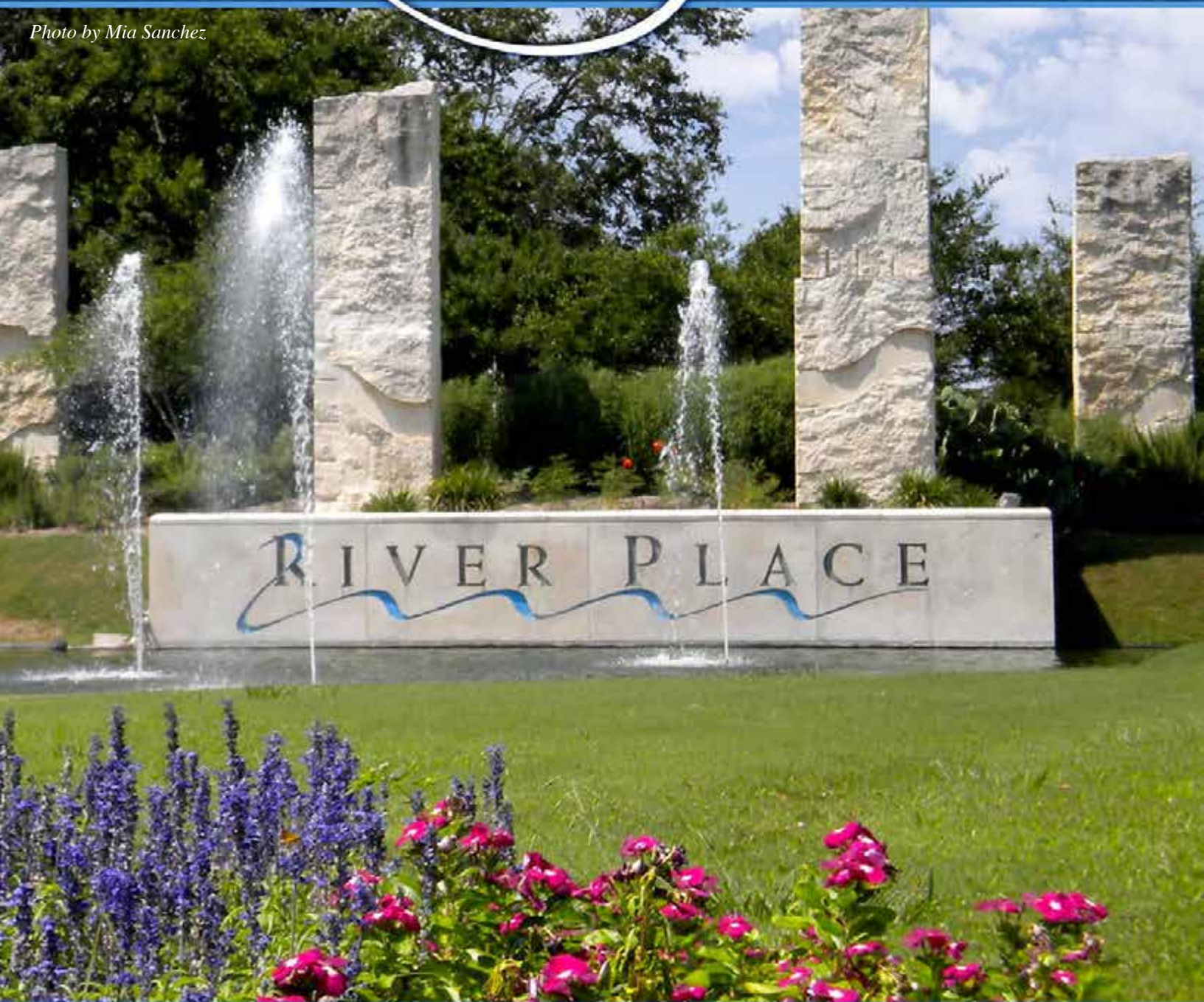


THE RIVER REVIEW

November 2012 Volume 6, Issue 11

Photo by Mia Sanchez



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The River Review is mailed monthly to all River Place residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the River Review please email it to riverreview@peelinc.com. The deadline is the 15th of the month prior to the issue.

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COVER PHOTO

Do you take great photos?

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the River Review. All photos submitted must represent River Place or the surround area. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to riverreview@peelinc.com. Portrait (vertical) photos work best.

To view other photos submitted please visit www.PEELinc.com/RiverPlace, and view any of the past newsletters.

By submitting your photo you agree to allow your photo to be published in future issues of the River Review or other Peel, Inc. publications.

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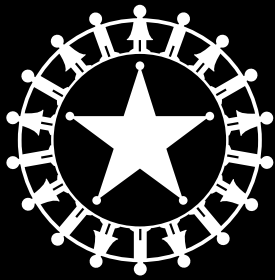


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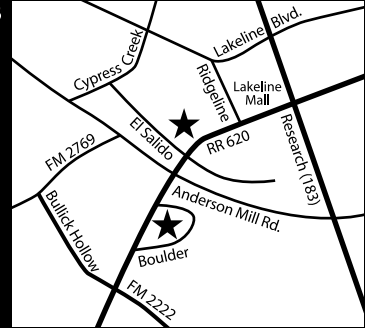
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OCTOBER 2012 YARD OF THE MONTH



Congratulations to October's "Yard of the Month" winner, Anwar Alam. Anwar and her sister, Kavsar, have lived in River Place for 2 years. Her beautiful garden beds contain lovely roses, Plumbago, Salvia, and some distinctive plantings such as "Gold Star" Esperanza, which has orange and yellow blooms. The long lot is highlighted by a fountain, unique decorative steps, and an attractive side wall edged with colorful drought-tolerant plants.

Yard of the month winners receive a \$50.00 honorarium from Garden Club member, Mary Rachkind. If you are interested in joining the River Place Garden Club, please contact Angela Plunkett @ 512 537 2250 or email at RiverPlaceGarden@gmail.com. Meetings are held the second Thursday of the month, from September through May.



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Steiner Ranch Old Pros Welcomes New Members

Steiner Ranch Old Pros is a local social group with a refreshingly clear mission - have fun, give back to the community, and be a positive male role model.

Founded in 2011, the main group activities are monthly events with a wide range of speakers and topics. Events have included learning about Austin's first-ever Formula 1 track and race with Circuit of the Americas; discussing Austin PD's challenges and plans with APD chief Art Acevedo; and hearing Admiral Bobby Inman's real-life experiences running America's intelligence agencies. And SROP is already making an impact in the community, donating over \$5000 to support special needs classes at local schools, allow underprivileged local kids to play sports, and help ensure a wide range of athletic activities remain available.

But the group doesn't take itself too seriously. Events are hosted at Steiner Ranch Steakhouse, and members can

usually be found with a drink in hand talking to peers, and meeting new friends. "SROP's goal is to promote education and amateur sports within our communities," said Tyler Elwood, SROP co-founder and chairman. "We're a non-political, non-profit association, and the response from 80+ members has been great - they like the low-key atmosphere, and the satisfaction of helping our community."

Members also organize and support fund raising events such as golf tournaments, beef grilling classes, poker tournaments, charity bike rides and active participation in other local groups.

"If you're a dude, living in Steiner Ranch or Riverplace and want to have fun and give back..." You are invited to attend a meeting as a guest and/or to join Steiner Ranch Old Pros: Contact srop@sropatx.com or go to our website, www.sropatx.com for more information.

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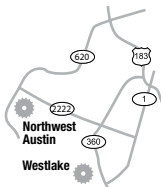
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Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco

HOW TO HIT A ONE-HANDED BACKHAND

In previous newsletters, I offered tips on how to hit a Forehand and a Two-Handed Backhand. In this issue, I will give you instructions on how to execute a one-handed backhand for a right hander. This stroke is still used by many league and tournament players since it gives players a wider range of reach and flexibility to hit slices and drop shots.

Step 1: Ready position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is on the throat of the racket. The left hand is holding the racket slightly tighter than the right hand. Feet are shoulder width apart and the body is in good balance.

Step 2: Back swing: When the opponent's ball is headed to the backhand side, the left hand takes the racket back and the right hand changes the grip with one quarter turn placing the index knuckle at the upper ridge of the handle. The body should start taking the racket back before the ball bounces. Notice the turn of the upper body and the right foot leading the left foot. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The eyes now shift toward the point of contact which should be about 12-18 inches in front of the right foot.



The right hand is holding the racket tight. The racket has made contact with the ball and weight of the player has shifted toward the point of contact. It is important to keep the right shoulder closed and not open the left hip too early. Flexing the right knee will allow more flexibility and power on the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, both of the arms need to be extended for better balance. The right arm should be straight and the follow through upwards above the head.

Look for next Issue: The Forehand Volley

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A Plethora of Parakeets

Nature Watch by Jim and Lynne Weber

Established in Austin in the early 1970s from escaped caged birds, Monk Parakeets (*Myiopsitta monachus*) also known as the Quaker Parrot, are native to the temperate and subtropical regions of Argentina and surrounding countries in South America. Monks are often heard before they are seen, as their call is a loud and throaty chap(-yee) or quak quaki quak-wi quarr, and their sometimes startling screeches sound like skveet! They have grown in numbers by being able to survive our mild winters, and as such have now been included on the official list of accepted Texas species.

A colorful bird with bright green upperparts, pale grey forehead and breast with darker scalloped edges, and very light green to yellow underparts, Monks also have an orange bill, stiff dark blue flight feathers, and a long tapered tail. Technically a parrot, it is this tail that makes them a parakeet, which is a term for small to medium sized species of parrots that generally have long tail feathers.

Monks are the only parrot that builds a stick nest, either in a tall tree or man-made structure, rather than using a hole in a tree. They often breed in colonies, building a single large nest that has separate entrance holes for each pair. In the wild these colonies can become quite large, with communal nests reaching the size of a small automobile! Also unusual for a parrot, these birds occasionally have 'helper individuals', typically grown offspring, which assist in feeding the young. Highly intelligent and social birds, Monks can live anywhere from 15 to 30 years, and like other species of parrots kept as pets routinely develop quite a large vocabulary.

Monk Parakeets readily adapt to urban neighborhoods, as they are an open woodland species. A recent informal survey found over 65 nests in Austin, mostly in cell phone towers, tall telephone poles, and sports facility light poles. Even if the nests are cleared out, many colonies return to the same place to rebuild their nest. While mainly constructed out of willow branches, these nests may include man-made items such as rope, carpet, newspaper, and scraps of cloth. The Monks' diet consists of berries, tree buds, and seeds, which can be plentiful in both the native and non-native tree species common in the Austin area.

The exact number of wild Monks in our area is unknown, and evidence of harm by feral colonies of Monks is disputed. While they can be agricultural pests by eating fruits, grains, and other crops, they can also benefit local economies through birdwatching-based ecotourism. It is also important to remember that tens of millions of parrots have been removed from the wild worldwide, and have been traded in greater numbers and for far longer than any other group of wild animals. Many parrot species are still threatened by this trade, as well as by habitat loss, predation by introduced species, and hunting for food or feathers. As such, let's respect their existence enjoy our plethora of parakeets!

*Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.*

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Zarmeena Vendal, M.D. | Ximena de Sabra, M.D. | Soo Y. Kim, M.D.





Exciting Developments Happen at Hill Country Education Foundation

The Hill Country Education Foundation, your Academic Booster Club, is pleased to announce several exciting developments during the past month.

MR. GENE ARANT JOINS HCEF BOARD

We are thrilled to welcome Mr. Gene Arant to the HCEF's Board of Directors. Mr. Arant is a fixture in the Four Points community not only for his 18-year-old real estate business but also for his philanthropy. He and his wife Susan are avid supporters of education and consistently give back to the community in which they live. Mr. Arant and his team have ranked in Austin's top four real estate companies during the past five years, earning first in sales since 2010. He has many accreditations and awards to his name.

HCEF FUNDS LISD READISTEP PROGRAM

HCEF is proud to provide funding to Leander ISD to pay for Readiness for the 2012-2013 academic school year. Readiness is an assessment test that all 8th grade students take in the Fall. The test measures the skills that students need to be on track for college success.

NATIONAL INSTRUMENTS DONATES \$5K TO HCEF

Thanks to the generous support of National Instruments, HCEF received a grant of \$6k to help fund robotics programs including teams participating in the FIRST® LEGO® League. From elementary through high school, our students are embracing science and technology and learning valuable employment and life skills through robotics.

LARGEST JR. FLL GROUP IN COUNTRY AT LWBE

In the inaugural Jr. FLL Robotics Club at Laura Bush Elementary, 78 students in the first through third grades enrolled in the program, making 13 teams participating in this year's Jr. FLL Senior Solutions Challenge. The FLL organization reports that LWBE is the largest group to have enrolled in the entire country! We wish our future leaders, engineers, scientists and technologists much success along

with teams from Grandview Hills, River Place and River Ridge Elementary Schools.

LARGEST ROBOTICS CLUB FORMED IN VHS HISTORY

After the phenomenal success of the young Vandegrift High School robotics team, the ViperBots, last season, the school made history this year with more than 70 students enrolling. Rad Allen, Galen Goodreau, and Martin Weidenmeir, computer science teachers and FIRST® FTC Robotics Team sponsors, organized the students into five teams. With the financial support of the Club's Friends of the Foundation, the Hill Country Education Foundation, and other grants, teams will have the equipment to compete. Each team has a designated Project Manager, Web Developer, and Mobile Application Developer along with separate teams focusing on marketing, public relations, hardware, and software. We wish the ViperBots continued success!

4TH ANNUAL ROBOTICS SCRIMMAGE NOVEMBER 10

HCEF will host the 4th Annual FIRST® LEGO® League scrimmage on November 10 at Vandegrift High School's cafeteria. Sponsored by HCEF and hosted by the Vandegrift ViperBots, the scrimmage will emulate the Central Texas Qualifier set for December. Registration is limited to the first 34 teams. Jr. FLL teams are invited to showcase their research. All students and families are welcome to attend and see future leaders at work. Direct questions to RoboticSociety@HillCountryEdFoundation.org.

MEMBERSHIP DRIVE UNDERWAY

Please consider a family membership of \$100 for your Academic Booster Club. As your child makes his or her way through elementary, middle and high school, your contributions will make impact all along the way. Coordinate with your employer for matching funds. Current Matching Programs: Applied Materials, Charles Schwab Foundation, Dell, IBM, National Instruments, and Silicon Laboratories.



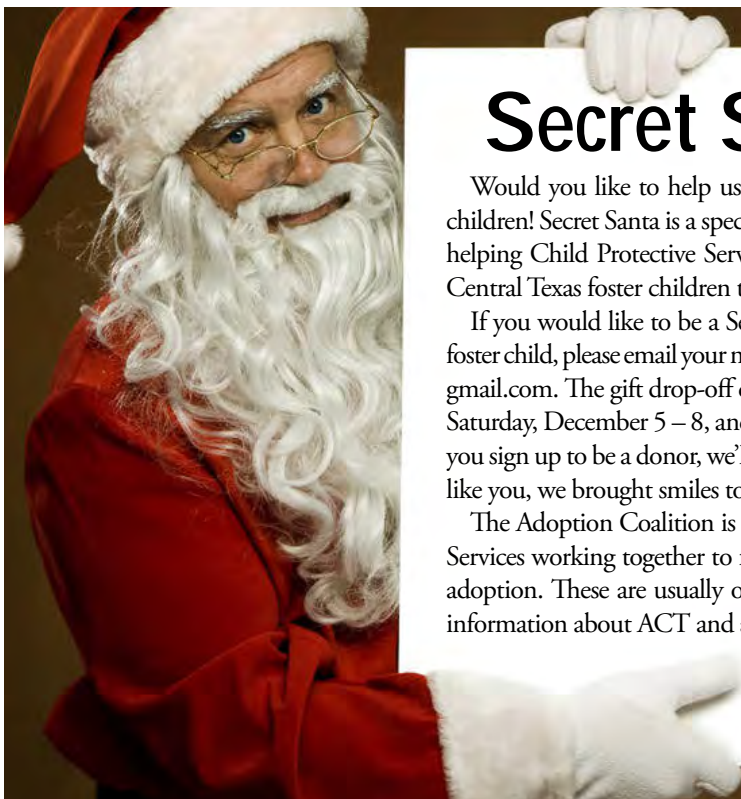
Brandy Finnessey, Gene Fruge
and the RE/MAX 1 Team

Presents



*Please help a child in need this year by donating
a new or gently used coat*

**We will have a Tent at our local
Four Points H-E-B near the end of November**



Secret Santa Gift Program

Would you like to help us make the holidays brighter for hundreds of Central Texas foster children! Secret Santa is a special holiday gift program of the Adoption Coalition of Texas (ACT) helping Child Protective Services and foster families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa this year and purchase holiday gifts for a Central Texas foster child, please email your name, email address and contact phone number to ACTSecretSanta@gmail.com. The gift drop-off days will be at several Austin-area locations on Wednesday through Saturday, December 5 – 8, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details. Last year, thanks to the kindness of people like you, we brought smiles to the faces of more than 350 foster children!

The Adoption Coalition is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for abused and neglected children waiting for adoption. These are usually older children, sibling groups and children with special needs. For information about ACT and adoption, visit www.adoptioncoalitiontx.org.

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William Shakespeare's Coriolanus

Opens November 3rd at Downtown Black Box Theatre!

War is hell, but politics may be worse. And when one becomes the other, no one walks away unscathed. In this season of political warfare and warring politics, experience Trinity Street Players' production of William Shakespeare's Coriolanus starting November 3rd at Blackbox Theatre at Ninth and Trinity in downtown Austin.

Believed to be written by Shakespeare between 1605 and 1610, the play's themes of class privileges and general unhappiness with government remains relevant today in our own sound-bite society as they were in the riotous streets of the Roman Republic. The play begins with Coriolanus, a respected and feared general who is at odds with his City and his people. Pushed by his highly determined and calculating mother to seek the prestigious position of Consul, Coriolanus gives into his mother's wishes but ultimately finds himself banished and raging with vengeance.

Coriolanus is directed by Bridget Farias, an award-winning actress and director, who is currently the full-time Artistic Director at the EmilyAnn Theatre in Wimberley, Texas. Farias holds Bachelor of Fine Arts degrees in both Acting and Directing and has recently played Catherine in Proof with Trinity Street Players and Lady Macbeth in Macbeth at the EmilyAnn Theatre. The brilliant cast features Kevin Gates as "Coriolanus." Gates is a Master of Fine Arts theatre student at Texas State University. He

recently played Giovanni in Tis Pity She's a Whore and is directing Dr. Faustus for Last Act Theatre. Sam Mercer will play "Aufidius." Mercer was recently nominated for two B.Iden Payne Awards, having played in Austin Shakespeare and Two Towers. Austin favorite Charles Stites will play "Menenius." Stites is a past B.Iden Payne Award Nominee and a well-known and respected local actor and director. A show with important societal themes, Coriolanus will leave you asking, "Who is worthy to lead? What role do we all have in the success or failure of our government? What is the price of power? And how far, really, are we willing to go to get what we want?"

Opening night is Saturday, November 3rd at 7:30 p.m. Tickets are free to the public, but reservations may be made at <http://trinitystreetplayers.com/reservations> or by calling 512-402-3086. Donations are appreciated.

NOVEMBER 3 – 18

Friday and Saturday, 7:30 pm | Sunday, 2:30 pm

About us: Trinity Street Players is an all-volunteer, nonprofit community theater committed to providing high quality, thought-provoking, and entertaining stage productions in the heart of downtown Austin.

"Trinity Street Players is the most accomplished community ensemble in the greater Austin area." -- Michael Meigs, Austin Live Theatre



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Fire Roasted Hatch Green Chile & Jalapeno Pulled Pork Sliders



by the Four Points Foodie

FIRE ROASTED CHILE AND JALAPENO INGREDIENTS:

- 5 Hatch Chiles
- 5 Jalapenos
- 1 paper sack

Directions: Over a high flame on the grill, char and blister the skin of the chiles and jalapenos. Place in the sack to steam. Once cool, peel the charred skin. Split open, remove seeds and chop.

PULLED PORK INGREDIENTS:

- | | |
|---|---|
| • 2 lb boneless pork shoulder
roast, trimmed | • 1 T olive oil |
| • 1 t paprika | • 1 C apple juice |
| • 1 t ground cumin | • 1 C Woody's Sweet BBQ
Sauce |
| • 1/2 t ground cinnamon | • 1 T finely chopped chipotle
peppers in adobo sauce |
| • 2 T salt | |
| • 1 T cracked black pepper | |

Directions: Combine dry ingredients and rub over trimmed pork should roast until ready to cook, a day in advance. In a large crock pot insert or regular pan, heat olive oil and sear roast on all sides. Add apple juice and simmer, again in either the crock pot or on the stove top, until the pork is very tender. Drain as much fat off the top as possible, then remove and shred or "pull". Return to the crock and finish with the Woody's Sweet BBQ Sauce, chipotle in adobo sauce and keep warm until ready to serve.

To assemble: Toast slider buns on a hot griddle with a bit of butter. Add the pulled pork and top with a mixture of the fire roasted chile's and jalapeno's. Slap the top on it and devour! Perhaps you could add a slice of jalapeno jack cheese, but it's not necessary!

RIVER REVIEW

Seven Business Networking Groups in the Area

ARE YOU LOOKING TO GROW YOUR BUSINESS IN 2012?

If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:

STEINER RANCH REFERRALS BNI GROUP

Meetings are on Tuesday mornings from 8:00am to 9:30am at Uncle Billy's at the Oasis. Visitors are welcome! If you are interested please contact Michael Bennett at michael@bennett-tech.net for more information or visit www.BNIAustin.com.

FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For information about participating in upcoming events or membership benefits visit www.fourpointschamber.com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber.com.

NETWORKING NORTHWEST AUSTIN

Networking Northwest Austin is expanding its member base of businesses in our area. We believe in business by referrals and having a limited member base. We have a caring, positive, involved group of people who wish to build their businesses using the strength business referrals. No fees. Business education and speakers. Networking Northwest Austin meets on the second and fourth Mondays at 11:30 at Cheddars HWY 183 and Anderson Mill Rd. Visit <http://www.meetup.com/NetWorking-NorthWest-Austin/>

YOUR LOCAL CITY

Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 am at Lakeside Pizza and Grill located in the Shops at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.

LAKEWAY NETWORKING, INC.

We are a diverse group of business professionals in the Lake Travis area, helping our members grow their businesses through qualified referrals. We meet every Wednesday at 8AM at Santa Catarina, 1310 RR 620 South, in Lakeway. Come visit us and see how your business can benefit by being a member of Lakeway Networking. For more information, please contact Kelly Connor at kellyconnor@austin.rr.com or 512-736-2495.5.

STEINER RANCH MARKETERS

Your boss thinks what you do is voodoo, your spouse thinks your work reflects the latest Mad Men episode, and your kids fear following in your footsteps; growing up to work a cube (unless you are lucky and work from home - then you work on the computer). Fear not! We can find solace in one another. We're a friendly bunch by trade and we excel at networking by nature so why aren't we?! Join us for a respite from the daily grind and a chance to get to know other marketers in Steiner Ranch: meetup.com/Steiner-Ranch-Marketers Questions? paul@seobrien.com.

A+ REFERRALS BY THE LAKE BNI (LAKEWAY)

BNI is a professional business networking group that helps you build a team of partners to market your business. Come join us on Mondays from 11:30-1:00pm at Fore in Lakeway. Lunch is \$10 and visitors are welcome. Please feel free to contact Kimberly McLaughlin at kimberly@LaHaPro.com or visit www.BNIAustin.com for more information.



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PET CORNER

CAN I GIVE MY DOG THANKSGIVING SCRAPS?

Submitted by Kristen West

We know it's tempting, but most Thanksgiving scraps are not safest treat for your pets. Cooked turkey bones are a big no-no as they can splinter and result in a trip to pet ER. Additionally, overindulging your pet in other fatty foods can lead to stomach upset, diarrhea or even life-threatening pancreatitis. Other items to avoid are onion, sage, garlic ... and please, don't ever give your pet alcohol.

If you can't turn away from those puppy-dog eyes, a bite or two of pet-safe veggies like plain broccoli, sweet potato or carrots, or a small taste of plain turkey is usually OK. Put the treats in a Kong or other puzzle toy while you sit down to eat with your family so that your furry begger is happily preoccupied!



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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

In the Neighborhood? Let's Get to Know One Another.

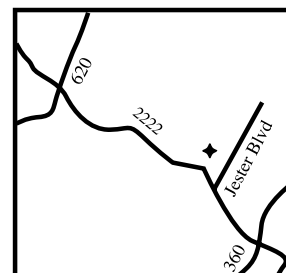
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Why Knowing About Kilowatt-Hours Can Help You Save Money

By Chris Lee

Let's all admit it - we've all taken electricity for granted. As soon as we were young enough to reach the light switch to turn on the lights, we've never thought about electricity since it's been integrated into our lives as a basic necessity. By understanding a little bit about a Kilowatt-Hour (kWh) of electricity use, you'll more easily measure and compare the costs to operate your appliances in order to figure out how you can save some money.

The concept of kWh is difficult to visualize since most of us have forgotten the details of our high-school physics class (for those of us that actually took high school physics). Power, energy, time?...how can we define kWh? If you turned on twenty 100-watt lightbulbs in your house and left them on for 1 hour, you would have used 2 kWh (20 lightbulbs x 100w x 1 hour = 2000 watt-hours). And if you used your clothes dryer for an hour and your dryer is rated at 5000 watts, then you used 5 kWh (5000w x 1 hour). While each family uses electricity differently based on their living habits, here's a website that will give you an idea on energy use of common household appliances. Caution: the dollar figures used in this chart are based on \$0.07 per kWh instead of the typical \$0.10 per kWh in Texas:

www.glendalewaterandpower.com/rates/appliance_operating_costs.aspx (Shortened: <http://goo.gl/kCclA>)

So if you looked at your energy bill, you'll see that you're paying for the amount of kWh's that you and your family use. By knowing the concept of kWh you'll be able to more easily correlate your energy use to your energy bill and therefore be able to do more to save money. To help you save energy and therefore more money, here are some resources with helpful energy saving tips:

www.takealoadofftexas.com/index.aspx?id=energy-efficiency-tips
(<http://goo.gl/meydE>)

http://energy.gov/sites/prod/files/energy_savers.pdf (<http://goo.gl/u3fuE>)

I hope you've understood the basics of a Kilowatt-Hour and how it's measured to help you see your energy usage. If you have any questions about this, please ping me at leec89@gmail.com.



The advertisement for The Children's Center of Austin features a large rainbow graphic. In the top left, a cloud contains the center's logo. To the right, the text 'Now Enrolling' is written in a cursive font. Below the rainbow, the text 'Offering 3 Convenient Austin Locations!' is displayed. Three locations are listed: Steiner Ranch, Jester, and Bee Caves, each with its address, city, and phone number. At the bottom left is the website URL. On the right side of the ad is a photograph of three smiling children.

SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to riverreview@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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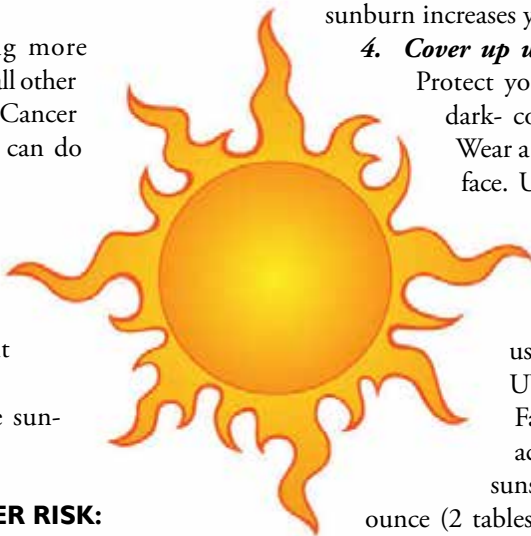
Skin Cancer Screenings, Prevention Tips

By Adam J. Mamelak MD, FRCPC, FAAD

Skin cancer is on the rise, affecting more Americans over the past three decades than all other cancers combined, according to the Skin Cancer Foundation. The good news is that you can do much to prevent it.

"The danger in skin cancer is gravest when it goes undetected," says Dr. Adam Mamelak of Sanova Dermatology in Austin. "It is extremely treatable, and in a large sense preventable when caught early."

To help reduce your risk, follow these sun-smart practices.



7 WAYS TO REDUCE SKIN CANCER RISK:

1. See your physician every year for a professional skin exam. Regular total-body checkups are the best way to make sure your skin is healthy and stays that way. The American Academy of Dermatology recommends annual skin exams. You can receive a FREE skin cancer screening through 2012 at Sanova Dermatology, 12319 N. Mopac in Austin. To schedule your free screening, call (512) 837-3376; no purchase or insurance coverage is necessary.

2. Avoid tanning and UV tanning booths. Even occasional sunbed use almost triples your chances of developing melanoma, the deadliest form of skin cancer. Young people – including teenagers – are especially sensitive to the ultraviolet radiation from tanning booths.

3. Seek the shade and do not burn. Stay in the shade especially between the hours of 10 a.m. and 4 p.m., when the sun's

rays are often strongest. Avoid getting burned; even a single sunburn increases your risk of developing melanoma.

4. Cover up with clothing and UV-blocking sunglasses.

Protect your skin with densely woven and bright- or dark-colored fabrics, which offer the best defense. Wear a hat with a brim of 3" or greater to protect the face. Use wraparound sunglasses that block 99-100% of the sun's UV rays, which helps prevent cataracts and melanomas of the eye.

5. Use a broad spectrum (UVA/UVB) sunscreen.

Every day, year-round, use broad spectrum sunscreen with UVA and UVB protection and an SPF (Sun Protection Factor) of 15 or higher. For extended outdoor activity, use a water-resistant broad-spectrum sunscreen with an SPF of 30 or more. Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every 40-80 minutes or immediately after swimming or excessive sweating.

6. Help protect children from sun damage. Keep newborns out of the sun, since their skin possesses little melanin, the pigment that provides some sun protection. Sunscreen should be used on babies over the age of six months. Make sure your children are well-protected with clothing, hats, sunscreen and sunglasses. Ask the pediatrician to examine your child's skin thoroughly as part of a yearly check-up – especially important for those with fair skin, light eyes and hair, and those with a family history of skin cancer.

7. Examine your skin head-to-toe each month. Look for skin changes and let your doctor know about any sore that does not heal or spot that changes in size, texture or color.

Adapted from the Skin Cancer Foundation

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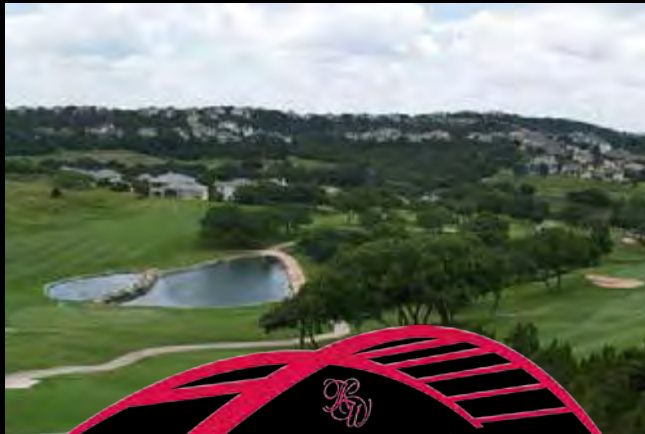
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