



LIFE

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HAPPY LIFE

LIFE

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Table of Contents

Fishing in Texas.....	
3 Steps to Permanent Weight Loss.....	
Extreme Sports: Are They Worth The Risk?.....	
Celebrate Loy Krathong in Thailand.....	
Grand Bahama Island.....	
Kobe Bryant NBA Superstar.....	
#Experience the thrill of a lifetime with free gay dating sites.....	
The New Popularity of Astrology.....	

Fishing in Texas

Fishing in Texas

In the state of Texas, 2 licenses are needed. The first is called the Conservation license. This is a prerequisite a person must have before being allowed to obtain a fishing license.

The Conservation license can be obtained from the Fish, Wildlife & Parks or FWP. This is done by giving one's social security number and other information that is requested. A valid driver's license or any valid ID with photo must also be presented for security purposes for the license to be processed.

Once that is done, a fishing license can be acquired which is neither non-transferable nor non-refundable and is only valid for one year.

Fish that are normally caught in Texas are flounder, trout and sheepshead.

Here are some tips that will help anyone who wants to go fishing in Texas;

1. The first thing to do is get the right equipment: a good boat, fishing rod, reels and bait.
2. If one is not familiar with the place, it is best to ask the locals where the best fishing ground is then start from there.
3. Hooks can be in different sizes. The right hook for fishing is dependent on the kind of bait that will be used.
4. To prevent injury especially when taking out the fish caught in the hook, it is advisable to do it using wet hands.
5. The primary source of food for Seagulls is fish. If there is a flock in one area it means that place is good for fishing. One should approach quietly and set the bait and just wait for the fish to start coming in.
6. Some fish stray when the water is clear but it is quite difficult since the fish can also see the bait. To be able to catch more fish, the best place to do it is in deep water.
7. It is also advisable to try a variety of bait when fishing. Some fish can easily be caught with one kind while others are not. It takes practice to get it right and patience for the fish to come out and haul it in.

3 Steps to Permanent Weight Loss

3 Steps to Permanent Weight Loss

There is not another subject on the planet more confusing than weight loss. There are literally thousands and thousands of books written on the topic and each one disagrees with the next. But, there is a secret to permanent weight loss and it is simple.

The real secret to permanent weight loss is...

The ability to sustain the daily practice of healthy, moderate eating and exercise habits long enough to attain the results you desire, and then continue performing these habits in order to maintain your results for lifelong success!

There is it. I know, it sounds simple but it is not! We live in a fast food, everything-should-be-easy, bigger-is-better society. Gluttony and instant gratification are the norm.

I believe there are three obstacles that thwart our ability to practice the healthy, moderate eating and exercise habits necessary to attain the results we desire, they are:

- 1) Getting most of our pleasure in life through the food we eat
- 2) Lack of long-term self-discipline in the areas of health and fitness
- 3) Lack of long-term self-motivation in the areas of health and fitness

Let's take a closer look at each of these.

OBSTACLE ONE

Most people are so busy day-in and day-out that the food they eat is their greatest pleasure. This is a true danger that prevents permanent weight loss. If you're burning the candle at both ends, rushing from one commitment to the next all day long, when you sit down to eat you want it to be extra good, because you deserve it.

SOLUTION ONE

Find ways to get more pleasure in a day. Have ten minutes of quiet time everyday reading your favorite book or magazine, spend a few minutes with a friend on the phone, or begin a new hobby that is fun. It doesn't take a lot of time; just find other ways to load up on pleasure so that you don't have to load up on food.

OBSTACLE TWO

Most people do not have the chip in their brains that allows for joyful self-discipline in the areas of health and fitness. Most of us have to be disciplined to get to work on time, meet deadlines, follow traffic laws, but not to limit food or exercise regularly. Some rationalize that since they have to be so disciplined in other ways they don't want to be when it comes to their food and exercise.

SOLUTION TWO

3 Steps to Permanent Weight Loss

To establish long-term self-discipline you must focus on the joy of the reward you will get at the end of the road, not the challenge of the journey. So make a list of the top ten rewards you will gain when you lose weight. You must also ask yourself what it costs you to be overweight. Does it cost you your self-respect? Your joy and aliveness in life? Has it cost you a relationship or a job? Remembering the rewards and the cost makes practicing self-discipline a lot easier.

OBSTACLE THREE

It's easy to be motivated around January 1st, but what happens to all that motivation around March 1st? Or the first time a brownie passes by? Believe it or not, most people are not the master of their own motivation. They think just because they want it that it is motivation enough, and it is not.

SOLUTION THREE

You must reinvent your motivation every day. To do this write the top ten reasons you want to lose weight and keep it off. Also, make a list of the people who motivate you to want to lose weight and why. Review these lists, along with the ones you created above, in the morning and in the evening. Your motivation is ever evolving so what motivated you last week might not be motivating next week. So revise your lists regularly.

When you overcome these obstacles you will lose weight because over time, you will find other ways to get pleasure in your life, you will practice positive self-discipline and learn to live on less food and love it, and you will reinvent the motivation everyday to keep it all going.

**Extreme Sports:
Are They Worth
The Risk?**

Extreme Sports: Are They Worth The Risk?

Extreme sports like street luge, skateboarding on rails and ramps, and snow boarding off nearly impossible jumps are hotter today than they have ever been before. The athletes who pursue these challenging activities often become as dedicated as Olympians and spend hours every day practicing and improving their technique in order to be able to enjoy the thrill that only making the perfect ollie or dropping a hill on a buttboard can bring. Extreme athletes often refer to the adrenaline rush of competing as being "amped," and many say that there is no other feeling in the world that is as satisfying. For most of these rough and tumble athletes, part of the appeal of extreme sports is the danger.

Unlike sports that are regulated by official certified judges and require the athletes to wear protective gear and perform with ship shape equipment, extreme sports competitions sometimes include relatively unprotected athletes competing on somewhat ramshackle paraphernalia, like luge boards made out of skateboards with plywood additions. These conditions lead to greater thrills for many of the participants, because the more dangerous a situation is the more adrenaline the body produces, leading to the feeling of being "amped." However, the long term damage that results from the kinds of injuries that many extreme athletes endure often leaves these enthusiastic men and women feeling less than thrilled. Whether or not the excitement of extreme sports is worth the danger is something that nobody can decide but the athlete who is putting his or her body on the line. However, if you or somebody in your life is thinking about joining the hardcore world of extreme sports, it is a good idea to do some research into what common injuries are, and how they can be prevented.

Extreme Sports: Are They Worth The Risk?

Often, wearing a helmet or certain kinds of padding can make the difference between ending up in the hospital after a wipe-out and walking away with a few pesky bruises. The hazards of every sport are unique, so the kinds of kneepads that a skateboarder favors might not be very much help to a street luger. The only protective gear that will really help an athlete is the gear that is specifically appropriate to his or her sport, so before you put any money into protective gear, read as much as you can about the hazards you are likely to face, and try to get some firsthand advice from experienced athletes in the field you want to be a part of. Many extreme athletes don't bother with the kind of protective gear that they should be wearing, in part because they worry that kneepads or elbow pads will decrease their cool factor. However, taking care of your body is as important for an extreme athlete as it is for any athlete, if not more so. Even if chucking bales might not seem as exciting with a helmet as it is without one, if you protect yourself you can always be sure that you will have the chance to take another crack at your favorite extreme challenge.

**Celebrate Loy
Krathong in
Thailand**

Celebrate Loy Krathong in Thailand

In 2008, Loy Krathong will be celebrated on November 13th. If you search on the Internet, you may find the date listed as the 12th, 24th, or even the 27th. From everywhere I searched, the consensus is the 13th of November. You may also find different spellings with different phonetics - like Loi Kratong.

Loy Krathong is probably the best holiday festival to attend. You can celebrate it wherever you are in Thailand. The Thai people dress in traditional outfits and it is a party that lasts all night long.

In Thai, loy means float and krathong is a small boat or raft about the size of your hand. Companies and businesses may make them larger but for the individual person a small float about 6 to 8 inches around is normal.

They are usually made from banana leaves folded in intricate patterns and carry flowers, candles and incense. It is believed that floating your krathong will bring you good luck and some believe it is an offering of respect to the goddess of the water.

According to legend, in the 13th century, Nang Nopamas, a royal consort of King Ramkhamhaeng (the founder of Sukhothai), made the first krathong as an offering to Mae Nam. She set it afloat on one of the canals of the palace so that it would drift past her lover, the king. This is the origin of the belief that if two lovers set a krathong adrift and it stays afloat until out of sight, their love will last forever.

Thai people also use the krathongs to float away their problems and anger and sometimes include a bit of themselves in the krathong. Bits of hair or fingernails may be sent afloat to symbolize the letting go of bad things in their life.

Traditional krathongs have come back in vogue with the Thai government telling people not to use Styrofoam to float their bad luck away. Good to see concern for the ecology.

Competitions for the biggest and most beautiful krathongs are held nation-wide. Usually there will also be beauty contests and the ladies will be decked out in their finest traditional Thai costumes.

If your vacation spot is on or near the beach - like in Pattaya or Phuket - you won't be fireworks. If you are in Bangkok, head for Lumpini Park or the Chao Phraya River and experience this festival.

The place to celebrate Loy Krathong is in northern Thailand - Chiang Mai. The celebration lasts for about one week with processions, open markets, stage shows and a beauty pageant. Hotels will be booked solid so book in advance.

Loy Krathong is not a national holiday, but a night when Thais pay respect to the goddess of the waters by floating candlelit offerings on any and all waterways around the kingdom.

Plan your Thai holiday in the month of November to witness this spectacular Thai festival of water and romance.

Grand Bahama Island

Grand Bahama Island

The islands of the Bahamas are amazing and extraordinarily beautiful, each offering a mixture of experiences and having its own unique quality making it the perfect choice for different people, the adventurous, the explorers, the nature lovers, and the simple. The choice of the island is entirely yours, if Nassau is a blend of the old and new and attracts more of the luxury seekers and shoppers, the Freeport or Lucaya is a modernistic planned city situated on the Bahamas' second most popular tourist destination, the Island of Grand Bahama.

Grand Bahama Island is where you'll find long stretches of deserted clean-white beaches, one major casino, night time entertainment, inviting hotels, and world class scuba diving facilities as well as land and sea sport. This is also the second most popular tourist destination, where the Freeport is the resort center of the island where all the action is. The serene and quaint settings on the eastern and western ends of the island are where you can relax and hide-away from all the bustle. The oldest city on Grand Bahama Island can be found on the West End, located on the western tip of the island.

For nature lovers, a best-kept secret on Grand Bahama Island rests somewhere on the secluded beaches within the flourishing mesh of a mangrove swamp, or in the vibrant folds of coral reefs. The finest assets of the island lies within its natural attractions and most visitors overlook these because only a few of them ever stray from the resorts and nightlife of Freeport or Lucaya, they miss the opportunity of visiting some of the most natural beauties of the islands, like the three national park of the Grand Bahama Island. The Lucayan National Park is the only place in the Bahamas that features six of the island's ecosystems, a gathering of plants and wildlife that gives unmatched view. Also within the park are the expansive groups of tunnels resulting from the island's unique limestone geology which is one of the world's longest underwater cave systems. The Rand Nature Center is also one natural attraction with its resident flamingo colony, and the Peterson Cay National Park that is reef-enveloped, gives an equally thrilling experience in their beauty.

The larger Grand Bahama takes pride in miles of pearly white beaches and deluxe hotels like the islands' leading resort, the Sheraton and Westin at Our Lucaya. Those who desire private hideaway spots and more serene and tranquil surroundings can be found in less populated outskirts of Grand Bahama. Various activities and adventures in nature can also be done such as, windsurfing, parasailing, sailing and boating, bird watching, snorkeling, diving, fishing, dining and cuisine, gold, and shopping.

Whether you are seeking the modern luxury while on vacation or just simply wanting to get away from civilization, Grand Bahama Island will offer you the best of both worlds.

Kobe Bryant NBA Superstar

Kobe Bryant NBA Superstar

Born on August 23, 1978, Kobe Bryant is a native of Pennsylvania and a graduate of Lower Merion High School. The son of former NBA player Joe 'Jellybean' Bryant, Kobe had no problem in making a name for himself after being voted a starter for the 1998 All-Star Game during his second season, which made him the youngest All-Star in NBA history at 19 years of age.

As with all athletes, Kobe Bryant had a life before becoming an NBA star. Eight years of his childhood, which was spent in Italy, led to Bryant being able to speak fluent Italian. His parents, who also have two daughters, Sharia and Shaya, named Kobe Bryant after a type of steak that they noticed on a restaurant menu. During his high school years, Bryant was recognized as the all-time leading scorer in Southeastern Pennsylvania history. His record, which was 2,883 points, managed to break the marks of both Wilt Chamberlain and Carlin Warley. During his final years as a high school athlete, Kobe Bryant was chosen by USA Today and Parade as the National High School Player of the Year. In addition, he was recognized as the Naismith Player of the Year and the Gatorade Circle of Champions High School Player of the Year.

During his rookie NBA season, which occurred in 1996-1997, Kobe Bryant played in 71 games and started in six. He was selected to the NBA All-Rookie Second Team and became the youngest player to ever start an NBA game when he was 18 years, five months and five days of age. By the 1997-1998 season, Kobe Bryant was ready for action as the points just kept racking up at each game. During the 1998-1999 season, Bryant was named to the All-NBA Third Team. The following season, which was held from 1999-2000, found Kobe Bryant remaining atop of the mountain on the NBA players list. In addition to being named to the 1999-2000 All-NBA Second Team, he was also honored with the NBA All-Interview Second Team, the NBA All-Defensive First Team and was named the NBA Player of the Week from April 10-16, 2000.

By the time the 2000-2001 season rolled around, Kobe Bryant was a household name. After appearing in 68 games and averaging 28.5 points per game, Kobe ranked among the league leaders in scoring. In 2001-2002, Bryant played in a career-high 80 games, in which he averaged 25.2 points each and was again ranked among the league's scoring leaders. In 2002, he was named as the Most Valuable Player of the NBA All-Star Game.

During the seasons that followed, Kobe Bryant continued to score points both on the court and in the hearts of NBA fans. With an average of 24 points per game in the 2003 season, Kobe was selected to the 2003-2004 All-NBA and All-Defensive First Team. The 2004-2005 season found Bryant on the All-NBA Third Team. In January 2006, Kobe Bryant scored 81 points in a single game, which is the second All-Time in NBA history.

Fans who would like to request a signed photo or simply send Kobe Bryant their best wishes are urged to do so in care of his NBA franchise team. If you are requesting an autograph, be sure to include a SASE (self-addressed stamped envelope) along with your request. Letters and requests should be mailed to:

Kobe Bryant

Los Angeles Lakers

555 Nash St.

Kobe Bryant NBA Superstar

El Segundo, CA 90245

**# Experience the
thrill of a lifetime
with free gay
dating sites**

#Experience the thrill of a lifetime with free gay dating sites

All gay people are welcome to explore the free gay dating sites irrespective of sex. If you are gay and looking for your dream partner, a permanent relationship or even one night stands, an ideal place for you may be a free gay dating site.

Free gay dating sites bring many people to a virtual place where men and women get to know each other in a new and a unique way. The revolutionary technology of the web has paved the way for new relationships between individuals - be it love at first sight, love at first chat, short-term dating or a brief sexual encounter. Some free gay dating sites have provisions for premium services, such as increased space for photos and multimedia, but you must pay for these. Decide how serious you are about finding someone, and then dive in.

Most free gay dating sites also consider the individual tastes and preferences that might vary from person to person, and their rich data bank of members is cast in a systematic and logical way to help individuals locate the right partner for the right purpose.

Love is something that makes us feel completely alive, heightens our senses, magnifies our emotions and leaves us with everlasting memories. Everyone possesses the penetrating desire to experience love. You know that somewhere in this world exists your perfect soulmate but finding that person can be extremely difficult.

Free gay dating sites may help facilitate your search for the ideal partner. Many international online dating services offer you an opportunity to spark a beautiful relationship with someone special, and various free gay dating sites are committed to offer you fast and efficient dating services.

The New Popularity of Astrology

The New Popularity of Astrology

Astrology has been a part of daily life in America for some time, but it was not always so. The popularity of astrology has ebbed and waned for the last several thousands of years in the Western World. Only in the last hundred years has astrology actually become popular once more in the Western World. Furthermore, it has only been in the last twenty years that serious study of astrology has surfaced in America.

Astrology actually made its debut in the Western world thousands of years ago in Mesopotamia. The art of astrology traveled to Greece around 600 BC. The practice further spread throughout the Roman world, then abruptly disappeared.

With the European "age of enlightenment," also known as the Renaissance period, astrology once more made an appearance in the western world. The study of astrology and its use in daily life became commonplace. However, Christianity and the early leaders of the religion drove out astrology once more.

Astrology did not reappear on the scene until the late eighteen hundreds. During this time, two prominent astrologists came forward and began publishing information about their art. This practice reached America in the early nineteen hundreds, and then continued to spread.

In the late 1930's, the study of astrology became even more commonplace in America with the publication of *American Astrology*, a magazine which offered the first detailed horoscopes. While the magazine itself did not remain in print for long, the study of astrology and American interest in the art continued to prosper for some time. Horoscopes have appeared in major newspapers and later other print media since that time.

However, the actual art of astrology and the serious study of the stars was once again lost. In the sixties and seventies serious astrologists once more came to light, and more people began to take the study of astrology seriously. This was the beginning of what is known as the New Age movement.

Throughout the last several decades the New Age movement has continued to evolve. The study of occult religions such as Wicca further encouraged the study and use of astrology in America. Today, astrology is a very controversial topic in America for some, and a way of life for others.

The popularity of astrology has grown significantly over the last twenty years. More and more people have turned to Wicca and the occult for answers that they feel have not been found in Christianity. In these religions people feel that they have more control over their lives. Astrology is one part of that control. It is used to plan for the future and make decisions in the present.

The New Popularity of Astrology

Books on the topic have also become very commonplace in America over the last twenty years. Books no longer cover simple horoscopes and zodiac signs. Books on astrology that actually teach the art of divination and astrological charting have become very common and popular. Even though some Christian groups still rile against the art, astrology is alive and well in America today.

