

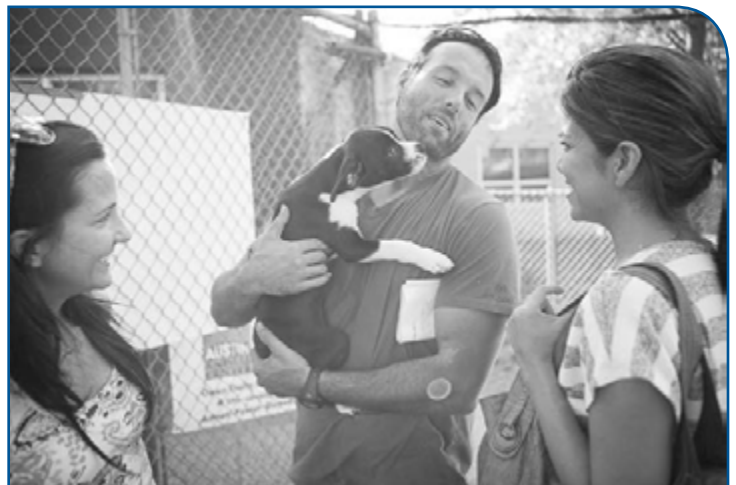
Think Adoption

by Sarah Bremer

As I walked through the Dog Adoption Center at Austin Pets Alive for the first time a month ago, I admit that I was nervous about what I would find when I entered the external hallways housing the organizations adoptable dogs. Nervous because the last time I visited the animal center at Town Lake Austin was still a kill city and the experience left me worried and anxious about whether or not the animals I came into contact with would still be alive the next day. I took a deep breath and walked through the bright red door.

On the other side I found a large open courtyard with several fenced in play areas, each occupied with potential adopters getting to know one of the organization's adoptable dogs. Encouraging staff and volunteers hustled from one part of the courtyard to the next tending to the needs and nourishment of the 150 (give or take) dogs housed at APA's Town Lake Center. I took my time and walked through each part of the dog adoption area- observing the color coded signage (green for walkable and red for adoption counselor assistance) and short vignettes describing each dog. I paused at the pen holding "Barbie" and read her story carefully. She is a nine year old pit mix whose family of seven years had recently moved on without her; she had spent her first few nights in the shelter trembling. My heart broke. I put my hand to the chain linked gate fence, a small effort to ease her anxiousness. It was greeted by a cold nose that timidly sniffed at the flesh of my overturned palm. Gradually that shy initial contact gave way to tongue licks and tail wags. There are so many stories and so many animals looking for homes. I breathed a sigh of relief – Barbie would still be alive tomorrow. So much hope. But, hope that needs constant tending by the community – a hope sprung from donations, volunteers, foster families and, perhaps most importantly, adopters.

Adoptions are the bread and butter of animal rescue organizations like Austin Pets Alive. The best possible outcome is to see animals find good, loving forever homes so that more animals can be rescued – and in APA's case, particularly from shelters where adoptable pets are at risk of euthanasia. In putting together the photos for this essay, I was



(Continued on Page 3)

The Forum

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The event is for boys, grades 2-8 and girls of all ages. We'll have equipment on hand or bring your own if you have it.

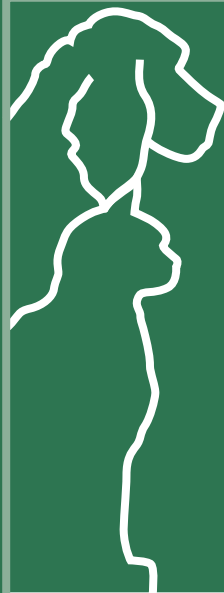
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Think Adoption (Continued from Cover Page)

privileged to speak with several individuals and families considering adoption from Austin Pets Alive. I met one family who had recently lost their young boxer. They weren't sure they were ready for a new pet, but they were at least ready to start looking. I talked with one couple who were excitedly adopting an 8 week old puppy – a sibling for their 14 month old dog and their second adoption from Austin Pets Alive. I had the pleasure of photographing them as they met their puppy for the first time. I met a single mom looking for a dog that would be able to keep up with her nine year old son. I made the acquaintance of Max, Sasha and Katie who were excitedly waiting with APA foster parents, Monica Delgado and Chelsea Ruiz, for their mom to complete the adoption paperwork for Butterfly. The people I spoke with had any number of reasons for adopting a pet, but the two (perhaps the obvious two) that stood out were to save a life and to be a part of something larger than one person or one animal.

With cold weather moving in, the holidays fast approaching and recent funding and inspection issues for Austin Pets Alive (for more information, visit <http://www.austinpetsalive.org>) the organization hopes that you'll be interested in adoption as a way to grow your family. The adoption process is informative and thorough and any one of the organization's adoption counselors will enthusiastically and empathetically guide you through the process. For APA, one

adoption is one more life that can be saved and one more step to maintaining Austin's No Kill Status. If you're looking for a new pet, consider stopping by APA's Town Lake Animal Center or any one of their off-site adoption locations. Counselors will work with you to find a pet that matches your needs and personality, advise you on everything from veterinary care to potty training, work with you to address any behavioral concerns that may be facing your potential companion and provide you with phone numbers to offer you assistance of all kinds.

If you're contemplating a new pet for your family, consider adoption and consider Austin Pets Alive. Save a life. Be a part of something BIG.



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Poised Or **POISONED?** *Teen Girls in Transition*

By Sugandha Jain,

Master Registered Texas Trainer and Director of Accreditation at a local preschool

What are Alpha Girls?

The term comes from a 2006 book of the same name by Dr. Dan Kindlon, a child psychologist at Harvard University. Dr. Kindlon interviewed nearly 1,000 girls, in 6th through 12th grades, before writing the book. In it, he describes Alpha Girls on the cusp of incredible achievement.

Statistics released by the National Assessment of Educational Progress (NAEP), from studies conducted by the U.S. Department of Education, seem to bear this out in terms of academics. Girls consistently outperform boys in reading and writing: the 2004 NAEP reading scale results show that girls' outscore boys by five points at age nine, 10 points at age 13, and 13 points by age 17. Young women also head to college in larger numbers: they currently encompass 58% of students enrolled in two- and four-year colleges.

"Young women are achieving more than young men," says Dr. Linn Goldberg, a professor of medicine at Oregon Health and

Science University. Dr. Goldberg has conducted extensive studies on drug and alcohol use among adolescents. He says girls simply aren't falling prey to the same pitfalls as boys. "They are less likely to be deviant and be engaged in many harmful behaviors, such as substance use and abuse," he says. "[Or] be involved in altercations, be arrested, among other maladaptive actions."

What's more, says Dr. Kindlon, is that girls aren't just succeeding, they're doing so in a psychologically healthy manner.

"Today, we have a generation of girls who have more psychological skills to play both the feminine roles and the roles that men played in the past," says Dr. Kindlon. "They are poised to do great things."

How Can Parents Respond?

Parents of Alpha Girls likely are proud when their daughters exhibit high achieving traits; some may think their girls aren't prone to any particular problems. Either way, it's important for parents to convey

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Traveling with your pet over the holidays?

Here are some tips that will help make your drive smooth sailing.

Submitted by Kristen West

- Take your pet on short trips prior to the big day to let him get used to traveling by car.
- Keep your pet safe in a secured, well-ventilated crate or carrier. It should be large enough for your pet to stand, sit, lie down and turn around. Letting him have free range in the car not only puts him at risk, but it also poses a risk to your family if you were to stop suddenly.
- Never let your dog travel in the bed of a truck. Even if he is secured on a short line to prevent him falling or jumping out, your pet can experience discomfort from the weather and wind or sustain injury from debris.
- Feed your pet three or four hours prior to departure and avoid giving him any food or treats in the car.
- Never leave your pet in a parked vehicle, which can quickly become a furnace and cause heatstroke, even with open windows. In cold weather, the car holds the temperature like a refrigerator.
- Your pet's microchip should be up-to-date and he should be wearing a flat collar and ID at all times.
- Bring a bowl and extra water in case you get stuck in the inevitable holiday traffic jam!
- Take lots of breaks to let your pet stretch his legs and relieve himself. It's a great excuse to do some sight-seeing or pick up a fun treat for yourself!

Poised Or Poisoned (Continued from Page 4)

the message that girls don't have to be "perfect" to be successful and happy in life.

Teaching girls media literacy—how to evaluate the information they receive through television, magazines and other media—is one way to help them combat potentially harmful messages. Several organizations offer parents tools to do this, including the Center for Media Literacy (www.medialit.org) and Commercial Alert (www.commercialalert.com).

Parents also have to be vigilant about being models of appropriate body image. This means mothers, in particular, have to mean what they say when they talk with their daughters about their bodies. A mother shouldn't in one breath tell her daughter she is perfect and beautiful, then in the next make disparaging comments about her own body, says Ms. Martin.

Most important: parents should focus on their daughter's well being as well as her achievements—and consistently convey the message that there are myriad ways to be successful in life.

"Help your daughter develop her potential," says Dr. Diane Halpern, a psychology professor at Claremont McKenna College in California and the author of *Sex Differences in Cognitive Abilities*. "The only way parents can do that is to make sure that their daughters have a wide range of opportunities and know what their choices are."




Photo by Lourdes Imaging

Sandra Esparza, MD
Family Practice

Ramon Esparza, MD
Pediatrics

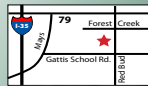
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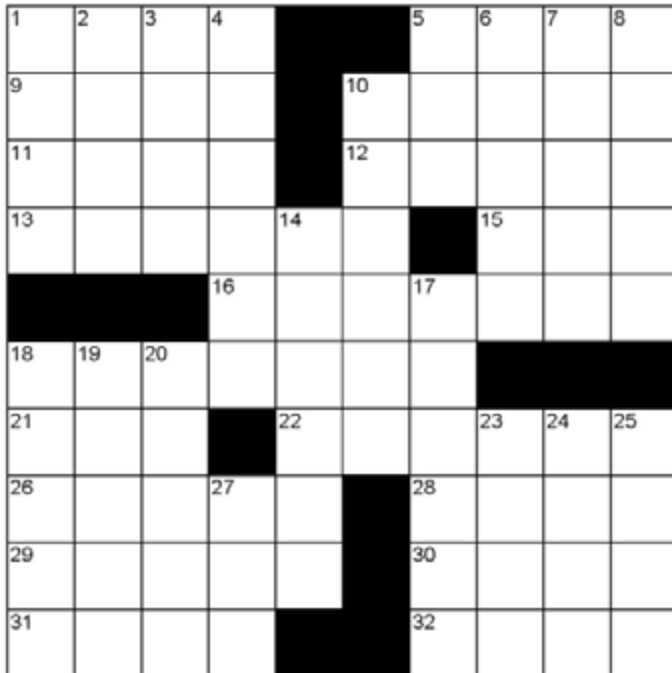
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Directions: Preheat the oven to 400 degrees. Cream butter with 1/2 C powdered sugar and vanilla in a large bowl. Stir in flour, nuts and salt until the dough holds together. With clean hands, roll dough into 1 inch balls and place about 1 inch apart on an ungreased cookie sheet. Bake 10 - 12 minutes or until set but not brown. Remove from cookie sheet, cool slightly, then roll the warm cookies in powdered sugar. This makes about 40 cookies.



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The Forum

Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco

Owner, Manager and Director of Tennis
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HOW TO EXECUTE THE FOREHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand and a one-handed backhand. In this issue, I will give you instructions on how to execute a forehand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Camille Palafox demonstrates the proper form and technique. Photos by her husband Charlie Palafox.

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 next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the

incoming ball, the back swing is very short. The right arm should take a short turn and the head of the racket should align to the flight of the ball. The right wrist should be "cocked" back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Camille to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The left arm should be close to the body.

Look for in the next Newsletter: The Two-Handed Backhand Volley



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