnmower pollutes as much in one hour as a car does driving for 350 miles
- 30-60% of the potable municipal water in the US is used for maintaining lawns
- 67 million pounds of synthetic pesticides are used on US lawns annually, and
- these lawn monocultures offer little habitat value for wildlife?

Even if you only reduce a small amount of lawn such as along a sidewalk, or under trees where grass won't grow very well anyway, you will reduce your impact on the environment and give yourself more time to do other things.

Go to the City of Austin Grow Green Website for more information:

<http://www.ci.austin.tx.us/growgreen/default.htm>

EndorFun Sports Announces Longhorn Ironman 70.3 Austin *Official Contest Serves As Final Qualifier for 2009 World Championship*

AUSTIN, TX-EndorFun Sports and the Austin Sports Commission announce the newest addition to the Ironman 70.3 World Championship Triathlon Series, the Longhorn Ironman 70.3 Austin, which takes place on Oct. 5, 2008.

With the success of last year's Longhorn Triathlon Festival, the city has received official designation to qualify competitors for the 2009 Ironman 70.3 World Championship. 50 qualifiers from this event will go on to participate in the sport's definitive contest on Nov. 14, 2009 in Clearwater, Florida. The course demands a grueling 1.2-mile swim, 56 mile bike and 13.1-mile run through and around Walter E. Long Metropolitan Park. Athletes from across the nation and around the globe will visit Austin to compete for the \$25,000 prize and world championship qualification.

With 2,000 competitors expected to register and an additional 7,000 likely to line the course, the race is slated to bring some 9,000 visitors to Austin, booking 7,000 hotel rooms and generating an economic impact of \$5.3 million.

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Kelly Peel, Sales Manager
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Make your own candy for Valentine's Day!

Valentine's Day is Thursday, February 14 ... and it's a really really big holiday! According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. Since many folks give candy along with their cards, this year you might have fun making your own candy. Put some pieces of homemade white divinity in a clear bag tied with a red or pink ribbon, and your gift is sure to generate sweet thoughts (and probably some hugs and kisses as well)! There are many recipes for divinity, all fairly similar; so pick one from your favorite cookbook or Internet site, and start cooking. It's easy to make; and if you're a WeightWatchers member, this candy won't sabotage your good efforts—it's only one point per piece!

Divinity

2 egg whites
1/2 cup water
1/2 cup light corn syrup
2 cups white sugar

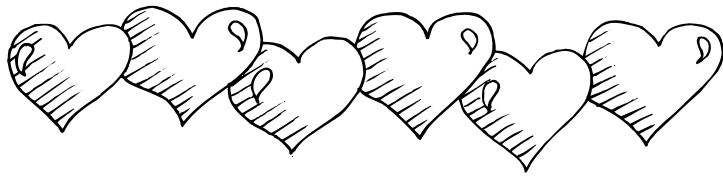
MIX together water and corn syrup in a heavy pan, and bring to a boil. Add sugar and continue boiling until dissolved. Continue cooking over medium heat, without stirring, to the hard-ball stage (about 250° on a candy thermometer).

WHILE syrup mixture is cooking, beat egg whites in a large bowl until they just hold their shape. When the syrup is ready, pour it slowly over the egg whites in a steady thin stream, whipping slowly at the same time. Do not scrape pan.

BEAT candy mixture until candy can be dropped onto waxed paper into pieces that hold their shape. (This can take a while.)

YIELD: 40 pieces (about 1-1/2 pounds of candy)

WeightWatchers Points: 1 point per piece



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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 thestar@peelinc.com. 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.

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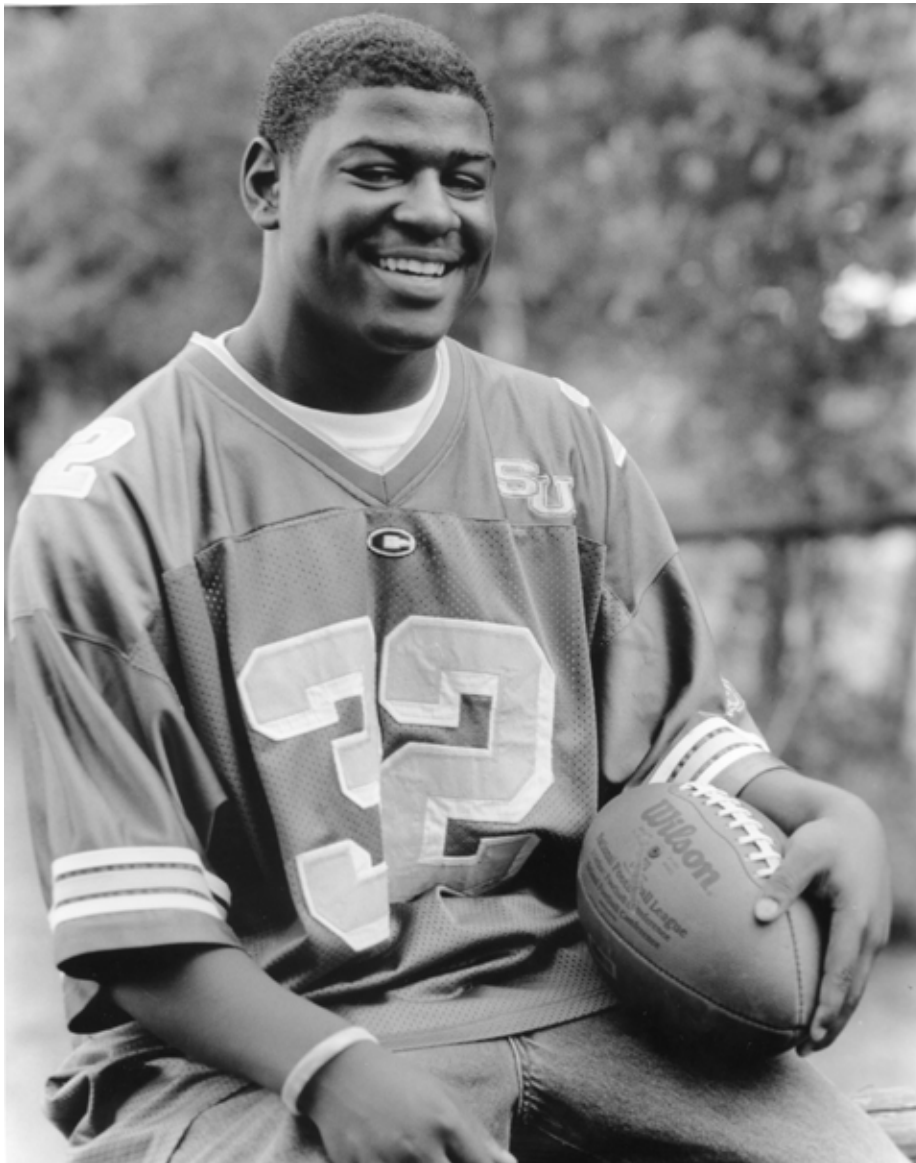
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A Teenager's Story...This Teenager is Jarod (17)



Imagine growing up in an unstable environment. Imagine having to be responsible for yourself at a very young age. Then, imagine, at 10 years old someone removing you from the only environment you have known and putting you in foster care with strangers. While this is done for the safety and well-being of the child, it is often difficult for children to understand. Sometimes they are sad, hurt, frustrated and angry. They are angry for being in this situation in the first place, angry for being in a strange place, angry because the world has let them down, angry because they now have no control over their future. You see, kids connect to things rather easily, even if it is a bad situation...when that is all you know, that is all you know.

Fast forward six years and several foster homes later and you are still in foster care, you are angrier than ever because of the lack of control and because you simply do not know how to handle things. You mistrust the system, have difficulty getting along with foster siblings who too come and go and you face a very uncertain future.

Some kids are able to deal with these emotions better than others. It all depends on the children and on the situations and who is involved and helping. What may work today may not work tomorrow. So, at 16, almost 17, you are still in 9th grade because you have gone to so many schools over the past year....about to turn 17 and realize, at 18, you could be on the streets. Although the state prepares youth to age out and live on their own, it is very difficult for children that do not have a stable past, who have not finished school and who do not have good coping skills, let alone self-esteem. Without a place to really belong and family to call your own, sometimes kids wonder "what is the point". Imagine how tough it is to learn to trust and love if you are not loved. We all know we learn from others, from the behavior of our parents, friends, colleagues. Kids learn to model behavior. If they are never shown love...how do they learn that?

So, you have Jarod who is now 17 and has pretty significant anger issues. However, he is a good kid with a good heart who needs direction and desperately needs someone to love him. Loving him will help give him a foundation for developing self worth – you see, he figures that if no one loves him, what is there to love about himself. Jarod needs someone who is going to help him process his anger and feel stable. He needs a strong forever family with a strong male figure. He needs a family with patience who is going to allow him to work through school at his pace, learn to trust at his pace. The family needs to be okay with baby-steps. Maybe there is a family out there with the mentoring spirit – willing to adopt Jarod and give him a permanent home with no timelines...someone willing to help him finish school and develop plans for the future... most

importantly, someone who will allow him to back up and grow up in the right developmental manner, instead of being forced to grow up. You see, for many kids the lack of stability and a family is the foundation on which everything else is built. If you have that mentor spirit and the willingness to take baby steps, please consider Jarod. Adopting a teenager is not easy and you cannot expect him to even resemble 17 years old, he has missed a lot and needs the opportunity to be a youth longer. And, teenagers in general are not easy to parent/mentor. This will take a special family. A single dad would be great, maybe a single mom with a strong male friend? Jarod turns 18 next December. We are hoping to work with potential families over the next few months to see if we can find his forever family.

If this may be you, contact the Adoption Coalition of Texas at tracyeilers@adoptioncoalitiontx.org and put "Jarod" in the subject line. You can also reach us at 888-441-2009/512-301-2825.

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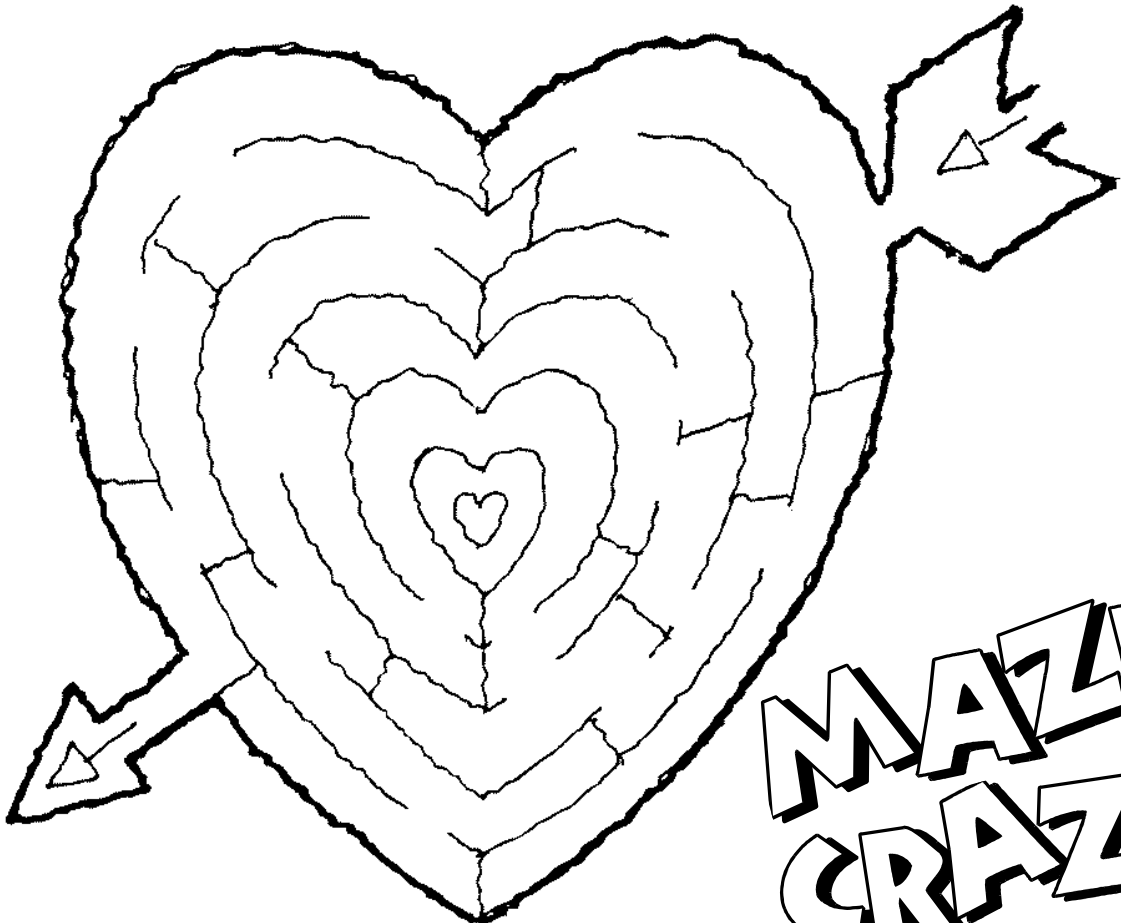
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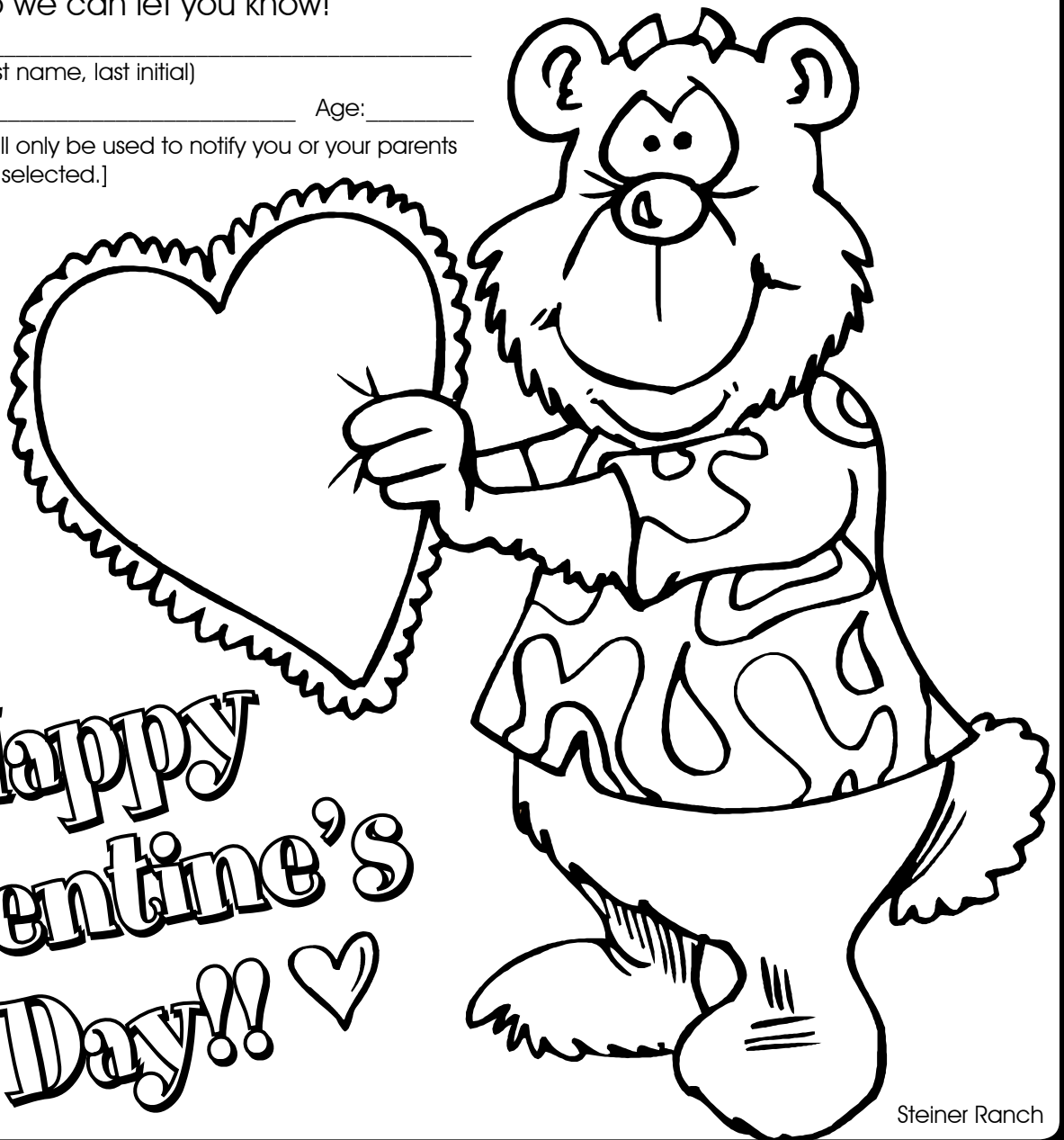
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