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The Family Magazine

JUMP!

**8th
Issue**

JULY 2007

FREE

Apologize? Me?

**Planning for
College.**

Independence Day Recipes



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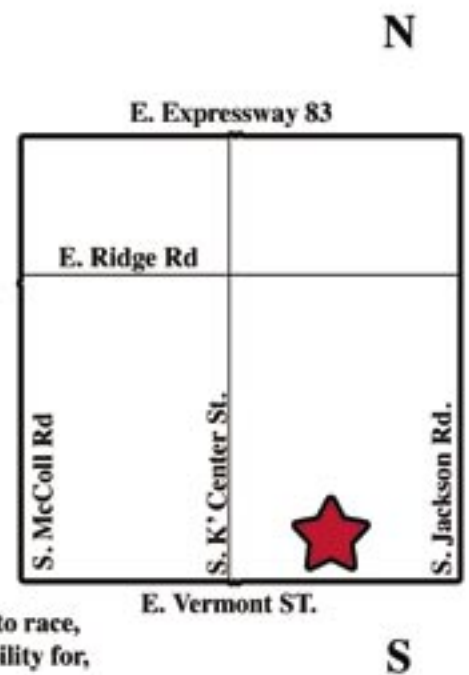
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Welcome to JUMP! The Family Magazine!

As I visit with people or give them information about our magazine, I can't help but think what a great world it is. Be it the person that wants more information about advertising to the one who wants to contribute in some way to JUMP! Then there are other nay-sayers who wonder when this magazine will fold or don't wish us well. We need and want them all. They all challenge us to do better! To succeed, we need commitment—commitment to our beliefs and at JUMP!, we are steadfast and resolute in our core beliefs of traditional family values and the bonding of families for a lifetime, based on strong personal and family commitments. Being a role model is not easy at times. We all fail and have shortcomings, but our children and families must see us as human also. This month, read the article on the Power of an Apology. Yes, there comes a time when we as adults may need to apologize to one of our young ones or a friend or.... Speaking of failing, how many of our kids "failed" to pass TAKS or let us down in some way? Let's question ourselves. Was it something we as parents didn't do? Was it non-involvement on our part or just believing that because our kid is older that they don't need us anymore? Did we check on homework? How many of their teachers did we know by name? Did we visit the teacher regularly or keep in touch via e-mail? Did we know what our kids needed to know? I always say that it doesn't matter what we did yesterday (most of the time), what matters is what we do from today on. So, from today on, let's get more involved! Take advantage of "teachable moments" and it won't seem like you are lecturing. Those of us that have "great" kids, take care that the communication is still there. Good kids mess up, too, at one time or another. It's July. It's hot, but don't we live in the greatest county in the world? So let's teach our kids to sing Our National Anthem and to appreciate everything this great country has given us. Celebrate the 4th of July with depth of meaning and love for this great country of ours—don't just gape at all the fireworks in the sky. Pray for and thank a soldier for our freedom.

*-Betty J. Ramirez, B. A., M.Ed,
jumpmagazine@aol.com*

What Our Advertisers Say:

"Jump Family Magazine has been such a welcome success.. I was fortunate enough to have been featured in JUMP! The Family Magazine as a local artist. Taking advantage of this spot in the magazine, I also placed my business ad just below it in hopes of drawing in a few new customers; and, to my pleasant surprise, I'm now booked thru the summer for Realistic Creations Portrait Babies. If I had known this magazine had this much impact on the target market for my hand-made dolls, I would have advertised in JUMP! much sooner! Thanks goes to the entire JUMP! team for knowing their stuff when it comes to having a fantastic publication that really works "
Suzie Hill /Artist for KissNKarry

"I am telling you that I have received so many calls for my business--the 1st two weeks over 25 calls." This month has generated more calls. Sometimes, I will be talking to one client, and another call is coming in. I had advertised in other magazines and got no calls. I see this magazine in so many places and we are going to stick with you!"
John Garza/Jumping Jags Moonwalks



On the cover: Isabella
Photo by Alexine

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Apologize? Me?

...but I didn't do anything! Why should I apologize? And, maybe you shouldn't...just yet. An apology needs to come from the heart. When we apologize we need to mean it, but lots of things get in the way sometimes. Is it pride? Are we afraid of losing face? What if the other party will not accept the apology? Do we think that by apologizing we are giving in, and, therefore may be perceived as a sign of weakness? Are we full of self-righteousness that we cannot or will not apologize? Sometimes, all of us say hurtful things and when we realize we did wrong, we sincerely apologize. If all goes as it should, then things will be settled.

When we were little kids, my Dad made us hug after a fight. That felt so awful because we were still mad and had not worked things through. But, we did it be-


cause he was our Dad and always the authority figure in our home. What he said, we did. That hug didn't fix things. Sometimes, more time is needed to process our thoughts or talk things out.

Some of us have too much pride to say "I'm sorry" or "I apologize." So, we let things go unsaid, or not discussed and these things build up to a "straw that broke the camel's back." Some of us fear apologizing because we see it as a sign of weakness. Actually, it takes a lot of guts to apologize, sometimes for the sake of peace—and, very more so if it was something quite minor. The harm's been done, but at least we can help restore the dignity of the other individual. But, if the other person refuses to accept your apology, be ready to admit that you erred to begin with and that they are not yet ready to



forgive. If they flatly refuse, hopefully, eventually they will accept your apology. Forgive them and move on with life.

A sincere apology, to be effective, must be just that—sincere. Apologize as soon as possible and hear the victim out. Make up for the harm you have done and learn a lesson from the experience. The idea is to restore harmony. ■



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Keeping It Clean

Submitted by
US Centers for Disease Control & Prevention

Handwashing is one of the most important means of preventing the spread of infection.

Handwashing--rubbing your hands together with soap and water--reduces the spread of germs from one person to the next. According to the US Centers for Disease Control and Prevention, handwashing is one of the most important means of preventing the spread of infection.

If you track when you wash your hands you may find it is not as often as you think. A recent survey found that 94% of Americans say that they always wash their hands after going to the bathroom but observations in public restrooms show that only 68% of adults did so.

Why should you wash?
Germs are so small that you cannot see them. A few of them can cause illnesses like diarrhea and colds as well as more serious, and life-threatening, diseases.

Washing your hands correctly, greatly reduces the chances of spreading germs. Disease-causing germs can enter your body when your unwashed hands touch your nose, mouth, and open wounds. Some of those germs may have changed to protect themselves against an antibiotic, which is called antibiotic resistance.

While your health care

providers have a professional responsibility to wash their hands, it is important that everyone make handwashing a personal priority.

When should you wash?
Before you...

- Prepare or eat food
- Treat a cut or wound or tend to someone who is sick
- Insert or remove contact lenses
- After you...

- Use the bathroom
 - Handle uncooked foods, particularly raw meat, poultry or fish
 - Change a diaper
 - Blow your nose, cough or sneeze
 - Play with or touch a pet, especially reptiles and exotic animals
 - Handle garbage
 - Tend to someone who is sick or injured
- How should you wash?**
How you wash your hands is just as important as when you wash them, especially when it comes to eliminating germs. Just rinsing them quickly is not enough. When you wash your hands:

- Use soap and warm, running water
- Wash all surfaces thoroughly, including wrists, palms, back of hands, fingers and under the fingernails
- Rub hands together for at least 10-15 seconds

When drying, use a clean or disposable towel if possible, and pat your skin rather than rubbing to avoid chapping and cracking
Apply hand lotion after washing to soothe your skin and help prevent drying. ■



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IT'S NEVER TOO EARLY TO BEGIN

PREPARING FOR COLLEGE

Maryiel Garcia • College Admission/Scholarship Specialist • Nikki Rowe High School McAllen, TX

Most colleges and universities will look at several things when deciding on your admissions. Your college entrance exams (SAT/ACT), class rank, grade point average, community service hours and extracurricular involvement/work experience are what admissions' committees will look at when deciding on your admissions status. The earlier you get started, the better.

It is very important that you maintain a good GPA (grade point average) beginning with your freshman year of high school. It is also a very good idea to take rigorous courses offered such as AP (Advanced Placement) or Pre-AP.

Joining clubs/organizations and participating in community service projects is very important. This will show that you are actively involved with your school and/or community and not just spending your free time watching T.V. or surfing the net. It is a good idea to keep all of the activities you have been involved with (beginning with grade 9) in a folder or binder. You will need all of this information when you begin applying not only to colleges/universities, but also for scholarships. ■



Bet you didn't know...Animal Terminology



What do you call a group of owls?

A Parliament.

What do you call a group of Finches?

A Charm.

What do you call a group of hares?

A down or husk.

What do you call a group of hounds?

A cry, mule, pack.



Relationships

Rebuilding a Marriage After Infidelity

When betrayal rocks a marriage, a tremendous battle ensues before the relationship can be restored. If the straying spouse repents, some counselors pressure the faithful spouse to quickly forgive. While it's true that forgiveness is necessary for a successful marriage, there are a number of other hurdles that must be crossed as well. The burden of forgiveness can be lightened when both spouses find a way over these obstacles.

For example, when the faithful spouse learns of the adultery, a barrage of questions floods the mind. Why did you stray? When did it start? How could you do this to me? If the repentant spouse responds with honesty and humility, arguments are often reduced. Over time, transparency can soften the heart of the wounded spouse and help build room for forgiveness.

The Dance of Restoration (AMG Publishers) takes a close look at the

anatomy of the restoration process. By creating a mini-novel inter-

persed with explanation, the authors gently help couples and their counselors navigate the path toward restoration. The message of the book is clear: healing is not easy, but it is possible. Marriages can be

restored.

Melodie Fleming (M.A.) is a graduate of Southwestern Baptist Theological Seminary. She co-authored The Dance of Restoration with Licensed Professional Counselor Abel

Ortega, founder of Ortega and Associates Christian Counseling. Fleming is the wife of Pastor Tom Fleming, Trinity Baptist Church, McAllen. She teaches writing at Covenant Christian Academy, also in McAllen. ■



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Local Cuisine Ma...What? MACHITOS!!

This is all you ever wanted to know about machitos, but were afraid to ask.

Machitos are made with cabrito, or young goat. The store-bought variety Machito may contain heart, liver, bofes (lungs), and lots of fat. This home-made variety is made with pieces of cabrito and little bits of liver. They are wrapped in the tela or the sack that holds

the cabrito's stomach and contains some fat. One cabrito tela will make about 4 machitos. Faucet water is forced into the cabrito tripas (intestines) to clean out the contents, then they are used to wrap the machito together. Machitos are boiled and then grilled in an open pit

or the oven. They are sliced and delicious, especially in a, just off the griddle, tortilla casera. (homemade)! Of course, Pico de Gallo makes it taste even better! These yummy machitos were made by Rinaldo Ramirez. ■

Step 1: Place cabrito meat in tela.



Step 2: Wrap the pieces of meat.



Step 3: Wrap tripas around it.



Step 4: Place finished wrap in the oven and bake.



Chocolate Leaves

These are perfect for decorating flowers on any cake!

Ingredients:

Mint, Rose or any other non-toxic leaves
1 teaspoon vegetable shortening
1/2 cup semi-sweet chocolate chips

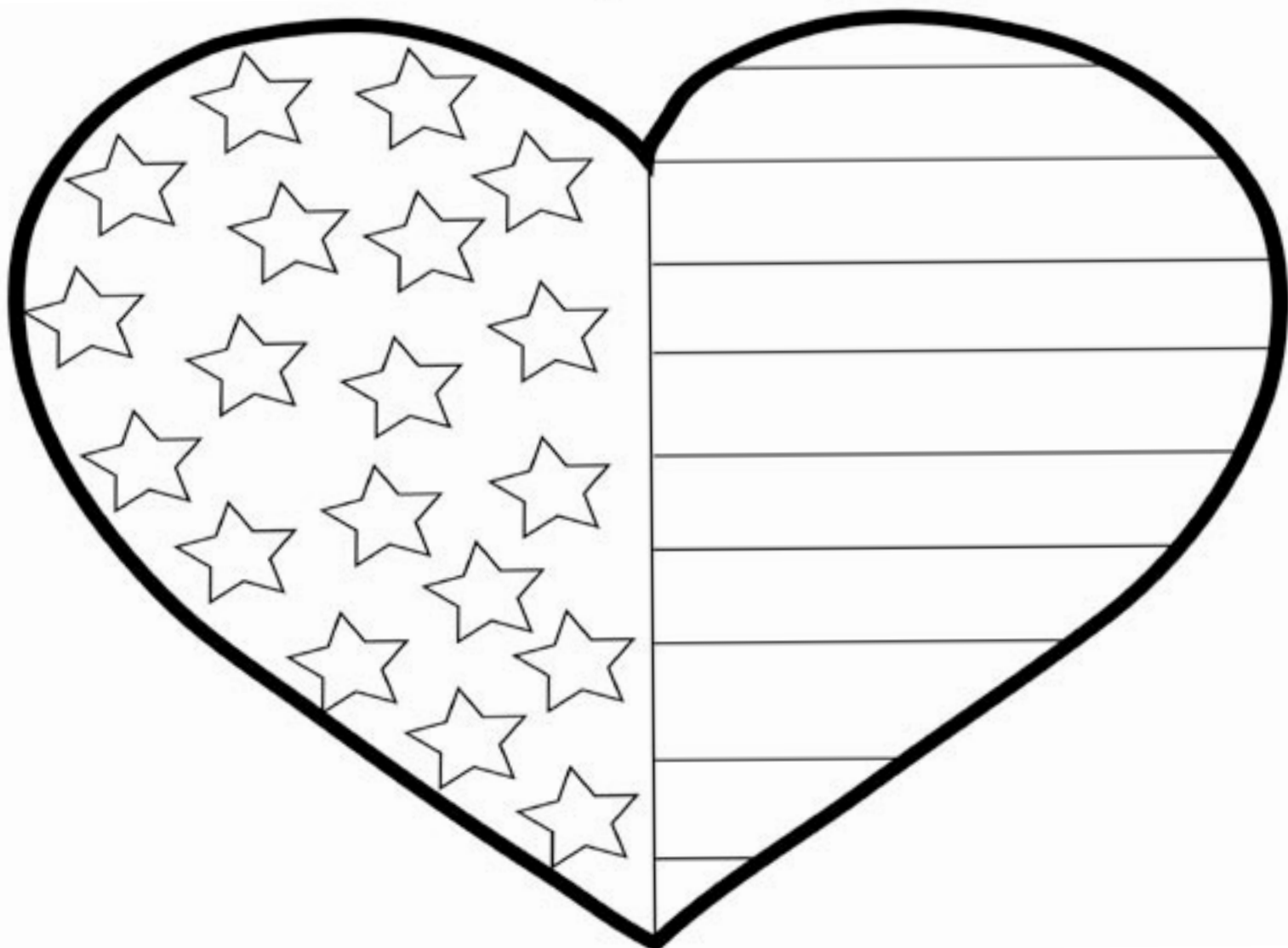
Instructions:

Wash the leaves under running water and pat dry. In a small microwave-safe bowl, melt chocolate chips and shortening, about 45 seconds on high. Brush melted chocolate onto the backs of the leaves with a soft-bristled brush. Do not let chocolate drip over the edges of the leaves. Place leaves on waxed paper and refrigerate until firm. Peel the leaves carefully from the chocolate. ■





HAPPY BIRTHDAY U.S.A.!



The Texas Horned Lizard

by J. Lee Rami

...AKA Horny Toad

Have you ever seen a Texas Horned Lizard in the wild? If you grew up here in the Rio Grande Valley and most parts of Texas, then you most likely have. They are fascinating and misunderstood reptiles. They are also in very real danger of becoming extinct.

The Horned Lizard is affectionately known as the horny toad. This is most likely due to the round, toad-like belly and the many horns it sports throughout its body. They may look sharp but they are rather soft. Since it is a reptile, it can be spotted outdoors sunning itself on these hot, balmy Rio Grand Valley days. At night or when cold, they will dig themselves into the dirt or sand. Horny toads are notorious for spraying blood when they are threatened. The blood squirts out from their eyes. Many people don't believe it since they

have never seen them do this no matter how many times they handle them. This is their defense against a predator, their biggest danger being hawks.

Horny toads are not seen much anymore. They were numerous about 40 years ago then they started disappearing. According to Texas Monthly, this may be because their food source, harvester ants, is poisoned. The construction of many homes has taken away their habitat. Another problem is that they like roads and highways. They sun themselves on the warm asphalt not knowing that ve-



hicles will run over them. Many other species of lizards will run when seeing an oncoming car, but horny toads freeze when there is danger. Since they are no longer in large numbers, they need to be protected. They cannot be kept as pets since they die away from their habitat.

Next time you see the environmentally concerned citizens with a picture of a horny toad on their license plate, remember to take care of and protect these gentle critters. ■

For more information on protecting the Texas Horned Lizard, please visit the Texas Parks and Wildlife web site at www.tpwd.state.tx.us

Riddle Me...Go Ahead!

Days of the Week

Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

Word Play

What can be heard and caught but never seen?

1. Yesterday, Today and Tomorrow 2. A remark



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CINDY'S CRAFTY CRAFTS

by: Cindy Ponce

Patriotic Snacks for the 4th of July will make a tasty treat for the whole family.



Patriotic Strawberries

- Strawberries
- White Chocolate
- Blue sprinkles or patriotic sprinkles
- Wax paper

Wash strawberries and dry them well. Heat the white chocolate according to package directions. Dip the strawberries three-fourths of the way. Carefully dip the lower third of the strawberry into the blue sprinkles. Let dry on wax paper.

Patriotic Fruit Snacks

- Bananas
- Strawberries
- Blueberries
- Toothpicks

Wash and dry fruit. Slice banana, 1/2 inch, slice strawberries in half. Place banana then strawberry half, finally top it with a blueberry and tooth pick.

JUMP! SUPER WORD SCRAMBLER!

Hint: It's all about summer

1. dgaysdo _____
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3. ader _____
4. vnoticaa _____
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1. dog days 2. cicadas 3. read 4. vacation 5. growth spurts 6. relaxing 7. swimming 8. ice cream 9. barbecues 10. hot hot hot

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Quinta Mazatlan - 10:00 a.m. to 12:00 p.m.,
Children ages 7 to 13 - \$5.00 per person. No advance registration required. Call (956) 688-3370 to register a group or visit www.quintamazatlan.com

Nature's Kaleidoscope Camp - Flying Wild
Tuesday, July 17th 9 a.m. to 12:30 p.m. at Quinta Mazatlan

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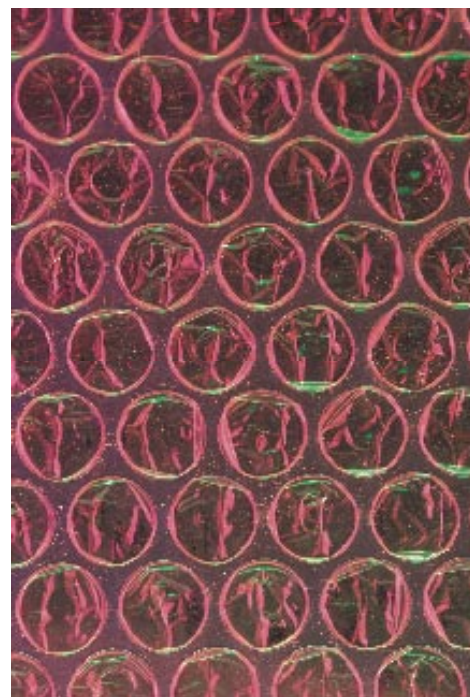
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Cute Quotes

"I'm so poor, I can't even pay attention!"

"I get plenty of exercise!

** I jump to conclusions.*

** I push my luck.*

** I dodge deadlines!"*

"I don't have a solution, but I sure admire the problem."

"I don't suffer from stress. I am a carrier!"

"Hard work has a future payoff. Laziness pays off now!"



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