



March 2007

STARS INTERNATIONAL NEWSLETTER

Mark Your Calendars...

Upcoming Events:

April 14th— Marine Fishes ID Class at the Shedd. Discover techniques to quickly identify marine fishes, coral, and invertebrates to enhance your next dive experience.

Contact Renee Birk, Shedd's Adult Program Coordinator at 312-692-3328 to reserve your space and pay.

June 16th—Fire Department Training. Come see how the pros do it. The Elgin Fire Department will be having a MABAS division drill with multi-department involvement.

For more details or to reserve your spot, send an email to jacob@starsinternational.org

Congrats To The EFR Graduates!

Congratulations to our new certified Emergency First Responders; Bob, Kyle, Gil, Christine, and Claudette. They all passed with flying colors! We should all feel a little safer with these guys out there.



Above: Christine is dressing a head wound on Claudette.

Below: Bob gives chest compressions to Annie



Gil gives rescue breathes to Annie.



We Will Miss You, Zac!

This month Zac, one of our S.T.A.R.S International Mentors will be moving to Florida. This will not be the last we will hear from him. Zac will continue to contribute to the program by writing articles for the newsletter. He will always be a part of the S.T.A.R.S International family.

We all wish Zac the best of luck and expect to keep in touch!

“Success is waking up in the morning, whoever you are, wherever you are, however old or young, and bounding out of bed because there’s something out there that you love to do, that you believe in, that you are good at –something bigger than you are, and you can hardly wait to get at.”

- unknown author

Mentor Of The Month



Congratulations to Jay Mendez!

He has been selected as the Mentor of the month by his fellow Mentors. Due to Jay's hard work and persistence, he has earned himself a spot as Teen Editor for Sport Diver Magazine and also received a one year free dive club membership, which is being funded from IL Scuba Council.

Fitness Facts



Excuses We Use To Skip Our Workouts.

You might have plenty of reasons of why you don't exercise. Here are some of the common excuses used and solutions in overcoming them.

Excuse #1: *I don't have enough time*

Solution: Fit in at least 5 to 10 minutes of physical activity a

few times a day. By the end of the day, you should have fit in 30 minutes of exercise that is recommended by the health professionals.

Excuse #2: *I am too tired*

Solution: Get up off the couch. Exercise will boost your energy.

Excuse #3: *I don't feel motivated to exercise*

Solution: Make it a priority to exercise. Start with at least 5 to 15 minutes of some type of physical activity a few times a

day. Before you know it, you will make exercise a daily habit in your life.

Excuse # 4: *I hate exercising*

Solution: Exercise does not always have to be high-impact and heart-pounding aerobics. Experiment with different kinds of physical activities. You may find a few that you like.

Excuse # 5: *It is too hard*

Solution: Stick with exercise for at least one month and you will begin to reap the benefits!

Did you know?...

- You have over 30 facial muscles which create looks like surprise, happiness, sadness, and frowning.
- Eye muscles are the busiest muscles in the body. Scientists estimate they may move more than 100,000 times a day!

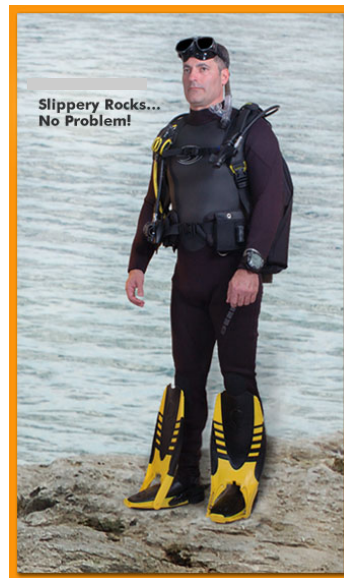
What is the longest muscle in the body?

Answer: Gluteus Maximus or Buttocks

Max & Erma's Fundraising Results

We would like to thank everyone who participated in the Max & Erma's fundraiser. We brought in over four hundred dollars in sales. Hopefully, we can see the same support in upcoming fundraiser events.

Stay tuned for future fundraising events.



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The New Innovation In Dive Gear... Coming Soon In A Dive Bag Near You!

Tired of your fins getting in the way as you get in and out of the water?

Now Omega Aquatics has a solution for you! The new technology in fins is called the Amphibian "Flip Fin", which is first of its kind with a unique feature that no other fin offers. The Amphibian

has an Aqua-Hinge which allows the front of the fin to flip up



when you are not in the water. This makes walking around as effortless as if you were in boots. When you go into water the fin flips down and works like a regular fin. The Amphibian fins sport a soft tread design for slip resistance, and a unique way to make walking around easy and natural.

For more information, visit www.flipfins.com

A Special Thank-You!

We would like to give a special thank you to Ana Medina. She went above and beyond the call of duty to prevent one of the S.T.A.R.S. International candidates from dropping from the program.

Because of Ana's dedication, she was able to work with the candidate and their family and convinced them that this program would be a beneficial part of their life. Ana's strong belief in the

made it impossible to say no. Good work Ana!