



FOR YOUNG USAA MEMBERS

Fall 2007 / Issue 46

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TIPS TO SQUASH SIBLING SQUABBLES

GAME: CROWDED STADIUM MAZE

BALANCING ASTHMA AND TRACK

QUIZ: HOW DO YOU FACE OBSTACLES?

CHEF FOR OLYMPIC-SIZED APPETITES

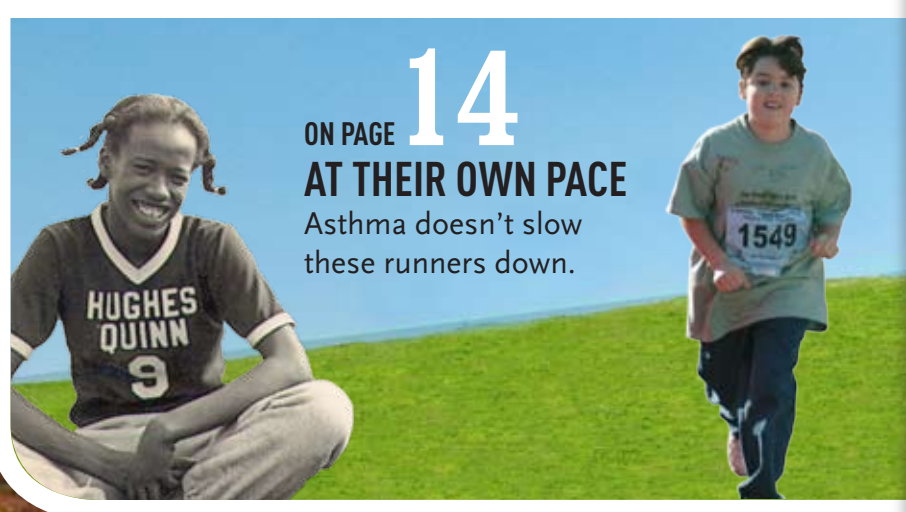
SHARING THE CHALLENGE

**U MAG FAMILY PLAYS TOGETHER
AND STAYS TOGETHER**



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It's all about rising to challenges



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Asthma doesn't slow these runners down.



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COVER PHOTOGRAPHY BY KEMP DAVIS

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THIS FALL

SEPTEMBER

National Coupon Month

If your family uses \$3 worth of coupons every week at the grocery store, how much will you save in one year?

ANSWER: \$156

1 2 3

Labor Day



4 5

13 14 15 16 17 18

6

Read a Book Day

Last year, 547,826 students from 28 countries worldwide broke the world record for the most people reading aloud simultaneously in multiple locations.

19

Talk Like a Pirate Day

Ahoy, matey! Tonight, challenge everyone in your family to talk like pirates.



7 8

9

Grandparents Day

Address your grandma as *Nonna* and your grandpa as *Nonno*. Congratulations, you're speaking Italian.



11

Patriot Day



12

Video Games Day

Researchers found that doctors who spend at least three hours a week playing video games are more skillful surgeons.



10

27

Ancestor Appreciation Day

Track where your ancestors came from. Go back as far as you can by asking your parents and grandparents about your family history.

28 29 30



16

Learn a Word Day

Try to pronounce pneumonoultramicroscopicsilicovolcanoconiosis. At 45 letters, the word, which refers to a lung disease, is the longest word in any English language dictionary.

OCTOBER

Children's Magazine Month

What would you like to read about in U Mag? E-mail answers to umag@usaa.com.

1 2 3 4 5

World Smile Day

Smiling is easy: It takes 17 muscles to smile, but more than 40 to frown.



6 7 8

9

Fire Prevention Day

Create a family fire escape plan that includes two ways out of every room in your house and a meeting place for your family outside.



10 11 12 13 14 15



17 18 19 20 21

22

National School Bus Safety Week

How do bees get to school? By school buzz.



23

24

25

26



27-28 Annual Marine Corps Marathon Weekend in Washington, D.C.

Turn to page 14 to meet a U Mag reader preparing for Healthy Kids Fun Run on Oct. 27. On page 6, read about a USAA family who volunteers at the marathon on Oct. 28. USAA is sponsoring both events.

29 30

31 Halloween



NOVEMBER

Aviation History Month

Historic military aircraft are called warbirds. The most famous is the North American P-51 Mustang, the U.S. World War II fighter plane. To learn about aviation history, attend an air show in your area. USAA is sponsoring the Randolph Air Show on Nov. 3 and 4 in San Antonio.

1

National Card and Letter Writing Week

The average American receives eight birthday cards a year.

2

3

4

5

6

7

8

9

10



15

America Recycles Day

Recycling one soda can saves enough energy to operate a computer for three hours. How many cans would you need to recycle to equal the time you spent on the computer today?



16

17

Take a Hike Day

The Appalachian Trail, which runs 2,167 miles through 14 states, is the world's longest continuous hiking trail that is maintained and marked.



18

Happy birthday, Mickey Mouse. He's 79 today.



19

20

21

22

Thanksgiving



23 24 25 26 27 29 30

TEAM Effort

How one U Mag family faces its challenges

Austin, Madison, Logan, and their three siblings face the same challenges as other military families.

Besides sharing the bathroom and battling over the remote, they must face the fact that sometimes Dad, an Air Force colonel, will be deployed overseas. But this Virginia family has a few extra challenges that other families might not face: triplets and a brother who is deaf. How do they rise to the challenges? By volunteering.

While other kids are playing at the local park, this family is likely cleaning it up. Other volunteer activities include shoveling sidewalks in winter and walking neighbors' dogs. They also help out at local events, like the Marine Corps Marathon in Washington, D.C. Last fall, they helped by handing out cups of water and shouting encouragement to the runners on the 26-mile run.

This family agrees that while volunteering obviously helps their community, it also helps them overcome their own challenges. Just take a look!

The Triplets' Challenges: Austin, Madison, and Logan constantly search for ways to stand out as individuals, when everyone — including their own family — refers to them as the triplets. Even though they are not identical, Logan and Austin look more alike. Madison is the oldest by 30 seconds over Austin and a full minute over Logan.

How do they rise to their challenges?

By making sure everyone knows their own individual personalities. Austin is the practical joker. He likes to play jokes on his brother. Logan loves to be outside. He's the first one on the football field in the morning and the last one off the playground at night. Madison loves sports, shopping, and wearing pink.



Austin, Madison, and Logan, all age 10.

PHOTOGRAPHY BY KEMP DAVIS



Sometimes it's like we're not three people, but just one.

When people first see us, they think my brothers are twins. I'm different because I'm a girl.

Since I was the last one born, I'm always considered the baby.

Meredith's Challenge: Not the oldest or the youngest in her family, Meredith tries to avoid getting lost in the large family. She was 18 months old when the triplets were born, so she didn't get to be the baby of the family for long.

How does she rise to her challenge? By focusing on school and music. Meredith thinks school is more fun than sports. She writes her own music and taught herself to play the guitar. Sometimes when the middle-child feeling hits her, she wears headphones to tune out the activity around her.



I feel like the middle child. I'm not tomboy enough to be with my older brothers, and I'm not a triplet.

Meredith, 12

Hayden's Challenge: Born with a disease called Goldenhar's syndrome, Hayden can't hear or speak. He also has a curved spine. Doctors told Hayden he can't play football because if he was tackled, he might not walk again.

How does he rise to his challenge? By joining a flag football team that doesn't allow tackling. The whole family joins Hayden on the field. Dad is the team's general manager, Mom and older brother Emery are coaches, and his brothers and sisters play on teams.



I just love football. I want to find other ways to play sports I like.

Hayden, 14



Once we are on the field or volunteering together, we become one team and all disagreements and differences are put aside.

Emery, 17

Emery's Challenge: The oldest in his family, Emery has been helping out at home and volunteering as long as he can remember. He doesn't have much time to be with friends. Even now, he's helping his parents coach his siblings' flag football teams while he balances school and being a star player on his high school football team.

How does he rise to his challenge? By being a leader on the field. At 6-foot-1 and 230 pounds, Emery plays center, tight end, and defensive tackle. His high school coaches say he could earn a college scholarship if he puts his mind to it. That's definitely his plan.



DO IT!

One way the family works as a “green” team is to share football cleats. Each time a sibling’s feet grow out of a pair, they get handed down to a younger sibling. Recycling the cleats as hand-me-downs saves the family a lot of money, which they are putting toward a vacation this year. In what ways does your family recycle?

BACK TALK

KEEPING the PEACE

U Mag readers share their secrets
for getting along with their
brothers and sisters.



Michael D., 12, Virginia:
Sometimes, I invite my brother to play a game with me. I act extra nice when he doesn’t feel so good, and I let him take the first turn at bath time.



Caleb M., 11, Virginia:
If you honor them, they will honor you.



Tori S., 11, Mississippi:
If you just have patience, you and your siblings will get along fine.



Desiree N., 11, New Mexico:
Treat your brothers and sisters the way you treat yourself.



Regan B., 11, Tennessee:
My sister and I try to make each other laugh.



Hannah E., 9, Delaware:
If we are angry or sad, we separate from each other for 10 minutes to cool down.



Camille A., 8, Maryland:
Always apologize, and end the fight with a hug.



Rachel W., 11, Ohio:
Talk things out. If my sister’s mad at me, I ask her why.



Marsel M., 12, Florida:
Drop the argument once it starts getting out of hand.

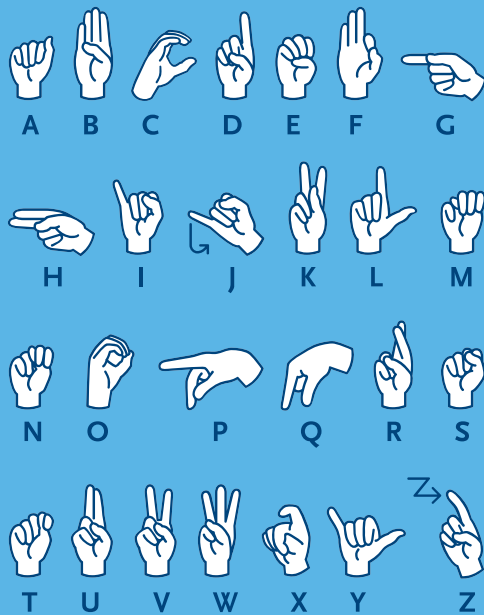
Sign language

Everyone in this family can speak sign language. In fact, the triplets learned to sign before they could talk. And now they’re teaching it to their friends and helping with a signing class at school. “It’s cool because now everyone can talk to the hearing-impaired and Hayden,” Madison says.

Meredith and Hayden’s team uses hand signals to communicate plays to each other and make sure Hayden can understand. They run a play called a “flea flicker,” and the sign language signal they use is to make a letter “f” with each hand and touch them together.

DID YOU KNOW? The football huddle started because players at Gallaudet University, a college for the hearing-impaired, needed a way to call the plays.

LEARN SIGN LANGUAGE



MAZE

Can you find
your way to
Gate D?



Nine-year-old Kelsey is beating asthma one step at a time.

Three years ago, Kelsey almost gave up on sports. Because of her asthma, every sport this USAA member tried left her out of breath. She could never be far from her inhaler. Kelsey was too frustrated — and too scared — to even try a sport.

Coach Richard Dexter, Kelsey's P.E. coach at the time, suggested she join the U.S. Marine Corps Marathon Healthy Kids Fun Run. Kelsey was not

eager to participate, but then her coach asked if she would help his young son Peyton on the run. For a moment Kelsey forgot her fear and focused on helping Peyton. The request was just the boost she needed to sign up. On the day of the race, Peyton took off like a shot. Kelsey figured she'd give the run a try — one step at a time. She finished and didn't even need her inhaler.

This fall, Kelsey is getting ready for her third Healthy Kids Fun Run. "I am practicing running laps in my neighborhood," she says. Kelsey now can run 31 laps at school. Before, she could only finish nine. Her inhaler is still by her side, and she uses it when she needs it. But her fear has disappeared. And her new goal might surprise you:

"When I get older, I want to do track."

- Kelsey, 9 ▶



AT THEIR OWN PACE

Six-time Olympic medalist Jackie Joyner-Kersey didn't let asthma slow her down.

At age 9, Joyner-Kersey started her athletic career, playing basketball and running track. At the time, she was convinced nothing could slow her down. At age 18, Joyner-Kersey faced a new hurdle, and this time it was off the track. She was diagnosed with exercise-induced asthma.

"Never give up."

- Motto of Jackie Joyner-Kersey, track star who won an Olympic gold medal as an adult, right, and ran on her school team when she was 9, left.



"It wasn't like having a broken bone," says Joyner-Kersey, who had to learn how to manage the disease so she could stay on the track. "Some days I could run a mile, and some days I had to understand it was OK to walk," she recalls.

Taking her medicine wasn't easy, either. "I was embarrassed about bringing my inhaler to practice," she says. "I'd try to hide behind a bush to take it."

Balancing her asthma and her track skills, Joyner-Kersey led the pack in track and field competitions. She qualified for three summer Olympics and earned bronze, silver, and gold medals there during the 1980s and 1990s. Now retired, she remains a world-record holder for the heptathlon, a track contest that includes seven events.

What's it like to have asthma?

Things in the air like dust or pollen, also called triggers, can cause you to wheeze or feel tight in the chest. You may also cough a lot. Asthma is a lifelong breathing problem caused by swelling of the airways in the lungs. When you have asthma, your airways are super-sensitive. Taking your medication helps you keep it under control.



How do you rise to challenges?

challenge [chal-inj] n.

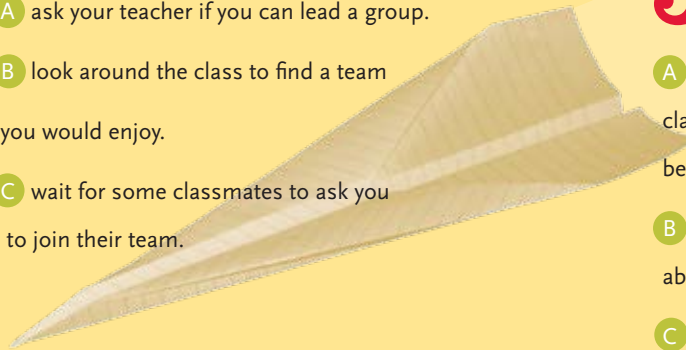
A test of one's abilities.

Imagine yourself in the following situations. Circle the action you'd take, and then check your results on the next page.



1 Your teacher announces a group project that's due at the end of the month. When it comes time to choose groups, you:

- A** ask your teacher if you can lead a group.
- B** look around the class to find a team you would enjoy.
- C** wait for some classmates to ask you to join their team.



2 Your best friend is always talking to you during class, so you:

- A** whisper to her that you both better be quiet, or you'll get in trouble.
- B** ask her to come to your house after school instead of talking in class.
- C** wait for the teacher to quiet your friend so you don't have to.

3 When you see a classmate being bullied, you:

- A** find your teacher to stop the bullies. Your classmate shouldn't have to put up with being pushed around.
- B** take a friend with you to talk to the teacher about the bullies.
- C** ask a friend to tell the teacher.

4 You want a merit badge for Scouts. You start working on it by:

- A** getting all the other Scouts in your troop together and sharing ideas on what to do first.
- B** teaming up with a partner and planning how you can earn the badge together.
- C** watching the other Scouts to see what they do before you start working on it.



5 The first thing you do to make new friends when you move is:


- A** ask your parents if any of the neighbors have kids your age. If they do, you walk your dog over to their house to introduce yourself.
- B** play outside so other kids in the neighborhood will see you. When they come out, you invite them to join the game.
- C** read the latest Harry Potter book on your front step. In time, you'll make friends.



6 Your soccer team is going to play against an undefeated team. To prepare, you:

- A** get to practice an hour early and offer to lead the team in warm-up drills before practice starts.
- B** invite a buddy over to teach each other some new plays in your backyard.
- C** wait for your coach to tell you how to improve.





When you watch Olympic athletes competing, you're probably not thinking about what they eat for breakfast.

Jacque Hamilton is. In fact, she's thinking about what they eat all the time.

As the executive chef for the U.S. Olympic Training Center in Colorado Springs, Hamilton is challenged each day with feeding healthful meals to about 400 of the nation's hungriest athletes.

GOLD MEDAL CHEF

U Mag asked the head chef for Olympians in training how she fills so many big appetites.



PHOTOGRAPHY BY WILL'S PHOTO & PRINT



Mostly A's: You like to take the lead.

Even when you're facing something new or hard-to-handle, you're ready to take on a challenge. Life's ups and downs don't slow you down. Instead, you take action and DO something to improve the situation. Since you're a natural leader, you almost always are in charge. Every once in a while, consider stepping back and becoming a team member. See what happens when you let others take the lead.

Mostly B's: You like to be a part of the team.

When times get tough, you look for creative ways to deal with challenges. Your ability to reach out to others also makes you a great team player. The best part is that you can use your gifts to help others. When a friend is struggling in school, try doing homework together. After studying, your friend might help you with your volleyball serve. Everyone benefits when you work as a team.

Mostly C's: You like to observe first.

Rather than taking action, you're more likely to take your time and watch what happens. That's OK sometimes, but every now and then give yourself a little push. When you see a classmate sitting alone in the cafeteria and reading a book you love, try introducing yourself. You might make a friend and surprise yourself with your hidden ability to rise to a challenge.

Sources: Big Brothers, Big Sisters of New York City; Dr. Elizabeth Berger, child psychiatrist and author of "Raising Kids with Character."

U Mag: What's your biggest challenge?

Hamilton: We're trying to get the athletes to train from the inside out by providing the right choices. What they put into their bodies is just as important as how much they exercise.

U Mag: What do they eat for breakfast?

Hamilton: Waffles, oatmeal, and fresh fruit. Sometimes they even eat two breakfasts.

U Mag: How often do they eat?

Hamilton: Four to five times a day because they exercise for six hours a day or more.

U Mag: What is their favorite food?

Hamilton: Pasta, especially mac and cheese.

U Mag: What is their not-so-favorite food?

Hamilton: Stuffed zucchini.

U Mag: What are some special requests?

Hamilton: The handball team likes buffalo wings. Wrestlers like to eat eight boiled eggs each.

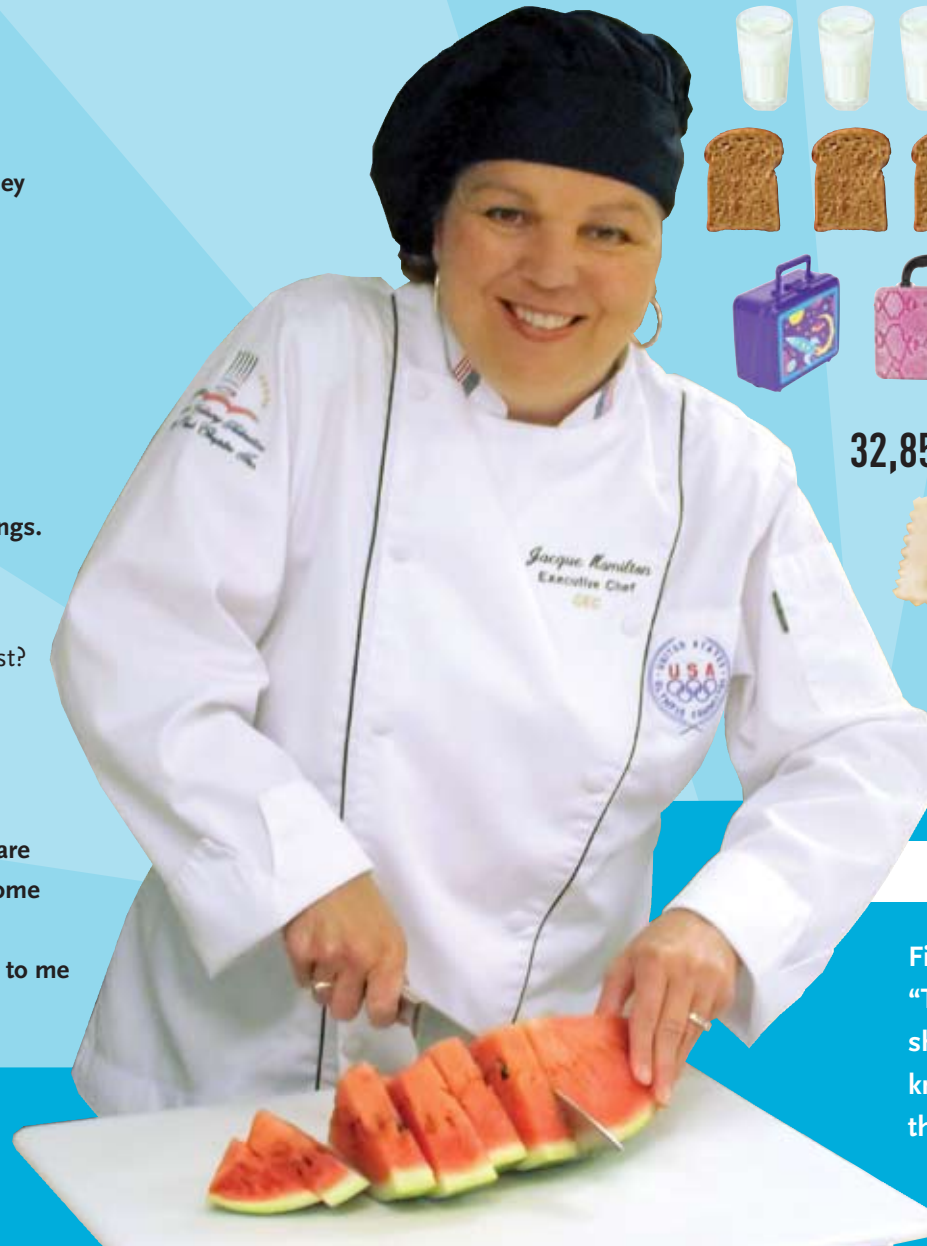
U Mag: What's been the most unusual request?

Hamilton: One athlete requested liver every day.

U Mag: What's the best part of your job?

Hamilton: The athletes are great. The dorms are hooked to the cafeteria, so sometimes they come down to eat in their fuzzy slippers. If there's something they really want, they come to talk to me about it.

How much can 400 Olympic athletes eat in a year? ►►



270,000 meals



116,907 glasses of milk



130,000 slices of bread



10,000 boxed lunches



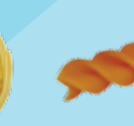
65,000 sandwiches



32,850 pounds of beef



10,950 pounds of pasta



87,840 pieces of fresh fruit



DO IT!

Want to become an executive chef?

First, see if you like cooking, Hamilton says. "To start, cook at home with your parents," she advises. "Sometimes people have a knack for cooking." Hamilton's first job at the Olympic training center 19 years ago was

preparing the salad bar. After getting a degree in food management at a community college, she worked just about every job in the kitchen until she became executive chef five years ago.

FUNNY MONEY

Earning Money for a Trip

1 BILL IS SO EXCITED!

IN A FEW MONTHS, HE'S TAKING A TRIP TO THE U.S. MINT.

OF COURSE, HE'LL WANT SOME SPENDING MONEY.

BILL THINKS HE'LL NEED ABOUT \$20. HERE'S HOW HE'LL EARN THE EXTRA BUCKS...

2 FOR HIS NEIGHBORS:

HE'LL OFFER TO BE A HOUSE SITTER WHILE HIS NEIGHBORS GO ON VACATION.

WHAT HE CHARGES: \$7 A WEEK FOR EACH HOUSE.

3 AROUND HIS HOUSE:

BILL OFFERED TO DO JOBS AROUND HIS HOUSE THAT OFTEN GET OVERLOOKED...

LIKE THROWING OUT EXPIRED FOOD FROM THE FRIDGE...

CLEANING BASEBOARDS OR SWEEPING OUT THE BASEMENT OR GARAGE.

SPOTLESS!

WHAT HE CHARGES: \$1 TO \$5 FOR EACH JOB.

4 HE CAN FEED PETS...

EAT UP, GOLDIE!

5 THE FOOD!

EAT THE FOOD!

6 CRUNCH!

NOW THAT'S BREAKING NEWS...

7 PICK UP THE MAIL AND NEWS-PAPER...

I'VE GOT IT!

8 AND MAKE SURE THE DOORS ARE LOCKED.

SAFE AND SECURE!

9 RECYCLING:

CHECK THE TOPS OF CANS OR THE LABELS ON BOTTLES TO SEE IF YOUR STATE WILL HELP YOU TURN C-A-N-S INTO C-A-S-H.

IN CALIFORNIA, YOU CAN EARN 10 CENTS FOR EACH 24-OUNCE CONTAINER!

TODAY, 11 STATES HAVE LAWS REQUIRING REFUNDS ON CERTAIN DRINK CONTAINERS.

DO YOU HAVE A SAVINGS ACCOUNT? IF NOT, YOU AND YOUR PARENTS CAN OPEN ONE AT USAA.COM. YOU ONLY NEED \$1 TO START.

WHAT IS INTEREST? INTEREST IS EXTRA MONEY THAT THE BANK GIVES YOU FOR SAVING YOUR MONEY THERE. THE AMOUNT OF INTEREST YOU EARN DEPENDS ON HOW MUCH MONEY YOU PUT IN THE BANK AND THE INTEREST RATE THE BANK OFFERS.

IT DIDN'T TAKE LONG FOR BILL TO EARN THE \$20.

IF HE PUTS THAT \$20 IN HIS USAA SAVINGS ACCOUNT TWO MONTHS BEFORE HIS TRIP, HE COULD EARN INTEREST!

Read about Bill's trip to the U.S. Mint in the next installment of FUNNY MONEY in the winter issue of U Mag!!

ILLUSTRATION BY ANDREW WILLMORE

BACK

How do you keep friendships going when you move?
What's your secret to being a good friend?

E-mail your answers to these questions:

UMAG@USAA.COM

OR mail your answers to:

U Mag, USAA, Attn: Youth Media (E-1-E),
9800 Fredericksburg Road,
San Antonio, Texas 78288-0264

by October 3, 2007

Some responses may be used in a future issue of U Mag.

What's one thing your family
does to protect the environment?

Maze solution from page 12.



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