

The RANCH REVIEW

March 2009 Volume III, Issue III

News for the Residents of Avery Ranch

Looking for a Way to Spend your "Best Day Ever"?

*Register to play in the Colin's Hope Classic
golf tournament on Thurs, April 23!*

The tournament is a fundraiser for a new local charity, Colin's Hope, which was founded in August 2008 in honor of Colin Krogh Holst. Colin was only 4 years old when he drowned in a local public pool last June. Sadly, after struggling to understand how this could happen, his family and friends learned that his death is only one of so many like it, as drowning is the second leading cause of death in children under the age of 14. Armed with this knowledge, Colin's family decided to find a way to turn their unimaginable loss into an organization driven to save children from drowning, and Colin's Hope was born. The charity is a nonprofit foundation which creates and supports programs to aid in the prevention of childhood drowning. Colin's Hope has had the privilege to work alongside other nonprofits such as The Junior League of Austin, YMCA and Partnerships for Children to implement initiatives such as sponsoring swim lessons for underprivileged children and educating parents, children, and lifeguards on water safety. You can learn more about Colin's Hope at www.colinshope.org.

The foundation's first fundraiser was the sale of Colin's Cookbook in the fall. The cookbook, which began with recipes from all the meals provided to the family after Colin's death, was a huge success, raising more than \$10,000 for Colin's Hope and allowing the foundation to begin to have a presence in our community.

The Colin's Hope Classic will be the second major fundraiser for Colin's Hope, and its all-volunteer staff hopes to raise more than \$40,000. This would allow them to initiate

many more water safety awareness programs and efforts to improve water safety standards throughout the community as the summer swim season approaches! Colin's Hope is privileged to have Garrett Weber-Gale, a Gold Medal Olympian at the 2008 Beijing Olympics and Texas Longhorn alum, as the Honorary Chair for the tournament. Garrett Weber-Gale has generated his own buzz lately by winning his first of two Olympic gold medals as part of the U.S. 4x100 relay team in the race that is now widely considered to be the best relay swimming race of all time!

The tournament will be held at The Hills of Lakeway, Yaupon course, on April 23, 2009 at 1:00pm. Registration fees are \$150 per person, which gives the golfer a spot in the 4-person scramble, lunch, dinner and numerous generously donated prizes. You can register to play in this

(Continued on Page 3)



*C.A.S.T. for Kids
needs boats, captains for
disabled, disadvantaged
youth fishing day April 25*

The fourth annual Catch a Special Thrill (C.A.S.T.) needs captains and boats to help create a once-in-a-lifetime fishing event for disabled and disadvantaged children on Saturday, April 25, at Lake Bastrop's North Shore Park from 7 a.m. until 1 p.m.

In addition to the rewarding experience of giving special-needs children the chance to enjoy the sport of fishing and the outdoors, volunteers will receive a free breakfast and lunch.

LCRA, Bluebonnet Electric Cooperative and the U.S. Bureau of Reclamation are jointly sponsoring the event, which was created 17 years ago by the national C.A.S.T. for Kids Foundation.

The C.A.S.T. for Kids Foundation was formed to join volunteers who love to fish with disabled and disadvantaged children for a day of fishing in the outdoors. The C.A.S.T. for Kids event was designed to create an environment

(Continued on Page 3)

THE RANCH REVIEW

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY.....	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	512-943-1300

SCHOOLS

Round Rock ISD.....	512-464-5000
Forest North Elementary.....	512-464-6750
Grisham Middle School.....	512-428-2650
McNeil High School.....	512-464-6300

UTILITIES

City of Austin Water.....	512-494-9400
Perdernalles Electric.....	512-219-2602
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
Solid Waste Servies.....	512-494-9400

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Article Submissions.....	averyranch@peelinc.com
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The Ranch Review

For the Residents!

Residents are able to include personal classifieds for FREE.

The Teenage Job Seeker section is FREE for Avery Ranch teens.

By the Residents!

Our goal is to keep you informed!

Classified Ads

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

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.



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THE RANCH REVIEW

Looking for a Way to Spend - (Continued from Cover Page)

inaugural tournament securely online at www.colinshope.org. Once registered, participants have the opportunity to help support Colin's Hope through raising pledges. However, if golf is not your game but you are interested in helping this amazing group in honoring Colin and helping prevent childhood drowning, the tournament is still looking for sponsors, prize donations or simply good, old-fashioned volunteers! All questions or interested parties should be sent to info@colinshope.org. However you choose to participate, we do know, as 4-year old Colin loved to say, that it will be one of your "best days ever."

C.A.S.T for Kids - (Continued from Cover Page)

whereby both children and adults could benefit, each taking from the day their own lessons. Children and adults could leave their problems on shore and share a day of fun on the water.

Today, the C.A.S.T. for Kids Foundation hosts about 50 such events in 22 states to help increase awareness of disabled and disadvantaged children in our communities. It also teaches appreciation for natural resources. To learn more about the foundation and its programs, go to www.castforkids.org.

To volunteer your fishing, pontoon, bass or ski boat for the event, call Laurel Srp at (512) 303-5073, Ext. 8037, or send e-mail to laurel.srp@lcra.org.

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Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing averyranch@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 Ranch Review. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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Is Your Child's Development Behind? *Local Program Can Help, by Jennifer Vu*

If you are a parent of an infant or toddler, birth to 36 months, and have questions about how your child is growing or developing, why wait? ECI (Early Childhood Intervention) is here to help!

ECI is a statewide program that has helped Texas babies and toddlers for more than 25 years. We partner with families to work together as a team and offer services where your child lives, learns and plays. Early is best when you have concerns about your child's development and income does not determine eligibility for services. ECI professionals have expertise in working with babies, toddlers and their families. Licensed and/or credentialed specialties include: Early Intervention Specialists, Speech and Language Pathologists, Physical Therapists, Occupational Therapists, Registered Dietitians, Hearing and Vision Specialists and Social Workers.

Red Flags

Red flags are a way to track your infant or toddler's development and help identify if he is unable to do something most children already can. Below is a list of behaviors or red flags that can keep



your child from learning. Appearance of red flags is not a cause for alarm, but a call to action. If they happen often, call your local ECI program or your child's pediatrician.

Baby

- Cannot bend arms or legs
- Does not smile, move or look at you when you talk or play with her
- Does not want to be held
- Does not make sounds by 3 months
- Does not babble by 6-9 months

Toddler

- Has tantrums that last 20 minutes or longer
- Breaks things on purpose
- Hurts or bites other people
- Does respond to her name by 12 months
- Does not play appropriately with toys
- Flaps hands, rocks or sways over and over

(Continued on Page 5)

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Is Your Child's Development - (Continued from Page 4)

- Does not point at objects he wants or use gestures by 12 months
- Has no words by 18 months
- Does not follow simple or familiar directions by 18 months
- Does not engage in pretend play by 24 months

Any Age

- Is fussy or cries a lot, even when not tired or hungry
- Has trouble falling asleep or staying asleep
- Does not notice people
- Is unhappy most of the time
- Any loss of speech, babbling, or social skills (i.e., eye contact)
- Becomes easily and consistently upset with change in routine or when moving from one activity to another

ECI offers free developmental screenings and evaluations. Call your local program, Infant Parent Program ECI, at (512) 472-3142 to request more information or to refer your child for a screening or evaluation.

To search online, visit DARS/ECI website at www.dars.state.tx.us/ecis.

NOT AVAILABLE ONLINE

Stork Report

If you have a new addition to the family please let us know by emailing averyranch@peelinc.com and we will include an announcement to let everyone know!

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Alternatives to Microsoft Office

Submitted by Laurie Scott

Anyone who works in an office and with a computer probably has Microsoft Office installed on it. Word, PowerPoint and Excel are found in almost every corporate environment. But when it comes time to buy software for your home computer, most people don't realize there are free and low-cost alternatives.

To start, Microsoft does offer an Office 2007 "Home and Student" edition that I've seen online for as low as \$80. This edition includes Word, PowerPoint, Excel and OneNote, but not Outlook, which is what many Office users expect with their "office" suite.

The most popular free option is probably Sun's Open Office 3 (available at www.openoffice.org). It has powerful word processing, presentation and spreadsheet programs that are compatible with Microsoft Office, and also includes a graphics program and database (but again, no e-mail program.)

Another free alternative is a surprising name from the past. Lotus (owned by IBM) has resurrected its Symphony suite and is closer to Open Office than Microsoft Office. Its programs are IBM Lotus Symphony Documents, IBM Lotus Symphony Presentations and IBM Lotus Symphony Spreadsheets and also offer Microsoft Office compatibility.

Google has recently entered the office application fray with their own product (which are still in "beta" – a Google trademark), Google Docs. It offers Microsoft Office compatibility for Word and Excel with a twist, everything is stored online. You can access and share your files with anyone from anywhere. Some consider this the future, known as "cloud computing" (the internet is the cloud in computer network diagrams.)

Corel offers an \$89 alternative that is compatible with Office Word, PowerPoint and Excel, but includes VideoStudio LE for editing your home videos, and MediaOne SE for enhancing and organizing your photos.

At the time of this writing, the most popular (non-Microsoft) email client, Eudora is undergoing a rewrite but the older versions are still available at www.eudora.com. If you're already using hotmail, yahoo mail, Gmail, or your Internet Service Provider's (ISP) web-based mail, then you don't need an e-mail client to run on your computer anyway.

So don't automatically feel like you have to fork out a couple hundred dollars just to have Office functionality at home. There are affordable and even FREE alternatives out there for you.

Happy Computing!

Peel #1

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CAPITAL GYMNASTICS

March Events at the Wildflower Center

Artists & Artisans Festival

9 a.m. to 5 p.m. Saturday, March 21 and noon to 5 p.m. Sunday, March 22

Favorite artists return and new ones appear to exhibit their work in watercolors, metal, wood, ceramics and many other materials. Dalhart Windberg, introduces his annual print benefiting the Wildflower Center, noon to 5 p.m. Saturday. Shou Ping shows her watercolor sculptures and Mary Catherine Gardner, official Wildflower Days™ 2009 artist, signs her print, 1 to 4 p.m. Sunday.

Sign up for Go Native U

This is our popular series of how-to gardening classes plus—new this year -- five sustainability classes focused on ways to manage soil, water, plants and materials to improve sustainability. Register at www.wildflower.org

Texas Society of Sculptors Exhibit

March 3 through May 31.

Outdoor works by Texas sculptors on display throughout our gardens.

Nature Nights, Look to the Stars

6 to 9 p.m. Friday, March 6

Join Kyle Fricke of McDonald Observatory for an engaging look into the cosmos. Field telescope viewing. \$1 admission.

Wildflower Days™ Begin

The Center is open every day 9 a.m. to 5:30 p.m. until March 16 until May 31.

Artists Reception

1 to 4 p.m. Sunday, March 15

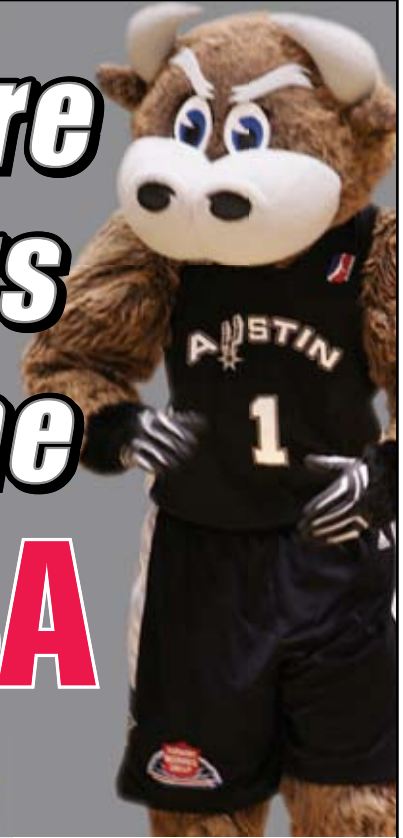
Join us to meet the sculptors and members of the Texas Society of Sculptors.

Shou Ping Exhibit

March 14 through May 31

This renowned artist creates watercolor paintings of and cuts them to form three-dimensional sculptures. At the McDermott Center.

Future Stars of the



March & April Home Games

Mar. 10	Toros vs. Ft. Wayne	7:30pm
Apr. 01	Toros vs. Tulsa	7:30pm
Apr. 04	Toros vs. Iowa	7:30pm
Apr. 07	Toros vs. Reno	7:30pm
Apr. 08	Toros vs. Rio Grande Valley	7:30pm
Apr. 10	Toros vs. Rio Grande Valley	8:30pm

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HILL COUNTRY RIDE FOR AIDS

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Hill Country Ride:

*Get out, get fit
and make a difference!*

By Lori Barrett

Ever thought about riding your bicycle to get rolling on those New Year's Resolutions? Considered doing a charity ride to give yourself a goal, and a group of people to ride with? The Hill Country Ride for AIDS, coming up April 25th, was listed one of the 10 best rides in Texas by Austin Monthly, and is registering riders and teams for the 2009 ride!

With routes of 10, 45, 65 and 100 miles, staging just outside of Austin, the Hill Country Ride has a route for everyone. Get the whole family involved! Kids age 8 and up can ride with a parent or guardian who is also registered to ride, and children of all ages are welcome at the Kids' Adventure, a festive and activity-filled area. Expanding for 2009, the Kids' Adventure will have a bouncy house, obstacle courses and a variety of activity areas, including hat-making and bike part art stations.

Many riders join the Hill Country Ride because they've heard about the great people involved, and the crucial services it supports. Some riders join because they want their charitable donations to stay local to Texas. Still others join because, hey, it's cheaper than a gym membership, and what better way to get fit, than rolling through the beautiful Texas Hill Country? Throw in free, fully-supported training rides, and you even have a workout plan for the first few months of the year.

(Continued on Page 10)

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From our family to yours...howdy neighbor!
My name is Josh Sowers and my wife Kristin and I want to take a minute to introduce ourselves and our business, Sowers Lawn Care.

Kristin and I met back in 2003 as penpals while I was serving with the Army in Iraq. To make a long story short, we fell in love, I finished my service, and we got married and moved to Round Rock to start what is now Sowers Lawn Care in 2005. This past year we welcomed our first son in early March. We feel incredibly blessed with the growth we have had in our family, our business, and the community in the past few years and are excited to watch it continue.

We are residents of north Round Rock, and we hope that if you see us around town, you'll say hello...and that if you are ever in need of lawn services...you'll give us a call! Thanks!

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.

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

*Solution at www.PEELinc.com

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Hill Country Ride (Continued from Page 8)

Add all these up, and you have a strong argument that the Hill Country Ride for AIDS is one of the best charity bike rides around! With a moderate-sized group of 500 or so participants, ride organizers are able to treat riders like their guests, offering complimentary massage and chiropractic work after the ride is finished. Also compelling is the beautiful start/finish site of Krause's Springs, listed as one of the most beautiful swimming holes in the state by TexasOutside.com. Finish enjoying the sprawling vistas of the ride, take a dip and relax spring-side before enjoying a quick massage, while supper is being laid out for all of the riders.

Now in its 10th year, the Hill Country Ride has raised over 3 million dollars for HIV/AIDS service organizations in central Texas, providing life-saving support to our central Texas neighbors. Beyond that, the Hill Country Ride is a remarkable event that offers participants an opportunity to challenge themselves, make a difference in our community and experience some of the most beautiful countryside in Texas. Contact the ride office with any questions: 512.371.RIDE (7433) or info@HillCountryRide.org. Register yourself, your family or your Neighborhood Association Team now: HillCountryRide.org. See you at the Start line!

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Don't Become a Statistic!

Submitted by Allison Weaver

Statistics tell us that the number of new gym memberships skyrocket in January and plummet by the end of March. The same holds true for some who go it alone and start a brand new regimen with their family, friends, or private trainers/classes.....do NOT become a statistic!! You can do this – you can keep it going! Restart, take a different tact, try a new food, start getting outside again and be rejuvenated when the sun comes out – whatever it takes. It is never over when you make a mistake, fall off the horse, eat a pan of brownies, or otherwise bring to a halt your journey toward a full, vital, healthy lifestyle. It is also never too late to begin again.

Re-check your fitness routine. Is it realistic? What is your schedule really like? Do you need to get yourself to bed 15 mins earlier so you can wake up earlier to get a jump start on your day? 15 minutes of stretching, jumping jacks, pushups, and crunches will do wonders to start those endorphins rushing and really begin your day with a bang! How about lunch? Can you eat a salad at work and go for a walk after? How about the stairs? Are they accessible? Ask your “pod buddy” if they want to see how many more flights you can climb in one week.

After Work: Play softball with the kids in the yard. Throw a few sprints in between pitches. Pitch/hit 3 times – 5 sprints....great

together time, practice time and great cardio!

Split training such as this is proven to be at least as effective as, if not more so for some, than a straight hour or two of non-stop training.

Re-check your goals: Are they attainable? How much time have you allowed for planning your groceries, lunches, family dinners? How about your work out routine? Is it written down? Is your routine in bite-sized pieces (pun intended!) or is it more broad spectrum? Remember to be specific in your goals. If your goal is to add 2 minutes to your run tomorrow; that's great! It's a specific goal, time measured, and attainable. But don't stop there.....once you reach that one, set a higher goal, larger than the last, loftier each time. Before you know it – you're hiking in the Rockies!!! It really is doable. You really can do this!!

Are you bored with what you're doing? Shake things up a bit; get some roller blades, a bike (with a helmet), find a fitness class that can be your “night out” with friends. You'll be surprised at how much fun you really can have in the name of exercise!

Are you bored with what you're eating?? Salad does not have to be your main course everyday. How about some grilled chicken with mango salsa? Try adding chipotle sauce to a dish (like broccoli)–

(Continued on Page 12)

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<p>CERTIFICATE OF DEPOSIT Regular¹</p> <p>2.73% 2.93% 3.19% APY APY APY</p> <p>6 MONTHS 12 MONTHS 24 MONTHS</p>	<p>CERTIFICATE OF DEPOSIT Jumbo²</p> <p>2.83% 3.03% 3.34% APY APY APY</p> <p>6 MONTHS 12 MONTHS 24 MONTHS</p>

ATFCU 68th Annual Meeting
Tuesday, March 24, 2009
The Crockett Center

For details, call 512.302.5555 ext. 7000.

14 Metro Locations

*Annual Percentage Rate. All rates are expressed "as low as". Actual rate may vary depending on credit qualifications. **Austin Telco will pay all standard closing costs on Home Equity loans below \$100k. Additional non-standard fees will be the responsibility of the member. ***Rate applies to 1st lien commercial real estate loans with a loan to value of 80% or less; construction/development loan rates/terms may be different. No Pre-payment penalty. ****Annual Percentage Yield. Penalties for early withdrawal may apply. ¹Regular - A minimum deposit of \$1000 is required. ²Jumbo - A minimum deposit of \$95000 is required. All APRs, APYs and terms are subject to change without notice. Please call for details. This credit union is federally insured by the National Credit Union Administration.



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★ "Steel Magnolias" ★



The action is set in Truvy's beauty salon in Chinquapin, LA, where all the ladies come to have their hair done. Helped by her assistant, Annelle, Truvy dispenses shampoos and free advice to Ouiser, Miss Clairee, and M'Lynn, whose daughter, Shelby, is about to marry a "good ol' boy". Filled with humorously revealing verbal collisions, their lives move toward tragedy which make the characters truly touching, funny & marvelously amiable company in good times and bad.

Directed by Lynda Davidson

Production Dates: January 16 - 31
Fridays & Saturdays, 8:00 P.M. Sunday,
January 25, 3:00 P.M.

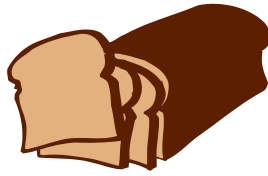
Call 259-5878 for reservations or make them on-line at wobcp.org

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Recipe of the Month:



Jalapeno Corn Bread

- 1½ Cups Corn meal
- 2/3 C. Vegetable oil
- 2 eggs
- 3 tsp. baking powder
- 1 tsp. salt
- 1 can cream corn
- 3 small jalapeno peppers
- 1 C. sour cream
- 1 C. cheddar cheese (grated)

Mix all ingredients except the cheese. Pour half into greased pan. Sprinkle on half of the grated cheese. Pour rest of batter over the cheese, then top with remainder of cheese.

Bake at 450° for 30 minutes.

If you would like to submit YOUR recipe email it to articles@peelinc.com.

Don't Become a Statistic - (Continued from Page 11)

incredible roasted, smoky flavor with a great kick! No time for fish? There are great frozen Salmon and Tilapia filets, add a little lemon pepper sprinkle, maybe even a light Italian dressing, keep it going with steamed asparagus, and Voila! A beautiful, healthy, and tasty almost instant meal. We are aesthetic creatures, so “eating the rainbow” will add pleasure to the eyes as it adds nutrition to the body. Incorporating red bell peppers, yellow bell peppers, maybe some portabella mushrooms to brighten up and change a dish in color, flavor and texture. Just a spray of Olive oil in a pan and a few minutes on the stove, and you’re in business. Remember: Always keep your food as “close to the tree” as possible. That means eat it as God made it; not after it’s been processed. This will keep you healthy for life. If you have to wonder – it’s probably processed!

You do not have to re-invent the wheel – just keep healthy cookbooks handy, save your favorite fitness websites on your “bookmark” tab, so with a quick turn of the page, or click of the mouse you will add new dimensions to your personal and fitness and nutrition! You can do this – yes you can!!!

REMEMBER, PLEASE:

Austin leash laws require all dogs to be on a leash when off the owner’s premises.

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Healthier Homes - Spring Cleaning

Submitted by Charlie and Michelle Bubnis

It is that time of year again to begin spring cleaning and getting the house freshened up. When cleaning its important that you clean safe. Cleaners that contain disinfectants either serve as antiseptics or sanitizers. Antiseptics disinfect skin and mucous membranes and are less harsh than sanitizers that disinfect inanimate surfaces. Their purpose is to kill bacteria, protozoa and fungi. They are antimicrobial.

There are three main types of disinfectants:

1. Phenols - found in Lysol
2. Halogenated compounds – such as bleach and chloramines found in drinking water
3. Quaternary ammonium salts – found in detergents

Disinfectants are regulated by federal law because they are the form of pesticide that people are exposed to the most. They have an impact on indoor air quality in the home that can be detrimental to human health. The “smell of clean” is not necessarily a good thing...rather it is often the sign that toxic chemicals are being released into the air. The “smell of clean” should have no smell like fresh, outdoor air. Once these antimicrobials are rinsed down the drain they can accumulate in aquatic environments and end up in waste water treatment plants.

The National Association of Clean Water Agencies (NACWA)

is concerned that the disinfectants in the wastewater could harm microbes in activated sludge which is a biological process that treatment plants use to clean up wastewater. Some healthier disinfectant options are to use hydrogen peroxide 3% in a spray bottle (wipe down) followed by vinegar in a spray bottle (wipe down). Another alternative is Borax or a borax spray made by mixing 2 tablespoons of borax with ¼ cup of lemon juice and 2 cups of hot water in a spray bottle and use as any commercial all-purpose cleaner. This will not have the detrimental impact on indoor air quality and on wastewater that is rinsed down the drain.

Remember, no legal requirements exist for listing ingredients on the labels of household cleaning products. Many companies voluntarily provide Material Safety Data Sheets (MSDS) for products but they can be incomplete. These MSDS sheets do not list carrier chemicals such as phthalates which you have heard a lot about in the news lately nor do they specify fragrances.

It is time to consider spring cleaning a healthier way!

Resources:

- Less Toxic Alternatives by Carolyn Gorman 2004
- www.womenandenvironment.org – safe cleaning products initiative to reduce women’s exposure to toxic chemicals in cleaning products.

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Avery Ranch HOA Expires 9/30/09

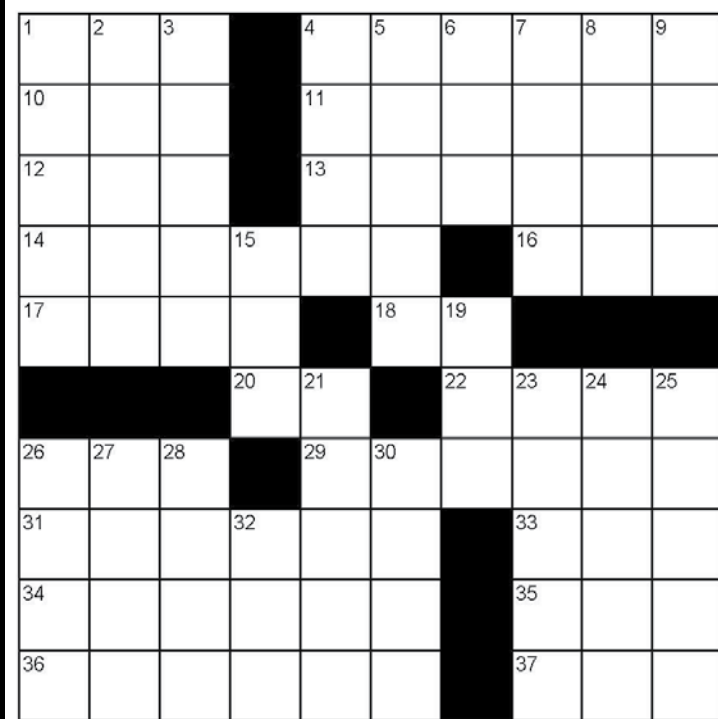
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Avery Ranch HOA Expires 9/30/09

Car X, Valued Customer Store Manager, Jason Jordan

Crossword Puzzle



ACROSS

1. Fire remains
4. Alarm bell
10. Fib
11. African country
12. Lodge
13. Chronological records
14. Colorful Mexican shawl
16. Legume
17. Matching
18. Scale note
20. You
22. Club
26. First woman
29. Seed part
31. Plunderer
33. Epoch
34. Verse meter
35. Twitch
36. Secures
37. Ball holder

DOWN

1. List of highly desired guests
2. Tendon
3. ___ Matisse, painter
4. Catch
5. Held the deed
6. May
7. Metal fastener
8. Bored
9. Space administration
15. One of these
19. Often poetically
21. Devour (2 wds.)
23. Gone With the Wind's Mr. Butler
24. Eagle's nest
25. Draw
26. Heroic
27. Phial
28. Writer Bombeck
30. Loch ___ monster
32. Abdominal muscles (abbr.)

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